

## Script 9-11

### Part 1

Most industries today are going through, or trying to go through, a green revolution, so that they become more self-sufficient in terms of their use of natural resources. Agriculture is no stranger to such revolutions, but its green revolution took place decades ago, and it's one of the reasons why we are still able to feed the world's ever-growing population. The so-called 'green revolution' was pioneered in the late 1960s by a man named Norman Borlaug who has since been credited with saving the lives of one billion people. In the early 1960s, India faced severe famine. Borlaug, an agronomist, travelled there to consult with government officials on how to address the problems. Eventually, the farmers of India started to grow a different variety of rice, called IR8, which would produce ten times as much rice as the other commonly used varieties. Borlaug was awarded a Nobel Peace Prize for his efforts, and India has since become one of the world's biggest producers and exporters of rice.

### Part 2

Lecturer: Today, we're going to look at recycling programmes. The confusion over what we can and cannot recycle continues to confound consumers. Let's look at plastics first, as they are especially troublesome, since different types of plastic require different processing to be reformulated and reused as raw material. Some municipalities accept all types of plastic for recycling, while others only accept jugs, containers and bottles with certain numbers stamped on their bottoms.

The symbol code we're familiar with - a single digit ranging from 1 to 7 and surrounded by a triangle of arrows - was designed by The Society of the Plastics Industry, or SPI, in 1988 to allow consumers and recyclers to differentiate types of plastics while providing a uniform coding system for manufacturers. The numbers, which many countries now require to be moulded or imprinted on all - or at least most - containers that can accept the half-inch minimum-size symbol, identify the type of plastic. The symbols also help recyclers do their jobs more effectively.

The easiest and most common plastics to recycle are made of polyethylene terephthalate, or PETE, and are assigned the number 1. Examples include soda and water bottles, medicine containers, and many other common consumer product containers. Once it has been processed by a recycling facility, PETE can become fibre-fill for winter coats, sleeping bags and life jackets. It can also be used to make bean bags, rope, car bumpers, tennis ball felt, combs, cassette tapes, sails for boats, furniture and, of course, other plastic bottles.

Number 2 is reserved for high-density polyethylene plastics. These include heavier containers that hold laundry detergents and bleaches as well as milk, shampoo and motor oil. Plastic labelled with the number 2 is often recycled into toys, piping, plastic lumber and rope. Like plastic designated number 1, it is widely accepted at recycling centres.

Plastics that are less commonly recycled include polyvinyl chloride, commonly used in plastic pipes, shower curtains, medical tubing, vinyl dashboards, and even some baby bottle nipples. These get the number 3. Like number 4, which include wrapping films, grocery and sandwich bags, and other containers made of low-density polyethylene, and 5, which are polypropylene

containers used in Tupperware, among other products, few municipal recycling centres will accept it due to its very low rate of recyclability.

Another useful plastic to recycle is number 6, which is used in polystyrene, or Styrofoam, items such as coffee cups, disposable cutlery, meat trays, packing "peanuts" and insulation. It is widely accepted because it can be reprocessed into many items, including cassette tapes and rigid foam insulation.

Last, but far from least, the hardest plastics to recycle are items crafted from various combinations of the aforementioned plastics or from unique plastic formulations not commonly used. Usually imprinted with a number 7 or nothing at all, these plastics are the most difficult to recycle and, as such, are seldom collected or recycled. More ambitious consumers should feel free to return such items to the product manufacturers to avoid contributing to the local waste stream, and instead put the burden on the makers to recycle or dispose of the items properly.

### Part 3

**Speaker 1 :** Boredom's a weird thing and not something I experience often. I used to think it was a negative emotion, but, in fact, when I'm bored my brain gets time to sort stuff out, especially at work - I work as a book illustrator. I'm not saying I suddenly become more efficient or talented - just

that I feel less stressed and listen to what friends and family are really saying, understand the bigger picture behind what they're saying, and I feel more empathy. Recently, I finished work on a book way ahead of schedule and I'd never felt so much at a loose end before. So I decided to go visit my brother who lives a four-hour flight away.

**Speaker 2:** I'm a runner, quite serious stuff, so I have a sports psychologist to help improve my performance and I sometimes go to extra lectures on technique, and that sort of thing. Anyway, the one I went to last was so dull, I thought about walking out, but decided that would look rude, so I just sat there and zoned out. Then, quite quickly, I started going over in my head how hurt I'd felt when my coach was being hard on me about my diet. And then I remembered the whole conversation and all the positive things she'd said, and I recognized that the diet bit was the only negative part. I'd just blown it up out of all proportion!

**Speaker 3:** I know a lot of people think of boredom - or perhaps it's better to call it daydreaming - as a good opportunity to go through every minute aspect of something they're working on, but for me it's time when I allow my imagination to wander. And as I'm a fashion designer, I need that mental

space to come up with something original. Not many people would find something positive about having a bad back, but I did. On doctor's orders, I lay in bed staring at the ceiling, listening to the radio and this gave me the mental space I needed. My wife says she often comes up with answers to work issues when she's waiting at the bus stop!

**Speaker 4:** I'm a working mum and there are always a hundred and one things to do. In fact, there are so many that my mind goes blank and I don't know where to start. But, if I find myself. Doing some mindless chore again and again, like the ironing. I was doing the other day, my brain seems to get things in order so that I know which is the most important thing to do first. I might

have thought I needed to go to the grocery store, but, in fact, I should check my work emails, for example. If more people realised the benefits of doing monotonous things, they'd be a much more positive person to be around.

**Speaker 5:** I moved house a while back and it means a forty-minute commute to get to the office. Yes, very boring in many ways, but, actually, I'd been thinking about giving up teaching and going into tourism, and do you know what? That commuting time allowed me the mental space to organize how I needed to go about it. I knew I had lots of transferable skills, like people skills, so I was pretty sure it was the right thing for me. When I told a friend about my plans, he reminded me that it wasn't always a glamorous job being a tour rep - a lot of my time would be waiting at airports! But then, no job's perfect, I suppose.