

GERUNDS

GRAMMAR IN CONTEXT

QUESTIONS TO CONSIDER

1. What are your favorite hobbies and pastimes?
2. Do you have enough time to pursue the pastimes you really enjoy?
3. Do you think that TV watching is passive, or not?

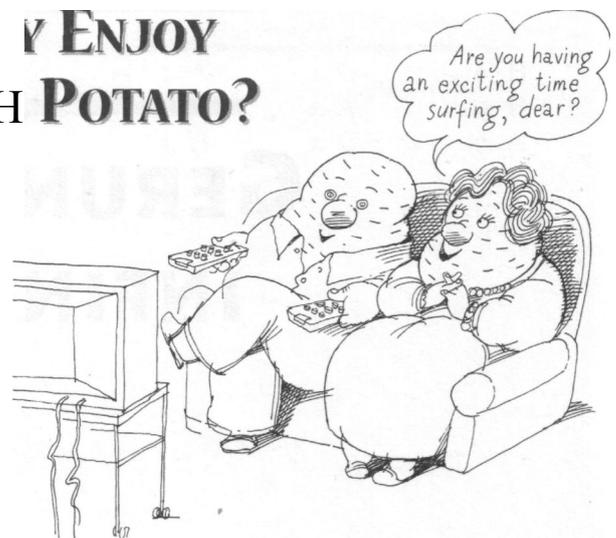
Read the article.

DO YOU ENJOY BEING A COUCH POTATO?

A husband and wife come home from work, exhausted and stressed out. They don't feel like preparing a real dinner, so they pop something in the microwave. Then they sit down on the couch for an evening of being mesmerized by the TV set. Hours later, after having fallen asleep, they wake up and stumble off to bed. Each day they continue to do the same thing: Get up, go to work, come home, grab a bite, then sit down and vegetate in front of the TV set. Does this sound like you? If so, are you satisfied with your existence? Isn't there more to life than being a couch potato?

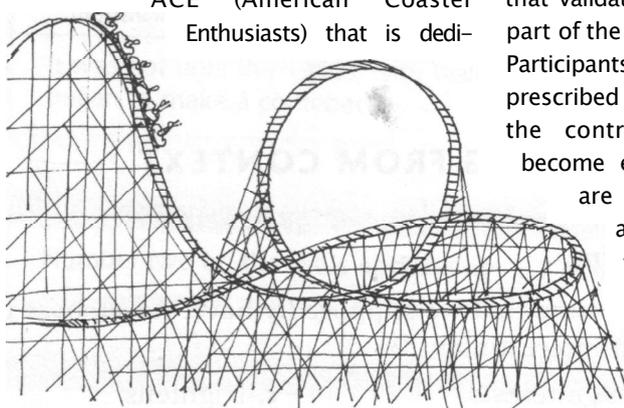
Some people apparently don't think so. In their recent book *Time for Life*, researchers John Robinson and Geoffrey Godbey state that the average amount of time that people in the United States have to devote to leisure activities is actually increasing. While this may sound unlikely,

Robinson and Godbey claim that Americans now spend almost forty hours a week doing leisure-time activities, and something similar may be true all over the industrialized world. Here's what Robinson and Godbey say are the top five leisure activities among Americans: Watching television, at 15.0 hours a week, is by far the most popular. Number two on the list is socializing—6.7 hours a week. Number three, at 4.4 hours weekly, is home communication. Reading, at 2.8 hours a week, ranks number four. And number five on the list,



engaging in hobbies, comes in at 2.7 hours a week. Judging from these statistics, we might conclude that many Americans seem to enjoy being couch potatoes. Now, if you want to spend your leisure time channel surfing, that's your choice. There are, however, many rewarding pursuits out there. With all the extra leisure time that we supposedly have, it behooves us to know how to spend it interestingly. Here are three of the more unusual and interesting popular hobbies.

Roller coasting has become so popular that there's even an organization called ACE (American Coaster Enthusiasts) that is dedi-



cated to preserving, appreciating, and enjoying roller coasters. The precursors of roller coasters originated in Russia as ice slides built high into the air, and the first actual mechanical roller coasters were also constructed in Russia. From there the idea migrated to Paris, where a kind of roller coaster with wheels was built in 1804. Eventually the roller coaster made its way to the United States, with more and more coasters being built until Depression times. Then they began to fall out of fashion, and many were torn down. It was not until the 1950s, with Walt Disney's opening of the first Disneyland, that roller coasters began to make a comeback. Now they're being built at breakneck speed. Marie Miller, a member of ACE now in her eighties, is a major enthusiast. She figures she's ridden on most of the roller coasters in the United States, saying, "There was a time

when I rode every wooden coaster in the United States, Canada, and Mexico, but I can't keep up with them. One thing's certain: I'll never stop riding until I'm in my grave."

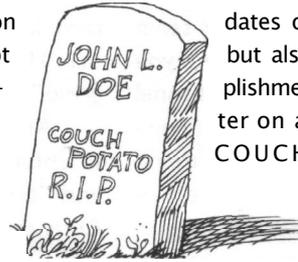
Another fascinating pastime is orienteering, a combination of map reading and cross-country skiing or running. Orienteers are given a map that shows where a set of "control points" are located. They try to follow the map by interpreting it carefully and using a compass to plot their course. Each time they succeed in finding a control point, they stamp a card that validates their having completed that part of the game. The sport is competitive: Participants get a starting time and have a prescribed time period for locating all of the control points. Orienteering has become extremely popular. Why? There are several reasons. It's interesting and healthy. You get the chance to enjoy the outdoors. Best of all, it taxes both your physical strength and your mental acumen.

Then there's letterboxing, a hobby that is like a combination of orienteering and treasure hunting. It began in England in 1854, when an English gentleman put his calling card (a little like today's business card) into a bottle and left it on the bank of a pond. Someone else found it and contacted him, and from this the hobby sprang up. What happens is this: People put a notebook and a rubber stamp in a bottle (the letterbox) and they provide special clues for finding the bottle. Participants have to follow the clues by hiking in certain sections of the English countryside until they finally locate the letterbox and stamp their notebook. For some aficionados, letterboxing is so enjoyable that it's become a way of life.



(continued on next page)

These are just three examples of captivating pastimes. Why are they all so popular? One principal reason is that they're basically active, not passive. Aficionados of these hobbies get out and act rather than passively sitting in front of the TV screen. Suppose that at some



future time we start engraving, on our tombstones, not only the names and the dates of people's births and deaths but also their hobbies and accomplishments. Which would look better on a gravestone: JOHN L. DOE, COUCH POTATO, or JOHN L. DOE, ORIENTEER?

Sources: Includes information from Michael Raphael, "Survey Says You've Got It Easier," Copyright The Associated Press, *Newsday*, June 5, 1997, p. A49; Ellen Sweets, "Runaway Favorites: Coaster to Coaster, Americans Love Life on the Fast Tracks," *Dallas Morning News*, July 4, 1996, p. 1C; Harley Jebens, "Getting One's Bearings: Orienteering Combines Map-Reading and Compass Work with Cross-Country Running," *Dallas Morning News*, December 27, 1998, p. 21B; and Chris Granstrom, "They Live and Breathe Letterboxing," *Smithsonian Magazine*, April 1998.

UNDERSTANDING MEANING FROM CONTEXT

Circle the letter of the choice closest in meaning to the italicized word or phrase from the reading.

1. With all the extra leisure time that we supposedly have, it *behooves us* to know how to spend it interestingly.
 - a. benefits
 - b. interests
 - c. frightens
2. The *precursors of roller coasters* originated in Russia as ice slides built high into the air.
 - a. first roller coasters
 - b. devices that later developed into roller coasters
 - c. inventors of roller coasters
3. Best of all, it taxes both your physical strength and your mental *acumen*.
 - a. enjoyment
 - b. appreciation
 - c. skill
4. These are just three examples of *captivating* pastimes.
 - a. attractive
 - b. inexpensive
 - c. demanding
5. For some *aficionados*, letterboxing is so enjoyable that it's become a way of life.
 - a. fans
 - b. participants
 - c. spectators

GRAMMAR PRESENTATION

GERUNDS

GRAMMATICAL FUNCTIONS

GERUND AS SUBJECT

Watching television, at 15.0 hours a week, is by far the most popular.

GERUND AS OBJECT

We might conclude that many Americans seem to enjoy **being** couch potatoes.

They don't feel like **preparing** a real dinner, so they pop something in the microwave.

It was not until the 1950s, with Walt Disney's **opening** of the first Disneyland, that roller coasters began to make a comeback.

GERUND AS SUBJECT COMPLEMENT

Number two on the list is **sodalizing**—6.7 hours a week.

GERUND AS APPOSITIVE

And number five on the list, **engaging** in hobbies, comes in at 2.7 hours a week.

FORMS

VERB + GERUND

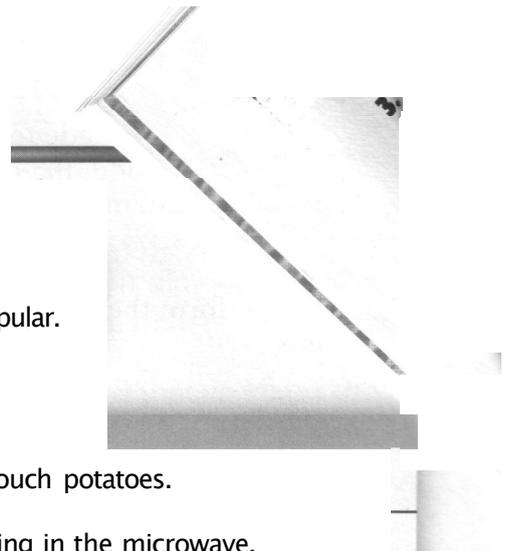
VERB	GERUND
I'll never stop	riding until I'm in my grave.

PERFECT FORM

Hours later, after **having fallen** asleep, they wake up and stumble off to bed.

PASSIVE FORM

Then they sit down on the couch for an evening of **being mesmerized** by the TV set.



NOTES

1. A **gerund** is a noun made from a verb. To form a gerund, add *-ing* to the base form of a verb and make any necessary spelling changes.

Gerunds perform the same functions as nouns.

Gerunds act as **subjects**.

Gerunds act as **direct objects**.

Gerunds act as **objects of prepositions**.

Gerunds act as **subject complements** (phrases that further describe the subject of the sentence).

Gerunds act as **appositives** (phrases, placed next to a noun, that explain the noun and are equivalent to it).

2. Gerunds can be used in perfect form (**having** + **past participle**). This form suggests the past in relation to some other time.
3. Gerunds can occur in passive form with **being** or **getting** + **past participle** or **having been** or **gotten** + **past participle**.

EXAMPLES

- **Reading**, at 2.8 hours a week, ranks number four. (The gerund *reading* is made by adding *-ing* to the verb *read*.)
- **Watching** television, at 15.0 hours a week, is by far the most popular. (*Watching* is the subject of the verb *is*.)
- Do you really enjoy **being** a couch potato? (*Being* is the direct object of the verb *enjoy*.)
- Participants have to follow the clues by **hiking** in certain sections of the English countryside. (*Hiking* is the object of the preposition *by*.)
- Number two on the list is **socializing**. (*Socializing* explains the subject, *number two on the list*.)
- And number five on the list, **engaging** in hobbies, comes in at 2.7 hours a week. (The appositive *engaging in hobbies* explains and is equivalent to the phrase *number five on the list*.)
- Hours later, after **having fallen** asleep, they wake up and stumble off to bed. (*They fell asleep. Hours later, they woke up and stumbled off to bed*.)
- Then they sit down on the couch for an evening of **being mesmerized** by the TV set.

d. Some verbs are followed by gerunds or infinitives with a significant meaning change. These include *forget, go on, quit, regret, remember, stop, and try*.

- Marie Miller says she'll never **stop riding** until she's in her grave, (*stop the activity of riding*)
 . Marie Miller would stop doing any other thing **to ride** a roller coaster, (stop doing something else *in order to* ride a roller coaster)
- They **try to follow** the map by interpreting it carefully and using a compass to plot their course. (*Try* means "attempt." They do not know if they will succeed or not.)
- If you want an interesting hobby, **try letterboxing**. (*Try* means "sample an activity.")

6. BE CAREFUL! DO not confuse gerunds with verbs in the progressive form, adverbial phrases, or present participles. See Unit 21 for a discussion of adverbial phrases.

- The average amount of time that people in the United States have to devote to leisure time is actually **increasing**. (*Increasing* is a verb in the progressive form.)
- **Judging** from these statistics, we might conclude that many Americans seem to enjoy being couch potatoes. (*Judging from these statistics* is an adverbial phrase.)
- Another **fascinating** pastime is orienteering. (*Fascinating* is a present participle used as an adjective.)

§

4. Use a possessive noun or pronoun before a gerund.

USAGE NOTE: Native speakers often informally use a regular noun or an object pronoun (instead of a possessive) before a gerund or gerund phrase.

- It was not until the 1950s, with **Walt Disney's opening** of the first Disneyland, that roller coasters began to make a comeback.
- They stamp a card that validates **their having completed** that part of the game, (more formal)
- They stamp a card that validates **them having completed** that part of the game, (more informal)

5. **BE CAREFUL!** Remember that some verbs can be followed by gerunds or infinitives. See Appendices 9, 10, 11, and 12 on pages A-6, and A-7 for listings of all these categories.

a. Some verbs and verb phrases are followed only by gerunds. Examples of these are *avoid, consider, enjoy, feel like, have trouble, keep, mind, miss, and spend time*.

- Do you really **enjoy being** a couch potato?

b. Some verbs are followed only by infinitives. These include *decide, expect, manage, learn, need, seem, want, and would like*.

- Now, if you **want to spend** your leisure time channel surfing, that's your choice.

c. Some verbs are followed by gerunds or infinitives with no significant meaning change. These include *begin, can't stand, continue, hate, like, love, prefer, and start*.

- In fact, each day they **continue to do** ' the same thing.

OR

- In fact, each day they **continue doing** the same thing.

FOCUSED PRACTICE

O DISCOVER THE GRAMMAR

Part A

Look back at the reading on pages 300-302. Find and underline the thirty-five gerunds or gerund phrases.

1. feel like preparing

Part B

Could the following sentences from the reading be rewritten using the phrases in parentheses without a meaning change? Why or why not?

1. In fact, each day they continue to do the same thing, (continue doing the same thing)
2. We might conclude that many Americans enjoy being couch potatoes, (enjoy to be couch potatoes)
3. I'll never stop riding until I'm in my grave, (stop to ride)
4. Suppose that at some future time we start engraving on our tombstones, not only the names and the dates of people's births and deaths, but also their hobbies and accomplishments, (start to engrave)

Part C

Are the **-ing** words in each of the following sentences gerunds? Answer **yes** or **no**.

1. Isn't there more to life than being a couch potato?
2. If you want to spend your leisure time channel surfing, that's your choice.
3. Now they're being built at breakneck speed.
4. Participants get a starting time . . .
5. These are just three examples of captivating pastimes.
6. Aficionados of these hobbies get out and act rather than passively sitting in front of the TV screen. _____

2 ALL WORK AND NO PLAY

Grammar Notes 4, 5

5 nan Hansen is constantly tired and not satisfied with his life. He has gone to a doctor to see if there is anything physically wrong with him. Fill in the blanks in their conversation with gerunds or infinitives. If both a gerund and an infinitive can be used without a change in meaning, provide both answers.

DOCTOR: Well, Brian, what seems to be the problem?

BRIAN: Well, it's the rat race, I guess. I feel like I'm on a treadmill. Some nights when I come home from work I'm so exhausted I don't feel like doing anything but collapse on the sofa. I just want vegetate in front of the TV. Is there anything physically wrong with me?

DOCTOR: NO, I've looked at the test results, and you're healthy. How long have you been feeling like this?

BRIAN: Oh, two or three months, I guess. Long enough so that I've started worry about never have any energy. Basically I'm not doing anything besides punch a time clock.

DOCTOR: HOW much are you working?

BRIAN: Well, I'm putting in a lot of overtime—all in all, at least sixty hours a week, I'd say.

DOCTOR: Why are you doing this? Are you trying to kill yourself?

BRIAN: Well, work overtime is what pays the bills. The other thing is that I only recently moved here, and I hardly know anyone, so I've decided concentrate on make money for a while. I like socialize, but I don't know quite how to go about meet new people.

DOCTOR: You're not married, then?

BRIAN: No, I'm not.

DOCTOR: Well, paying off bills is one thing, but killing yourself is another. I think you need to stop work so much and start play a little—to put things in balance. I'd say you need find a hobby.

BRIAN: Seriously? You mean some boring thing like stamp collect?

DOCTOR: No! I mean, that's an OK hobby if you like it, but there are a lot more interesting ones.

BRIAN: Like what?

DOCTOR: Like join a karaoke club. Do you like sing?

BRIAN: It sounds like fun, but I'm not much of a singer.

DOCTOR: Well, how about _____¹⁸ >

18. orienteer

BRIAN: What's that?

DOCTOR: People use a map and a compass and try _____ the first person
to find locations of hidden clues. **19.be**

BRIAN: NOW that I'd like _____ .. Where can I find out more about it?

20. do

DOCTOR: I've got a friend who belongs to an orienteering club. I'll give you her number.

BRIAN: Super. Thanks.

O TOGETHERNESS

Grammar Note 4

*Read the two conversations that follow. In the first conversation, Lois Walker is talking with family counselor Brenda Matthews and is using more formal language. In the second conversation, Lois is talking with a close friend, and her language is more informal. Complete the first conversation with **possessive + gerund forms** and the second conversation with **object pronoun or noun + gerund forms**.*

Conversation 1

MATTHEWS: What can I do for you, Mrs. Walker?

WALKER: Well, it's about our family. I thought you might have some suggestions for . . .

our improving our lifestyle, for lack of a better way of putting it.
1. improve

MATTHEWS: What seems to be the problem?

WALKER: Well, my husband and I are both really busy with our jobs, and the kids are teenagers now. It just seems like we've all become strangers. We don't spend any time together. Would you recommend _____**2.join**_____ an athletic club? Or doing some sort of family hobby? Or maybe we should just take a vacation together. It's been years since we've done that.

MATTHEWS: Well, those could all be good ideas. But it might be better to start with something a little more basic. Let me just ask this: Do you have any meals together now?

WALKER: NO, we don't. _____**3. Everybody / have**_____ such different schedules makes that really difficult.

MATTHEWS: Well, I understand the difficulty, but I'd say that _____ at least once each day is crucial for their relationship. Isn't there one meal when you could do that?
4. a family / get together

WALKER: Well, I suppose dinner might be a possibility. The kids have school activities in the evening starting at seven. My husband Joe and I don't get home until six. That doesn't leave much time. And the kids don't like _____
5. we / try to "control their lives," as they put it.

MATTHEWS: Well, Mrs. Walker, I think you'll have to make a decision, but I don't think _____ one meal together each day is unreasonable. Why don't you and your husband just say that this is the way things are going to be? I'd recommend _____ a different person to be responsible for dinner each night—you and your husband included, of course. It's worth a try, I think. Later on, you can think about joining an athletic club and taking a family vacation.
6. you / insist on **7. the family / have**
8. you / assign

WALKER: YOU know, I think you're right. I think I'll give it a try.

Conversation 2

MARTHA: Hi, Lois. What's on your mind? You said you wanted to talk.

Lois: Hi, Martha. I wanted to tell you about the session I had with the family counselor. I asked her about how we could get some family togetherness. She's in favor of _____ at least one meal together every day. I remember _____ you and Hank and your kids always have breakfast and dinner together. How do you manage it?
9. families / eat
10. you / say

MARTHA: HOW do we manage it? I don't know. We just do it. That's just been a rule in our house for as long as I can remember. Don't you have any family meals now?

Lois: No, we don't. _____ different schedules makes it really tough.
11. Everybody / have

MARTHA: Well, I understand your problem, but I'd say that _____ together at least once a day is pretty necessary if they're really going to be a family. Isn't there one time when you could all be there?
12. a family / eat

Lois: Well, maybe dinner. The kids have school stuff every night starting at seven. Joe and I don't get home until six. That doesn't leave much time. Plus, the kids don't like _____ to "run their lives." That's the way they put it.

13. we / try

MARTHA: There's nothing wrong with there at dinner. Give it a try.

14. you and Joe / insist on

15. everybody / be

Lois: Yeah, I think you're right. OK, I will.

O A LIFESTYLE SURVEY

Part A

Work with three partners. Find out about each other's lifestyle, likes, and differences. Using the pictures and the prompts, ask each other a question for each item. Use gerunds in each question and answer. Share your results with the other groups.

EXAMPLE:

A: Do you like **being woken up** by an alarm clock or **waking up** by yourself?

B: I like **waking up** by myself. I hate **being woken up** by an alarm clock.



Part B

Now continue by making up three questions of your own.

5 EDITING

There are fifteen missing gerunds in this letter from a visitor to a dude ranch in New Mexico. Find and correct them.

I DUDE RANCH 4

July 28

Dear Adam,

I've been *here for three days and am* having a great time, but I can't help wishing

wish you were here too. Tell your boss I'm really angry at him. His not let you take any vacation time qualifies him for the Jerk-of-the-'Tfear Award. (Just kidding.

Don't say that!) Believe it or not, the first night I missed hear all the city noises, but I haven't really had any trouble get used to the peace and quiet since then.

Everything's all so relaxed here—there's no rush around or write things down in your Daily Planner. *Get* out of New York City was definitely what I needed, even if it's only for two weeks. The ranch has lots of activities—horseback ride, river raft on the Rio *Grande*, hike in the wilderness—you name it. The ranch employees do everything for you—getting taken care of is nice, for a change, and I love be chauffeured around Santa Fe in the ranch limousine. Tonight a bunch of us are going out to a *country and western* dancing place called Rodeo Nites in Santa Fe, so my having taken those two-step lessons last summer will come in handy. It's just too bad you couldn't come along so we could both kick up our heels. Tomorrow we're all going to Taos Pueblo to watch some weave being done and to see some Native American dance, which is great because I'm really interested in learn more about Native American culture. And I'm looking forward to see *The Magic Flute* at the Santa Fe *Opera* on Saturday.

I'll write again in a day or two. Miss you lots.

Love,
Louise

COMMUNICATION PRACTICE

Q LISTENING

*|- f Brian Hansen and Jane Travanti are having a telephone conversation. Brian is asking Jane about the orienteering group she belongs to. Listen to the conversation. Then listen again and mark the statements **True, False, or I don't know** based on what you heard about the group.*

	True	False	I don't know
1. Brian has been in an orienteering group before.	●	●	●
2. Dr. Stevens wants Brian to stop working.	●	●	●
3. Brian has a lot of free time.	●	●	●
4. Being experienced in orienteering is necessary to join Jane Travanti's group.	●	●	●
5. Jane is married.	●	●	●
6. It is summer now.	●	●	●
7. Jane's club tries to go orienteering at least twice a month.	●	●	●
8. Brian has done cross-country skiing before.	●	●	●
9. People in the club are interesting people.	●	●	●
10. Membership in Jane's club is free.	●	●	●
11. Being married is necessary for membership in Jane's club.	●	●	●
12. On their next orienteering activity, the group will stop at a restaurant to eat lunch.	●	●	●

^ INFORMATION GAP: LETTERBOXING

Part A

Work with a partner. You are going to read an article about letterboxing. Each version of the article is missing some information. Take turns asking your partner questions to get information.

Student A, read the article. Ask questions and fill in the missing information. Then answer Student B's questions.

Student B, turn to page 316 and follow the instructions there.

EXAMPLE:

A: What does a screw-top bottle contain?

B: It contains a small notebook and a unique rubber stamp. What are hidden throughout the wild country of Dartmoor National Park?

A: Thousands of letterboxes are hidden throughout the wild country of Dartmoor National Park.

THEY LIVE AND BREATHE LETTERBOXING

A letterbox is a plastic, screw-top bottle that contains

Thousands of letterboxes are hidden throughout the wild country of Dartmoor National Park in southwestern England. Letterboxing is a sort of combination of

that consists of using maps, clues, and compasses to find the hidden containers. Once a box is located, the finder inks the stamp from the box and presses it into his notebook, then inks his personal stamp and presses that into the notebook kept in the box. The stamp copy he takes home is

. Many letterboxers have collected hundreds of stamp copies, which they enjoy reviewing at their leisure.

Letterboxing gives enthusiasts an excellent excuse for spending long days

. The great challenge is to interpret the complicated clues to the whereabouts of each box. The clues are given on _____, available from letterboxers (all of the boxes hidden in Dartmoor have been put out over the years by letterboxers themselves) and an organization that publishes a clue catalogue.

Letterboxers trace their hobby back to 1854, when _____ put his calling card in a bottle and stuck the bottle into a bank at Cranmere Pool, in a remote part of Dartmoor. Who could have foreseen that from such a modest beginning would emerge an elaborate pastime that has become almost a way of life for many of its aficionados?

Source: Chris Granstrom, "They Live and Breathe Letterboxing." Originally appeared in *Smithsonian Magazine*, April 1998. Reprinted by permission of the author.

Part B

In small groups, discuss these questions. Share your views with the rest of the class.

1. Does the activity of letterboxing appeal to you? Why or why not? Would you participate in an activity like this if you had the opportunity?
2. If you wanted to take the basic idea of letterboxing and adapt it to your situation, how would you change it?
3. Do you know of any activities similar to letterboxing? If so, describe them.

8 ESSAY

*What is the most interesting hobby or pastime you or someone that you know pursues? Write an essay of three or more paragraphs about it. Say what it is and why you consider it interesting, exciting, or fulfilling. Try to use gerunds and gerund phrases in your essay, including a passive gerund and a gerund phrase with **having** + past participle.*

9 PICTURE DISCUSSION: A DAY IN THE LIFE OF TED

Work with a partner. Talk about one day in the life of Ted. Using as many gerunds and gerund phrases as possible, talk about Ted's likes and dislikes.



INFORMATION GAP FOR STUDENT B

Student B, read the article. Answer Student A's questions. Then ask your own questions and fill in the missing information.

EXAMPLE:

A: What does a screw-top bottle contain?

B: It contains a small notebook and a unique rubber stamp. What are hidden throughout the wild country of Dartmoor National Park?

A: Thousands of letterboxes are hidden throughout the wild country of Dartmoor National Park.

THEY LIVE AND BREATHE! LETTERBOXING

^^ letterbox is a plastic, screw-top bottle that contains a small notebook and a unique rubber stamp. _____ are hidden throughout the wild country of Dartmoor National Park in southwestern England. Letterboxing is a sort of combination of orienteering and treasure hunting that consists of _____. Once a box is located, the finder inks the stamp from the box and presses it into his notebook, then inks his personal stamp and presses that into the notebook kept in the box. The stamp copy he takes home is his reward for the effort. Many letterboxers have collected hundreds of stamp copies, which they enjoy reviewing _____.

letterboxing gives enthusiasts an excellent excuse for spending long days tramping over the moors. The great challenge is _____. The clues are given on detailed clue sheets, available from letterboxers (all of the boxes hidden in Dartmoor have been put out over the years by _____) and an organization that publishes a clue catalogue.

^etterboxers trace their hobby back to 1854, when a Victorian gentleman put his calling card in a bottle and stuck the bottle into a bank at Cranmere Pool, in a remote part of Dartmoor. Who could have foreseen that from such a modest beginning would emerge an elaborate pastime that has become _____?

*Source: Chris Granstrom, "They Live and Breathe Letterboxing." Originally appeared in *Smithsonian Magazine*, April 1998. Reprinted by permission of the author.*

GERUNDS

IDENTIFYING GERUNDS

В Н Н П П Н Н Н Т Н Н Н
I Я

Read this brochure for a health club. Underline all the gerunds. Do not underline present participles or the continuous forms of the verbs.

WELCOME TO THE SUPER SPARTAN SPA

Exercising increases energy and is also an important factor in relieving stress. You will find that you have more energy and feel less stress after you have been exercising here for a few days. Even if you have been inactive in the past, that won't keep you from building your physical capability through training. Here at the Super Spartan Spa, you can shape up very quickly by participating in the activities most appropriate for you. Brisk, regular, and sustained activities, such as fast walking, jogging, or swimming, will improve the efficiency of your heart and lungs. Your flexibility and muscle strength will be improved by lifting weights or doing gymnastics.

Are you avoiding exercise because you don't have anyone to exercise with? Many people don't enjoy exercising alone. Here at the Super Spartan Spa you will find hiking, cycling, tennis, and other activities that provide opportunities for socializing. Being included in groups that have specific objectives, such as bicycling 50 miles in one day, will benefit you socially as well as physically. You will find our exercise program interesting and involving.

(continued, on next page)

Exercise stimulates the pituitary gland to produce endorphins, substances that affect mood, perception of pain, memory retention, and learning. Producing these endorphins is the body's way of alleviating feelings of depression and stress. Thus, strenuous and focused exercise can even be extremely helpful in improving your outlook on life.

ENJOY THE SUPER SPARTAN SPA!

© FORMING GERUNDS

This is an excerpt from a magazine article about extreme sports. Read the passage and match the description in the column on the left with the name of the sport on the right. Write the name of the sport in the blank space.

THE X-GAMES

The Olympic Games first saw light in ancient Greece, and the X-Games came into being in 1995. The X-Games? X = the X in *extreme*, as in *extreme sports*, sports that are not the usual team sports, sports that challenge nature, sports that are "extremely" dangerous and performed only by daredevils. The names of these new competitive sports are not well known to everyone. Can you guess the name of the description of each sport in the box below?

1. A person skates on a board. This sport is called skateboarding	bouldering
2. A person climbs up ice-covered mountains. The sport is	free-skiing
3. A person uses a mountain bike to race in snow. The sport is	ice climbing
4. A person climbs up mountains and over boulders, usually in the summer. This is	
5. A person uses a surfboard and a parachute to ride air currents in the sky. The sport is called	snowboarding

(continued on next page)

6. A person races downhill not on skis but on a board. This is_____ sky-surfing
7. A person races downhill on skis and performs certain tricks in the air while jumping. The skier is free to choose his or her own trick. This sport is snow mountain biking

© USING THE PERFECT FORM OF GERUNDS

Read this police report on a witness questioned about a robbery. Fill in the blanks by making gerunds in the perfect form from the verbs given.

Officers Brody and Mendez investigated a robbery that occurred on the night of June 23 at 10 Seacoast Terrace, the home of John and Jane Butler. They questioned Mark Abbott, a family friend and possible suspect. Abbott denied having v\sited the Butler house on the night of the robbery. In fact, he regretted_____ there, saying that if he had been, the robbery would never have happened. He admitted _____ there earlier that day. He couldn't recall _____ anything suspicious at the house. Nor could he remember _____ anyone near the house. He mentioned_____ the house that evening, but he said that nobody had answered. Abbott acknowledged _____ suspicious at that point, since the Butlers had said they would definitely be at home. However, he explained that his _____ by to check the house was because of the lateness of the hour. Officers Brody and Mendez then excused him, believing that he did not commit the robbery.

1. (visit)

2. (not / be)

3. (stop by)

4. (see)

5. (meet)

6. (telephone)

7. (become)

8. (not / stop)

O USING THE PASSIVE FORM OF GERUNDS

Complete the following article by filling in the blanks with the passive form of gerunds made from the verbs given in parentheses. (Use the verb **be** in the passive gerunds.)

Soliciting business and money by telephone has become a common practice in the United States. The telephone calls often come during the dinner hour. But people usually don't appreciate _____ **1. (telephone)** _____ at home by strangers, especially while they are eating. They resent _____ **2. (bother)** _____ at that time with offers of opportunity to obtain merchandise, to contribute to a charity, or to invest money.

_____ **3. (Require)** _____ to respond politely to this kind of telephonic intrusion is too much for many people, who end up shouting rudely or slamming down the telephone. On the other hand, some people respond enthusiastically to the idea of

_____ **4. (have / choose)** _____ for these telephone offers. Because some offers are actually frauds, however, the importance of _____ **5. (not / fool)** _____ by such offers must be emphasized. For example, if a solicitor says, "Your _____ **6. (have / select)** _____ to participate in this offer is a unique opportunity. You must act quickly," the person should be extremely wary.

Here are some tips for dealing with telephone solicitations. Above all, you should avoid _____ **7. (perceive)** _____ as gullible. If you want to invest money, you should know the company well; if not, you risk _____ **8. (cheat)** _____. As long as you don't mind _____ **9. (disturb)** _____ at home in the first place, take the time to ask the telephone solicitor pertinent questions. But you could also respond, as many other people do to the annoyance of _____ **10. (have / solicit)** _____ by telephone too often: Just turn off your phone at dinnertime and enjoy a peaceful meal.

© USING POSSESSIVES WITH GERUNDS

Read the following letter written to Pamela's advice column. Combine each pair of sentences, using a possessive noun or possessive pronoun and a gerund in each new sentence you write.

P a m e l a ' s A d v i c e

Dear Pamela:

My friend Helen married Tom last year, against my advice. They didn't know each other very well at the time, as they had met only three weeks prior to their wedding. Now they are discovering things about each other that they don't like.

For example:

1. Tom smokes cigars in the bedroom. Helen can't stand this.

Helen can't stand Tom's smoking cigars in the bedroom.

2. Helen talks on the phone to her boss on weekends. Tom is annoyed by this.

3. Tom is rude to Helen's family. Helen can't tolerate this.

4. Helen's cooking is terrible. Tom dislikes this.

5. Tom swears at other drivers. Helen is disturbed by this.

6. Tom spends hours in front of the TV. Helen resents this.

7. Helen snores. Tom can't sleep because of this.

8. They fight all the time when I'm around them. I can't stand this.

9. You always have good advice. I really appreciate this.

So please tell me—what should Helen and Tom do?

Bothered in Boston

In the following passage, there are twenty verbs that are not in the gerund form but should be. Find these verbs and change them into their correct gerund form.

Playing

Some popular hobbies are as old as civilization. **ftay** music and paint have fascinated countless people throughout the ages, for example.

However, before the twentieth century, many hobbies—such as collect valuable objects, rare manuscripts, and art treasures—were something that only the wealthy had the time or the money to enjoy.

The present-day enthusiasm for participate in an absorbing activity is the result of many people's bless with greater prosperity and more free time. Instead of collect art objects, more ordinary people enjoy collect stamps or coins, or everyday objects such as spoons, miniature porcelain animals, or bells. Sports such as tennis and sail provide activity and socialization; so does play such games as chess and bridge. In addition to paint and other "art" forms, a strong interest in arts and crafts developed at the end of the nineteenth century, and people expressed themselves in weave, pottery make, wood carve, and other artistic endeavors. Recognize as an expert in one of these areas of sports or games or the arts can give a person a feeling of great satisfaction.

The influence of television has been profound in the last half of the twentieth century. For many people, watch television is a kind of hobby, although a very passive one. To avoid the effects of not have any exercise, many people have enthusiastically taken up such active and wilderness sports as kayak and white-water raft, and dangerous sports such as sky-dive and bungee-jump.

For the rich and the poor, for the active and the inactive, hobbies make life more enriching for many.

^ ^ **PERSONALIZATION**

You have probably experienced some great changes at certain times in your life. Write a short essay about one of those changes. Include some of the phrases from the box, making sure that the phrases are followed by appropriate gerunds.

I'll never forget . . .

I don't regret . . .

I had some problems . . .

I began . . .

I finally became comfortable in my new situation by . . .

I really enjoyed . . .

For others about to do the same thing, I would recommend . . .

I am now very happy about . . .