

Міністерство освіти і науки України
Кам'янець-Подільський національний університет імені Івана Огієнка
факультет іноземної філології
кафедра англійської мови

Reading with pleasure

Навчально-методичний посібник
видання друге, доповнене

Кам'янець-Подільський
2020

УДК 811.111 (075.8)

Р 49

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Друкується за рішенням науково-методичної ради факультету іноземної філології Кам'янець-Подільського національного університету імені Івана Огієнка (протокол №2 від 19 лютого 2020 р.)

Reading with pleasure: тексти для самостійного читання:
навчально-методичний посібник для самостійної роботи/Галайбіда О.В. та ін.
Кам'янець-Подільський, ВПП «Апостроф», 2020. 104 с.

УДК 811.111 (075.8)

Посібник містить дидактичні матеріали для самостійного читання англійською мовою, укладені відповідно до тематики навчальної дисципліни Практика усного та писемного англійського мовлення. Виконання дотекстових і післятекстових завданьсприяє розвитку навичок самостійного пошуку, міжкультурної комунікації, формує комунікативну компетентність, розвиває креативність та самостійність мислення.

Посібник рекомендовано для студентів 1-4 курсів факультетів іноземних мов закладів вищої освіти з метою удосконалення навичок навчаючого читання та поповнення лексичного запасу студентів.

Self-study materials for the first-year students

Reading comprehension

Read through the texts given below, think over the topics and ideas raised in them, pay special attention to the words and expressions in bold, memorize them and respond in the written form to the issues outlined after the texts.

1. MAKE A BENCH FROM THREE CHAIRS

By Valerie Rains

Suggested Vocabulary

flea market - a usually outdoor market in which old and used goods are sold

plank - a long, thick board that is used especially in building something

screw - a nail-shaped or rod-shaped piece with a spiral groove and a slotted or recessed head designed to be inserted into material by rotating (as with a screwdriver) and used for fastening pieces of solid material together

sand - to make the surface of something smooth by rubbing it with sandpaper

"Where other people see junk, I see potential," says Athens, New York, carpenter Ryan McPhail, who spotted these three chairs at a **flea market** for only \$18 each. Although the secondhand finds were loaded with character, their broken seats rendered them useless — at first. Armed with little more than a screwdriver, a salvaged **plank**, and some wood glue, McPhail transformed the trio into this charming bench, perfect for a mudroom or foyer.

Step 1: Unscrew the seats from the chairbacks and armatures and set aside. Save the **screws**.

Step 2: Line up the chairs side by side, with a few inches between each. Measure the distance from one end of the row to the other, and add four inches to that number. Then measure the depth (from front to back) of one of the seats you just removed. Cut a wood plank with those dimensions (we used a 1 1/4-inch-thick, 15- by 58-inch plank here), and

sand or miter its edges — or ask someone at your local lumberyard to do it for you. Paint or stain the plank as desired.

Step 3: Once the plank has dried, place it atop the chairs, center it, and use a pencil to mark where it meets the screw holes in the armatures and the backs of the chairs. (Keep in mind that chairs can age unevenly, so this may require some fiddling.) Remove the plank and drill small pilot holes at each marked point. Put the plank back on top of the chairs, align the pilot holes, and mark where each front chair leg meets the underside of the plank, tracing all the way around the tip of the leg (known as the dowel). Remove the plank. Then, using a drill bit that corresponds to the size of the dowel, bore a 1/2-inch-deep indentation within your pencil marking, being careful not to drill all the way through the plank.

Step 4: Apply wood glue to the dowels, position the plank atop the chairs again, and press the bored holes down on the dowels. Screw the back of the plank to the chair backs — and reattach the armatures — with the screws you removed earlier. Place a weight on the plank and let dry overnight; then sit back and relax.

flea market - a usually outdoor market in which old and used goods are sold

plank - a long, thick board that is used especially in building something

screw - a nail-shaped or rod-shaped piece with a spiral groove and a slotted or recessed head designed to be inserted into material by rotating (as with a screwdriver) and used for fastening pieces of solid material together

sand - to make the surface of something smooth by rubbing it with sandpaper

Consider the issues:

Can you simplify these instructions and relate them in as few sentences as possible?

Can you describe the resulting piece of furniture?

Where can you put such a bench?

2. WHAT'S MISSING FROM THESE PICTURES?

Suggested Vocabulary

Earphone - a device that is worn over or inserted into the ear and is used for listening to something (such as music or a radio) without having other people hear it

wood pulp - pulp from wood used in making cellulose derivatives (as paper or rayon)

Launch - to put into operation or set in motion

Medium - a condition or environment in which something may function or flourish

Los Angeles Times Magazine

September 22,

1991, Sunday

* THREE PEOPLE SIT in a doctor's waiting room. One stares at the television, the second fiddles with a hand-held video game; the head of the third is wrapped in **earphones**.

* A couple of kids, waiting for bedtime, lie on the floor of a brightly painted room, busily manipulating the controls of a video game.

* Two hundred people sit in an airplane. Some have brought their own tapes, some doze, most stare up at a small movie screen.

What is missing from these pictures, and increasingly from our lives, is the activity through which most of us learned much of what we know of the wider world.

Reading in a Whole New Way By Kevin Kelly

Smithsonian Magazine August 2010

Today some 4.5 billion digital screens illuminate our lives. Words have migrated from **wood pulp** to pixels on computers, phones, and laptops. Letters are no longer fixed in black ink on paper, but flutter on a glass surface in a rainbow of colours as fast as our eyes can blink. Screens fill our pockets, briefcases, living room walls and the sides of buildings. They sit in front of us when we work— no matter what we do. We are now people of the screen. And of course, it has changed how we read and write.

Television reduced the time we spent reading so much that it seemed as if reading and writing were over. Educators and parents

worried deeply that the TV generation would be unable to write. But the cool, thin displays of the second wave of screens **launched** an epidemic of writing that continues to grow. The amount of time people spend reading has almost tripled since 1980. By 2008 more than a trillion pages were added to the World Wide Web, and that total grows by several billion a day. Each of these pages was written by somebody.

But it is not book reading. Or newspaper reading. It is screen reading. Screens are always on, and, unlike with books we never stop staring at them. This new platform is very visual, and it is marrying words with moving images. You might think of this new **medium** as books we watch, or television we read.

Consider the issues:

What are the texts about? Try and list all the details you remember.

What has drastically changed?

Do you agree with the message?

3. OUR UNIVERSITY

Suggested Vocabulary

Autonomous - existing or acting separately from other things or people, having the power or right to govern itself

Reorganize - to organize again or anew

Bishop - an official in some Christian religions who is ranked higher than a priest and who is usually in charge of church matters in a specific geographical area

The university was founded as Kamianets-Podilskyi State Ukrainian University on October 22, 1918, under a law signed by Pavlo Skoropadsky during his brief rule as Hetman of Ukraine. The first rector of the university was the scientist and linguist Ivan Ohienko. The university consisted of five faculties: History and Philology; Physics and Mathematics; Law; Theology; and Agriculture.

The defeat of the Ukrainian national liberation movement in the autumn of 1920 by the bolsheviks determined the fate of the university: at first, it was **reorganized** into the Academy of Theoretical Knowledge, but on February 2, 1921 — into the Institute for Theoretical Sciences,

which included three **autonomous** institutions: Physics and Mathematics, the Humanities and Agricultural Sciences. On February 26, 1921 the Institute for Theoretical Sciences was **reorganized** into two separate schools — the Institute of Public Education and Agricultural Institute. During the 1930s and 1940s the Institute of Public Education was reorganized three times — in 1930, when it was reorganized into the Institute of Social Education; in 1933–1934, into Pedagogical Institute; and in 1939, into the Institute of Teachers. Since the 1948–1949 academic year, according to the decision of the Council of Ministers of the USSR, the Kamianets-Podilsky Institute of Teachers was reorganized into the Pedagogical Institute.

It was made a State Pedagogical university in 1997, a State university in 2003 and a national university named after Ivan Ohienko in 2008.

Ivan Ohienko was born in central Ukraine (Kiev hubernia) and educated at Kiev University where he studied Slavic philology (see Slavistics) under V. Peretts. By 1915, he was teaching at this same university, and during the revolution became active in the Ukrainianization of higher education. In 1919, he was Minister of Education in the Ukrainian People's Republic (UPR) which was at that time headed by the Directorate of Ukraine. After the military defeat of Petliura's forces, together with Petliura went into exile in Tarnów, Poland. He remained in Poland between the wars and remained active in the UPR government in exile. Until 1932, he taught in the Faculty of Orthodox Theology at Warsaw University, but was dismissed under political pressure from Polish nationalist elements.

In 1940, he became **Bishop** of Chełm in German-occupied Poland. In face of the advance of the Red Army, he fled west and in 1947 settled in Winnipeg in Western Canada where shortly afterward he became Metropolitan bishop of the Ukrainian Orthodox Church of Canada. Throughout his long career, in addition to church work, Ohienko contributed to scholarship and other areas of Ukrainian culture.

As a scholar, Ohienko made contributions to Ukrainian linguistics, church history, and the history of Ukrainian culture. He published books on the history of Ukrainian linguistics (1907), the

history of Ukrainian printing (1925), the pre-Christian beliefs of the Ukrainian people (1965), the history of the Ukrainian literary language (1950), and published several studies in Ukrainian church history of the Cossack era. He also published a general history of the Ukrainian Church (1942), a two volume work on Saints Cyril and Methodius (1927–8), edited several semi-scholarly journals, and compiled a multi-volume etymological-semantic dictionary of the Ukrainian language which was only published after his death.

Between 1917 and 1940, he also realized a translation of the Bible into the Ukrainian language, finally published in 1958. His Ukrainian translation is the one most widely used nowadays, with Ukrainian Bible Society starting to publish mass editions in 1995.

Consider the issues:

What are the highlights of our University's history?

What historical events are mentioned in both texts?

What is Ivan Ohienko famous for?

4. MYTHOLOGY

Suggested Vocabulary

Pantheon

all of the gods worshipped by people who belong to a particular religion

Deity - a god

Tribal - relating to or belonging to a tribe

Realm - a country that is ruled by a king or queen

Demonology - the study of demons or evil spirits

Two periods are distinguished in the evolution of eastern Slavic mythology: an earlier one, marked by Svaroh's supremacy, and a later one, dominated by Perun. The legends about the Scythians as having originated from one father and three sons and about the founding of Kyiv by the three brothers Kyi, Shchek, and Khoryv, as well as 12th-century data on the pagan **pantheon** of KyivanRus', suggest that the chief god of the Sclaveni and Antes was named Troian, which in Ukrainian suggests 'father of three sons.' A reference to the deity in Slovo o polku Ihorevi has led some scholars to the conclusion that Troian was at one time the ruling god of Rus'. In the 12th-century apocryphal work

‘KhozhdeniieBohorodytsipomukakh’ (The Mother of God's Journey through the Agony) Troian is listed first among the deities and is followed by Khors, Veles, and Perun. The grouping of father and three sons was observed in the pantheon of Volodymyr the Great, in which Perun was elevated to first place and was followed by Khors, Dazhboh, and Stryboh. By function and importance Svaroh or Troian corresponds to Sviatovyt (Svitovyt), the god of the sun and later of war and plenty in the western Slavic pantheon.

The main **deities** of the early period of KyivanRus’ were Perun, the god of rain, lightning, and thunder, and Veles (Volos), the god of livestock. As the tribal society evolved into a more organized state, the functions of both deities expanded: Perun became the god of war, and Veles, the god of prosperity and commerce, and they were adopted by the prince as the official gods of the state. At first Volodymyr the Great tried to create a unified state religion by incorporating all common and **tribal** deities of his **realm** into one pantheon. According to the Primary Chronicle (for 980 AD) Volodymyr set up idols of Perun, Khors, Dazhboh, Stryboh, Symarhl, and Mokosh outside the palace at Berestove. The chief god in this pantheon was Perun. Khors, a sun god borrowed from the Persians, was second in rank. Dazhboh's functions were similar to Khors's. Some scholars held that the two names referred to the same god. Next in rank was Stryboh, the god of wind and water. The nature of Symarhl has been the subject of much speculation. Some scholars identify Mokosh with Marena, the Slavic goddess of spring and water; others define her as a goddess of birth. Volodymyr's pantheon was short-lived; in 988 Christianity became the state religion.

The mythological figures of Rod and the rozhanytsi, who are mentioned in many literary monuments, date back to prehistoric times. The rozhanytsi are similar in function to the Roman Parcae, whose name is derived from the Latin *parcere* ‘to give birth.’ The names Rod and rozhanytsia are related to the Ukrainian (and Slavic) words *rid* ‘clan,’ *narod* ‘people,’ *rodyty* ‘to give birth,’ and *pryroda* ‘nature.’ The belief in Rod and the rozhanytsi influenced folk ideas of death, the dead, and the afterworld and folk wedding and birth rituals. The church struggled for many centuries against the cults of these deities.

During Christian times the ancient mythology of Ukraine's inhabitants survived to some extent in the folklore and **demonology** of the Ukrainian people. Many elements of ancient religious belief were absorbed also by church rites and ritual.

Consider the issues:

Can you name any similar pagan gods from other mythologies?

What were the most important deities?

What elements of this ancient mythology were absorbed by church?

5. SANTA CLAUS

Suggested Vocabulary

Sledge - a vehicle you sit on to travel over snow. Sometimes it might be pulled by animals, sometimes (particularly when used by children) it might be pushed by another person.

Fictitious - not real or true; invented

If two things **merge**, they combine or become mixed so that you can no longer tell the difference between them.

Origin - a place or moment where something begins to exist

For many people, especially children, Christmas would not be the same without a jolly old man with a white beard and a red costume: Santa Claus, or Father Christmas. He is, of course, a **fictitious** figure whose generosity represents the spirit of Christmas. However, very young children are generally encouraged to believe that he really exists, and that they will receive Christmas presents from him if they have been well behaved.

Because Christmas is in mid-winter in the northern hemisphere, Father Christmas is associated with very cold weather. He is supposed to live somewhere in the far north — Lapland in northern Finland, or Greenland, or even the North Pole — and to transport his presents using a **sledge**, pulled by reindeer, which not only travels through snow but can also fly through the sky. In countries where Christmas presents are given and received on Christmas Day, 25th December, Father Christmas delivers his presents at night on Christmas Eve, 24th December, after all the children have gone to bed. He enters people's homes by coming down

the chimney, without waking anyone up, and usually places the presents under or by the side of the Christmas tree. (Many homes, of course, do not have chimneys, but young children are not encouraged to worry about such details.) Some parents give their children a small amount of food and drink to leave for Father Christmas before they go to bed on Christmas Eve. This might be biscuits or a mince pie, with milk or even something alcoholic such as brandy, and perhaps some water for the reindeer. By Christmas morning the food and drink will have disappeared – which the parents, of course, will say is proof that Father Christmas really has visited, and nothing at all to do with them! The idea of Father Christmas goes back a long way. In Britain, the **fictitious** figure of

‘Old Christmas’ or ‘Sir Christmas’, a jolly old man with a beard who visited people’s homes at Christmas, was part of popular culture in the seventeenth and eighteenth centuries – but he was not particularly connected with children, or presents, and his clothes were green rather than red. In the nineteenth century it seems this image began to merge with that of Saint Nicholas, a Christian saint who has a feast day in December and who is associated with the giving of gifts. The name of Saint Nicholas in Dutch is *Sinter klaas*, which is the origin of the other name Father Christmas is known by today: Santa Claus.

Consider the issues:

How is Santa Claus envisioned today?

What is the origin of Santa Claus?

Where does Santa Claus live?

6. STUDENT LEARNING TEAMS

by John N. Gardner and A. Jerome Jewler

from Your College Experience

Suggested Vocabulary

peers – classmates

get off track – become distracted or lose focus

shirk his or her responsibility – not do the work he or she agreed to do

Research has shown that college students can learn as much, or more, from peers as they do from instructors and textbooks. When students work effectively in a supportive group, the experience can be a very powerful way to improve academic achievement and satisfaction with the learning experience.

Recent interviews with college students at Harvard University revealed that nearly every senior who had been part of a study group considered this experience crucial to his or her academic progress and success. The list below describes several important activities that you and your study group or learning team can collaborate on:

Activities for a learning team

1. Sharing class notes. Team up with other students immediately after class to share and compare notes. One of your teammates may have picked up something you missed or vice versa.
2. Comparing ideas about assigned readings. After completing each week's readings, team up with other students to compare your highlighting and margin notes. See if you all agree on what the author's major points were and what information in the chapter you should study for exams.
3. Doing library research. Studies show that many students are unfamiliar with library research and sometimes experience "library anxiety." Forming library research teams is an effective way to develop a social support group for reducing this fear and for locating and sharing information.
4. Meeting with the instructor. Having your team visit the instructor during office hours to seek additional assistance in preparing for exams is an effective team learning strategy for several reasons. If you are shy or unassertive, it may be easier to see an instructor in the company of other students. Your team visit also sends a message to the instructor that you are serious about learning.
5. Reviewing test results. After receiving test results, the members of a learning team can review their individual tests together to help one another identify the sources of their mistakes and to identify any "model" answers that received maximum credit. You can use this information to improve your performance on subsequent tests or assignments.

Not all learning teams, however, are equally effective. Sometimes group work is unsuccessful or fails to reach its full potential because insufficient thought was given to how teams should be formed or how they should function. The following suggestions are strategies for maximizing the power of peer collaboration.

1. In forming teams, seek **peers** who will contribute quality and diversity. Look for fellow students who are motivated: who attend class regularly, are attentive and participate actively while in class, and complete assignments on time. Include teammates from both genders as well as students with different personality characteristics. Such variety will bring different life experiences and different styles of thinking and learning strategies to your team, which can increase both its quality and versatility. Furthermore, choosing only your friends or classmates who have similar interests and lifestyles can often result in a learning group that is more likely to **get off track** and onto topics that have nothing to do with the learning task.

2. Keep your group size small (three to six classmates). Smaller groups allow for more face-to-face interaction and eye contact and less opportunity for any one individual to shirk his or her responsibility. Also, it's much easier for small groups to get together outside of class.

3. Hold individual team members accountable for contributing to the learning of their teammates. One way to ensure proper preparation is to ask each member to come to the group meeting prepared with specific information to share with teammates, as well as with questions on which they would like to receive help from the team. Another way to ensure that each teammate prepares properly for the meeting is to have individual members take on different roles or responsibilities. For example, each member could assume special responsibility for mastering a particular topic, section, or skill to be taught to the others. This course may be the perfect place for you to form learning teams and to start putting principles of good teamwork into practice.

Consider the issues:

1. The authors describe several learning team activities that can improve your academic performance. Which team activity would help you most? Which activity would help you least? Why?

2. The reading provides information on what you should do to form and maintain an effective study team. Make a list of three to five things you shouldn't do when putting together and maintaining a learning team.

7. WILD WEATHER

From <http://www.ngllife.com>

Suggested Vocabulary

affect – to have an influence on something

shelter – a building or covered place that is made to protect people from danger or bad weather

shortage – not enough of something that is needed

British people are famous for always talking about the weather, but there's a good reason why we do. The British Isles are located in a place where two huge weather systems meet and, it often seems, do battle. Even so, strange things have been happening in recent years, as they have been in many other places around the world. There can't be many people that haven't been **affected** by weather that was hotter, wetter, drier or wilder than the weather they are used to. This article, based on an article by Peter Miller from the September 2013 issue of National Geographic Magazine, looks at what is happening to our weather.

What is happening to our weather?

One weekend in May 2010, Nashville in the USA was expecting a few centimetres of rain. Two days later, 33 centimetres had fallen and eleven people had died in the resulting floods.

There's been a change in the weather. Extreme events like the Nashville flood – described by officials as a once-in-a-millennium occurrence – are more frequent than before. Also in 2010, 28 centimetres of rain fell on Rio de Janeiro in 24 hours, causing mud slides that buried hundreds of people. And record rains in Pakistan led to flooding that **affected** more than 20 million people. The following year, floods in Thailand left factories near Bangkok under water, creating a worldwide **shortage** of computer hard drives. Meanwhile, severe droughts have affected Australia, Russia and East Africa. Deadly heat waves have hit Europe, leaving 35,000 people dead in 2003. Financial losses from such

events jumped 25 percent to an estimated \$150 billion worldwide in 2011.

What's going on? Are these extreme events signals of a dangerous, human-made change in the Earth's climate? Or are we just going through a natural run of bad luck? The short answer is: probably both. On the one hand, the most important influences on weather events are natural cycles in the climate. Two of the most famous weather cycles, El Niño and La Niña, originate in the Pacific Ocean and can affect weather patterns worldwide. But something else is happening too: the Earth is steadily getting warmer, with significantly more moisture in the atmosphere. The long-term accumulation of greenhouse gases in the atmosphere is trapping heat and warming up the land, oceans and atmosphere. As the oceans warm up, they produce more water vapour and this, in turn, feeds big storms, such as hurricanes and typhoons.

And yet, there are ways of dealing with the effects of such extreme events. After 2003, French cities set up air-conditioned **shelters** for use in heat waves. In the 2006 heat wave, the death rate was two-thirds lower.

'We know that warming of the Earth's surface is putting more moisture into the atmosphere. We've measured it. The satellites see it,' says climatologist Jay Gulledge. Another scientist, Michael Oppenheimer, agrees. We need to face up to that reality, he says, and do the things we know can save lives and money.

Consider the issues:

1. Why was the rain in Nashville considered to be an extreme event?
2. What is the key factor in the formation of storms?

8. CHRISTMAS – THE GOOD, THE BAD AND THE UGLY

By Keith Sands

From <https://learnenglish.britishcouncil.org>

Suggested Vocabulary

to take a sip – to drink (a liquid) by taking small mouthfuls; drink gingerly or delicately

tinsel – a decoration consisting of a piece of string with thin strips of metal foil attached along its length

Christmas is one of those holidays which means very different things to different people.

It can be a spiritual time, a family time, a time for giving, a time for partying or a time for just over-eating... Most people (in those countries where it is the main religious festival of the year) find something to enjoy about Christmas, whether they are Christians or not. But hasn't Christmas in the consumer age become just a bit too big? And a lot too commercial?

I think so. The secret of a good Christmas is to be selective. Here is my personal list of the things Christmas (at any rate, Christmas in Britain) would be infinitely better without. Let's get rid of:

Plastic Christmas trees

Fussy people don't like trees that drop their needles on the carpet. Surely, in the age of vacuum cleaners, this is not a problem any more? Worst of all are those plastic trees that come with their own decorations already attached, so depriving children of the great pleasure of hanging the decorations themselves. Replace with: real fir trees, from sustainable forests.

Fairy lights that don't work

We have sent people to the moon. Computers have changed our lives. On the internet, huge amounts of information travel all over the world at the speed of light. So it shouldn't be too difficult to put a few coloured light bulbs in a row, so they last until New Year without breaking down. Replace with: candles – and fireproof fir trees.

Slade's 'Merry Christmas, Everybody'

A stomping, two-chord song from the dark days of 1970s rock. Played endlessly in British pubs and on the radio through December. It is the musical equivalent of jumping up and down with heavy boots on and trying to drink beer at the same time. I remember once, at a Christmas party, picking up my beer and taking a sip – to find out someone had used the can as an ashtray. And this song is the theme tune of that kind of party. Replace with: The Pogues and Kirsty MacColl's 'Fairytale of New York': a great, soulful Christmas song.

Bing Crosby's White Christmas

While we're on the subject of Christmas songs, let's not forget that this sentimental 1950s tune is the biggest selling single of all time. It's ideal for falling asleep in an armchair, but finally just too nostalgic. And very annoying. Replace with: 'Silent Night', a beautiful German carol known all over the world.

Office parties

Doesn't a computer decorated with **tinsel** and an office with paper chains hanging from the ceiling look just a tiny bit depressing? And office Christmas parties are worse. Under the influence of cheap wine in paper coffee cups, strange things happen with the photocopier. Rude messages are faxed to clients. Most people can't relax in the office. And those that can will probably do something they'll regret later. Replace with: an extra afternoon off work.

British Christmas Weather

In Richard Curtis films (like the recent hit *Love, Actually*), it always snows at Christmas in London. The city is covered with a beautiful white blanket, the perfect setting for a romantic happy ending. What's the reality of Christmas weather in the south of England? Grey skies with a good chance of cold drizzle in the late afternoon. Replace with: Russian Christmas weather.

TV

It's a fact that we spend more time in front of the TV at Christmas than at any other time of year. The TV schedules are filled with old films, comedy 'Christmas Specials', soap operas with Christmas-related plots, and of course hundreds of adverts. Switch it off and visit your relatives instead. Replace with: log fires, board games.

Turkey with Cranberry Sauce

In Britain, the usual Christmas dinner is turkey with cranberry sauce – although ultra-traditionalists may prefer goose. Cranberry sauce is basically a kind of jam. We don't put jam on meat at other times of year, so why at Christmas? Replace with: no cranberry sauce.

Consumerism

You know what I mean. Adverts for toys on children's TV. Department stores that put out Christmas decorations as early as September. The stress of Christmas shopping. Everywhere the message is spend, spend,

spend. Christmas is a Christian religious festival, to celebrate the birth of Jesus Christ. It's not just an excuse for making money. Replace with: midnight carols at church, peace on earth, and goodwill to all men.

So that's my advice. Avoid these things and you'll have a good chance of having a truly Merry Christmas. Which is what I wish you now. And a happy new year!

Consider the issues:

1. Does the author like Christmas?
2. What do you think about commercialisation of Christmas?

9. YOU ARE WHAT YOU EAT

<https://learnenglish.britishcouncil.org>

Suggested Vocabulary

repute – to consider (a person or thing) to be as specified

impact – the impression made by an idea, cultural movement, social group, etc.

When I was at school, our teacher told the class 'You are what you eat.' My friends and I would laugh and call each other 'hamburger' and 'biscuits'. Our teacher was trying to show us the importance of eating the right food to stay healthy.

This was a few decades ago when there were big campaigns to make British people healthier. We decided to throw out our chip pan which we had used until then to make chips every day for dinner. We replaced our chips with boiled potatoes. We also started using semi-skimmed milk instead of whole milk in our cups of tea and bowls of cornflakes. At first I felt like I was eating my cornflakes in water and my potatoes had no taste at all. But after a while I started to prefer healthier food because I felt stronger and I didn't get sick so often.

Japanese people are reputed to be the healthiest in the world because of the food they eat. The healthiest Japanese people eat rice and fish and vegetables every day. They drink green tea or water when they're thirsty, and snack on dried fish, fruit or ginkgo nuts. The traditional Japanese diet is famous for helping you to live a longer and healthier life.

So we have proof that you become what you eat. Can you tell what your friends eat just by looking at them? When you know the effects of

different types of food, you can use your knowledge well and eat what you want to become.

Food has an impact on our physical and emotional health. Have you ever heard any of the following advice?

Lettuce or milk can make you sleepy.

To stop feeling sleepy you should eat peanuts or dried fish.

To keep your teeth clean you should eat apples often.

Garlic helps you not to catch a cold.

Everyone has their own advice to give, which they have read about or have been told by older relatives. Some of these pieces of advice seem to contradict each other.

Eating chocolate makes you fat and gives you spots.

Chocolate contains the essential minerals iron and magnesium

What we need to figure out is what type of chocolate to eat to get the benefits and how much of it to eat. We can do this by reading the list of ingredients on the chocolate bar wrapper. Exactly how much real chocolate is in there? And how much of that do we need to eat to get the benefits of the minerals it contains?

Future restaurants might be named after the physical or emotional state they hope to create. Their menus will list the benefits of each dish and drink. Some restaurants have already started this concept, and list the nutritional content of their dishes on the menus.

Let's take the restaurant Winners as an example. Their menu would list dishes specifically designed to help you win sports competitions. There would be 'Night-before Vegetable Lasagne', a pasta dish with extra layers of spinach pasta for slow-burning energy, rich tomato sauce full of vitamin C and soft, easy-to-digest vegetables. All this would be topped with a little fresh cheese – just enough to help you get a good night's sleep, but not enough to give you nightmares!

Or you could choose the 'Go-faster Salad', which is a large bowl of mixed raw vegetables in a light salad dressing, giving you energy without making you gain weight. The vegetables are carefully chosen to include plenty of natural vitamins and minerals.

What kind of dishes do you think would be on the menu at the Clever Café (which sells food that's good for your brain)?

So what's going to happen to hamburgers and biscuits? Will the concept of eating food because it's tasty go out of fashion? Of course not! Junk food is also changing. If ice cream is not good for children, can't we give them fat-free, sugar-free tofu ice cream? Unhealthy food is going out of fashion, so brands are changing. We are told not to drink cola because of the sugar and caffeine content so cola companies are making sugar-free and caffeine-free drinks. We are told dried fruit is a healthier snack than biscuits, so some biscuit companies are making biscuits with added vitamins. Snacks might soon be changing their names to 'Skinglow' and 'Chocomineral'! So in the future you might be able to eat your way to your idea of perfection!

Consider the issues:

1. Why are Japanese people said to be the healthiest in the world?
2. How does the author think junk food will change in the future?

10. CRAZY FESTIVALS

From <https://learnenglish.britishcouncil.org>

Suggested Vocabulary

warship – a vessel armed, armoured, and otherwise equipped

bog – wet spongy ground

brainstorming – intensive discussion to solve problems or generate ideas

snorkel – a device allowing a swimmer to breathe while face down on the surface of the water, consisting of a bent tube fitting into the mouth and projecting above the surface for naval warfare

There are many famous festivals around the world. The Carnivals in Rio de Janeiro and Venice, Munich's Oktoberfest and London's Notting Hill Carnival are three examples.

There are, however, festivals going on somewhere in the world every day of the year. These range from very large events which involve whole cities to local celebrations in tiny villages or neighbourhoods of towns or cities. We have selected a few of the more unusual, colourful festivals from around the world.

Australia Day Cockroach Races: Brisbane, Queensland, Australia

"Racing is simple....the races are held in a circular track and roaches are then let go from an upturned bucket in the middle...first to the edge is a winner. Things are made a little more difficult in the steeplechase events where a circular fence (garden hose) is used to enhance the spectacle and test the roach talent."

Canberra Sled Dog Classic: Canberra, Australian Capital Territory, Australia

Dog sledding is one of the fastest growing sports on the east coast of Australia. As there's no snow (the trail is earth and sand and is smooth and wide with a few hills and turns), the sleds have wheels instead of runners, but the excitement is the same. Darwin Beer Can Regatta: Darwin, Northern Territory, Australia

This local charity event brings together great engineers and great drinkers. Participants construct everything from life-size beer-can canoes to beer-can Viking warships (complete with fire hoses) during this off-the-wall regatta.

Festival of Snakes, Abruzzo, Italy

"Each year in the tiny hamlet of Cocullo, surrounded by some of Italy's most undomesticated forests, the villagers prove their devotion by getting down and dirty with as many fork-tongued reptiles as they can."

Henley-on-Todd Regatta: Alice Springs, Northern Territory, Australia

"This multi-event program attracts many local and international participants from the audience who often finish up on world TV news paddling canoes with sand shovels and in land lubber events like filling empty 44 gallon drums with sand. The Henley-on-Todd is run entirely on a volunteer basis by the three Rotary Clubs based in the Alice. The entire proceeds - over a million dollars in the 30 plus years of the event - are allocated to local, national and international humanitarian projects."

International Cherry Pit Spitting Contest: Eau Claire, MI, USA

"A nutritious sport - is there a better way to dispose of the pit once you have eaten the cherry? Entrants eat a cherry and then spit the pit as far as possible on a blacktop surface. The pit that goes the farthest including the roll is the champ."

Interstate Mullet Toss: Pensacola, Florida, USA

"Pensacola locals and tourists alike have been trying to perfect the art of mullet-tossing for more than 15 years. Ok -- so what exactly is a mullet? A mullet is a bottom-feeding, saltwater fish that people go nuts about every April. Competitors from far and wide come to the Florida and Alabama border town for this head-to-head competition to see who, while standing on the Florida side, can toss the one and a half pound fish into the Alabama side the farthest. Prizes are awarded and all entries receive a free T-shirt exclaiming, "Dear Ma, thanks for the college education!" More than 300 pounds of mullet are used each year. Sounds like a lot of fish? They are recycled! After contestants throw their fish they must retrieve it, and if it's not too mangled they put it back in the bucket. Other festivities include the Mullet Man Triathlon, Mullet Swing Golf Classic, Ms. Mullet Bikini Contest, a wet T-shirt contest, volleyball, skeet shooting, a keg toss, three bandstands and seven bar stations."

La Tomatina: Bunol, Spain

"The tomato battle is in honor of Saint Luis Beltran, the patron saint of Bunol. Residents and visitors take part in a tomato-throwing battle that decimates more than 88,000 pounds of tomatoes. This wacky event began with a serious aim as a symbolic protest against Franco. But the Tomatina is now firmly entrenched as an amusing way to end the summer."

Mighty Mud Mania: Scottsdale, Arizona, USA

"Children's dreams really do come true in the City of Scottsdale. Children aged 1 to 13, get to participate in a mud race to end all mud races. During the running of the Mighty Mud Obstacle course, several mud pits strategically placed, provide wet and really dirty obstacles as kids compete for the fastest time in each heat. There are also mud puddle pools for the tiny tots, and a mini mud course for those six and younger. In addition, Mighty Mudway features water and mud games. There are also water slides, sandcastle buildings and fun for all ages. Moms and dads, remember to send your kids out with old clothes and shoes that lace up or Velcro closures. And have no fear, Rural Metro Fire Department is on hand to literally hose down the muddy children."

Songkran Festival, Thailand

What better way to celebrate the "start of the return of rains" than with a country-wide water fight? Thais celebrate their festival officially from April 13th until April 15th. These three days represent the last day of the old year, the day of transition, and the first day of the New Year. These are days of cleaning the houses and the body, days of merry making, and renewal. Nothing evil has to be taken into the New Year. Formerly one sprinkled or spilled a bit of scented water over the hands or shoulders of elders and friends to ask them forgiveness for coarse or wicked speaking. But in modern times these traditions, which still are held in family celebrations, are hidden behind water battles fought out for days in the streets of every town and city over the country.

The New Straits Times Million Ringgit Charity Duck Race: Kuala Lumpur, Malaysia

Thirteen years ago, Eric Schechter and his friends were brainstorming to find new ways of raising money for local charities when they came up with the idea of rubber duck races. The event, crazy as it may sound, involves racing "cool" rubber ducks down a local waterway and having members of the community "adopt" the ducks for a chance to win valuable donated prizes, possibly even \$1 million bucks.

Wife Carrying World Championships: Sonkajarvi, Finland

"The idea of the Wife Carrying Competition is Sonkajärvi's very own and, in spite of its humorous aspects, it has deep roots in the local history. In the late 1800's there was in the area a brigand called Rosvo-Ronkainen, who is said to have accepted in his troops only those men who proved their worth on a challenging track. In those days, it was also a common practice to steal women from the neighbouring villages."

World Bog Snorkeling Championships and Mountain Bike Bog Leaping: Llanwrtyd Wells, Wales

"It's the muckiest dip you've ever taken! Swim two lengths of a bog wearing a snorkel, or jump on a mountain bike and leap the bogs over a 20-mile course. If bog snorkeling's your game, get ready to flounder your way through 120 yards of peat bog in the quickest possible time. Your attire? A snorkel and flippers, of course. Uhhh - and maybe some swim trunks. And you can't use any conventional swimming strokes. This battle of wills in a dirty, smelly, wet Welsh peat bog trench is not for the

faint of heart! If you'd rather be above the bog (though there's no guarantee you won't end up in it), try taking your mountain bike through 20 miles of boggy terrain, in the bog-leaping event. It's your chance to show off your bike-in-a-bog maneuvering abilities! Following your adventures, kind folks are on hand to hose you down. Goodness knows, you'll need it! Happy bogging!"

Consider the issues:

1. Where does the tomato-throwing battle take place?
2. What is the main idea of Songkran Festival?

Vocabulary and written speech practice

Semester 1.

1. Explain the meanings of the given below fixed expressions, translate them into Ukrainian and use them in the sentences of your own.

1. To have in store for somebody. 2. To be in good shape. 3. To be in shape. 4. To show someone a good time. 5. The local scene. 6. A good guy. 7. Nonstop schedule. 8. Party animal. 9. To get in. 10. As a matter of fact. 11. I can assure you (that). 12. Going-away present. 13. Grab a bite. 14. Hang out. 15. Get along.

2. Write a paragraph (250 words) in which you convince someone to agree with your opinion or a viewpoint on a topic you have studied during the semester and that matters to you. Use at least ten of the newly-learnt words or expressions related to the topic.

Semester 2.

1. Explain the meanings of the given below fixed expressions, translate them into Ukrainian and use them in the sentences of your own.

1. 1. In the first place/ In the second place. 2. To be honest with you. 3. Before you know it. 4. Fancy running into you here. 5. Run of the mill. 6. A step in the right direction. 7. Have one's fingers crossed. 8. Get ahead of oneself / To count one's chickens before they hatch. 9. Have too much on one's plate. 10. To have in mind / To have a mind to. 11. All the bells and whistles. 12. Just the opposite. 13. On someone's case. 14. Throw in the towel. 15. From the get-go.

2. Write a paragraph (250 words) in which you convince someone to agree with your opinion or a viewpoint on a topic you have studied during the semester and that matters to you. Use at least ten of the newly-learnt words or expressions related to the topic.

Self-study materials for the second-year students

Reading comprehension

Read through the texts given below, think over the topics and ideas raised in them, pay special attention to the words and expressions before the texts, memorize them and respond in the written form to the issues outlined after the texts.

1. From **FRESH FROM THE COUNTRY**

by Miss Reed

Suggested Vocabulary

impart – to communicate the knowledge of

envisage – to picture (something) in your mind

edgy – nervous and tense

unwieldy – difficult to handle, control

nebulous – not clear

The golden days slipped by all too swiftly and on the second day of September Anna crossed the playground to start her first day's teaching.

She had spent a wakeful night. The thought of what the morrow might hold had kept her mind active. Would she be able to keep order? Would the children be ready to listen and willing to learn? For that matter, did she honestly know anything to teach them? And if so, could she impart it?

...

The first working day dragged on. Anna felt as though she had been weeks in the classroom and felt quite exhausted. She had called the children's names and marked her register with care. Fearful lest uproar should break out again she had kept her voice stern and her face unsmiling. This was not how she had envisaged meeting her new charges. She had meant to advance with happiness and confidence as she had been told to do at college, but she felt neither at the moment.

As the weeks passed, Anna found her work a little less tiring. No longer did she totter home at four o'clock to her narrow little bed and lie exhausted for half an hour. Tired she still was at the end of the day, edgy with the constant noise of movement of hundreds of exuberant children, and overanxious about her ability to keep order and

to teach her carefully prepared lessons; but not so completely drained as at first...

Anna's affection for her class grew as the weeks passed. The children were at the stage she liked best - old enough to be able to work and read on their own and young enough to be unselfconscious and keen to learn. Their zest for every kind of activity was incredible, and Anna found that provided she could supply a variety of educational tasks for them to do, all was well; but should they ever come to the end of a piece of work and have to wait for attention, then trouble began.

The one great, wicked problem to Anna was the size of her class. Fond of them as she was as individuals, collectively they constituted an unwieldy, noisy mass.

The advisers, Anna thought, were the most trying. Each, rather naturally, felt that his own particular subject was the most important on the time-table and gave so many suggestions, not only for the classroom work but for out-of-school activities, that the poor girl felt quite overwhelmed. These zealous people, each riding his own hobby-horse, were sympathetic about the difficulties which confronted her. but Anna suspected that overcrowded conditions and pressure of time were such commonplaces to them, that they lost all sense of proportion and, as specialists, expected from the hard pressed teachers far more than the latter could possibly give, no matter how willing they might be.

But as the end of her second term loomed in sight Anna began to feel more used to school life, though there were still some aspects of it which she found disconcerting. The children's home backgrounds varied, and she was prepared for a certain amount of slovenly behaviour. Another problem which Anna found a difficult one to solve, was the management of her classwork as opposed to everyday teaching and discipline.

Preparing lessons was a fairly straightforward business, undertaken in the evenings, in the comparative peace of her establishment, and with the help of reference books, maps, pictures, and so on. Catching and holding her class's attention was becoming easier as the months passed and Anna's authority was recognized by the children and her own self-confidence grew. But there are difficulties in organizing the children's work. Apart from the impossibly large number in the classroom which

was the arch-problem, there was the difference in speed at which children worked.

She tried to overcome those difficulties. All this took time to learn. It was experience bitterly bought at the cost of her own nervous energy and anxiety.

The last day of term was the breathless joyous time it always is, compounded of cheerful good wishes, hurried farewells, and general excitement.

And what of the future? To Anna it all seemed bright and nebulous. Meanwhile it was enough; be young and to be on holiday.

Consider the issues:

1. Why did Anna spend wakeful night?
2. How did the first day at school pass?
3. Did Anna come to like her class as the weeks passed?
4. What was the arch-problem for Ann?

2. From THE FINAL DIAGNOSIS

by A. Hailey

Suggested Vocabulary

admitting department – hospital department responsible for the flow of patients and the processing of admissions, discharges, transfers, and also most procedures to be carried out in the event of a patient's death

discharge slip – (here *med.*) a document with the names of released from hospital patients

ward – a section in a hospital for patients needing a particular kind of care

records clerk – an employee who is responsible for performing specialized clerical duties such as record-keeping and managing forms and information

grudgingly – unwilling

At midmorning of a broiling summer day the life of Three Counties Hospital ebbed and flowed like tide currents around an offshore island. Outside the hospital the citizens of Burlington, Pennsylvania, perspired under a ninety-degree shade temperature with 78 per cent humidity. Within, the hospital it was cooler than outside, but not much.

There was no air conditioning in the admitting department on the main floor, and Madge Reynolds dabbed her face. Miss Reynolds, at thirty-eight, was chief clerk in Admitting.

A few minutes earlier the day's discharge slips had come down from the wards, showing that twenty-six patients were being sent home instead of the twenty-four Miss Reynolds had expected. That, added to two deaths which had occurred during the night, meant that four new names could be plucked from the hospital's long waiting list for immediate admission. Somewhere, in four homes in and around Burlington, a quartet of patients who had been waiting for this call either hopefully or in fear would now pack a few essential belongings and put their trust in medicine as practiced at Three Counties.

Miss Mildred, senior records clerk at Three Counties, hurried along a busy mainfloor corridor. As she caught up with Dr Pearson the hospital's elderly staff pathologist paused. He said irritably, "What is it? What is it?"

Little Miss Mildred, fifty-two, and five foot nothing in her highest heels, quailed before Dr Pearson's scowl. But records, forms, files were her life. She summoned her courage. "Those autopsy protocols have to be signed, Dr Pearson. The Health Board has asked for extra copies."

Grudgingly Pearson gave in. Taking the forms and the ballpoint pen Miss Mildred offered him, he moved over to a desk, grumbling as he scribbled signatures.

On the surgical floor three stories above the atmosphere was more relaxed. With temperature and humidity carefully controlled throughout the whole operating section, staff surgeons, interns, and nurses, stripped down to their underwear beneath green scrub suits, could work in comfort. Some of the surgeons had completed their first cases of the morning and were drifting into the staff room for coffee before going on to subsequent ones. Lucy Grainger an orthopedic surgeon, Gil Bartlett, one of the hospital's general surgeons, Kent O'Donnell, chief of surgery and also president of the hospital's medical board, were having a talk.

In Obstetrics, on the fourth floor, there was never any time of day which could be predictably quiet. There would be hours, even days, when things would be orderly, quiet, and babies could be delivered in tidy

succession. Then suddenly all hell would break loose, with half a dozen waiting to be born at once.”

In the hospital kitchens Hilda Straughan, the chief dietitian, nibbled a piece of raisin pie and nodded approvingly at the senior pastry cook.

This was a busy time in the kitchens – lunch was the heaviest meal of the day because, as well as patients, there was the full hospital staff to be fed in the cafeteria. In twenty minutes or so the diet trays would be going up to the wards, and for two hours afterwards the service of food would continue. Then, while the kitchen help cleared and stacked dishes, the cooks would begin preparing the evening meal.

So it went – that morning as all mornings – through the hospital

Consider the issues:

1. What is the setting of the story?
2. What was the outcome of the discharged slip with the more number of the patients than it had been expected?
3. What was Miss Mildred? How did she look?
4. What was the atmosphere three stories above the ground floor?
5. Where were babies supposed to be born in the Hospital?

3. From THE SANDCASTLE

by I. Murdoch

Suggested Vocabulary

knockout contest – is a competition in which the top-ranked competitors in each fixture progress to the next round.

lounge – to spend time resting or relaxing

floppy – soft, loose and flexible

patter – to say or speak in a rapid or mechanical manner

umpire – a person who controls play and makes sure that players act according to the rules in a sports event (such as a baseball game or a cricket or tennis match)

mid-on (cricket) - side nearly in line with the bowler.

pitch (cricket) - the ground between the wickets.

over (cricket) - the number of balls (six or eight) bowled in succession from one end of the pitch, after which the umpire cries “over” and the bowling begins at the other end of the pitch.

bowling (cricket) - sending (pitching) the ball to the batsman at the wicket.

The day of the House Match was, as everyone had predicted, a fine day. The heat wave had been lasting now for more than a month.

The House Match, which was the final in a knockout contest, normally lasted for two days, but it was the first day which was the great occasion; it ended with a dinner given to the headmasters, a festival which under Evvy's consulship had reached an unprecedented degree of dreariness. In the morning and afternoon parents and other visitors were not encouraged to appear, although a few did sometimes turn up. The match was kept as a domestic occasion, the two lines of deck-chairs being occupied mainly by masters and by their families if any, and a few local friends. The School lounged along the edge of the wood, half in and half out of the shade, wearing the floppy canvas sun hats which St Bridé' boys affected in the summer, or else crowded near the pavilion within talking distance of the batting side. Mor judged that almost everybody must be present. The crowd by the wood was especially dense. Occasionally a soft murmur arose from it, or the voice of a boy was heard far back under the trees, but mostly there was complete silence except for the intermittent patter of applause.

Mor's attention returned abruptly to the pitch. Donald (his son) had hit a ball short to mid- on, had decided to run, and had been almost run out. The School gasped and relaxed. It was the last ball of the over, so now Donald had to face the bowling again. More wished half-heartedly that he would soon be out. The strain was too disagreeable. Anyhow, it was nearly time for the tea interval, thank heavens.

The eyes of the School were turned to the cricket field. "Over!" he shouted. The field began to change places. Donald, who had stolen another run, was still at the batting end. He straightened up to face the bowling.

Mor turned about to see that his son had been clean bowled. Now the spectators were clap-ping Donald into the pavilion. He had made thirty-one. The next batsman was walking out.

One of the junior masters came up to Mor and engaged him in conversation. Two overs later it was time for the tea interval.

“A fine show young Don put up,” said Tim Burke.

“Yes, Don did well,” said Mor.

Consider the issues:

1. What kind of contest was it?
2. The spectators were in great number, weren't they?
3. Did Don put up affine show?
4. Who worried most of all?

4. From THE THEATRE

By W. S. Maugham

Suggested Vocabulary

notwithstanding – without being prevented by (something)

auspicious – showing or suggesting that future success is likely

halting – stopping often because of not being sure about what to say or do : not steady

gamut – a complete range (the gamut of emotions)

all and sundry – all the various people, individually and collectively

The play went well from the beginning; the audience, notwithstanding the season, a fash-ionable one, were pleased after the holidays to find themselves once more in a playhouse, and were ready to be amused. It was an auspicious beginning for the theatrical season. There had been great applause after each act and at the end a dozen curtain calls; Julia took two by herself, and even she was startled by the warmth of her reception. She had made the little halting speech, prepared beforehand, which the occasion demanded. There had been a final call of the entire company and then the orchestra had struck up the National Anthem. Julia, pleased, excited and happy, went to her dressing-room. She had never felt more sure of herself. She had never acted with greater brilliance, variety and resource. With her exquisite timing, with the modulation of her beautiful voice, with her command of the gamut of emotions, she had succeeded by a miracle of technique in making the last scene a thrilling, almost spectacular climax to the play. The whole cast had been excellent.

Julia went into her dressing-room. Michael followed her in almost at once.

“It looks like a winner all right. By God, what a performance you gave.”

“You weren’t so bad yourself, dear.”

“That’s the sort of parti can play on my head,” he answered carelessly, modest as usual about his own acting. “Did you hear them during your long speech? That ought to knock the critics. You’re the greatest actress in the world, darling.”

Now Julia simply couldn’t conceal the little smile that curled her lips. Praise is always grateful to the artist.

There was a sound in the corridor of a crowd of people talking, and they both knew that a troop of friends were forcing their way down the narrow passage to congratulate her.

The door burst open and Julia’s friends entered the room. Julia submitted to being kissed by all and sundry. The corridor was packed now with people who wanted to get at least a glimpse of her.

At last the crowd was got rid of and Julia, having undressed, began to take off her make-up. “Everything’s a success. I feel on the top of the world. I feel like a million dollars. I want to be alone and enjoy myself,” said she.

Consider the issues:

1. What kind of play was that?
2. Was the play a success? Why do you think so?
3. How did Julia feel in her dressing room?
4. What happened after the play?

5. MANAGING HOLIDAY STRESS

by A. Sullivan

Suggested Vocabulary

to determine – to officially decide

fortunate – (here) well off, rich

overindulgence – very privileged behavior

to eliminate – to get rid of (something)

The holidays are upon us, and for those of us who work at approaching life more naturally and with less stress, there are ways to maintain that lifestyle during this time of year. Whether it is shopping,

eating, drinking or partying, the main thing is to do those activities alternatively or in moderation.

This means using the power of choice, which we all have every minute of every day, to determine how much stress we are willing to deal with in our lives.

Let's begin with shopping. Every year patients tell me about how much time, energy and money they spent on shopping and how they regret it when the credit card bills come in the mail. It may be too late to start shopping early this year, but the holidays come at the same time every year, so perhaps you could start in June or July or even January to avoid the holiday rush.

I have also come to understand that people appreciate handmade gifts no matter how small; or services such as babysitting, cooking or cleaning. So if you have a particular talent, share it with your friends and family.

For the past several years I have decided, along with my family (except for the children), to give toys and clothing to people who are less fortunate than we are, rather than exchanging gifts between the adults. I have enjoyed these choices over the years, remembering that it is the loving of one another and the principles of living harmoniously that we are to celebrate.

And celebrate we do. The holidays have become synonymous with overindulgence. If you must do so, try overindulging on foods that are sweetened with maple syrup rather than white sugar. This is a natural, unprocessed form of sugar used in baked goods, tea and coffee, for example. Substitute juices or spritzers (juice with sparkling water) for sodas. Reduce or eliminate pork and red meat and substitute fish and turkey. Eat other foods that are good for you, like fruits and vegetables, even if you overdo the sweets. Or rather than overindulge, eat in moderation.

Drinking alcohol and partying every night are other ways in which we overindulge. Some of those drinks could be replaced with non-alcoholic wine or beer from a health food store. If you don't like that idea, drink in moderation, be sure to eat before drinking and drink a lot of water, as alcohol is dehydrating. Finally, you might choose to stay at home one

night to relax, go to sleep early and to take care of yourself as your gift to you. Healthy holidays!

Consider the issues:

1. What is the lifestyle of most people when holidays are upon them?
2. What is the regret of most shoppers?
3. What can you share with your friends and relatives instead of giving them presents?
4. What are the ways in which people overindulge?

6. From FAVOURITE EUROPEAN HOTELS

by C. Raphael

Suggested Vocabulary

piped music – pre-recorded background music played through loudspeakers in a public place

to aid – to help, to provide what is useful or necessary

lukewarm – slightly warm

stamina – great physical or mental strength that allows you to continue doing something for a long time

Some travellers like chain hotels. They seek the security of waking up in Birmingham, Bangkok or Barcelona and knowing exactly where everything is: the bathroom door, the tables for books and spectacles, the mini-bar. Such bleak places are not for me prefer a hotel with character, even if I must put up with the odd missing plug or a creaky bed. Human warmth, good food and a beautiful setting more than compensate.

What I want is something not too grand or stuffy, where the food is good but not too flashy, where I know roughly what to expect when I get the bill, where, above all, I feel at ease. My priorities:

Location. Whether in a city or the country, an attractive setting, and good walking from the door.

Peace and quiet. I once drove five hours to a much-praised hotel in the Lake District to find that it was on a busy main road and sleep was possible only with double-glazed windows firmly shut. I hate piped music. Muted classical music in a half-empty restaurant is tolerable if it takes the chill off a constrained atmosphere, but it must be chosen to aid

digestion. No crying into the soup for Argentina, please, or marching with the Toreador as we eat our meat.

Meals. Food should be based on excellent ingredients, interesting but not pretentious, and with choice and flexibility. I hate an over-ambitious five-course menu, often misspelt; food which has become lukewarm while being fancily arranged; over-large portions. Too many hoteliers fail to realise that not all their visitors have the stamina for a gastronomic marathon night after night. Too many menus iniquitously bill orange juice as freshly squeezed when one sip reveals that it is not.

Booking. The initial telephone call is all-important. I want to be sure of what is offered, with no nasty surprises when I pay the bill. The fact that tax and breakfast cost extra is sometimes glossed over.

Reception. A smiling welcome, please. Too often you are greeted with a yawn, and a forir. pushed under your nose; you are given a key and left to carry your bags, rather than being shown to the room. Perhaps the host is afraid that you will dislike what you find when you open the door?

Value for money would be high on most people's lists, but it is difficult to define. In an expensive establishment, there is no excuse for dead light-bulbs and flowers, unemptied waste-paper baskets, or a neglected garden. But in a small place where the owners do most of the work and strive to offer hospitality at a minimal rates, the odd bit of peeling paint can be excused.

Hotel-keeping is a labour of love, and dedicated hoteliers everywhere are to be cherished. Fortunately, there are many wonderful hotels, from castles in Spain, chateaux in France and stately homes in Britain, to friendly inns and modest guest houses everywhere.

Some are distinctly eccentric. The owner of an Edinburgh B&B who serenaded his guests on the bagpipes over breakfast has retired, but other rich characters remain.

Consider the issues:

1. How do chain hotels look like?
2. What is a hotel with character?
3. Why doesn't the author like piped music?
4. What are authors priorities as to meals, booking and reception?

7. TWELVE THINGS HAPPY PEOPLE DO DIFFERENTLY

by Sonja Lyubomirsky

http://www.huffingtonpost.com/jacob-sokol-/things-happy-people-do_b_3869793.html

Suggested Vocabulary

trying times – difficult, bad times

dismiss – to reject (progress)

blissful – extremely or completely happy

fuzzy (feeling) – confused

crucial – extremely significant or important

Studies conducted by positivity psychologist Sonja Lyubomirsky point to 12 things happy people do differently to increase their levels of happiness. These are things that we can start doing today to feel the effects of more happiness in our lives. (Check out her book *The How of Happiness*.)

I want to honor and discuss each of these 12 points, because no matter what part of life's path we're currently traveling on, these 'happiness habits' will always be applicable.

1. **Express gratitude.** – When you appreciate what you have, what you have appreciates in value. Kind a cool right? So basically, being grateful for the goodness that is already evident in your life will bring you a deeper sense of happiness. And that's without having to go out and buy anything. It makes sense.
2. **Cultivate optimism.** – Winners have the ability to manufacture their own optimism. No matter what the situation, people who think optimistically see the world as a place packed with endless opportunities, especially in trying times.
3. **Avoid over-thinking and social comparison.** – Comparing yourself to someone else can be poisonous. If we're somehow 'better' than the person that we're comparing ourselves to, it gives us an unhealthy sense of superiority. If we're 'worse' than the person that we're comparing ourselves to, we usually discredit the hard work that we've done and dismiss all the progress that we've made. What I've found is that the majority of the time this type of social comparison doesn't stem from a

healthy place. If you feel called to compare yourself to something, compare yourself to an earlier version of yourself.

4. **Practice acts of kindness.** – Performing an act of kindness releases serotonin in your brain. (Serotonin is a substance that has TREMENDOUS health benefits, including making us feel more blissful.) Selflessly helping someone is a super powerful way to feel good inside. What's even cooler about this kindness kick is that not only will you feel better, but so will people watching the act of kindness. How extraordinary is that? Bystanders will be blessed with a release of serotonin just by watching what's going on. A side note is that the job of most anti-depressants is to release more serotonin
5. **Nurture social relationships.** – The happiest people on the planet are the ones who have deep, meaningful relationships. Did you know studies show that people's mortality rates are DOUBLED when they're lonely? WHOA! There's a warm fuzzy feeling that comes from having an active circle of good friends who you can share your experiences with. We feel connected and a part of something more meaningful than our lonesome existence.
6. **Develop strategies for coping.** – How you respond to the 'craptastic' moments is what shapes your character. Sometimes crap happens – it's inevitable. Forrest Gump knows the deal. It can be hard to come up with creative solutions in the moment when manure is making its way up toward the fan. It helps to have healthy strategies for coping pre-rehearsed, on-call, and in your arsenal at your disposal.
7. **Learn to forgive.** – Harboring feelings of hatred is horrible for your well-being. You see, your mind doesn't know the difference between past and present emotion. When you 'hate' someone, and you're continuously thinking about it, those negative emotions are eating away at your immune system. You put yourself in a state of suckerism (technical term) and it stays with you throughout your day.
8. **Increase flow experiences.** – Flow is a state in which it feels like time stands still. It's when you're so focused on what you're doing that you become one with the task. Action and awareness are merged. You're not hungry, sleepy, or emotional. You're just completely engaged in the

activity that you're doing. Nothing is distracting you or competing for your focus.

9. **Savor life's joys.** – Deep happiness cannot exist without slowing down to enjoy the joy. It's easy in a world of wild stimuli and omnipresent movement to forget to embrace life's enjoyable experiences. When we neglect to appreciate, we rob the moment of its magic. It's the simple things in life that can be the most rewarding if we remember to fully experience them.
10. **Commit to your goals.** – Being wholeheartedly dedicated to doing something comes fully-equipped with an ineffable force. Magical things start happening when we commit ourselves to doing whatever it takes to get somewhere. When you're fully committed to doing something, you have no choice but to do that thing. Counter-intuitively, having no option – where you can't change your mind – subconsciously makes humans happier because they know part of their purpose.
11. **Practice spirituality.** – When we practice spirituality or religion, we recognize that life is bigger than us. We surrender the silly idea that we are the mightiest thing ever. It enables us to connect to the source of all creation and embrace a connectedness with everything that exists. Some of the most accomplished people I know feel that they're here doing work they're "called to do."
12. **Take care of your body.** – Taking care of your body is crucial to being the happiest person you can be. If you don't have your physical energy in good shape, then your mental energy (your focus), your emotional energy (your feelings), and your spiritual energy (your purpose) will all be negatively affected. Did you know that studies conducted on people who were clinically depressed showed that consistent exercise raises happiness levels just as much as Zoloft? Not only that, but here's the double whammy... Six months later, the people who participated in exercise were less likely to relapse because they had a higher sense of self-accomplishment and self-worth.

Consider the issues:

1. Why is social comparison harmful?
2. What is the effect of negative emotions?

3. What is the part of “having no option” in your life?
4. How is consistent exercise connected with happiness?

8. WHAT I KNOW ABOUT WOMEN

by Ben Stiller, actor

<http://www.smh.com.au/lifestyle/what-i-know-about-women-20140426-3722c.html>

Suggested Vocabulary

discerning – quick to understand

faith – belief in the existence of God

guidepost – something or someone that serves as a guide or an example

maternal – of or relating to a mother

nurturing – the care and attention given to someone or something that is growing or developing

call off – to cancel

As a teenager I didn't have confidence, and I didn't know how to talk to women. I had girls as friends, but I wasn't that good at expressing myself. Over the years, I've accepted I'm never going to be that super-confident guy, but I can be confident in being who I am.

My mom, Anne Meara, has been a huge influence on me: incredibly funny, smart, very discerning humour. She's a strong personality, a very good actress, and I watched her dynamic working with my dad, Jerry Stiller, as a comedy duo. I always identified more with my mother's sense of humour. **Dad is Jewish, Mom is Irish-Catholic** and grew up in Brooklyn, an only child, during the Depression; I have heavy guilt influences on both sides. She lost her mom, Mary, at seven, so had to toughen up. There's a dark Irish sense of humour, because when terrible things happened she was never afraid to undercut the tension with a joke.

Mom converted to Judaism and took it seriously. But we were never a very religious family. We would celebrate Hanukkah and Christmas. Dad's mother, Bella, was very religious, and at a time when inter-faith marriage was a big deal, mom's converting meant something to Bella.

Mom has been a guidepost for me in integrity in my work. She wasn't a traditional mom who made us sandwiches and took us to school; she'd be working, but she supported us, and would give her opinion about what she thought was funny and who she thought was a good actor.

Another woman who had a huge influence on my life was Hazel Hugh. Hazel was Jamaican and became our nanny when I was four. She lived with us in our apartment on New York's Upper West Side five days a week and would go home to her own seven children on weekends.

Hazel stayed with our family her entire life. She passed away last year at 86 years of age. She was an incredible woman. She was our mom whenever our mom wasn't there; she was very maternal. She was very close to her own seven kids, and we've talked about what it meant for them to have their mom taking care of Amy and me a lot of the time.

Often, Hazel was the only person there with my sister and I. Amy and I created this world together. We'd put on shows and had a secret language; a Franny and Zooey relationship. Amy rolls with the punches, and she's creative as an actor and in comedy. She's spiritual and into astrology. She has an open way of looking at life, which I connect to through her.

I remember my kindergarten teacher, whose name was Mrs Lustgarten, and I loved her. I remember her being very nurturing and loving and having a kindergarten crush on her. There was also an acting teacher I had, Jacqueline Knapp. Again, the nurturing was what I liked; maybe it was also a balancing because my mom was a little bit tougher. Later in life, my mom became a lot more nurturing.

My mom has talked about this: she drank for a lot of her life because of the pressure she thought she was under, then later quit. She was always a great mom doing the best she could. She grew as a person, reading about alternate realities - we had these Seth [metaphysical] books in the '70s. For me, whatever was missing at that time, I found in other women, like Hazel and other maternal, nurturing figures. I always looked for that.

My first love was a girl I met in acting class. I was 19. She was a bit older. There was that wonderful older woman-younger guy thing.

Eventually, we both called it off. I haven't had that many relationships in my life.

I've been lucky to work with a lot of great actresses. I'm still friends with Jen Aniston; she's a great person. I immediately connected with my future wife, [actor] Christine [Taylor], when we met. We were both not looking for a relationship, which is probably what allowed us the freedom to not put any pressure on it. Over the course of a summer, we fell in love [they married in 2000]. The cornerstone of our relationship is that we laugh together a lot.

I've been learning every day since becoming a father for the first time with the birth of our daughter, Ella Olivia, in 2002. [Stiller also has a son, Quinlin, born in 2005.]

Ella Olivia is the most fascinating woman I know; very smart, incredibly headstrong. Connecting with what she's doing has been a big lesson for me, as opposed to trying to get her to be interested in what I'm doing. But at 48 I do not understand women yet. I am working on it still.

Consider the issues:

1. What is Ben's background?
2. What convert did Ben's mother do?
3. Who are other great women that influenced Ben?
4. Who is the most fascinating woman Ben has ever known?
5. Does he eventually know women?

9. DO BABIES AND YOUNG CHILDREN SEE GHOSTS?

<http://www.essentialbaby.com.au/baby/caring-for-baby/do-babies-and-young-children-see-ghosts-20150128-12zsju.html>

by Libby-Hakim

Suggested Vocabulary

spooky – strange and frightening

inadvertently – not intended or planned

speck – a very small piece or spot

gazebo – a small building in a garden or park that is open on all sides

heighten – to increase the amount, degree

Do babies and young children see ghosts? If you've pondered the question, you're not alone.

Clinical child psychologist Dr Erin Bowe says it's something she gets asked "quite a bit". "It's not necessarily the primary reason why someone might see me, but once they're comfortable with me they'll say, 'oh, by the way ...' and then raise the topic."

After a few spooky situations, it's something Jane, a mum of two, has wondered. "My eldest son used to sit in his cot and, from about five months of age, would be talking to someone, laughing and carrying on after he woke up ... I remember it looked like he was having a conversation. It was really different to how my youngest now sits in his cot when he wakes and plays.

"I really believe he was playing with his older sister who died at birth a year before he was born."

Possible connections to "the other side" again crossed Jane's mind when her younger son was five months old and began to have "animated conversations" with blank walls.

Jane admits, though, it may be her own beliefs leading her to these conclusions. "If I didn't believe in spirits and angels, I may not have thought too much about it and just maybe passed it off as playing," she says.

Bowe agrees that parents can sometimes "inadvertently be in the habit of placing an adult's interpretation on children's behaviour".

She also offers an alternative explanation for Jane's observations: "Around six months of age, babies become quite alert and are practising their communication skills. It's quite normal to see them practising these skills by babbling away seemingly to someone who isn't there.

"A baby's visual acuity and hearing is also improving, so they start to develop an interest in the fine details. That tiny speck on the wall that's not very interesting to us may be absolutely fascinating for a healthy, active six month old."

Gwen, a mother of two adult children, says that although her grand-niece's behaviour when visiting a crematorium was a little "weird", it brought her comfort rather than causing distress.

"The first time we took her, aged three, to the crematorium to leave flowers for her grandmother, who was my sister, we gave her some flowers to lay down. She stood up straight, gave a big smile and started

running away down the path towards a gazebo that was nearby, calling out 'Nanny'," she says.

"For a long time, each time we went there she'd walk to the gazebo and, when asked where she was going, she'd say, 'Nanny's house'."

Another mum, Kiara, says she's "never been a huge believer in ghosts" but her two-year-old daughter's behaviour has now opened her mind to the idea.

As soon as her daughter could string words together, she started talking about her "lady", and at around 18 months, the "lady" became a daily part of her daughter's life. "She would be happily playing with her toys on her own but when I'd walk into the room she would get grumpy and tell me it was because the lady didn't like me ... or I'd ask if she wanted me to read a story and she would tell me the lady would do it. Then she'd sit with a book and point at pictures saying 'pretty' and 'wow'."

Kiara's curiosity about her daughter's "lady" has been heightened by other things, including her daughter developing a "strange accent" and making a curious request to buy her "lady" legs for Christmas.

Initially, Kiara just went along with the idea of the "lady". Bowe agrees that this is the best approach and says parents should generally not make a big deal of proving that the person or thing isn't real. And if the child is distressed, she recommends simply providing some calm reassurance.

If it's mum or dad who is feeling distressed about paranormal explanations for their child's behaviour, Bowe reminds us that "children's imaginative worlds are limitless, and don't contain the same social and physical rules of the adult world".

And while she offers up alternative, more evidence-based explanations for behaviour that may give parents goose bumps, she points out, "we can ask what it's about but we're not necessarily going to get an unequivocal answer".

Consider the issues:

1. Why did Jane think her baby son spoke to someone?
2. How does clinical child psychologist Dr Erin Bowe explain such a situation?
3. What's Gwen's story?

4. How did Kiara's daughter develop a "strange accent"?
5. What does Bowe recommend to parents?

10. WHAT IS OSCE

<http://www.osce.org/>

Suggested Vocabulary

encompass – to include (something) as a part

concern – regard for or interest in someone or something

transparent – honest and open : not secretive

prevention – the act or practice of stopping something bad from happening

sustainable – able to last or continue for a long time

The OSCE (Organization for Security and Co-operation in Europe) has a comprehensive approach to security that encompasses politico-military, economic and environmental, and human aspects. It therefore addresses a wide range of security-related concerns, including arms control, confidence- and security-building measures, human rights, national minorities, democratization, policing strategies, counter-terrorism and economic and environmental activities. All 57 participating States enjoy equal status, and decisions are taken by consensus on a politically, but not legally binding basis.

The OSCE helps its participating States build democratic institutions; hold free, fair and transparent elections; promote gender equality; ensure respect for human rights, media freedom, minority rights and the rule of law; and promote tolerance and non-discrimination. OSCE participating States reaffirmed their commitment to democracy in the Commemorative Declaration adopted at the Astana Summit in December 2010, and that this principle applies equally to all

With its expertise in conflict prevention, crisis management and early warning, the OSCE contributes to world-wide efforts in combating terrorism. Many effective counter-terrorism measures fall into other areas in which the OSCE is active, such as police training and border monitoring. The OSCE also looks at human rights issues in relation to counter-terrorism.

Recognizing the close connection between environmental issues and security, the OSCE assists participating States with the sustainable use and sound management of natural resources. It supports projects to improve water management, deal with soil degradation and dispose safely of toxic and radioactive waste. It works to raise environmental awareness and promote public participation in environmental decision-making.

The OSCE aims to provide equal opportunities for women and men, as well as to integrate gender equality into policies and practices, both within participating States and the Organization itself. With local partners, the OSCE initiates and runs projects across the OSCE region to empower women, and build local capacities and expertise on gender issues. It co-operates with authorities in reviewing legislation and assists in building national mechanisms to ensure equality between women and men.

Consider the issues:

1. What are main concerns of OSCE? How many participating countries enjoy its partnership?
2. What is the democratic sphere of OSCE activity?
3. What is its contribution into combating terrorism?
4. What are its environmental projects?

Vocabulary and written speech practice

Semester 3.

1. Explain the meanings of the given below fixed expressions, translate them into Ukrainian and use them in the sentences of your own.

1. a dead end job. 2. be snowed under. 3. jet lag. 4. work your fingers to the bone. 5. bring home the bacon. 6. talk shop. 7. full of beans. 8. black out. 9. feel blue. 10. kick the bucket. 11. off colour. 12. in bad shape. 13. twist someone's arm. 14. stab someone in the back. 15. hit the sack

2. Write an essay (250 words) on one of the following topics. Use at least ten of the newly-learnt words or expressions related to the topic.

1. People have different ways of escaping the stress and difficulties of modern life. Some read; some exercise; others work in their gardens.

What do you think are the best ways of reducing stress? Use specific details and examples in your answer. Use at least ten of the newly-learnt words or expressions related to the topic.

2. Some people prefer to work for themselves or own a business. Others prefer to work for an employer. Would you rather be self-employed, work for someone else, or own a business? Use specific reasons to explain your choice

.

Semester 4.

1. Explain the meanings of the given below fixed expressions, translate them into Ukrainian and use them in the sentences of your own.

1. eye-opener 2. to get the picture. 3. It's all up in the air. 4. Your guess is as good as mine. 5. the benefit of the doubt. 6. to be up to scratch. 7. to leave a lot to be desired. 8. time of one's lives. 9. the salt of the earth. 10. a loose cannon. 11. the life and soul of the party. 12. movers and shakers. 13. throw one's weight around. 14. to keep a low profile. 15. a load of tripe

2. Write an essay (250 words) on one of the following topics. Use at least ten of the newly-learnt words or expressions related to the topic:

Dwell on how performing arts reflect national character.

Self-study materials for the third-year students

Reading comprehension

Read through the texts given below, think over the topics and ideas raised in them, pay special attention to the words and expressions in bold, memorize them and respond in the written form to the issues outlined after the texts.

1. DOCKSIDE GREEN

Suggested Vocabulary

bamboo - a woody plant that grows quickly without pesticides and has many uses

biomass - organic material or waste that can be used to make fuel

buzzword - a word that's popular at a certain time, especially in the media

carbon-dioxide - a greenhouse gas that's released when fossil fuels are burned

carbonfootprint - a measurement of the total amount of carbon a person adds to the atmosphere by travelling by air, driving a car, using fossil fuel-generated power, etc.

carshare program - a program that allows members to share one or more cars instead of buying their own car

durable - strong, long-lasting

eco-community - a community with environmentally-friendly buildings, technology, and energy sources like solar, wind, biomass, etc.

energy-efficient able to use less energy (esp. of vehicles, appliances, buildings, etc.)

The **green** movement is catching on in many pockets of the world. This is especially true in the construction industry. Today's **buzz words**, which include **global warming** and zero emissions, are causing everyday people (not just celebrities) to look for ways to reduce their **carbon footprint**. Purchasing an environmentally-friendly home is a good investment for those who are concerned about their own health and the well-being of our planet. Based on this trend, entire districts, known as **eco-communities**, are being designed with **green**

initiatives in mind. One of these communities is Docksider Green in the Canadian province of British Columbia. Its goal is to become the world's first **zero-emission** neighbourhood.

Docksider Green is a mostly **self-sufficient** community along the harbour front of Victoria, the capital city of British Columbia. The community is home to around 2,500 people and includes residential, office, and retail space. It includes a variety of environmental features, some of which are **unprecedented**.

The planners and builders of Docksider Green have the environment in mind with every choice they make. They ensure proper **ventilation** and guarantee residents clean air indoors. Interior and exterior building materials, such as paints and wood, are natural and **non-toxic**. One of these is **bamboo** which is used because it's very **durable** and can be grown without the use of dangerous **pesticides**.

Energy efficiency is one of the top priorities in eco-communities like Docksider Green. Not only do **energy-efficient** appliances and light fixtures reduce the environmental impact of heating, cooking and lighting, they also save residents money. Docksider Green claims that home owners use 55% less energy than the average Canadian. Though many residents are sharing space by investing in condo-style living, they have their own individual **utility metres** for electricity and gas. Studies show that people use around 20% less energy when they are billed for exactly what they use.

Eco-communities also take the future into account by recycling waste and reducing carbon emissions. At Docksider Green, waste water is treated and reused on-site for flushing toilets, and a **biomass** gas plant converts waste wood into a renewable form of gas for hot water systems, stoves and gas heaters. The community also reduces carbon emissions by using local suppliers for all their transport and maintenance needs, and residents are encouraged to use a mini transit system and join the community's **car share** program.

The first two stages of development at Docksider Green were completed in 2011, and additional plans to increase sustainability are **in the works**. Similar green communities are now found all over the world,

especially smaller ones known as **ecovillages** or "intentional communities". Most have 50 to 150 residents, all of whom are trying to reduce their carbon footprints and create a model for sustainable living in the future.

Consider the issues:

1. What is your attitude to green movement and eco-philosophy?
2. Can you imagine your life in eco-community?
3. What are the reasons to use energy-efficient appliances?
4. What do you do to save our planet?
5. Do you agree that eco-settlement is our future?

2. WATER, AIR AND SOIL CONTAMINATION

Suggested Vocabulary

acid rain - rain that contains harmful chemicals that collect in the atmosphere when fossil fuels are burned

carcinogen - a substance that has been linked to causing one or more types of cancer

contaminated - has come in contact with organisms or substances that cause disease

domestic waste - garbage that is produced by people in a household

dumping - placing waste in an area that is not appropriate (e.g. dumping chemicals in oceans)

hazardous waste - a form of garbage that is harmful to health of plants, animals or humans and requires careful disposal (e.g. batteries or paint)

Pollution is an environmental concern for people throughout the world. One university study suggests that **pollutants** in the water, air, and soil cause up to 40% of the premature deaths in the world's population. The majority of these deaths occur in **developing countries**.

Water in many developing countries is **contaminated** with **toxic chemicals**, also known as toxins. The World Health Organization (WHO) estimates that 1.1 billion people have little or no access to clean water. In many of these regions the water that is used for drinking, cooking, and washing is the same water that is used for

dumping **sewage** and **hazardous waste**. Most developing countries cannot afford water treatment facilities. Approximately 80% of infectious diseases in the world are caused by contaminated water.

Air pollution is a growing problem throughout the world. Indoor air pollution is one of the leading causes of lung cancer. Families in developing countries use open stoves for cooking and heating their homes. These homes do not have proper **ventilation**. The smoke, which is full of chemicals and **carcinogens**, gets trapped inside where families eat and sleep. Outdoor pollution also causes disease and illness, especially in **industrial** cities such as Beijing, China, where cancer is the leading cause of death. China relies heavily on coal, which is considered the dirtiest source of energy. According to the European Union, only 1% of urban dwellers in China breathe clean air on an average day. Neighbouring countries including Japan and Korea receive much of China's pollution in the form of **acid rain**. This pollution results mainly from the coal powered factories, which produce inexpensive goods for North American and European consumers. Outdoor air pollution is also a concern in many wealthy countries. Those who live and work in urban centres such as Los Angeles or Toronto experience many warm days beneath a layer of **smog**.

Soil pollution is also a major concern, both in industrial and developing countries. Pollutants such as metals and **pesticides** seep into the earth's soil and contaminate the food supply. Soil pollution causes major health risks to entire ecosystems. This type of pollution reduces the amount of land suitable for agricultural production and contributes to global food shortages. **Dumping** of industrial and **domestic** waste products produces much of the world's soil pollution, though natural disasters can also add to the problem. In wealthy countries such as the US, protection agencies monitor the food supply. The public is generally warned before major disease outbreaks occur. Developing countries do not have this luxury. Farmers in poor nations grow food in contaminated soil both to earn a living and to avoid starvation.

As more people move to urban centres, **premature** deaths caused by pollution are expected to increase worldwide. Today, the developed nations who achieved their wealth at the expense of the environment will

be held accountable for protecting the earth's resources for future generations.

Consider the issues:

1. Do you think we can contribute to control environmental pollution?
2. Does environmental pollution affect human health?
3. What do you think about using of the chemical fertilizers and pesticides?
4. What can we do to reduce pollution?
5. Who do you think is more responsible for environmental pollution?

3. DOCUMENTARY MOVIES

Suggested Vocabulary

footage is raw, unedited material as originally filmed by a movie camera or recorded by a video camera, which typically must be edited to create a motion picture, video clip, television show or similar completed work.

archival footage (also "stock footage") (noun): footage from the past used in a new film - *The archival footage was from old news broadcasts.*

biographical documentary (noun): a documentary about a person's life - *Is it a biopic or a biographical documentary?*

box office hit (noun): a film many people have paid to see - *If our film's a box office hit, we'll be rich!*

box office record (noun): a record for highest ticket sales or box office earnings - *It broke the box office record in China!*

chronicle (verb): to make a record of a series of events - *The film chronicles the events that led to World War One.*

documentary (also "doco") (noun): a film or TV show about real events or real people - *Let's see that new rap music documentary.*

experimental documentary (noun): any documentary made in a new style - *My brother is doing an experimental documentary that combines home movies and historical footage.*

exposé (noun): a report or a film that reveals hidden facts - *You should do an exposé on companies that avoid paying tax.*

expository documentary (noun): a documentary that tries to persuade us of something - *Brad loves making expository documentaries on social issues.*

feature film (noun): a full-length film made for release in cinemas - *Most feature films are between 80 and 140 minutes long.*

host (noun): a presenter who appears on-screen during a film or TV show - *David Attenborough's the host in lots of wildlife documentaries.*

interview (noun): a meeting in which one person asks another person questions - *I enjoy watching interviews where journalists are on location with their guests rather than in the studio.*

narrator (noun): a person who does voice-overs for films or TV shows - *Why don't you get Morgan Freeman to be the narrator?*

observational documentary (noun): one in which we see whatever the camera records - *Observational documentaries make you feel like you're really there.*

photojournalist (noun): someone who reports news by filming or taking photographs - *Being a photojournalist can be really dangerous.*

political documentary (noun): a documentary about the use or abuse of political power - *My dad loves watching political documentaries.*

re-enact (verb): to recreate a past event by acting, wearing costumes, etc - *We saw an American Civil War battle re-enacted at Gettysburg.*

slow motion (also "slo-mo") (noun): a film technique that slows down movement on screen - *The birds are shown in slow motion.*

time-lapse (adjective): of a film technique that speeds up movement on screen - *Check out the time-lapse shots of traffic from above.*

title screen (noun): written information on screen for viewers to read - *Did you read everything on the title screen before it disappeared?*

voice-over (noun): recorded words heard during a film or TV show - *Have you recorded the voice-overs yet?*

If you like learning about the real world and real people, you probably like watching **documentaries**. Some documentaries are **feature films** shown in cinemas, and some are made for television. Television documentaries are often made as a series, and many of the most popular are wildlife documentaries like the BBC's *The Life of*

Mammals. Some of the most popular feature film documentaries are also about wildlife, including 2001's *Winged Migration* and the **box office hit** *March of the Penguins* in which we follow a colony of emperor penguins on their long journey across Antarctica. Educational documentaries like these usually include **voice-overs** in which we hear a **narrator** telling us about the things we're seeing. They can also include **title screens** on which information is written or a **host** who appears on-screen and talks to us directly.

One of the most successful documentary filmmakers is Michael Moore who often acts as the host in his own films. His **political documentary** *Fahrenheit 9/11* was so successful that it broke **box office records** and won top prize at the 2004 Cannes Film Festival. The film reveals how US President George W Bush used the 9/11 terrorist attacks as an excuse to start wars in Iraq and Afghanistan that made huge profits for companies linked to his own political party.

A documentary like *Fahrenheit 9/11* that reveals hidden truths is called an **exposé**. Other exposés include *Taxi to the Dark Side* about the US military's terrible treatment of its prisoners, and the multi-award-winning film *No End in Sight* about all the mistakes made during and after the 2003 invasion of Iraq. Another recent war documentary is 2010's *Restrepo*, an **observational documentary** made by **photojournalists** who spent a year living with US soldiers in Afghanistan. An observational documentary makes us feel as if we're in a place observing things for ourselves, and one of the earliest was the 1922 silent film *Nanook of the North* in which we see the daily lives of Inuit people in Canada's Arctic north.

Even though *Nanook of the North* is about people who lived a long time ago, it isn't what we'd call an historical documentary. These are films that use **archival footage** and **interviews** with witnesses and historians to explain events in history. Examples include 1974's *Hearts and Minds* about the Vietnam War and 2002's *The Pinochet Case* about the destruction of democracy in Chile. If you're interested in history, you can find more films like these in the list of recommended documentaries below. If you're interested in Asian history, for example, check the list of documentaries about Asia. You'll find films like *Burma VJ* and *The Act of*

Killing in which you'll see mass killings in Indonesia in the 1960s **re-enacted** in some of the scariest scenes ever filmed for a documentary.

If you check the list you'll also find science-related documentaries like 1989's *For All Mankind* about the Apollo moon missions and 2006's *An Inconvenient Truth* about man-made climate change. Health-related documentaries include Michael Moore's *Sicko*, an exposé of the American healthcare system, and Morgan Spurlock's *Super Size Me* in which he **documents** the unhealthy effects of living on a diet of junk food for a month. Documentaries about economic issues include the 2010 Academy Award-winning film *Inside Job* about greedy bankers who caused an economic collapse in 2008 in which millions of people lost their jobs, their homes and their life savings.

You can also find films about crime like *Bus 174* in which live television footage is used to tell the story of a young man who held up a bus in Rio de Janeiro, and *Into The Abyss* in which acclaimed German director Werner Herzog explores all aspects of a multiple murder by getting to know the murderers, the victims' families, and the detectives who solved the crime.

Consider the issues:

1. What differentiates documentaries from others film genres?
2. Do you agree that **documentary films help us in studying?**
3. What are the main features of documentaries?
4. What is your attitude to documentary films? Do you have any favourite?
5. Is it difficult to film documentaries?

Task: write a review of your favourite documentary film

4. SCIENCE FICTION MOVIES HISTORY AND VOCABULARY

Suggested Vocabulary

alien (noun): a creature from outer space - *The aliens were scary, but they looked amazing.*

android (noun): a robot that looks and acts like a person - *I loved that scene when they fought with the androids.*

apocalyptic (adjective): causing great destruction and death - *They think the world will end with an apocalyptic catastrophe.*

artificial intelligence (also "AI") (noun): computer-based intelligence - *They found the android's artificial intelligence circuits.*

B-movie (noun): a low-budget movie - *Some of those B-movies from the 50s are great.*

cyberpunk (noun): a dystopian, high-tech sci-fi subgenre - *My brother's writing a cyberpunk novel about computer games.*

dystopian (adjective): of an oppressive or dangerous future world - *It's another one of those dystopian cyberpunk movies.*

extraterrestrial (also "ET") (noun): an alien from another planet - *She says extraterrestrials took her into their spaceship.*

high-tech (also "hi-tech") (adjective): having highly-advanced technology - *We're using the latest high-tech security system.*

mind-bending (adjective): having complex ideas about the mind and reality - *Those mind-bending sci-fi stories can be hard to follow.*

oppressive (adjective): using authoritarian power to limit freedom - *Our country's becoming more and more oppressive.*

outer space (noun): anywhere in the universe beyond Earth and its atmosphere - *The monsters came from outer space.*

post-apocalyptic (adjective): after a terrible event like a nuclear war or an asteroid strike - *Max lived in a violent post-apocalyptic world..*

rebel (also "revolutionary") (noun): someone who opposes a government or fights for freedom - *The rebels escaped to freedom at the end of the movie.*

science fiction (also "sci-fi") (noun): a genre with stories set in the future or in outer space - *Have you seen any good sci-fi movies lately?*

spaceship (also "spacecraft") (noun): a vehicle that can travel in outer space - *After the spaceship's door opened, the aliens came out.*

surveillance (noun): the close watching of people's behavior - *They kept us under electronic surveillance day and night.*

underclass (noun): a society's poorest and most oppressed people - *Rebels from the underclass eventually defeated the greedy elite.*

If you love watching movies about the future or movies set in **outer space**, you're a fan of **science fiction** or "sci-fi". In sci-fi movies we might see spectacular CGI scenes of battles in outer space, or we might

see what living in a **high-tech** future world could be like. We might see people travelling in time, or **androids** that look like human beings or huge **starships** that travel to distant galaxies. But sci-fi movies can do much more than show us amazing things like these. They can tell stories that make us think about the world as it is today, and think about the sort of world we want to pass on to our children and grandchildren in the future.

Many early sci-fi films like the silent classic *Metropolis* and 1936's *Things To Come* showed moviegoers amazing visions of the future. In the 40s and 50s many low-budget **B-movies** were made about scary **aliens** like *The Thing from Another World* and *Invaders from Mars*, but highly-rated sci-fi films were also made like *Forbidden Planet*, *Invasion of the Body Snatchers* and *The Day the Earth Stood Still* in which a friendly alien warns of the dangers of nuclear war.

The **theme** of aliens and **extraterrestrials** visiting Earth is also found in later sci-fi movies like 2002's *Signs* and Steven Spielberg's 2005 remake of the classic sci-fi thriller *War of the Worlds*. Spielberg also made *Close Encounters of the Third Kind* and *E.T. The Extra-Terrestrial* in which a boy and a homesick extraterrestrial become good friends. The 1999 **animated** sci-fi film *The Iron Giant* is also about a friendship between a boy and an alien, but in this movie soldiers try to destroy the boy's alien friend. *The Iron Giant* is widely-regarded as one of the finest animated sci-fi movies ever made, especially for its powerful message about the terrible things that can happen when military power is used in the wrong way.

Many sci-fi movies of the 70s also contained important messages like this, but in the 70s they were mostly about environmental issues like pollution, **global warming** and overpopulation. They include 1972's *Silent Running*, 1976's *Logan's Run* and 1973's *Soylent Green*, a sci-fi murder mystery set in a **dystopian** future in which air pollution, high temperatures and water shortages have made farming almost impossible. Only a tiny **elite** of rich and privileged people can afford fresh food while everyone else has to eat "soylent", a processed substance made from secret and shocking ingredients. A more recent movie with an environmental theme is the CGI blockbuster *Avatar* in which a mining

company from Earth destroys a distant planet's natural environment while killing peaceful indigenous aliens. Others include the Academy Award-winning animated movie *WALL-E* about a trash-collecting **robot**, and the **post-apocalyptic** sci-fi thriller *Snowpiercer*.

Snowpiercer is about a time in the future after the Earth has been turned into a frozen planet by a failed attempt to stop global warming. Other post-apocalyptic movies include the Mad Max series and 2009's *The Road* in which a father and son battle to survive in a dangerous and lawless post-apocalyptic world. Movies that are set during **apocalyptic** events include the 1983 drama *Testament* in which we follow a family caught in a nuclear attack and 2007's *Sunshine* in which we follow a mission sent into space to stop the sun from dying. Movies set just before a future apocalypse include the critically-acclaimed 2012 Japanese black comedy *Fish Story* in which the Earth is about to be destroyed by a comet, and Lars von Trier's **art-house**drama *Melancholia* in which the Earth is about to collide with another planet.

While most of these movies have messages about environmental themes, in other sci-fi movies we can find political and social themes. Many of these films have been dystopian dramas about the dangers of **authoritarian** government, **corporate** power, and social inequality. One of the first was 1966's *Fahrenheit 451* in which an **oppressive** authoritarian government orders the burning of all books in case they contain views and knowledge that lead to a revolution. Another was George Lucas' 1971 film *THX 1138* in which a **totalitarian** government controlled by a powerful corporate elite uses brutal android police, electronic **surveillance** and sedative drugs to control workers and increase corporate profits. In the classic dystopian drama *1984* a political elite controls the minds of an **underclass** of workers by forcing them to watch **propaganda** broadcasts and use a language of propaganda called "newspeak" in which words like "freedom" are banned and new words like "thought crime" are invented.

Examples of more recent dystopian dramas include *V for Vendetta*, *Elysium* and *The Hunger Games*, the first of a series of films set in a brutal totalitarian state in which teenagers from the underclass are

forced to fight to the death on a reality TV show. As in many dystopian dramas, the Hunger Games series follows a group of heroic **rebels** who lead an uprising against an oppressive society.

Consider the issues:

1. What differentiates sci-fi from others film genres?
2. What is the purpose/message of sci-fi movies? What do they warn us of?
3. What are the main types of science fiction movies?
4. What are the main topics of science fiction movies?
5. Do you believe that one day sci-fi reality can become the truth?

5. DRIVERLESS CARS COMING SOON

Suggested Vocabulary

vehicle – a machine, usually with wheels and an engine, used for transporting people or goods on land, especially on roads

highway – a public road, especially an important road that joins cities or towns together

to text–send (someone) a text message.

You are driving to school. You look up to see a pretty, hot air balloon. Whoa! You almost went through a stop sign! In a driverless car, you can look at the balloon. The car sees the stop sign without your help and stops the car. Car makers and others are already testing driverless cars or AVs (**automated vehicles**) in the U.S. and other countries. Some companies are working together on driverless technology. Intel (USA) is working with BMW (Germany) and Mobileye (Israel) on a driverless car. Google (USA) and Nissan (Japan) are making their own driverless cars. In the U.S. car makers can test AVs in Florida, California, Nevada, and the District of Columbia. Driverless cars may be for sale by 2025!

Google's name for its driverless system is "chauffeur." It's a good name because a chauffeur is a person who drives your car and takes you places. Google's chauffeur system drives your car and takes you places, but it is not a person! The Google chauffeur system takes the place of the human chauffeur.

Most cars already have some driverless technology like the Anti-Lock Braking System (ABS). When a car is slipping on an icy road, the ABS can tap the brakes quickly. The wheels turn slowly but do not stop. The driver can then steer the car to safety.

Many cars also have parallel parking technology. These cars can park themselves along a street. No driver is needed. As cars get more driverless technology, they will be safer than cars with a driver. Driverless cars can move closer together on the road than cars with drivers. This may make driving on busy roads safer. Also, AVs don't get sleepy or text on their phones while driving. Google's driverless cars have been on the road since 2009 without a major crash.

A driverless car can see the road better than people with the help of radar, cameras, and lasers. Radar helps the car see things up to 100 meters away even in darkness or rain. Cameras help the car see objects that are close. Lasers that work like radar, called lidar, spin on the roof and build a 3D model of the world around the car.

Automated **vehicles** use a GPS to find the best way from one place to another. All the information from the radar, cameras, lasers, and the GPS goes to the Controller Area Network bus. A bus is a network that lets all those devices talk to one another. The CAN bus uses the information to steer the car and to tell the car to go or stop.

There are some problems with AVs. Hackers may take over the car. There will probably be fewer jobs for people who drive taxis and trucks. A robo taxi can find you and take you to your destination without a taxi driver. AV trucks may roll along **highways** without a truck driver.

In the future, both vehicles with drivers and vehicles without drivers may share the road. You will have a choice. You can be the driver of your car, or you can look out the window while the car drives you.

Consider the issues:

1. What is a driverless car?
2. What companies are working together on driverless technology?
3. What devices help driverless cars to see the road better than people?
4. Which problems can AVs face?
5. What does the Controller Area Network bus mean?

6. BOOKS AND WRITERS

Suggested Vocabulary

counter intelligence - activities designed to prevent or thwart spying, intelligence gathering, and sabotage by an enemy or other foreign entity

Laborer - a person doing unskilled manual work for wages

mundane – very ordinary and therefore not interesting

Webcast - a broadcast made on the Internet

Adolescent - a young person who is between being a child and an adult

Ramifications - the possible results of an action

Renowned – famous

atake – a distinct or personal point of view, outlook, or assessment

Evocative - making you remember or imagine something that is pleasant

Commercialism - emphasis on the maximizing of profit

Ascension - the act of rising to an important position or a higher level

Chapter - a main division of a book, typically with a number or title

Prodigy - someone with a very great ability that usually shows itself when that person is a young child

Paralegal - someone who works in a law company, or a company's legal department, and has some legal training, but does not have all the qualifications to be a lawyer

a moniker – a name or nickname

bloated – very famous

Boorish - a person who is rude and does not consider other people's feelings

Robert Olen Butler

Author of the Pulitzer Prize winning short story collection *Good Scent from a Strange Mountain* (1992), Robert Olen Butler has confounded readers and critics for years. Known as something of a shape shifter in terms of literary styles and aesthetics, Butler's characters and themes vary widely from project to project as he draws from his own experiences growing up in rural Illinois, serving as a **counterintelligence** officer during the Vietnam War, and working odd jobs as a taxi driver and mill **laborer** before turning to fiction.

Story to check out: In 2001, Butler composed an entire short story in real-time during a series of 17 **webcast** sessions called Inside Creative Writing, all of which are available via iTunes. The result, *This is Earl Sandt**, is set in 1913 and centers on a man and his son watching a bi-plane crash during an air show following Sunday morning church services. Butler called the real-time composition “an extended teaching moment” in an effort to provide insight into the creative process.

2. Tobias Woolf

Woolf is regarded just as highly for his work as a memoirist as a short story practitioner. Known for what critics refer to as ‘dirty realism,’ Woolf’s stories are often focused on the male **adolescent** experience and the **ramifications** of those experiences as his characters grow and mature. Woolf, perhaps best known for his memoir *This Boy’s Life* (1989) and story collection *Our Story Begins* (2008), spent a number of years on faculty at Syracuse University with **renowned** short story master Raymond Carver. Woolf’s other highly-acclaimed collections include 1981’s *In The Garden of North American Martyrs*, and 1997’s *The Night in Question and Other Stories*.

Story to check out: *Powder*, a three-page story in Woolf’s *The Night in Question and Other Stories*, revolves around an estranged father and son on a country drive in the middle of the night during a blizzard. The story’s economy of language, **evocative** imagery, and plain-spoken voice is classic Woolf and lends itself to a heartfelt exploration of a strained father-son relationship.

3. GeorgeSaunders

Very few writers—not to mention short story writers—make the rounds of late-night television programs, but 2006 MacArthur Grant winner George Saunders is just such a writer, appearing on Comedy Central’s *The Colbert Report*** following the publication of his 2010 short story collection, *The Tenth of December*. Saunders, a former technical writer, has been publishing absurdist, form-bending stories since the early 1990s, tackling issues of **commercialism**, consumerism, and America’s corporate culture. Saunders’ *The Tenth of December* was nominated for the 2010 National Book Award and won that year’s prestigious Story Prize.

Story to check out: Indicative of Saunders' style and thematic preoccupations, *The 400 Pound CEO* is an absurdist send up of the traditional 9 to 5 office culture—how can you ignore a story with a title like that? The story was originally published in *Harpers* in 1994 and collected in the highly-acclaimed collection *CivilWarLand in Bad Decline*.

4. Jennifer Egan

Winner of the 2011 Pulitzer Prize for her collection of connected stories, *A Visit from the Goon Squad*, Brooklyn-based writer Jennifer Egan is the rare writer who can transition from the novel to the short story form with grace and ease. Egan's collection zeros-in on aging rock music executive Bernie Salazar and the friends and enemies he made during his **ascension** to the heights of rock music stardom. The book's construction had led some critics to question whether it functions as a novel or connected group of stories, and Egan herself has remained relatively mum as to whether the 13 sections of the book should be read as **chapters** or individual stories.

Story to check out: Following in Robert Olen Butler's shoes, Egan used the technology of the day to her advantage by publishing the science fiction short story *The Black Box* via a series of Twitter posts in May 2012. The story, concerning a spy living in the near future, was tweeted by *The New Yorker's* Twitter account during a span of nine days.

5. Lorrie Moore

A teenage **prodigy**, Moore won *Seventeen Magazine's* fiction writing contest at the tender age of 19. Sparked by her early achievement, Moore went on to study creative writing at the university level and worked as a **paralegal** in Manhattan following graduation, a time that heavily influenced her early stories. Known for her humorous takes on seemingly mundane situations, Moore's big break came in 1983 with the publication of first collection, *Self-Help*, a group of stories parodying other popular self-help titles of the time. Moore's playful take on form and language has helped cement her place as one of today's most interesting and surprising short story writers, a moniker further evidenced by the release of 2014 collection, *Bark*.

Story to check out: Moore's *How to Be A Writer*, collected in *Self-Help*, is perhaps most famous for its step-by-step instructions on how to become the most bloated, self-important, and **boorish** writer one could ever hope to be. The story's satirical look at the wealth of clichés surrounding the literary life are incisive, poetic, and so on-point writers themselves have been known to cringe at live recitations of the piece.

Consider the issues:

1. Who is Robert Olen Butle?
2. What are Tobias Woolf's story focussed on?
3. Which Saunders' works do you know? Speak about the story collection "The Tenth of December"
4. Speak about Jennifer Egan
5. Who is Lorrie Moore? What happened in her life in 1983?

7. BRITISH CUISINE!

Suggested Vocabulary

cuisine - a style of cooking

to disparage – to say unpleasant things about someone or something that show you have no respect for them

disparagement – belittlement.

Worcestershire- a county (area with its own local government) in western central England: a county in western central England

Commonwealth - a group of countries with the same political or economic aims:

Good Friday- the Friday before Easter Sunday, the day in the Christian religion on which the death of Jesus is especially remembered

Epiphany - a powerful religious experience

inspiration - someone or something that gives you ideas for doing something

resurgence - a new increase of activity or interest in a particular subject or idea that had been forgotten for sometime

sole – one of a number of flat, round fish that are eaten as food

haddock - a fish that can be eaten, found in the North Atlantic Ocean

hake - a big sea fish that can be eaten

plaice - a sea fish with a flat, circular body, or its flesh eaten as food

cod - a large seafish that can be eaten

turbot - a fish with a flat body that lives near to the coast in European seas

halibut - a big, flat sea fish that can be eaten

mullet - a small sea fish that can be cooked and eaten

crustaceans – any of various types of animal that live in water and have a hard outer shell

Yes, we do have a wide and varied cuisine in Britain today; no more do we suffer under the image of grey boiled meat! After years of **disparagement** by various countries (especially the French) Britain now has an enviable culinary reputation. In fact some of the great chefs now come from Britain, I kid you not!

However Britain's culinary expertise is not new! In the past British cooking was amongst the best in the world. Mrs Beeton is still one of the renowned writers of cookery books, her creations have now gained international popularity, years after her death.

Traditional British cuisine is substantial, yet simple and wholesome. We have long believed in four meals a day. Our fare has been influenced by the traditions and tastes from different parts of the British empire.

A brief history

British cuisine has always been multicultural, a pot of eclectic styles. In ancient times influenced by the Romans and in medieval times the French. When the Frankish Normans invaded, they brought with them the spices of the east: cinnamon, saffron, mace, nutmeg, pepper, ginger. Sugar came to England at that time, and was considered a spice -- rare and expensive. Before the arrival of cane sugars, honey and fruit juices were the only sweeteners. The few Medieval cookery books that remain record dishes that use every spice in the larder, and chefs across Europe saw their task to be the almost alchemical transformation of raw ingredients into something entirely new (for centuries the English aristocracy ate French food) which they felt distinguished them from the peasants.

During Victorian times good old British stodge mixed with exotic spices from all over the Empire. And today despite being part of Europe we've kept up our links with the countries of the former British Empire, now united under the **Commonwealth**.

One of the benefits of having an empire is that we did learn quite a bit from the colonies. From East Asia (China) we adopted tea (and exported the habit to India), and from India we adopted curry-style spicing, we even developed a line of spicy sauces including ketchup, mint sauce, **Worcestershire** sauce and deviled sauce to indulge these tastes. Today it would be fair to say that curry has become a national dish.

Among English cakes and pastries, many are tied to the various religious holidays of the year. Hot Cross Buns are eaten on **Good Friday**, Simnel Cake is for Mothering Sunday, Plum Pudding for Christmas, and Twelfth Night Cake for **Epiphany**.

Unfortunately a great deal of damage was done to British cuisine during the two world wars. Britain is an island and supplies of many goods became short. The war effort used up goods and services and so less were left over for private people to consume. Ships importing food stuffs had to travel in convoys and so they could make fewer journeys. During the second world war food rationing began in January 1940 and was lifted only gradually after the war.

The British tradition of stews, pies and breads, according to the taste buds of the rest of the world, went into terminal decline. What was best in England was only that which showed the influence of France, and so English food let itself become a gastronomic joke and the French art of *Nouvell Cuisine* was adopted.

British cuisine today

In the late 1980's, British cuisine started to look for a new direction. Disenchanted with the overblown (and under-nourished) *Nouvelle Cuisine*, chefs began to look a little closer to home for inspiration. Calling on a rich (and largely ignored) tradition, and utilizing many diverse and interesting ingredients, the basis was formed for what is now known as modern British food. Game has enjoyed a resurgence in popularity although it always had a central role in the British diet, which

reflects both the abundant richness of the forests and streams and an old aristocratic **prejudice** against butchered meats.

In London especially, one can not only experiment with the best of British, but the best of the world as there are many distinct ethnic cuisines to sample, Chinese, Indian, Italian and Greek restaurants are amongst the most popular.

Although some traditional dishes such as roast beef and Yorkshire pudding, Cornish pasties, steak and kidney pie, bread and butter pudding, treacle tart, spotted dick or fish and chips, remain popular, there has been a significant shift in eating habits in Britain. Rice and pasta have accounted for the decrease in potato consumption and the consumption of meat has also fallen. Vegetable and salad oils have largely replaced the use of butter.

Roast beef is still the national culinary pride. It is called a "joint," and is served at midday on Sunday with roasted potatoes, Yorkshire pudding, two vegetables, a good strong horseradish, gravy, and mustard.

Today there is more emphasis on fine, fresh ingredients in the better restaurants and markets in the UK offer food items from all over the world. Salmon, Dover sole, exotic fruit, Norwegian prawns and New Zealand lamb are choice items. Wild fowl and game are other specialties on offer.

In fact fish is still important to the English diet, we are after all an island surrounded by some of the richest fishing areas of the world. Many species swim in the cold offshore waters: sole, haddock, hake, plaice, cod (the most popular choice for fish and chips), **turbot**, **halibut**, **mullet** and John Dory. Oily fishes also abound (mackerel, pilchards, and herring) as do crustaceans like lobster and oysters. Eel, also common, is cooked into a wonderful pie with lemon, parsley, and shallots, all topped with puff pastry.

Consider the issues:

1. What was British cuisine like in the past?
2. What is Mrs Beeton?
3. When did the British cuisine start to look for a new direction?
4. What spices are used in British cuisine?

5. Which countries have influenced British cuisine? In what way?

8. REGIONAL SPECIALTIES

Suggested Vocabulary

prejudice- an unfair and unreasonable opinion or feeling, especially when formed without enough thought or knowledge

groats – hulled or crushed grain, especially oats.

surround-to be every where around something

incorporate- to include something as part of something larger

leeks - a long, white vegetable with green leaves on top that tastes and smells like an onion

syllabub - a sweet, cold dish consisting of cream mixed with sugar, white wine, and sometimes the white of an egg

eggnog – historically also known as milk punch or egg milk punch, is a rich, chilled, sweetened, dairy-based beverage.

slaughter- kill (animals) for food

whhey – the watery part of milk that remains after the formation of curds

English Food reveals the richness and surprising diversity of England's culinary heritage.

Despite recent setbacks beef is still big industry in England, and the Scottish Aberdeen Angus is one of our most famous beef-producing breeds. Dairy cattle are also farmed extensively. England is famous for its creams and butters and for its sturdy and delicious cheeses: Stilton, Cheshire and its rare cousin blue Cheshire, double Gloucester, red Leicester, sage Derby, and of course cheddar.

Some of English more interesting dishes include:

Beefsteak, Oyster, and Kidney Pudding: Oysters may seem unlikely in this meat pudding, but their great abundance in the Victorian age and earlier eras inspired cooks to find ways to incorporate them creatively in many different recipes. This steamed pudding combines the meats with mushrooms, onions, tomatoes, and Worcestershire, then wraps the whole in a suet pastry.

Black Pudding: is a type of blood sausage originating in Great Britain and Ireland. It is made from pork blood, with pork fat or beef

suet, and a cereal, usually oatmeal, oat **groats** or barley groats. Invented in Stornoway, Isle of Lewis black pudding is often served as part of a traditional full English breakfast.

Cock-a-Leekie : This Scottish specialty can be classified as a soup or a stew. It combines beef, chicken, leeks, and prunes to unusual and spectacular ends.

Crown Roast Lamb: The crown roast encircles a stuffing of apples, bread crumbs, onion, celery, and lemon.

EcclesCake : Puff pastry stuffed with a spicy currant filling.

Hasty Pudding: A simple and quick (thus the name) steamed pudding of milk, flour, butter, eggs, and cinnamon.

Irish Stew: An Irish stew always has a common base of lamb, potatoes, and onion. It could contain any number of other ingredients, depending on the cook.

Likky Pie Leeks: pork, and cream baked in puff pastry.

Mincemeat: Beef suet is used to bind chopped nuts, apples, spices, brown sugar, and brandy into a filling for pies or pasties - not to be confused with minced meat!.

Mulligatawny Soup: What this soup is depends on who is cooking it. Originally a south Indian dish (the name means pepper water in Tamil), it has been adopted and extensively adapted by the British. Mulligatawny contains chicken or meat or vegetable stock mixed with yogurt or cheese or coconut milk and is seasoned with curry and various other spices. It is sometimes served with a separate bowl of rice.

Syllabub: In the seventeenth century, a milkmaid would send a stream of new, warm milk directly from a cow into a bowl of spiced cider or ale. A light curd would form on top with a lovely whey underneath. This, according to Elizabeth David, was the original syllabub. Today's syllabub is more solid (its origins can also be traced to the seventeenth century, albeit to the upper classes) and mixes sherry and/or brandy, sugar, lemon, nutmeg, and double cream into a custard-like dessert or an eggnog-like beverage, depending upon the cook.

Trifle: Layers of alcohol-soaked sponge cake alternate with fruit, custard and whipped cream, some people add jelly, but that's for kids.

Welsh Faggots: Pig's liver is made into meatballs with onion, beef suet, bread crumbs, and sometimes a chopped apple. Faggots used to be made to use up the odd parts of a pig after it had been **slaughtered**.

Welsh Rabbit (or Rarebit): Cheese is grated and melted with milk or ale. Pepper, salt, butter, and mustard are then added. The mix is spread over toast and baked until "the cheese bubbles and becomes brown in appetizing-looking splashes" (Jane Grigson in *English Food*, London: Penguin, 1977).

Westmoreland Pepper Cake: Fruitcake that gets a distinctive kick from lots of black pepper. Other ingredients include honey, cloves, ginger, and walnuts.

Consider the issues:

1. What is England's culinary heritage?
2. What is a pudding? What puddings do you know?
3. What is a Black Pudding and how is it cooked?
4. What kind of dish is trifle?
5. What's in common in the British cuisine and in the Ukrainian cuisine?

9. PIES, PUDDINGS, BUNS AND CAKES

Suggested Vocabulary

Shortdough is very rich, crumbly, and tender with butter. *Short*– in a baking context, means that there is a high proportion of fat to flour. (Syn. cookie dough)

Puff pastry– is a flaky light pastry made from a laminated dough composed of dough and butter or other solid fat (Syn. flaky pastry)

Crust–the tough outer part of a loaf of bread

savory – having savor (a particular flavor or smell)

Turnover --a small cake made from a folded piece of pastry with fruit inside

Suet –the hard white fat on the kidneys and loins of cattle, sheep, and other animals, used to make foods including puddings, pastry, and mincemeat

Pies and puddings are related phenomena in British culinary history. Originally, both solved the problem of preparing dinners made with less expensive meats. Pies covered a stew or other ingredients with a

crust; puddings were made from butcher's scraps tucked into a sheep's stomach, then steamed or boiled. Pies have remained pies, although, in addition to **savory pies**, there now exist sweet variations, which tend to have two **crusts** or a bottom crust only.

Pie crusts can be made from a **short dough** or **puff pastry**. Snacks and bar food (Britain's fifth food group) are often in pie form: pasties (pronounced with a short "a" like "had") are filled **turnovers**.

Over time, however, in a confusing development, pudding has become a more general term for a sweet or savory steamed mixture, as well as a word that describes desserts in general. For example, black pudding is actually made with pig's blood. Whereas plum pudding is a Christmas treat consisting of a steamed cake of beef **suet** (the white fat around the kidney and loins) and dried and candied fruits soaked in brandy. And, of course, one can't forget rice pudding.

Amongst cakes, buns and pastries local delicacies include Bath Buns, Chelsea Buns, Eccles Cakes, and Banbury Cakes.

Consider the issues:

1. What is the difference between pies, buns and cakes?
2. Explain the difference between a short dough and puff pastry.
3. What is dough?
4. What is pastry and pastries?
5. Give a recipe of your favourite pastry

10. THE GREAT BRITISH BREAKFAST!

Suggested Vocabulary

to indulge – allow oneself to enjoy the pleasure of sth.

consumption – the action of using up a resource.

copious – abundant in supply or quantity. (Syn.: abundant, superabundant, plentiful, ample, profuse, full, extensive, considerable, substantial, generous, bumper, lavish, fulsome, liberal, bountiful)

Cornflakes – small, thin yellowish-orange pieces of dry food made from crushed maize, often eaten with milk and sugar in the morning

Kidneys – organs from an animal, used as food

streaky bacon – bacon with alternating streaks of meat and fat

"And then to breakfast, with what appetite you have." Shakespeare

The great British breakfast is famous (or notorious) throughout the world! Actually nowadays it is a bit of a myth, today many British people are more likely to have a bowl of **cornflakes** or a cup of coffee with a cigarette than **to indulge** in the wonders of this feast!

However that is not to say that the traditional breakfast is dead, far from it, it's just not often eaten every day of the week. Speaking as a true Brit I occasionally push the boat out and treat myself to the full monty (not to be confused with the film of the same name).

The typical English breakfast is a 19th century invention, when the majority of English people adopted the **copious** meal of porridge, fish, bacon and eggs, toast and marmalade, that has now appeared on English breakfast tables for 100 years.

The annual **consumption** in the United Kingdom is 450,000 tonnes of bacon, 5,000 tonnes of sausages and millions of eggs, so you can see the Great British Breakfast is very much alive and well. It has retained its popularity as one of the country's favourite meals, and survived a whole series of eating trends and food fads.

Mrs Beeton would have recommended a large list of foods for breakfast such as, bread, rolls, toast, toasted teacakes, Sally Lunns; eggs cooked in various ways; fish, baked halibut steaks, fried whiting, broiled fresh herrings, soused herrings, fishcakes, broiled kippers, 'Findon' haddock, sprats fried in butter, fish kedgeree, fried salmon, salmon pie, baked lobster, codfish pie, cod's steak, croquettes of cod's roe, herrings stuffed with fish. Fruit such as stewed figs, stewed prunes, and fresh fruits in season. Game and pheasant legs, brawn, devilled drumsticks, and meat dishes both hot and cold, such as collared tongue, **kidneys** on toast, sausages with fried bread, pig's cheek, Melton pork pie, ham, galantine, spiced brisket, pressed beef...

So what does the great British breakfast consist of nowadays?

Simpsons in the Strand, a well know (and expensive) restaurant, serves breakfast daily. Their full English breakfast consists of the following:-

The GREAT BRITISH BREAKFAST at £13.95 includes:- Toast with jam or marmalade, pastries, fresh orange juice, freshly brewed coffee, a choice of cereals, porridge, stewed fruit or half a grapefruit, The

Simpson's Cumberland sausage, scrambled egg, streaky and back bacon, black pudding, grilled mushrooms and tomato and a daily newspaper (not for consumption).

In addition to the GREAT BRITISH BREAKFAST, for serious breakfast eaters, Simpson's offers THE TEN DEADLY SINS - at £15.95 per person this includes: Toast with jam or marmalade, pastries, fresh orange juice, freshly brewed coffee. Choice of cereals, porridge, stewed fruit or half a grapefruit The Simpson's Cumberland sausage, fried egg, streaky and back bacon, black pudding, lamb's kidneys, fried bread, liver, bubble & squeak, baked beans, grilled mushrooms and tomato.

Guests may also choose from an à la carte selection of classic breakfast dishes such as: Smoked Haddock Kedgeree; Poached Finan Haddock; Quail's eggs with haddock; Smoked Salmon with Scrambled Eggs;

Consider the issues:

1. What is a Typical English Breakfast?
2. What products are most used in Britain for breakfast?
3. How many tones of bacon, sausages and eggs are consumed annually in the United Kingdom?
4. What is a Typical Ukrainian Breakfast?
5. What's in common in the British breakfast and in the Ukrainian breakfast?

Vocabulary and written speech practice

Semester 5.

1. Explain the meanings of the given below fixed expressions, translate them into Ukrainian and use them in the sentences of your own.

to be all fingers and thumbs. 2. a bread-and-butter letter. 3. to straighten out. 4. the cut-and-thrust of politics/ of the debate. 5. at the drop of a hat. 6. go through thick and thin. 7. to be rack and ruin. 8. to beckon. 9. to be at one's beck and call. 10. to be part and parcel of something. 11. now and then (now and again). 12. to pull one's leg. 13. rub salt into someone's wound. 14. to break a chain in its weakest link. 15. to be down and out / to be all to pieces.

2. Write a paragraph (250 words) in which you convince someone to agree with your opinion or a viewpoint on a topic you have studied during the semester and that matters to you. Use at least ten of the newly-learnt words or expressions related to the topic.

Semester 6.

1. Explain the meanings of the given below fixed expressions, translate them into Ukrainian and use them in the sentences of your own.

1. to be on good terms with. 2. to tangle up. 3. the sun beats down. 4. to put up with. 5. to drop out. 6. to run out of something. 7. to let the cat out of the bag. 8. get all your ducks in a row. 9. water off a duck's back. 10. goose bumps. 11. to smell a rat. 12. a pig in a poke 13. a cold fish. 14. monkey business. 15. from the horse's mouth. 16. change horses in midstream

2. Write a paragraph (250 words) in which you convince someone to agree with your opinion or a viewpoint on a topic you have studied during the semester and that matters to you. Use at least ten of the newly-learnt words or expressions related to the topic.

Self-study materials for the fourth-year students

Reading comprehension

Read through the texts given below, think over the topics and ideas raised in them, pay special attention to the words and expressions in bold, memorize them and respond in the written form to the issues outlined after the texts.

1. ACADEMIC RESEARCH IN THE LIFE SCIENCES

Suggested Vocabulary

Funding – the act of providing [resources](#) to finance a need, program, or project.

Life sciences – the [branches of science](#) that involve the scientific study of [life](#) and [organisms](#) – such as [microorganisms](#), [plants](#), and [animals](#) including [human beings](#).

Yeast – microorganisms used in baking, wine making, and brewing.

Fruition – attainment of anything desired; realization; accomplishment

Exposure the [fact](#) of [experiencing](#) something or being [affected](#) by it because of being in a [particular situation](#) or [place](#)

Academic research can be intense, stimulating, and rewarding. But it is important to know that a research career involves many activities besides research. Scientists spend their time writing applications for funding to do research, as well as writing scientific papers to report the findings of their research. In addition, they spend time presenting their research in oral or poster form to other scientists at group meetings, institutional meetings, and scientific conferences; they also spend time teaching students about their field of study. A scientist's life is often full of tasks that need to be done and most scientists work very hard, but they also love what they do.

If you're interested in a general sense in academic research, the first thing to figure out is which field of research is best for you. The fundamental task of research is asking questions. There are many areas of research in the life sciences, and they generally fall into three

categories based on the types of questions that are asked and the tools that are used to answer the questions:

Basic Research

Basic researchers ask questions about how fundamental life processes work. Examples of questions include the following:

- What are the mechanisms that determine how and when cells divide?
- How do DNA mutations associated with a disease occur?
- How and why do cells age?
- How and why does one type of cell work differently from another type of cell?

Basic researchers usually work in laboratories with other scientists, usually with one faculty member leading a group of postdoctoral fellows, graduate students, and lab technicians who do most of the lab work. The hours can be very long and the work can be challenging, especially for graduate students and postdoctoral fellows. Basic researchers often ask their questions using model organisms, including yeast, worms, flies, fish, and mice.

Clinical Research

Clinical researchers ask questions about how disease occurs and how it can be cured in humans. Examples of questions include the following:

- How can we manipulate the body's immune system to improve treatment of a disease?
- How can we create a drug to improve disease survival?
- What are the long-term impacts of treatment on quality of life?

Clinical researchers work in laboratories that are very similar to basic researchers, but they often work with human tissue samples to ask their questions. Many clinical researchers find it rewarding to work on a question that may have an impact that they will eventually see come to fruition. At the same time, when you're working with human tissue, you usually have a limited amount of it so the risks of making a mistake that will lose your sample could be high. Clinical researchers will often collaborate with biostatisticians to best design and analyze their studies in order to yield the maximum amount of relevant information.

Population-Based Research

Population-based research is done by epidemiologists who ask questions to determine how diet, genetics, and lifestyle may influence the risk of disease. They ask these questions in one of two ways:

1. by following a group of people over time and correlating exposure to who gets a disease;
2. by asking a group of people with a disease about their lifestyle and diet choices and comparing the data to a randomly chosen group without the disease in order to look for differences between the two groups.

The types of questions they ask include the following:

- How can we best prevent teenagers from starting to smoke?
- Do some genetic variants place a person at greater risk for cancer?
- Do vitamins help prevent cancer?
- Does exposure to certain chemicals increase the risk of getting a particular disease?

Epidemiologists also collaborate with biostatisticians in order to design and analyze studies so they can get the most information from them. Rather than work in a lab, epidemiologists often need no more than a desk and computer. However, the interdisciplinary field of molecular epidemiology is changing this, and many epidemiologists ask questions about how a particular gene can influence disease risk, rather than, or in addition to, a lifestyle exposure.

Consider the issues:

1. What activities does a research career involve besides research?
2. In what way is basic research work organized?
3. Why are the findings in the life studies researches so important?

2. EDUCATION OF THE FUTURE

Suggested Vocabulary

Agenda – a list, plan, outline of things to be done, matters to be acted or voted upon

Augment (v) – to make larger; enlarge in size, number, strength, or extent

Flip (v) – to move (something) suddenly or jerkily

Seize (v) – to take hold of suddenly or forcibly; grasp

As the world we live in changes to embrace tech futures, how and what we teach in our education system will also be reshaped to keep up to date with the growing demands of the 21st century.

1. Connectedness, collaboration and co-creation

The concept of a teacher standing in front of a room full of students who listen and respond to direction is increasingly a thing of the past. While not an entirely new approach, student learning spaces will supercede the typical classroom that we know today. This will see students become partners or co-creators of their own learning. They will be set up to allow collaboration to occur on learning projects between individuals, small groups or larger groups.

Classrooms will coexist as physical spaces and online, flipping the current learning model upside down so that students can learn at home and spend class time collaborating and applying their knowledge to real-life issues.

2. Anywhere, anytime learning

As we ride the wave of the digital era, it is becoming easier to get connected with a global reach. A world of information is at your fingertips with the click of a button or a simple voice command, and, as technology continues to advance, students need to grow their learning with it.

Technology is no longer a motivating factor when it comes to learning – it is a must. It's something that needs to be incorporated in the future of education to ensure students are equipped with the skills to cope in a world dependent on technology.

While some argue that technology in our classrooms creates lazy, disconnected students, the others believe this is a myth. Technology has created endless boundaries of where learning can occur, with whom and why. Technological advances have enabled interconnectedness of information and people with the touch of a button.

Education in the future will need to demonstrate how technology can be used to students' advantage, as well as teach future generations how to handle problems that arise from it.

3. Customisation for a learner-first approach

Alongside the changing notions of what constitutes a classroom, the ideas about the way teaching is delivered must also be reshaped. The old ‘one model of teaching and learning fits all’ is outdated and has no place in the agenda for future education. Teachers will become facilitators of learning and students will have more control of their own learning journey. As a result, teachers will have individualised learning plans for students, which will enable each student to learn at a pace that best suits their abilities and to engage with content that is most beneficial to them.

A combination of evidence-gathering and feedback from parents, students and other professions will enable these plans to be successfully integrated into the education system. To maximise the potential for individual progress, some elements of teacher-led learning will remain, which will augment traditional learning practices when combined with online digital media.

4. Educators of the future

Curriculum teaching and learning already extends well beyond the classroom and will continue to do so, and as education changes to suit the future’s needs, the role of a teacher must also adapt and grow. It is each teacher’s responsibility to empower students to take risks, be innovative and seize any opportunity thrown their way. One more thing is that education of the future will prove what you have been told many times before: results do not define you. Grading becomes a waste of time if its purpose is solely to point out who is at the top and who is at the bottom. Assessments in the future will be evidence based, using measures that allow learning plans to be drawn up and personalised.

In light of a shift towards a more personalised learner experience, teachers of the future must be prepared to be data collectors, as well as analysts, planners, collaborators, curriculum experts, synthesizers, problem-solvers and researchers.

Consider the issues:

1. Do you agree with the author of the text?
2. To your mind, what other changes can be introduced to education to make it more efficient?
3. Give your vision of school in the XXII century.

3. CAN ARTIFICIAL INTELLIGENCE CHANGE THE FUTURE OF POLITICS?

Suggested Vocabulary

Facilitate (v) - make (an action or process) easy or easier.

Consensus - a general agreement

Replicate (v) - make an exact copy of; reproduce

Opt (for) (v) - make a choice from a range of possibilities

The new technological revolution will not only replace humans in routine tasks that can be easily replicated by machines, but will [facilitate](#) the automation of complex tasks. The new, intelligent machines will replace humans in every aspect of life, from driving cars to diagnosing diseases and more. Taking into account the recent [breakthroughs](#) in the field of deep learning, one should consider what does this mean for politicians?

It is important to note that parts of our politics have already been employing new communication technologies. Recep Tayyip Erdoğan, Turkey's president, beamed a hologram of himself to speak to several groups of thousands of people simultaneously. Political candidates all over the world now use social media channels to target different groups of voters with different target messages. The growing automation of governance is no longer science fiction, but a reality we are only beginning to grasp.

Imagine, for a moment, what knowledge, skills and attributes should a human politician possess to be perfect, if their primary goal is to represent their constituent and implement an effective policy agenda. A perfect human politician should perhaps understand the issues affecting the people they represent such as what challenges face them and what policies would they like to see changed. To craft policies that will resonate with their constituent and push the community forward as a collective whole, a perfect human politician should have an in-depth understanding of the community's past, its present state, and the challenges ahead. She or he should also be a skilled negotiator, a consensus builder and a great crisis manager. Can AI be attributed with these abilities?

When it comes to automating knowledge, AI systems are powerful conduits of knowledge and could act as valuable assistants for government officials. However, when it comes to skills, it is slightly more difficult to break down as, currently speaking, AI can help design policies and respond to risks, but is far from being able to negotiate skillfully or craft policies that will resonate with the public. In the next few years, humans will still be needed to provide emotional intelligence and creativity in the political scene, but, as the technology advances, AI systems may become [capable](#) of performing complex tasks. Moreover, attributes will be the hardest aspect to replicate as the machines may act solely as rational beings. A human presence in governance will likely be necessary for the foreseeable future.

In the new age where drivers, doctors and builders are being automated, whether we automate our politics is up for serious discussion. We need to assess the consequences of the growing intersection between politics and technology. We need to debate what kind of a world we want to live in, before it is too late.

One of the possible scenarios for the future of politics is to opt for status quo, where governments may incorporate narrow AI to restore citizens' trust in them by improving the effectiveness and efficiency of public service, while being a politician would remain strictly a human occupation. Another possible scenario is humans deciding to fully automate government and hand power to the AI systems, appointing them in certain key positions.

Consider the issues:

1. Should machines be incorporated into politics?
2. What is the portrait of an ideal politician?
3. What is the main message of the text?

4. EARLY AMERICAN POLITICAL SCANDALS

Suggested Vocabulary

Dubious - hesitating or doubting

Boondoggle - an unnecessary, wasteful, or fraudulent project

Zealot - a person who is fanatical and uncompromising in pursuit of their religious, political, or other ideals

Lucrative - producing a great deal of profit.

bludgeon - a thick stick with a heavy end, used as a weapon.

William Blount was a Continental Congressman and a signatory of the Constitution, but he also holds the dubious distinction of being the first politician to be expelled from the United States Senate. In 1796, while serving as Senator for the new state of Tennessee, Blount hatched a scheme to aid the British in seizing Spanish-held territory in what is now Louisiana and Florida. The audacious plan called for frontiersmen and Cherokee Indians to rise up against the Spanish and drive them off the Gulf Coast. The region would then become a British colony, opening it to settlers and allowing Blount - who owned huge tracts of Western land - to make a killing on his investments.

Unfortunately for Blount, his plot unraveled in 1797 after one of his conspiratorial letters found its way to President John Adams. That July, the Senate voted to expel him from its ranks, but a subsequent [impeachment](#) trial was dismissed due to lack of jurisdiction. The scandal did little to slow Blount's political career. Despite being labeled a scoundrel in Washington, he remained popular in Tennessee and was later elected to the state legislature and appointed speaker.

House and senate floor debates have always been heated, but 1856 marked one of the few occasions where they resulted in bloodshed. During a discussion of the Kansas-Nebraska Act - a law that allowed the citizens of those territories to vote on whether they would allow slavery - abolitionist Senator Charles Sumner gave a fiery speech in which he branded South Carolina's Andrew Butler a "zealot" who was enamored with the "harlot" of slavery. The words came as a grave insult to Preston Brooks, a proslavery congressman who also happened to be Butler's nephew. Just three days later, Brooks confronted Sumner in the Senate chamber and assaulted him with a metal-topped cane, repeatedly bludgeoning him over the head until the stick splintered into pieces.

The cane attack left Sumner so badly injured that he was forced to spend over three years in recovery. Brooks, meanwhile, was fined for assault and put under congressional investigation, but a measure to expel him from the House of Representatives failed to gather the required two-thirds majority. He voluntarily resigned in July 1856, only to be reelected

by his constituents a few days later. In a preview of the divisions that would lead to the Civil War, the scandal saw Brooks simultaneously denounced in the North and hailed as a hero in the South. Supporters even sent him replacement canes, including one inscribed with the words “Hit Him Again.”

On the eve of the 1872 election season, the New York Sun broke the story of an infamous boondoggle involving several business leaders, U.S. congressmen and even the vice president. The scandal took its name from Crédit Mobilier of America, a construction company contracted by the Union Pacific Railroad in the 1860s during the building of the transcontinental railroad. While it masqueraded as a legitimate business, Crédit Mobilier was actually a front company operated by a cabal of Union Pacific executives. By granting it exorbitantly lucrative contracts, the men were able to line their pockets with funds paid to Union Pacific by minor shareholders and the federal government. To keep officials from prying into the ring’s affairs, Massachusetts Congressman Oakes Ames - a chief conspirator - dished out bribes of company stock to his fellow lawmakers on Capitol Hill.

By the time a disgruntled investor finally ratted the scheme out to the media in 1872, Crédit Mobilier had made its ringleaders at least \$23 million. The scandal’s exposure led to a congressional investigation, but despite evidence that the corruption extended to more than a dozen politicians including vice president Schuyler Colfax, only two representatives - Ames and James Brooks - were officially censured. Neither man was expelled from Congress, however, and no criminal charges were ever filed.

Consider the issues:

1. Do you find politics a dirty affair?
2. What other famous political controversies do you know about?
3. What are the ethical traits that underlie political behavior?

5. LEGAL SYSTEM. LAWS AND COURTS IN THE US

Legal system (1)

Suggested Vocabulary

legal system - the set of laws of a country and the ways in which they are interpreted and enforced

enshrine (v) - to contain or keep something as if in a holy place

Court of Appeals - in the US, a court of law that makes decisions relating to legal cases in which people do not accept the decision of a lower court

District Court - in the US, one of the courts in the federal court system, which uses a jury to make decisions about a crime or legal argument

Supreme Court - the most important law court in the US

Federal court - in the US, a court for cases that are dealt with according to federal (= national) laws

Circuit Court of Appeals - a court in any of eleven areas in the US in which lawyers can argue that a decision made in a lower court should be changed

Nullify (v) - to make a legal agreement or decision have no legal force

Capital punishment - punishment by death, as ordered by a legal system

The US **legal system** is based on federal law, augmented by laws enacted by state legislatures and local laws passed by counties and cities. Most rights and freedoms enjoyed by Americans are **enshrined** in the first ten amendments of the US Constitution and popularly known as the 'Bill of Rights'. American law and the US Constitution apply to everyone in the US, irrespective of citizenship or immigration status, and even illegal immigrants have most of the same basic legal rights as US citizens. Under the US constitution, each state has the power to establish its own system of criminal and civil laws, resulting in 50 different state legal systems, each supported by its own laws, prisons, police forces, and county and city courts. There's a wide variation in state and local laws, making life difficult for people moving between states. Never assume that the law is the same in different states (Conflict of State Laws is a popular course in American law schools). The US Judiciary is independent of the government and consists of the Supreme Court, the US **Court of**

Appeals and the US **District Courts**. The **Supreme Court**, the highest court in the land, consists of nine judges who are appointed for life by the President. Its decisions are final and legally binding on all parties. In deciding cases, the Supreme Court reviews the activities of state and federal governments and decides whether laws are constitutional. The Supreme Court has **nullified** laws passed by Congress and even declared the actions of US presidents unconstitutional. Momentous judgements in recent years have involved the Watergate scandal, racial segregation, abortion and **capital punishment**. However, when appointing a Supreme Court judge, the President's selection is based on a candidate's political and other views, which must usually correspond with his own. The Supreme Court was for many years made up of members with a liberal or reformist outlook, although this trend has been reversed in recent years with the appointment of conservative judges by successive Republican presidents. The federal courts A separate system of federal courts operates alongside state courts and deals with cases arising under the US Constitution or any law or treaty. **Federal courts** also hear disputes involving state governments or between citizens resident in different states. Cases falling within federal jurisdiction are heard before a federal district judge. Appeals can be made to the **Circuit Court of Appeals** and in certain cases to the US Supreme Court.

The civil and criminal courts (2)

Suggested Vocabulary

civil court - a court of law that deals with disagreements between individual people or private companies, rather than with criminal activity

criminal court - a law court that deals with criminal cases

misdemeanour - an action that is slightly bad or breaks a rule but is not a crime

violation - an action that breaks or acts against something, especially a law, agreement, principle, or something that should be treated with respect

felony - (an example of) serious crime that can be punished by one or more years in prison:

stand bail - to pay money temporarily to a court so that someone can be released from prison until the date of their trial

fine (n) - an amount of money that has to be paid as a punishment for not obeying a rule or law

There's a clear separation and distinction between **civil courts**, which settle disputes between people (such as property division after a divorce), and **criminal courts** that prosecute those who break the law. Crimes are categorised as **minor offences ('misdemeanours')** or serious **violations** of the law (**'felonies'**). Misdemeanours include offences such as dropping litter, illegal parking or jay-walking, and are usually dealt with by a **fine** without a court appearance. Felonies, which include robbery and drug dealing, are tried in a court of law and those found guilty are generally sentenced to prison (jail). In many counties and cities, there are often eccentric local laws (usually relating to misdemeanours rather than felonies). People who commit misdemeanours may be issued a summons (unsuspecting foreigners who violate local by-laws may be let off with a warning), while anyone committing a felony is arrested. An arrest almost always involves being 'frisked' for concealed weapons, handcuffed and read your rights. You must be advised of your constitutional (Miranda) rights when arrested. These include the right to remain silent, the right to have a lawyer present during questioning, and the right to have a free court-appointed lawyer if you cannot afford one. You will be asked if you wish to waive your rights. This isn't recommended, as any statement you make can then be used against you in a court of law.

It's better to retain your rights and say nothing until you've spoken with a lawyer. At the police department, you're charged and have the right to make one telephone call. This should be to your embassy or consulate, a lawyer or the local legal aid office, or (if necessary) to someone who will **stand bail** for you. You're then put into a cell until your case comes before a judge, usually the same or next day, who releases you (if there's no case to answer) or sets bail. Bail may be a cash sum or the equivalent property value. For minor offences, you may be released on your 'personal recognisance'. In serious cases, a judge may oppose bail.

About lawyer referral services (3)

Suggested Vocabulary

Handle (v) - to deal with, have responsibility for, or be in charge of

plea bargaining - a legal process in which someone who has been accused of a crime is allowed to admit to being guilty of a less serious crime, in order to avoid a trial

defendant - a person in a law case who is accused of having done something illegal

innocent - (of a person) not guilty of a particular crime

guilty - responsible for breaking a law

convict - to decide officially in a law court that someone is guilty of a crime

Penalty - a punishment, or the usual punishment, for doing something that is against a law

In many areas, lawyer (or attorney) referral services are maintained by local (e.g. county) bar associations, whose members provide legal representation for a 'reasonable' fee. Before retaining a lawyer, ask exactly what legal representation costs, including fees for additional services such as medical experts, transcripts and court fees. Most importantly, hire a lawyer who's a specialist and experienced in **handling** your type of case. If you cannot afford a lawyer and your case goes to court, a court-appointed lawyer represents you. An unusual feature of the US legal system is **plea bargaining**, which involves the prosecution and the defence making a deal where the **defendant** agrees to plead guilty to a lesser charge, thus saving the court time and leading to a reduced sentence. This has made the US legal system something of a lottery, often with victims' lives at stake, and in high profile cases (such as the O.J. Simpson case) a media circus. In the US, you're normally considered **guilty** until proven **innocent**, at least in the eyes of the general public, and you may be tried and **convicted** by the media (there are virtually no reporting restrictions in the US), long before your trial comes to court. **Penalties** are often harsh, particularly for less serious crimes, while professional and white-collar criminals who can afford the best defence often get off with a light sentence or a fine. Many American judges are elected, rather than appointed from qualified members of the

legal profession, which often results in bad legal decisions and a lack of consistency in sentencing (at the lower court levels, corrupt judges aren't unknown).

The litigation (4)

Suggested Vocabulary

Litigation - the process of taking a case to a court of law so that a judgment can be made

Proliferate -to increase a lot and suddenly in number

Lucrative - (especially of a business, job, or activity) producing a lot of money

Warning - something that makes you understand there is a possible danger or problem, especially one in the future

Exaggerate - to make something seem larger, more important, better, or worse than it really is

Sue (v) -to take legal action against a person or organization, especially by making a legal claim for money because of some harm that they have caused you

Attorney - a lawyer

Litigation is an American tradition and national sport, and every American has a right to his day in court (as well as to his 15 minutes of fame). There are 15 to 20 million civil suits a year, which leads to a huge backlog of cases in all states and even the Supreme Court. One of the most unusual aspects of US law is that lawyers are permitted to work on a contingency fee basis, whereby they accept cases on a 'no-win, no-fee' basis. If they win, their fee is as high as 50 per cent of any damages. If you must hire a lawyer on a noncontingency basis, the cost is usually prohibitive. Many people believe this system helps pervert the cause of justice, as a lawyer's only concern is winning a case, often irrespective of any ethical standards or the facts of the matter. The contingency-fee system is responsible for the **proliferation** of litigation cases, which lawyers are happy to pursue because of the absurdly high awards made by US courts. The litigation system is primarily designed to make lawyers rich, while ensuring that almost everyone else ends up a loser. Not only must individuals have liability insurance to protect against being sued,

but everyone from doctors to plumbers must have expensive malpractice insurance to protect themselves against litigious patients or customers. The whole US economy and legal system is underpinned by litigation (in which it seems half the population are directly employed and the other half are plaintiffs or defendants!). Everyone (except lawyers) agrees that litigation is out of control and is seriously undermining the US's competitiveness. Nobody, however, seems to know what to do about it. Meanwhile, lawyers spend their time dreaming up new and **lucrative** areas of litigation. (They even follow ambulances in an attempt to be first in line to represent accident victims, hence the term 'ambulance chasers'!) In many states, there are hair-raising product liability, personal liability and consequential loss laws. Some of these have limited liability, while others don't, meaning that multiple warnings are printed on the most unlikely articles. In fact, most companies attempt to anticipate the most ridiculous and implausible events in order to protect themselves against litigation. Taken to ridiculous extremes a bottle of beer would have **warnings** about drinking and driving, choking on the stopper, breaking the glass and cutting yourself or someone else, swallowing broken glass, taking alcohol where it's prohibited, drinking under age or giving a drink to someone under age, alcoholism, carrying alcohol in your car or over certain state borders, being mugged or falling over while drunk, etc, etc. – and this is hardly an **exaggeration!** In fact, alcohol does carry a number of health warnings regarding cancer risk and other health problems, birth defects, driving and operating machinery. In Colorado, a barman must insure himself against being sued for serving someone who's later involved in a car accident. In the US, you can **sue** a tobacco company for causing your cancer, a car manufacturer for causing an accident, a ski firm for contributing to your ski accident, or a computer software company for fouling up your tax return. In fact anything that can (however remotely) be blamed on someone else, will be!

If you're the victim of an accident, you must never discuss your injuries with anyone connected with the other party and must never sign any documents they present to you without legal advice. Put the matter in the hands of an experienced litigation lawyer and let him handle

everything. And in case you might forget, there are television adverts advising you of your rights to sue in accident situations, by **attorneys** claiming special competence at winning huge settlements. Most companies and professionals are so frightened of the courts that many cases don't go to trial, e.g. personal injury and medical malpractice cases, which, apart from the cost of losing, are bad for business. This adds to the proliferation of law suits, as it's expensive to fight a legal battle even if you win, and litigants know that most companies are happy to settle out of court. If you're in business and not being sued by at least 100 people, it's usually a sign that you're broke and therefore not worth suing. If someone sues you for your last dime, don't take it personally – it's simply business. Not surprisingly there are a lot of lawyers in the US. The chief role of lawyers is to make themselves (very) rich and to make business as difficult as possible for everyone else. Never forget that lawyers are in business for themselves and nobody else and, although they may be representing you, their brief never strays far from the bottom line (i.e. how much they will be paid). Many social service agencies provide free legal assistance to immigrants (legal and illegal), although some may serve the nationals of a particular country or religion only. There are help lines and agencies offering free legal advice in most towns and cities, many with legal aid societies (offering free advice and referral on legal matters), Better Business Bureaux (dealing with consumer-related complaints, shopping services, etc.) and departments of consumer affairs (who also handle consumer complaints).

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Consider the issues:

- Do you remember any trial cases in which the defendant was a public figure? What were the charges he/she was accused of?
- Is the Ukrainian Legal system different to American or British one? Can you give some examples of the differences?
- Court cases are a profitable source for Hollywood films and TV series. Do you have a favourite one?
- Have you ever been a witness to a crime?
- Have you or your parents ever had to ask a lawyer for advice?

- Do you think that people charged with a violent crime should be allowed out on bail while waiting for their court case?
- Do you know the difference between criminal law and civil law? Can you give an example?

6. NEWSPAPERS IN BRITAIN

Suggested Vocabulary

Overseas - in, from, or to other countries

Headline - a line of words printed in large letters as the title of a story in a newspaper, or the main points of the news that are broadcast on television or radio

Circulation - the number of people that a newspaper or magazine is regularly sold to

Overt - done or shown publicly or in an obvious way and not secret

Bias - the fact of preferring a particular subject or thing

All newspapers in Britain, daily or Sunday ones, can broadly be divided into the quality press and the popular press. The quality newspapers are also known as “heavies” and they usually deal with home and **overseas** news, with detailed and extensive coverage of sports and cultural events. Besides they also carry financial reports, travel news and book and film reviews. The popular press or the “populards” are also known as tabloids as they are smaller in size being halfsheet in format. Some people also call them the “gutter press” offering news for the people less interested in daily detailed news reports. They are characterised by large **headlines**, carry a lot of big photographs, concentrate on the personal aspects of news, with reports of the recent sensational and juicy bits of events, not excluding the Royal family. The language of a tabloid is much more colloquial, if not specific, than that of quality newspapers. Here is a possibly witty though true classification of English newspapers:

“**The Times**” is read by the people who run the country;

“**The Mirror**” is read by the people who think they run the country;

“**The Guardian**” is read by the people who think about running the country;

“The Mail” is read by wives of the people who run the country;

“The Daily Telegraph” is read by the people who think the country ought to be run as it used to be;

“The Express” is read by the people who think it is still run as it used to be;

“The Sun” is read by the people who don’t care who runs the country as long as the naked girl at page three is attractive. In Britain today there are four nationwide quality papers: “The Times”, “The Daily Telegraph”, “The Guardian” and “The Independent”. “The Daily Mail”, “The Daily Mirror”, “The Sun”, “The Daily Express” and “The Daily Star” are usually considered to be “populars”.

“The Times” founded in 1785, is read by the minority of people today. It has a rather small **circulation**, but its influence is greater than its circulation figures (100,000 copies a day). It is an establishment newspaper, read by lawyers, politicians, and businessmen, by all those who work in the government at large. It is not an organ of the Conservative Party, but still is rather conservative in views it expresses, though it is reliable and unbiased and claims to be politically independent.

However, “The Times”, as many Englishmen stress themselves, always supports the government in power, the bureaucracy, because the bureaucracy in Britain, they say, does not change when the general elections take place. It is, thus, the newspaper for the upper echelon of the civil service.

“The Daily Telegraph”, founded in 1855, is a very conservative paper. However, it has a circulation twice as big as that of “The Times”, “The Guardian” or “The Independent”. It has a nickname – “The Torygraph” after the nickname “Tory” of the Conservative Party. This newspaper has rather a comprehensive news and sports coverage. Some say it has a more objective reporting of what is going on in the world than any other quality newspaper. It is right of centre and has always supported the Conservative Party. It is notable that although newspapers are normally associated with a particular political viewpoint, either left or right, most of them have no formal or legal links with political parties.

“**The Guardian**” has a slightly bigger circulation than “The Times”. It is a liberal newspaper, noted for its lively reporting and campaigning support for “worthy causes” such as education, medical reforms, the problems of aging people and retirees, protection of the environment, etc. It also claims to be politically independent, but it is left of centre and formally supports the Liberal Party of Britain. Some British people say that the reporting of “The Guardian” is **biased** and trendy, concentrating mostly on things like fashions, homosexuals, etc., but still it is enjoyed by its readers.

“**The Independent**” was founded in 1986 and has rapidly acquired a reputation for its excellent news coverage, intelligent reports, informal commentaries, and a good balanced sense of humour.

“**The Sun**”, founded in 1964, has a circulation of around four million and outsells all other “populars”.

“**The Daily Mirror**” with a circulation of about three million, was founded in 1903 and has always traditionally supported the Labour Party. Both “**The Daily Mail**” and “**The Daily Express**” have circulations of about a million and a half, and were founded in 1900 and 1896 respectively. Of the above mentioned newspapers, **The Mail** is the most sophisticated of the others. The populars as a rule, however, express, though they are mass circulation papers, no news. There you will find leading articles about murders, games, bingo and lotteries. Because they are in constant competition with each other, and want to sell more copies than their competitors in an effort to increase the readership and circulation, they actually all have nude girls in unconventional poses on page three or seven, devote much room to advertising holidays, vacation tours, etc.

Actually all newspapers in Britain, both the quality and popular ones, have their sister Sunday issues. Thus, “**The Sunday Times**” leads the field in the Sunday qualities. It has a circulation of over a million and is known for its excellent reporting in eight separate sections: a main news section and others devoted to sports news review, business, the arts, job advertisements, fashion and travel as well as book reviews. It was founded in 1822 and is right of centre.

“**The Observer**” is the oldest Sunday paper. It was founded in 1791 and today has a circulation of around half a million and is politically moderate in views.

Founded in 1961 “**The Sunday Telegraph**” is more right-wing and its circulation has been steadily declining.

The best-selling Sunday popular newspaper is “**The News of the World**”. Its circulation is over five million, and it has a reputation for its detailed reports of crime and sex stories but also for its sports coverage.

“**The Sunday Mirror**” offers a lot of photographs and much gossip.

Other Sunday mass papers resemble their daily equivalents in style, in coverage and colour.

In general, however, English people themselves, though slightly sniffy and condescending about their “populars”, underline that the quality of newspapers in Great Britain of late is much better than 20 years ago. They argue that it is much lower if they take the example of “The Times” newspaper, which was taken over by Rupert Murdoch in the early eighties. He is the owner of News International and is among the people who have control over the press. Rupert Murdoch also owns “**The Sun**”, which is, as it has already been stressed, a very low quality newspaper. To increase readership into “**The Times**” he gradually increases a lot of techniques in it similar to those he introduced in “The Sun” paper. Most people in Great Britain perceive the press in Great Britain as objective, since they claim that there is no overt censorship, no **overt bias** in reporting the news, and that there is a wide choice of newspapers apart from the national dailies. There are a lot of different regional daily papers in Britain as well. One can mention the following “**The Scotsman**” and “**The Yorkshire Post**”. There are also local weekly papers and many London and local papers delivered or distributed free and paid for entirely from advertising. Thus in Britain one can find newspapers of every political colour, from the far left to the far right. There are several socialist newspapers on sale each week, for example, “**Socialist Worker**”, and many others. Most people are satisfied that there is a free and objective press. They say that the British press is also investigative, uncovers

scandals in the governments, and if they are not satisfied with what they read in “The Times” and think it is not true, they have the opportunity to go and pick up another newspaper and compare reportings.

By Natalia Predtechenska

Consider the issues:

1. What broad classification of the British newspapers is given in the text?
2. Give the examples of quality press in Great Britain, using information of the text
3. What are the popular newspapers and magazines in Great Britain?

7. NEWSPAPERS AND MAGAZINES

Suggested Vocabulary

Advertising - the business of trying to persuade people to buy products or services

Revenue - the income that a government or company receives regularly

Fiction - the type of book or story that is written about imaginary characters and events and not based on real people and facts

Tip - a useful piece of information, especially about how to do something

”Why should I read newspapers and magazines? I get news on TV and radio.” You may have heard people say that. They don’t know that there is much more fun than just news in a newspaper or a magazine. You enjoy reading special articles about hobbies, home, sport, and movie stars. Maybe you’ll like comics. You read where to buy what you need at a lowest price, what happened yesterday in your town and around the world. Newspapers also tell you where to go for fun. They also tell you about shows and sports. Lots of events happen to people, and newspapers tell you what happened, who did it, where it happened, why it happened and how it happened. No one can read everything in the newspaper every day. But if you read a part of your newspaper every day, you will know a lot. The first American newspaper was published in Boston in 1690. Now lots of magazines and newspapers are published in the USA. They keep up with all the new discoveries and events that are happening every day and bring the world of events into your home. Magazines and newspapers can be divided into two large groups - mass

and specialized. Mass magazines and newspapers are intended for large group of people, living in different places and having many different interests. Among them are newspapers and magazines for teachers, for cat lovers, for stamp collectors. In fact, there is a magazine and a newspaper to fit any interest. Most U.S. cities today have only one newspaper publisher. In more than 170 American cities, a single publisher produces both a morning and an evening newspaper. But some cities (fewer than 30) have different owners. The “New York Times,” “USA Today” and “Washington Post” can be read everywhere in the United States. Do you want to know the price? Today most sell for 45 cents or more a copy. Surprisingly, many people buy newspaper more for the **advertising** than for the news. Advertising accounts for 65 percent of newspaper **revenues**.

Here are some of the magazines you might read.

News magazines. “Time” and “Newsweek.” They come out once a week and give summaries of world and national news and background information on the news.

Digests. They are magazines that print articles that have already been published some- where else.

Fiction magazines. They print short stories. Two popular ones are “Ellery Queen’s Mystery Magazine” and “Fantasy and Science Fiction.”

Women’s magazines deal with many subjects: family life, child care, health, home decorating, beauty, marriage, divorce, and do-it-yourself projects. There are also advice columns, short stories and articles about famous women. Other magazines specialize in beauty, or other **tips** on face make-up and hair-does.

There are magazines for brides and for teenage girls.

Sports. “Sport Illustrated” is one of the most popular sports magazines. It deals with amateur and professional sports.

If you are interested in model trains, antiques, sewing, cooking, crafts and magic, you can find some magazines for yourself. There are plenty of other magazines to choose from, too.

Consider the issues:

1. Do you and your family read newspapers and magazines? What information can you find in them?

2. Do you buy them or do you subscribe to them?
3. Do you personally have a newspaper or magazine to fit your interests?

8. BRITISH TELEVISION

Suggested Vocabulary

Broadcast - to send out a programme on television or radio

Split - to (cause to) divide into two or more parts, especially along a particular line

Minority - a smaller number or part

Miscellaneous – consisting of a mixture of various things that are not usually connected with each other

Attract- (of people, things, places, etc.) to pull or draw someone or something towards them, by the qualities they have, especially good ones

Reflect - to show, express, or be a sign of something

Watching TV is undoubtedly the way most British people spend most of their spare time. Perhaps this proves something about British TV programmes; on the other hand perhaps it proves something about the British.

There are four TV channels: BBC₁ BBC₂, ITV (Independent Television) and Channel 4.

The first two are run by the British Broadcasting Corporation and are non-commercial. This means that they do not show advertisements. The money to run BBC TV (and radio) comes from a licence, which everybody who owns a TV must buy. The whole of ITV is controlled by the Independent Broadcasting Authority (IBA). It was set up in 1954. There are fifteen different television programme companies, each serving a different part of the country. These companies get most of their money from firms who use them for advertising.

The BBC first channel resembles the fourth radio programme. Except for the short period when it **splits** into regions, it **broadcasts** the same news, comments, plays, sports reports, etc.

The second channel is for **minority** tastes. It includes occasionally a complete opera. It broadcasts Open University courses outside popular viewing hours.

ITV is run by commercial companies who get their money by showing advertisements. Advertisers' material appears for one or two minutes at quarter-hour intervals, either between programme - items or in so-called «natural breaks». There are strict rules about the amount of advertising and the type of advertisements allowed (e.g. advertisements for cigarettes are forbidden). The advertisers do not sponsor the programmes or have any direct influence on their content. However, the charge for each half-minute of time is high, and varies according to the likely number of viewers. The programme companies' financial success depends on their ability to **attract** viewers, and the programmes themselves inevitably **reflect** public tastes. In general ITV companies show programmes aimed at the mass market. BBC I programmes are also mainly light entertainment; e.g. detective programmes, comedy shows and music. More serious films, plays and documentaries are normally found on BBC.

All these channels produce a good mixture of **miscellaneous** entertainment, music, drama and serious discussion. All succeed in presenting news efficiently, interestingly. The BBC and commercial channels can both at their best be excellent; and both spend some time producing rubbish. Both radio and television are often criticised for many and contradictory reasons. But there seems to be a common opinion among people familiar with the productions of several countries that, compared with others, the British still deserve praise.

Consider the issues:

1. How many TV channels are there in Great Britain?
2. Are TV channels commercial or non-commercial?
3. What programmes does the BBC broadcast?
4. Is the second channel for minority tastes?
5. What is the difference between the BBC channels and ITV?

9. LIFE WITH THE BOX

Suggested Vocabulary

Enormous - extremely large

Concentrate on – to direct your attention or your efforts towards a particular activity, subject, or problem

Provide – to give something that is needed or wanted to someone

Leisure - the time when you are not working or doing other duties

A. Television belongs to the twentieth century. John Baird from Scotland was one of the first men send pictures of moving things by electric waves. His friends who lived a few miles away were able to receive these pictures at the same time. In 1928 he showed that colour TV was possible. Although he had discovered all this, there were other people who also wanted to make television systems and later in 1936 a system from America was first used in Britain.

B. Today in Britain and the USA television is very popular. Ninety-nine per cent of all households own at least one TV set and over half of these also own video recorders. Television has an **enormous** effect on Americans. Politicians know all about this. They try to make their big public speeches at times when they can get the largest audiences on the evening news programmes. Advertisers, too, understand the power of television. They are willing to spend billions of dollars a year on television.

C. In Britain the average adult watches twenty-six hours of television a week and children watch about twenty hours. Some Americans watch twice as much! People say too much television is bad for children because they just watch the pictures and don't think - but they can also learn a lot from TV.

D. At present there are four television channels in operation: BBC 1, BBC 2, ITV and Channel 4. BBC1 **concentrates** more **on** programmes of general interest, such as light entertainment, comedy, sport or children's programmes. BBC 2 **provides** serious programmes: drama, documentaries, classical music, including occasionally full-length operas. If we watch the news programmes, we can see what is happening all over the world.

E. The news about American television is not all bad. For one thing, Americans themselves are turning off the more violent shows and watching more comedy and news programmes. For mother, the news programmes themselves are becoming more interesting. The most popular is "60 Minutes". If you haven't watched it on Sunday, you won't

know what your friends are talking about on Monday, Tuesday, and Wednesday.

Match the headings below to the paragraphs (there is one extra paragraph).

1. The most popular leisure activity.
2. The invention of television.
3. British television channels.
4. Television and children.

Vocabulary and written speech practice

Semester 7.

1. Comment on the possible meanings of the following words, give their derivatives, and use them in your own sentences:

Funding, to augment, agenda, to opt (for), to facilitate, lucrative, to replicate, division, executive, corruption, to censure, to denounce, disgruntled, abolish, to conspire, benefit, to seize, to augment, to accomplish, to experience.

2. Write a 250-word essay on one of the following topics. . Use at least ten of the newly-learnt words or expressions related to the topic:

- 1) My university experience in writing academic papers.
- 2) The portrait of an ideal politician.

Semester 8.

1. Explain the meanings of the given below fixed expressions, translate them into Ukrainian and use them in the sentences of your own.

1. Behind bars 2. Take the stand. 3. Under oath. 4. Press charge. 5. Drop the charges. 6. Throw the book at. 7. Bail someone out. 8. On death row. 9. Crack the case. 10. Get off. 11. Gutter press. 12. Spread like wild fire. 13. Covered up / under wraps. 14. The cat's out of the bag. 15. All Greek to me. 16. The pen is mightier than a sword. 18. Ruffle a few feathers / put the cat among the pigeons.

2. Write a 250-word essay on one of the following topics. Use at least ten of the newly-learnt words or expressions related to the topic:

1. Do you think that there is a lot of crime in your city? What can we do to make our cities safer? 2. What is the purpose of jails and prisons? Do they deter crime or rehabilitate criminals? 3. Do you think that the violence shown on TV and in movies today increases the amount of violent crime in our society? 4. What magazines and TV programmes do you know that focus on celebrity news? How popular are they? 5. What are the paparazzi? What is your attitude to their activity?

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Reading with pleasure

Навчально-методичний посібник для самостійної роботи
(*англійською мовою*)

Укладачі: О.В. Галайбіда, І.М. Діяконович, Г.А. Кришталюк,
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Здано в набір 29.04.2020. Підписано до друку 06.05.2020.

Формат 60x84/16. Папір офсетний, друк трафаретний.

Гарнітура Georgia.

Ум.-друк. арк. 6,04. Авт. арк. 4,88.

Наклад 50 прим. Зам. 4915

Макет та друк – видавничо-поліграфічне підприємство “Апостроф”,
вул. Уральська, 2, м. Кам’янець-Подільський, Україна, 32300