**№ 1**

**1.** Read the article and say in 2-3 sentences what it is about.

**BOOKS IN NEVER-ENDING MOTION**

Librarians arc saddened by the fact that young people tend only to borrow reference books rather than reading fiction for pleasure. Perhaps it's unfashionable to read these days. However, a new trend is developing, with literary lovers leaving their books in public places, to be picked up and 'borrowed' by others.

The Belarusian National Technical University was the first to support the idea in our country. Several years ago, the Director of its scientific library, Alexey Skalaban, passed an internship\* in Sweden. At the airport, he saw a huge glass case of books, which he learnt were available for anyone to read. It was a great idea. The question was only where such books might be kept in Minsk.

"Initially, we created a shelf in the reading hall of the University's scientific library. Later, we installed a case in the main building. It's available to everyone," explains Mr. Skalaban. "We want to encourage young people to read. Book-crossing is an easy way to do this." Alexey is looking at a website devoted to book-crossing. "Look, we've set free almost 700 books," he admits with pride. On the day I visited, I saw only two books in the case. The inside cover has a plate stating that it is part of the book-crossing programme, alongside a registration number showing who donated the book and when.

Library staff, students and even residents of neighbouring houses bring books. Additionally, publishing houses have donated some editions. Every year, more such 'safe' places are found. Not long ago, a Minsk night club installed a shelf of books. While some people dance, others gather by the shelves of books, magazines and discs. "We've subscribed to several magazines, while books are brought in by our guests, staff and musicians. This is how our collection grows," says Yan Busel, who co-owns the club.

Book-crossing is gaining popularity, with safe shelves found in many libraries, as well as cafes and educational establishments. No doubt, it's a great way to attract visitors.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**\*an internship** – интернатура, стажировка

**2.** The author says what makes librarians unhappy. Find this extract and read it aloud.

**3.** Who was the first to introduce book-crossing in our country?

**4.** Why is book-crossing becoming more and more popular in Belarus?

**№ 2**

**1.** Read the article and say in 2-3 sentences what it is about.

## E-BOOKS

There is no doubt that classical paper textbooks' days are numbered. With this in mind, the Education Ministry's initiative is welcome, giving the opportunity to experiment with electronic tablet devices for educational purposes. Initially, pupils at the Belarusian State University's Lyceum will be the first to receive their own personal e-books, loaded with digital copies of ordinary school textbooks and additional materials for independent work.

In fact, Sakrament IT — a High-Tech Park resident has already developed prototypes of such textbooks in the Republic, as part of a UNESCO project. E-books initially prepared for those with sight problems use software that can voice any text, describing diagrams and tables. This can be offered as an additional option for children with full sight. Listening to teaching materials can be very useful and is a good use of travel time.

"Technically and intellectually schoolchildren are ready to work with multimedia textbooks. Our research shows that they enjoy working in this way and learn better using software," explains the director of Sakrament IT, Valery Yegorov. "As regards the cost to the state budget, we believe that each schoolchild will use their own phone or mobile computer device to download our textbooks. Only families on low incomes will need computers bought for them."

Yegorov agrees that reading texts on small smartphone screens is problematic but listening is possible. On coming home, or at school, a child can download a text to their computer, viewing it on a large screen. Moreover, it's possible to buy second hand computers cheaply. With this in mind, it seems likely that the education system will accept the proposal.

Calculations show that the project will fully cover its costs in the first year of operation; moreover, a $6 million profit is expected. Sakrament IT is now planning to develop multimedia textbooks for higher educational establishments, having found that almost 90 percent of students are ready to buy such devices.

**2.** The author says that pupils are ready to use e-books and the project is not expensive. Find this extract and read it aloud.

**3.** Who will be the first to get e-books?

**4.** Why do they expect that this project will be successful?

**№ 3**

**1.** Read the article and say in 2-3 sentences what it is about.

# WONDERFUL WORLD OF DOLLS

Several years ago, a local crafts centre in the village of Strenki in Rogachev district began to collect ancient stories on how, why and for whom dolls were made. In fact, some were created to protect homes, health, beauty, wealth and luck.

"Protecting dolls had magical significance for our ancestors, serving as mediators between people and the other world," explains Anastasia Povarich, a junior research officer at Gomel's Rumyantsev-Paskevich Park and Palace Ensemble, where the dolls are being exhibited now "Childhood began with dolls, which accompanied people throughout their life."

Most were made by women, who created dolls from early childhood by twisting, bending and tying, without needles or scissors. Each doll was created without a definite face, to avoid evil settling within it, and could be made from natural materials such as twigs, straw, grass or flowers. Children's toys were treated with respect, since they were thought to possess magic powers and to encourage positive energy, bringing a good harvest, wealth and happy marriages. If children spent enough time playing with dolls, there would be enough money in the house while, if children were careless with dolls, troubles might occur.

As a girl grew older, she received a 'Zhelannitsa' doll, which would make dreams come true if a bead\* or ribbon\* was attached. The doll — the performer of the sacred\* wish was hidden in a secret place. When a young girl was due to marry, a 'Desyatiruchka' doll (assistant with ten hands) was placed in her trunk\*, to assist in household routines.

People couldn't do without dolls in their household. All the dolls were honoured in everyday life and during holidays. It was customary for children to make dolls to give as gifts to adults, in this way, children were taught to be thankful. It was also believed that, when making such dolls, children gave part of their soul to them, learning to be tender and kind.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**\*a bead** – бусина, бисерина

**\* a ribbon** – лента, ленточка

**\* sacred** – священный, святой

**\*a trunk** – дорожный сундук

**2.** The author explains why children's toys had to be treated with respect. Find this extract and read it aloud.

**3.** What dolls did a girl get?

**4.** Why did dolls play such an important role in the life of Belarusian people?

**№ 4**

**1.** Read the article and say in 2-3 sentences what it is about.

# CAN CHEATING BE STOPPED?

More and more students at school and university are using the internet to cheat\* in their coursework. In Britain, about 25 % of students copy material from the internet when they write their homework. In the USA there is a similar problem. One report showed that about 54 % of students copy from the internet when they prepare for the lessons.

Of course, students rightly use the internet to help them research a topic when they are doing coursework or writing an essay. But some of them also copy and include material from the internet into their own essays without indicating that they are using someone else's work. For example, a student who has to write an essay on Shakespeare can find lots of different essays on particular plays and themes in Shakespeare and copy one of them. So they no longer have to read books in libraries, take notes and plan their own essay.

The internet has certainly helped students to avoid the hard work of writing an original essay, but it is not the only reason why cheating is increasing. In recent years, students' attitudes to school and university have changed. In the past, students had a more idealistic attitude towards a university education. University broadened their minds. Nowadays, a lot of students are more practical in their attitude. They are only interested in passing the exams. They want a degree only to help them get a good job.

Teachers and examiners want to stop cheating in school and university, but they do not agree about how to solve the problem. Some teachers think a student's final grade shouldn't depend on his/her coursework. They think that it is better to have traditional (time-limited) written exams that are held in an examination room. Another way to stop cheating is to have an oral exam at the end of the course. If students cannot answer questions about their coursework, this could indicate that they have cheated. At the same time, the oral exam would give the examiner a better idea of students' real knowledge of the subject.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**\* to cheat** – обманывать, списывать

**2.** Is cheating becoming a problem in the USA and Britain? Read aloud the extract which says about it.

**3.** How do students cheat using the internet?

**4.** Why do students cheat?

**№ 5**

**1.** Read the article and say in 2-3 sentences what it is about.

# FRIENDSHIP IN THE MODERN WORLD

People often say that our modern way of life, with its individualism and fast speed, has made the world a lonely place. So many of us live and work surrounded by people, but it is hard to find true friendship. The faces we see each day are like pictures in a gallery; the talk that we hear is just sound. Perhaps this is why the websites like 'Facebook', 'Contacts' are so popular these days. They allow people to communicate and even become close without meeting up. It seems that many people's idea of friendship has changed nowadays. But what is friendship?

Aristotle was the first western philosopher to discuss friendship in a detailed way. He said that people who chose to live alone were either like animals or gods. He probably meant that it is natural to want friends. Certainly, people who choose to live without friends are frequently regarded as having problems. We either pity them or else we view them as strange.

Aristotle also said that there are three different categories of friends. In the first category, we arc friends with people because of some advantage that the friendship gives us. In other words, the friendship has a practical value. Friends in this category would include bosses at work or some of our colleagues.

Aristotle's second category of friendship is based on the idea of pleasure. Friends in this category enjoy doing things together and they have a lot of interests in common.

The third category of friendship is the highest form of friendship. In this category, people are friends on a deeper level. The friendship does not depend on anything other than the friends themselves. The relationship is so close that it seems that one soul belongs to two bodies, Aristotle said.

Aristotle also said that close friends must have eaten salt together. In other words, they must have shared some of life's good and bad experiences. Most people today would probably agree that these arc a fundamental part of true friendship.

**2.** Read aloud the extract which says about the changes in the modern society.

**3.** What do people think about people who have no friends?

**4.** What does Aristotle say about the three types of friendship?

**№ 6**

**1.** Read the article and say in 2-3 sentences what it is about.

# ACCORDING TO LAWS OF HOSPITALITY

Braslav is among the most popular destinations for Belarusians and foreigners. Now, a state programme is being developed to raise the attractiveness of the region to tourists, turning the district centre (home to 10,000) into a modern European city.

The local tourist industry is to enter a whole new level. At present, there are five tourist bases and two hotels — situated in Braslav and near the town. New facilities are going to be very comfortable. Drivyaty tourist base within the Braslav Lakes National Park, which occupies 70,000 hectares, is among the most modern and popular destinations. It's soon to be expanded, with new hotels, a spa centre, a cafe and an indoor aqua park.

In the early 16lh century, Duchess Yelena, who was married to Grand Duke Alexander (who ruled over Lithuania and Russia) and actually owned Braslav, founded a monastery on the site. Fragments of this ancient settlement will be restored as part of the Braslav district's tourism development programme.

The ancient Belarusian town has many interesting sporting traditions, including an international fishing contest, which has been gathering hundreds of fishermen from Belarus, Russia and Latvia for the past few years. Sports lovers and those who enjoy the outdoor life are sure to be delighted by the town's new rowing channel, ski-roller track and ski slope, in addition to a sports complex with an ice rink.

The local cinema is to be fully modernised, with new halls opened, while an entertainment complex will be built, offering billiards and bowling. A new shopping centre, with a cafe for children, is also planned, alongside a lake-river museum, with an aquarium.

This wonderful resort town should please tourists with its modernised infrastructure and Braslav district could soon become an international tourist destination. One potential investor is to start construction of a new sanatorium very soon.

State programmes for regional development are already working in the Polesie and Naroch Lake areas.

**2.** The author tells us about sporting traditions that exist in Braslav. Find this extract and read it aloud.

**3.** What new things will tourists see in Braslav?

**4.** Why will it be interesting to visit this Belarusian town?

**№ 7**

**1.** Read the article and say in 2-3 sentences what it is about.

# MAKE THE DREAM COME TRUE!

Many people who are led up with living in overcrowded and polluted cities dream of moving to the country and having their own small farm, or smallholding\*.

*The Telegraph* newspaper published a report about families who had attempted to make that dream come true. One couple, Ed and Sally Budd, bought a small farm a few months ago. It consisted of a house in need of some repair and a plot of land. Ed and Sally are planning to restore the house and they have already begun growing vegetables. They've also got a few cows and sheep. Both Ed and Sally work in London and only visit their smallholding at weekends. Fortunately, a local farmer looks after their animals during the week in return for keeping his own animals on their land.

So far Ed and Sally are enthusiastic and they aren't at all afraid of all the hard work that they still have to do. Sally told the newspaper: "Eventually, we want to live all year round on our smallholding. We want our children to grow up here and to be able to play in the woods."

Of course, some people are very enthusiastic at the beginning, but they soon start making mistakes. *The Telegraph* describes the experience of two people, Liz Sharkland and Gerry Toms, who had a rather bad start. "We began in completely the wrong way," says Liz. "We saw an advertisement in the paper for this beautiful old farmhouse. We came up to see it and loved it immediately. It was July and the weather was very hot. We bought the place and moved in late autumn. Then it began to rain." The fields turned into mud and Liz and Gerry found that it was not suitable for keeping animals.

Gradually, however, Liz and Gerry started to make progress. They learned a lot from simply living on the smallholding. Then Liz attended a smallholding course and studied for a Higher National Diploma in countryside management. Liz has now gained enough experience to be able to offer expert advice to other people who want to start a smallholding.

Living close to nature can be very rewarding\*, but making a success of it requires a lot of hard work.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**\*a smallholding –** небольшой земельный участок

**\*rewarding –** стоящий, полезный

**2.** Read aloud the extract where Sally says why they want to live in the country.

**3.** What does the newspaper report say about Ed and Sally?

**4.** What mistake did Liz and Gerry make?

**№ 8**

**1.** Read the article and say in 2-3 sentences what it is about.

# HOW TO BECOME A WINNER

All sports people are under a lot of pressure to win. They also experience powerful emotions. When they win or do well, they feel excited and extremely happy. But when things go badly, they feel depressed and anxious. This is why athletes have to be mentally strong. In the past, athletes only trained to get physically fit. Today, professional sportsmen learn to control their mind too.

England rugby player Johnny Wilkinson played brilliantly at the Rugby World Cup in 2003. But after that things started to go wrong. He was injured a lot and he wasn't playing so well. He told The Times: "I couldn't control my emotions. Things were going wrong and 1 couldn't do anything about the situation. The problem was that I couldn't control my mind. If I wanted to feel better, I knew I had to learn how to control it."

He read lots of books to try to understand how to solve the problem. He found the answer in books. Wilkinson said: "The books tell us that reality changes depending on how we look at it. This made me understand that I was making my own problems. I could solve my problems if I looked at reality differently."

In team sports such as football, it is important to create a team spirit. This can be very difficult because teams consist of people with different personalities. Professor Dave Collins is a sports psychologist. He says: "A team is like a monster with 11 heads. It's not easy to get all the players think in the same way, to help one another and to work together. But when you see a team that works as a unit, everything happens naturally and easily."

When there is a team spirit, the players help one another. They all take responsibility when things go badly. They do not blame individual players for mistakes. In this way, each player feels more confident and can concentrate better on the game.

Today, sports psychologists have an important job to do. They help athletes become mentally fit and develop a winning mentality. Having a winning mentality really can make a difference between winning and losing.

**2.** Read aloud the extract which says about the importance of being mentally strong.

**3.** What does the article say about Johnny Wilkinson?

**4.** Why is it important to create a team spirit?

**№ 9**

**1.** Read the article and say in 2-3 sentences what it is about.

# ARE WE SHOPAHOLICS?

If you think you are not one of those people whose buying habits arc influenced by advertisements, you are most probably mistaken. The latest survey made by The Consumers'\* Federation shows what effect modern advertising techniques have on customers.

150 people were asked to answer questions in a short questionnaire just as they were leaving a Tesco supermarket after finishing their shopping. Only 15 % of the people agree they buy things because they've seen them advertised. More than 50 % insist they do not even watch commercials on television. However, over three quarters had no problems matching the most popular perfume brands with their advertising slogans.

Most people do not realise that advertising aims not only at making them buy a certain brand. It's also all the techniques supermarkets use to make customers buy more than they have actually planned. The music, the smells, the arrangement of products, the reductions\*, all have one goal — to get as much money as possible out of our pockets. 94 % of the people taking part in the survey said they buy between one and five things more than is really necessary, each time they visit a supermarket.

How to avoid spending too much? Here are a few tips: first of all, always make a shopping list and follow it, no matter what special offers you come across. Secondly, never go shopping on an empty stomach — you'll buy tons of unnecessary food. If you really have to take children with you, agree in advance what one thing you'll buy them and don't change your mind later, when they get tired or excited. And, above all, limit the time spent in shops to an absolute minimum; don't treat shopping as a leisure-time activity. Do we have any chance in the battle against the powerful advertising machine? I doubt it.

Most of us like spending time in supermarkets, even if we don't realise it. It's become one of our favourite pastimes, something like hunting combined with a family picnic.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**\*a consumer** – потребитель

**\*a reduction** – скидка

**2.** What are the results of the survey carried out by the Consumers' Federation? Read aloud the extract which says about it.

**3.** Which methods are used to attract buyers to the shops?

**4.** What does the article recommend to do not to become a shopaholic?

**№ 10**

**1.** Read the article and say in 2-3 sentences what it is about.

# OUR PARENTS AND OUR QUALITIES

An important new report says that a child's chances of success in life depend on their parents. The way parents bring up their child builds up that child's character. And having the right character is important for opportunities for future happiness.

According to the report, there are specific personal qualities that parents should work hard to develop in their children so that they can have a good start in life. One of these qualities is the ability to concentrate on a task and stay with it until it is finished. Another quality is the ability to see things from other people's point of view and understand their needs and feelings. It is the main skill that allows individuals to communicate with each other effectively.

Self-discipline is another important quality. This is something that most children have difficulty learning. Young children often want their desires satisfied immediately. Children don't easily accept 'no' for an answer and they will sometimes have a fight in order to get what they want. When this happens, the parents are under a lot of pressure. There is a strong desire to give the child what he or she wants. But according to the report, this is the wrong thing to do.

The problem is that children will grow up believing that they can have everything they want immediately. This can lead to serious problems because they never learn to plan for the future and think in the long term. When they are adults, they may buy too many things because they can't control how much money they spend. They may have poor health because they only cat or drink what they like instead of what is healthy.

For the best chances of success, then, children need to learn how to have self- discipline. They also need to be motivated to work hard at tasks and finish them.

Of course, a child's character is influenced by lots of different things. Some of these are beyond their or their parents' control and can make a big difference to a child's chances of success in life.

**2.** Why is self-discipline important? Read aloud the extract about it.

**3.** What can happen to adults if they can't control themselves?

**4.** What other qualities should parents bring up in their children? Why?

**№ 11**

**1.** Read the magazine article and say in 2-3 sentences what it is about.

# UNKNOWN ARTHUR CONAN DOYLE

Like the great detective Sherlock Holmes, Conan Doyle also had many wonderful talents. Many people do not know that he wrote many other kinds of books: science fiction, historical adventures, horror stories and stories of the supernatural. He also wrote factual books on history and politics. In everything he did, he showed his incredible creative energy.

Conan Doyle came from an artistic family and he was a natural writer. His father was a talented artist and his mother was a very good story-teller. In his autobiography, Conan Doyle wrote: "The stories that my mother told me when I was a child stand out more powerfully than the real facts of my life."

Conan Doyle went to boarding school when he was nine years old. At school, he entertained his school friends with stories that he had invented. After graduation from Edinburgh University he had his own medical practice in London, but he did not have many patients, so he was not earning a lot of money as a doctor. That's why Conan Doyle made good use of his free time by writing stories. Soon, Conan Doyle began to have his stories published. He now began to understand that writing could provide a better income than medicine.

Conan Doyle was not satisfied with being just a writer of original and entertaining stories. He was also a great man of action. When he was a young man, he sailed as a ship's doctor on voyages to the Arctic and to West Africa. When the Boer War\* in Africa started, Conan Doyle volunteered to fight. He was not accepted because lie was too old (he was 40). However, he still went to South Africa as a doctor to treat the wounded\* and the sick. He later wrote a history of the Boer War.

Conan Doyle was determined to do some good in society. He tried to enter Parliament, but he wasn't successful. Conan Doyle was more successful in his work to improve the law system. He worked very hard to help people who had been wrongfully sent to prison.

Conan Doyle did many things in his life, but he will naturally be remembered most as a writer, a creator of Sherlock Holmes.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**\*the Boer War –** англо-бурская война

**\*the wounded –** раненые

**2.** Conan Doyle had many talents. Read aloud the extract which says about it.

**3.** How did his writing talent develop?

**4.** Which facts prove that Conan Doyle took an active part in social life?

**№ 12**

**1.** Read the magazine article and say in 2-3 sentences what it is about.

# HAND MADE CHOCOLATES

*Jane Turner began her chocolate making business in a village near the seaside resort, of Torquay about three years ago, before that she had worked for a large food processing company in south-west England. We talked to her about her experiences.*

**Why did you decide to make such a big change of lifestyle?**

"First of all, I was not happy in my job. Though it was a well-paid job, the work was very stressful and I had to work long hours. I just wanted to improve the quality of my life. I also wanted to live by the sea again. I knew that it would be difficult to find a good job in this area, so I decided to set up my own business."

**How did the chocolate making begin?**

"It had always been my dream. I found a suitable building in a village and installed all the equipment. My sister and a couple of her friends came to work with me and about six months later we were ready to start making cakes. After the cake business had begun to do well and we were supplying hotels and restaurants on a regular basis, I began trying to make my own chocolates. It is not easy to make good chocolate as there are so many factors involved: creativity, the quality of ingredients, even the temperature of the room. When I had developed a good enough range of chocolates, I sent some to the hotels and restaurants. They liked them and ordered more. That is how the chocolate making grew."

**Have you made any mistakes?**

"Oh, yes, a lot. Perhaps the biggest mistake was trying to sell our cakes and chocolates over the internet. It was a disaster. First of all, it was expensive to get a professionally designed website set up. Then it was difficult and expensive to deliver cakes and chocolates to places that were far away. We had to use special packaging to protect the cakes and chocolates, which was also expensive. Sometimes, the chocolates arrived late, or despite everything they were damaged. Then we had to deal with some very angry customers!"

**What are your plans for the future?**

"We are thinking of setting up our own shop in Torquay with cake and chocolate making facilities inside."

**2.** Why did Jane Turner start her business? Read aloud the extract which says about it.

**3.** How did her chocolate business develop?

**4.** What mistakes did she make?

**№ 13**

**1.** Read the magazine article and say in 2-3 sentences what it is about.

# MYSTERIOUS\* DISAPPEARANCE

Agatha Christie wrote some of the best detective stories in English. Her own life also contains a mystery that has only recently been solved.

The story began like this. At 9.45 pm on December 3rd 1926, Agatha Christie left her home in the south of England, saying that she was going out for a drive in her car. The next morning, her car was found quite far away crashed. The front end of the car was in some bushes, the headlights\* were still on. Inside, there were only some women's clothes and Agatha Christie's driving license.

The detective in charge of the case, William Kenward immediately organized a big search of the area. Policemen came from different parts of the country to help in the search, even some famous detective writers were asked to help.

Archie Christie, Agatha's husband, told everyone that his wife was suffering from amnesia\*. However, soon the police discovered that the marriage between Archie and Agatha Christie was not a happy one, and that Archie and Agatha were having problems. But he could not admit that his marriage was in trouble because people might have thought that he had had something to do with her disappearance.

At this point, the police received a letter. In the letter, Agatha told Archie's brother that she was going away to rest in Yorkshire, Harrogate. The police now went there and looked for her at all the hotels. But they did not find Agatha Christie as she had not checked in using her real name. Instead, she had introduced herself as Neele, a visitor from South Africa.

The situation was very upsetting for the police as they didn't find her.

Instead, the musicians in the dance band at the hotel recognized her. It was not an easy story to believe and most people did not in fact believe it. But all what we know now is that she did not do it for publicity. She did it as she was going through an unhappy time with her husband. Later, in fact, their marriage broke up and they got divorced. However, her disappearance did make Agatha Christie the most popular crime writer in the country.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**\*mysterious** – загадочный

**\*headlights** – фары

**\*amnesia** – амнезия, потеря памяти

**2.** How did the story begin? Read aloud the extract which says about it.

**3.** What are the details of the police investigation?

**4.** Why did Agatha Christie disappear according to the article?

**№ 14**

**1.** Read the article and say in 2-3 sentences what it is about.

# HALF FULL OR HALF EMPTY?

Research by Dutch scientists has shown that optimistic people are 50 % less often suffer from heart disease than pessimistic people. Now scientists know that positive attitudes produce chemical changes in the brain and body which strengthen the immune system.

The connection between health and optimism is a complex one. There are many factors involved. In general, optimistic people are better able to cope with difficult situations. For example, they are usually sociable people with lots of friends. When they have to face a difficulty in life, they have people near them who can give help and emotional support. Optimistic people are also more likely to have a healthy lifestyle than pessimistic people. All these things affect a person's chances of coping with illness and of having success in life. Optimists are open, sociable people with a sense of humour and a positive view of things. So it is a way of thinking, behaving and feeling. Some people may be natural optimists or pessimists. This raises the question of whether pessimistic people can learn to become more optimistic.

There is a lot of evidence to show that it is possible to learn how to be optimistic. Central to this idea is that we all have a choice about how we view life. Two people may have to face the same serious problems. A pessimist would feel negative and believe that the problem could not be solved. An optimist would examine the situation and try to find a solution. If it is true that we have a choice about which attitude to take, then experts say we can learn to become an optimist.

Max More, who describes himself as a dynamic\* optimist, writes: "Developing a strong, practical optimistic attitude is one of the best ways of creating personal power. A complete dynamic optimist cannot be stopped. He cannot be pushed aside. He will respond to all obstacles, all problems with calmness and will try to solve these problems creatively. Our way of life will be affected depending on whether we are optimists or pessimists."

# \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**\*dynamic –** динамичный

**2.** Max More is a dynamic optimist. Read aloud the extract which says about it.

**3.** What are the advantages of being an optimist?

**4.** Which facts prove that people can learn how to be optimistic?

**№ 15**

**1.** Read the magazine article and say in 2-3 sentences what it is about.

# CITY PEOPLE IN THE COUNTRYSIDE

When modern city life becomes too stressing, many people who live in the city feel like moving out to the countryside. The countryside appears to offer so much: clean air, beautiful scenery, less crime, a slower kind of life, and the chance to 'get back to nature'. In the country you can save money when you grow your own fruit and vegetables. For young children, the countryside can be a very exciting place to grow up. You can explore and play outside in reasonable safety. However, there is also a price to pay if you want to give up city life for the beauties of the countryside.

For example, Mike Thomas used to work as a lawyer\* in New York. He became so tired of city life that he decided to give up his job and move to a small village in the woods of New York State. "I get my water from a clean river and my firewood from the woods. I grow my own food and I am able to live almost without money," Mike says. "I work when I want to. There is a public library nearby with free internet access and email. What more could I ever want?"

But country life is not always so idyllic\*. Teenagers often find the countryside boring and depressing because there is little or no exciting entertainment. Services and basic conveniences in small towns and villages are not as good as those in the city. The lack of public transport means that parents sometimes have to take their children up to 30 miles to go to school. People have less choice about where to go shopping and there is a lack of basic entertainment. This may explain why more teenagers feel unhappy in country areas.

Also villagers often dislike the so-called 'townies'. They think that people from the cities do not really understand the true spirit of the countryside. They try to stop farmers go shooting. They do not use local village shops, they have little contact with the local people at all.

So, people who move from the city to the countryside should understand that life in the country is not always easy.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**\*a lawyer** – юрист

**\*idyllic** – идиллический

**2.** Mike Thomas is quite happy in the countryside. Read aloud the extract which says about it.

**3.** What do people from cities find attractive in the countryside?

**4.** What problems can people face in the countryside?

**№ 16**

**1.** Read the article and say in 2-3 sentences what it is about.

# PHILOSOPHY

Most people have an idea of what is right and what is wrong, and why things are the way they are, and who they are and who to trust. Philosophers want to know the truth about life for themselves and spend their time studying, thinking and asking questions.

The first western philosophers lived in Greece. They encouraged people to find their own answers to questions about life instead of believing the Gods did everything. Socrates was the most famous of these. He is one of the most famous philosophers in the world, yet he said: "One thing I know and that is that I know nothing." This is why he never wrote or lectured. He only discussed. He did not believe he could tell anybody anything, that it was better to encourage individual thinking.

Today philosophers are still encouraging people to think. Schools in some countries teach philosophy to children. Reading books written by old philosophers can be difficult because the language is from the past. So stories are used to help schoolchildren make their own decisions about what is right and wrong and think about the best way to solve problems.

Why do we need philosophy? There are plenty of people who think that killing animals is cruel, but eating animals is fine. If you are one of these people, you should ask yourself why. Why is killing animals cruel? Why is it okay to eat animals? You might find that the answer to each question is very different and you could have an argument by yourself using your own ideas! Go on and argue — you will understand. You will begin to understand the subject more deeply. And this helps you to feel comfortable with it. When we ask ourselves questions, we start to understand ourselves and our lives, and it's up to us to make changes or not. If the ideas in your head agree, this means you have integrity\*. What you say and what you do arc the same. Everyone respects someone who has integrity!

By thinking and questioning, we can understand more and maybe prevent problems caused by misunderstanding.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**\*integrity** – гармония, целостность

**2.** Socrates is a famous ancient Greek philosopher. Read aloud the extract which tells about him.

**3.** How are children taught to think?

**4.** Why do we need philosophy?

**№ 17**

**1.** Read the article and say in 2-3 sentences what it is about.

# CULTURE SHOCK

Are you sure that you are a polite person? Good manners are important across the globe, but that doesn't mean they are the same all over the world. That's what Marta Ingram, who is English, understood when she married Alexander, who is Russian.

When I first met Alexander and he said to me, in Russian, *"Naley mne tchai* *— pour me some tea."* I got angry and answered, *"Pour it yourself."* Translated into English, without a *'Could you?..'* and a *'please'*, it sounded really rude to me. But in Russian it was fine — you don't have to add any polite words.

However, when I took Alexander home to meet my parents in the UK, I had to give him an intensive course in *pleases* and *thank yous* (which he thought was completely unnecessary), and to teach him to say *sorry* even if someone else steps on his foot, and to smile, smile, smile.

Another thing which Alexander just couldn't understand was why people said things like, "Would you mind passing me the salt, please?" He said, "It's only the salt, for goodness sake! What do you say if you want a *real* favour?"

He watched in amazement when at a dinner party in England we had to eat some really disgusting food and I said, "Mmm... delicious." In Russia people are much more direct. The first time Alexander's mother came to our house for dinner in Moscow, she told me that my soup needed some flavouring. After that when we argued about it my husband said, "Do you prefer your guest to lie?"

Alexander complained that in England he felt like a 'village idiot', because in Russia if you smile all the time people think that you are mad. In fact, this is exactly what my husband's friends thought of me the first time I went to Russia because I smiled at everyone, and translated every *'please'* and *'thank you'* from English into Russian.

At home we now have an agreement, if we are speaking Russian, we can say *"Pour me some tea"*, and make just a noise like a grunt when I get it to him. But when we are speaking English he has to add a *'please'*, a *'thank you'*, and a smile.

**2.** What did Marta Ingram understand when she met Alexander? Read aloud the extract which says about it.

**3.** Can you prove that the Russian and the English ideas of good manners are different?

**4.** What sort of decision did Marta and Alexander make?

**№ 18**

**1.** Read the article and say in 2-3 sentences what it is about.

# THE ELDERLY

*Being old is when you know all the answers,*

*but nobody asks you the questions.*

My grandmother moved into an old people's home when she was 80 and I visited her there when I was in Britain. She was sitting in the living room with about fifteen other residents, mostly women, half of them asleep. The room was clean and warm and the care assistants were kind and cheerful. 'The News' was on the television, and the only other sound was snoring\*. People only moved when they needed to be helped to the bathroom. It was depressing. I wanted to leave.

So when I came across a newspaper article about a new type of old people's homes in France, I felt happy. The idea is simple, but revolutionary: combining a residential home for the elderly with a nursery school in the same building. The children and the residents eat lunch together and share activities such as music, painting, gardening and caring for the pets. In the afternoons, the old people enjoy reading or telling stories to the children and, if a child is feeling sad or tired, there is always a kind adult to talk and help. There are trips out and birthday parties too.

The advantages are enormous for everyone concerned. The children are happy because they get a lot more individual attention and respond well because someone has time for them. They also learn that old people are not different or frightening in any way. And of course, they see illness and death and learn to accept them. The residents are happy because they feel useful and needed. They are more active and more interested in life when the children are around and they take more interest in their appearance too. And the staff are happy because they sec an improvement in the physical and psychological health of the residents and have an army of assistants to help with the children.

If older people can understand and accept the youth of today, and vice versa, there will be less conflict in a community. In a world where the number of old people is increasing, we need as much understanding and tolerance as possible.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**\*to snore** – храпеть

**2.** The author's Granny lived in an old people's home. Read aloud the extract which describes the atmosphere there.

**3.** What is the concept of a French old people's home?

**4.** Why do people feel happy there?

**№ 19**

**1.** Read the people's opinions on smoking in the internet chat and say in 2-3 sentences what they are discussing.

# IS SMOKING VERY BAD?

**Peter:** I am an athlete. Growing up I was constantly around cigarettes, so you guessed it, I started smoking too. But as a few years passed it became more difficult to do my sports. Although 1 didn't see a change at the beginning I definitely did later. Even now, I still have breathing problems even though I have given up smoking. I understand that everyone wants to experiment, but I can say to all of you — don't make the mistake I made. Don't be stupid guys, you're better than that!

**Kate:** In my opinion, smoking should be banned in public places because nonsmokers shouldn't breathe the smoke of smokers. For example, at the disco, smokers don't respect nonsmokers and dance in smoke. It's dangerous. Kids also have to be protected from smokers with a smoking ban.

**Mike:** Why is it that people always mention peer\* pressure as a big reason for people to start smoking? I started smoking to protest against my parents. Because of the simple fact — I wasn't supposed to.

**Jane:** Now, some people say that smoking is done for a sense of relaxation. Let me tell you one thing, folks: I seriously think that the relaxation some of you use as an excuse for smoking comes from the movements performed by your lungs, certainly not the tobacco! Just go out and take a deep breath!

**Joe:** One person stated that smoking was the number one cause of death therefore it should be illegal. Actually car accidents kill more people per year. So I guess we should make driving illegal. The truth is we all need to stop screaming for everything we disagree with to be illegal. I own\* my body so I SHOULD have the right to do with it whatever I see fit. This includes drugs. Prohibition doesn't do anything positive. Education is the only answer.

**Sam:** I understand that tobacco is addictive\* and very difficult to stop using later in life, but I will stand by my statement that anybody (who starts smoking today and lives in the U.S. or another developed country where the harmful effects are clear) either has lived under a rock his whole life or is just plain stupid.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**\*a peer** – ровесник

**\*to own** - владеть

**\*addictive** – вызывающий привыкание

**2.** Who is for banning smoking in public places? Read aloud what he/she thinks about it.

**3.** What arguments do people use to encourage others to stop smoking?

**4.** Can you prove that people's opinions about smoking are varied and even opposite?

**№ 20**

**1.** Read the article and say in 2-3 sentences what it is about.

# CHILDREN AND GARDENING

A lot of children these days have a dislike of vegetables and they often have little knowledge of where food comes from — either it's from a tin (metal box), a packet or a plastic bag. And this is why some schools have begun projects which help children understand more about nature and also get to like healthy, home-grown vegetables.

One school in Derbyshire in northern England was really proud of its project. The course lasted a total of six weeks. In this time, the children learned about growing vegetables and healthy living. They also learned how to make supports in wood for climbing plants like beans and peas. They helped to plant vegetables and take care of their vegetable gardens. It helped the children understand more about where food comes from and it also brought different people together.

In another project in Wales schoolchildren grew their own vegetables without the use of dangerous chemicals and they learned about the problems caused by intensive farming. As a result, the children began eating a lot more fresh fruit and vegetables instead of crisps and chocolate. The head teacher says that this has contributed to the children's health and it has also resulted in less rubbish in the school playground.

In Scotland teachers have found that children's mathematical skills have become better as a result of learning to grow their own vegetables. The children measured the size of their vegetable garden and calculated the space that they needed to grow the optimum number of vegetables. They also used Maths to find out how much food they could grow on their plot of land. Then they compared their result with the actual amount of food that they grew. They also calculated the cost of producing each vegetable. The head teacher said that the children had enjoyed the project. They had learned about how Maths can be used in the real world.

The projects were such a great success that some of them were shown on TV.

**2.** Why did the schools begin the projects connected with vegetables? Read aloud the extract which says about it.

**3.** What did the projects teach the children in England and Wales?

**4.** How did growing vegetables help the children to develop their mathematical skills and good habits?

**№ 21**

**1.** Read the article and say in 2-3 sentences what it is about.

# THE PROBLEM WITH HAPPINESS

Most people want to be happy. Some people even spend lots of money to learn to be more positive. But perhaps the search for happiness isn't always a good thing. Some scientific research shows that you cannot force yourself to be happy Research has also shown that being in a negative mood can sometimes be an advantage.

Joseph Forgas is a scientist at the University of New South Wales in Australia. He has studied how happy and negative moods affect people's lives. Professor Forgas has found that people in a negative mood know more about the world and they are more careful when making important decisions. "A positive mood is good for creativity and quick thinking," says Forgas. "But negative moods connect people with reality."

In some experiments, Professor Forgas found that people in a negative mood didn't easily believe rumours\*, but happy people are more likely to believe them. Other tests showed that people in a negative mood were better at remembering events that they had seen. People in a bad mood were also better at expressing their opinions on serious subjects.

Forgas has also found a connection between the weather and people's moods. When the weather is bad, people tend to have a negative mood. When the weather is good, people are happier. Forgas also found that on rainy days, when people were negative, their memory was improved.

Other experiments by Forgas show that happy people are more selfish than unhappy people. Forgas says: "Happy people think more about their own needs than the needs of other people."

Some people are pleased about the results of Forgas's research. "Today, if you aren't happy people think there is something wrong," says Michael Collins, a journalist. "This is why Forgas's research is so important. Certainly, happiness is a good thing. But we do not have to try to be happy all the time."

Forgas told the Australian Broadcasting Corporation: "Positive mood is not always a good thing. People in a negative mood make fewer errors. Even they remember events more clearly and they are often better at communicating."

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**\*rumours –** слухи

**2.** What does Joseph Forgas do? Read aloud the extract which says about it.

**3.** What are the results of Forgas' studies?

**4.** Do people find the results of the research important? Why?

**№ 22**

**1.** Read the article and say in 2-3 sentences what it is about.

# MARY POPPINS: PERFECTLY MAGICAL THERAPY!

In 1964, Walt Disney's production of Mary Poppins was a great success, and it is still considered to be among the top ten musical films of all time. The film was famous for its special technical effects. But people also loved the film for the story it told and the feelings it expressed.

Perhaps this is why the Mary Poppins story is so successful today, this time as a stage musical. At a recent performance at the Birmingham Hippodrome theatre, many people in the audience were adults who had not brought children with them.

The film version of Mary Poppins and the stage production are a little different, but they express the same message. Mary Poppins teaches the Banks family how to live well together.

At the beginning there is a crisis, naturally. Mr Banks is a very successful man but he spends too much time thinking about work and not enough time with his family, especially his two young children. Everyone in the family is stressed and the children become difficult to control and behave badly. It's a situation that is very common in families today.

And then Mary Poppins appears from nowhere and works her magic to help the family live in harmony again. Incredibly, the answers that she provides are really very simple. One answer is that money does not buy happiness. Instead, Mary Poppins tries to show the Banks family how important it is to understand the true value\* of things.

Another lesson that Mary Poppins teaches is that it is sometimes important to look at the world from a child's point of view. It is good to believe in magic, and enjoy simple things like flying a kite. Most lifestyle experts would agree that these things really can make us feel better and less stressed.

Perhaps the most important lesson of all is that we should value the people that are closest to us. It is important to have time for one another.

The magic of Mary Poppins is really well expressed in the stage musical. In the final scene, the actors point up at the stars, reminding us how small we really are and how big the world is.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**\*value** – значимость

**2.** The film and the theatre versions were very successful. Read aloud the extract which says about the success of the film.

**3.** What happens in the Banks family before Mary Poppins comes?

**4.** What lessons does Mary Poppins teach the family and the audience?

**№ 23**

**1.** Read the article and say in 2-3 sentences what it is about.

# GOOD MANNERS

Are you sure that you are a polite person? Good manners are important across the globe, but that doesn't mean they are the same. The rules of politeness vary greatly all over the world, from country to country everywhere.

Good manners are taken extremely seriously in Japan. It is considered rude to blow your nose in front of other people, and impolite to eat while standing or walking in the street (except ice-cream). When visiting someone's house you should always take off your shoes, and you should be very careful what you say.

The Japanese are so well-mannered that they think it is rude to express your opinion too directly. In fact, the Japanese have two different words for opinions 'honne' which is your real opinion; and 'tatemae' which is your public opinion. Generally, they express their public opinion not to hurt people.

But it isn't only in Japan where you can see the difference. In many countries people shake hands when they greet each other but in others it might be seen as aggressive. While in Western cultures it is polite to keep eye-contact during a conversation, in other countries it is best to show your respect by not looking directly at the speaker. Just to add to the confusion\*, whereas we shall nod\* our heads to say 'yes' and shake them to say 'no', in some parts of the Middle East, shaking your head means 'yes' and nodding it means 'no'!

In spite of all the differences most of the countries have to face one problem nowadays: the disappearance of good manners. In America Public Agenda showed that 73 % of Americans think that manners are worse now than 20 years ago. At the same time in China the government had to start a campaign during the Olympics to give up bad habits such as spitting\* in public, littering the streets and using bad language. In England announcements are made on trains to remind people to offer their seats for the elderly and women with children.

As we can see good manners are treated seriously all over the world, that's why we should learn and follow them.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**\*confusion** – путаница

**\*to nod** – кивать

**\*to spit** – плевать

**2.** Good manners are important in Japan. Read aloud the extract which says about it.

**3.** Which facts from the article prove that good manners vary in different countries?

**4.** What do the governments in China and England do to teach people good manners?

**№ 24**

**1.** Read the article and say in 2-3 sentences what it is about.

# ARE GM PLANTS SAFE?

A few years ago I read an amusing article about a crazy scientist who had invented a way of making tomatoes grow in cube shapes. That way the tomatoes were easier to pack in boxes. The article was not true of course. But now biotechnology has developed very rapidly. Genetically modified food (GM food) is a fact of modern life.

Genetic modification means that a gene from one plant or animal is put inside another plant or animal. In this way scientists can produce plants or animals that have special qualities that do not exist naturally. The idea of changing the genetic structure of food plants seems a bad thing to many people.

If people do not want GM foods, why are biotechnology companies trying to produce more of them? It is a question of simple economics. Genetically modified food plants are less damaged by diseases and can better survive in bad weather conditions than natural food plants. As a result, harvests are higher and so food costs less to produce. This is an advantage for both consumers and producers.

The biggest worry is the possible danger of GM food for people's health. When scientists put a new gene inside a plant, that gene changes the plant in some desirable way. For example, the fruit stays fresh for longer.

But at the same time, it is possible that the modified plant contains toxic\* material, making it dangerous for people to eat. Before a genetically modified plant is sold to the public, it has to be tested very carefully so that it will be safe to eat. But some scientists think that no amount of testing will ever be enough. Dr Doug Parr, Chief Scientist with Greenpeace, says, "When you put a foreign gene into a plant you find that new toxins appear that weren't expected. These effects are very hard to see in advance because living organisms are very complex."

Consequently, the testing of GM foods should be very thorough and governments should be very careful before they approve the introduction of GM foods into our supermarkets.

\_\_\_\_\_\_\_\_\_\_\_

**\*toxic** – токсичный

**2.** The author says that he read an article about cubed-tomatoes. Read aloud the extract which says about it.

**3.** What are the advantages of GM foods?

**4.** Why is it important to test GM foods?

**№ 25**

**1.** Read the article and say in 2-3 sentences what it is about.

# HOW TO PREPARE FOR AN ORAL PRESENTATION

As a student, you are often given a task to prepare an oral presentation such as a book report, debate or power point presentation. How can you speak to the class in an interesting way, avoid getting nervous and get a good grade? Here are a few tips\* to help you achieve all three of these goals.

Many people are good speakers, but most weren't born that way. What's the key to their success? Practice. Everyone who speaks well from Angelina Jolie to the president rehearses speeches and presentations ahead of time and asks others for their opinion. Practising your presentation in front of a mirror is also helpful because it gives you ideas on how to improve your posture, body language and gestures.

If you're allowed to use notes or a plan when speaking, write only main points on note cards. Avoid writing long sentences on the cards because they're harder to read and encourage you to read your speech rather than speaking to the audience.

One of the most important things to remember about public speaking is that you're speaking to an audience. Is the audience a group of your classmates? If so, what are some points about the topic that they find interesting? Add anecdotes from the class or bits of humour to keep your listeners interested. The more you can connect it with their own experiences, the better — and the more positively they will listen to you.

The biggest mistake teenagers make is talking too fast. It happens to most of us when we're feeling anxious. However, you can teach yourself to be slower by practising your speech ahead of time for a friend. You can also record it using a tape recorder and play it back to hear how fast you're speaking and how many times you say things such as 'like' and 'um.'

Making eye contact with your audience members makes you look confident\* and competent about your subject. If you're particularly nervous about speaking in front of the class, you can also try looking at an object just behind the people in the audience, such as a clock or board on the back wall of the room.

\_\_\_\_\_\_\_\_\_\_\_

**\*a tip** – совет

**\*confident** - уверенный

**2.** The article says that practice is very important while preparing for a presentation. Read aloud the extract which says about it.

**3.** What mistakes do presenters make?

**4.** Which pieces of advice do you find useful? Why?

**№ 26**

**1.** Read the article and say in 2-3 sentences what it is about.

# PABLO PICASSO

Pablo Picasso was one of the greatest artists of the 20th century. He experimented in many different styles and changed the world of art during his time.

Pablo Picasso was born in Malaga, Spain in 1881. His father was a drawing teacher. At 10 Pablo became his father's pupil and at the age of 13 he held his first exhibition. His family moved to Barcelona in 1895 where Pablo joined an art academy. In his early period the young artist painted life as he saw it around him — in cafes and on the streets. Then they moved to Paris, the centre of art and literature.

In 1901 a close friend of Picasso shot himself. This had a great influence on Pablo. He was very sad and began painting his pictures in grey and blue tones instead of bright, vivid colours. This part of his career is called his Blue Period (1901-1904).

Later on, he changed his painting style and started using more earth colours — rose, pink or brown. He liked to paint pictures of circus life with dancers and acrobats. This Rose Period lasted until 1907.

When Picasso started working with his friend and fellow painter Georges Braque in Paris they started experimenting with a new style that was called cubism. Picasso and Braque didn't want to show nature as it really was. They thought that all objects in nature had geometric forms. In cubism, objects were cut into many flat shapes, which looked like a puzzle. All the sides of a person's face, for example, were shown at once, maybe even with three eyes instead of two.

In 1936 Civil War broke out in Spain. During this period he painted his masterpiece Guernica [gəːˈniːkə]. It shows the terrified people of the ancient Spanish town which was bombed during the Civil War. Picasso was shocked by this inhuman act and in his painting he shows people running in the streets and screaming with their mouths wide open. To display his sadness and anger he used only black and white as well as shades of grey.

He continued his work up to his death in 1973. For his great imagination and skill he is called 'El Maestro' of modern art.

**2.** The most famous painting of Picasso is *Guernica*. Read aloud the extract about it.

**3.** Where did Picasso learn to paint?

**4.** Picasso worked in different styles. Which styles are mentioned in the article? What are their typical characteristics?

**№ 27**

**1.** Read the article and say in 2-3 sentences what it is about.

# PERFECT METHOD OF TEACHING AND LEARNING A FOREIGN LANGUAGE

Students in my English classes sometimes ask for my opinion on the best method of learning a foreign language. The answer I give is always the same: learning a foreign language can never be quick and easy. There is no single method that can guarantee success.

In the Callan Method, the teacher talks a lot and makes the students repeat questions and answers. By contrast, in the Silent Way Method, invented by Dr Caleb Gattegno, the teacher tries not to talk at all! The teacher uses pictures, diagrams, objects to give the students problem-solving activities. The idea is that students learn better if they can discover the rules by themselves. Certainly that is an important part of learning. But I'm not sure it can guarantee success.

I think that it is wrong to look for a method of teaching/learning that gives all the answers. Often, the method is not so important. Obviously, you need good materials (e.g.: a good course book, etc) that arc interesting and dear. And you need a good teacher too. The individual qualities of the teacher are very important. The teacher and the students must have a good relationship. The students must like their teacher. That is one important way to help make learning fun.

At the same time, we have to recognize that you can't make progress without doing some old-fashioned hard work. There must be a method involved in teaching and learning, but the same method doesn't work for everyone. People are different and they have different reasons for wanting to learn. The method will naturally change depending on the purpose of the lesson. However, it is important that each lesson should have a clear objective. The material should be presented in a context. There should be practice and consolidation work. Students should use all four language skills of listening, speaking, reading and writing.

There is nothing revolutionary about these ideas. But they give the best chances of success for different kinds of learners.

**2.** The article says about the Silent Way Method and the Callan Method. Read aloud the extract which says about it.

**3.** What does the writer answer when asked about the best teaching method?

**4.** What is really important for learning a foreign language according to the author?

**№ 28**

**1.** Read the article and say in 2-3 sentences what it is about.

# DO YOU ENJOY EATING BREAKFAST?

When was the last time you had a proper breakfast before you went to work or school in the morning? Probably it was a long time ago. Most people do not have time to eat breakfast. And many people do not want to cat breakfast as soon as they get up. Perhaps an hour later, they are starving. But by then they arc at school or work and there is no time to stop and eat anything until lunchtime.

However, if you could eat a decent breakfast, you would probably be able to do your work much better. This is especially true of schoolchildren because their brains are still developing. If children do not eat well, their brains will not function as well as they should. Their school work will be less effective. Children need iron\*, for example. Iron is found in bread and in many breakfast cereals and it helps concentration. Research shows that if children do not eat the right kind of food, or if they do not eat breakfast, they can have problems at school.

Research supports the view that school breakfasts help schoolchildren perform better at school. One study by Michael Murphy, a psychologist at the Massachusetts General Hospital in Boston, USA, studied breakfast programmes at three schools. Dr Murphy and his colleagues found that the children who had the breakfasts provided by the school generally did better at school, particularly in Maths, than the children who had no breakfast. In one school, scores in Maths tests rose by 16 %. In another school there was an increase of 10 % in Maths and Reading tests. Teachers said that the children concentrated on their lessons and behaved better than before, they were generally happier and more hard-working.

Studies have shown that it is not difficult to organize school breakfasts. The breakfasts help everybody, it seems: parents, teachers and the children themselves. The children's favourite breakfasts are toast and jam, and cereals such as cornflakes. The most important thing of all is that children are happier, healthier and learn more.

\_\_\_\_\_\_\_\_\_\_\_\_\_

**\*iron** – железо

**2.** The article says that most people are too busy to have breakfast. Read aloud the extract which says about it.

**3.** Why is it important for schoolchildren to have breakfast?

**4.** What are the results of the experiment?

**№ 29**

**1.** Read the article and say in 2-3 sentences what it is about.

# HUNDREDS OF ENGLISHES

A friend of mine recently tried to download a new programme from the internet. But she soon had a problem. She had selected English as the variant of the programme that she wanted. But then she had to choose from a whole list of different 'Englishes': International English, Universal English, American English, European English, South African English... Whatever happened to ordinary English English? My friend wanted to know.

Languages are like living things. They change and grow. In the case of English, the process of change is becoming faster and faster. New forms of the language are being created, partly because more and more people are now speaking English and partly because of new forms of communication such as email.

About 400 million people in various countries of the world use English as a first language. About 600 million people use English as a second language. In addition to these people, there are millions of people who are learning English for use at work or when they travel. It is not surprising that the language has changed to suit local needs, as a result there are many types of English with their own vocabulary and a characteristic sentence structure.

You might think that there are not really big differences between British and American English. Well, that is not really true. British people always find American English a little strange and sometimes totally incomprehensible.

Canadians officially use British spelling and usage, but in reality they are very influenced by American English. Once when 1 was visiting Vancouver, I asked a bus driver if he was going to the centre. I meant, of course, the city centre. He looked at me as though I were mad. "But this is the centre," he said. In reality, we were about 10 miles from the city centre. However, we were at a bus stop outside a shopping centre. Fortunately, I remembered just in time that for north Americans 'downtown' is the word to indicate the city centre, so the problem was solved.

**2.** The author's friend had a problem while working on the computer. Read aloud the extract which says about it.

**3.** Why is English changing much more than other languages?

**4.** How much do the variants of English differ?

**№ 30**

**1.** Read the article and say in 2-3 sentences what it is about.

# GOOD NEWS FOR CHOCOLATE LOVERS!

It would be difficult to find someone who does not like chocolate. In the United States, chocolate is bought more often than any other kind of sweet. In Britain, each person eats an average of 11 kg of chocolate per year. That is a lot of chocolate! In the US people eat about 200 chocolate bars per second as a matter of fact. People love chocolate so much that they often think it is a bad habit. But there is good news for all chocoholics: eating chocolate does less harm to you than you might think.

People often believe that chocolate causes a number of health problems including bad teeth, obesity\* and skin problems such as acne\*. Studies carried out in the United States, however, give no support to this idea.

Specific tests were carried out. One group of people who suffer from acne was given regular amounts of chocolate, while another group of similar sufferers had no chocolate at all. At the end of the test period the two groups were compared. No difference in the condition of the acne sufferers was noticed.

Chocolate contains fat and sugar, so if you ate a lot of chocolate you would probably put on weight. But reasonable amounts of chocolate in your diet will not make you fat. People usually get fat because they eat too much food in general, especially if they are not very active.

What about the effect on your teeth? Chocolate can damage your teeth, but the danger is less than many people believe. It is good to know that eating a certain amount of chocolate may even be good for you. Chocolate contains protein, vitamins and minerals. Scientists believe chocolate may reduce the risk of heart disease.

Perhaps the most amazing thing of all is that it can help you fight off illness. The important thing is not the chocolate in itself, but the pleasure that it gives you. Even the smell of chocolate can have a positive effect on your immune system. It is nice to smell chocolate of course, but it is much better to eat it. And the great thing is that you can eat it without fear.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**\*obesity** – ожирение

**\*acne** – угревая сыпь

**2.** People eat a lot of chocolate. Read aloud the extract which says about it.

**3.** What health problems do people traditionally connect with eating chocolate?

**4.** What facts prove that chocolate can be good for our health?

**№ 31**

**1.** Read the article and say in 2-3 sentences what it is about.

# DOLPHIN DOCTORS?

Dolphins have helped a 10-year-old boy to talk for the first time in his life. The boy, from Bristol in England, took part in a dolphin interaction\* programme at a research centre in Florida, USA. Now he has begun to use words to communicate instead of signs and gestures. He is one of many children who have been helped by dolphins to overcome disabilities.

How does it work? When the children have close contact with the dolphins, they become very stimulated. They concentrate and are very attentive. This helps the children learn. Dr Nathanson says that there is nothing magical about the therapy. He uses the things that children love to stimulate them: water, animals and music.

Scientists confirm that dolphin therapy can help children learn. Research at the centre showed that children who had only classroom therapy did not respond as well as the children who received the dolphin interactive therapy.

David Cole is a scientist. He has studied what happens in children's brains when they swim with dolphins. He has found that the children become very relaxed. This state of relaxation may protect them from illness as well as help them learn. Cole also believes that some dolphins can influence positively unhealthy parts of body.

Not everyone agrees with dolphin therapy, however. Animal rights groups remind us that dolphins are wild animals with wild instincts. It is wrong to think that they are harmless. Sometimes dolphins seriously injure\* the humans that swim with them. In the USA, there were 18 reported injuries to people by dolphins between 1989 and 1994.

There are some people who say that the therapy is not good for the dolphins. The dolphins become used to life in aquariums. They cannot return to the wild because they are no longer able to look after themselves and often die. Dolphin therapy can be of great value to a lot of sick children. At the same time, it is necessary to protect the dolphins as well as the children who swim with them.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**\*interaction** – взаимодействие

**\*to injure** – ранить

**2.** Did dolphin therapy help an English boy? Read aloud the extract which says about it.

**3.** How does the therapy work? Use facts from the article.

**4.** Why do some people speak against dolphin therapy?

**№ 32**

**1.** Read the article and say in 2-3 sentences what it is about.

# DO VERY CLEVER CHILDREN NEED HELP?

In our history, there have been some remarkable children. Mozart is a famous example. After he had heard a piece of music a couple of times, he could write it down on paper. He composed symphonies while he was still a child. Today we also hear stories of very gifted\* children.

Ruth Lawrence, from the UK, became famous at the age of 12, when she began her studies at Oxford University. She was the youngest student ever to attend a university in the UK. Before going to university, Ruth was taught at home by her father. While she was a student, her father was always by her side. He attended all her lectures with her. Ruth did very well at Oxford. She got a first class degree in mathematics. Now Ruth is a mathematics professor.

These young people are, however, extremely special. Because of that they naturally feel different to other children of their own age. They can become lonely. Michael Howe, a professor of psychology says, "It is good to be good at something while you are young, but if you do not have friends or other experiences you will not have a satisfying life." Gifted children who understand quicker than their classmates can also become lazy. They can behave badly in class because they are bored.

If parents find that their child is especially talented, they have to take some important and difficult decisions. They have to help their child develop but they cannot push their child too hard. If they do, the child may have serious problems later in life. However, if a child is especially gifted, it is clear that they need a special kind of education. These children need to be motivated. This means that they have to study with people who are older than them. But at the same time they must be allowed to be children too.

Despite her great success, Ruth Lawrence does not want her own children to be brought up and educated in the same way she was. They will be sent to a normal school and she has said that she wants them to develop and grow only in a natural way.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**\*gifted** – талантливый

**2.** Ruth Lawrence was a gifted child. Read aloud the extract which says about her.

**3.** What kind of problems can wonderkids have?

**4.** What should parents and teachers do for their gifted children?

**№ 33**

**1.** Read the article and say in 2-3 sentences what it is about.

# ARE YOU SHY?

About 50 % of people in the United States say that they are shy. And for more than 13 % of Americans, being shy is a serious problem. The situation in other countries around the world is very similar. Of course it is normal to feel a little shy sometimes. Most people feel shy in a new social situation, for example when they start a new job or have to meet and talk to strangers. But in these cases the shyness usually passes quickly.

Some people, however, are extremely shy. They are so shy that they cannot live normally. They feel worried, they sweat\* and tremble when they are with other people. In order to avoid these unpleasant feelings, the shy person avoids\* other people. Shy people often say to themselves: "I'm not normal. People think I am boring and unattractive. I'm a failure." These negative thoughts make it more difficult for the shy person to make friends. The result is that the shy person is lonely and sad.

Shy children need a lot of help. Otherwise these shy children will grow up and become shy, unhappy adults. Parents who have a shy child should set a good example, since children learn a lot of behaviour from their parents. It is also important not to label\* a child as shy.

Shy children can also help themselves. You have to learn to think positively. You must stop thinking negatively. Another thing you can do is give yourself a target. For example, you may say, "I'm going to talk to at least one stranger today" or "I'm going to ask X to come for a coffee with me." When you achieve your target, you will feel very satisfied. If you are shy, you should try to walk with your head up so that you look at other people's faces. Soon, walking like that will become a habit and you will feel better and more confident as a result.

Of course, it is normal to be shy sometimes. Being a little shy can sometimes stop us from doing things that are foolish. But if you are extremely shy, you do not have to suffer. You can become less shy and become a happy, sociable person.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**\*to sweat** – потеть

**\*to avoid** – избегать

**\*to label** – навешивать ярлык

**2.** There are quite many shy people in the world and it is not an illness. Read aloud the extract which says about it.

**3.** Why are shy people sad?

**4.** What recommendations does the author give parents and children?

**№ 34**

**1.** Read the article and say in 2-3 sentences what it is about.

# FAMILY HISTORY

"Researching family history is a true passion rather than just a hobby for many people", says Julie Mason. "It is wonderfully exciting when you learn more about the ancestors\*."

Julie began researching her family's past in order to find out her roots\*. She says: "When you discover your roots, it gives you understanding who you are." John Paul Thompson, has a different reason for wanting to research his family's history. "After my father died I found myself with photo albums full of old photographs with no labels. 1 wanted to find out more about the others."

Some of the things that people discover about their families can be very surprising. When Jean Sandwell researched her family history she had a very big shock. She found out that she had been adopted as a baby. After she had accepted this situation, Jean tried to find her real parents. "I discovered that my mother emigrated to Australia in 1966," says Jean. "In 1982 I went to Australia to meet her. It was a very emotional experience for both of us."

So what is the best way to start researching your family history? "Interview all your family members before it is too late," says Julie Mason. "Make a basic family tree of your close family and step by step make it bigger. Of course, it is not easy to have accurate information from relatives about things that happened in the distant past. It is quite normal for different family members give different versions of the same events. It is very important to check everything."

Public records in local libraries and in national archives\* are also important to the family historian. Old newspaper reports are often kept on in local libraries. Sometimes, researching your family history can be lonely work. Remember that you can find a lot of help on the internet.

Of course, it is not easy to trace your family history a long way back and you must be very patient. Believe me, in the future, your children, and their children may be very grateful to you for recording it.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**\*an ancestor** – предок

**\*roots** – корни

**\*an archi**ve – архив

**2.** Jean Sandwell made a shocking discovery. Read aloud the extract which says about it.

**3.** Why do people start tracing their family histories?

**4.** What recommendations does the author give to discover your roots?

**№ 35**

**1.** Read the article and say in 2-3 sentences what it is about.

# HOW TO BE HAPPY

Dr Richard Carlson is thought to be an internationally famous expert on happiness. Tens of millions of copies of his self-help guides have been sold around the world. These books try to help people deal with the many difficulties of life so that they can become happy and feel strong inside themselves.

Dr Carlson is a qualified psychologist\*, also he is naturally optimistic and has always had a deep interest in the idea of happiness. When he finished his university studies, he began giving lessons on how to be happy to small groups of people. Dr Carlson enjoyed that work but he wanted to try and help more people. Fie got an opportunity to do this when he began writing articles about happiness for a newspaper. He then had the idea of putting his ideas into book form.

One of the secrets of happiness, Dr Carlson believes, is to approach problems in stages, breaking the problem down into parts that can be solved bit by bit. "Problems often seem so large that you feel shocked," Richard Carlson says. "It's much better to stop a moment and see things in perspective."

Another advice is to develop a feeling of inner strength. You must consciously try to be positive about things, seeing problems as challenges. When you have a habit of being positive and optimistic, a lot of your problems either become unimportant, or else they disappear altogether.

Dr Carlson also stresses that it is very important for people to take responsibility for their own happiness. When you realize this, it can give you a sense of power. Instead of blaming others we should learn how we ourselves can change to improve the situation. As a result your personal relations will improve and you will feel happier.

Dr Carlson also recommends people to develop a sense of presence. What he means is that we should always be focused on whatever it is that we are doing at any particular time. If you are successful at doing this, others will respect you.

Millions of people have benefited from Dr Carlson's common sense approach to happiness. He manages to make complex issues easier to deal with.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**\*a psychologist** – психолог

**2.** Dr Carlson is considered an international expert on happiness. Read aloud the extract which says about it.

**3.** Why did Dr Carlson start writing books?

**4.** What advice for being happy does Dr Carlson give?

**№ 36**

**1.** Read the article and say in 2-3 sentences what it is about.

# BULLYING AGAIN?

**Seventeen:** What was your experience with bullying\* in high school?

**Audra Mari:** One Sunday, I came home and there was a big picture on the door. It was basically making fun of me because I'm tall. Once the girls prepared a slogan to support a football team. The slogan wishing good luck faced the team, but the back of the slogan read "Go Home Mari". And the whole student section saw it. One time during lunch, I was sitting with all my friends, and a girl came up to me and threw a paper lunch bag at me. She said, "You can eat this for lunch, it is for horses."

**Seventeen:** What was going through your head when all of this was happening?

**AM:** At first, I tried to keep it in and not tell anyone except for my friends because I thought that it'd finish after the first few weeks, but this happened all year. So finally, I told my mum, I told her everything. She talked to the administration, and they brought the girls in and talked to them about it. The girls were punished. So you just have to bring it to the attention of adults.

**Seventeen:** In spite of all this, you still managed to make it to the Miss Teen USA competition and win it. How did you find the confidence to go for it? AM: You just have to ignore it and have confidence\* in yourself. I was a three - sport athlete — hockey, soccer, and volleyball — and I gave them up to do my modelling career.

**Seventeen:** What's your advice for girls dealing with bullies today?

**AM:** Stay confident and know that this is not the end of the world, that you are not going to be in high school for the rest of your life. There are mean girls wherever you go, but you don't need to be with them when you get older. You're not in a classroom with them, you're not eating lunch with them, so look past it and know that it's going to end. Looking back, I'd say you just need to focus on what you want to achieve and not let people get in your way or upset you. Also, tell a trusted adult, tell all your friends, tell anyone you can. If you keep it inside, it's just going to eat you.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**\*to bully** – дразнить, запугивать

**\*confidence** – уверенность

**2.** Mary was cruelly bullied. Read aloud the extract which says about it.

**3.** How did she react to bullying?

**4.** What advice does she give to other children?

**№ 37**

**1.** Read the article and say in 2-3 sentences what it is about.

# MUHAMMAD ALI

You must have heard about Muhammad Ali — probably the most famous athlete and one of the best-known people in the world. But what do you actually know about his life?

He was the first three-time heavyweight boxing champion of the world. He was known for his powerful hands as well as for his poetry. His ability to compose rhymes while boxing impressed many people. He could be called the first rapper. He won an Olympic gold medal and later threw it into a river in protest against racism in America.

Ali's interest in boxing began when he was 12. He was living in a poor black neighbourhood in Louisville, together with his parents and brother Rudy. One day, when his new bicycle got stolen, Ali reported the fact to a local policeman, Joe Martin. He was furious and said that he was going to beat up the thief\*. Martin was the boxing coach at the Louisville's Club and he also had a TV show called 'Tomorrow's Champions'. Seeing fire in Ali's eyes, he suggested that the boy learned to fight.

Ali passionately devoted himself to amateur boxing. He trained hard and soon became famous in his hometown. Within the next few years, he won 100 of his 108 matches. At 18, he became Olympic gold medalist and very soon he signed a good professional contract.

In the 1960s, Ali became one of the most disputable figures in his country. He refused to serve in the American army in Vietnam for religious reasons and, as a result, he lost his championship belt. He was also sentenced\* to five years in prison, but later the sentence was cancelled\* by the Supreme Court.

Muhammad Ali retired from boxing in 1981 and soon afterwards he was diagnosed with Parkinson's disease. However, he remained active in various fields and he has not been forgotten. In 1999, he was named Sportsman of the Century by one of the biggest sports magazines. In the same year, Ali's daughter Laila made her debut as a boxer despite her father's earlier comments against female boxing.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**\*a thief** – вор

**\*to be sentenced to** – быть приговоренным к

**\*to cancel** – отменять

**2.** Muhammad Ali is a world-famous boxer. Read aloud the extract which says about it.

**3.** What encouraged Ali to take up boxing?

**4.** How did his sporting career develop?

**№ 38**

**1.** Read the article and say in 2-3 sentences what it is about.

# FAIRY TALES TEACH US A LOT

For hundreds of years, and perhaps even thousands of years, adults have told traditional fairy tales to their children. The stories have been handed down from one generation to another. They have become a fundamental part of our culture.

In early versions of fairy tales there is much more cruelty and violence than in the stories published for children today. The case of 'Cinderella' is a good example.

In this variant, Cinderella's step-sisters are very pretty (rather than ugly, as they are in the modern version). But they are much more cruel. Cinderella works like a slave and has no bed to sleep in. Her step-sisters throw her food into the fire. Cinderella has to pick it out of the fire-place so that she can eat.

When news comes that there is going to be a big party so that the prince can choose a future wife, naturally Cinderella is told that she can't go. Cinderella visits her real mother's grave\* and cries. Her tears fall on the ground and a tree grows. From the branches of the tree, beautiful clothes fall down. So when Cinderella finally goes to the party, she looks beautiful and the prince falls in love with her.

The prince comes looking for Cinderella bringing with him the golden shoe that Cinderella was wearing. Cinderella's sisters try on the shoe but it doesn't fit. To make it fit, one sister cuts off her toes\*; the other cuts off her heel\*. Their mother says: "You won't need to walk when you become queen!"

Eventually, the prince finds Cinderella and the story ends happily.

Even if there is violence and cruelty in fairy stories, they all have elements that make them forever popular. They are simple stories which usually involve some form of cruelty or injustice. Good people become victims\* and must work impossibly hard to try to solve their problems and find happiness. Children who identify with the hero or heroine may sometimes be encouraged to try to find solutions to their own problems. In any case, the stories have a happy ending and give children great pleasure.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**\*a grave** – могила

**\*toes** – пальцы ног

**\*a heel** – пятка

**\*a victim** – жертва

**2.** Are fairy tales part of our culture? Read aloud the extract which says about it.

**3.** What happens in the old version of "Cinderella"?

**4.** Why do people like fairy tales?

**№ 39**

**1.** Read the review and say in 2-3 sentences what it is about.

# HAVE YOU READ?..

Children’s writer Michael Morpurgo tells a very enjoyable story. If you have not yet discovered his books, you will be surprised. *The Amazing Story of Adolphus Tips*, for example, was published earlier this year.

Lily Tregenze who is 12, lives on a farm in the village of Slapton with her mother and grandfather. It’s 1943, the middle of the Second World War, and her father is away in the army. Lily’s life centres on her local school, currently filled with people from London sent to the country for safety, and Tips, her beloved cat.

Tips keeps having kittens. But one of Lily’s parents always drowns the kittens, to Lily’s despair, because they cannot keep and feed a lot of cats.

Then, when they have to move to their Uncle George’s farm to make way for the army, Tips disappears. For months it is only the kindness of a young American soldier and his army friend who help Lily search for her cat, that helps her get through the many changes and challenges in her life. And there’s a lovely twist at the end — which I shan’t spoil for you — as the story shoots forward 60 years.

If you like *The Amazing Story of Adolphus Tips* then you will probably also enjoy Michael Morpurgo’s *Kensuke’s Kingdom, Billy the Kid, Private Peaceful* and many others.

Michael was Children’s Laureate\* from 2003 to 2005, an honour which involves telling as many people as possible how important children and children’s books are. lie followed Quentin Blake and Anne Fine. Jacqueline Wilson was Children’s Laureate until 2007.

As well as being an author, Michael Morpurgo, with his wife Clare, runs a charity called Farms for City Children. It enables groups of children to holiday in Devon, in the south west of England, or Wales.

*The Amazing Story of Adolphus Tips by Michael Morpurgo. Published in hardback by Harper Collins. Due out in paperback in February 2006. Also available as an audiobook, set of 3 CDs read by Michael Morpurgo and actress Jenny Agutter. Duration three hours.*

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**\*a laureate** – лауреат

**2.** The author describes what the book is about. Find this extract and read it aloud.

**3.** Who helped Lily when her cat disappeared?

**4.** Why is it an honour to be Children's Laureate?

**№ 40**

**1.** Read the article and say in 2-3 sentences what it is about.

# HOW MUCH SCREEN TIME IS TOO MUCH FOR CHILDREN?

Children can spend hours a day looking at computer screens and other digital devices. Some eye care professionals say this leads to an increase in 'computer vision syndrome'.

Nathan Bonilla-Warford is an optometrist\* in Tampa, Florida. He says he has seen an increase in problems in children.

"I see a lot more children who are coming into the office either because their parents have noticed that they have headaches or red or watery eyes or discomfort, or because their near-sightedness, appears to be increasing at a fast rate and they're worried."

Dr Bonilla-Warford says part of the problem is that children may be more likely than adults to ignore early signs. "Even if their eyes start to feel uncomfortable or they start to get a headache, they're less likely to tell their parents, because they don't want to have the game or the computer or whatever taken away."

Eye doctors offer suggestions like the following which is known as the 20/20/20 rule. "Every twenty minutes, look away twenty feet (about 6 meters) or more for at least twenty seconds from whatever device you're using."

Other suggestions include putting more distance between you and the device and using good lighting. Of course, another way to avoid eye strain is to spend less time looking at screens. Many experts say children should spend no more than two hours a day using digital devices — with no screen time for children under two.

But not all eye doctors have noticed an increase in problems in children. Dr David Hunter is an optometrist at Children's Hospital, Boston. He also is a spokesman for the American Academy of Ophthalmology. He has not seen an increase in his practice.

"While it is possible to develop tiredness looking at various screens for a long period of time, there's certainly no evidence that it actually causes any damage to the eyes."

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**\*an optometrist** – специалист по коррекции зрения

**2.** The author explains why children don't tell their parents if they have some problems with their eyes. Find this extract and read it aloud.

**3.** What problems do children have when they come to optometrists?

**4.** Why don't all eye doctors believe there is a connection between problems with eyesight and digital devices?

**№ 41**

**1.** Read the article and say in 2-3 sentences what it is about.

# MEDALS FOR LARGE FAMILIES

On 1st June, Dmitry Medvedev, the Russian president, announced a plan to encourage Russian families to have more children.

Demographers are people who study populations. They predict how populations of different countries will increase or decrease in the future.

Demographers in Russia have been warning the government that the country's population is decreasing. The current population of Russia is around 142 million people. The demographers estimate if nothing is done to stop the decrease, the number of people living in the country may go to about 110 million within 40 years.

To make his announcement, Mr Medvedev held a special ceremony at the Kremlin, in Moscow, the capital of Russia. Many families with four or more children were invited to the event. Some families had as many as 11 children. President Medvedev awarded each family a special medal called the 'Order of Parental Glory'. The medal showed a golden two-headed eagle — the symbol of Russia.

During his speech President Medvedev thanked the couples for having large families. He said they were a good example to other Russians. The ceremony was shown live.

The size of a country's population is important to governments. Countries need enough people of the right age to work in companies' offices and factories. If there are not enough workers, it can be difficult for the economy to grow. Older people who are retired are often supported by the government. Some of the money for this support comes from the taxes workers pay. If there are fewer workers, the government collects less money in taxes.

Russian men now live for an average of 60 years. This is much lower than in other European countries. Experts agree there are several reasons for this including AIDS, drinking too much alcohol, poverty and pollution.

The Russian government has also started to give families money for having a second child. Those who are awarded the new 'Order of Parental Glory' medal arc given a cash payment of 50,000 roubles.

**2.** The author says what changes demographers predict. Find this extract and read it aloud.

**3.** What are the reasons that make people live shorter lives?

**4.** Why is a country's population important to its government?

**№ 42**

**1.** Read the article and say in 2-3 sentences what it is about.

# MOBILE PHONE PROTEST

Students in a school in Canada walked out of lessons to protest about the action of their headteacher. They said the headteacher had broken the law and violated their rights.

The headteacher had installed a mobile phone jammer\* within the school. The jammer stops signals from reaching mobile phones, so it stopped all the students' mobile phones from working.

Teachers at the school claim\* that students using mobile phones in lessons — especially for texting — has become a major problem. In 2007 the school banned students from taking phones into the classroom.

But teachers say they were each still having to confiscate two or three phones a day because students were ignoring the rule and texting in class. The teachers say this was very annoying because it was disrupting\* lessons.

It took two days for pupils to work out that a jammer was the reason their phones weren't working. A group of the students used the internet to find out about the use of mobile phone jammers. They found a reference to a law called the Canada Radiocommunications Act. This law says it's illegal to use any device that blocks people's mobile phone signals.

The students then held a protest rally against the use of the jammer. As soon as the headteacher learnt it was illegal, he switched the jamming device off. He said he was impressed by the way the pupils had done their research into the Radiocommunications Act.

Mobile phones in school classrooms cause a lot of arguments. Many students say it is their right to have them wherever they want. Some parents say they want to be able to contact their children. But many teachers say they can't teach lessons when there are so many disruptions from using mobile phones.

Not all teachers think mobile phones should be banned, though. Many say the best action would be to educate students on when it's appropriate to use mobile phones.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**\*a jammer** – устройство радиоэлектронного подавления

**\*to claim** – заявлять, утверждать

**\*to disrupt** – нарушать, мешать

**2.** The author says that mobile phones in classroom can lead to disturbance at the lesson. Find this extract and read it aloud.

**3.** What made the headteacher switch off the mobile phone jammer?

**4.** Why did the headteacher decide to install the jammer?

**№ 43**

**1.** Read the review and say in 2-3 sentences what it is about.

# HAVE YOU SEEN?..

*Pride and Prejudice\**, an interesting and enjoyable new film has been released. It is based on Jane Austen's famous 1813 novel. Jane Austen (1775—1817) lived in and around Hampshire in the South of England where her father was a clergyman\*. Many films and television adaptations of *Pride and Prejudice* have been made before.

*Pride and Prejudice* is about the Bennet family. In 1813, English 'ladies' from good families do not go to work but Mr and Mrs Bennet are short of money. So the only hope for their five teenage daughters is to marry rich men.

Mr Darcy (played by Mathew MacFayden) is one of Britain's wealthiest men and Pemberley, his country house, is fabulous. Jane Austen was thinking of Chatsworth, real - life home of the Duke of Devonshire in Derbyshire, and part of the film was made there.

Unfortunately, Mr Darcy seems rude and uninterested in the Bennet girls. Gradually however, Elizabeth, the second Bennet daughter (Keira Knightley) realises that she likes Mr Darcy.

Mr Bennet (Donald Sutherland) and Mrs Bennet (Brenda Mulligan) are both, in their different ways, rather unwise parents and there's a near disaster when Lydia Bennet Qena Malone) rebels\*.

Joe Wright, the director of this excellent new film shows us what life would really have been like for a family like the Bennets in early nineteenth century England. They have farm animals, laundry hanging outside and, compared with neighbours such as Mr Bingley (Simon Woods) of Netherfield Hall, their house is small and old.

The acting is fine too. Keira Knightley, as Elizabeth, shows very clearly in her face what she is thinking. Donald Sutherland, a Canadian actor seems a rather odd choice for Mr Bennet though and he looks a bit scruffy. Dame Judi Dench, as the witch-like Lady Catherine de Bourgh is so horribly patronising that she is funny.

This new version of *Pride and Prejudice* is fast-moving and colourful. The music is good too, especially in the ballroom scenes. Once you've seen and enjoyed it you will probably want to read (or re-read) Jane Austen's book.

*Pride and Prejudice*. Working Title Films. Duration: 127 minutes

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**\*Pride and Prejudice** – «Гордость и предубеждение»

**\*a clergyman** – священник

**\*to rebel** – протестовать

**2.** The author says what the film is about. Find this extract and read it aloud.

**3.** What does the director want to show in the film?

**4.** Why can this film be interesting for the viewer?

**№ 44**

**1.** Read the article and say in 2-3 sentences what it is about.

# SHAKESPEARE'S PORTRAIT?

A painting has been discovered that experts say is a picture of one of the world's best-known writers, William Shakespeare. He is thought to have written at least 36 plays, which include the world-famous *Hamlet*, *Twelfth Night* and *Romeo and Juliet*. Yet surprisingly little is known about Shakespeare's life, the way he worked, or what he looked like.

Shakespeare was born in the town of Stratford-upon-Avon in England in 1564. He left the town when he was about 20, leaving behind a wife and three children. After this period he worked as an actor and writer of plays in London. In 1594 he helped form a new theatre company and wrote plays for the next 20 years. After this he retired to Stratford-upon-Avon where he died in 1616. He is buried in a local church.

Several portraits exist that are supposed to be those of Shakespeare's. Yet many experts think these paintings are probably pictures of someone else, or were painted at least 100 years after Shakespeare died.

The Shakespeare expert and the owner of the newly-discovered painting say they are 90 % sure it is of William Shakespeare. Alec Cobbe owns the painting. It has been in his family's possession since the early 1700s. They did not know who the person in the painting was. A few years ago Mr Cobbe went to a Shakespeare exhibition and saw a painting of Shakespeare called the Janssen portrait. He was amazed by how similar it was to the painting owned by his family.

He took his painting to a Shakespeare expert. Since then it has been dated and X-rayed. They now believe it was painted in 1610, when Shakespeare was 46 years old — six years before he died. Mr Cobbe thinks he could prove the portrait was originally owned by the Earl of Southampton, who supported Shakespeare when he was writing his plays.

Other experts are not so sure whether it really is a portrait of Shakespeare. This, they say, is because there is no proof the Janssen portrait is actually a picture of Shakespeare either!

**2.** The author gives some facts about Shakespeare's life. Find this extract and read it aloud.

**3.** What facts prove that the painting can be a portrait of William Shakespeare?

**4.** Why do some people doubt that this is a portrait of Shakespeare?

**№ 45**

**1.** Read the article and say in 2-3 sentences what it is about.

# SHOPPING IN LONDON

*John tells us a hit more about shopping in London...* "When I visit London one of my favourite things to do is shopping! I really enjoy hunting around for a bargain\* in the sales, buying something new to wear out on a Saturday night. Or alternatively, a bit of window-shopping — it doesn't cost a penny. Sometimes I'll spend hours just wandering around a market having a chat with my friends.

There are loads of different places to go shopping in London. You can go to Oxford Street, but be warned, it gets too busy sometimes; it can be difficult to go anywhere! Alternatively for a less crowded, more relaxing shopping experience, go to Covent Garden, you can have an expensive cappuccino, and watch some (free) street theatres at the same time.

Some people like shopping in department stores, the most famous one in London is 'Harrods', but for me, it's not modern enough, and too expensive, the sort of place your parents shop. But just down the road is 'Harvey Nies', much more up-to-date, but not cheap. The best of all the big department stores is 'Selfridges' in Oxford Street, it's a shopper's paradise, nice clothes, and the prices. Well I can look, can't I?

You can also try Camden, it's busy, exciting, trendy, and there are lots of bargains! You can buy cheap jeans and cool second hand clothes in the morning and then get a tattoo and a body piercing later on! If all that shopping is too tiring, you can get some Chinese or Thai food for £2 or £3, sit by the canal and have a drink. What could be better?

If Camden is not cultured enough, you might prefer a day in Greenwich — a world heritage site. This is a much more relaxing day out. You can have a walk round the market and shops, and then take in a bit of London's history — it was the birthplace of Henry VIII, Queen Mary and Elizabeth I. There's also the park, the 'Cutty Sark' (an old tea clipper ship), the meridian line (where east meets west), and the old observatory... so much to do, but don't forget the shopping!"

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**\*a bargain –** выгодная покупка

**2.** The author describes some department stores that are popular with shoppers. Find this extract and read it aloud.

**3.** What does John like about shopping?

**4.** Why is Greenwich interesting to visit?

**№ 46**

**1.** Read the article and say in 2-3 sentences what it is about.

# UNIVERSITY CELEBRATES

One of the world's leading universities has just begun to celebrate its 800th anniversary.

Cambridge University, in the UK, was founded in 1209. On 17th January it held a special outdoor celebration to launch a year of events marking its 800th birthday.

The University was founded by scholars from another English university, Oxford. Nobody is exactly sure why they moved to Cambridge. One record shows it happened when two Oxford scholars were arrested and then convicted\* of murdering a local woman. Other students protested their arrest by leaving the university and going to other towns. It was a group of these scholars that set up a university in Cambridge.

Originally only men were allowed to study at Cambridge. From 1869 women were permitted to study there, but they were not awarded degrees. Women at Cambridge were first awarded degrees in 1947.

Some of the most important discoveries in history have been made by people studying at Cambridge University. The jet engine was invented there. Scientists at Cambridge discovered the structure of human DNA. More than 80 winners of the Nobel Prize, and 15 of Britain's prime ministers, have been graduates of Cambridge University.

Many students from Cambridge University have become famous for becoming among the best in their fields of work. Authors C. S. Lewis, who wrote the Narnia books, and A. A. Milne, who wrote Winnie-the-Pooh, also studied at the university.

On 17th January about 7,000 people gathered in the centre of Cambridge to watch a light show celebrating the anniversary. Images and illustrations were projected onto one of the famous university buildings, the Senate House. A piece of music containing exactly 800 notes was played from the nearby Great St Mary's Church.

Cambridge is usually ranked among the top five universities in the world for its standard of research and teaching. Today, around 18,000 students study at Cambridge University.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
**\*to convict –** осудить, признать виновным

**2.** The author says how the university was founded. Find this extract and read it aloud.

**3.** What important discoveries were made at Cambridge?

**4.** Why is Cambridge University considered one of the best in the world?

**№ 47**

**1.** Read the article and say in 2-3 sentences what it is about.

# WORLD DIGITAL LIBRARY OPENS

A new worldwide digital library has opened on the internet. The library website has taken four years to put together. It was officially launched at the headquarters of UNESCO (United Nations Educational, Scientific and Cultural Organization) in Paris, the capital of France, on 21st April.

The digital library lets people see rare items from around the world, including some of the earliest written works. These include ancient books and maps. For example, you can see a digital image of a 1,000-year-old Japanese novel, believed to be the oldest in the world, and the very first European map to include America. The map was drawn in 1562.

The library contains images of some of the earliest known Chinese writing, which is about 3,000 years old. Another item on display is called the Devil's Bible. It's the largest medieval book in the world. The book, which contains a copy of a collection of Jewish and Christian texts first put together by scholars 1,700 years ago, was handwritten in the 13th century. It gets its name because it also contains a large illustration of the Devil. It is now kept in a museum in Stockholm, the capital of Sweden.

The World Digital Library was the idea of James H Billington. He is the head librarian of the USA's Library of Congress, the largest library in the world. Mr Billington hopes the new digital library will be used by young students and teachers everywhere to discover more about the world's cultural history. The library contains about 1,200 items from 26 libraries in 19 countries. An explanation of each item is available in seven languages — Arabic, Chinese, English, French, Spanish, Portuguese and Russian.

Visitors can search the library in different ways. They can enter historical dates to see what items were made in the world at that time. They can also sort their searches by similar topics or by country.

You can visit the new World Digital Library at www. wdl.org

**2.** The author tells us about the person who created the library and why he decided to do it. Find this extract and read it aloud.

**3.** What ways are used to search the library?

**4.** Why is it a good idea to create such a library?

**№ 48**

**1.** Read the article and say in 2-3 sentences what it is about.

# WORLD'S MOST POWERFUL WOMEN

The Forbes Company has released its annual list of the world's 100 most powerful women.

Forbes is an American publishing company. It is best known for its magazine. Each year the magazine also publishes lists of the world's richest people and companies. It has produced its list of most powerful women since 2004.

For the fourth year running, Angela Merkel is at the top of the list. She is the elected leader of Germany. Mrs Merkel has been the German Chancellor since 2005.

To work out the list the magazine looks at the public profile of each woman. This includes how often she is mentioned in international newspapers and radio and television broadcasts. Money is also considered. Yet the Forbes Company says this does not mean how much money a woman has or earns, but how much money she controls.

The list also takes into account how much influence a woman has on decisions taken in politics and in international organisations. For example, Dr Margaret Chan, the leader of the World Health Organization (WHO) is at number 84 on the list.

The list includes Queen Rania of Jordan, who campaigns for children's health and education, as well as Aung San Suu Kyi. Ms Suu Kyi was elected prime minister of Myanmar in 1990. But the country's military government refused to accept the election result. Ms Suu Kyi was imprisoned and is still being kept under house arrest. In 1991 she was awarded the Noble Peace Prize.

Several important businesswomen appear in the top ten of the Forbes list. Indra Nooyi is at number three on the list. She runs the PepsiCo Company.

There are some new entries on the list this year. At number 40 is Michelle Obama, the wife of President Barack Obama and First Lady of the USA. Mrs Obama works to draw attention to the rights of working women and military families in particular.

This year Queen Elizabeth the Second of the UK moved up 14 places to number 42.

**2.** The author says how women are chosen for the list. Find this extract and read it aloud.

**3.** Who is at number three on this list and why?

**4.** Why is it important to appear on this list?

**№ 49**

**1.** Read Helen’s story and say in 2-3 sentences what it is about.

# A TRUE FRIEND?

Leaving my revision until the last minute had never been my plan as I'd always done well at school. But last winter term it all went wrong.

Before I knew it, there were just a few weeks until the exams. I tried to revise one subject a night, Mum and Dad didn't help and made me feel guilty for going to my friend Emma's for a break. Emma was my only real friend. I'm quite shy and she was always doing my talking for me. She often asked me to help with homework in return, but I didn't mind because I found school work easy.

One day, I spoke to Jamie, a boy from my history class. He had the history exam paper and would give it to me for 25 pounds. When I looked at it I realized I already knew most of the answers! I felt really silly and ashamed but relieved to know I wasn't as bad at history as I thought. That Friday, after school, I went to Emma's and told her everything.

A few days later Emma asked for my French revision notes and threatened to tell everybody that I had cheated. Soon her demands increased. She asked to 'borrow' some of my favourite CDs, but it was clear she was going to keep them. Then she made me buy her lunch or pay her bus fares. I didn't want to but she said she could ruin my whole future. I can't believe I put up with it but I didn't know what else to do.

Then, just before the exams were about to start, my worst nightmare came true. One morning at school I was called into the headmaster's office. I'd been found out. My parents were there too and they were upset. When we got home, I explained everything — how I'd been worried about the exams and Emma's demands.

Gradually, life improved, I started doing better at school and I made a new friend — a girl called Gina, who introduced me to her group of mates. They like me for who I am and are real friends — unlike Emma.

Now I'm waiting for my real exam results. I don't know how I'll do, but whatever happens, I've learnt my lesson — cheating is bad. You just have to do your best and ask for help if you need it.

**2.** The author describes different things that Emma demanded from Helen. Find this extract and read it aloud.

**3.** Why did Helen decide to cheat?

**4.** How did Helen's life change in the end?

**№ 50**

**1.** Read the article and say in 2-3 sentences what it is about.

# ALL SORTS OF THINGS

Do you know that there's a Collectors' Club in the school? This term we asked them what they do, and they told us about some of their collections.

*The Club.* We meet on Thursday after school and have different groups. The biggest one is the stamp collectors; after that there are all sorts of things: toy cars, matchboxes, key-rings, insects, postcards, dolls. At other times we have a swap\*-shop, and people exchange duplicates, or swap something they don't want for something new. Some of our keenest collectors are going to tell you about their hobbies.

*Dolls.* I started collecting dolls when my aunt gave me a china doll. It's the oldest one I have, it was made in Germany a hundred years ago and it still has its original dress and boots. My other dolls are modern. I have twenty-three. However, they're all different: they're made of plastic, wood. The most beautiful ones are from Italy and Spain, and they are dressed in regional costumes. I also have a lovely wooden one from Japan.

*Postcards.* I have hundreds of postcards and they are all fascinating. I collect local ones. They are a history of our town during the last hundred years. One shows a tram in the High Street; another shows the old Town Hall. That's what I collect. You could collect foreign postcards or funny postcards.

*Coins.* Do you have some coins on you? I found my rarest coin, a 1932 Florin, in some change. It's not the oldest one I have, that's a penny from 1797. I collect coins because I like the history they record. It's exciting to think how old they arc. I am starting to collect coins from different countries, all made in 1936. It's a very interesting hobby.

*Stamps.* Collecting stamps is great; I think they're the best thing to collect. There are so many different ones, from every country. Collecting could cost you a lot of money, if you bought very old stamps. However, collecting modern stamps isn't too expensive.

There are all sorts of things that you can collect. You must be interested in one of them. Why don't you come to the next meeting, and you could get the collecting bug?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**\*to swap** – менять, обменивать

**2.** The author mentions different items that children collect and the activities of the Club. Find this extract and read it aloud.

**3.** What dolls are the most beautiful in the girl's collection?

**4.** Why does the coin collector find coins interesting?

**№ 51**

**1.** Read the article and say in 2-3 sentences what it is about.

# HAVE YOU READ?..

I have often dreamed of going to exotic faraway places that I have only read about before. One of those dreams has always been to visit the Sahara Desert in Northern Africa. In this excellent book the author, Catherine Guigon, describes the desert in such vivid detail that I almost feel as if I am refreshing my memories of a past expedition while looking at my photo album! Of course, I wake up when I realise I only wish I could take pictures that well!

This book takes the reader through a journey across the vast Sahara Desert. It took the photographer more than four years and 25 trips to Africa to collect all the photographs to show the beauty of the largest desert in the world. I found this book incredibly informative. As soon as you open up the first pages you not only read about the physical facts of the desert, but also the social and environmental aspects as well. For example, did you know only a quarter of the desert is covered in shifting sands? I spent a lot of time just enjoying the pictures in the book, before I would read a passage.

The journey begins in the middle of the desert in Chad. Every few pages I would look up and realise 1 had moved further into Algeria and then Libya — and the journey had just begun! There are so many countries in Africa that I had never even heard of and all of them have unique cultures, languages, art, and history. I've learned that the Sahara Desert is 40 times as large as the UK! The author also puts a lot of effort into describing the living aspects of the desert. She covers the plant and animal life. As well as describing the Sahara Desert of today, the book also goes deep into the history of Africa, which some refer to as the 'birthplace of mankind'. Ancient civilisations and their remains are spread throughout the desert, especially along the famous River Nile. Did you know the Sahara Desert was once a green land filled with greenery? Now that I have this book I cannot imagine not having it! *Sahara* is a very detailed and fascinating book.

**2.** The author says what this book is about. Find this extract and read it aloud.

**3.** Why did the author find the book informative?

**4.** What new facts did the author manage to learn while reading *Sahara*?

**№ 52**

**1.** Read the article and say in 2-3 sentences what it is about.

# PRE-TEEN BEAUTY: GOOD OR BAD?

Everybody knows that looking good helps to feel good. But how much is too much? Find out how some British mums spend thousands of pounds on making their pre-teenage kids look really beautiful.

Elina Jacksome, spends £6,680 a year on her twin daughters Daniela and Karolina, aged 10.

Mum Elina says: "My Mum was a hairdresser, so when I was 12, she started styling my hair and painting my nails. I enjoyed it so much that when my daughters were five I took them to a beauty salon. I wanted them to have the same experience as me. They loved it! Now we go there twice a month. They have their finger nails painted, sometimes they have a massage. Most weekends we go shopping for designer clothes. My husband thinks that they should study more but I want them to become models, so they need to learn how to look pretty. They have already been doing some modelling since the age of five, so maybe one day they will become famous."

Daniela says: "I want to be a model, so I think it's good that I always try to look beautiful. I always wear make-up after school and at weekends."

Karolina says: "Going to a beauty salon makes me feel special. I also wear make-up after school. I like taking part in beauty competitions. One day I hope to become a model and become very famous."

Daniela Hodge spends £350 a month to make her son, Aaron, aged 11, look beautiful.

Mum Daniela says: "Aaron has always wanted to look good. So, last year he took part in a beauty competition. Now he does some work as a model, so it is very important that he looks his best. He only wears designer clothes."

"I take him to a beauty salon before each modelling job. He gets £250 a day for each job as a model, which is very good money for a teenager. I hope that one day he will be famous and make lots of money."

Aaron says: "I like looking good. I've recently started going to a beauty salon and it's great! I want to exercise with weights to make my muscles bigger but my Mum thinks I'm too young for that. I also like making money, so modelling is great for me."

**2.** One mum mentions the reason for taking her children to a beauty salon. Find this extract and read it aloud.

**3.** Why does Karolina like going to a beauty salon?

**4.** What is the main advantage of being a model according to Aaron?

**№ 53**

**1.** Read the article and say in 2-3 sentences what it is about.

# WHAT DOES SPACE SMELL OF?

Hello World! I smelled Space for the first time in my life! Being in space has its wonderful sides. You can fly instead of walking. And you can play with your food! You forgot your book at the other side of the ship. No problem! You ask someone close to it to send it to you. That means they pick it up and very gently push it towards you, and here it is!

The days here start at about 4:00 am and end at about 7:30 pm. 7:30 is supposed to be lights out! But it is the time when everyone can relax a bit and just chat, make some personal calls to family members, or simply look out of the window and admire the views. As you may know, the station makes a complete orbit every 90 minutes, so when I talk about night don't think of it as night on the Earth when it is dark outside. The sun rises and sets during each orbit and you can watch 32 beautiful sunrises and sunsets a day!

Keeping good hygiene\* in space is not easy! There is no shower or running water. Water docs not 'flow' here, it 'floats'! We use wet towels and dry towels for cleaning ourselves. The most interesting experience — or I should call it experiment — is washing your hair. I know why people keep their hair short in space. You basically take a water bag and slowly make a huge water bubble over your head and then very gently, using a dry shampoo, you wash your hair. At the slightest sudden movement, little water bubbles start floating everywhere.

Hello World,

I'm writing my last blog from orbit. We've just finished our last supper in orbit. Misha Tyurin then gave a beautiful speech. He talked about how we, people, from different countries, backgrounds and cultures, have established a special link. He continued, "One day the space station will burn in the atmosphere but the memories of this trip and our friendship will live..." Misha's speech was so touching that I could not hold my tears anymore. I felt I was losing something special. It is true that you establish a link up here that is hard to break. I'm sure I will never forget my friends.

\_\_\_\_\_\_\_\_\_\_\_\_\_

**\*hygiene** – гигиена

**2.** The astronaut mentions some advantages of being in space. Find this extract and read it aloud.

**3.** What did you learn about the daily routine at the space station?

**4.** Why is it difficult to keep hygiene in space?

**№ 54**

**1.** Read the article and say in 2-3 sentences what it is about.

# SPECIAL REQUEST TO EDUCATION MINISTER

When the senior class of Gardane School heard that it might not get a new teacher for their elementary school, the pupils wrote to the Minister of Education. They live in or near a village in a mountainous district of Martonia where it is difficult to recruit doctors and teachers. Their request was published in a national paper and has become a common topic of conversation in a country where there is great concern about people leaving rural areas for the cities. This is the letter:

Dear Minister,

We are writing to ask for your help. We need a new teacher for the senior class in our school, and we are worried because our parents have been told that the Ministry cannot find one. Our school is very important to us and we like coming here to learn.

Gardane is a small village. Every visitor from the city says our valley is very beautiful and that we are lucky to live here. So why isn't there a new teacher who wants to come here? We don't mind how old the new teacher is, or whether it's a man or a woman. They should like the country and outdoor life, and be healthy. We would like someone who is patient, happy and does not shout. The teacher should be clever and know how to help us understand things. We'd like our teacher to be properly dressed and to come on time. They should be kind, make us feel happy in the school, and help us make our classroom nice. We would like someone who thinks of exciting things to do, inside and outside school. For example, our last teacher got us to write down the history of the village which our grandparents knew — we didn't realise how much the village had changed; make a nature calendar so we learned more about farming and about the animals and plants in our valley; read all sorts of books and write a newspaper about our village.

If the Ministry does not send us a teacher, we will have to leave our families and our valley to go to school.

Please help us!

Yours sincerely

The pupils of Gardane school.

The pupils have not had a reply yet, and so far the Ministry has refused to comment on the situation.

**2.** The children mention some qualities that their future teacher should possess. Find this extract and read it aloud.

**3.** Why did children like their last teacher?

**4.** What will happen if the school doesn't get a new teacher?

**№ 55**

**1.** Read the article and say in 2-3 sentences what it is about.

# SURVIVING WITH WOLVES

This is the story of Misha Defonseca, a Belgian Jewish\* girl, who was adopted not once, but twice, by wild wolves. She broke her silence after nearly 60 years, and says that her tale is true...

It started in the autumn of 1941, when Misha was seven years old. It was the time of the Second World War and Jewish people were being arrested and taken away by the Nazis. One day Misha's own parents were taken away. She lived with another family, but wanted to find her mother and father again. So, after six months, she packed a small bag and ran away.

Misha started her trip to Germany. She remembered from a school atlas that it was near Belgium. Afraid of being caught, she followed lonely forest paths instead of busy roads. At night, she slept in deserted buildings, or in the woods.

She begged or stole food to survive. If Misha was passing through a village, she waited for church bells to ring. When the people left their homes she would go inside and take some bread and cheese. When she couldn't beg or steal, she ate wild berries, seeds and insects.

One day, a farmer hit her with a stone when she was running away with some stolen food. Misha escaped to a forest. She was crying with pain when a big grey wolf approached. The wolf sniffed\* her, and went away, but it came back. A few nights later, the she-wolf came up to the girl and slept next to her... The two shared food and walked in the forest together. Then, a hunter killed the wolf. Misha was very sad and alone again.

Soon afterwards, she had another meeting with wolves. Some wolf-cubs\* were playing on a rock and Misha came near, delighted. She stayed with this wolf- family sharing food and shelter with them. After a while, she moved on... Sadly, she never found her parents. Eventually, she returned to Belgium where she was adopted and went to school.

Today, Misha Defonseca is living happily in the US with her husband, two dogs and 23 cats. Her book, *Surviving with Wolves*, was published in 1997. Every week Misha visits the wolves in her local zoo...

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**\*Jewish** – еврейский

**\*to sniff** – обнюхивать

**\*a wolf-cub –** волчонок

**2.** The author describes Misha's first meeting with wolves. Find this extract and read it aloud.

**3.** What made Misha run away and go to Germany?

**4.** Why did Misha avoid busy roads while going to Germany?

**№ 56**

**1.** Read the article and say in 2-3 sentences what it is about.

# THE MOST DIFFICULT LANGUAGE?

People often ask which language is the most difficult to learn, and it is not easy to answer because there are many factors to take into consideration.

A native speaker of Spanish, for example, will find Portuguese much easier to learn than a native speaker of Chinese because Portuguese is very similar to Spanish, while Chinese is very different. The greater the differences between the second language and our first one, the harder it will be for most people to learn.

Many people answer that Chinese is the hardest language to learn possibly influenced by the thought of learning the Chinese writing system. The pronunciation of Chinese appears to be very difficult for many foreign learners, too. However, for Japanese speakers, who already use Chinese characters in their own language, learning this language will be less difficult than for speakers of languages using the Roman alphabet.

Some people seem to learn languages readily, while others find it very difficult. Teachers and the circumstances in which the language is learned also play an important role, as well as each learner's motivation for learning. If people learn a language because they need to use it professionally, they often learn it faster than people studying a language that has no direct use in their day-to-day life.

British diplomats and other embassy staff have found that the second hardest language is Japanese, which will probably come as no surprise to many. But the language that they have found to be the most problematic is Hungarian, which has 35 grammatical cases.

Different cultures and individuals from those cultures will find different languages more difficult. In the case of Hungarian for British learners, it is not a question of the writing system, which uses a similar alphabet, but the grammatical complexity, though native speakers of related languages may find it easier.

**2.** The author explains why people find Chinese a very difficult language to learn. Find this extract and read it aloud.

**3.** What factors play an important role in learning a language?

**4.** Why do British diplomats find it difficult to learn Hungarian?

**№ 57**

**1.** Read the article and say in 2-3 sentences what it is about.

# WALL STREET

Wall Street is a place where the sun never shines. This doesn't mean it has a different climate from the rest of New York City. It simply means that the buildings here in New York's financial centre are so high that the street is always in the shade.

The people who work in the Wall Street area are too busy to worry about the weather. They are employed by great banking houses or giant financial companies. They handle big sums of money every day.

Twenty years ago, life was a lot quieter on Wall Street. Many of the companies were old family firms. They had always been successful and did not see the need to work very hard for their money. Sons entering their fathers' businesses could come to work late, leave early and be certain that no one would notice.

Those days are gone forever. Wall Street's big bosses still have beautifully furnished offices on the top floor, with wonderful views over New York. But downstairs in the trading rooms, clever young people work at their computers sending money around the world.

Americans have never quite got used to trusting their banks. They remember too well the great Wall Street 'crash' of 1929, when many banks closed and thousands of people lost their money. In order to keep the dangers small, American law prevents banks from becoming too big. No bank can have offices in more than one state. Perhaps this is why there are so many banks in America — nearly 15,000 of them.

The advantage of having so many small banks is that each one can get to know its customers, and can offer a personal service. The problem is that a traveller who has his or her money in a bank in Denver, cannot easily get any money out from a bank in Washington. But even this is changing now Computers can send money so fast that the old system of American banks is breaking down.

Many Americans are not so happy about leaving their money in the bank. They want to see it grow, fast. That's one reason why many people spend as much money as they can on buying and improving houses. They know real estate prices often rise faster than anything else.

**2.** The author mentions some pluses and minuses of having many small banks. Find this extract and read it aloud.

**3.** Why don't Americans trust their banks?

**4.** What makes Americans spend money on real estate?

**№ 58**

**1.** Read the article and say in 2-3 sentences what it is about.

# YOUNG BUSINESSMAN

Martin Halstead is a normal English teenager who lives in Oxford with his Mum and Dad. There is only one unusual thing about Martin — at the age of 18 he set up his own airline!

Martin got his passion for flying when he boarded a plane for the first time at the age of six. Ever since Martin has wanted to be a pilot.

Only a year ago Martin was just a student at an Oxford college and was preparing for his final exams in Business, History and English. However, his desire to become a pilot was so strong that he sent an application to Oxford Air Training School before taking his college exams. Martin wasn't very confident that he would get a place but much to his own surprise he was successful. Martin says: "To my surprise, I was given a chance to start at Oxford Air Training School almost immediately. Both my parents and the head of the college could see how much I wanted to become a pilot, so they supported my decision to leave college without taking my final exams."

Martin started his flying course last January. He says: "Last summer I was chatting to my friend and said, as a joke, that my only chance to get a job in that field was to have my own airline."

And that was how it all began. Martin's original plan was to fly between Oxford and Cambridge. Oxford and Cambridge are the two most famous and important university cities in the UK. Although the two cities are not too far from each other, they are not well connected by road or train. However, Martin has now changed his mind. His airline, Alpha One Airways, now plans to fly between Southampton and the Isle of Man.

Where did Martin get money to start his business? Well, he got some money from his Grandmother and also had some savings from doing part-time jobs. Although Martin refuses to say exactly how much money he needed to start the business, he says it wasn't very much.

So, what is next? Martin says: "I hope that this is just the beginning and in the future I will be able to fly to other places." Good luck, Martin!

**2.** The author mentions Martin's plan of starting the airline. Find this extract and read it aloud.

**3.** What made Martin leave college and start studying to become a pilot?

**4.** How did Martin manage to find money for starting his business?

**№ 59**

**1.** Read the article and say in 2-3 sentences what it is about.

# MOBILE PHONES

From children to senior citizens, mobile phones have become a craze\* as a way of staying ahead with the technology. With our fast lifestyles, we have no time to meet our relatives or friends and are left with the only option of talking over the phone. Here comes the need of mobile phones, which allow us to stay connected wherever we are and whenever we need to.

Everybody today owns at least a basic mobile phone. What makes it easy to use is its user-friendly nature, small size and its numerous attractive features. However, people are always eager to replace their mobile phones with the latest models having more advanced features.

As the technology is scaling new heights, mobile phones are becoming cheaper and cheaper and the customer is getting more for less. A great way of amusing yourself is by playing games on your mobile phone. If you want to store your precious moments, you can use its video recording feature. Mobile phones can become expressions of who we are by getting mobile ringtones, wallpapers, which turn your phone into a unique device.

Whatever may be said against mobile phones their advantages have always scored over their disadvantages. They have proved useful for every purpose. Nothing is as comfortable as a mobile phone for communicating over a distance. You cannot be present at the same time at more than one place, but if required you can just make use of your mobile phone and get your work done.

Mobile phones have definitely become the most vital part of our lives. It is hard to imagine life without mobiles. Indeed, mobile phones keep you connected round the clock. They are now inexpensive, easy to use, comfortable and equipped with almost every latest feature you desire. Today, a technologically advanced mobile phone can perform as many tasks as well as that of a personal computer. Even remote countries have started having mobile phone services.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**\*a craze** – идея фикс, пунктик

**2.** The author explains why people need mobile phones nowadays. Find this extract and read it aloud.

**3.** What features can be found in modern mobile phones?

**4.** Why are mobile phones a vital part of our life?

**№ 60**

**1.** Read the article and say in 2-3 sentences what it is about.

# READY-MADE MEALS

It started with shepherd's pie 30 years ago and now ready-made meals have transformed the nation's eating habits.

Britons spent £1.9 billion on ready-made meals last year, twice as much as the French and Germans, four times as much as the Italians and six times as much as the Spanish. Nearly one in three British adults eats a ready-made meal more than once a week. Some claim that the reason for it is an excuse "Can't cook, won't cook". However, others consider it to be a case of culture.

The ready-made meal boom also reflects changing social trends in Britain. More people live alone and so are less likely to cook. And with families eating apart more often, ready-meals allow people to eat what they want when they want.

But ready meals also reflect changing tastes in food. Britain's multi- culturalism has brought a wider range of restaurants than other European countries, and ethnic cuisines, which people are often scared of cooking, arc far more popular. One quarter of chilled meals are Indian, and nearly one in five is Chinese. Traditional British food accounts for only 18 per cent of sales.

The quality of ready-made meals has become better since the 1970s. However, Dr Jebb says: "Ready-made meals tend to be higher in fat, sugar and salt than the meals we would cook ourselves at home. Fat is cheap and it adds flavour. Most of the salt we eat is added by manufacturers — people like it." But it is not necessarily bad. People can choose healthy options, or have ready-made salads. There is a whole generation that has been brought up with ready meals. They haven't grown up with cooking, they have neither the ability nor the desire to cook.

If we cook, we are interested in life. For many of us, cooking is a way of keeping some control over our own health and happiness. There is no way to guarantee a long and healthy life, but there are three ways to make it possible. The first is to drink a lot of water, the second is to walk a lot and the third is to cook.

**2.** The author tells us about the fact that people eat more ready-made meals in Britain than in any other country. Find this extract and read it aloud.

**3.** What does Dr Jebb think about ready-made meals?

**4.** Why do people need to cook?

**№ 61**

**1.** Read the article and say in 2-3 sentences what it is about.

# HOW TO BECOME RICH

I believe that even people who are deeply in debt can become wealthy in ten years or less.

The first step is taking control of spending. So, start living on less than you make. Track your spending for a month. Then review your notes to see where you can make cuts. The next step is looking towards tomorrow. Even people happy in their jobs today understand that things are changing in every profession and that they might not be secure tomorrow.

Lastly, these people are saving like crazy ones. Now is not the time to buy that 42-inch flat-screen TV if you can't afford it.

A poor person should really learn to be as optimistic as a millionaire. Try this simple exercise. For the next three days, notice and write down five good things happening in your world. After three days, you'll see that good things are part of a pattern in your life. This will make you more optimistic, and optimism is a wealth magnet. Study after study shows that people with faith in themselves and in the future get more jobs and keep more jobs. They save for tomorrow rather than spend for today because they're convinced there will be a tomorrow.

I`ve designed a set of special exercises to help people overcome financial difficulties. The exercises are valuable because they help make changes real and they give you a goal and focus. Most involve keeping a journal or asking yourself challenging questions. One that's really valuable is writing about yourself in the third person. New research shows that when you write about yourself as 'he' or 'she,' it takes away some of the self-consciousness. You can see if you're emphasizing positive or negative attributes and understand how others see you. From there, you can start to make changes.

The research being done by psychologist Bob Emmons on gratitude\* made a difference. His idea is that grateful individuals lead happier, more successful lives. Bob got me to appreciate the everyday — to stop comparing, to do things for others, to use visual aids to stimulate me, like the sign I put up in my house that says 'Breathe.' In this economy, it's something everyone needs to remember.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**\*gratitude** – благодарность, признательность

**2.** The author gives advice on how to become wealthy. Find this extract and read it aloud.

**3.** What exercises should a person do to overcome financial difficulties?

**4.** Why is it important for people to feel optimistic if they want to get rich?

**№ 62**

**1.** Read the article and say in 2-3 sentences what it is about.

# HOW I GOT TO THE TOP

I was either ten or eleven when I wrote my first song. I don't remember. My mum was struggling financially and emotionally, so I didn't talk a lot. Finally, she told me if I couldn't talk about what was bothering me, I should write about it. So she gave me a notebook, and my poems turned into lyrics.

I grew up in a very hardworking family. But we didn't have lots of money. I was the kid whom friends' parents bought Christmas presents for. One year, though, when I was in the sixth grade, my mom got a bonus at work, and instead of paying off bills, she bought me a CD player and four CDs.

I eventually got several college music scholarships but passed on them to move to Los Angeles in 2001. Everyone thought I was crazy to do it, but I moved to California anyway and got work singing backup\*. A friend and I lived in a house with some other people, and we finally saved enough money to get our own place. The day we moved into our apartment, the building burned down. I stayed in my car for a few days so I could get enough money to drive back to Texas. When I got home, a friend told me about the American Idol audition\* in Dallas.

Looking back on the show, I find it strange going back and performing on Idol last spring. Everyone was always supportive and nice. But I think they were so nice because no one thought I was going to win. Members of the crew came up to me after the finale and told me they didn't think I could have won.

I recently gave a self-esteem workshop for Girl Scouts in Nashville, and I told the girls that I wasn't a role model for my weight. Sometimes I'm thicker when I'm around my family and I'm eating more. Sometimes I'm thinner because I'm on the road and that takes a lot out of me. But I do feel it's important to talk to girls about weight. They see these images, and there's no way they'll ever live up to them.

Everyone says I'm down-to-earth. It would be very hard for me to keep up any sort of celebrity persona. It's just not me. I'm comfortable in my skin. I'm outspoken. I don't know any other way to be.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**\*a backup** – подпевка

**\*an audition** – проба, прослушивание

**2.** The author explains what made her write songs. Find this extract and read it aloud.

**3.** Why were all the people nice to her during the show?

**4**. What did she talk to Girl Scouts in Nashville about?

**№ 63**

**1.** Read the article and say in 2-3 sentences what it is about.

# ADLER PLANETARIUM HONOURS YURI GAGARIN

The Adler Planetarium in Chicago, Illinois has honoured Russian cosmonaut Yuri Gagarin. He was the first person to travel to space. He made the flight on April the twelfth, 1961. Now, fifty years later, the Adler Planetarium is celebrating with a new sculpture of the man. Russian officials in Moscow donated the Gagarin sculpture to Chicago.

The planetarium opened in 1930, the country's first museum of astronomy. The Adler has always honoured scientific gains made by the Americans. But now the museum is working to honour astronomical achievements made by other nations as well.

Former Romanian cosmonaut Dumitru-Dorin Prunariu attended the ceremony to honour Yuri Gagarin. Twenty years after he became the first man in space, Mr Prunariu flew to space on a Soyuz rocket. That was in 1981. He remains Romania's only cosmonaut.

Mr Prunariu was eight year old when Gagarin made the flight. He remembers the moment he heard about it.

"I was in the house together with my sister and mother listening to the radio. And the radio stopped and very important news was broadcast about the flight of the first human into outer space... Yuri Gagarin showed us how to break frontiers, the frontier of the atmosphere."

James Andrews is a Russian history expert at Iowa State University in Ames, Iowa. He says Gagarin's flight shocked Americans, coming just three and a half years after the Soviets launched the Sputnik satellite. But America soon stole the world's attention with its Earth orbits and trips to the moon.

The president of the Adler Planetarium is Paul Knappenberger. He says, in the past, the Adler had not really shown what other nations were doing in space. But he said, "that is something we are working on now."

Mr Knappenberger says the Adler is expanding. He says plans include a new building. The new museum will feature the history of space exploration by Americans and Soviets. It will also show current, international activity connected to space travel; the private industry now involved in space flight will also be included.

**2.** The author describes how the Adler Planetarium is expanding. Find this extract and read it aloud.

**3.** What is Mr Prunariu grateful to Yuri Gagarin for?

**4.** Why did the Adler decide to include Yuri Gagarin's sculpture into its exhibition?

**№ 64**

**1.** Read the article and say in 2-3 sentences what it is about.

# HALLOWEEN

Halloween is always celebrated on 31 October. On that night, many people will look like frightening creatures such as vampires or ghosts. They do this with the help of special clothing and face paint.

Halloween traditions developed from Celtic beliefs in ancient Britain. The Celts believed that spirits of the dead would return to their homes on October the thirty-first, the day of the autumn feast. They built huge fires to frighten away evil spirits that night.

People from Scotland and Ireland brought these ideas with them when they came to America. Some believed that spirits played tricks on people on the last night of October. Historians say many of the Halloween traditions of today developed from those of ancient times. They say that wearing a mask to hide a person's face is similar to the way ancient villagers covered their faces to make evil spirits go away.

On Halloween night, American children put on masks and other clothing. They go from home to home shouting "Trick or treat"! If the people in the homes do not give them a treat, the children may play a trick on them.

Some adults put on costumes and attend Halloween parties. They also decorate their homes. They might clean out the insides of pumpkins and cut funny faces on the surface. Then, they place a burning candle inside. Some hang fake\* bats, spider webs and other things around the home.

The National Retail Federation is predicting that Americans will spend more on Halloween treats and products this year. The group says about six point nine billion dollars will be spent in all. That is eighteen percent more than last year when Americans spent five point eight billion dollars to celebrate Halloween.

The National Retail Federation also has information about what Americans will be wearing for Halloween this year. It says zombie costumes are tops among women, men and children.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**\*fake** – поддельный, искусственный

**2.** The author describes how the ideas of celebrating Halloween came to the USA. Find this extract and read it aloud.

**3.** What do adults and children do to get ready for Halloween?

**4.** Why do many people celebrate this holiday nowadays?

**№ 65**

**1.** Read the article and say in 2-3 sentences what it is about.

# FELT BOOTS\* ARE FEAST FOR THE EYES

The financial-economic crisis of the 2009 was the third of its kind for Smilovichi Felting Factory's Director, Vasily Saban. However, each time his unique company recovered from its challenging situation. Mr Saban, 55, has not only survived these times of trouble but has discovered a solution for 'his' factory — the company modernized its felt boot production, with the range of wool-made products expanded.

"This branch may be one of the oldest but it has seen progress," says Mr Saban, looking at black-and-white photos from the 1950- 1960s. "In 1928 Smilovichi staff made just 8—10 pairs of felt boots daily; the figure is ten times larger now, the quality has also improved. We are now working on making women's felt boots more attractive and fashionable, without giving them high heels!"

Felt boots have been worn for over two centuries but still enjoy popularity with villagers, builders, the military, steel workers and ice fishermen. In recent years, felt boots have even gained special status, being bought in Russia, the Baltic States, Ukraine and Finland; Smilovichi-made footwear is worn with pleasure.

The company makes 37 different woolen products — including felt boots for children and adults, technical felt, woolen blankets and pillows, and sets for banyas. Its major supplies of raw materials are based in Russia, Uzbekistan, Kazakhstan, Turkmenistan. The company has managed not only to avoid bankruptcy but to advance significantly in its traditional manufacture. The process of felt boot making is complicated and labour intensive, including 36 operations, with only a few of them mechanised.

...I went to Smilovichi to buy felt boots for my sister and ended up buying some for myself and my family. They are beautiful and warm and environmentally friendly, being produced from sheep's wool, without addictive and synthetic glue\*. Anyone wearing Smilovichi-made felt boots must surely feel warm; their footwear has been made with love and keeps the warmth of their makers' hands.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**\*felt boots** – валенки

**\*glue** – клей

**2.** The director of the felting factory tells us about the factory's achievements over the years. Find this extract and read it aloud.

**3.** What does the factory produce?

**4.** Why are felt boots becoming more and more popular all over the world?

**№ 66**

**1.** Read the article and say in 2-3 sentences what it is about.

# VILLAGE WITH HISTORY OF A CITY

Rakov is a wonderful place. Once it was a big city — a cultural, religious and economic centre. Today, it's just a village located 40 km from Minsk.

I've heard plenty of stories about the origin of this unusual name — Rakov. Some connect the name with the Belarusian word 'raka', or the first settler, named Rak, or, even, the ancient Egyptian sun god Ra.

Rakov was first mentioned in written chronicles\* in the 15th century — noted as a place owned by the great Lithuanian dukes. 150 years later, it became a town at the centre of Rakov county, with a castle, governor and constitution. A famous Belarusian nobleman and composer Michal Oginski also owned Rakov county for some time.

Rakov reached its height of power in the 17th century, when it was owned by the Sanguszko family. Anna Sanguszko — the wife of one of the Radziwills — set up in her native city the manufacture of ceramic ware\* that enjoyed great popularity all over Belarus. Ceramic pots, angel figurines and baking dishes are still found buried beneath Rakov.

Today, Rakov has neither factories nor workshops. However, its residents are proud of their clean air and wonderful landscapes. A complex of several-storey red-brick buildings, constructed in an unusual style in a Rakov residents' garden, stands out against the village's architectural landscape. A large inscription\* on the facade reads: 'Museum. Art-Gallery'.

Felix Yanushkevich — a restorer and a famous artist (his pictures are hung even in the Tretyakov Gallery) — owns the place. The gallery shows Felix's works, as well as pieces by his no less talented brothers. Moreover, it holds ancient documents, furniture, musical instruments, ceramic ware. Today, the gallery has over 12,000 exhibits.

Silver water of the Rakov holy spring\* is running through my fingers again. What will happen if I drop a coin? They say it means that you're sure to return. I certainly wish to come back, since I've truly enjoyed seeing this unusual village with the history of a city.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**\*a chronicle** – хроника, летопись

**\*ceramic ware** – керамика

**\*an inscription** – надпись

**\*a spring** – источник, ключ, родник

**2.** The author tells us when Rakov was first mentioned in the chronicles and some facts about the town's history. Find this extract and read it aloud.

**3.** What museum is situated in Rakov?

**4.** Why will it be interesting for people to visit Rakov?

**№ 67**

**1.** Read the article and say in 2-3 sentences what it is about.

# NAMES GUIDE OUR DESTINY

If there is such a nation as Belarus, then there should be purely Belarusian family names. In the mid-20th century, academician Nikolay Birillo began searching for Belarusian family names. Family names ending with 'vich', such as Mitskevich or 'sky', such as Ivanovsky denote nobility\*. Scientists say that names ending with 'vich' appeared in the 15th century while those with 'sky' date back to the 17th century. Meanwhile, names ending with 'ov' — such as Ivanov — only appeared in the 19th century; they are similar to those met in Russia and Ukraine.

Belarusian names have unique national features, being formed from the name of professions, animals and plants: Gonchar (potter), Kravets (tailor), Zhaba (frog). Later, these simple names were supplemented with specific endings — depending on the locality: 'eiko' (Domeiko), 'ushko' (Adamushko), 'ik' (Davydik), as a result, more complicated family names appeared.

Last year, sixteen girls in Minsk were named Eva, but there were no Adams registered. Thus, fashion is important while choosing first names.

The same names do not remain popular forever. Natasha was extremely popular about half a century ago; now it isn't. Film and book characters have always been popular and, today, parents are choosing names relating to the church calendar. Among the rarest names are Taisia, Dominika, Karolina and Evelina. Vera, Nadezhda and Lyubov are also less popular, unlike Sofia. For boys, Alexander is popular, while Victor has lost its popularity.

Double names are rarely met, however, an interesting case has been registered in Minsk. A 28-year-old mother and 32-year-old father named their daughter Yelizaveta. Unfortunately, the baby was born needing help to breathe. Her mother prayed to the Virgin Mary and a miracle happened; their daughter recovered. The parents then decided to add another name, so their daughter became Yelizaveta-Maria — in honour of the saint who saved her life.

We are responsible in selecting names, as we see them not as labels but as names that may govern destiny.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**\*nobility** – дворянство

**2.** The author tells us about some national features in Belarusian last names. Find this extract and read it aloud.

**3.** How do parents choose names for their children?

**4.** Why did Nikolay Birillo decide to study Belarusian family names?

**№ 68**

**1.** Read the article and say in 2-3 sentences what it is about.

# NEVER FORGOTTEN

The first stone has been laid in the foundation of the new building of the Museum of Great Patriotic War History. A time capsule has been laid into the foundation and, by spring 2013, the building is to open. Architects have done their best to make the five-storey, multi-level building, with each of its four sections symbolising a year of the war.

The decision to set up a museum dedicated to the fight against Nazi fascism was taken in 1942. It opened its doors in Minsk in July 1944. Millions of people have visited it since and, with the passing years, the need for a new, more spacious and well-equipped building has become clear. Each year, over 150,000 people visit the museum. Of course, they hope to find objective information and leave with a lasting impression.

The new museum will be located near the centre of the Belarusian capital, on a hill near the Minsk-Hero-City Memorial and Pobedy Park. It will primarily reflect the heroic deeds of the Belarusian people and the big role of the Red Army in defeating Nazis. However, technical innovations, such as dynamically lit electronic maps, electronic catalogues, interactive facilities will help visitors to receive brighter impressions.

We cannot change the fact that fewer witnesses of those dramatic military battles survive today, but we can preserve the past for new generations. Most schools in Belarus have a small museum of military glory, set up by enthusiasts. Professional historians have done much to develop this patriotic movement, preparing dozens of educational textbooks for pupils and teachers, helping to explain the events of 1941 — 1945.

Why is interest in these distant events so keen? The territory of contemporary Belarus has seen over 200 wars in the past centuries and our nation showed heroism and patriotism on so many occasions. From 1941 — 1945, we fought against Europe's strongest army. Belarus paid a high price for its victory — 9,200 towns and villages were burnt and there were millions of victims. This can never be forgotten.

**2.** The author explains when the museum was created and how it has changed over the years. Find this extract and read it aloud.

**3.** What will the visitors be able to see in the new museum?

**4.** Why are people interested in the Museum of Great Patriotic War History?

**№ 69**

**1.** Read the article and say in 2-3 sentences what it is about.

# STONE PEARL

When you stand below the ancient domes\* of the mysterious Kolozhskaya Church — also known as St. Boris and Hleb's — located on the River Nieman for several centuries, you feel the long fingers of history reaching down to you. Built in the 1180s, Kolozhskaya church is Belarus' oldest building. Now, it aims to join UNESCO's World Heritage List.

Soon, the church is to be reconstructed. The layer of earth under the church has a complex structure, being strong only at the very bottom; the above lying sands washed away by passing water. What is more, the church suffered from landslides\* in the 19th century, with half of its walls falling into the River Nieman.

Half of the church building in Grodno has survived, while the other is lost. Much work lies ahead. Everything that remains of the ancient church will be carefully restored, with help from Polish and Russian specialists.

We can see the initial appearance of St. Boris and Hleb's Church by studying Makowski and Ziindt engravings from the 16—17th centuries, as well as a photo taken in 1853 by Mikhail Kulesh and a mid-19th century photo. The original Kolozha walls are to be preserved without much interference while the ruined parts will be reconstructed by using traditional methods.

Meanwhile, the existing historical constructions are the first to be reinforced: the northern wall and a fragment of the altar, as well as the foundations of the church, need to be supported.

The church is to be equipped with the necessary modern facilities inside: under- floor heating, lighting, ventilation and an alarm system. These will ensure the future safety of the building, with the under-floor heating keeping the environment at a constant temperature.

Parish\* facilities are to be built 70m from Kolozhsky Park's main avenue, offering Sunday school classes, a prayer hall, a baptismal room and a library. These will host divine services while restoration takes place.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**\*a dome** – купол

**\*a landslide** – обвал, оползень

**\*a parish** – церковный приход

**2.** The author explains why the church needs to be reconstructed. Find this extract and read it aloud.

**3.** How do the scientists know what the church looked like before?

**4.** Why will the church have all the modern facilities?

**№ 70**

**1.** Read the article and say in 2-3 sentences what it is about.

# SURPRISE PARTY

Liz was just finishing the final details for the surprise party she was planning for her husband. She had been thoroughly preparing for this event, designing every aspect of the party from the invitations to the food, and she was very excited about it. Family members whom Andrew hadn't seen in years were flying in from Poland in a few days. Liz had tracked down several college friends, and they were coming from various places across the country. A band and dancers were invited.

The best part for Liz was that she knew Andrew did not have any idea about the party. She could not wait to see the look on his face when he walked into a big "Surprise!" in his own home.

The party was supposed to be on Saturday. As Liz was daydreaming about picking relatives up at the airport the next day and taking them to their hotel, Andrew walked into the kitchen and said, quite certainly, "Sweetheart, I don't want anything special done for my birthday."

"What do you mean?" Liz responded calmly, though her heart began to beat.

"I mean that I don't want a surprise party."

"Okay," Liz said. "Not a problem."

Liz's mind raced. There was nothing she could do about Andrew's request now. And, frankly, she didn't want to. Liz had been planning this for more than a year. The party would go off as she intended. She did not want all of her effort to fail.

When Andrew came home Saturday evening from playing soccer with friends, he was shocked. Tears filled his eyes. This response was something Liz had not predicted. Among the crowd he saw friends whom he had not seen in nearly 20 years and family members who had come from Poland just for this evening. But along with being deeply moved, he was also angry with his wife. He knew he could be emotional, and he did not like people to see him that way. That was why he did not like being surprised.

Salsa music filled the home of Liz and Andrew. Liz whispered "I love you" in Andrew's ear, they shared a kiss, and the two danced the whole night.

**2.** The author describes the preparations Liz made for the birthday party. Find this extract and read it aloud.

**3.** What did Andrew ask Liz for?

**4.** How did Andrew feel at the party?