

DAY 45 Bulgarian radio can play modern music again

Radio listeners in Bulgaria can now start listening to modern music again. For the past two months, they could only listen to music that was over 70 years old. A dispute over copyright meant the Bulgarian National Radio (BNR) could not play any



pop music. Listeners could only listen to classical music or folk songs that were recorded before World War II. In the European Union, copyright disappears 70 years after an artist's death. BNR has now signed a deal with the copyright organization. In the deal, BNR will pay more royalty fees. A part of these fees go to the singer, band, composer or songwriter of a song or a piece of music. Every time the radio plays a song, it must pay royalties to the artist.

Something surprising happened during the two-month dispute over copyright and royalties. The number of listeners to BNR's shows increased by 20 per cent. After the radio station started playing only Bulgarian folk tunes, classical music and pre-war jazz, more people started listening to the radio. It seems many listeners are more interested in listening to older music than Justin Bieber and Taylor Swift. BNR is now thinking about changing its music programming. BNR boss Aleksandar Velev said there could even be

new radio stations. Mr Velev told reporters: "We will not change the profiles of the current radio shows. Instead, we will launch new radio stations with more types of music."

WORD CHECK UP

- 1. Dispute /dɪˈspjuːt/
- 2. Copyright /ˈkɒpɪˌraɪt/
- 3. Royalty /ˈrɔɪ.əl.ti/
- 4. **TRUE / FALSE: Read the headline. Guess if a-h below are true (T) or false (F).**

Radio listeners in Bulgaria could not listen to pop music for two years. T / F

The reason the radio could not play pop music was a copyright dispute. T / F

Radio listeners could only listen to pre-World War II music. T / F

The radio station has agreed to pay artists more in royalties. T / F

The radio station got 20% more listeners by playing the older music. T / F

The article said people in Bulgaria prefer Justin Bieber to old music. T / F

The radio station boss said he would not change the programming. T / F

The boss said there would not be any new radio stations. T / F

DAY 46

Don't flatter yourself !!!

Jean	What is that noise ?
Harry	What noise?
Jean	I hear a girl saying "Harry, honey. Please pick up the phone, you stud..."
Harry	Oh! That's my new cell phone. It must be my latest squeeze, Jane.
Jean	Jane ?
Harry	Yeah. She's totally into me. She calls me all the time.
Jean	Don't flatter yourself!

Explanation :

If someone says to you '**don't flatter yourself**', they mean that they disagree with your good opinion of yourself.

Example : **I flatter myself** that this campaign will put an end to the war.

KEY WORDS AND PHRASE

- 1. Adverse /æd'vɜrs, 'æd·vɜrs/
- 2. Insufficient /,ɪn·sə'fɪ·ənt/
- 3. Appoint /ɪn'æd·ɪ·kwət/

Pattern Practice

- 1. Her policies may have adverse effects on the economy.
- 2. How can you pay this, you have insufficient fund in your account?
- 3. Just appoint someone who can make the job done quickly.

DAY 47 Mothers get less sleep than fathers

This news might not come as a great surprise to mothers, but a new study confirms that moms (and mums) get less sleep than fathers. Researchers at Georgia Southern University in the USA analyzed data on the sleeping habits and patterns of nearly



3,000 women and 3,000 men. They wanted to get to the bottom of what affects adults' sleep. The researchers discovered that having children in the house leads to sleep deprivation in many mothers. Motherhood significantly reduced the number of hours a mother slept each night. Unsurprisingly, this had an adverse effect on mothers' energy levels and tiredness during the day. The study found that fathers' sleep remained largely unaffected by having kids in the house.

The study reveals that children were the biggest cause of mothers being sleep deprived. Dr Kelly Sullivan, co-author of the report, said each child increased a woman's risk of getting insufficient sleep by 46 per cent. In addition, 48 per cent of mothers under 45 reported getting an average of seven hours of sleep a night, compared with 62 per cent of women of the same age who did not

have children at home. Dr Sullivan said a lack of sleep negatively impacts physical and mental well-being. It increases the risk of diabetes, obesity, cardiovascular disease, and depression. She added: "It's important to learn what is keeping people from getting the rest they need so we can help them work towards better health."

WORD CHECK UP

1. Confirm /kən'fɜrm/
2. Unaffected /,ʌn·ə'fek·tɪd/
3. Obesity /əv'bi:.sə.ti/

TRUE / FALSE: Read the headline. Guess if a-h below are true (T) or false (F).

The article says there is news that will be a big surprise to mothers. T / F

Researchers looked at data on over 6,000 mothers. T / F

Researchers found that motherhood energizes women during the day. T / F

Men's sleep was not affected by children in the house. T / F

Children are the biggest cause of mothers not sleeping. T / F

A child increased the chance of a mother not sleeping by 46%. T / F

Insufficient sleep can lead to overeating and being overweight. T / F

A doctor said women should take lessons on how to sleep. T / F

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Day 48

In the air !!!

Jenny	Vanessa! Guess what. Leo proposed to me!
Vanessa	Wow. Love is in the air . Did you accept?
Jenny	Not yet. I have some doubts...like the age fac I'm really robbing the cradle here.
Vanessa	So he's eight years younger...he's mature for age.
Jenny	I'm worried about the cultural differences, to
Vanessa	You guys have the same interests and similar personalities. AND you have the same dream

Explanation :

If something is **in the air** it is felt to be present, but it is not talked about

Example :

There was great excitement **in the air ...**

KEY WORDS AND PHRASE

- 1. Immune /ɪ'mjun/
- 2. Contrast /'kɒn·træst/
- 3. Revelation /,rev·ə'leɪ·ʃən/

Pattern Practice

- 1. She is quite petite, in contrast with her tall sister.
- 2. The vaccine would make infants immune to bacteria that can cause middle ear infections.
- 3. The first planet discovered around an ordinary star was a strange and unexpected revelation.

DAY 49 Fasting may lead to health benefits

Scientists have conducted tests on mice showing that fasting could have many health benefits. Fasting is eating or drinking very little or nothing for a short period of time. It is usually around 24 hours but can be for a few days. The tests



were carried out by scientists at universities in the USA and Italy. They found that occasional fasting in mice could reduce the risk of diabetes, heart disease, cancer and other diseases. The scientists fed mice for four days on a low-calorie, low-protein and low-carbohydrate but high-fat diet. They then gave the mice just 10% of their normal calorie intake for three days. The scientists found this diet made the pancreas in the mice work better.

The pancreas is an organ in the body that uses special cells called beta cells to produce the hormone insulin. The body uses insulin to break down glucose (a kind of sugar) in the blood. People with diabetes have trouble producing enough insulin so they have health problems because there is too much sugar in their blood. This can cause death. In type 1 diabetes, the pancreas stops producing insulin. In type 2 diabetes, either not enough insulin is produced or

the insulin that is produced has no effect. Scientists said the mice on the fasting diet produced increased amounts of beta cells and insulin. They said their results were very promising and that tests now need to be done on humans.

WORD CHECK UP

1. Fast /fæst/
2. Pancreas /'pæn.kri.əs, 'pæŋ-/
3. Insulin /'ɪn.sə.lən/

TRUE / FALSE: Read the headline. Guess if a-h below are true (T) or false (F).

Scientists did tests on monkeys to show the effects of fasting. T / F

The tests were conducted by universities in two different countries. T / F

Scientists found that occasional fasting could cut the risk of cancer. T / F

Scientists found that fasting made the pancreas in the body work better. T / F

The pancreas is an organ that produces alpha cells to make insulin. T / F

Insulin helps to break down glucose in the blood. T / F

In type 2 diabetes, too much insulin is produced. T / F

Scientists made promises to each other because of their test results. T / F

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