

LECTURE NOTES

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EXECUTIVE SUMMARY

Come into the shop to show also away their school reports what they've achieved some bring their friends along. Literally may make us feel better researchers have been studying why hugs make us feel feel. Your listen owing to a learned through listening podcast from adept english were all about helping you learn to speak english naturally through listening to interesting topics three positive news stories that will restore your faith in people.

COMPLETE TRANSCRIPTION

1. When was the last time you heard genuinely good news if you watch the news or open your news app it can be overwhelming to march the news feels negative. It can make us anxious with good reason some of it i'm hillary. Your listen owing to a learned through listening podcast from adept english were all about helping you learn to speak english naturally through listening to interesting topics three positive news stories that will restore your faith in people.
2. Make you feel better it's just an eleven minute lesson. While you're listening you'll learn some great english vocabulary along the way what better way to stop twenty twenty six. What better way for your brain to be doing it's english language learning today don't forget to listen more than once. That you rarely get the benefit hello i'm hillary. You're listening to adapt english we will help you to speak english fluently all you have to do is listen.

3. Stop listening now. Find out how it works first of all the remarkable actions of a man from staten island in new york this makes our first positive news story the man's name whale owl salway. He runs a small shop selling groceries food in other words in the uk his type of shop would be called a corner shop. In the new york area it's called a bodega b o d e g a that's american english being influenced by a spanish word.

4. Whale a solid way the manager of zack's finest deli. Go grocery that's the name of the shop well he's also well known on tiktok as island auc because he's doing something that is changing his community whale a thow salway is giving free food to children who bring him their school reports with good grades a school report what is the report a child gets from school on their progress or lack of.

5. A grade a b c d e shows the child. The parents how well the child's doing at school whale a salway says students who get eighty to ninety percent in their grade ts can choose whatever they want from the store. Those who get seventy to eighty percent can take home ten dollars worth of food items students with lower grades who show improvement also get treats as do children with perfect attendance at school that means they go every day.

6. Don't miss any all ones who are made student of the month. Students grades children's grades can be a letter a b c d e or as here expressed as a percentage these children many from families in staten island who struggle with money they're being given motivation incentive to work hard at school. Incentive i n c e n t i v e is something that motivates you or encourages certain behavior in this case it's good grades for groceries whale also away started this initiative in twenty twenty three every initiative that i n i t i a t i v e meaning a new project designed to solve a problem he started it because he noticed how many children didn't seem to get enough to eat.

7. He thought why not give them a reason to work hard in school at the same time. It's interesting given the choice of free groceries many children opt for things like eggs milk bread or rice to take home to their family a sure sign of poverty p o v e r t y it all started with whale also away giving way one child the promise of a milkshake for improving his grades.

8. Now lots of children come to the shop. It's become quite well known through tiktok i'll sell away is from yemen. His three children still live there whale al salway says i've got my own kids back home. It makes me happy to see other kids happy then it's having quite an effect children are studying harder. Come into the shop to show also away their school reports what they've achieved some bring their friends along.

9. Parents come into the show shop to thank him what a remarkable thing one person one small shop making a real difference. That's one story that you might call heart warming. Let's look at something else. Literally may make us feel better researchers have been studying why hugs make

us feel feel. Much better a hug h u g is when you put your arms around someone when you hold them close children all seem to know the value of hugs even if the adults forget according to research when we hug someone who we trust.

10. Care about our bodies real please oxytocin that oxytocin o x y t o c i n people sometimes call oxytocin the bonding hormone because it helps us feel connected to other people. Here is another effect of it at the same time as your oxytocin level is rising when you have a hug another chemical cortisol is reducing going down cortisol c o r t i s o l that's your stress hormone also it's known when you're anxious or worried your cortisol level can be high hi.

11. Basically a proper hug is doing two things at once in your body it's increasing the feel good chemical oxytocin while reducing the stress chemical cortisol it's like a chemical see-saw. You may remember that i talked about oxytocin. Cortisol in subscription episode one for one cold why cortisol is not all bad it's well worth understanding these brain chemicals understanding humans is not just about their psychology it's also about their brain chemistry both are important anyway the researchers found the warm hugs close physical contact with someone you love can actually lower your heart rate reduce anxiety.

12. Even boost your immune system my goodness all from a hug if there was a drug that did that we'd all be taking it. There isn't just have looks. Probably we knew this already didn't we we've always known that this matters. Hugs are particularly important to children sometimes science is just catching up. Providing evidence for things that human beings have known for thousands of years now if you're enjoyed owing the stories.

13. You find it difficult to understand the english than working on your basic vocabulary may help research i once saw said language learners sometimes take up to ten years to learn the basic words in a language i will cause the five hundred most common words will make sure you're not one of those people this cause only uses the most common five hundred words to make sure that you really know them.

14. When you start to speak it can be surprising how much you can say with just the most common five hundred words after all they may copes seventy to eighty percent of our conversation. This will make the podcast much easier for you go to adapting dish dot com. Click on where it says courses at the top of the page you're looking for the five hundred most common words course you'll be pleased you did right.

15. To our good news stories the third one have you ever looked after a child who has severe allergic reactions. Allergic reaction can happen in response to something like eating peanuts if it's extreme the reaction is called anaphylaxis this baps a n a p h y l a x i s. I imagined that the word is similar in your language if someone has an allergic reaction that is bad enough to cause possible anaphylaxis they can die.

16. The person usually has to be injected with adrenalin to save their life. Stop the reaction. Many people including children with these extreme allergies carry around what's known as an epi pen e p i p e n as a parent of either your own child or or when you're looking after other people's children it can feel quite a responsibility to be given one of these epi pens. Told you must inject the child if they start to have severe allergic reaction.

17. Possible anaphylaxis. At last was in the uk. In other countries i'm sure this life saving adrenalin can now be given in the form of a nasal spray nasal meaning you simply spray the liquid up the nose here no need for needles or injections the product in the uk is called e u r neph i n e f f y. It's being given out to people with serious allergies e u r neph i contains two milligrams of adrenaline in a single use nasal spray nasal just means of the nose.

18. As a l at the first sign of anaphylaxis the user inserts the spray into the nose into a nostril. Presses the button to release the full dose the adrenalin goes through the lining of the nose entering the body quickly straight into the blood or blood stream as it's known. This is even if the nose is blocked or the person is unconscious there's no need to breathe it in research studies.

19. Real world data show that he you are neph i delivers adrenalin just as well as a needle making sure of a fast response in an emergency the makers of a u r neph i say this may reduce hesitation or panic during a crisis while i'm sure that's absolutely true you can imagine there would be panic in this situation how many more lives will be saved by a product like this yes i know these new stories may seem small compared to the enormous challenges facing our world.

20. It's good to remember kindness like that of whale owl salway matters in the world. We need to remember that our bodies are amazing we've evolved for a long time yet the ifs effect of hugs is still huge. That last new story shows the importance of progress. The ingenuity of scientists to make better medicines let's have a moment at the start of twenty twenty six to enjoy the positives while learning some great english at the same time time thank you.

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