

TEXT 1**How does Music Affect your Brain?****by UAGC Staff Member**

Published: Dec 8, 2021

- 1 Throw on some headphones, crank up the tunes, and what happens? Your toes and fingers start to tap. Maybe your head and shoulders begin to bob. Pretty soon, you might be on your feet, busting a move, joyously belting out the lyrics. Music has taken over, and your body is now along for the ride.
- 2 While it may be obvious that music impacts you physically, understanding how music and the brain link requires a deep study and an ability to explore the mysteries of the human mind. A fascinating picture is formed of the role music can play in aspects such as brain development, learning, mood, and even your health.
- 3 One of the first things that happens when music that we like enters our brains is the triggering of pleasure centres that release dopamine, a neurotransmitter that makes you feel happy. This response is so quick, the brain can even anticipate the most pleasurable peaks in familiar music and prime itself with an early dopamine rush.
- 4 Beyond simply making you feel good, there is evidence that music can even be good for your health. Research has shown that listening to music is associated with upticks¹ in immunity-boosting antibodies and cells that protect against bacteria and other invaders. Music has also proven to be effective across a variety of treatment scenarios for conditions ranging from premature birth to depression to Parkinson's disease.
- 5 Many of the benefits that music has on the brain are not limited to any single genre². Different styles can produce the same results if they align with your musical preferences. Whether you are listening to the smooth jazz styling of Billie Holiday on vinyl, the classic country sounds of Johnny Cash on YouTube, or The Beatles and their powerful British Invasion rock music on Spotify, in this way, it is the brain's relationship with familiar and favoured music that is key.
- 6 In other cases, the style of music can play a role. When it comes to the best music for learning, experts recommend different genres for different purposes. Upbeat music, including songs with positive lyrics, can provide an energy boost and get your brain primed for learning. Once it is time to buckle down and concentrate, like when you need to read, write, or study your course materials – instrumental music and soothing genres can help you stay calm and focused. Ultimately, each person may develop an approach to studying and music that is uniquely suited to them.

[Adapted from: <www.uagc.edu/blog/how-does-music-affect-your-brain>]

¹ an increase, rise, or upward trend.

² a style or category of art, music, or literature.

TEXT 2**Five Reasons why we Listen to Music**

We usually listen to music to attain specific goals.

by Shahram Heshmat

October 14, 2021

Music is one of the most enjoyable human experiences. Music is an ever-present companion to people's everyday lives.

The key reason people listen to music lies in the reward centre of the brain. Listening to pleasurable music activates areas of the reward system. Musical pleasure arises when a thought process is interrupted in some way. Roughly two percent of the general population do not experience thrills. This incapacity to derive pleasure from music has been called tone-deafness.

The use of music as background entertainment serves to get us into a positive mood or to become more alert. Music can relax the body because brain waves are able to synchronise with the rhythm of a song. People's moods can reflect what they choose to listen to.

Listening to music that was played a lot during a significant life event (e.g., a family celebration) many years ago can trigger a deeply nostalgic emotional experience. The feeling is not in the music, but in what it reminds us of.

People also listen to music because of the impact it has on them: it can make them feel strong positive emotions such as enjoyment or inspiration. People's responses to music are completely subjective. One person might love a piece of music that another person might dislike intensely.

People can use music to express their identity and values to others. Music helps us to show that we belong to a certain social group. Music is part of whom we are.

[Adapted from: <www.psychologytoday.com/us/blog/science-choice/202110/5-reasons-why-we-listen-music>]

TEXT 3**Alexandra** by Mongane Wally Serote

1	Were it possible to say,	1
2	Mother, I have seen more beautiful mothers,	
3	A most loving mother,	
4	And tell her there I will go,	
5	Alexandra, I would have long gone from you.	
6	But we have only one mother, none can replace,	2
7	Just as we have no choice to be born,	
8	We can't choose mothers;	
9	We fall out of them like we fall out of life to death.	
10	And, Alexandra,	3
11	My beginning was knotted to you,	
12	Just like you knot my destiny.	
13	You throb in my inside silences	
14	You are silent in my heart-beat that's loud to me.	
15	Alexandra often I've cried.	
16	When I was thirsty my tongue tasted dust,	
17	Dust burdening your nipples.	
18	I cry Alexandra when I am thirsty.	
19	Your breasts ooze the dirty waters of your dongas,	
20	Waters diluted with the blood of my brothers, your children,	
21	Who once chose dongas for death-beds.	
22	Do you love me Alexandra, or what are you doing to me?	
23	You frighten me, Mama,	4
24	You wear expressions like you would be nasty to me,	
25	You frighten me, Mama,	
26	When I lie on your breast to rest, something tells me	
27	You are bloody cruel.	
28	Alexandra, hell	5
29	What have you done to me?	
30	I have seen people but I feel like I'm not one,	
31	Alexandra what are you doing to me?	
32	I feel I have sunk to such meekness!	
33	I lie flat while others walk on me to far places.	
34	I have gone from you, many times,	
35	I come back.	
36	Alexandra, I love you;	
37	I know	
38	When all these worlds became funny to me,	
39	I silently waded back to you	
40	And amid the rubble I lay,	
41	Simple and black.	

[Source: <www.gimmenotes.co.za>]

TEXT 4**Phenomenal Woman** by Maya Angelou

1	Pretty women wonder where my secret lies.	1
2	I'm not cute or built to suit a fashion model's size	
3	But when I start to tell them,	
4	They think I'm telling lies.	
5	I say,	
6	It's in the reach of my arms,	
7	The span of my hips,	
8	The stride of my step,	
9	The curl of my lips.	
10	I'm a woman	
11	Phenomenally.	
12	Phenomenal woman,	
13	That's me.	
14	I walk into a room	2
15	Just as cool as you please,	
16	And to a man,	
17	The fellows stand or	
18	Fall down on their knees.	
19	Then they swarm around me,	
20	A hive of honeybees.	
21	I say,	
22	It's the fire in my eyes,	
23	And the flash of my teeth,	
24	The swing in my waist,	
25	And the joy in my feet.	
26	I'm a woman	
27	Phenomenally.	
28	Phenomenal woman,	3
29	That's me.	

(Continued on next page)

30	Men themselves have wondered	4
31	What they see in me.	
32	They try so much	
33	But they can't touch	
34	My inner mystery.	
35	When I try to show them,	
36	They say they still can't see.	
37	I say,	
38	It's in the arch of my back,	
39	The sun of my smile,	
40	The ride of my breasts,	
41	The grace of my style.	
42	I'm a woman	
43	Phenomenally.	
44	Phenomenal woman,	
45	That's me.	
46	Now you understand	5
47	Just why my head's not bowed.	
48	I don't shout or jump about	
49	Or have to talk real loud.	
50	When you see me passing,	
51	It ought to make you proud.	
52	I say,	
53	It's in the click of my heels,	
54	The bend of my hair,	
55	the palm of my hand,	
56	The need for my care.	
57	'Cause I'm a woman	
58	Phenomenally.	
59	Phenomenal woman,	
60	That's me.	

[Source: <www.poetryfoundation.org>]

TEXT 5**Spring Welcome Concert** by Teres Dana

1	Spring came to us with a warm wind	1
2	in a glare of the sun in the turquoise skies,	
3	and all the birds came to greet spring and sing,	
4	when the blackbirds announced the joyful surprise.	
5	Starlings and thrushes chilling in the bushes,	2
6	waiting for a signal to start third canto,	
7	while robins and larks, finch with goldfinches	
8	are joining the chorus with murmurando.	
9	The sound of strumming, woodpeckers drumming	3
10	signals the birds-band to start their play.	
11	'Spring welcome concert' – by Nature (sponsored)	
12	the invites to all nature lovers sent	
13	to attend this cheerful birds event.	

[<allpoetry.com/poems/about/Concert>]

TEXT 6



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TEXT 7



[Source: <bfd243c42abce400431710ed849dad1a.jpg (1144x987) (pinimg.com)>]

TEXT 8**The Strangest and Weirdest Musical Instruments in the World**

By Dan Farrant

In the world of music making, there is no shortage of weird instruments. The question at hand remains, are they rightfully musical?

- 1 One of the best examples of 'pack small, play big' in all the world of musical instruments, the **Jew's Harp**, is 1 500 years old. A thin steel reed fastened to a metal or bamboo body is placed between the (7.3.1) lips and plucked (7.3.2).



[Adapted from: <IMG_1452.jpg (2592×1936) (shopify.com)>]

- 2 When you visit the hardware store, you're certainly not looking for a musical instrument. It's so common it is hidden in plain sight. The fact that the **Musical Saw** moonlights³ as a unique musical instrument is astounding and weird. You can get up to three octaves out of a long saw normally used by a person who makes and repairs wooden objects and structures.



[Adapted from: <ourbusinesses--thumb-1415405868.jpg (180×180) (allthemusicalinstrumentsoftheworld.com)>]

³ Moonlights: have a second job, in addition to one's regular employment.