

### Dictation Contest (PRJr, 初級) No. 788

Hi, everyone! Welcome back to PR Junior!

Today you will listen to a story about a baby.

My aunt had a baby a few month[s] ago. So, I have a new cousin. My uncle named him Mason. I met Mason for the first time last week. He was so cute! At first, I did not want to hold him, because I was sure he would cry. After a while, my aunt put him in my arms. He smiled at me and then he fell asleep. I was so happy!

That is all for today, bye-bye!

### Dictation Contest (PR 1, 中級) No. 788

Hey, guys! How's it going?

Last time I told you a bit about my trip back home to the UK. This time, I want to tell you about some things that I did there.

I mostly spent time in my hometown, and often went into Manchester city centre, but I also went down to London. I visited a friend and took lots of street photos. I also visited some other friends up in the Lake District, which is a really beautiful part of the country with only a few small towns and villages and lots of rolling, rural scenery. I definitely recommend going out into the countryside if you ever visit the UK.

Next time, I'll tell you about some specific activities I did. See you then!

Dictation Contest (PR2 上級) No. 788

Hello, everyone. And this is PR2 dictation contest!

Today we'll learn how caffeine wakes you up. Many of you might have known the effect of coffee that can keep you awake and refreshes you, but today we will focus more on the mechanisms. Let's get started!

Once consumed, caffeine is very quickly absorbed and distributed throughout your body, including your brain. It's here that caffeine brings out its most classic effect — helping keep you alert and awake. Caffeine accomplishes this by blocking sleep-promoting receptors in your brain called adenosine receptors. It's able to do so because caffeine looks very similar to one of the naturally occurring molecules in your body that typically binds to these receptors, called adenosine. This substance helps regulate human's sleep or wake cycle. To measure how long a substance like caffeine lasts in your body, scientists use a term called "half-life." This is the time it takes for the starting amount of the substance to reduce by half. According to the FDA, the half-life of caffeine is between four and six hours. This means that up to six hours after drinking a caffeinated beverage, half of the caffeine you consumed is still present in your body. So it is important to consume this at the right time and with the right amount to keep your sleep cycle normal.

That's all for today. See you in class! Bye!