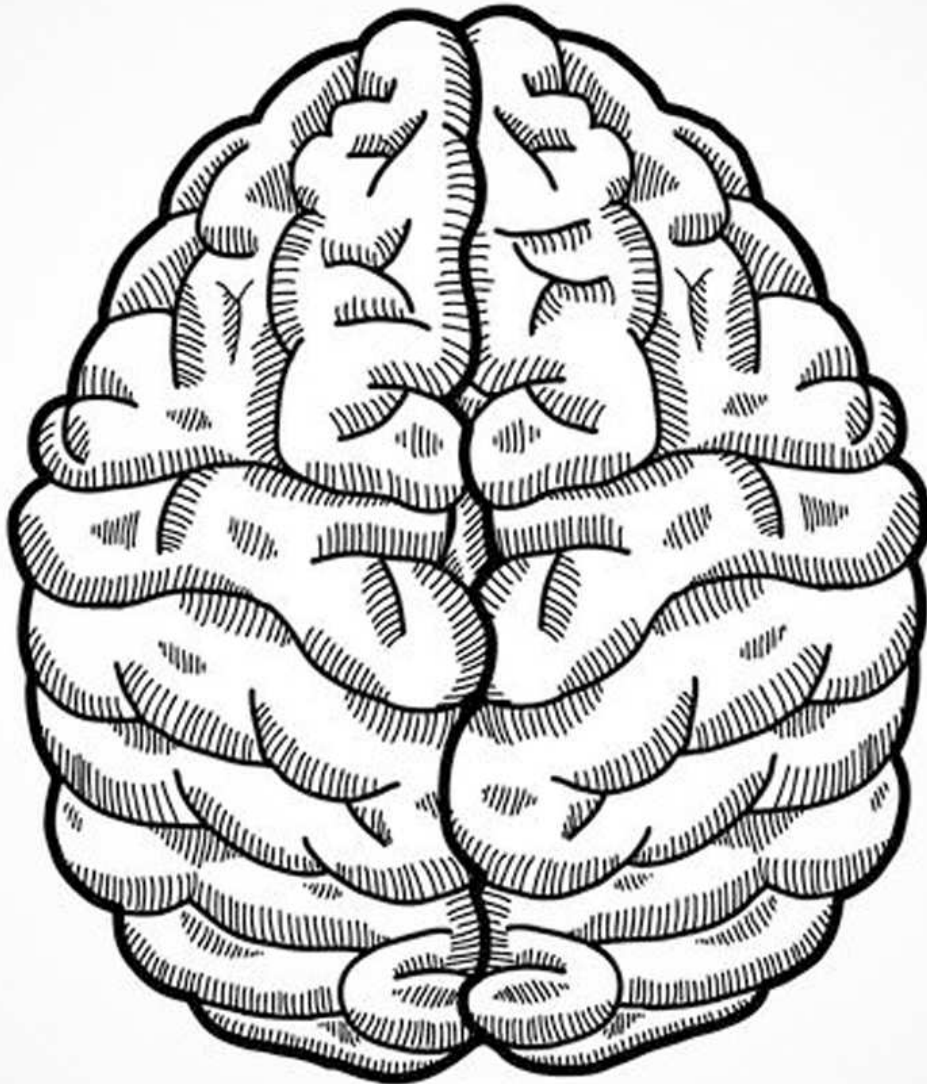


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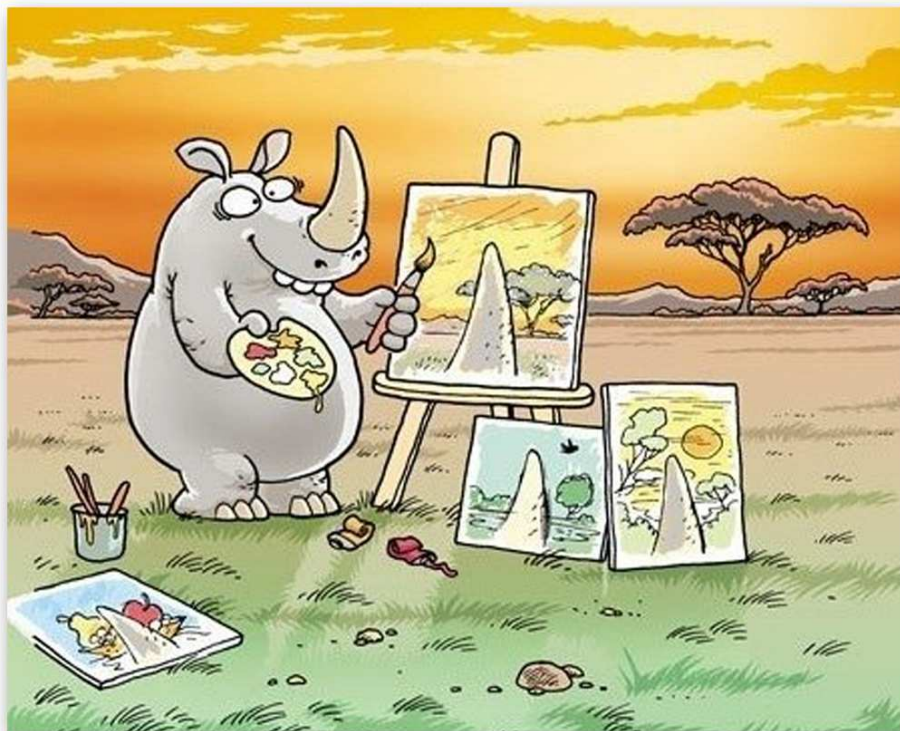
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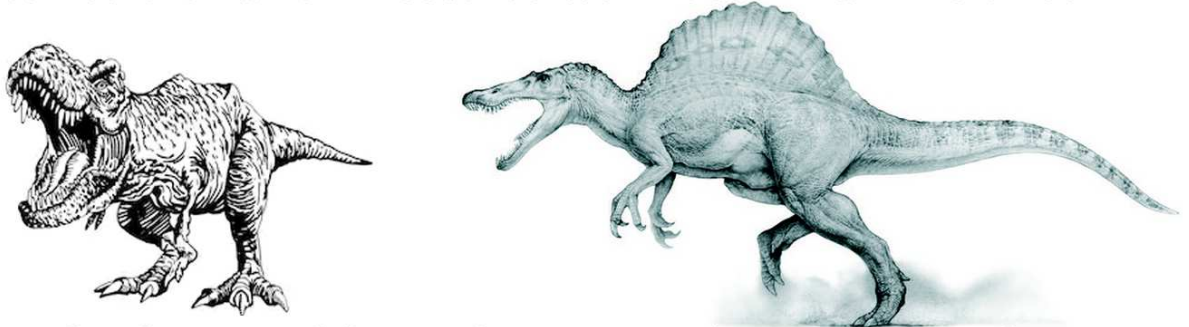
An old grandma brings a bus driver a bag of peanuts every day. First the bus driver enjoyed the peanuts but after a week of eating them he asked: "Please granny, don't bring me peanuts anymore. Have them yourself!". The granny answers: "You know, I don't have teeth anymore. I just prefer to suck the chocolate around them."



Dinosaurs of Crystal Palace Park



The Crystal Palace Park is a Victorian park created and designed by Joseph Paxton in 19th century and opened in 1854 by Queen Victoria in order to make a place for Crystal Palace that originally was a part-time exhibition in Hyde Park. While the Crystal Palace Park isn't big (200 acres), it has many gardens, a maze, couple of lakes and even a National Sports Centre but the most famous attraction is a collection of 33 live-sized models of (back then) recently discovered prehistoric animals also known as Dinosaur Court. They are known for being the first dinosaur sculptures in the world. Due to their age they, are even more famous for their inaccuracy. Some scientists even argue that these models should be displayed just to show how far we've come for over than 150 years. The person that was commissioned to make the sculptures was Benjamin Waterhouse Hawkins. While at first he wanted to just make only models of extinct mammals, later he took advice from Sir Richard Owen, a well-known biologist and geologist from Victorian times, to make sculptures of other prehistoric animals like dinosaurs and marine reptiles. Sir Owen was a scientific director of Hawkins' work. He also coined the name Dinosaur itself. It took Hawkins three



years to make these models. At the New Year's Eve of 1853 there was a famous banquet in the mold of Iguanodon in order to mark the launch of models. At the beginning there were 18 genera planned but only 15 out of them are present. The exhibition is divided into the three time zones (Paleozoic, Mesozoic and Cenozoic) and every animal is put in its respectful time zone. The only animal present in Paleozoic is the Dicotyles that bears a shell on its back because Owen guessed that they were similar to tortoises. Later, in Mesozoic, we see couple of marine reptiles. Reconstructions of these animals haven't changed much in these 150 years, probably because marine life fossils are better preserved. The main attractions of this exhibition, dinosaurs, have changed the most, from slow tail-dragging lizards to bipedal fast warm-blooded reptiles. Megalosaurus, the first discovered dinosaur, at was thought to be an amphibian. Thankfully, it's presented with scales instead of wet slimy skin, but it's far from correct. Iguanodon, the most famous model out of Dinosaur Court, was based on Mantell's restoration, famous for putting a thumb claw on the animal's head. There's also Hylaeosaurus known to this day only from the animal's back looks just like a big lizard. Several Pterodactyls can also be found. The mammals aren't as wrong as the other restorations, with exception of that that almost every sculpture bears a short trunk, that wasn't actually present. [Mikołaj Lewczuk]



THE GAME MUSIC FESTIVAL

On 19th October I had an opportunity to participate in one of a few concerts which were a part of The Game Music Festival. The event was full of excellent music, professional performance, talented musicians and celebrities. It's a pity it lasted only a few days and ended a week ago, so you'll have to wait whole year for the next one.

First time the event took place in 2016 in Łódź. Then the following year it was held in Wrocław and you could listen to concerts in The National Forum of Music. The next editions grew up to be even festivals – not just minor events – and were organised in the same place, which was... Wrocław. Last year, in 2018, you could hear amazing concerts inspired by computer games like "Heroes of Magic and Might" or well known classics like "World of Warcraft" or "Diablo". Moreover, you were able to see or even personally meet some of game music composers or other people connected with this branch.

This year there were three concerts: "The Symphony of the Desert", "The Symphony of the Colossus" and "The Symphony of the Shadows". Each of the titles was connected with games them, for example "The Symphony of Desert" was connected with game titles, such as "ICO", "Shadow of the Colossus" and "The Last Guardian".

In this article I will focus on "The Symphony of Shadows" – a concert which I personally heard. It contained music from well-known games: "Assassins Creed II" and "Hitman" – in which one impersonates stealthy assassins. Music in both titles was composed by Jasper Kyd – a worldwide known game music composer. Not only you could listen to his own compositions, but you were able to see him during the concert, entering the stage. Another famous person which appeared during the event was David Bateson – a voice actor known better as Agent 47. It was the finale of Game Music Festival and a great way of celebrating the 10th anniversary of "Assassins Creed II" release and 20th anniversary of the first "Hitman" title. I must say that this concert was an unforgettable experience for me. Listening to game music performed live on stage by 120 musicians is much different than listening to it on your headphones at home.

HEROES OF MIGHT AND MAGIC® II, III AND IV

In general, I really recommend you to participate in this festival next year. If you happen to listen to one of the concerts, you won't be disappointed. There is one important thing to say: it's amazing how many great events happen near us and it would be great to experience the atmosphere of some of them by yourself. So don't hesitate to do it next year when Game Music Festival is on. Even if you aren't a passionate of computer games, you'll enjoy it, trust me. (Dawid Mazur)

The Barycz Valley Landscape Park is placed in the north part of Lower Silesia and the south part of Greater Poland.



Created in 1996 its about 870 square kilometers big and has close to 300 ponds near Żmigród and Milicz. The Landscape Park in itself is a fantastic place to visit if you love outdoor activities and being close to history and nature.

There are multiple historical monuments like the Church of Saint Andrzej Bobola in Milicz, Palace in Żmigród or Palace in Antonin, which are only a few of many.

It is also known for its big amount of cycling paths on which you can ride through the forests, fields and causeways while enjoying the sight of rare birds, animals and plants.

It is a popular activity to sail in kayaks during summer on special kayak routes, or ride on a horse on the horses routes. In Potaszania during summer takes place a horse festival where you can see multiple horse riding competitions.

An important part in the regional culture plays famous carp which is bred in multiple ponds. From September to November there's even an event "Carp Days" which includes concerts like of Beata and Bajm who were this year guests in Milicz. During this time you can also enjoy special fish dinners in multiple restaurants. (Marysia Mikołajczak)



Halloween in North America

Okay, first of all let's not talk about Halloween that we can see in movies or read about books, nor the one that the Church tells us about. You see folks, Halloween actually came from Scotland, which was brought to NA* by migrants. In Scotland Halloween was called "Samhain", the Celts believed that the beginning of this day — the evening of 31 October — marked the division between the light and dark halves of the year. It was believed to be a spiritually liminal time, when the boundary between the living and the dead was at its thinnest and all manner of ghosts, fairies and demons, including the souls of the dead, were able to visit the living. In some parts of Scotland, Halloween is called Pooky Night, in reference to the púca, an especially mischievous fairy (this is the origin of the word spooky). and it was an occultic ritual in which druids and Celts would dress as monsters, demons, devils etc., this tradition survived to this day.

Next I should address a problem. In North America there there're much less holidays than in Poland and the rest of Europe. They don't have name days, they have only one Santa Claus on 24th December, Boy's Day is inappropriate so they don't have it any more. What I'm trying to say is that people there also like doing parties but have much less opportunities to do so. As we all (probably) know Canada and U.S. are quite young countries, they're population are mostly migrants from Europe, Africa and later on Asia. Quite a high percent of early Europeans were Scottish, and so Samhain was brought up to us. People thought that it was interesting and many people have started cosplaying at this day every year. Name Samhain is a bit weird so they started calling it Hallow Day, after which came Halloween.

Next lets describe Halloween in NA. Kids, teens and adults (yeah, adults as well) dress up as monsters, movie/story/game characters, presidents, celebs and many other weird costumes. They walk around the neighbourhood collecting stuff. What kind of stuff? Well kids (5-14 years old) collect candies and other sweets. Teens (14-17 old) get 5 bucks, Blacks or candies as well. Adults can get all that people before, plus some other... stuff. Walking and yelling "Trick or treats" isn't the only way people spend this holiday. The percent of adults begging is low. Adults usually spend time on parties.

So please don't compare the Halloween from NA to Halloween from Europe, because those are two similar but at the same time different events. We don't worship Satan nor other demons. We just have fun. We are humans as well. We also like doing parties and going wild. I understand that some of you dear readers can't comprehend this but this is the truth. What you'll do with this information depends solely on you guys. Oh here's a joke: "What does the ghost go into a bar for? To get some boooz!" or here's another one "What plants like Halloween the most? Bam-Boooo!" or "What do you call a cleaning skeleton? The Grim Sweeper!"

Thanks for reading!

[Alek Knapski]



Opposite Adjectives Word Search

Find and circle the opposite adjective in the word search puzzle below.

S G H T E N J D I R T Y R J Y T
E P A E H C E G L H I S F W W E
T B S A L I H T G E R N F O H G
N C L R H O C I K C D R R R I H
I R E O A X R K A A I X O R T C
Y O E S P B M A O E M T E S E L
O O P I M N X W N O X T B R E O
U A E N T A D D A N G E R O U S
N E F H V T L U E K W I A E F E
G N I K E Y I L H S N U V H U D
E G H E A L T H Y G F Q E M N I
K H I O K L N E R V O U S U I R

1: THIN

6: AWAKE

11: CLEAN

2. UNFRIENDLY

7. CALM

12. OPEN

3. EXPENSIVE

8. BIG

13. BLACK

4. SAFE

9. SICK

14. LOUD

5. AFRAID

10. DARK

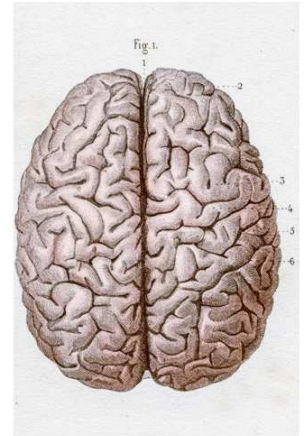
15. OLD

WHAT DOES OUR BRAIN DO?

It is the mind that determines how we perceive ourselves and the world – so what we think. The source of minds is of course the culture which we live in, the language we speak, but also emotions and events from life.

When we learn new skills, our brain has to „write” it down, and then the connection between neurons grows more and more. The brain can transform itself under the influence of the mind, so by working on the mind we can bring about positive changes in our own neural pathways. It's worth knowing that the mind can be oriented to search, to be open to the world and to new things. But it can be also conservative and defend itself against change. But unlike computers, we have self-awareness that controls and helps us to re-program our minds.

Both brain and mind remain plastic for the whole of our life. It's never too late to see, understand or change anything else. Being open helps, because sticking to old solutions in a changing world causes that in new situations we don't know what to do. Let us remember this. Because our minds - especially in crisis situations would work in those situations and today they will cause an additional problem. (Marta Jaskuła)



World Day of the Sick [Julia Szukalska]

As you know there are many days with special meanings, for example „Pizza day” or „Cat day”. Despite these „fun” ones in calendar you can find some really important feast days! Some of them were instituted by people that we all know. For me there are definitely two valuable days to celebrate.

„World Day Of the Sick” this feast day is on 11 February every year since 1993. It was founded on 13 May 1992 by the Pope John Paul II, the person that changed many wrong things in this world and gave hope to people. The idea of this Day started with his own Parkinson disease. It's the day especially for the Catholics, but it doesn't exclude people from religion denominations.

The „World Day Of the Sick” has some of its own goals. The most important are:

- *The need to provide better help for those who suffer physically or mentally.
- *Appreciate suffering as something that makes us stronger and to unite with more people in disease.
- *Praying together for everybody's health
- *Involve volunteers to help people with the biggest need.

What's interesting is that the feast day was celebrated with many people since 1993 to 2008 in many different countries, such as France, Italy, Poland, the USA or even Australia. I think that this day is not as much important

because of its religious character but it's really worthy because of people – people who need help, especially with a serious disease. It makes the world better when we are helping each other and don't underestimate human needs or humans at all.





Educational System in South Korea

If you are complaining about going to school here in Poland, 'long classes, a lot of homework, not getting enough sleep and a lot of tests' you should go to the Korean school. You will be surprised just by sitting next to the sleeping Korean students, lying on their desks. The average teenage there studies 16 hours a day and ends a typical 'school day' at midnight just to repeat it the next day. After school, they need to attend another school "hagwon", where extra classes are given. Usually those are private schools and parents need to pay a lot of money so their children can pass the final exams and get into one of the best Korean universities.

It's normal not to measure up to family's or teachers' expectations sometimes and fail, but not in this country. You need to work hard from the earliest years of school. Getting a well-paid job isn't easy in the whole Asia. In South Korea we have SKY which is an acronym used to refer to the three most prestigious universities: Seoul National University, Korean University and Yonsei University. If your employer is looking at your resume and doesn't see the above names, they will say "goodbye" to you and your resume will finish up in a trash bin. What happens then? In a survey about 50% of the country's teenagers said they had suicidal thoughts. According to the World Health Organization, suicide thoughts in South Korea is the 10th highest rate in the world and the victims are often the young students who can't take the pressure. "What if you passed the exams?" Well, you are a part of 2% the luckiest students! Actually, you can go to your dream university and be happy about not disappointing your whole family.

There is one more thing. It is not good enough to be brilliant. Students also need to be beautiful. Nowadays, how your look is very important in Korea. Among top performing students, the kids are looking for something to set them apart. At graduation, many parents give their children the gift of plastic surgery. A new nose or rounder eyes can give them the edge on the job market. It is so sad that people can take away teens' youth and turn them into studying machines.. The country is well known for its obsession with education which has come to be called "education fever". It is thought that in order to build the top society and country, you need to pay a price. Then you have one of the world's highest-educated labour forces among OECD countries.
(Aga Szydło)



"The Superwoman in Antarctica"



Imagine a huge white vastness. Everywhere you go there's snow. The temperature goes down to 89,2 degree Celsius. Every year groups of international scientists spend summers and winters in that freezy continent. It's a beautiful place - they say - but it can be dangerous too.

Jerri Nielsen, an American physician, for many years was working in a hospital in Ohio State. Until 1998, when she decided to start her South Pole adventure. She knew it would be a hard journey, but she didn't expect all that happened later.

When Jerri came to the Amundsen-Scott South Pole Station in summer, there were still lots of people. After arctic winter came, in the station there stayed only those, who planned to stay there the whole season, because the planes cannot land in Arctica at this time of year.

Jerri was working really hard, taking care of all people in the Station. She made many friends, and became to get used to the place. Knowing that winter on the South Pole can be long and tiring, people would invent many doings, like a poetry club, disco or Russian language classes. The time was passing by, and Jerri noticed something worrying. She could feel tumour on her breast. As a doctor, she knew exactly what it meant. But just to be sure, she contacted a physician in USA, and the diagnosis didn't surprise her - it was breast cancer. She couldn't go back to America, while the weather wasn't good enough. And self-curing somewhere at the world's end seemed impossible. But if she wanted to survive, there was no other choice than starting chemotherapy on the South Pole.

The tumours were growing, decreasing and growing again. In the beginning she did the injections on her own, but when she got really weak her friends had to learn some of medicine to help her. In the time of the disease the woman lost her hair because of the drugs she was taking. There was a fear that Jerri wouldn't endure till the end of the winter. In that case she would have to operate on herself as the last chance to stay alive.

In the meantime the media in USA started to be interested in Jerri and her story. While the physician was going thru a truly difficult time, the journalists kept coming to her parents house and her friends in Ohio, which made all of it even harder. The situation in the family also wasn't helpful. After a divorce and leaving a toxic partner, Jerri had no contact with her kids, which chose to stay with their father. Ever since then, they didn't want to have anything to do with her. Happily winter ended in the South Pole and the plane could take Jerri to America. She went thru professional treatment and won with the cancer. This brave, strong woman, became a motivational speaker and a scholarship was created in her honour. She even got married again. In 2005 the cancer attacked again, but she continued giving her speeches and traveling the world. She died in 2009 among her closest family.

I found out about Jerri Nielsen, while reading her biography, written by Maryanne Vollers, which I got from our school's library. I feel inspired by this woman and I encourage you to read that book.

(Hania Stefanska)



What is "Less Waste"?

It is a lifestyle according to which we try to generate as little waste as possible it is and not to pollute the environment. According to forecasts, in 2050 in the sea will be more plastic bottles than fish. The plastic island that covers the oceans continues to grow. I would like to show you why reducing waste is important and how to easily reduce the daily consumption of plastic.

Why does less waste matter?

When you throw things away they go into landfill and they rest there... forever! They are not able to compost, because more stuff is dumped on top of it, not allowing any air (which is necessary to compost) to circulate. Instead, methane and carbon dioxide gases are emitted and released into the atmosphere, contributing to our global warming crisis. Which in turn has effects on corals destroying in oceans, rising sea temperatures and melting the glacier. Additionally, toxic chemicals from landfills are leached into the soil, contaminating our oceans and water which then we drink daily.

So, how to reduce plastic in our life if it is everywhere!?



First and the easiest step is to having your own bag for shopping. Polish people use up an average of 470 plastic bags a year per person. It seems to be not really big quantity, but in Poland there are more than 58 million people, so we use up about 17708 billion plastic bag per year. The easiest way is to have your own reusable bag. Buying vegetable and fruit could be more problematic but you can pack it directly to your reusable bag or bag made of thin fabric which is similar to plastic bag but is reusable. If you have your bag then you can refuse when the cashier asks if you need a plastic shopping bag, it is responsible attitude.

The second step is to reduce the amount of plastic bottles. There are a plenty of water filtering jugs and it is not necessary to buy water in plastic bottles.

The third step is not throwing away the food. Before you go to buy food, it is really important to check what you already have in kitchen. It helps you avoid having too much food and save your money.

Shopping list could be also helpful, remember that you can make it in your notes in phone.

I hope that this three tips will help you avoid producing waste. It is important to be aware of problem with plastic, and try to cope with it, because there is not plan(et) B... (Ola Zakrzewska)



How to relax and not stress?



It isn't always easy in life, so people often get stressed. Why is this happening? Because we have a lot of responsibilities, we often do difficult and hard things, and we don't have free time.

If you are stressed, you should go outside and get some fresh air. You can also go running. This way you will get rid of negative emotions. Listening to music is another good way. Then you forget about all the problem. Hug a loved one. It always helps. Read something. This could be your favourite book or newspaper. It's important to get interested. Take a tea or coffee break and relax. You can also eat something sweet. Drink a lot of lemon balm, which is one of my best recommendations. Meet with friends, talk to them, go to the cinema or park. You can't be alone. Seek support from others. There are many other ways, all are up to you. Head's up and wide smile. Never lose hope. You can do A lot. Your life is beautiful!

[Julia Mikołajczyk]

