

aim HIGH

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więcej niż szkoła



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----- a JOKE + a CARTOON -----

Thomas is 32 years old and he is still single.

One day a friend asked, "Why aren't you married? Can't you find a woman who will be a good wife?"

Thomas replied, "Actually, I've found many women I wanted to marry, but when I bring them home to meet my parents, my mother doesn't like them."

His friend thinks for a moment and says, "I've got the perfect solution, just find a girl who's just like your mother."

A few months later they meet again and his friend says, "Did you find the perfect girl? Did your mother like her?"

With a frown on his face, Thomas answers, "Yes, I found the perfect girl. She was just like my mother.

You were right, my mother liked her very much."

The friend said, "Then what's the problem?"

Thomas replied, "My father doesn't like her."



B A B I A G Ó R A



Babia Góra - the highest peak of the Beskid Żywiecki mountains, it is also the highest peak in Poland, located outside the Tatra Mountains. It is 1725 meters high. Babia Góra is called the Queen of the Beskids (because it is the highest) and also Kapryśnica – “caprice mountain” (due to changing weather conditions). Its characteristic shape is visible from many places in the Beskids, the Tatra Mountains and the Pieniny Mountains.

I spent my last last summer holidays in the Beskid Mountains, and I decided to reach this peak. There are several hiking trails to Babia Góra. I chose the steepest and the most difficult of them - Perć Akademików. It is the only path in Poland, apart from the Tatra Mountains, on which there are artificial facilities (chains and clamps).

I started my trip on the Krowiarki Pass. In the beginning I followed the blue trail. The route was very nice and almost flat, it lead through a very pleasant forest. After about two hours, I reached the shelter in Markowe Szczawiny. It is located in a forest clearing where you can rest on many wooden benches. In the shelter, I recommend trying the delicious cheesecake.

After a short rest, I moved on. First, I went back a bit along the blue trail, and then turned right onto the yellow trail. It is the famous Perć Akademików trail. The trail is one-way and it is closed for winter due to the risk of avalanches. Most of the way you go using a very steep and narrow path. There are beautiful views of the surrounding mountains. After about one hour of steep climb, I came to the first chains. They are not as difficult as in the Tatra Mountains, but they are useful, especially when it is wet. At the end of the chains there is the most difficult place on the trail - Czarny Dziób, which is an almost 8-meter-vertical wall. It is secured with clamps. Fortunately, I passed it without any problems. Honestly, I was afraid it would be harder.

Further to the summit, there is about 200 meters of ascent, which is very steep and tiring. There are no plants, so the views are amazing. After more than two hours from leaving the shelter in Markowe Szczawiny, I reached the peak. At the top, there are a field altar, information boards, signposts, the Polish-Slovak border and a stone wall to protect the climbers from the wind. Fortunately, it hardly blew on that day. I rested admiring the wonderful views.

I went back using the red route through Sokolica. In the beginning you go through the mountain pine and then through the forest. I reached the Krowiarki Pass, where I ended my journey. I was tired and vary happy. (Ania Ciszelska)



A Typical British Primary School p. 1



Pursuing answers and information is one of the positives of a human. Through the years, people have acquired knowledge that can be passed on to younger generations, henceforth schools were created. Thanks to this invention, we are able to teach children about the world. However, different countries have chosen different methods of education. Our Polish system lets the youth have a ten-minute break between each lesson; they have time to read notes from the last lesson and revise if there is a test as well as just talk to each other. The English system might seem worse than what we have in Poland but it would be a huge mistake to think so. For starters, there are no tests throughout the year! The only thing they need to practice for is the SAT test which only takes place in year 6. Even though they only have two breaks consisting of a fifteen-minute one and an hour long the other for lunch, they have more time in the classroom which results in more work done and some time for the teacher to help each child separately.

Surprisingly enough, English schools don't use coursebooks; each person is given one notebook for every school subject. Every single one is funded by the school. All the students have to have is their own P.E. kit (physical education), a backpack and the will to learn! All that because the notebooks have to stay at school all year which results in less homework. Another big plus English people in primary school have is the fact that they always end at three 'o'clock in the afternoon. This does, however, change in secondary which is basically like Polish schools.

A typical classroom consists of thirty+ students, a teacher and his/her assistants (x2). This results in more time to help individual pupils and even creates different levels of learning. It supports children with difficulties and helps the more advanced develop faster while the average work at their own pace. Thanks to having more time in the class, there is no homework except a sheet of paper. There are five words to rewrite 5 times. That is all that students have to do. Compared to what we get in Poland that is nothing. Inside the classroom there are five tables which all have enough space for six pupils. It's mostly three tables pushed together to make a bigger rectangular one, once that is done everyone sits down as if it was Christmas and the family was gathered around the table. The classroom doesn't have a regular whiteboard as it has an electronic one. Nobody has to worry about pencils and erasers too because most schools just give them to you, for free. When sitting at a table, there are too pencil holders each filled with at least 3 pencils and erasers. This really helps the children as the only thing they need is to focus on the subject and bring in homework once a week. In some schools there are special lessons that occur in certain years. One of those „special lessons” is „forest school”. It's an outdoor lesson where children learn basic survival skills which include: building a shelter, sharpening a stick and even how to start a fire.



(Janek Tomaszewski)



EUROPEAN SCOUT FEDERATION

'We are young, we are strong and healthy. We don't like straight paths and easy roads because challenges are the way to find joy in adventures.' The words make a specific road map for those who, unlike so many of our peers nowadays, are not looking for short cuts and pleasure, but believe in growing up through going up.

What's beautiful about scouting is that we always search for things that will make us stronger, not less busy. For example, during our summer camps we spend the first three days preparing the camp, that is building two-meter-high platforms where we put our tents, constructing showers, tables and benches and we do it all using only wood poles, string and tarpaulin. You may find my words impossible to believe, but trust me – last summer I took part in such an adventure, and it was awesome!

Now a bit of our history. The organisation was founded by Robert Baden-Powell and father Jaques Sevin at the beginning of the 20th century. More than a century later, the Scout Movement is an organisation which unites youth of different nationalities and races.

The Catholic faith makes the foundation of our movement. The organisation is a private international organisation of the faithful under the Pontifical law. Apart from the norms of those statutes, the Union is ruled by the canonical law in effect. Every time a patrol meets its members have time devoted to Gospel reading and prayer. The Holy Mass is also present at all events and camps. There is a Mass on every day of the camp, so a priest accompanies us. Scouting is not only an adventure and fun, but also a way to raise youth in the spirit of tradition and specific principles. Having our own Scouting Law helps us to follow all the values that we are taught and which we cherish.

I could be describing the complex structure of the entire organisation but I would rather talk about the great passion which kindles the hearts of about 60 thousands of talented young people in Europe who want to make a difference in the world by their service and determination. It impresses me, when I think of the number, but when I realize that behind that behind there are real individuals with their own stories and dreams, it is more than impressive.

'A Scout smiles and whistles under all circumstances.' The Baden-Powell's words are a confirmation of what I have already tried to say here. We never know indeed what will happen on a camp or while wandering in the woods, and we always find a solution to every problem, together. As a rule, we are not only responsible for ourselves but also for the whole patrol under our command. Being a part of scouting teaches us the importance of team work and that together we can manage to do beautiful things that have meaning.

Scouting is an art of self-control and dealing with tough situations. This service teaches me that I cannot just think of myself and my comfort. It helps me fight my selfishness. Shaping the character is definitely one of the greatest advantages of being a part of this organisation. Since I have been a part of scouting, my patience and kindness towards other people has been growing and I am truly grateful for that.

However, I don't want you to think that scouting is only a struggle and dealing with difficulties, because it is not. I cannot find good words to express how much joy and fulfilment scouting gives me. The thought of the hours spent in the forest playing the guitar and singing old scout songs by the fire surrounded by my friends fills my heart with true happiness. I am a leader of a patrol – a small group of young girls aged 12 to 15. Being a leader is my own dream come true. I try to be a friend and a sister to my mates and I am certain they do too. We teach each other how to be better people by undertaking different tasks together, studying the Bible, talking and having fun. Here we can make friends for years with people who we can trust and count on. Here we find a powerful youthful joy. It's amazing to know that whenever we feel bad, we have a number of kind people we can talk to and be certain that they will do their best to help and cheer us up. Because the rule that says that a scout girl is a sister to every other scout girl is not a bunch of empty words.

Being a scout at any stage in the organisation is to serve others. That is why, as service is very important to every scout, the idea is close also to us, the students of our school, as Serviam is in our emblem. (Helena Storta)



ever thought about **DIRECTING?**



Have you ever thought what you would like to do in the future? No? So let me tell you about things that are unpopular, but very fascinating.

First, I would like to write about directing. In my view, it's a really unusual job, but incredibly interesting. If you like watching movies and have vivid imagination, it is exactly for you. There is only one disadvantage - to work in a film society you need to be extravert. The important part of this job is co-working with people. You can't make a film without actors, scriptwriters or editors. However, if you like working with people you should definitely think about becoming a director. I think that everybody is a dreamer, so let's think how to make dreams come true. Everybody is able to imagine their own story. Why not visualize it on the screen? Or maybe not on a screen?

Film is not always able to capture all images from our imagination. Then maybe you should think about becoming a writer. It seems to be very different from a director, but it isn't. In both situations you can create your own amazing story. If you are introvert, it is better for you to become a writer. Writing in the comfort of your house could be much more pleasant. If your book becomes popular, you will also win some prizes. You just need to engage a little and then your imagination will do everything you want.

Probably you don't want to create a story, but instead of it create an amazing film character? Then acting is for you! Probably you even have skills, which need to be a little brushed up. Just give it a try! Standing in front of a mirror and practising creating emotions can really help. Who doesn't want to be a movie star? Many of us don't want to pursue dreams and the only reason for that is being afraid of failure. Everybody fails, but it makes us stronger.

What I have written about might seem a little bit out of reach. The truth is that it depends only from us if we fulfil our goals. People say if there is a will, there is a way and I think it is true. You need just to believe in yourself.

(Lena Giessler)





MMORPG

Whether you're a geek or not all of us have met with the term MMORPG, it's a shortcut for Massive Multiplayer Online Role-Play Game. It is a type of video game that combines aspects of a role-playing video game and a massively multiplayer online game. Same as in Role-Play Games (RPG's), the player takes upon himself a role of a character and controls its actions.

There are many MMORPG's out there, but some stand out from the rest of them. One of such games is Guild Wars 2. It's an action-oriented combat game, with beautiful graphics, intriguing storylines, multiple classes and races, with an active pool of over 150 thousand of players and unlike most other MMORPG's the base game is free.

Guild Wars 2 is a game that was first released in 2012, it was a long awaited continuation for the game Guild Wars, that even now has its share of devoted players, though most of the old crew is currently raiding the Guild Wars 2 servers. The game itself combines ideas from multiple other games, such as:

- > Waypoints - wonders of asuran technology, which for some spare change allows players to instantly travel from one point to another
- > After falling below 0% of your health bar, you do not instantly die, instead you gain 15 seconds to fight for your life - if you kill anything in those few seconds you respawn for free with 40% of your health points
- > You can make your own equipment, collect materials required learn a certain crafting discipline and make your own set of legendary gear
- > If you're not a big fan of PvE it also isn't a problem, there are multiple PvP modes in which you can face off against other players
- > Except for the full game expansion - which isn't necessary, you can get everything without paying a single penny! The game allows for in game currency exchange between the standard and the premium currencies, so that all players can have a fair competition.

Why start playing Guild Wars 2 now? Well, the first would be that it's a lot of fun, while the other, that a major expansion is on its way. In February 2022 a new expansion called "The End of Dragons" is arriving and you will have the chance to experience a part of the content for free.

As I mentioned earlier, there are five playable races in this game, they decide your storyline and your outer appearance - the base shape. When creating a character you get full control over the looks of your avatar, from the gender, body build even your avatars iris size. The races you can choose from:

- > Asuras - a race of magical and technological prodigies, with their capitol located in Rata Primus, small physiques that hold massive brains
- > Charrs - a war maniac race with multiple beast like features, with their capitol located in the Black Citadel, big and burly full of primal strength
- > Humans - in the past it was the strongest race, that ruled the whole world, now after falling to the Dragon of Death and Shadow only some remain trying to bring back the glory of their golden days, their capitol is in Divinity's Reach
- > Norns - a race of hunters, who communicate with the spirits of wild, they came from the cold north, after failing to subdue the Ice Dragon Jourmag and settled their tribes in the mountains, their capitol is in Hoelbrek, almost like humans, but 1.5 times bigger
- > Sylvaris - a race of plant people, they look almost like humans, with the exception of having leaves, branches and flowers growing from their bodies. They are not born like other races, instead they are awakened from the Dream, they all have the same creator a sentient plant: The Pale Tree, that they refer to as Mother. It's a completely new race, that has been in the world of Tyria for only 40 years, with their capitol in the Grove If you find this article interesting, stay tuned for our next edition of the Aim High, in which we'll dive into more specific character creation as well as some game lore.

(Alek Knapski)



CHEMISTRY NOBEL PRIZE



Most of Nobel Prize awardees nowadays are of a smaller general interest (at least in Poland) than those in the past, especially such renowned figures as Marie Curie-Skłodowska or Albert Einstein. The last time Polish people showed a greater interest in this matter was when Olga Tokarczuk (a Polish) received the Nobel Prize in Literature in 2019. Nevertheless, when asked, only few people would be able to name prize winners other than the most famous or those who come from their homeland. So, let me help you find out something new to broaden your horizons. Without further ado, I would like to introduce you to organocatalysis – a field of chemistry which gave Benjamin List and David W.C. MacMillan the Nobel Prize in Chemistry 2021.

Firstly, to give you a glimpse on the topic, let's explain the term organocatalysis. Simply put, it is focused around researching potential applications of quite simple, low-mass organic molecules in reactions which need to be catalysed (sped up) in order to produce satisfying yield (a percentage of obtained product, compared to theoretical mass). The whole concept is quite simple: we use substances classified as organic to make chemical processes more efficient. But there's more to it than meets the eye. Not only does it do that, but it also has two other advantages over the old-fashioned catalysts: it makes the reaction yield only the wanted product and be less energy-consuming, thus more eco-friendly. For the sake of clarity, I will only ponder on the last two aspects in what follows.

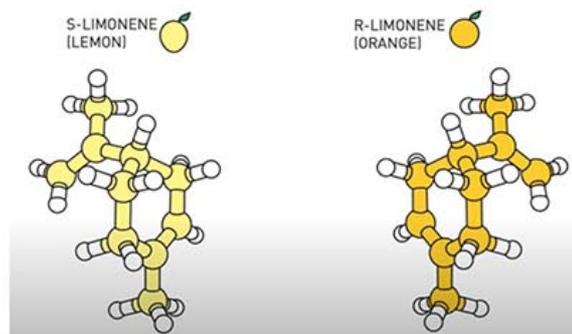
In the organic chemistry a few molecules are as flat as a pancake. Many substances, such as proteins, can take very complicated three-dimensional structures. This fact gave rise to a chemistry field called stereochemistry. One of the most important concepts developed by it is chirality – property of molecules to be in form of two non-identical mirror images. This might seem like a fact that has no real implications observable in everyday life, because why would location of atoms in space make any difference? Shockingly, this distinction might mean for instance lethal or therapeutic effect of a drug as in case of thalidomide (one enantiomer, a mirror image, can give birth defects while other prevents morning sickness). Another example emerged during the Nobel Prize ceremony (as "a justification for rewarding the chemists), when the speaker mentioned a substance called limonene, present both in lemons and oranges, giving them their characteristic smell. Depending on which enantiomer (mirror image) is present, we can sense the smell of orange (R-limonene) or lemon (S-limonene). Now you understand why it's so crucial to produce only one enantiomer during a reaction. Not only does it save time and reagents used to separate one product from another, but it also decreases the amount of chemicals wasted on production of unwanted molecule. Hence the increasing popularity of the process, with its profitability added to not less important value of natural environment protection potential.

The aspect of better energy and molecule economy was also decisive in the Nobel Prize success. Compared to classic synthesis routes requiring oftentimes enzymes, proteins with mass of thousands of molecular mass units, using simpler chemicals, such as naturally occurring amino acid called proline (whose mass and number of constituent atoms are far smaller than of the enzyme) saves a lot of atoms which would normally be disposed of after finishing the process. It goes without saying that not all of the reactions are favoured. As an example, you can name Benjamin List's first organocatalytic reaction, which gave rather poor results. In spite of this minuscule-seeming success, many continued List's research and found catalysts that are even better than enzymes.

In the article I aimed to explain briefly what organocatalysis is and why is it of such a great importance that two chemists got awarded the most prestigious title in world of science. However, why is it an almost obvious concept? Even for those interested in this field, going through the research behind this discovery is more or less of a painstaking labour. However, when Benjamin List was asked how he came up with the idea for his research, he responded that at first he thought that what he came up with was nothing new and it must have been documented in other scientific publications. To his great surprise, there was no mention of such reaction in any papers he had browsed through. This story, to my mind, truly proves that nothing should be treated as obvious and your ideas, no matter how cliché they seem, might turn out to be revolutionary.



Benjamin List (on the left) and David W.C. MacMillan (on the right) – laureates of The Nobel Prize in Chemistry 2021



The Kurgan Theory



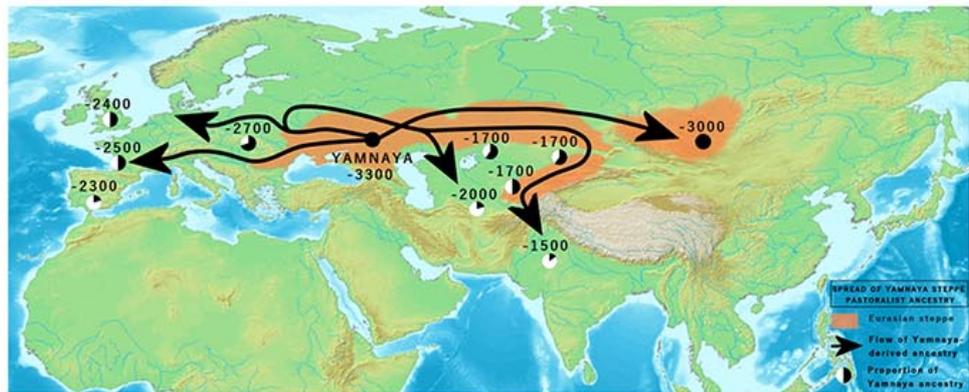
The term "Indo-European" is used to describe a family of languages that are spoken in Europe and southern Asia (India, Iran and Afghanistan). Similarities between languages spoken in those rather distant places were first noticed in 16th century by European visitors, but only much later did they realize these similarities are due to common origin. This in the 19th century led to the search of this original language and an Urheimat (original 'homeland') of the people who used to speak it. While historically there were multiple theories that tried to identify this homeland, nowadays the most widely accepted is the Kurgan theory.

The Kurgan theory, also known as the Kurgan model, postulates that Urheimat of the Proto-Indo-European language is the Pontic Steppe (the steppe north of Caucasus Mountains, modern Ukraine and Russia), and the population who spoke it is identified with Yamnaya culture. Both the name of this theory and of the archaeological culture refer to the burial mounds characteristic for this time and place ("yamnaya" means "related to pits" and "kurgan" is a burial mound in Russian). It was first formulated by Otto Schrader in 1883 and later systematized by Marija Gimbutas in the second half of the 20th century. Our knowledge of Yamnaya comes mostly from three sources: archaeology, genetics and linguistic reconstructions. From what we know, Yamnaya, in genetics also known as Western Steppe Herders, emerged from mix of Eastern hunter-gatherers (who live in what we now know as Eastern Europe) and Caucasian hunter-gatherers around 5th millennium BC. Yamnaya themselves lived a semi-nomadic pastoral life, with some agriculture in western part of the steppe. Archaeological evidence suggests they spent winters in forested river valleys, and summer on steppes, where they allowed their herds to graze.

They knew sheep, goats, pigs and cows, with cattle being very important for them, both in practical and spiritual sense. They were also one of the first to domesticate horses, both for consumption and transport, and the first to build wheeled wagons which were oxen-drawn.

Those innovations allowed them to thrive in harsh steppe climate.

Yamnaya, as linguistic reconstructions suggest, lived in patriarchal and hierarchical warrior societies. Their diet consisted mostly of meat (of both domestic and



wild animals), dairy products and wild vegetables. They buried their elites, as mentioned before, in pit graves which were later covered by burial mounds. Dead bodies were placed in lying position with bent knees and covered with ochre. It was common to also put grave goods, such as whole wagons, metal objects (as metallurgy was important to Yamnaya) or anthropomorphic stelae, with carved human heads, arms, and weapons. One of the most interesting aspects of this ancient society were koryos - hypothetical group of adolescent warriors who lived for a number of years in the wild, living from hunting and raiding, before being fully integrated into society - with this being a sort of a rite of passage into manhood. They were allowed to do forbidden things and break taboos. Members of koryos tried to imitate wolf - animal seen as evil and even saying its name out-loud was seen as taboo - and wolf behaviour. Many attributes of those young warrior bands, such as identification with wolves and dogs or fighting half-naked, could be found in Greek, Celtic, Germanic or Vedic tradition.

Around 3200 BC, due to climate change that made steppes drier and cooler, Yamnaya began migrating out of the Pontic Steppe. Owing to their horses, wagons, tradition of koryos and many health-related advantages, they were able to get as far west as British Isles and Iberian Peninsula, as far East as Tarim Basin (Western China) as far south as northern India and Iranian Plateau. Their legacy is gigantic - not only in the linguistic sense. Their arrival was linked with creation of new cultures (Cord Ware in Middle Europe and Bell Beaker in Western Europe), and many aspects of their original religion still survived in pagan Europe and in Hinduism. They also brought technology, such as chariots or bronze tools, as well as new genes responsible for digestion of dairy and fair complexion. In Europe the biggest percentage of Yamnaya ancestry is found in the north (50% in Norwegians) and in Asia it peaks among the Kalash people (also 50%). It is safe to assume, that if it wasn't for Yamnaya and their migrations, world would have been a completely different place.

[Mikołaj Lewczuk]

ENVIRONMENT POLLUTION

What is pollution? Pollution is the introduction of harmful substances or products into the environment. Pollution is an ongoing problem that has caused many problems for people all over the world. The problem is that more and more pollution is overpowering our earth, while not enough is being done to fight the problem.

Some facts:

- Pollution is one of the biggest global killers, affecting over 100 million people, which is comparable to global diseases like malaria and HIV.
- Over 1 million seabirds and 100,000 sea mammals are killed by pollution every year.
- The Mississippi River carries an estimated 1.5 million metric tons of nitrogen pollution into the Gulf of Mexico each year, creating a "dead zone" in the Gulf each summer about the size of New Jersey.
- Approximately 40% of the lakes in America are too polluted for fishing, aquatic life, or swimming.

RUBBISH

People throw away millions of tons of rubbish every year. Now we haven't got enough place to put it. If we don't do something soon, rubbish will be everywhere. The problem with rubbish is that it's ugly and it smells bad. It can also harm people, animals, plants, and trees. Some things we throw away in our rubbish bins can poison our soil, water, and air.

We can recycle many things like magazines, newspapers and mobile phones. We can also use some rubbish such as vegetable or fruit peelings to make compost. If we all help, the amount of rubbish will reduce.

What's happening to the planet Earth:

It's overheating

It's wounded

It's coughing

It's melting

Global Warming - global changes

Global warming is causing major changes in our world. Animals and plants are trying to live with these changes. If we don't do anything to stop the speed our planet is heating up, many of these species will become endangered or even extinct!

Sealife

Galapagos penguins will not be able to survive because the fish they feed on are moving north to cooler waters.

Rising sea levels will destroy the places sea turtles lay their eggs.

Birds

Birds that live in wetlands will lose their habitat as global warming dries up their homes. As fish won't have food to eat, they will die. So, seabirds that eat fish will die too.

Land animals

Elephants will have no place to live because their home will get hot and dry.

Polar bears will get thinner and may die of hunger. Because of the melting ice they won't have a place to hunt or fish to eat.

Tips to help the environment:

1. Turn off the lights
2. Avoid leaving appliances plugged in
3. Close the water taps properly
4. Plant trees
5. Throw garbage only in garbage cans
6. Take your own bags to the supermarket
7. Buy recycled paper

Why should we recycle at home?

Paper takes 70% less energy to make paper from recycled material than from trees. Recycling paper saves hundreds of trees a month.

Plastic can take up to 500 years to break down. We use about 15 million plastic bottles a day.

Aluminum We throw away about 50 million tons of aluminum a year. One recycled aluminum container can save enough energy of TV for 3 hours.

(Oliwia Zielińska)

