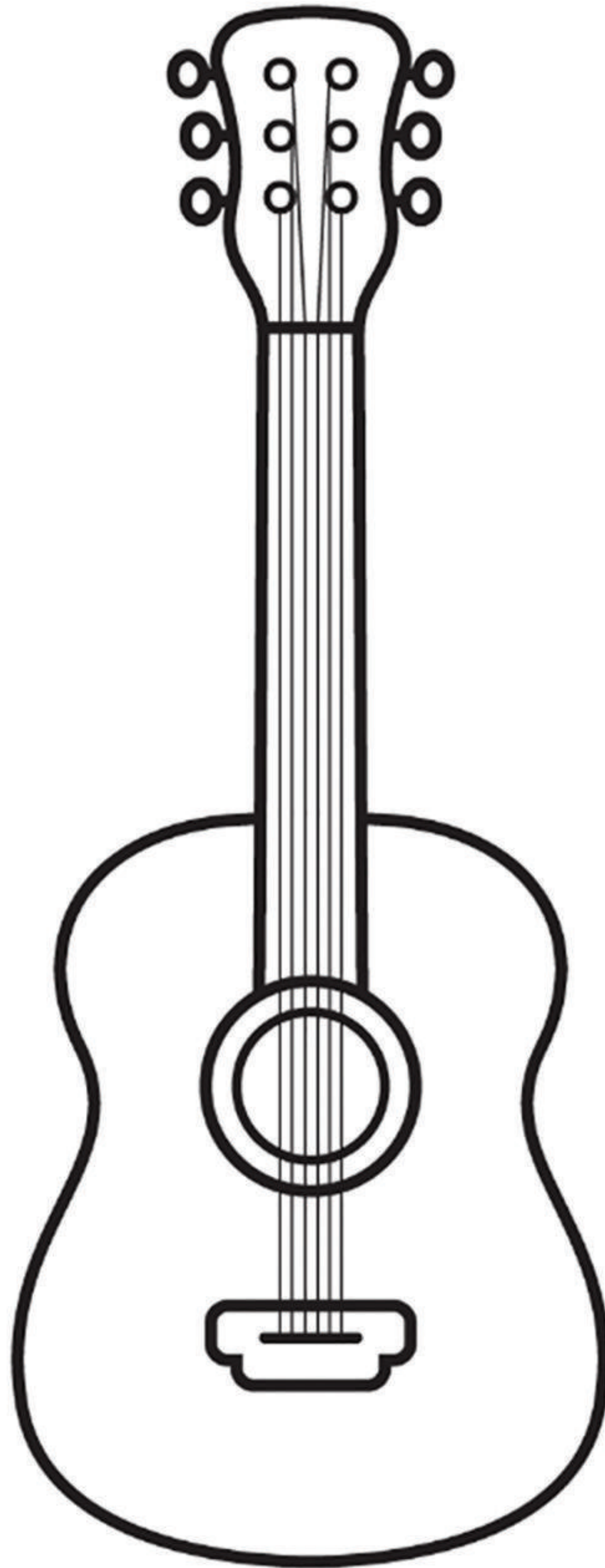


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WIĘCEJ NIŻ SZKOŁA



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Character counts

I want to present to you three people who influenced the way America looks like today. (Sebastian Prestini)



Jane Adams

Jane Adams was born in Chicago in 1860. When she was a young woman, she took a trip to England. She saw how some people there were helping poor children and families. Addams decided to make that her life's work. She returned to Chicago and bought a large house. She named it Hull House. It was the first settlement house in the United States. It provided food, medical care, legal advice, and English classes for thousands of immigrant families. Jane Adams realized there was still more work to do. She worked to change laws that hurt immigrants and poor people. She helped start a group that worked for the rights of African Americans. Not only that, but she also worked for the world peace.



Eleanor Roosevelt

Eleanor Roosevelt has been called the most influential woman of the twentieth century. She was born in New York City in 1884. At an early age, she began working to help others. After her husband, Franklin D. Roosevelt, was elected President, Eleanor travelled all around the country giving speeches. She also wrote a newspaper column that was read by millions of Americans. In 1946, Eleanor Roosevelt became the leader of the United Nations Human Rights Commission. She helped write the organization's Declaration of Human Rights. During the 1950s, she made more than 100 speeches a year. She spoke out in support of civil rights, for African Americans and more opportunities for women. Eleanor Roosevelt died in 1962. Her dedication to public service and civil rights, both while First Lady and after, set an example for all future wives of Presidents.



Martin Luther King Jr.

Growing up, Martin Luther King, Jr., saw that African Americans did not have the same rights as other (white) Americans. King wanted to make the United States a nation where all people were treated equally. He spent much of his life trying to achieve his dream of equality. King was born in Atlanta, Georgia, in 1929. His father was a church minister, and he also became a minister. While at collage, King developed strong public-speaking skills. He also learned about the actions of world leaders, such as Mahatma, Alabama. In 1955, King led a bus boycott that helped African Americans win equal treatment on the city's buses. His success brought him national fame. Afterward, he organized peaceful protest throughout the South in support of equal rights. In 1964, King won the Nobel Peace Prize for his work



All these people made America a free country and respectful of cultural diversity. All Jame Adams, Eleanor Roosevelt and Martin Luther King are examples of personalities who pursued their goals, showed persistence to contribute to many reforms.



THE SECRETS OF IMMORTALITY

With a great dose of confidence I can say that everyone has thought about this topic at least once in their life: will human ever become immortal? Many scientist are bending over backwards to make our species immune to the process of aging, with some quite interesting (but still being far from reaching the final goal) results. But what if I told you that immortality is already a thing? *Selaginella lepidophylla*, also known as rose of Jericho, can serve as an example of extraordinary resistance to unfavourable external factors. In fact, it is almost impossible for it to die of water shortage, unlike all the other plants we see every day. How is it possible, you might ask? Well, let me give you a brief insight into the mechanisms of this plant's immortality.

For a start: the description of the process from a more substantial point of view. Rose of Jericho, whenever it has enough water, looks like a normal plant, with green leaves resembling (at least to my mind) those of thuja. Unsurprisingly, when exposed to harsh, hot and dry conditions, it immediately starts turning brownish yellow and its leaves shrink, forming a shape resembling a ball. What's special about this is that the process can be easily reverted on condition that the plant is given enough water in time (several years). Those two forms, one being the normal one, while the other - extreme state of metabolism's inhibition called anabiosis, look like this:



Now let's take a look at the microscopic level of this process. Only when we investigate the plant on its cellular level, we can discover that the concentration of trehalose (disaccharide, made of two glucose molecules) is greatly elevated. It's caused by the fact that while being exposed to draught, rose of Jericho starts synthesising enormous amounts of this sugar, which is stored in plant's tissues. It serves as something called osmoprotectant – a substance that helps the organism survive extreme osmotic stress. You must know that in the microcosmos osmosis (the phenomenon of water flowing through membrane of cells to the inside or outside of it) plays a ginormous role.

When surrounding environment has a greater concentration of dissolved substances, a cell loses water, thus finally dies as a result of osmotic stress. And that's where trehalose comes into play, helping with equalising those concentrations by taking over the role of water, therefore preventing the described process from occurring. What's more, this disaccharide protects proteins present in the cells and prevents the destruction of cell membrane. Once the rose of Jericho gets some water, crystalline trehalose is dissolved in it and all the organism's functions are reactivated, making the plant seem to rise from the dead.

What's also interesting is what happens during the water-prosperity time, when *Selaginella lepidophylla* comes to life. Living in the deserticulous places, it has to save every resource. That's why this and some other plants have developed unique process of photosynthesis – CAM photosynthesis. Plants during hot days close their stomas (small gaps on the plant's surface) preventing them from losing water, releasing produced oxygen and drawing fresh carbon dioxide. This causes occurrence of photorespiration – process where oxygen is attached to a molecule called rubisco in place of CO₂. In short terms: it results in extreme loss of precious energy. What's more: plants normally incept carbon dioxide during the day time, which is impossible in hot and dry conditions, when the stomas are closed. Solution to those problems is the CAM photosynthesis. The main difference is that instead of straight-forward entering a chain of chemical reactions called Calvin's cycle, another series of reaction occurs during the night. It ultimately leads to CO₂ being stored in a form of organic substances – malates. Those are further used during the day, giving off stored carbon dioxide in gradual decarboxylation reaction (simply put: a reaction in which a molecule loses CO₂ moiety). This solves a problem of photorespiration (constant concentration level of CO₂ is kept, thus oxygen is not attached to rubisco) and plant's inability to acquire carbon dioxide during the day (enough of it is stored during the night time). Obviously the CAM photosynthesis has some downsides, one of the main ones being lower effectiveness of it. This and many other reasons make for the look of the rose of Jericho, having maximum height of only 5 cm.

Now you know some of the secrets of immortality. Maybe they are not as impressive as you might have imagined, but still they can be quite astounding if we think how simple, yet effective those are. It seems that nature always pursues simplest solution to problems. The way that plants preserve themselves from dying might not necessarily find use in us, humans, however analysing the topic might give us some interesting hints. One of them being the fact that nature oftentimes operates on quite simple principles and it might that solution to the problem of human's mortality is fairly trivial, but we lack more in-depth understanding of biology to see it. Well, as always it boils down to the fact that nature is fascinating and most assuredly we won't solve all of its mysteries in upcoming years. [Dawid Mazur]



Fabricated Ecology



We can more and more often hear about ecological actions taken by companies to provide our mother planet's safety - we are able to buy products with containers made of recyclable plastic and corporations assure us that choosing specific products we are decreasing our planet's degradation. Producers are trying to convince us that they're on the good side of the barricade and doing their best in being eco - friendly...

But is it all true? Are we actually helping the environment in any way? Some time ago I got to gain more knowledge in this topic and explore it deeper. In fact, most of the products advertised as eco-friendly and recyclable are just a part of a phenomenon known as "Greenwashing". Greenwashing is simply marketing communication of the company, based on false or misleading declarations about the product's ecological aspects. The whole procedure is based on people's naivety and taking advantage of their good will. In the times we live in, more and more people try to do at least the smallest gestures to save the environment, and through many factors they're more likely to choose products meant to affect the planet less negatively. It is an area with a really big profit potential.

There is still some research going on in this case, and one of the tests done gave us at least shocking results. A Canadian consulting agency, TerraChoice, has discovered that out of 1000 products advertised as eco-friendly inspected by them, only ONE was actually free from greenwashing and fulfilled mentioned criteria. TerraChoice's analysis has developed the so-called "Greenwashing sins":

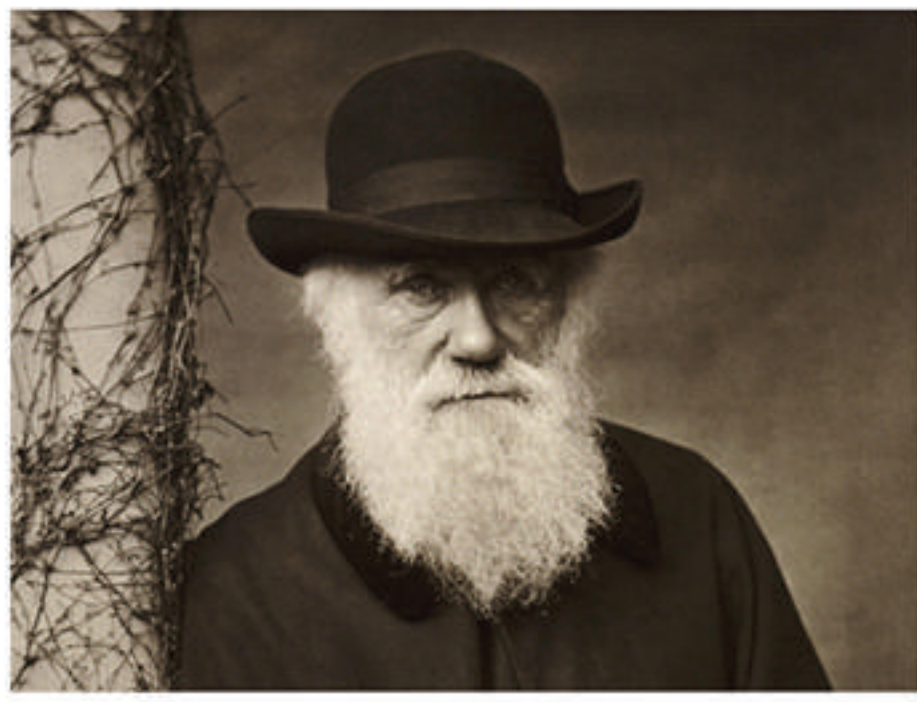
- ☒ Sin of the hidden trade-off - a claim suggesting that a product is green based on a narrow set of attributes without attention to other important environmental issues.
- ☒ Sin of no proof - An environmental claim not substantiated by easily accessible supporting information or by a reliable third-party certification.
- ☒ Sin of vagueness* - A claim that is so poorly defined or broad that its real meaning is likely to be misunderstood by the consumer.
- ☒ Sin of worshipping false labels - A product that, through either words or images, gives the impression of third-party endorsement where no such endorsement exists; fake labels, in other words.
- ☒ Sin of irrelevance - An environmental claim that may be truthful but is unimportant or unhelpful for consumers seeking environmentally preferable products.
- ☒ Sin of lesser of two evils** - A claim that may be true within the product category but that risks distracting the consumer from the greater environmental impacts of the category as a whole.
- ☒ Sin of fibbing*** - Environmental claims that are simply false.

An agency named Futerra Sustainability Communication marks even more problems with Greenwashing, like using scientific terms not commonly understood by society in promoting products, or producing them in containers coloured green or "earth colours" associated with ecology to make them more appealing.

The difficulty we have to face dealing with Greenwashing is the fact that we can't really verify if products aren't tested on animals or they're made of recycled plastic if the producer says so. It leaves us helpless in our choice which is really sad, because we don't really have a free will in what we're doing.

Despite this, I believe that we still should independently do our best to provide safety to environment and choose wisely in everyday situations basing our personal "green" knowledge and still expanding it. [Milena Cygal]

"Sins of greenwashing" and their explanations are taken from the "ul.com" site.



Darwin Day



In the month of February, where it comes to important days, only one comes to mind - Valentine's Day – 14th of February. But few know what day is celebrated two days prior. It is Darwin Day - day which commemorates his birth and contributions.

Charles Robert Darwin was born on 12th of February 1809 in Shrewsbury, in his family's residency called The Mount. He was born as the fifth child to Robert and Susannah Darwin. His father was a wealthy country physician, and his mother was a daughter of Josiah Wedgwood who was a founder of Wedgwood company, which specialised in manufacture of pottery.

Charles claimed that the first memory he could recall was one when he was accidentally cut by his sister, when she was cutting an orange for him. The scar that left from this cut was carried by him for the rest of his life. He had always been passionate about sciences - during his childhood and adolescence he had a fondness for collecting and classifying various items, such as pebbles, coins and shells, as well as for performing experiments with chemicals together with his brother. Yet he wasn't a teacher's pet – in fact, quite the contrary, as he preferred shooting birds and riding to learning at school. After finishing school, he was sent by his father to study at The University of Edinburgh Medical School, where he once again neglected his duties. Here he learnt the art of taxidermy, as well as joined Plinian Society – a student club for those interested in natural sciences, where he made two minor discoveries in relation to marine invertebrates. He later was sent to Cambridge to become a country parson. And he would probably become one, if it hadn't been for the opportunity to take part in the expedition to Terra del Fuego, in Argentina, on the board of HMS Beagle.

After convincing his father, he managed to get on board of HMS Beagle. The ship departed from Plymouth on December 27th, 1831. During his voyage, he has been in various countries of South America, as well as in British colonies around the world. Two places that had the most influence on his ideas about evolution were Patagonia, where he had found many different fossils of prehistoric beasts, and, very famously, The Galapagos Islands. The news about his discoveries spread even before he returned to England, on 2th October, 1836. Back in London, he met various scientists, that could help him properly describe his specimens. He met Charles Lyell, whose book about geology was a great inspiration for young Darwin during the voyage. Lyell soon introduced Darwin to Richard Owens, a young zoologist and palaeontology enthusiast, who examined fossils from Patagonia. It turned out that they belonged to creatures related to those still living, but much bigger. The ornithologist John Gould announced, that the various birds Darwin brought from Galapagos, weren't a mixture of various taxa, but all belonged to the same, finch family. His new fame, combined with his father's funding, allowed him to become a proper scientist.

And as a scientist, he began fully working on his idea that species change from one to another. He had worked very hard, not only on his book, but also on other miscellaneous works, up to the point of overworking, which expressed as various illnesses. At this time, he thought a lot about his future. When it came to marriage, he even wrote down advantages and disadvantages of marrying and not marrying, where he noted that companionship of a wife would be "better than a dog anyhow". He and his cousin, Emma Wedgwood, who was couple of months older than him, were married on 28th of January, 1839.

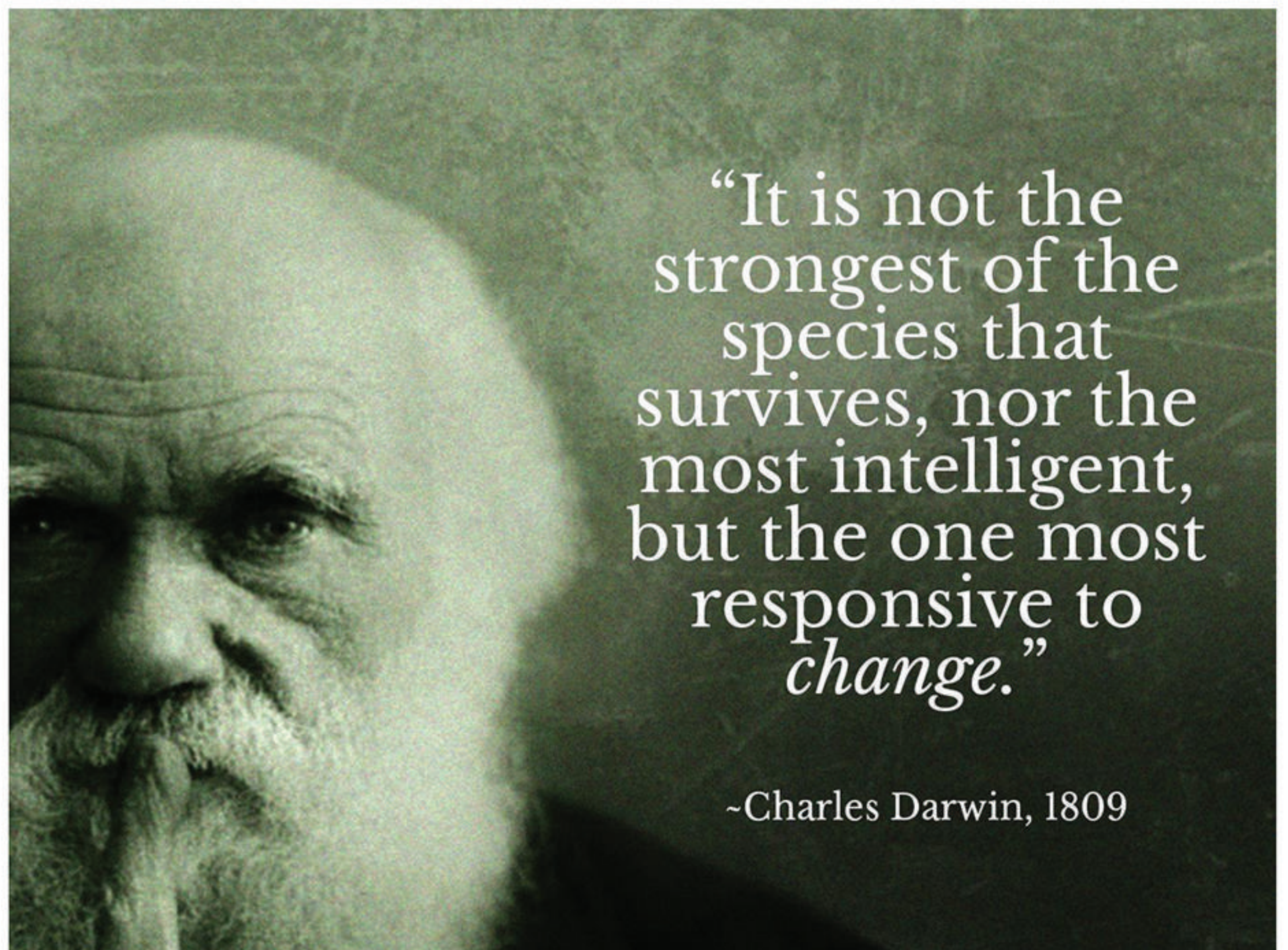
In 1842, due to civil unrest in London, they moved to Down, in southern England. Charles kept on working on his idea of natural selection, with one of the most notable inspirations being 'Thomas Malthus' An Essay on the Principle of the Population, which stated that unchecked human populations grow geometrically, up to the point when they ran out of food. But it still was in the background, as he mainly made publications about barnacles and geology. In 1851, his favourite daughter Anne died, probably from various illnesses that were inherited from Charles. This event moved him deeply and caused him to lose all faith in Christianity

It was then, in 1858, when the horrifying news reached him - a fellow scientist, who had done research in the Far East, Alfred Russel Wallace - was about to publish a paper titled On the Tendency of Varieties To Depart Indefinitely From Original Type. This paper described the theory of natural selection, with Wallace coming up with it independently. Eventually, they came to an agreement - their ideas were to be published on the same day, 1st of July 1858, to Linnean Society, of which both men were members. Yet there was little attention from the scientific circle. This changed on November 24, 1859, when On the Origin of Species was published. So huge was the interest it caused that all 1,250 copies of the first edition were sold out two days before official publication date. The book was met with mixed reviews, with many scientists agreeing with the message, albeit not with the mechanism of natural selection. Many attacks came from the clergy, as well as from aforementioned Richard Owens. The most famous confrontation between those camps was 1860 Oxford Debate, where Thomas Huxley, Darwin's friend, in response to bishop Samuel Wilberforce, who asked sarcastically, if his descended from apes through his grandfather or grandmother, that he wouldn't be ashamed of this, but rather he would be ashamed to be connected with a man who used his great gifts to obscure the truth. And while Darwin had never wrote that man came from apes in his first edition, in fact, he avoided the topic completely, the implications of his ideas suggested that.

While his illnesses had returned, Darwin kept on working. He continued to be supported by his friends, who further developed his theory. He had published additional books, with most remarkable being The Descent of Man, and Selection in Relation to Sex, from 1871. There he demonstrated that humans are still animals, both physically and mentally, and discussed sexual selection. Others focused mainly on plants, with last book being The Formation of Vegetable Mound through the Actions of Worms.

Charles Darwin died peacefully, at his home in Down on 19th April 1882. Today he is believed to have been one of the most important figures in human history, with many awards, institutions, and even cities named in his honour.

[Mikołaj Lewczuk]



“It is not the strongest of the species that survives, nor the most intelligent, but the one most responsive to *change.*”

-Charles Darwin, 1809



Online classes – new reality

Two years ago, when the global epidemic became a reality, government was forced to think of new ways to enable students to continue their studies. That's when online classes became a part of everyday life of each student (and not only). For some, this form of getting knowledge was a blessing and for some a curse. Either way, everybody had to adapt to this new form.

At first most of the people were happy, because they thought that they were going to get some sort of break from learning (which by the way can be pretty exhausting). After some time the realization that online life is much more demanding and requires a lot of self discipline struck the poor students and they continued with their everyday struggles, just in a different format.

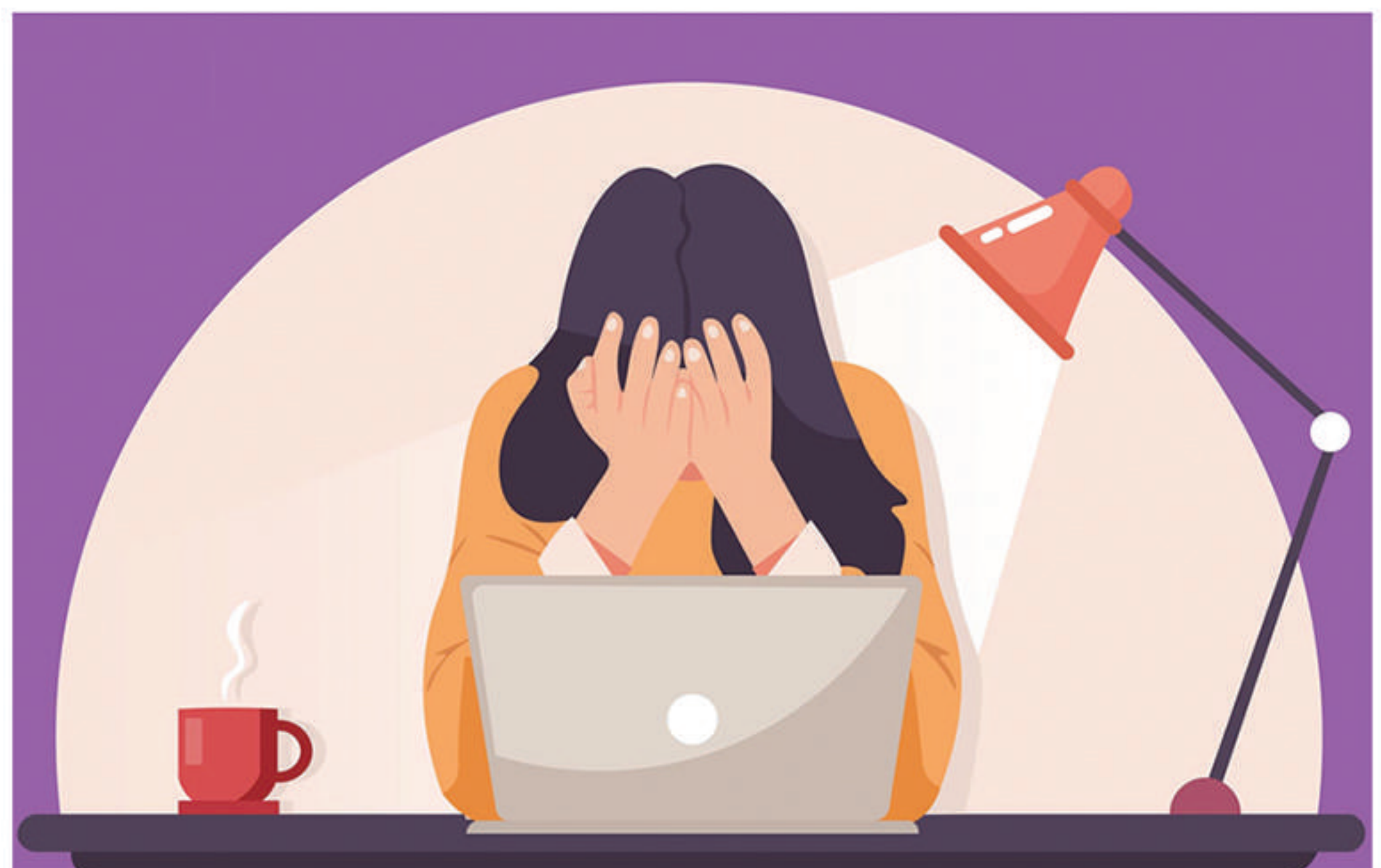
Apart from the teenagers who like to complain about everything all of the time, there were two groups formed: the students who reassured themselves that traditional ways of getting knowledge (meaning attending classes in school) are their favorite and most effective and the students who realized that learning more on their own, on the conditions that they choose etc. For those, the given situation was definitely a blessing, because they would probably have difficulties in figuring it out on their own, without such drastic external factors. Even some of those students quitted traditional school and switched to homeschooling, which made them much more happy. On the other hand, the students who prefer learning at school have a really tough time right now (but luckily it looks like it won't be for too long).

When it comes to teachers, most of them can agree on the fact that this sort of putting knowledge and necessary information in their pupils heads is couple more times more exhausting than it normally is. Most people feel much more comfortable and safer being in front of a screen and not face to face, that's why they tend to be less active than while being in a classroom (where they feel more obligated to answer).

In conclusion, it's impossible to decide in unison, whether the online classes are better or worse, and whether it was a good or bad decision. The thing that is especially visible is that the ability to easily adjust to any given circumstances is very important and useful.

Every experience can be valuable (depends on a person's attitude towards it), and online classes are one of them.

[Julia Cwynar]





THE FOREST PARK OF SURPRISES

Today I would like to tell you about a place I like very much and whenever I'm nearby I like to visit. It's a very interesting place, especially for animal lovers. I mean the "The Forest Park of Surprises" (pol. "Leśny Park Niespodzianek"). It is located in Ustroń in the Silesian Beskids.

It is a zoo located in the forest, where we can see (sometimes even up close) many interesting animals: roe deer, deer, fallow deer, bison, wildcats and many other mammals.

You can also meet many birds here: eagles, falcons, owls.

The bird flight shows are a special attraction. Their guardians pay attention to the differences in the way of individual birds fly, and the birds sometimes fly literally a few centimeters above our heads. You often have to bend down so that one of them does not land on you! It is a very interesting experience. I especially liked the flights of the owls. They can fly very quietly. As an owl flies a meter from us - we are not able to hear it. They are amazing birds.

In addition to birds - as I wrote above - we can also meet mammals from our forests in the Forest Park of Surprises. Some of them are in farms, but some are among people. You can even feed them. You can buy a special pet food at the entrance to the park. Very often they eat out of hand. It happened to me that a large fallow deer ate from my hand, and at that time I was able to see it closely and even stroke it. Amazing impression!

The best time to visit The Forest Park of Surprises is in the morning - right after opening it, because there are not too many visitors and the animals are more likely to come close to people because they are hungry after the night. It is worth visiting this place when we spend our holidays in the Silesian Beskids, but you can also take a one-day trip - it is only 3 hours by car from Wrocław. There are many other attractions in the neighborhood of Ustroń. The Barania Góra mountain, where are the springs of the Vistula - our largest river. There is a tower on the top with a great view of the surrounding mountains. Near is town Wisła, where there is a ski jumping hill named after Adam Małysz. If you do not have too much time for these attractions, you can ride a cable car to the Czantoria mountain - the peak from which there are also great views.

In general - I highly recommend visiting the Silesian Beskids, and especially the Forest Park of Surprises, not only for animal lovers. [Ania Ciszelska]



A B O O K ? E B O O K ?



Our world is improving every day. The number of new technologies is increasing rapidly. One of the many that brought a small revolution is an e-book. What gives us the advantage of replacing paper with “e-paper” is a display. And here starts a battle of these two, a book vs. an e-book. Which one of them is more comfortable, healthier for your eyes, more practical?

We students all have to carry a multitude of books every single day of school. I can't count how many times in my life I haven't had space in my backpack to contain all the required items. Books certainly take a lot of space, are heavy, are vulnerable for atmosphere factors, such as rain or wind. On the other hand, e-books are thin, are light (also because of the fact that you usually carry only one). Both have in common the vulnerability for atmosphere factors, but in other aspects e-book wins that fight.

Is looking at display healthy? There is no doubt that when it comes to the screens (of the computers or of the tablets), they aren't healthy for our eyes. BUT it's completely different with e-books. Nowadays, their screen has almost same properties as a paper page of a book. So, it is healthy, but there is a slight difference. Traditional books don't affect our eyes at all. After all, a book beats an e-book in this round.

It goes without saying that an e-book is more practical. First of all, it contains all the books in one place. Second of all, it is capable of holding the user's notes with it. But nothing is for free, right. The price difference is really huge. A book can cost about 30 zlotych, but a good e-book is at least a hundred times more.

You can't really decide whether a book or e-book is better, because I think that it depends on preference.

Also, since we have been using books all the time beginning a primary school or kinder garden, it takes time to get used to e-books. The new generation maybe will be able to live in a world without paper, we'll see. Whatever you choose, a book or an e-book, please don't forget to read it.

[Michał Skrzypczyński]



MICRO-TRENDS AND MULTIPLIED WASTE



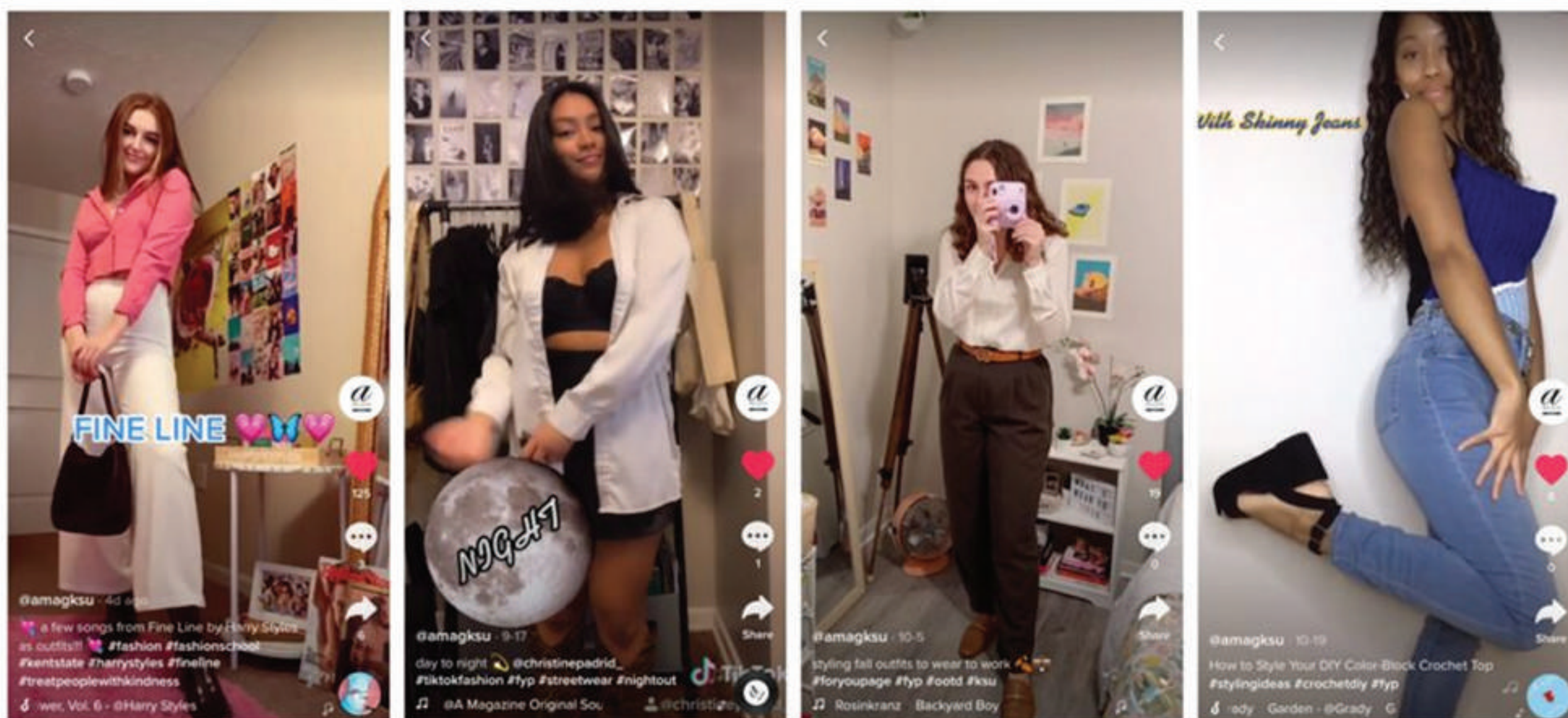
In recent years, especially with the growth of Tik Tok, which has become a leading app when it comes to setting trends in fashion and many new trends have come into fashion. But what is a trend? In general, it's a direction in which something is developing or changing. They've been around since the begging and with growth of social media platforms, or earlier, media in general they have been globalized and popularized on a larger scale than ever.

Now, as said before, Tik Tok is a place from which most trends come from, as they are advertised by influencers and spread all over the globe, however, tiktok "fashion" isn't here to stay; trends there mostly stay in fashion for a couple of weeks, months. Different aesthetics and items that are considered "must haves" change frequently and more drastically than ever but they're still highly popularized, what's the conclusion?

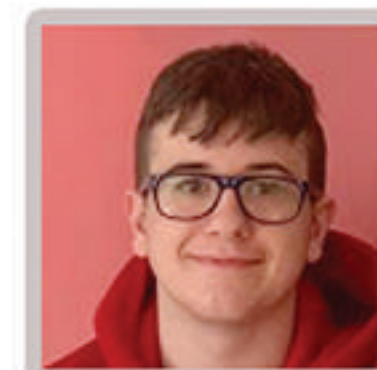
Fast fashion companies follow those trends, make multiple items of every micro-trend which will no longer be accurate in the span of 3 months and repeat this cycle every time something new is "in fashion" this has been going on for a long time, but fashion and trends, as said before have never changed so quickly, that being said, in the past there was less waste produced and products lasted a longer period of time (they were fashionable longer).

Fast fashion also has grown; such companies as Shein are right now the biggest they have ever been. Even though their work ethics and waste reduction system is non-existent. Clothes made by fast fashion brands contain mostly polyester or other artificial materials, which are not only bad for the environment but also people wearing them. That is due to the fact that they don't let our bodies "breathe" and keep bodily fluids and pores in which in the long run can cause skin conditions.

How can we stop micro-trends and fast fashion? I don't think that it is even possible at this point. We can reduce buying items from fast fashion brands which can help a little bit, however, micro-trends are harder to stop, especially with the impact of social media platforms. [Julia Kłapkowska]



CITIZENSHIPS ALL OVER THE WORLD



Every person has their own citizenship - usually of the country, where they or their parents were born and it is the basic way to get the citizenship. Basic, but not the only one. When you immigrate to another country, after some time you can become a citizen, but every country has their own citizenship rules. They are very interesting and I will present some of them. It is always easier to get citizenship when you marry the inhabitant of that country. There are countries too of which you can become the citizen by just investing money!

1. United Kingdom

Have you ever imagine of being British? It is possible for everyone! However, there are some conditions for getting the passport. You must be an adult and have an impeccable reputation - it means that you couldn't be legally punished. Also you are required to have stayed at least 5 years in the UK when you have this status, you have to wait a year more. Your English must be fluent too and finally you must pass the exam: „Life in the UK”.

2. The USA

When you are born in the USA you automatically become the citizen. There is a way to become American being born outside the country. You must live in the USA for five years and, of course, your stay must be legal. At least half of this time you must be in the country and you cannot go abroad for more than 6 months. There is an exam too. You must know the language and the culture of the United States, then you have to swear an oath of allegiance.

3. San Marino

One of the smallest country in the world, but why so important? The citizenship of San Marino is one of the hardest to get. You must live in San Marino for 30 years! When you get married with a citizen of San Marino you become the citizen after 15 years. Double citizenship is prohibited, so before becoming Sammarinese you have to renounce the citizenship of your country.

4. Antigua and Barbuda

This is the country where you can buy the citizenship, Yeah, it is possible, but not very cheap. To become the citizen you must invest at least 100 000 USD in National Trust or buy a house (they are worth at least 200 000 USD) or you can pay contribution to the University of the West Indies (150 000 USD). So not cheap, but possible.

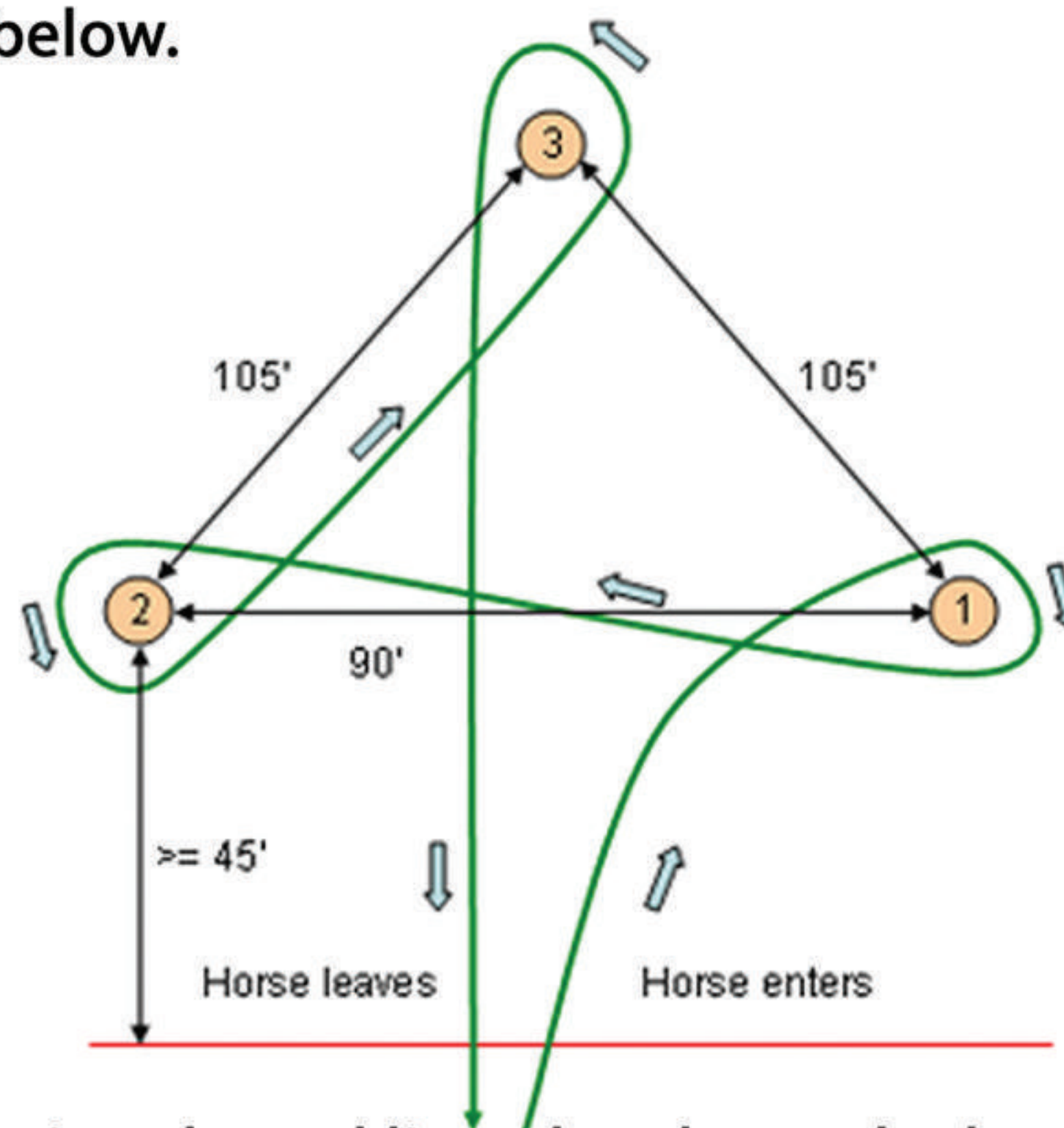
[Mikołaj Antoniewicz]





BARREL RACING

When we think about wild west, we imagine cowboys, horses, herds of cattle and prairies. Long time ago, when wives of those cowboys were staying alone on the ranch, while their husbands cared about herds, they were looking for some entertainment. Women had lots of horses at their disposal, so they started thinking about some kind of backyard competition. One of them had an idea to put three barrels like on the arena and riding between them against time. It was popular way of spending free time, because of the rivalry and the adrenaline. Now in the USA, it is treated as a national sport discipline next to rodeo and other competitions to do with cattle. The most known and also the most prestigious is The Calgary Stampede. Would you ask why the most prestigious? It is simple. Because of the biggest price, which is estimated at 300,000 dollars. In the United States it is a popular way of living and for people it is like a normal job. For most of us it's strange, but you can meet people which prefer it in Poland, too. They the most often deal with agriculture and breeding of horses. There is only one and small difference. We do not have as much money from this as the Americans, so it is not too popular in our country. When you start imagining how it looks in reality, the first thought is that is difficult riding between the barrels. Of course, when you ride slowly, it is not something spectacular but when you add high speed it starts getting complicated to ride, because then you need a technique which will help you to cover the distance in the shortest possible time. To know what it looks like I would like to describe this picture below.



The rider starts with crossing the red line, then he or she has to circle the first barrel, the second and third one. The time measurement is stopped when the rider crosses the red line again. This pattern is called Cloverleaf. It is possible to start ride on the left side (the first barrel).

This type of competition was associated with women, but there are lots of men who deal with it as professional riders. Why is it often female competition? Because men need more adrenaline, so they prefer rodeo. If you want to, you can see this live also in Poland, but I have to admit that we are not progressing much and the highest level possible is to be seen only in the USA. [Kasia Pieprzyk]

VIDEO ON YOUTUBE: Calgary stampede day 1.



WHICH ONE IS THE BEST FOR YOU? BEST ACOUSTIC GUITARS

If you're in the market for an acoustic guitar, then choosing right one can seem like a daunting task. There are literally thousands of options out there with varying shapes, sizes, features, and price points.

So how do you find the right acoustic guitar for your specific needs as a player? In this article I'll point 5 of the best acoustic guitar brands in the entire world. There are dozens and dozens of names that are more than suited to be on this list, so I've made sure to pick out only the prominent leaders in the industry.

So, let's start from, in my opinion, the best acoustic guitar brand in the world. This brand is Taylor. Established in 1974, this company specializes in acoustic guitars. Even today, this company launches acoustic guitar models that are praised for their high-quality tone and instruments. The best thing about this brand is that it manufactures guitars for both beginners and professionals.

While we are talking about best acoustic guitar brands, how can we leave out C.F Martin & Company. This company was founded by Christian Frederick Martin. The world knows him as the person to invent the first-ever acoustic guitar in the United States. Do you want to know an exciting fact? Artists such as Taylor Swift, Zac Brown, and Jason Mraz play the guitars by this brand. So, it is another reason to invest in an acoustic guitar for a beginner because every guitarist looks upon well-known guitarists for inspiration. What can be better than playing and learning to play with a guitar that even your idol guitarist uses?

Coillings is number three on the list of the best brands of acoustic guitars. These guitars are designed gorgeously and are made to perfection. The company was founded in 1973. The brand not only specializes in acoustic guitars, but it also manufactures electric guitars and mandolins.

The sound quality of these guitars is absolutely phenomenal. However, purchasing a guitar by this brand might put a hole in your pocket as it is a top company in the category of high-end guitars. If you ever get a chance to play an acoustic guitar by Collings, you can take my word for it you will love it.

It is one of the oldest, yet the most reliable brands that offer top-quality instruments to music enthusiasts, like you and me. It has been manufacturing acoustic guitars for the past 187 years, and there is no change in its quality. Being the oldest guitar brand, this company has manufactured guitars for some of the top music artists. Is Ed Sheeran your idol? Or do you like Mark Twain, David Crosby, or Chris Cornell more? Well, these are some of the musicians who use these guitars. If you take my word on it, this brand manufactures the finest acoustic guitars in the United States.





We're moving on to Canada with Seagull Guitars. This brand was founded quite recently, in 1982, by Robert Godin, and it's one of the fastest rising stars in the guitar-making community. Seagull earned their fame through premium-quality guitars and exceptional craftsmanship, but we should also mention that they've brought numerous innovations globally. One of the most notable and most unique inventions of this brand was the exquisite headstock placement technique. Among the most respected guitar players that own a Seagull guitar are Peppino D'Agostino, James Blunt, Kim Deal, and Michelle Lambert.

So the last company in the article is Gibson. It is one of the most well-known guitar brands in the market. If you are willing to put your money in Gibson, you must not fall short on the budget. The guitar brand is known for its electric guitar range, but its acoustic guitars are no less. The brand initially started as an electric guitar manufacturer in 1902 but soon started producing acoustic instruments. What makes Gibson such a well-reputed name? The answer is simple - the diversity it offers.

I've only included 5 brands, but you're probably aware that there are hundreds and hundreds of guitar-making companies out there. Now, even though the answer to the question 'which brand is the best' largely depends on what you are looking for, I've picked 5 names that have changed the industry and that offer the most versatile selection of acoustic guitars. [Dominik Szarecki]



Coffee



Coffee beans

There are two types of beans:

Arabica

The queen of coffee, Arabica, has beans characterized by wonderful richness of aroma and allows for a mild but deep taste.

Robusta

Robusta, the queen of caffeine, is twice as stimulating as Arabica beans. Choosing it, you can count on a strong, slightly bitter taste.



More than 50 species

Although there are over 50 types of coffee, only 2 of them - Arabica and Robusta - are used in production for the consumer market. The more popular of both types is Arabica - 70% of people prefer it more than Robusta coffee.

Coffee is obtained from the so-called cherries

Coffee beans are actually the seeds inside the fruit "cherry" of the coffee tree. Coffee is essentially the beans inside the edible fruit of the coffee tree. Before grinding and brewing, the green beans are roasted to varying degrees to achieve the desired aroma.

Harvest

The ripe red fruit of the coffee tree is harvested by hand. The grains are then extracted from the fruit and dried. The unripe fruits are left on the bushes to ripen.

Where does the coffee come from?

Coffee comes from Ethiopia. The word "coffee" probably comes from Kaffa - a city and region in Ethiopia, still known today for the cultivation of coffee trees.

It is known that the fruit of the coffee tree was known in Ethiopia more than 2,000 years ago, but initially, it was eaten with butter and salt. Coffee as a drink was discovered later, probably around the 18th-14th centuries in Yemen, where the fruit of the coffee tree was brought by merchants.

Types of coffee with milk

Caffé latte, Cappuccino, Flat white, Macchiato, Latte macchiato

Types of black coffee

Espresso, ristretto, lungo, americano, long black, filtered coffee

Caffeine and its effect on the body. A safe dose of caffeine is 4 coffees a day. Coffee has a stimulating and refreshing effect, speeds up the metabolism, and increases the efficiency of thinking. Coffee protects the mouth, intestines and liver against cancer. Scientifically proven that a cup of small black tea lowers the risk of diabetes, Parkinson's disease and Alzheimer's. In low doses, it is actually harmless to your health, and even helps: it helps you concentrate, strengthens your stress resistance. But if consumed in large amounts, it can be harmful to your health. It should be remembered that not only quantity but also quality plays an important role here. If coffee is brewed improperly, it begins to emit harmful fats, which increases the risk of high blood cholesterol levels, raises blood pressure, discolors teeth and causes sleep problems.

Interesting facts:

Dark roasted beans contain less caffeine.

Coffee can be used as fuel for a car.

The approximate number of cups of coffee drunk annually around the world. That's almost 2.5 billion cups every day and 29,000 cups per second!

After 15 minutes, ground coffee loses about 60% of its aroma.

The person professionally responsible for selecting, brewing and serving coffee is a barista. [Oliwia Zielińska]