

Good advice!

Sunny days have come - it's time to pull yourself together! The summer is slowly coming, and the spring is already ruling. The snow melted a long time ago, days are becoming longer and warmer, sun is heating much stronger than it used to. With every next day it is much warmer - it is making you want to live! If spring euphoria hasn't grasped you yet, it is the best time for a change!

How can the spring be pleasant, if we are not fit and have lots on our minds. It's enough to introduce some significant changes to feel better. I have some useful tips for you to win the war against feeling down. Don't waste your time - just do it!

1. Try to set yourself a goal.

Take up reasonable decisions. If you aim too high you can be discouraged easily. That's why you should define precisely what you are really keen on.

2. Think optimistic.

Believe in your success! If you are determined to achieve your goals, it would be easier for you to realize them. Thinking optimistic is helpful and makes your life more simple.

3. Be in move.

Choose a discipline that will give you pleasure to train. Jogging, dancing, volleyball, basketball, fitness - it is just a small amount of great majority of sport disciplines. I am sure that you will find the most appropriate form of activity. Remember - sport is healthy, so don't avoid it!

4. Eat regularly.

Have meals at the same time every day. Eating regularly helps to keep you in good shape and prevent from digestion problems.

5. Diversify your menu.

A varied diet guarantees you nutritious supplements. Therefore, if you take care of varied meals, you provide yourself with much more vitamins and mineral elements intellectual ability.

Good Luck!

Anna Lichnowska Ię

Wydruk ufundowany przez Posła na Sejm RP Krzysztofa Maciejewskiego.

May - 15/4/2010

THE READER

OUR ENGLISH MAGAZINE

R Space exploration is a waste of time and money

R Avatar - film review

R A Dangerous Creature

R New book for Vampire's fans

R Winnie-the-pooh's short story

R QUIZ

Q: Why can't blondes make ice cubes?

A: Because they always forget the recipe...

Ha Ha Ha
(ha ha ha)

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"Space exploration is a waste of time and money"

Everyone agrees that world exploration is very important and educational. But not everyone agrees about the best way to do this. Is space exploration the good method to learn about the universe?

There are several advantages of this issue. First of all, space exploration is a possibility to find another civilisation. A new planet where people can live would be a crucial discovery.



Secondly, this is very salutary. Space exploration causes development of astronomy and simplifies learning of this subject.

Last but not least, this enterprise causes that country which explores space develops technically. The United States can be the best example.

On the other hand, space exploration has some disadvantages, too. It is very pricey to organise such an expedition. Equipment and professionals cost a lot.

Moreover, many of these people can die or disappear in space, so it is dangerous and demands bravery.

Furthermore, not all countries can afford to explore space and in this way some have a dominant position. Eventually, it can lead to a war.



To sum up, space exploration has positive and negative sides. It gives us many benefits, but we have to do this carefully and sensibly not to lose our achievements. In my opinion, people who care about it, for example NASA, should take notice of everybody's good.

Krzysztof Piszczala kl. Ic

COLDPLAY

Coldplay is a British band from London. Their type of music is very heavy soft rock. Coldplay have been a band since January 16th 1998, when they lost (surprising, but true) a demotape competition on XFM in London. It's a really amazing band. I suppose that *Viva La Vida* is the most famous of theirs songs and I'm pretty sure that you've heard it. Current members are Chris Martin, Jonny Buckland, Guy Berryman and Will Champion. They have won many nominations and awards and sold millions of records all around the world. Discography includes *Parachutes* (2000), *A Rush of Blood to the Head* (2002), *X&Y* (2005) *Viva la Vida or Death and All His Friends* (2008). If you don't know this band, you'd better listen to it because Coldplay is really worth it:).



Written by: Ola Machura kl.IIc

Smile lengthens life by 7 years.

People who often laugh lengthen their life by 7 years. That is a fact which has been confirmed by a group of scientists from England. The scientists discovered that happy people live longer. Calculations have proved that smile lengthens life by about 7 years. During laughter our hearts beat faster and we have more oxygen in our organism. So happy people are also healthier and stronger psychically and physically. But the scientists don't know what the cause of this occurrence is. But they know that it works.



So " Don't worry, be happy " ;).

Iza Ib

A Dangerous Creature

Two years ago in January, my best friend, Sara, and I arrived in Zakopane. We stayed in a hotel, which was situated in the ski resort. When we came to Zakopane, it was evening so we decided to go walking.

The weather was brilliant. It was becoming darker and darker and stars appeared in the sky. "How amazing it is here!", said Sara. After an hour, we realised that it was time to come back to the hotel. We felt cold, so we decided to take a short cut which led through the woods. We were a bit scared.



When we were going through the woods, something made a noise in the bushes. "It's just the wind, for sure", said Sara and we carried on our return to the hotel. The noise was becoming louder. Something was approaching us. We speeded up. Abruptly, we heard a roar. My heart started to beat like a drum when Sara shone the torch at the place where the noise got out of the bushes. We were terrified - it was a Yeti! We started to flee. A dangerous creature was chasing us. He was closer and closer. It was very gloomy and I fell over. I was trying to stand up but I couldn't. By the time Sara lifted me up, the Yeti had gained on us. We were terrified. Then Sara used a pistol with pepper gas. The Yeti didn't see anything and we managed to escape from the woods.

When we were at the hotel, we still couldn't believe in what had happened. My body was shaking and Sara was as white as a sheet. We came back home the very next day. I'll never forget that event.

'Avatar'

'Avatar', which is the latest James Cameron's production, is one of the best films I've ever seen. When I came back from the cinema, I couldn't think about anything else for a few days. James Cameron has also written the scenario. The main actors starring in this film were Sam Worthington (as Jake Sully) and Zoë Saldana (as Neytiri).

Jake Sully, a disabled ex-marine, takes part in the expedition to Pandora, the Alpha Centauri's moon, after his brother's death. The aim of this travel is gaining the unobtainium, which is a valuable substance needed on Earth. The humanoid cats' race - Na'vi live, in harmony with nature, on Pandora. The crew has to persuade them to change the place of living because there are the biggest deposits of unobtainium in the area of their settlements. To do this, they transfer their minds into a Na'vi-shaped avatars. Jake, after some time spent on Pandora, falls in love with it and with one of the natives - Neytiri.



I saw this film in 3D technology and I admit that it was fascinating. I felt as if I had been on Pandora and participated in the action. There was a special 'motion capture' system. It recorded actors' emotions and then transferred them into Na'vis or avatars. The plot was very interesting and moving. 'Avatar' dealt with environment protection. Everyone while leaving the cinema wanted to live on such an unbelievably wonderful and colourful planet without traffic, pollution and noise. The music matched the film very well. It was calm, lyrical and soothing. In the ending, we could hear the beautiful Leona Lewis's song 'I see you'. But the greatest advantage of this film was acting, which was perfect. I forgot that Sam Worthington and Zoë Saldana were only actors - they were acting so brilliantly.

In conclusion, if you haven't seen 'Avatar' yet, you should do it as soon as you can. Today, you can buy a DVD with this film, but if you want to feel as if you were there, you ought to see it in 3D. It's going to come back to cinemas in July in improved version. I'm personally waiting for 'Avatar 2'.

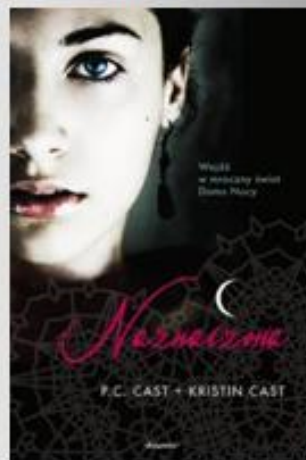
Justyna Ferenc II e

New book for Vampire's fans

I was shopping, when I found this book. I read the short review on its back cover. I thought that it could be interesting, so I bought it.

This book is called "Marked" (the Polish title "Naznaczone"). It's the first part of the House of Night (the Polish title "Dom Nocny") series by P.C. Cast and her daughter, Kristin Cast.

The main character is a sixteen-year-old Zoey Redbird. One day she gets marked at school. She must leave her family and friends and go to school fledglings (young vampires).



When she gets to the House of Night, she is seen as an anomaly because her mark has been filled in. That's why Neferet High Priestess of the House of Night becomes her mentor. Zoey meets new friends: Stevie Rae (her roommate), Shaunee, Erin and Damien. She also falls in love with Erick Night, and... becomes an enemy of Aphrodite Lafonte, the leader of the Dark Daughters.

I chose this book, because I like fantastic characters living in our world, like "Harry Potter" and "Twilight". Interesting plot and problems connected with growing up are the good side of the novel. This book shows a different lifestyle of vampires.

Magda Łukomska le



Music, which you need!

Music is today the most important thing for teenagers. You listen to music, when you go to school, at school, or when you are frustrated and so on. It is the thing you will always need. So we can say that it causes many modifications in life. Music is various. There are different types of music – pop, rock, r&b, soul, jazz, metal... I would try to say something about today's music, about people, who listen to these types of music.

Pop – for masses!

Pop - the type of music, which is the most popular in the world. We can say here about many famous people, probably about the queen of pop – Madonna. This is the most recognized person in trade. Madonna Louise Veronica Ciccone is an American recording artist, actress and entrepreneur. She is ranked by the Recording Industry Association of America as the best-selling female rock artist of the 20th century and the second top-selling female artist in the United States. Also in 2008, *Billboard* magazine ranked Madonna at number two, behind only The Beatles, on the "Billboard Hot 100 All-Time Top Artists", making her the most successful solo artist in the history of the chart. Her most popular songs are: "Frozen", "Like a Prayer", "Hollywood", "Revolver". She made a video clip with pop-princess Britney Spears.

Lady Gaga (Stefani Joanne Angelina Germanotta) is an American popular singer. She promoted the singles: "Just Dance", "Poker face", "Love game". She released a famous song "Bad Romance" where she was wearing strange costumes. She had strange hair, make up, shoes and so on.... She is still the most popular and recognized artist in the world.

What is it with the lyrics?

When you listen to your favourite song, you do not pay attention to the song's text. It is a mistake. Probably the song's lyrics are very important, because when you know them, you know what you are singing about. For example Lady GaGa's song "Eh eh, eh eh". In this song we can see words: „Eh eh, eh eh/There's nothing else I can say/ Eh eh, eh eh" It is not impressive. And the pop-princess' song "3". We sing: "1, 2, 3/Peter, Paul & Mary/Gettin' down with 3P/Everybody loves ***/Countin' ". Although, these songs have good rhythm and melody, they are empty, and do not contribute anything new. They are Nothing else.

However we can find many songs, which have great message. They are inspiration for our life, and help us, when we have problems, also when we are happy and we try to express it.

What is next in the world of music?

Every day, we can find more information about our favourite bands, singers. There are some materials – new singles, photos, videos. It is your choice what to choose. This is the world for you.

Bartosz Buczyński kl. IC

Stealing ideas from Europe

We used to look at American film industry with wide eyes. The budgets are enormously high, the computereffects are pretty stunning and performances might be called spectacular. We admire Hollywood spirit and their amazing technology.

But let's have a closer look in this matter. It turns out that intellectual and artistic sources of ideas for many screenings are in Europe.

How about "Inglorious Bastards" directed by Quentin Tarantino? You must have heard of it. This movie is undoubtedly worth seeing and Christopher Waltz definitely deserved an Oscar but still the original idea is Italian and comes from the old war film called (guess what?!) "Inglorious Bastards". Moreover, the musical "Nine" (with D. Day-Lewis, N. Kidman, K. Hudson, J. Dench, P. Cruz and Fergie) is nothing more but a remake of Federico Fellini's "Eight And The Half".

People look intently at American film industry and they can't notice the huge impact that European culture has on it. Why is it so? There are many reasons and one of them is surely lack of attractive advertisement. Most of the artists from Europe find copying someone else's ideas abhorrent. They have enough respect for tradition, culture and they always try to be original and unconventional. It is not that important in the United States where people find no shame in buying the others' ideas. Of course, the plot should be slightly changed, simpler, updated, understandable for American viewers who don't really like reading subtitles.

Let's think of more examples. What about top-notch "Departed" (with L. DiCaprio, M. Damon, A. Baldwin and J. Nicholson)? Martin Scorsese reaped many awards for this thriller. Right, it is pretty good and gives you the creeps more than once but still it is a remake of "Internal Affairs" – this time Asian production from Hongkong.

Now, it's high time to draw the conclusion – we take the bait too frequently. People often don't even know about original, prominent, talented artists who have never been discovered. Frankly, we may call European film industry forlorn. The gist is that maybe we could take a little bit of interest in it.

You can start with a shocking Dutch movie "Spoonloos" and then compare it to its American equivalent "The Vanishing" (with S. Bullock, J. Bridges, K. Sutherland), both were directed by George Sluizer. Decide which one is better by yourselves!

Karolina Klamka IIb

Film review

A film I've enjoyed recently is "Sergeant Ryan". It's an American war film directed by Steven Spielberg and starring Tom Hanks and Matt Damon.

The film is set in Normandy. The main character is captain Miller but in the second part of the film we meet Ryan. Miller and his soldiers are trying to find Ryan to tell him about his brother's death. In spite of the war, funny things happen e.g. they find another man called Ryan and they tell him about this loss. He promises to take them to the entertainment park. He can't believe that his 5-year-old brother died on the battlefield. It's of course a terrible mistake but a funny moment, too. Things get really complicated when they find the real Ryan. He refuses to come back home. He wants to stay until the end of the war. Captain Miller agrees but after their last battle, they decide to leave. Unfortunately, they all die.

What makes me want to see it is that I like war movies and it presents events during the World War II. Although there is a lot of violence, it is very moving and the soundtrack is good, too. I would recommend this film to anyone who has an interest in the World War II history.



Feng shui

If you want to make your life easier and better you should reorganise your room. Feng shui is a kind of Chinese philosophy that lets you feel positive energy, good health and happiness. The most important thing is balance and peace. There are a lot of rules that you should respect.

First of all, you should avoid L-shaped arrangement, as this leaves a missing corner. The centre of the living room should be left clear. In each room, there should be a lot of light, which promotes good energy. Secondly, put plants in the corners of the room, as they attract good energy, but not the ones with sharp leaves such as yuccas or cactus.

Another important point in Feng shui are mirrors. They reflect energy. Round or oval are best, but they shouldn't be opposite each other, nor should they reflect a door because good fortune will go out of it. You should take care about your surrounding. Your bedroom is a very important room in the whole flat because you spend here a lot of hours. You should have the head of your bed placed against a wall, as this gives you a sense of security. Avoid having a bed under a window, as you are exposed to danger. Don't hang paintings of water in your bedroom because it suggests financial loss. Don't use the same room for your bedroom and study, as the different energies will be in conflict. Wherever you study make sure your desk is in the north-east corner, especially if you are preparing for exams, as this area symbolizes education.

I wish you good luck with reorganising your flat. Remember that it can be fun and don't care about it too much, because it can make your life complicated.

Ola Rochowska I b

Easy answers for difficult questions



Where does snowboarding come from?

Where, when, in what way and why did snowboarding appear? The snowboarding was invented in 1963, when Tom Sims - a boy from New Jersey - decided to create a new "ski board" as his semestral work in carpenter's studio. Three years later, Sherman Poppen invented "Snurfer" - two boards bound together. He patented this invention and so in the USA surfing on snow began. The first world's

competition in "Snurfer" took place on 18th February 1968 in Michigan. The participants didn't have any idea that exactly 30 years later snowboarding would become an Olympic discipline.

Why do hair and nails grow after death?

When somebody dies, some functions of his body stop after a few hours. And that's why for a short time hair and nail cells are still being produced. But this process moves so slowly that it's hard to measure it. It is believed that hair and nails grow after death for a very long time because they're made of stagnant material. But it's false.

Nails are made of hard protein called creatin and hir except it has different amount of pigment. After death human skin is going to shrink, which creates an illusion that hair and nails are longer than they were at the moment of death.



Winnie-the-pooh's short story

Winnie-the-pooh, often shortened to Pooh Bear or Pooh, is commonly known all over the world. But not many Polish people know his English name. Do you know who we are talking about? It's that yellow bear addicted to honey, wearing a red T-shirt. Does it ring any bells? Of course, it does.

Now, let's face some facts. First of all, Winnie-the-pooh was born on 14th October 1926. His father-creator was the writer A. Milne. The inspiration for this name came from Milne's son's teddy bear (son, Christopher, was the beginning of character with the same name). So where did the teddy bear's name come from? Christopher started going to the zoo in London in early childhood, fascinated with animals and he often watched a bear, called Winnie (and, as I managed to find out, this bear had been named after the town Winnipeg.

Don't ask from where this town had its name...). The part 'Pooh' came from a swan they had met while on holiday.

But, apparently, it wasn't Milne who gave the red t-shirt to Pooh Bear. For the first time the Pooh wore this outfit on a picture record, drawn by Slesinger in 1932.



Nearly 30 years later, in 1961, the rights for Pooh were licensed to Walt Disney, who released the very first Disney's movie with Winnie in 1966. And here begins the new history of Winnie The Pooh, commercialized, but still amusing and lovely.

Since then, numerous Disney's cartoons has come out, thousands of merchandise were produced and billions of children have seen this character. So who really knows what's the phenomenon of Winnie The Pooh? That's a tricky question.

Stay tuned to Wikipedia for more information.

Maria Toczyńska I d

QUIZ

1. What is Big Ben?
a) a tower
b) a clock
c) a church
2. What do the Americans celebrate on 4th July?
a) Independence Day
b) Thanksgiving
c) Martin Luther King Day
3. What is the name of the capital city of Wales?
a) Caernarvon
b) Cardiff
c) Llandudno
4. What happened in London in 1666?
a) Norman's attack
b) big fire
c) cholera
5. Which of that isn't a state of the USA?
a) New England
b) Colorado
c) British Columbia
6. Agatha Christie wrote
a) criminal novels
b) detective novels
c) romance novels

Olga Matyjaszyk kl. Ib

Comprehension

Nowadays people don't care about a song's text, they are interested in music only... Maybe we should stop and try to understand what artists want to communicate. I saw a lot of episodes concerning people who were so excited about one of the songs but when I asked, 'Do you know what it means?' they almost gave me the answer, 'No, because I don't speak English' or 'No, but the music was amazing'. Yes, it could be but sometimes texts are so stupid and ridiculous that I wonder if it's good that we listen to such a song. No, I don't think so but it's only my opinion and you have yours. I agree that music is really important and helps to understand what an artist wants to say, however, we can't forget about the text. The music market was dominated by English-language songs. I don't see anything wrong with that but (there is always this 'but') I think we shouldn't leave our own creation and if we listen to songs in a different language, we should try to understand the meaning. Sometimes it's useful.

Ola Machura II e

Gemini

22.V - 20.VI

You'll improve your self-esteem. You'll be full of optimism this Spring. You'll be creative and effective at school. Remember about your girlfriend/boyfriend and your good friends. Buy some new clothes, good cosmetics – it's time for a change.

„Lost child”

Chapter 1

Where am I? And, it's more important, when?

There're defects of time travelling.

Jack looked around. He saw colourful, ancient clothes, golden jewellery and happy, rich people. The square was very crowded. *I'm on the market, an ancient market for well-off people.* Jack smiled. The old, historical books described that place. It will be very easy.

Jack was walking slowly and looking at people. He was scared of their opinion. He stood out-

modern clothes, a different appearance. He didn't know he appeared in ancient time.

- Welcome, Stranger! - one of the people shouted. - Welcome to Pompeii!
- Eee... Thanks!
- I'm the adviser of The Great Duke. My name's Beusis. What country do you come from?
- Nice, nice to meet you. I'm Jack Rayner from ... from Zanzibar - Jack tried to smile. *What a stupid lie*
- What the strange name, Jackarayer. Where is it?
- Far away.

Suddenly, a fuss exploded on the square. An old man with a long white beard appeared and he shouted: "Bad things are going on! Bad things, damned!" Jack exploited the situation and ran away.

Chapter 2

Donna opened her eyes. She thought about her dream, the dream, which had haunted her since when she came out in that ancient world. Donna sighed deeply and got up.

At an earlier time she had worked for the Antale Institute. Antale dealt with researching Aliens and alien technology. She was a secretary of J. Clements. He dealt with a technology of travels in other dimensions. An accident happened during one of the experiments. She came out in ancient Pompeii. She didn't know where her friends were now.

Donna was very lucky. She didn't become one of the slaves, but she found a new home, a new job (ancient babysitter or teacher) and she began her new life. But she never forgot about the past.

Jack was going fast. He thought about that strange man. He didn't look like a venerable old man. Maybe, he is ... Sudden shout interrupted Jack's thought.



A young girl started to escape. She lost something during the run. Jack picked it up. It was a pretty necklace. The necklace from 21st century.

Chapter 3

Donna was breathing fast and heavily. She was really scared.

- Hello! - Donna shouted.
- Hey, hey! Keep calm! I'm your friend!
- You are, you're... from the future?
- Of course! Just like you. I'm Jack, Jack Rayner - he held out his hand.
- My name's Donna Gardner. Nice to meet you.

Chapter 4

- So, you appeared here, because one of Antale's experiments didn't come off, yes?
- Yes.
- And, you worked here as a baby sitter.
- Yes.
- But someone kidnapped the baby.
- He's a successor of the Great Duke!
- What?! Why didn't you say it to me? It changes our situation.
- Oh, really? - Donna smiled sarcastically.

Jack didn't answer. *A lost child. I like it.*

Chapter 5

Several centuries later

The Antale Institute

- Do you not know Jack Rayner? - Donna was very surprised.
- No. We couldn't send anyone. It was impossible.
- Ok, I see.

Donna went out. She thought about the secret man who had saved her life. He helped her find the lost child and come back home. She was lucky.

Epilogue

It's terrible! I found the lost prince. I saved a beautiful secretary. Why am I here?

Jack sighed deeply.

Suddenly, a fuss exploded on the square. An old man with a long white beard appeared and he shouted: "Bad things are going on! Bad things, damned!"

- Oh, no! Again!



Hania Sobutka Id