

The READER 33

KEWDEK 33

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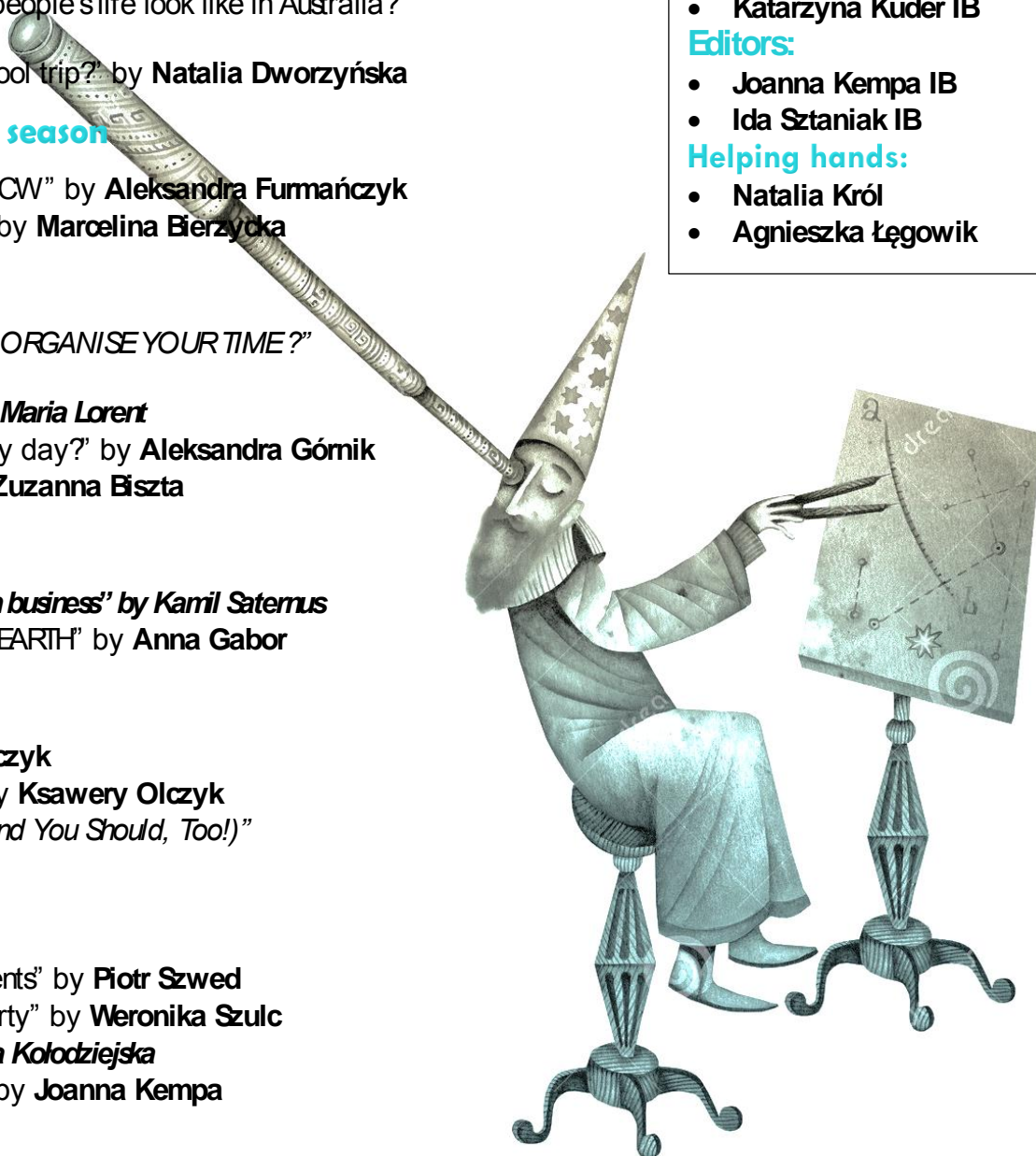
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Superautumn with The CW

If you are superheroes' lover, **The CW** (The CW Television Network is an American broadcast television network. It broadcasts TV series, sitcoms and reality shows. It's popularity grew in 2012 when it started to present TV series based on DC Comics) has great offer for autumn and winter evenings for you! Our favourite TV series based on DC Comics are back on programme format. October will be filled with premieres of its new seasons.



Tuesday, Oct. 4
8 pm *The Flash*

Wednesday, Oct. 5
8 pm *Arrow*

Monday, Oct. 10
8 pm *Supergirl*

Thursday, Oct. 13
8 pm *DC's Legends of Tomorrow*

Soon we'll find out the consequences of *Flash's* deed at the end of the season 2 and how Flashpoint will influence everyone. Will *Arrow* get up with his team breakup and will he be able to work with different people? What will *Supergirl's* cousin be like and is he likely to help her and her sister to fight with danger that lies ahead of people in National City? And finally, who is Rex Tyler, why does he want to join the group of *Legends* and why has Mick Rory sent him from the future?

Want to know answers to these questions? Check them yourselves!

By Aleksandra Furmańczyk III B

HOW WELL DO YOU ORGANISE YOUR TIME ?

Do you have a feeling that you are very disorganized ? Have you ever done nothing you have had to do and you've explained that you haven't had enough time? You're wrong! You have time to do everything you need but you organise your time in a bad way.

Here are some rules to help you organize your time well.



1. The good plan is a foundation –

During the evening rest make a “to-do list”. These few minutes will help you save up to several hours.

2. Your DIARY at hand –

Take notes. Every day save and emphasize what you have to do.

3. Learn to say “no” –

You don't often have time for anything because you have too much on your mind. You can't do everything, give a chance to others.

4. Determine priorities! –

Always consider what you should put in the first place. Think about what is important and what is less important and not so urgent.

5. Check your time –

Remember not to be late, be punctual and designate a deadline. For each task, book extra time.

6. Comfort of work – take care of it!

– go to a separate room, warn others about this so that they will not disturb you. Even a small interruption caused by someone can knock you out of your rhythm.

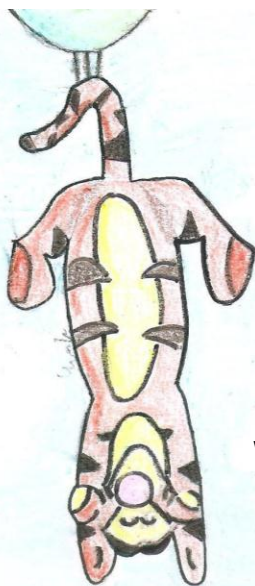
7. Don't put anything off!

If you can, do everything. Scientists say and advise : “If you can do something in less than two minutes, you can do it now.” You will save a lot of time.

8. Take care of yourself!

Get enough sleep, eat regularly and remember to take breaks. Don't forget about sport – you can get rid of bad energy and oxygenation of the brain.

How to celebrate every day?



I know it's autumn, we have to go to school and it's not a good view but maybe we can change it and make every day better? First, you should change your morning. Are you afraid of a test? Just say to yourself: 'this day will be great' and have faith. It will be great!

What makes you happy? Books? Coffee? Favourite music? So why don't you spend one hour every day on reading, listening to music or drinking hot chocolate or tea in silence?

I know we have a lot of duties and not enough time but if we relax, we can do more!

Sometimes everything is grey, miserable, sad and you have a desire to do nothing? Do you know this feeling? If you know it, you can't do it (for example meeting with friends) don't do it. We are humans and we also need time for ourselves!

Have you got presents for your birthday and you can't use them because they're, in your opinion, for a special occasion? It's not good thinking because it's sure that candles, which you receive, will wait for the next birthday or next, and next, and next... Just light them and enjoy. Every day is good to make an atmosphere.

See more! You look only at everything that is wrong and overwhelming. Is it raining? Good! Listen to the sound of the rain. Your favourite football team has lost? It's been a day when weaker clubs win. Just see nice side of everything!

So? Do you want to improve your life now?

By Aleksandra Górnik I C

Illustrated by Aleksandra Górnik I C

Driving licence

Driving licence is a very important thing in our life. Most of the people have it and they are lucky. This document makes life easier but first you must start a driving course.

The time on those holidays when I was driving a car with „L” was really exciting! My driving wasn't always fantastic. During the first lesson

I didn't know

what I should do.

I had a lot of

duties! I had to hold the

steering wheel,

and listen

to what the instructor told

me. Fortunately,

during the next lessons

my driving was getting

better and better. When

I passed a theory test,

I was really happy but I knew that the practical exam will be harder for me. The night before the exam I couldn't sleep – I was thinking all the time and I was worried. When I saw sunrise, I was terrified. Happily, this day was lucky for me. In „WORD” when I saw my examiner, I believed in myself. I was driving very carefully and explained what I was doing. I passed this exam the first time round! I was very happy and I didn't believe that'd happened.

You can do this, too! Self-confidence is the most important. You can't break down and have to think positively. Good luck!



By Ewa Kołodziejska III C

Get rid of acne fast!

I'm sure that more than half of the teenagers have a problem with their skin – acne. Sometimes you just wake up, look in the mirror and feel helpless because of your appearance. You see pimples all over your face and don't know what to do. The first bit of advice is, and I think the most helpful, **DO NOT POP IT!** It seems as if a half of the pimple goes out and the rest of it remains under your skin. It will be better for your complexion not to do that.

Okay, so now you are standing in front of the mirror and you want to look good. At first, wash your hands and face thoroughly. If you want to reduce the redness of your pimple, you should take an ice cube and stick it to the problematic spot for about 2 minutes. Your pimple will become smaller and less visible, because it will reduce inflammation.

The method with toothpaste is one of the oldest. Before you go to sleep, just take a little bit of it and put it on a problematic spot. The next day when you wake up, wash your face and your pimple will be much smaller, but please be careful! If your skin is sensitive, it will be better for you not to do that.

And the last one is lemon juice. You can apply it on your skin overnight (like toothpaste) and in the morning for about 15 minutes. I can assure that the imperfection will be smaller or disappear.

Remember that all skins are different and sometimes acne should be under medical observation. The state of our skin largely depends on what we eat, so try to eliminate chocolate, spicy meals and fizzy drinks.

Don't forget to wash your face every day and moisturise it with suitable cream so your skin will certainly be beautiful and healthy. I believe if you try any of these methods, it will work for your skin. All imperfections are a kind of beauty, let you believe me.



By Joanna Kempa I B

WHERE TO GO FOR A SCHOOL TRIP?

It is time for the first school trips in this school year so we are probably wondering where it is best to go. Nothing hard! In Poland there are a lot of places which are worth seeing. Łódź is the closest city from our Radomsko.



Łódź is a city where history of old factories mixes with the present modern technologies. Here there are a lot of museums: the Herbst Palace Museum, the Films Museum, the Animation Se-ma-for Museum, Factory Museum, Museum of Art, Tradition of Independence Museum and theater: the New Theatre. Just choose what you like the most.

For people who are interested in the history of the Second World War there is Jewish Cemetery and Łódź Ghetto.

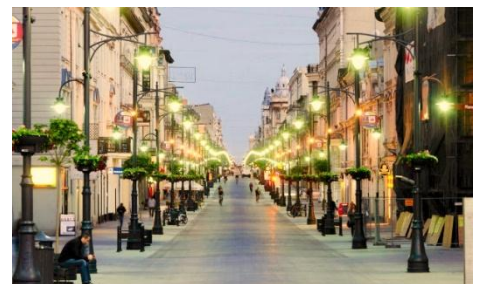


Maybe you like nature? In Łódź there are a Zoo and Botanic Garden with plants and animals from all around the world!

If you like swimming, head for the aqua park called Wave. It is not only a swimming pool, but also a sauna and spa, so you could not only spend time actively, but also relax and get a new look in newly-opened World Massage.



Piotrkowska Street in Łódź is the longest street in Europe. It is a living memorial of history. The pride of Łódź in terms of entertainment and shopping.



In my opinion, Łódź is a beautiful city and there are a lot of places which are worth seeing.

By Natalia Dworzyńska I A

Fear

What exactly is fear? To what extent are our fears innate?

Well, If we hatch goose eggs in an incubator and then above the baby birds we pass a form that will remind them a goose in flight, the little ones will stretch their necks and start to squeak. But if we reverse the direction of a goose form, we will get something that reminds them a falcon. The response of little birds is immediate. They will crouch in fear, even if they've never seen a falcon. This is an evolutionary conditioning.

But what about humans? Well, we have something like that, too. When a baby touches the heated kettle, it will know that hurts and won't do that again. Fear can also change us. The Russian scientist Ivan Pavlov spent 35 years of his life examining the psychology of dogs and humans.

After some research, he divided dogs (and humans) into 4 groups:

1–**Melancholic** who can get easily paralyzed by too much stress

2–**Choleric** who has a strong nervous system but doesn't have any balance between emotions. So he can get paralyzed with fear in a second.

3–**Sanguine** who also has a strong nervous system and strong emotional balance, but his emotions are too intensive so he may be paralyzed as the two former temperaments

4–**Phlegmatic** who has got a strong nervous system, he is emotionally balanced and -what is most important- he's quiet and doesn't let other people see his emotions, so he is the most resistant to fear.

Some of us may think 'I would never get paralyzed by a fear!' If you think like that, you're wrong. Imagine a situation when you are going to a market place, but when you cross the road something happens. The driver in a car doesn't stop and he is heading in your direction. Sitting and reading the newspaper (which is 'The Reader'), we all think that we would run away but it isn't as simple as we think because if you are Melancholic or Choleric, you would probably get paralyzed and you'd die.

How can we know which mental character we have? Well, our childhood is really important . For example, if we didn't have any stress back in time when we were kids playing around in sandbox with our mother watch every our step, we would probably be a Melancholic.

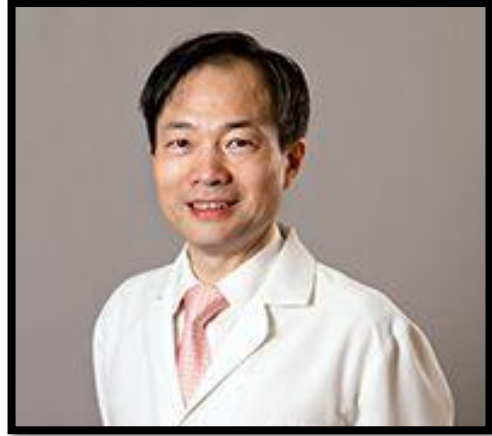
But I could be wrong. I'm not as qualified as Mr. Pavlov or any other behaviorist or psychiatrist. So in the end, I will quote Bertrand Russell who said, *'Fear is the main source of superstition and one of the main sources of cruelty. To conquer a fear is the beginning of wisdom'*

By Ksawery Olczyk I B

Illustratet by Zdzisław Beksiński

A child with three parents

The first child with three parents has been born in Mexico. Abraham Hassan has one father and two mothers. Mahmud and his wife, Ibtisam come from Jordan. They'd been married for 20 years when it turned out that they couldn't have a child due to Ibtisam's genetic load which she passed on her children. Leigh syndrome is a very rare disease caused by mutation which occurs in mitochondrial DNA. The outcome of this is a neuropathy and quick death.



The couple decided to try a special method called mitochondrial donation. The mother's cell nucleus was transferred to a healthy cell from another woman. This way 99,9% of DNA came from Ibtisam and her child could live. This was the first successful donation.

A person who has done it is called dr. John Zhang. Many people criticize him for "trying to play God", but he's just trying to do what people want and make them happy. Independently from your opinion, it's a true revolution when it comes to biology.

By Piotr Szwed Ib

based on Angora 41/2016

The fight against poverty

On the 17th of October we celebrate the International Day for the Eradication of Poverty. It calls our attention to misery, social exclusion and it emphasizes an importance of brotherhood. Poverty hits most of all the Third World. However, developed countries must cope with this problem, too. How do we deal with destitution in our school? Let's think about it.

In our school we have two organizations: ecclesiastical - Caritas and the oldest in Poland – PCK. Both of them promote participation in collections for example: food, toys, clothes or money. Personally, I took part in one of them. We had to go to a shop, stand with a special shopping trolley and wait for someone who wanted to put some food there. It was an amazing feeling when most of the people smiled at us and gave something.

PCK is governed by 7 rules: humanitarianism, fairness, neutrality, independence, freedom, unity and Catholicism. Moreover, Caritas organizes actions such as "Mercy Week" ("Tydzień Miłosierdzia") which always has two dimensions. The first one is prayer. The second one is a particular act of mercy, for example fundraising.

In my opinion, it's incredible that people want to help others. Especially those who have little themselves. It means that around us there are a lot of people with good hearts.

All in all, we must realize a necessity to fight against poverty. Each of us is a man and deserves worthy living conditions.

By Weronika Szulc kl. IIB

It's already autumn!!!

What about benefits of vitamins from fruits and vegetables? Here are two recipes which you should try.

Minced chicken cutlets

Ingredients:

1. 300–350g of chicken breast
2. 1 small onion
3. 1 small natural yoghurt
4. 3–4 tablespoons of finely chopped parsley
5. 1 tablespoons of desiccated coconut
6. salt
7. pepper

Preparation:

Mince meat, add soaked and squeezed bread, chopped onion, parsley and yoghurt. Mix and season. Make small cutlet forms, coat with breadcrumbs and with desiccated coconut. Fry on both sides until it gets golden-brown.

You can serve it with potatoes, chips and salad.

Coleslaw:

Ingredients:

1. 1 small cabbage
2. 1 small carrot
3. 2 apples
4. 1 red onion
5. 1 lemon
6. parsley
7. mayonnaise
8. salt
9. pepper

Preparation:

First, grate the cabbage using a grater with medium holes. Grate the carrot using a grater with small holes and add it to the cabbage. Salt it and leave for a while. Next, add lemon juice, coarsely shredded apples, chopped onion, parsley and mayonnaise. Mix everything together.

Enjoy your meal!

By Marcelina Bierzyńska I a

Let's learn English!

English is the most universal language in Europe. It is like Latin in the 18th century. Speaking English gives us fundamental development prospects. Unfortunately, some people argue that learning English isn't needed. Let me consider it and show you how important it is.

Firstly, more and more young people are studying or taking up a new job abroad. How would they communicate with employers or university lecturers if they didn't know English? It would probably be impossible.



What's more, speaking English opens people to starting new relationships. It gives them more confidence, satisfaction and attractiveness.

Let me give you a very important example. This year I have taken part in the popular event called World Youth Days. Everybody has certainly heard something about it. I must admit that it was an unforgettable experience. I met a lot of amazing people. We exchanged our opinions and experiences. The big advantage is that I deepened my English as well. I have had contact with one of the girls from South Africa till now. Her name is Taylor. I'm very pleased that I have been learning English. Thanks to that there's no language barrier between us.

All in all, English is absolutely worth learning. Honestly, functioning in the present would be very difficult and complicated if we didn't know this language. What are you waiting for? Get up and start changing your life!

By Maria Lorent II b



Created by: EWA NOWAK

What does the Polish people's life look like in Australia?

For Polish people living abroad is very difficult. They must speak foreign languages, and deal with different administration, but what does it look like in Australia?



I've heard that Australian people are very friendly. Many people of various nationalities live in Sydney and they are treated very well. My aunt and uncle, who have lived there for 7 years are very pleased. They love this country.

Australia isn't as warm as people think. Yes, in December and January it is, but when we have summer it is sometimes snowy.

In my opinion, each of us suppose that koalas and kangaroos are very cute animals. This is not true. Koalas are very aggressive and they don't like people. All residents are frightened of huge spiders. They are awful and dangerous.



Australia is a rich country. Employees earn a lot of money. We can say that they live on a high level, but there are also Aborigines. A lot of them still live in Nature Reserves.

There are many beautiful places, for example Uluru, Sydney Opera House and Great Barrier Reef.

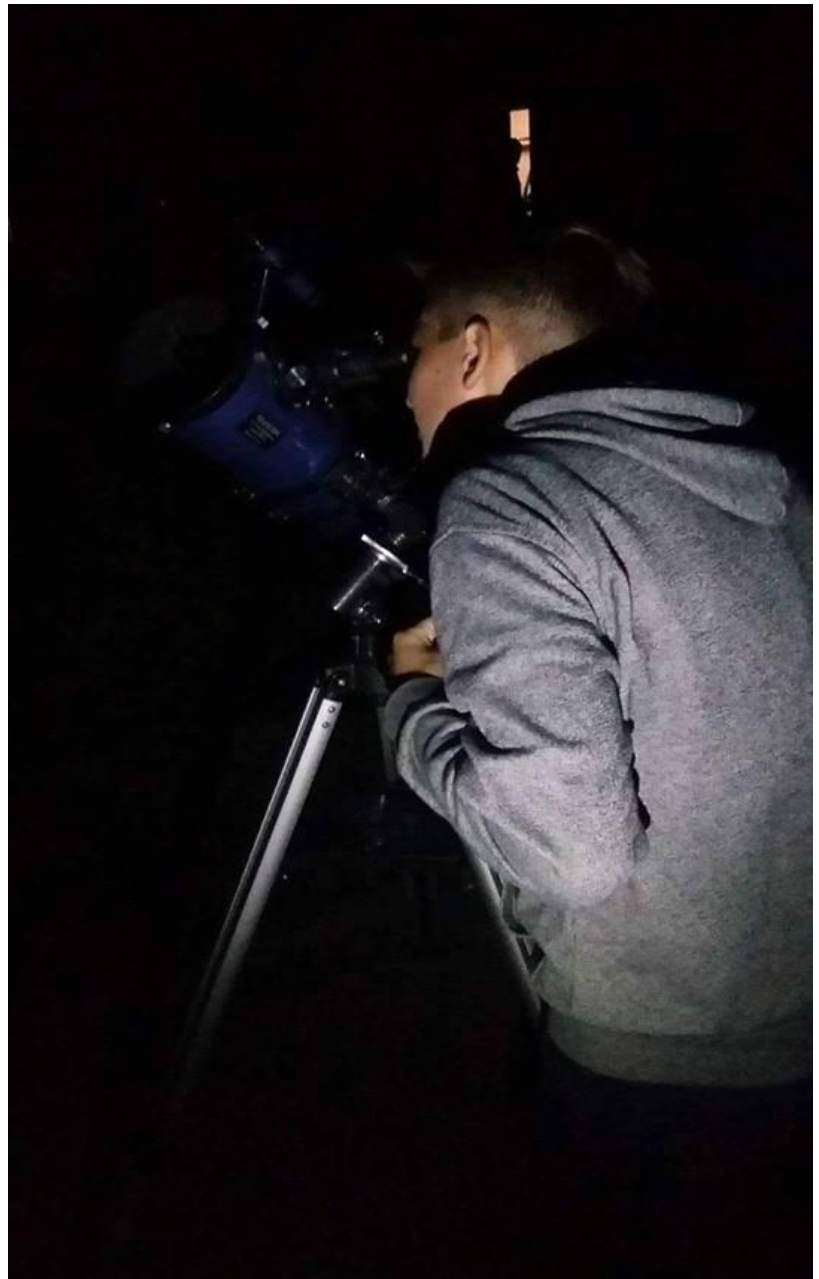
It seems to me that it is an awesome country with amazing people. I want to go there someday. I hope that I will have such a possibility.

Created by: ANGELIKA SOBOŃ

By Paulina Krupska Ia

ASTRONOMY CLUB BACK IN BUSINESS

The Astronomy club has resumed its activity. The club has been running for 3 years and you can continue writing its story. Every first-year student is invited. We guarantee you lots of fun and interesting classes which are run by profesor Michniowski. During the classes we are taught about general astronomy. Starting with the units for measuring the brightness of objects in the sky and ending at the constellations. A month ago, we observed an eclipse of the moon, which was an amazing experience. I wouldn't ever say looking at the sky through the telescope could be that interesting. Thanks to the participation in the club you will be able to take part in such projects and many others. Professor Michniowski already mentioned a trip to an observatory and watching sunspots as soon as possible. So, if you're a fresher and have some free time that you want to spend well, join us! The club meetings take place twice a month on Thursdays.



Kamil Saternus Ie

Healthy Lifestyle

YOU NEED TO THINK ABOUT YOUR HEALTH EVERY DAY. DO YOU WANT TO BE FIT AND EAT HEALTHILY? I HAVE A FEW RULES WHICH WILL HELP YOU TO DO IT.

1. Eat 4-5 meals a day without "power-ups" between meals. The break between meals should be at most 3 hours.
2. Drink at least 1.5 litres of water a day.
3. Limit unhealthy snacks.
4. Find the sport discipline which you will feel fine with and do it. You only need 1 hour a week.
5. Eat lots of vegetables and fruits.
6. Limit salt.
7. Think positively.
8. Smile more.

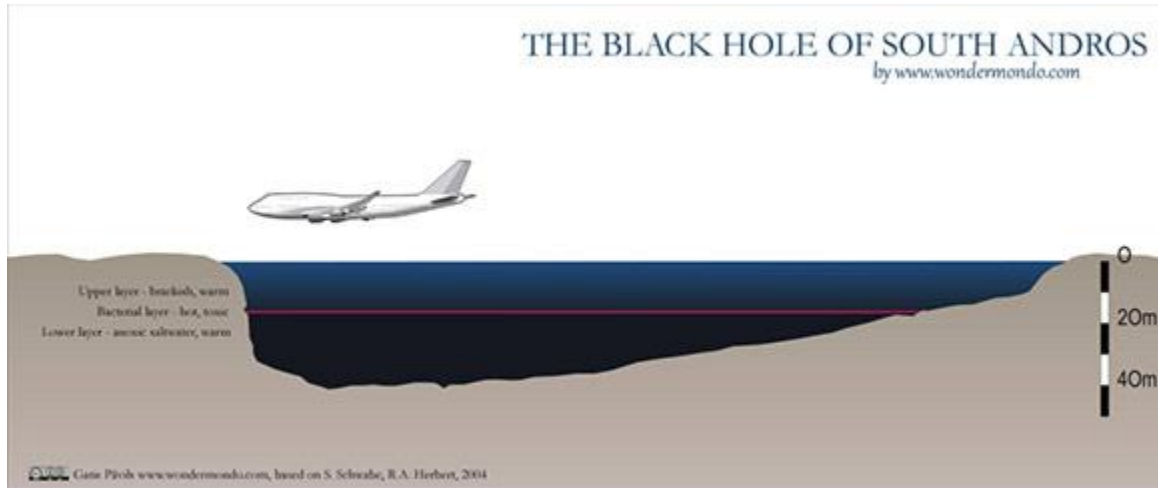
By Zuzia Biszta IA



Created by: EWA NOWAK

BLACK HOLE ON THE EARTH

Have you ever wondered what really is in the Black Hole? Well, it is being still investigated by scientists and divers. "Divers?" you ask. Exactly. I don't mean the Black Hole somewhere in the Space. The one I'm writing about is much closer than you think.



The Black Hole of Andros is situated north of Cuba and South of Grand Bahama. It's a perfectly round, about 50 meters deep, gap in the sedimentary rock. The sharp edges make it even more dangerous and mysterious. The only way you can get there is by helicopter. That's why it still exists.

When you stand on the edge you can see only black depths. It is caused by bloody red, opaque stratum of microbes. Aerobic bacteria produce acidic hydrogen sulphide while decomposing organic matter, which explains why you can smell rotten eggs. The visibility there is only a few



centimeters in front of you. It is difficult to see the light of your own torch which you hold in your hand. This layer is also boiling hot because of all the life processes of bacteria. As you go deeper there is a pitch black layer. It is so cold that, as you get there, you really want to go back to the hot bacteria. These conditions are caused by the impermeable stratum of bacteria which efficiently stops the light.

The Black Hole of Andros is a very interesting place. It is not only because of the inaccessibility, but also because of its contents. It turns out that about 3 billion

years ago all of the oceans were like that. The life-giving water of today was deadly long time ago. It would be great to know exactly how it was a few billion years ago. The Black Hole is a perfect place for research. Investigating it would give us tons of information. The only problem is that diving there is very dangerous. If I had a chance to see this phenomenon of nature, I wouldn't hesitate a moment.

By ANNA GABOR, IIF

„Why I Love Kidneys (And You Should, Too!)”

When we think about „foreground players” (like the heart, intestines, lungs) which provide our body with fuel and power, we cannot forget about kidneys! Without them, we would die of poisoning!

Every twenty four hours our urinary tract converts plasma more than 60 times. After clearing, most of the liquid which has been removed from plasma comes back to our bloodstream. The rest, which is about 1%, goes to the bladder. You guys know what goes on later. Our organism removes from urine not only



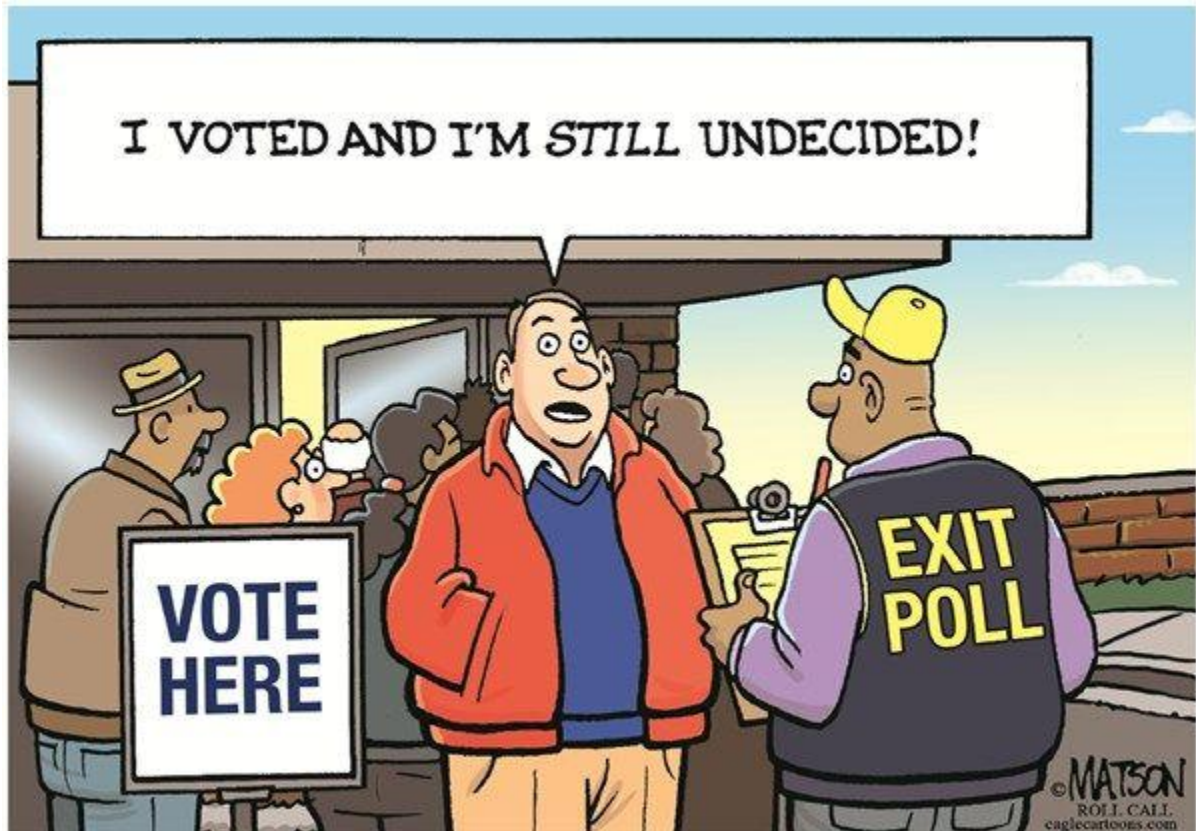
products of metabolism, like ammonia and urea, but also medicine and chemicals. Have you ever watched Bear Grylls? In one of the episodes of „Ultimate Survival” he drank his urine. Okay, maybe he wanted to rehydrate himself, but although urine mainly consists of water, it is also highly toxic. It is inappropriate to do even in extreme situations.

Our kidneys control pH of blood and they keep bloodstream in good condition. They also maintain chemical equilibrium of our blood, compensate its volume and osmotic pressure. All in all, kidneys allow us to function in this beautiful world.

By Ida Szataniak IB

American Idiocracy

Everybody has heard about American elections that will happen this year. The main candidates are Hillary Clinton and Donald Trump. Americans need to choose a lesser evil again.



Donald Trump is one of the richest men in America. He believes that illegal immigrants are slowly destroying American economy. His views made him famous in a blink of an eye. Everybody knows his mottos like 'Make America Great Again' or the speech about the wall that would separate Mexico and the USA. The thing about people is that we all like controversy and empty promises, and Trump gives out all this like candies to children.

Another candidate is Hillary Clinton. She might become the first female president of the United States. The author of leaked emails and the source of hate in a group of Americans because of her 'lying nature'. This is the reason why Americans don't trust her. Of course, there is the 3rd party candidate (Libertarian) but most of the electorate doesn't even know him. He's not better either; when a reporter asked him about the current situation in Aleppo he didn't know what Aleppo is, so he isn't a great candidate after all, either.

I think Americans are in a really bad situation where they need to vote for 'lesser evil'. The question remains: who might it be? In my opinion, that would be Hillary Clinton with no doubt. However, I can't vote for America and I hope that Americans will choose well and nothing bad will happen to them or to the world.

By Ksawery Olczyk I B