

January'20

23rd issue

IBeasy.

School newspaper

In this issue:

how tiktok affects our brain, coronavirus, olympics, robots, worst movies, asteroids , ecology, lust for attention as new trend and lots of more...

ibeasy (ai'bizi) n, school newspaper that is not interesting for anyone except of staff writers themselves, but they still keep writing cool articles about interesting events in our school, city and the whole world.

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АСПАН АСТЫ ЕЛІНДЕГІ ТОСЫН ІНДЕТ

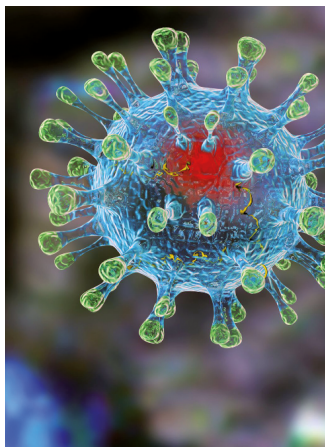
КОРОНАВИРУС “2019-NCOV”

деп аталатын бұл жұқпалы аурулар алғашқы рет 1965 жылы анықталған екен. Бұл дерт көбінесе тыныс алу жүйесін, жүйке жүйесін және ас қорыту жүйелерін зақымдайды екен. Жалпы аурудың белгілерін қарапайым тұмау мен ЖРВИ (Жедел респираторлық вирустық инфекция) белгілеріне қатты ұқсас:

- Дене қызуының жоғарылауы
- Бас ауруы
- Тыныс алу жолдарының нашарлауы
- Құрғақ жөтел
- Әлсіздік

Сондықтан да, вирус жұқтырып алған адамдар қарапайым тұмау деп есептеп, көп көңіл бөле қоймайды. Ал бұл ауру өз кезегінде ары қарай асқынып, өкпе және тыныс алу жолдарын қатты зақымдайды, онымен қоймай бұл қанға қажетті оттегі мен басқа да газдармен қамтамасыз етуге бөгет болып, өлімге әкелуі мүмкін. Индеттің ең қауіпті қасиеті – ол адамнан адамға немесе жан-жануарлардан адамға ауа арқылы немесе физикалық жолмен оңай таралады. Жұқпалы аурудың тез тарауына Азия елдерінде басталған Жаңа Жыл мерекелері себепші болуда. Бұл мейрам барша шығыс Азия елдерінде ерекше қарқынмен тойланатындықтан, көптеген азаматтар өздерінің жақындарымен, достарымен көрісу үшін көп сапарға аттанады, сол себепті аурудың таралу реті мен аймағы күннен күнге өсуде. Қазіргі таңда, коронавирусқа қарсы вакцина әлі дайындық үстінде, сонда да аурудан толық жазылып шыққан науқастар жайлы ақпарат тез таралуда және бұл жағдайды қытайлық дәрігерлер өз бақылауына алған.

2020 жылдың 26 қаңтарына қарай Қытай елінде жағдай одан әрі ушығып кетті. Ауруды жұқтырып алғандар саны 1000-ға жетті және елдің басты қалалары карантинге жабылып, жол және әуе тасымалдары шектелді. Ауруханаларда толған кезек және қарапайым халық дүкендерден азық-түлік, дәріханалардан бетперделер мен дәрі-дәрмектерді жаппай сатып алуда. Негізгі ауру ошағы деп Ухань қаласы анықталды. Зерттеулер бойынша ауру қоздырғыштар аталмыш қаладағы теңіз тауарларын сататын орындардың бірінен тараған. Ең қызығы вирустың пайда болуына жарқанаттар себепші болған екен, бірақ адамға бұл вирус жыландар арқылы жұққан. Қазіргі таңда, Ухань қаласының халықаралық әуежайы, темір жол вокзалдары толықтай жабық ал қала үкіметі тұрғындарды үйден шықпауға кеңес береді, себебі белгіленген күндері қаланың басты аудандарын вирусты өлтіретін химикаттармен сеуіп шығады.



2020 ЖЫЛ барша әлем үшін ауыр да жайсыз жаңалықтармен басталды. Төрткүл дүние АҚШ пен Иран арасындағы қақтығысты бақылап, енді бірі Аустралиядағы өрт жайымен қамығып жатқанда, Қытай Халық Республикасында жұқпалы ауру 20-ға жуық адамның өмірін жалмап, аз уақытта үлкен мәселеге айналды.



ҚАУІПТІ ДЕРТ

тек Қытай елінде ғана емес: екіншіше орай, вирус Филиппин аралдарында, АҚШ-та, Ресейде және Оңтүстік Корея мен Таиландта анықталған екен. Жұқтырып алған адамдар Ухань қаласынан келген азаматтар болып анықталды. Жақында, Стамбул-Ухань бағытындағы ұшақ Алматы әуежайында қонуға мәжбүр болды, себебі ұшақта коронавирусті жұқтырып алған жолаушы анықталды. Бұл біздің елдің тұрғындарына қауіпті дегенді білдіре ме? Әлде бұл қарапайым ғана сәйкестік пен? Дәрігерлер науқастың жағдайын толық бақылауға алған. Келеңсіз жағдайларды орын алдырмау үшін көптеген елдер әуежайларда, теміржол вокзалдарында, мемлекет шекераларында адам қызуын тексеретін арнайы құрылғыларды жаппай қолдануда. Ал дәрігерлер болса жалпы гигиеналық талаптарды қатаң ұстауға және жоғарыда көрсетілген ауру белгілері анықталған жағдайда дереу дәрігердің көмегіне жүгінуге кеңес береді.

<https://www.thesun.co.uk/news/10821237/coronavirus-crisis-absolutely-chilling/>

<https://recipe.ru/tag/koronavirus/>

ROBOTS WILL CONQUER THE WORLD

ROBOTS WILL CONQUER THE WORLD. MOST SCIENCE FICTION BLOCKBUSTERS START WITH THIS PHRASE, DEVELOPING THE DYSTOPIAN PLOT ABOUT THE ROBOTS THAT THINK, ACT AND LOOK LIKE HUMANS. HOWEVER, THE DEVELOPMENT OF TECHNOLOGIES IS RAPIDLY MOVING FORWARD, AND SOME DAY (POSSIBLY IN THIS DECADE) ALL THE ROBOTIC FANTASIES OF ROBERT ZEMECKIS (“BACK TO THE FUTURE”) AND CHRISTOPHER NOLAN (“INTERSTELLAR”) WILL BECOME MAJOR PARTS OF OUR REALITY. HOWEVER, IN ORDER TO MAKE PREDICTIONS FOR THE FUTURE, WE HAVE TO TAKE A DEEP LOOK INTO THE BREATHTAKING INVENTIONS OF THE PAST.

SO WHAT CAN THE ARTIFICIAL INTELLIGENCE (AI) ALREADY DO? HERE ARE SOME STUNNING EXAMPLES TO LOOK AT.



Credits to: auckland.ac

ROBOTIC BABY:

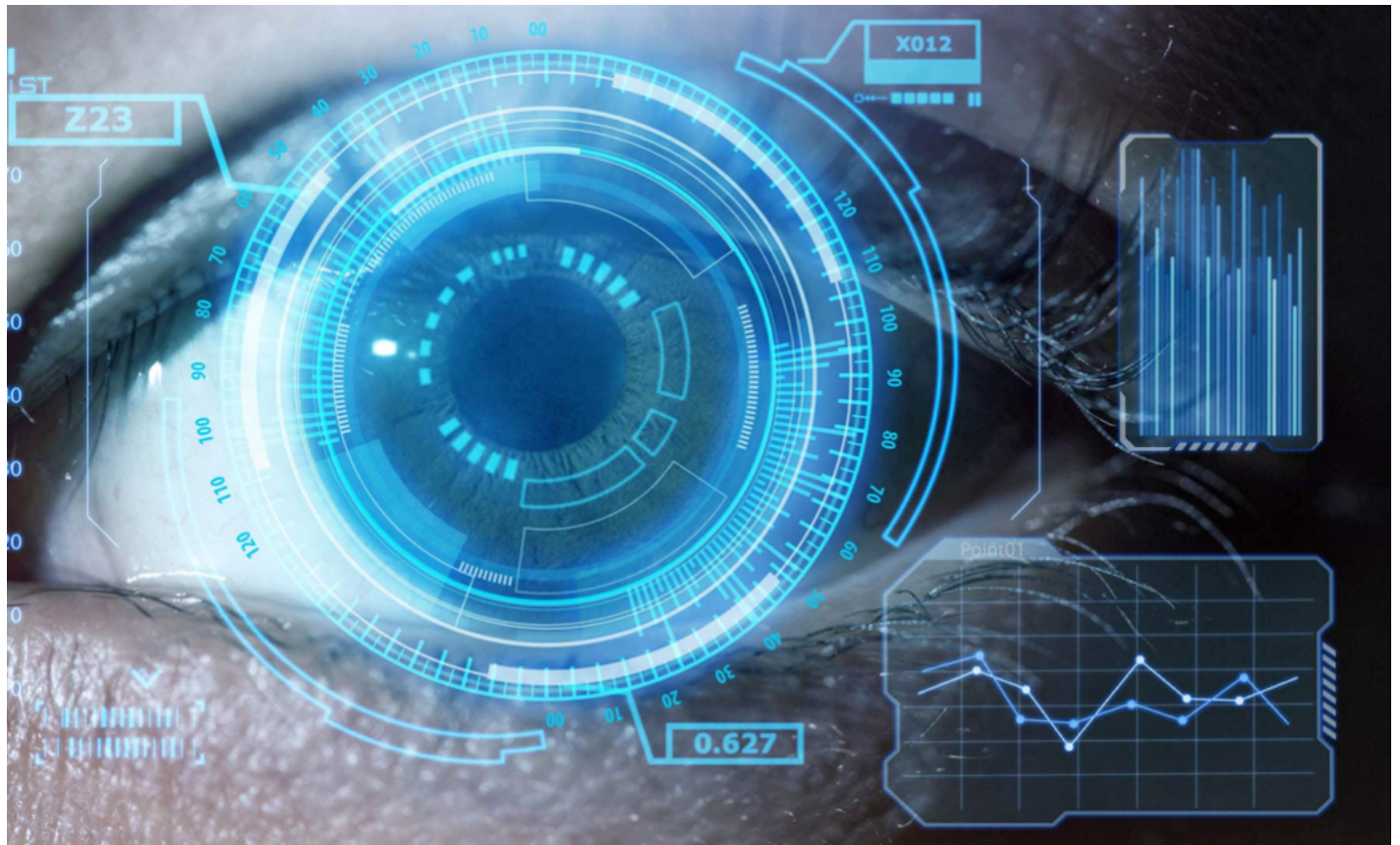
Scientists of the New Zealand Animation Technology Laboratory at the University of Auckland combined the neural networks and the appearance of a little girl (real daughter of one of the scientists). The project is called Baby X. It is an interactive artificial model of a little girl, and her behaviour is

fully controlled by special psychobiological algorithms developed by the laboratory staff. This child is learning and exploring the world as a real baby, so she is interested in new things and even able express her emotions on the monitor screen. She is able to see and hear the world around her through the camera and the microphone inserted in the computer that is connected to the software. She is able to answer questions and respond to the environment in real time because of her ability to associate words and pictures with certain objects, emotions and images.

WOULD YOU WANT TO KNOW YOUR FUTURE? MAYBE YOUR DEATH DATE? OBVIOUSLY, THIS SOUNDS AS A PLOT OF THE HORROR MOVIE. IN FACT, IT SOMEHOW MAYBE POSSIBLE IN THE NEAREST FUTURE...

NAUTILUS - THE FUTURE TELLER:

Nautilus is a supercomputer that is able to predict the future based on news articles. It is a self-learning machine, which was able to find the correct location of the the terrorist Osama Bin Laden. It is basically given millions of different articles in order to make it find basic patterns and connections between the events. However, it is only able to predict past events, so scientists are trying to adapt it to predict the ones, which are going to happen in the future.



Credits to: Undark.org

Robotic babies and future teller robots sound really futuristic and unreal. So what about the inventions that are already in use? The industry of film making adapted some of the AI inventions to erase the limits of modern movie creation. Here is a fascinating example of it...

AI TO REPLACE FILM DIRECTORS:

A graduate student in computer science at Stanford, Leake created an IA, which is able to analyse film footage and its shots. The program recognises shot types, as well as a range of different factors, including shot scale, shot composition, camera movement, color, lighting, etc.. After the process of deep analysis, it is able to produce its own shots within a few seconds. So, if you feed the machine with one shot, it will generate you the other one that looks logically and visually consecutive to the real one.

LINKS:

[HTTPS://WWW.THEGUARDIAN.COM/COMMENTISFREE/2011/SEP/11/CHARLIE-BROOKER-COMPUTER-PREDICTS-FUTURE](https://www.theguardian.com/commentisfree/2011/sep/11/charlie-brooker-computer-predicts-future)
[HTTPS://HI-NEWS.RU/TECHNOLOGY/BABY-X-VIRTUALNYJ-REBYONOK-SPOSOBNYJ-K-SAMOBUCHENIYU.HTML](https://hi-news.ru/technology/baby-x-virtualnyj-rebyonok-sposobnyj-k-samoobucheniyu.html)
[HTTPS://WWW.AUCKLAND.AC.NZ/EN/ABI/OUR-RESEARCH/RESEARCH-GROUPS-THEMES/LABORATORY-ANIMATE-TECHNOLOGIES.HTML](https://www.auckland.ac.nz/en/abi/our-research/research-groups/themes/laboratory-animated-technologies.html)

Sample collection from Bennu Asteroid

Asteroid

Many of those researches will be dedicated to space exploration and the first one is sample collection from the surface of Bennu Asteroid. NASA sent its spacecraft called Osiris - Rex towards Bennu Asteroid, and roughly a year ago the spacecraft finally reached this object, successfully completing its 1.2 billion mile journey. The tentative month of sample collection is June, after which the spacecraft will start its long journey back to earth, which is predicted to end in 2023. The main purpose of sample collection is to understand or at least get the clue of how Solar system was formed, as well as how life was initiated on our planet, since this asteroid was formed during the earlier years of our Solar system. Also, there is a small chance that Bennu will collide with Earth in 22nd century, and the closer observation of this object may help in finding a remedy against this possible accident in the future. As scientists claim, the height of this asteroid is similar to the height of Empire State building in New York, and even though the collision will not demolish the whole Earth, the part that will collide will be destroyed for sure.

2020 Chinese Mars Mission

The next project was gradually developing since 2009, and is about to be launched in 2020. It is called "Huoxing - 1" but is known worldwide as "2020 Chinese Mars Mission". For more than ten years Chinese engineers were trying to craft an orbiter to then send it to Mars, and finally they announced that the construction is on its last steps. The orbiter is planned to be launched from Earth with the help of heavy lift rocket approximately in late July or early August of 2020. The current objective of this project is to observe and study the surface of Mars' environment, the results of which will be able to help scientists in the future.

No more mosquitoes "the disease transmitters"

Now let's descend from space to our planet, and study the project that will be implemented on Earth. Aedes aegypti mosquito is the main transmitter of Dengue, Zika and yellow fever viruses, which cause the deaths of many people nationwide, affecting millions of people in tropical and subtropical regions. In recent years, scientists found a cure against the further spread of these viruses, and that is Wolbachia bacterium, which dwells inside of many mosquitos, and competes with Dengue, Zika and yellow fever viruses, not allowing them to pass into human body. Scientists tried to inject Wolbachia into Aedes aegypti mosquito, and found out that this bacterium could stop the spread of the viruses after mosquito bites a human. Moreover, Wolbachia is also able to pass to other mosquitos while the reproduction process, which makes it even more effective and convenient when grappling against the spread of viruses. In past years, the first trials of releasing were done in Australia, and had some positive effects. On February of 2020, Aedes aegypti mosquitoes with Wolbachia in them will be released in some regions of Sri Lanka, to combat against the spread of viruses in those particular regions.

As you can see, 2020 will have several grandiose projects, and that ones that we've just covered today are only the tips of the icebergs. There are a lot more researches and projects that are planned to be implemented this year, and this really shows that science is moving us towards the brightest future possible, and we should be glad to behold this with our own eyes.

WHAT WILL SCIENCE REVEAL TO US IN 2020?

EVER SINCE THE HUMANITY ENTERED THE ERA OF GLOBALIZATION, EACH YEAR WE'VE BEEN ABLE TO CONTEMPLATE A WIDE VARIETY OF TECHNOLOGICAL NOVELTIES AND SCIENTIFIC DISCOVERIES THAT BENEFITED AND PUSHED OUR SOCIETY TOWARDS MORE PROGRESSIVE AND DEVELOPED FUTURE. THIS YEAR IS NOT GOING TO BE AN EXCEPTION, BECAUSE THE SCHEDULES OF MANY PROJECTS AND SCIENTIFIC MISSIONS HAVE ALREADY BEEN ESTIMATED AND SOME OF THEM FALL UNDER 2020 YEAR. IN THIS ARTICLE, YOU WILL BE ABLE TO FAMILIARIZE YOURSELF WITH ONE OF THE BIGGEST AND PROMISING SCIENTIFIC RESEARCHES AND PROJECTS OF THIS YEAR.

Links: <https://www.nytimes.com/2019/12/12/science/osiris-rex-nasa-asteroid-bennu>.
<https://www.worldmosquitoprogram.org/en/work/wolbachia-method/how-it-works>
<https://www.forbes.com/sites/bridaineparnell/2016/08/24/china-2020-mars-mission-rover-and-probe/#39cf2f6e58ec>

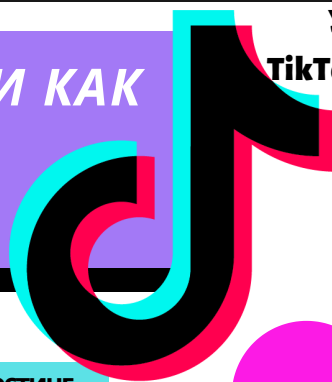
SAMPLE
COLLECTION FROM
BENNU ASTEROID

2020 CHINESE
MARS
MISSION

NO MORE
MOSQUITOES "THE
DISEASE
TRANSMITTERS"

ТИКТОК ГОЛОВНОГО МОЗГА ИЛИ КАК БЕССМЫСЛЕННЫЕ ВИДЕО ЗАХВАТИЛИ НАШ РАЗУМ

Ученые доказали, что TikTok управляет людьми на подсознательном уровне и развивает хроническую зависимость.



Tik Tok

Последний год сумасшедшей популярностью пользуется видеохостинг под названием «TikTok». Более 500 миллионов пользователей делятся своей жизнью, снимают смешные видео, танцуют, поют и развлекаются на камеру и все это собрано в нескончаемый поток, который затягивает зрителей, и уже никто не может из него выбраться. И это даже не преувеличение, ведь для многих представителей молодежи по всему миру и учеников нашей школы в том числе, это приложение стало зависимостью. Однако такая популярность объясняется тем, что идея приложения заключается в том, что зрителю предоставляется лента с нескончаемым потоком видеоклипов под названием "For you page", где зритель может отметить понравившиеся ему клипы, тем самым дав программе информацию для обработки, после которой зритель видит похожие клипы, а потом снова и снова... И вот он уже затянут в порочный круг. Огромный спрос приложения выгоден не только владельцам компании, но и многим участникам создания контента. Например, множество неизвестных исполнителей прославились благодаря тому, что их песни стали использоваться в TikTok. Ниже перечислены исполнители с их прославившимися благодаря тиктоку треками:

- 'Panini' by Lil Nas X - более 218 тысяч разных TikTok видео
- 'Lalala' by Y2k, bbno\$ - over 1 миллиона разных TikTok видео
- 'Dance Monkey' by Tones and I - более 247k разных TikTok видео
- 'Obsessed' by Mariah Carey - более 4 миллионов разных TikTok видео. Песня снова стала хитом спустя 10 лет после релиза.
- 'Candy' by Doja Cat - более 4.6 миллионов TikTok видео. В ноябре 2019 второй студийный альбом исполнительницы появился в Чарте Billboard top 20.
- 'Roxanne' by Arizona Zervas - более 1.6 миллионов видео

И все же многим непонятно, с чего вдруг после долгих лет существования других приложений с функциями и возможностями не хуже чем в TikTok (instagram, youtube, vine, dubsplash) бьет рекорды по скачиванию на платформах «app store» и «play market». Этим вопросом задаются не только пользователи, но и ученые.

С научной точки зрения, уже известный нам «нескончаемый поток» развивает у зрителей «клиповое мышление». Такое мышление сформировалось в результате значительного увеличения количества информации в последнем столетии. Как нам известно, в TikTok клипы не связаны друг с другом, сделаны совершенно разными людьми и не имеют ничего общего с предыдущим видео в ленте. Таким образом, у зрителей формируется мышление подобное мозаике. Мы воспринимаем все не целостно, а по кусочкам, быстро забывая о том, что было 5 минут назад. Можно сравнить такое мышление с калейдоскопом. В итоге, TikTok стал заразительным благодаря простому методу преподнесения информации.

Однако, помимо клипового мышления, из-за увеличения количества информации, у человека развивается тревожность. Как правило, люди стремятся избавиться от этого назойливого ощущения. Таким образом, в результате сочетания клипового мышления и тревожности, возник новый вид восприятия, зеппинг. Он представляет собой переключение каналов пультом, благодаря чему каждый раз появляется свежий образ. Не требуется никакого анализа, сиди и переключай!

Мы поглощаем много интересной, иногда полезной информации в короткий период времени. Казалось бы, разнообразие идей, яркие картинки, что в этом плохого? А негативные стороны все-таки есть. Например, снижается уровень концентрации на чем-то одном, следовательно и способность к анализу. К тому же, по своему опыту могу уверенно заявить, что TikTok отнимает кучу времени, а когда ты ученик НИШ IV, каждая секунда должна быть на счету, то есть могут появиться проблемы с тайм-менеджментом.

Каждый в праве сам решить, сможет ли он извлечь пользу или наоборот, вред из просмотра удивительно смешных, ярких, красочных, иногда даже красиво снятых, вдохновляющих или наоборот пессимистичных видео. Но если подумать, серьезной угрозы разуму TikTok не представляет, главное - это самоконтроль. Лично я люблю после тяжелого дня, после завершающих дел расслабиться и насладиться удивительно остроумным юмором, красивыми видами и новыми идеями интересных людей.

Термин "клиповое мышление" впервые появился в 90х годах прошлого века и означал особенность человека воспринимать информацию через короткие, яркие образы, нарезку видеоклипов.

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Чем опасно клиповое мышление и как с ним бороться. (2015, April 6). Retrieved from <http://www.lookatme.ru/mag/how-to/inspiration-howitworks/207449-clip>

HOW TO BE A ECO-FRIENDLY STUDENT?

Guide specially for you

- Use long-lasting water bottles. In fact, today most of our students using them and mostly they are from one of the popular brand Tupperware, which is a leader in introducing reusable, long-lasting plastic products. Today, Tupperware Brands continues to design products that are durable, high-quality, designed to keep food fresher, longer and ultimately, will be reused for years to come. So instead of buying disposable plastic bottles, carry your own one to stay hydrated.
- Please, try to do not use a bags and backpacks made of real animal skin, instead of this replace them with shopping bags, also known as shoppers, because they are mostly made from organic and recycled cotton, which are non toxic to both humans and the environment. Main advantages of shopping bag is that they are convenience in use, large and roomy. At the present time, a lot of student from our school using shopping bags and I find a very responsible decision. Moreover, you can color and design them in any way, to reflect your personality. So feel free to show your imagination.
- Do not throw out old clothes. For example, every year we NIS students get a new school uniform and instead of throwing out old, worn out clothes, it would be better if you donated these old things to charities in Nur-Sultan, so give to those in need.
- Recycle old and unnecessary things to special points in our city. For example: **Astana Clean Time Address:**Dostyk, 5/1, Turkestan, 30, Kravtsova, 2/1, Seifullina, 65, Imanova, 50/1 **Contacts:** +7 701 351 37 00 **Accepted:** waste paper, glass, plastic, metal, polyethylene, stretch films, PET bottles. **Green Station Address:**Abylai Khan Avenue, 29/2 **Contacts:** +7 702 502 33 62 **Accepted:** waste paper, plastic, glass, cellophane.
- Try to use public transport as much as possible, because 80% of urban air pollution is caused by cars. If you use taxi services, then with friends, so the amount of exhaust emissions for each of you will be less.
- Throw garbage in specially designated boxes that are located all over the school and are specifically designed separately for paper and plastic.
- Protect water. Remember that water is valuable resource and its excessive consumption negatively affects the environment. So repair water leaks in a timely manner.

I've recently become very passionate about saving the Earth. Humans are ruining our planet, and most of us do not even realize that? It's our everyday life, we're killing the ecosystem and we don't even know we're doing it. Pollution is everywhere: it is from the cars we drive, the amount of paper we throw away or don't even use, and let us not forget the classic drama, those being the plastic straws and bags. Let's make our contribution not only at home, but also at school and try to be eco-friendly students. To encourage you, I would like to share some tips with you, my reader.

**THINK
GREEN**



Nevertheless, do not try to be too eco-friendly and buy million of eco-bottles and metal straws, because firstly use what you already have, because this is a principle of eco-friendly person. It's about reducing consumption, not increasing it.

We've been given a beautiful earth filled with trees, animals, and water. This is it, this is the only earth we've got. Unless, you know, you want to live in a spaceship in 100 years but then realize everyone's gonna die because apparently we can't take care of a freaking spaceship either. Then you'll have to risk your life to find a way to save everyone else on the ship because you're losing oxygen. You know, like in the movies?

Well, fortunately for you, we already have oxygen down here, on earth. So, we don't have to do all that extra work.

So, seriously, let's save the earth 'cause it's the only one we have...

DID YOU KNOW?

The average secondary school produces 22kg of waste (mostly paper and card, and food waste) per pupil each academic year. The figure for primary schools is even higher at 45kg per pupil.

CITIUS, ALTIUS, FORTIUS: THE HISTORY OF THE MOST EXCITING WORLD SPORTS COMPETITION

The 2020 is the year when Olympics will become totally eco-friendly. Japan is going to hold a program that would guarantee the sustainability in every aspect of the upcoming event. The mother-nature is full of wonders that keep us alive, and there are so many ways in which the Olympic Games Organizers are absolutely genial, taking care of it! Let us take a look:

The grass on the pitch in the Hockey Stadium is made of raw materials in order to reduce the carbon wastes and help the International Hockey federation in the sustainable hockey development. Also, the 60% cane-sugar in its structure makes the water spending lower than other types of pitch grass by 2/3.

The electricity used on the games will be produced only from renewable sources,

The pedestals and podiums will be made of plastic wastes,

Even the Olympic flame will be forged of recycled aluminum.

Moreover, the 18000 beds for sportsmen are going to be produced of recyclable cardboard, and yes, they are dense enough to bear the mass of 200 kg.

The medals for winners, which is probably the most amazing part, will be made with the help of used mobile phones' metals: the 6,2 million donated gadgets gave the producers 32 kg of gold!



Los-Angeles, 1984.

Credits to: toybytoy.com

To make sure that now you are impressed enough, the program of Tokyo Olympics will introduce the competitions for sports, including baseball/softball, karate, surfing, rock-climbing and skateboarding. By this way, in the future, organizers from different countries will do their best to protect the environment and create something new every two years – the progress is around the corner. Well, the Games always were a synonym for innovations. Starting from the Ancient Greece, people strove to bring something unusual in doing sports. There were several moments in the history of climbing Mt. Olympus, thanks to which physical and health development became more engaging, safe and accessible for everyone.

MODERN OLYMPIC GAMES.

The Olympics were held first in 776 BC (in Greece, of course), but the tradition only lasted till 393 AC. In the form that we got used to, the Games had started at 1896 (in Greece, of course) on the suggestion of Baron Pierre de Coubertin, the inspired Frenchman. Their main principle was to unite the whole world together, regardless of political misunderstandings between the countries. The Games were successful, bringing together 241 athletes from 14 nations and drawing attention to the concept that is still prospering after 124 years.



*The figure skater Yuna Kim lights up the Flame
Pyeongchang, 2018*

Credits to: toybytoy.com

The **Olympics flag** was established in 1913, the five Olympic rings symbolize five continents, participating in the competition; while at least one of the colors: blue, black, red, yellow and green, is on every country's flag. Thus, the Games are really accessible for everyone. Along with this, sometimes the promoters use the Piece flag with a pigeon, holding the olive branch in the beak, which means that all the wars and armed conflicts should be stopped for the time of the Olympic Games.

The wheelchair athletes' race was held in London, 1948 in the proposal of doctor Ludwig Guttman.

As the part of sports therapy, it had to help wounded veterans of WWI rehabilitate. This was the beginning of the new area of sports competitions – the **Paralympic games**, which were officially set up in 1960 in Rome. 400 athletes, representing 23 countries, have participated there. The Paralympics are the proof for the entire humanity that the spirit and the will always wins, even if it's hard to continue the fight, and that sports don't have the limits.

At the Olympics in Berlin, the **Olympic Flame** was firstly lighted in 1936. The fire is sparked from the sun rays in the Temple of Apollo in Greece – the actress, playing the high priestess Hera says a prayer: "Apollo, the god of sun and the idea of the light, send us your rays and light up the holy flame for the welcoming city...". Then, the torch is brought through the whole world from one country to another until it reaches the city where Games are held. The tradition may be transformed and represented in many ways: the flame of 1952 Olympics in Helsinki was mixed with the blaze got from midnight polar sun in Finland; in 1962, Mexico Olympic torch relay had mostly repeated Christopher Columbus' way, but what's most important is that it is still followed by hundreds, thousands, millions of people, and the fire in their hearts is reaching out to warmth and greatness of the Olympic Flame.

The idea of **Olympics Mascots** was instituted in 1968. The country holding the Games should create a talisman that would greet guests from the different states, show the features of the country itself and set the festive atmosphere. For example, the Olympic bear in USSR, 1980, is considered the cutest mascot ever (by locals, at least), looking like a Soviet cartoon character. On the closing ceremony, the huge bear from colorful shields shed a tear – this touching moment was remembered by every athlete.



Credits to: olympteka.ru



In 2008, Chinese organizers made their own sweet creatures, called Beibei, Jingjing, Huanhuan, Yingying, and Nini, representing a fish, a panda, an Olympic flame, Tibetan saiga and a swallow bird. Adding up the first syllables of their names, we get the phrase “Welcome to China!”. Gracious, isn’t it?

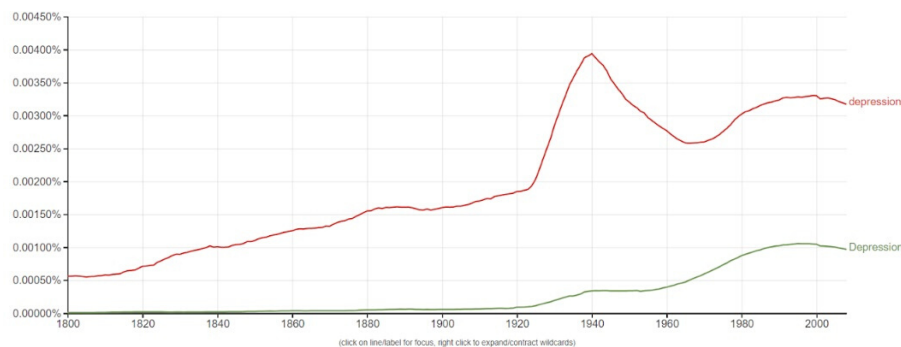
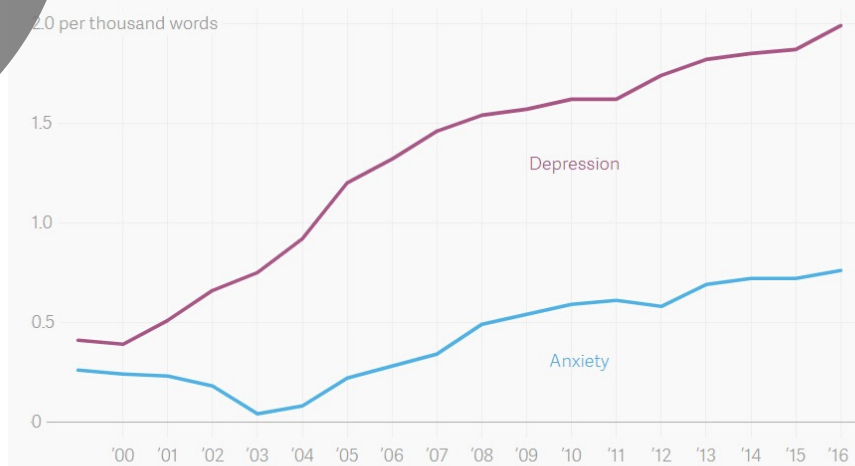


The Olympics unite the whole world under its flame. They make sports available for everyone. They set the peace in the war for several months, save traditions of ancient time, show us the cultures of different nations. Now, they set the example of commitment and loyalty to our beautiful planet. No offence but all the people who made a contribution to this are incredible. This is something humanity should aspire to. And, well, the Games always were a synonym for growth.

<https://olympic.kz/ru/article/7667-novyj-khokkeynyy-stadion-tokio-2020-samyj-ekologichnyy-v-istorii-olimpiyskikh-igr>
<https://proteh.org/news/11012020-olimpiada-v-tokio-stanet-samoj-ekologichnoj-za-vsju-istoriju-provedeniya-igr/>
<https://olympic.kz/ru/game/8-tokio-2020/descriptionhttps://www.penn.museum/sites/olympics/olympicorigins.shtml>
<https://www.rd.com/culture/13-olympic-moments-that-changed-history/>
<https://olympteka.ru/olymp/different/facts/1/all.html>

LUST FOR ATTENTION

Frequency of term use in hip-hop lyrics



Note: The source for graph 1 is genius.com, a popular music website that hosts lyrics and explanations for songs and albums. The data is taken from within their database, filtered strictly for hip-hop, arguably the most popular genre of music this past decade and the one with, usually, the longest lyrics. The latter two graphs were taken from Google's database for books, which searches for word frequency within literature from 1800 to 2008.

The 21st century has seen a peculiar trend—if one were to look at the charts below, the use of previously taboo words like “anxiety” and “depression” has been steadily increasing—and while the charts do not include the past few years, one would deduce, from simple consumption of popular media, that the trend would most likely see a significant spike upwards.

Additionally, I present to you other data: the number of children with mental illnesses has doubled between 1980 and 2000. Over the past decade the number of cases with children doing self-harm has risen by a worrying 68%(1). More and more data is found to show the peculiarity of mental illnesses within our society today—while one may have thought that mental illnesses have become culturally normalised, and that various radical stereotypes of the past have been put to dust, he might have not expected the endgame that I am about to present to him.

Logically, the increase in the number of diagnosed and depressed can be attributed to the fact that it has now become a lot easier to speak out on such illnesses—social media stars are now open to sharing their stories while athletes and celebrities are helping the positive change. Mental illnesses are not as closely related to the word “insanity” as they used to be; before, many were burned and hanged on display when publicly deemed “mentally ill” (around the 1800s) and, while that softened with the years, even during the 1950s, surveys showed that many labelled mentally ill as “crazy”(2).

1 - Studies done in the United Kingdom
2 - American Psychological Association

Sadly, such positive change has also brought negative consequences; as society spent time and effort to fix the falsehood around the mentally ill, it has only managed to find itself on the other side of the spectrum—the spectrum, however, is only green in the middle. We have, correctly, washed away the dirt of negativity that was on the white shirt that is mental disorder, but have overdone it to the point of not really knowing what exactly that shirt represented as the label it once had is distorted. In other, less imaginative words, we have widened what is perceived as a mental disorder, and what a mentally ill person truly is—the conditions expanded to the point of stupidity.

Most of my readers, if there bother to be any, are most likely around the same as me—they go to school, engage socially with one another, spend time on social media (with extents that vary) and visit websites like YouTube, Instagram and more. This leads me to conclude that they share raw perspectives not too far off from mine—they know and see similar trends, may know and follow the same celebrities as I do, hell, they most probably watch some the same new movies or listen to the same albums that come out smoking hot as these teenage years of ours go by. Point is the following—the chances that both you, and I, see the very same trend of self-diagnosed depressed teenagers within our surroundings is sky high. And it is not solely teenagers—YouTube hosts a variety of “influencers” that describe their depression as nothing more than a harsh period of their lives—and that is me, my reader, being quite objective and unhateful in relation to their proclamations on their mental state. I do believe that depression and anxiety are real—but when a person within my class describes her nervousness as “anxiety” I have nothing but disgust for the mistake that we have implanted within our minds.

To better understand my perspective, one has to understand what those that are truly mentally ill feel. Let us take depression as an example, for it is the most widely (inaccurately) known and common type of mental disorder. I shall not describe to you the symptoms and signs of depression—those you can find out with a few clicks and taps. What is commonly forgotten, rather than not known, is that those that are depressed do not like to tell the world that they are depressed—those that are depressed do not wish to wear the label of depression proudly upon themselves, as it is nothing to be proud of, or even be widely open about. Thus, it is to my confusion that internet stars like Corinna Kopf, who described herself as depressed and with anxiety, sell T-shirts with labels like “my anxieties have anxieties” and a hoodie with the Google definition of depression (the one with phonetics, word origin, and alternative definitions) on it. Similarly to what a certain “critic” recently said, I ask: would one wear a hoodie with the phrase “my cancer cells create more cancer cells” printed boldly upon it (alternatively, the phrase would be “my cancer cells have cancer cells” to be more analogous, but I am more fond of the first). Once again, lies that distort the truth, making others believe into something that is not true.

Moreover, creation of media that tries to explore themes of depression, anxiety and mental disorder has most certainly been a hit or miss. There have been great shows like “BoJack Horseman” that creatively but realistically explore these themes and create understanding that is infinitely close to reality. Unfortunately, there have also been shows like “13 reasons why”, which, in a quite ugly way, have not only distorted depression and anxiety, but also dehumanised a heavy topic like suicide. In all honesty, 13 reasons why is unforgivably inaccurate in its depiction of its themes, and any reader who wishes to debate this with me is open to doing so. Not only does the show romanticise suicide, it leaves the worst impressions with its unrealistic characters that lack human emotions for their age. It is an emotional and awful writers’ dream, where characters that are suicidal say that “it’s what you do when you are hurt” when asked why they committed to self-harm. The main character, that has committed suicide, leaves behind 13 tapes, describing the 13 reasons for her suicide; but, in reality, would a genuinely suicidal person do such a thing? The show romanticizes suicide as a form of revenge, where characters are shown to have suffered because of H.B. suicide.

However, would one that wishes to let go of existence want such fame after they are gone? Does one exist as a walking and talking ghost after their death, chasing those that were involved, or does he become one with earth? Does one do all the things that Hannah Baker did, or does she simply leave this world with nothing at all if not a little note? I ask you to think about reality for all its worth, because its shows like this that give in to a fatal flaw and desire: lust for attention. I shall not label or scrutinise, but I will leave that phrase for your interpretation.

In the end, while I have more to say, I do not believe it would benefit myself or you, my reader, if you have come this far. While the topic is serious and sophisticated enough for me to have the need to write a lot more to have a truly strong stance, I believe my opinion has been quite clear and one sided, and I leave you to create your own little conclusion. In the end, psychology is regarded by many as a pseudo-science, leaving subjectivity a delicious Thanksgiving feast.

LINKS: <https://theatlasmusic.com/charts/Hf4loucpj><https://psycnet.apa.org/record/2000-07947-005>

<https://courses.lumenlearning.com/wsu-sandbox/chapter/mental-health-treatment-past-and-present/>

https://en.wikipedia.org/wiki/Mental_illness_portrayed_in_media

MY STRANGE ADDICTIONS

DURING THE PAST YEARS AN AMERICAN DOCUMENTARY TELEVISION SERIES MY STRANGE ADDICTION BECAME POPULAR DUE TO IT'S SPECIFIC CONCEPT. MY STRANGE ADDICTION "TELLS THE COMPELLING STORIES OF PEOPLE WHO ARE BATTLING OBSESSIVE BEHAVIORS ON THE VERGE OF TAKING OVER THEIR LIVES" (TLC, 2019). MY STRANGE ADDICTION PREMIERED ON TLC ON DECEMBER 29 IN 2010 AND SINCE THAT TIME IT STILL HAS DEMAND AMONG THE VIEWERS.

Here are few My Strange Addiction episodes:

"Amber has eaten nothing but french fries for every meal for the last 26 years. Now that her daughter has started to pick up her fussy eating habits, she has decided it's time for her to seek help with branching out and trying other foods"(TLC, 2019).





Addicted to Looking Like Justin Bieber | My Strange Addiction

2 207 331 просмотр • 27 янв. 2014 г.

6 тыс. 3,9 тыс. ПОДЕЛИТЬСЯ СОХРАНИТЬ ...

“Jennifer has been eating mattresses for the last 20 years, and has consumed over 8 mattresses since her addiction began. She finally visits a doctor to find out what damage her strange eating habit has caused”(TLC, 2019).



Addicted To Living As An Adult Baby | My Strange Addiction

3 873 699 просмотров • 28 апр. 2019 г.

29 тыс. 4,5 тыс. ПОДЕЛИТЬСЯ СОХРАНИТЬ ...



Jennifer's Mattress Eating Addiction Is Causing Serious Health Issues | My Strange Addiction

945 331 просмотр • 22 февр. 2019 г.

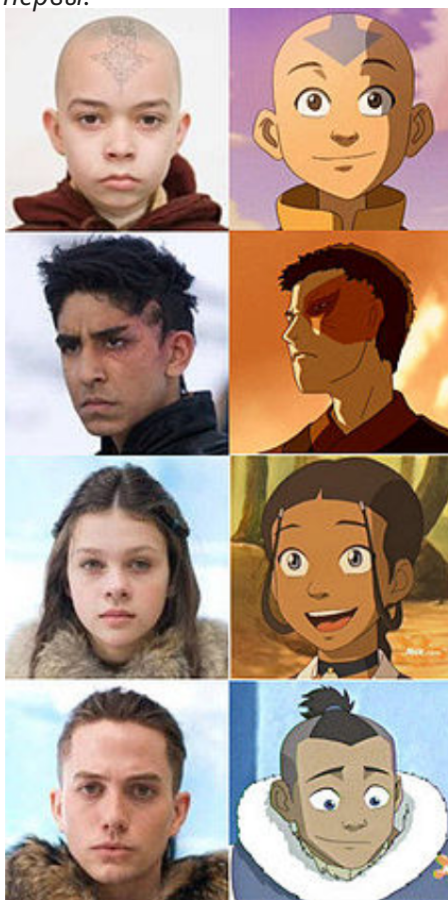
6,8 тыс. 452 ПОДЕЛИТЬСЯ СОХРАНИТЬ ...

“Riley, a 25 year old woman, spends twelve hours a day living as an adult baby. She wears diapers, sleeps in a crib, and drinks from a baby bottle. Her addiction costs her over \$400 a month, but she wants to live as a baby for as long as she can”(TLC, 2019).

Mostly experts argue whether the behaviors of the show's participants are true addictions or cases of obsessive-compulsive disorder. Some of them think this is a real dependence of a person: if person stops doing it, he will have negative mental symptoms. On the other hand "These are more obsessions rather than an addiction," said Dr. Peter Martin, professor of psychiatry and pharmacology at the Vanderbilt University School of Medicine in Nashville, Tenn. "These obsessions are things that in general alleviate anxiety, and it has a place in the person's psyche. That activity relaxes them. It's something that they do because they're worried that something terrible may happen." (Karollo, 2010). Regardless how it is exactly defined, experts say these strange addictions have a symbolic subconscious value for those people.

10 ХУДШИХ ФИЛЬМОВ: ЛАУРЕАТЫ “ЗОЛОТОЙ МАЛИНЫ”

Вот уже приближается одна из самых престижных мероприятий в киноиндустрии - награждение “Оскар”. Все в нетерпении ждут момента, когда их любимые актёры и фильмы получают заслуженную награду. Самые провальные фильмы года награждаются премией “Золотая малина”. В данной статье мы рассмотрим 10 фильмов, которые получили свою награду и смогли запомниться своим провалом. Ни на что не претендуем, но возможно это поможет вам сэкономить ваше драгоценное время и нервы.



ЭЛЕМЕНТТЕР ӘМІРШІСІ

Фильм “Аватар; Аанг туралы аңыз” телехикаясына негізделіп жасалған. Аватардың жанкүйерлері фильмдік адаптация туралы естігенде, қуаныштары шексіз болды. Өкінішке орай, барлығы ойдағыдай болмады. Фильмдік адаптацияның ойнайтын актерлер, экшн, графикасы сынға алынды. “Элементтер әміршісі” “Алтын таңқурайдың” 5 антипремиясына ие болды. Соның ішінде 2010 жылдың “Ең нашар фильм” номинациясында жеңімпаз аталды.

СУМЕРКИ. САГА: РАССВЕТ - ЧАСТЬ 2

Одна из самых популярных франшиз про вампиров в истории кинематографа не раз номинировалась на премию худший фильм, но именно эта часть смогла победить в номинации. Картина удостоилась 7 премии “Золотой малины”. Особенно сильно подверглась критике актриса главной роли - Кристен Стюарт, получившая награду за “Худшую женскую роль”. Главным недостатком актрисы стало отсутствие эмоциональности во время игры.





ЭМОДЖИ ФИЛЬМ

Это провальный фильм о приключениях эмоджи в телефоне. Задумка отличная и можно было бы воплотить её в отличное кино. Примером может послужить “Ральф”, который рассказывал о приключениях персонажей из игровых автоматов, он удостоился похвалы и даже номинировался на “Оскар”. А вот “Эмоджи фильм” не смог похвастаться хорошим сюжетом, смешным юмором, интересными персонажами. В общей сумме, за все свои достижения, фильм получил 4 премии “Золотая малина”.

ФАЖАЙЫП ТӨРТТІК

Marvel ғаламның комикстеріне негізделген фильмдердің бірі. Өкінішке орай, танымал брендтің атауы фильмнің сәтті өтуіне әкелмеді. 120 млн доллар бюджетімен, әлем кинотеатрларынан бұл фильм тек 168 млн доллар жинады. Фильмның экшн, сюжеті, кейіпкерлер образы, қараңғы атмосферасы сынға алынды. 2015 жылы “Алтын таңқурайдың” “Ең нашар фильм” номинациясын ұтты. Сонымен қатар, Marvel ғаламына негізделген ең сәтсіз фильм атағына ие болған.



БОГИ ЕГИПТА

Мифология древних цивилизации всегда была интересной основой для сюжета книг, картин, кино. Видеть талантливую авторскую интерпретацию античных истории всегда увлекательно. Но вот режиссеры и сценаристы “Богов Египта” успешно провалились в этом деле. Плохая графика, не увлекательный сюжет, неинтересные персонажи являются достижениями этого фильма. Данный фильм об египетских богах был номинирован на 5 наград “Золотая Малина”.



МАСКАНЫҢ ҰЛЫ

Мүмкін барлық аталған фильмдердің ішінде бұл ең нашары емес, бірақ бірінші “Маска” фильмнің деңгейіне жетпейді. Бірінші фильмде Джим Керридің актерлік шеберлігі, жаңа қызық сюжеттік идея бірінші фильмнің сәтті өтуінің негізі болды. Екінші фильм туралы айтсақ, Джим Керри түсуден бас тартты, сонымен қатар сюжет көбінесе бірінші фильмнің идеяларын қайталады. Осының нәтижесінде, “Масканың ұлы” бірінші “Маскаға” қарағанда 6 есе аз ақша жинады және “Ең нашар приквел” номинациясында жеңді.



БЭТМЕН ПРОТИВ СУПЕРМЕНА: НА ЗАРЕ СПРАВЕДЛИВОСТИ

Про Тёмного рыцаря снималось немало фильмов. Конечно же, не обошлось и без провальных фильмов. Критики разгромили сюжет фильма, назвав его слишком очевидным и развитие персонажей в фильме. Киноадаптация основанный на комиксах DC “Бэтмен против Супермена” стал номинантом за “Худший фильм” на премии “Золотой малины”, но всё же не смог её выиграть. Вот уж где не жаль потерянной награды.



ХОЛМС ЖӘНЕ ВАТСОН

Танымал детектив Шерлок Холмс туралы түсірілген фильмдер мен сериалдар аз болмады. Қазіргі күнге дейін Артур Конан Дойл кейіпкері туралы әлі күнге дейін киноадаптациялар шығады. Солардың ішінде сәтсіз болған 2018 жылы шыққан “Шерлок және Ватсон” адаптациясы. 2019 жылы “Ең нашар фильм” номинациясында жеңді. Фильмнің жағымсыз жақтары локациялары және тарихтық дәлелсіздігі.



КОТ

Один из номинантов “Золотой малины” за премию “Худший фильм”. В основном данный фильм критиковался за то, что фильм не подходил под свою целевую аудиторию. Страшный костюм кота, странный юмор, посыл без морали не подходил для детской аудитории фильма. Данная киноадаптация была настолько плохо принята, что вдова создателя сказала, что больше не желает видеть фильмов по книге мужа “Кот в шляпе”.



Занятой февраль: твой 1000 и 1 предлог остаться дома

Казахстанцы не встречают февраль так охотно, как декабрь или май. Ясное дело, праздников не видать целый месяц! Но что насчет Международного дня десерта? А день угощения домового? Неужели, и день наследия в Канаде не является серьезной причиной для того, чтобы не пойти в школу?

От недостатка праздника в жизни порой хочется биться головой об стенку: Международный день женщин, День защитников отечества, День Победы, Новый год, Рождество... всё идет по кругу который год подряд и уже успело наскучить! К счастью для нас, февраль горазд на праздники на любой вкус, если Ваше сердце так же, как и наше, требует разнообразия!



Image credits: Homemade Hooplah

В день десерта посетите любимую кондитерскую или приготовьте любимый десерт сами. Включите любимый сериал/фильм и наслаждайтесь сладким выходным.

1 февраля – Международный день десерта

Ренат Агзамов и Бадди Валастро ликуют! Красный бархат, крем-брюле, тирамису, синнабоны, рахат-лукум, пудинги, м-м-м... Идеальный день для того, чтобы направиться в кондитерскую и отдать должное этому дню и не только, ведь его отмечают 2 раза в год. Сперва традиционным днем празднования считалось 12 ноября, но с популяризацией кейк-попов с 2008 года международный день десерта празднуют и 1 февраля. (А как по нам, каждый день – это международный день десерта!)

11 февраля – Международный день женщин и девочек в науке

Свое начало праздник берет с 2013 года, когда Ассамблея ООН приняла резолюцию «Наука, техника и инновации в целях развития». Согласно ей, каждая женщина и девочка любого возраста обеспечивалась полноценным доступом к изучению и развитию науки. В 2015 же году Генеральная Ассамблея учредила 11 февраля Международным днем женщин и девочек в науке.

Данный день – памятка каждому о том, что человечество не сможет достичь научно-технического прогресса без принятия гендерного равенства в этой сфере.



WOMEN IN SCIENCE

Image credits: redbubble.com

В этот день не забудьте напомнить всем женщинам и девочкам, занимающимся развитием науки, об их важности. Сделайте открытку, подарите сладости и вместе посмотрите «Вселенную Стивена Хокинга».

14 февраля – Международный день дарения книг

Если Вас уже воротит от празднования приторно-сладкого Дня Святого Валентина, почему бы не обратить внимание на этот день? День дарения книг был основан в 2012 году основательницей сайта детской книги США – Эмми Бродмур. Идея для создания праздника Эмми подкинул ее сын, спросивший, почему нет дня, когда люди дарили бы книги друг другу без причины. Именно тогда она обратилась к друзьям, коллегам, пользователям социальных сетей и блогерам распространить новости о новом празднике. Теперь он носит международный характер, и у людей по всему миру появился еще одна причина обменяться книгами.



Image credits: makiyazhglaz.com

Если чувствуете себя одинокими в этот день, соберитесь компанией друзей и устройте бук-кроссинг. Главное условие – держите название книги, которую собираетесь дарить, в секрете, сделайте маленький сюрприз.

there is
power in
kindness.

Image credits: cellajane.com

17 февраля – День спонтанного проявления доброты

Что может быть лучше, чем теплые слова и крепкие объятия в холодные февральские дни? Этот день создан для того, чтобы бескорыстно всем открыться и подарить свою любовь и заботу! История данного праздника уходит в 1995 год, когда в Денвере, штат Колорадо (США) появился некоммерческий фонд «The Random Acts of Kindness Foundation». В 2004 года Новая Зеландия подхватила его идею, и с того момента «лихорадка добра» охватила весь мир. В Японии, Австралии, Канаде, Сингапуре и Таиланде проходят ежегодные мероприятия, направленные на распространения добра. Главное условие празднования Дня спонтанного проявления доброты – это быть до сумасшествия отзывчивым и милосердным и постараться остаться таким.

21 февраля – Международный день родного языка

В эру глобализации и научно-технического прогресса очень легко позабыть о родном языке, и этот день идеален для того, чтобы почтить его. Утвержденный в 1999 году ЮНЕСКО, основной целью Международного дня родного языка является содействие языковому и культурному разнообразию. Выбор даты не является случайным: 21 февраля 1952 года полицейские застрелили группу студентов, вышедшую на публичную демонстрацию для того, чтобы защитить свой родной язык бенгали и потребовать от государства признать его государственным языком.

Поучаствуйте с друзьями в следующем челлендже – попробуйте разговаривать друг с другом целый день на казахском языке! Проигравший должен будет выучить нивсский язык.

Обнимите случайного прохожего в этот день. Сделайте кому-то милый комплимент. Подарите что-то, сделанное собственными руками. Поделитесь сладостями, кофе и теплым пледом. Вызовите на лице окружающих людей улыбку!

26 февраля – Всемирный день неторопливости

Нет, в этот день необязательно вести себя, как ленивец из «Зверополиса».

Достаточно лишь наслаждаться каждой прожитой секундой.

Итальянцы, учреждая данный праздник в 2007 году, имели следующую цель – дать людям осознать ценность каждого мгновения, что мы забываем делать, находясь в бешеной погоне за лучшей жизнью. Может быть, пришло время остановиться хотя бы на секунду и оглянуться вокруг?

В этот день, что бы Вы ни делали, убедитесь в том, что чувствуете каждый момент, и любое Ваше действие вызывает у Вас лишь удовольствие. Примите горячую ванну с пеной, заварите себе вкусный чай, проведите время с семьей, сходите на прогулку. В этот день постарайтесь освоить азы «Искусства жить медленно» и осознать, что живы.



Image credits: Abra Alani

29 февраля – День Кощея-Чернобога

А Вас тоже пугали им в детстве? Странно, что славяне сочли нужным чествовать самое злое божество. Тем не менее, раньше Кощею приносили в жертву пленников, рабов и коней перед началом важных дел, вроде военного похода, веря в то, что он поможет одержать победу. Помимо этого, славянам было собственно в полночь с 29 февраля на 1 марта давить в руке

сырое яйцо для того, чтобы озаменовать конец Кощея (видимо, очень сильно его боялись), а также конец зимы. Сейчас же утверждают, что День Кощея-Чернобыга праздновали для того, чтобы каждый славянин помнил при жизни о смерти, а также видел жизнь в смерти, не разделяя свое существование на «черное и белое».



Image credits: arts.in.ua

В этот день интересным будет ознакомиться со старославянской мифологией и культурой. Также, можно освежить свою память и пересмотреть «Кощея Бессмертного».