

# The college

FEBRUARY



# GUARDIAN

Today we will tell about  
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Hello, dear students! We would like to honor those men who are brave, noble and never afraid of difficulties that they face during the life.

Enjoy!

The origin of the word February on page nine.

# Why do people make tattoo?

In modern society tattoo has lost its antisocial significance. Now the «drawings» on the body are not people who have visited antisocial places, but everyone who wants it.

Those who are older consider this stupidity of youth, and those who are younger – a way to stand out from the crowd or «be in trend.» In general, a tattoo still does not have a perfect reputation.

The tattoo has been known since ancient times. It carried important information about a person: membership in a tribe, position in society. In some cultures, at different times, for example, in the Middle Ages in Europe, a tattoo was considered inadmissible. And now, tattooing is a form of art.

With the invention of the electric tattoo machine, the tattoo has become available to many, at almost every step there are tattoo parlors or lonely tattoo artists offering to get them. Although it's not so pleasant to beat a tattoo, why do so many decide on this step? What is the purpose?

The most obvious thing is that a tattoo is an ornament. The desire to decorate oneself and stand out has been inherent in men since the beginning of times. Unlike jewelry, clothes and makeup, it is always with you. So, you attract attention to yourself.



For many, a tattoo is an important and thoughtful step that coincides with a certain period in life. Often they determine a certain period lived and the beginning of a new stage. After all, such a bold decision, like a tattoo, helps to feel the power for other vital, turning decisions.



By applying this or that pattern to the body, a person influences his fate through symbols, colors and the deep meaning embedded in them. A tattoo can be a kind of amulet, which is always with you and on you. Indeed, since ancient times, magic meaning has been invested in a tattoo, it has a special energy that affects the character of the owner.

The tattoo gives the wearer a sense of security. And for some, this is an attempt to overcome the inferiority complex. Many people use tattoos for cosmetic purposes: hide scars and other problem areas of the body.

As the owner of a tattoo, I cannot help but have my opinion on this matter. I put meaning into my tattoos so that they would cheer me up at difficult moments and remind me of the truth that I tried to leave in my soul and body. I don't know if I will think when I get older that it was a mistake of youth. So far, I am satisfied with the fact of their arrival on my body, even very significant. I plan to even increase their number. The installation also worked for me: «the guilt worked like an aphrodisiac».

Well, naturally, a tattoo is a challenge to society, because after all, most people have a negative, judgmental attitude towards tattoos and people who have them. So be completely confident in your desire to get a tattoo and do not commit rash acts.

Ksenia Votnova



# Weekends: security measures during warm winter holidays

I associate winter not only with the New year, sledding and snow. This is also ice, frostbite, chapped lips, icy limbs, crazy children on the slides. Even the most cautious and confident can easily find themselves in an unpleasant situation. I've prepared a complete guide to winter safety for you. Now it will become much easier to cope with annoying incidents. And how, we will consider in this article.

## Security regulations

1. Ice is the first reason why everyone suffers. When the sidewalk turns into a skating rink, the main rule for a pedestrian is to choose comfortable shoes!

In an emergency, use a band-aid that needs to be glued along the sole.

Do not rush, you need to move carefully, stepping on the entire sole. Remember, it's a hundred times harder for a car to stop on ice than it is for you.

Learn to fall correctly: when you slip, sit down a little, so the height of the fall will decrease and the impact will soften. At the time of the squat, group up and fall on your side instead of your butt.

A bag with long handles often causes a fall. It does not allow you to maintain balance when a person has slipped, and pulls him down.

2. Frostbite can occur even at temperatures close to zero. Humid air and cold wind with light frost can cause significant damage to the exposed parts of the body. Most often, the nose, hands, and ears suffer.

Before going outside, use a special winter cream that should be applied 20 minutes before going out. Don't forget your hat, scarf, and mittens. Don't lick your lips in the cold. Use hygienic lipstick so that they do not peel off.

Do not spend all day in winter shoes in a warm room. Your feet will definitely sweat, and your shoes will become wet. When you go outside, you will quickly freeze, so if possible, it is better to change your shoes in the room.

Excessive layers of clothing only make the situation worse. During movement, the body releases heat and moisture, the excess of which will create discomfort.

Remember: in no case should you warm frostbitten areas with hot water! Rubbing snow will only make the situation worse. Hands or feet should be placed in slightly warm water. A warm water compress should be applied to the frostbitten area of the body. Then RUB the skin until it becomes slightly red.

## 3. On the hill

Winter fun is a lot of fun but before you use a sled or ski, make sure they are in good condition and remember the safety rules in winter. On large descents, be sure to use a helmet. You do not need to build a locomotive from a sledge and allow jumping over trampolines, this can lead to injuries.

Limit the time spent in the frosty air. Take care of warm drinks and extra mittens.

4. In winter, it is better to avoid rivers and lakes. It's not safe to go out on the ice alone. A few minutes of joy and confidence in absolute luck are not worth a human life.



## Weekends: security measures during warm winter holidays

If the walking on the ice is forced and inevitable, you cannot jump and knock on the ice, these are the main safety rules for reservoirs in winter. Do not play games on ice, and skate only on specially equipped platforms.

5. New year, oddly enough, but a significant portion of injuries occur on new year's holidays. Refrain from walking around the city while drunk and do not drive.

At the festival, do not allow children to blow up firecrackers, fireworks on their own. If you do not know how, or are not sure about the quality of pyrotechnics, it is better not to do it at all. When you plan to light sparklers or candles, do not dress children in clothing made of highly flammable materials.

We have reviewed the basic safety rules for the winter season. Still, winter remains a wonderful time of the year. But you should always admire it and prepare for the holidays wisely. The main rule is twice the attention and be more cautious for their safety.

Do you follow safety rules in winter?

Ksenia Vikulova





# Around the world: The richest persons of the world, the way to success and wealth

Bill Gates. He is one and the same charismatic business leader, innovator, the knight of Great Britain and the father of three children.



The industriousness instilled in Gates since childhood always helped him a lot. It is also worth adding that:

At 15, he and Allen wrote a program to regulate traffic and earned \$ 20,000.

At 17, Bill developed the Bonneville Dam energy distribution program, and earned \$ 30,000.

In 1973, Bill entered Harvard. He knew what to do with his life.

Everything changed on the same day in 1975. Paul Allen brought his friend Popular Mechanics magazine, the cover of which was decorated with the first computer for the mass customizing, Altair-8080. That was their chance. The competition was great, and coped with this task.

A chance is a moment in time and not to miss a chance is a useful property for a modern person. Highly risking, friends promised the program before it was ready. The habit of «plowing» came in handy here.

The presentation of the programs written in the BASIC language was successful, and this was the beginning of their new life.

At the end of 2016, Gates announced the opening of the Breakthrough Energy investment fund, which brings together large companies (Microsoft, General Electric, Virgin, etc.), as well as individuals (Jeff Bezos, Michael Bloomberg, Richard Branson, Jack Ma and others). The goal of the fund is to «provide humanity with a better life»: providing the necessary healthy nutrition, comfortable transport that will not be changed by the Earth's climate.

As of January 31, 19, Forbes estimates his fortune at \$ 96.4 billion. The United States, on the Forbes 400 and billionaire lists in 2018, Mr. Gates took an honorable second place (losing first place to Jeff Bezos). The 63-year-old billionaire is not only one of the most influential people on the planet (No. 7 in the list of influential people in 2018), but also a noble philanthropist - his philanthropy index is 5 out of 5 points.

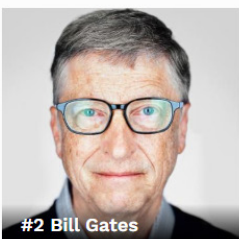
Parents had to decide what was «best for the development of the child». Gates moved his 12-year-old son to a more suitable Lakeside school.

Bill received excellent knowledge of mathematics, the teacher of which noted the original student: «Bill saw a short way». It was here that a significant meeting of Gates with a computer took place.

## THE RICHEST PEOPLE IN THE WORLD



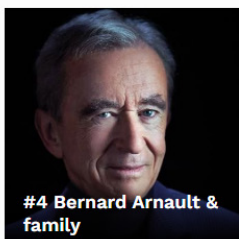
#1 Jeff Bezos



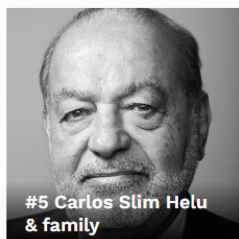
#2 Bill Gates



#3 Warren Buffett



#4 Bernard Arnault & family



#5 Carlos Slim Helu & family

# Around the world: The richest persons of the world, the way to success and wealth

Oprah Winfrey is an American TV presenter, an interesting personality, not only in the United States, but throughout the world. She is trusted more than the president, her fees are enormous.

Every day, 34 million Americans and 15 million Americans are televised when the Oprah Winfrey show begins. This is a sacred ritual. In 117 countries of the world – the army of her tele-worshippers. Its audience is 55% larger than that of its closest competitors. Rating show.



Oprah Winfrey is one of the richest and most powerful women in America. She is like the alter ego of America. Contrary to her television image, she is a skilled owner of her own company. We have everything to be sure that we have no way to the top. She is the epitome of American spirit and commercial success.

The childhood of the famous TV presenter was very difficult. Her parents, the mother a maid and the father a miner, were never married.

In her early childhood, Oprah had not heard anything about shoes for several years. She did not even have a dress, having received it for the first time for attending school. An isolated farm forced Oprah to invent and create her own entertainment.

The first media experience in Oprah Winfrey's biography was WVOL. The station host, John Heidelberg, called her there, noting her abilities in the Miss Fire Prevention contest, which she won, were noted. Oprah combined work with studies in high school. On weekends, Oprah read the latest news broadcasts. She did a good job and received one hundred dollars a week. Finally, Winfrey's oratorical abilities began to be paid.

Before graduating from college in 1976, Winfrey was offered a very good chance of being a Baltimore reporter and second speaker of six-hour news on WJZ television. Winfrey accepted the offer. After working for two years, she receives an invitation to become the host of the People Are Talking show. The audience was surprisingly warm and enthusiastic about the fat black leader. Rating Oprah began to grow sharply. «After the first broadcast», Oprah recalled, «I had the feeling that I was finally starting to breathe».

In 1984, after six years spent on WJZ-TV, the 29-year-old Oprah Winfrey was invited to Chicago to lead the Chicago Afternoon News program, which at that time was at the bottom of the list. Winfrey signed a four-year contract for 200 thousand dollars a year.

In 1987, People magazine wrote: «Oprah has quicker wits than any other on television, yes, including Carson and Letterman». Winfrey soon becomes the best friend of all American housewives.

Julia Gulyaeva



# Sport: is it a good idea to build your body?

Now the modern world is developing very fast, everyone is in a hurry, they spend hours in traffic jams, they work until late. And sometimes there's no time and energy left for sports.

I believe that everyone needs to play sports. Lack of time is all an excuse. I think it's not so difficult to allocate 10-15 minutes a day to do gymnastics, go for a walk in the park with your dog in the morning, ride a bike or roller skates.

While playing sports, a person loads his body with certain physical activities, trains his muscles and develops skills.

Each person chooses a sport for oneself. The main thing is that a person likes the chosen sport, because it is impossible to achieve success where there is no desire.

The main thing to remember is that sport is not just a hobby but a way of life. To build a beautiful body you must follow the training regimen, eat right, get enough sleep! For example, if a novice athlete is well engaged in the gym, but does not follow the diet and sleep patterns, then he will not be able to effectively progress in this matter.

It is worth noting that playing sports, a person will not only train himself and his body physically, but also mentally because he will be carried away by the history of the origin of his sport and learn various secrets.

In my personal experience, I noticed that when I started playing sports since childhood, I began to truly appreciate and correctly allocate free time between workouts, I got a daily schedule.



Sport is a good way to build your body, because it is the growth of muscles, skills, weight loss due to physical activity and much more.

And now some tips: if you do not have enough time for physical activity during the day, I advise you to go out one stop earlier than your own to go on foot to your house. The next tip is to go up the stairs home. Always go in for sports and remember that it is a good and useful idea to spend time.

Stepan Kutzevalov



# The VIKINGS

We all heard about the Vikings. Sometimes, this word evokes a person's idea of evil and bloodthirsty people who are dressed in coarse wool, and on their heads they have horned helmets, armed with axes looking for the victim. But in reality, everything is different. Who are the Vikings in fact, where they came from and where they lived, you will learn by reading this article. It tells all the most important about the history of the Vikings.

Vikings – a history of origin.

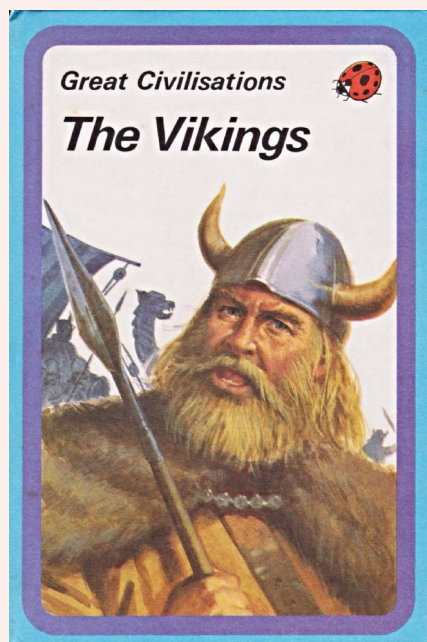
The concept of «Viking» comes from the ancient Norwegian word «vikingr». This word is associated with the designation of bays and fjords (a narrow area of sea between high cliffs, especially in Norway). In addition, there is the Vic region in Norway, and some researchers believe that the Vikings began to gather there. The Vikings were the usual free peasants of Scandinavia. Archaeologists have not found a single «helmet with horns,» this is only a ploy of directors to give the Vikings a more bloodthirsty appearance in films. They lived in groups in villages with a small population. It was a harsh people, because otherwise it was impossible to survive in Scandinavia. While vassal-overlord relations began to take shape in Europe

and castles were being built, this was not the case in Scandinavia, all the peasants were free and worked for themselves.

The Viking customs were very interesting. So, if a child was born, he was immediately taken out naked to the street in order to show the baby to mother nature. From childhood, children were taught military affairs, because the Scandinavian tribes often quarreled with each other. After reaching sixteen years, the youths were taken to the «challenge course», which they had to pass in a certain time, and then fight with an adult member of the tribe. If the young man successfully passed the test, he received the status of a warrior, and he was allowed to marry. As for the family, the Vikings lived in a large house with the whole family. Under the concept of family not only parents fell, but also sons and their families. Children from siblings were considered to be relatives to each other. If one brother died, the other had to marry his wife and bring up his children.

So, that is a short description of some basic Vikings' life way. As you can they are not so violent as someone can see them.

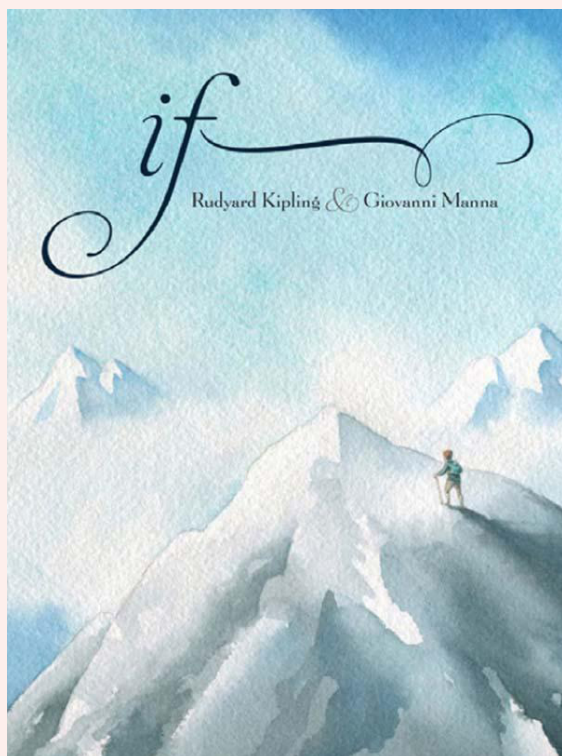
Tatiana Musaeva





## Rudyard Kipling *If*

If you can keep your head when all about you  
Are losing theirs and blaming it on you;  
If you can trust yourself when all men doubt you,  
But make allowance for their doubting too;  
If you can wait and not be tired by waiting,  
Or being lied about, don't deal in lies,  
Or being hated, don't give way to hating,  
And yet don't look too good, nor talk too wise:



If you can dream - and not make dreams  
your master;  
If you can think - and not make thoughts  
your aim;  
If you can meet with Triumph and Disaster  
And treat those two imposters just the same;  
If you can bear to hear the truth you've spoken  
Twisted by knaves to make a trap for fools,  
Or watch the things you gave your life to, broken,  
And stoop and build 'em up with worn-out  
tools;

If you can make one heap of all your winnings  
And risk it on one turn of pitch-and-toss,  
And lose, and start again at your beginnings  
And never breathe a word about your loss;  
If you can force your heart and nerve and sinew  
To serve your turn long after they are gone,  
And so hold on when there is nothing in you  
Except the Will which says to them: «Hold on!»

If you can talk with crowds and keep your virtue,  
Or walk with kings - nor lose the common touch,  
If neither foes nor loving friends can hurt you,  
If all men count with you, but none too much;  
If you can fill the unforgiving minute  
With sixty seconds' worth of distance run -  
Yours is the Earth and everything that's in it,  
And - which is more - you'll be a Man, my son!

The origin of the word February.

February derives from the Latin term februum, which means «purification.» This is because there was a Roman purification ceremony called Februa held on the 15th day of the second month. Therefore, the second month became associated with this and took the name February.

We want to say thanks to people, who help with this issue.

The editorial staff of our newspaper:  
Irina Kondakova, Irina Stelmakh,  
Ksenia Votnova, Ksenia Vikulova,  
Julia Gulyaeva, Stepan Kutzevalov,  
Tatiana Musaeva, Polina Isheleva,  
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See you next time