

THE DESKS



7TH REVISION

MAGAZINE

AUTUMN EDITION
~OCTOBER





GEORGE ORWELL

1984

I dare say that Orwell's captivating way of writing did not once again fail to meet my expectations. 1984 as well as the previous Animal Farm are by no means included in the generally known must-reads and are bound to be remembered by the next generations. 1984 represents

a dystopian world where everything seems to be a feasibility but actually it is not. It depicts the control the political Party has over the past, present and the future as well. Imagine living in a world where being sensible and reasonable would in fact be a crime and paradoxically,

behaving according to the Party's brainwashing principles and rules would be highly esteemed. Meanwhile, a Newspeak is being developed and the language as we know it consequently ceases to exist. The citizens of Oceania are constantly watched by the government

through tele-screens, which are placed almost everywhere. People can only seldom hide from them. Individuals are confined the moment some abnormal behaviour is detected and after that, they are awaiting the worst-case scenario. Being interrogated and taken to room

101 afterwards is one of the most prevailing fears among people during that time. No sooner do they realise that the despotic and illogical policy is not actually that impossible to live according to than they are exposed to the most unwanted and traumatising way of dying...

Useful vocabulary:

annihilate – to destroy something completely

cauterise – to treat a bleeding wound by burning it with hot metal, laser or chemical

covet – to have a very strong desire to possess something

deranged – somebody who is deranged behaves in a crazy and unreasonable way

deviation – a noticeable difference from what is generally accepted or considered normal

dissent – refusal to agree with an accepted opinion

eradicate – to completely get rid of something

erroneous – incorrect

emaciated – extremely thin from the lack of food or illness

heresy – a belief that disagrees with official principles

indispensable – essential

oblique – indirect

procure – to obtain something that is difficult to get

posterity – all the people in the future who will be alive after you die

retain – to keep something, continue to have it

relinquish – to let someone else have your position, power, especially unwillingly

unrepentant – not ashamed of your beliefs even though other people disapprove

vindicate – to prove something is right, justify

wanton – deliberately harming someone or damaging something for no reason

APPLE SEASON

AUTHOR: SIMI



At last, the time of apple harvest has come. There are undoubtedly many apple lovers among us who never fail to rejoice at this time of the year. Not only do apples represent the typical symbol of autumn alongside the fallen leaves, but they also provide just the right amount of nutrients our body needs.

Everybody is surely acquainted with the fact that the apple is one of the healthiest fruit we have the chance to consume on a daily basis. It is packed with loads of vitamins, antioxidants and it is an ideal source of fibre. Since it is characteristic of autumn to add apples in traditional apple pies or other delicious desserts and meals, we do not re-

alise the importance of benefits unprocessed apples come with. Although it is essential to indulge ourselves in eating cooked apples prepared in various ways from time to time, nourishing our organism properly is only going to be achieved if consuming raw and unpeeled apples.

What needs to be pointed out are the major health benefits of apples. Primarily, their role is to lower cholesterol and keep the blood sugar levels stabilised. Eating at least one apple a day is also beneficial for our immune and digestive system. Apples have a rich content of fibre and therefore help with promoting good gut health.

What is more, they ease our hunger cues and keep us full for longer. Overall, we should not underestimate the positive impact apples have on our bodies. While the statement that says eating an apple a day is the way to live longer is often made fun of, studies have shown that people who live according to this motto are less likely to be diagnosed with cancer and the risk of having heart diseases is reduced as well.



I KISSED SHARA WHELLER BY CASEY MCQUISTON

AUTHOR: CATHERINE

Chloe isn't going to let Shara Wheeler win this one. Since Chloe switched schools 4 years ago from a liberal Californian school to a conservative Christian school in Alabama, she has faced several challenges. But Shara Wheller has been the worst one of

them. Shara has fooled everybody in this school that she's the perfect girl with her incredible beauty, intelligence and elegance. All the while being an exemplary daughter of the principal. But Chloe sees through this immaculately couriered image, her pulling

all the right strings. Apparently she is the only one, leaving her seeming a bit crazy. So when Shara disappears a month before the graduation leaving behind a trail of clues for Chloe revealing the real Shara, Chloe can't help but to investigate. It's revealed that Shara has set

up an intricate mystery especially for Chloe because she is tired of pretending and keeping up a certain image. When she finally returns, the whole town is shocked by the real Shara. The book ends with both Shara and Chloe realising that the obsession they both have with each other isn't ha-

tred but something much more pleasant and nice.

New words:

progeny (n) - offspring

bullhorn (n) - megaphone

tamp (v) - to press or push something down by lightly hitting it several times

puritanical (adj) - very strict about moral matters

regicide (n) - murder of king/queen

fling (v) - to throw something somewhere using a lot of force

moonbeam (n) - a shining line of light from the moon

up-take (n) - the rate at which people accept something that is offered to them

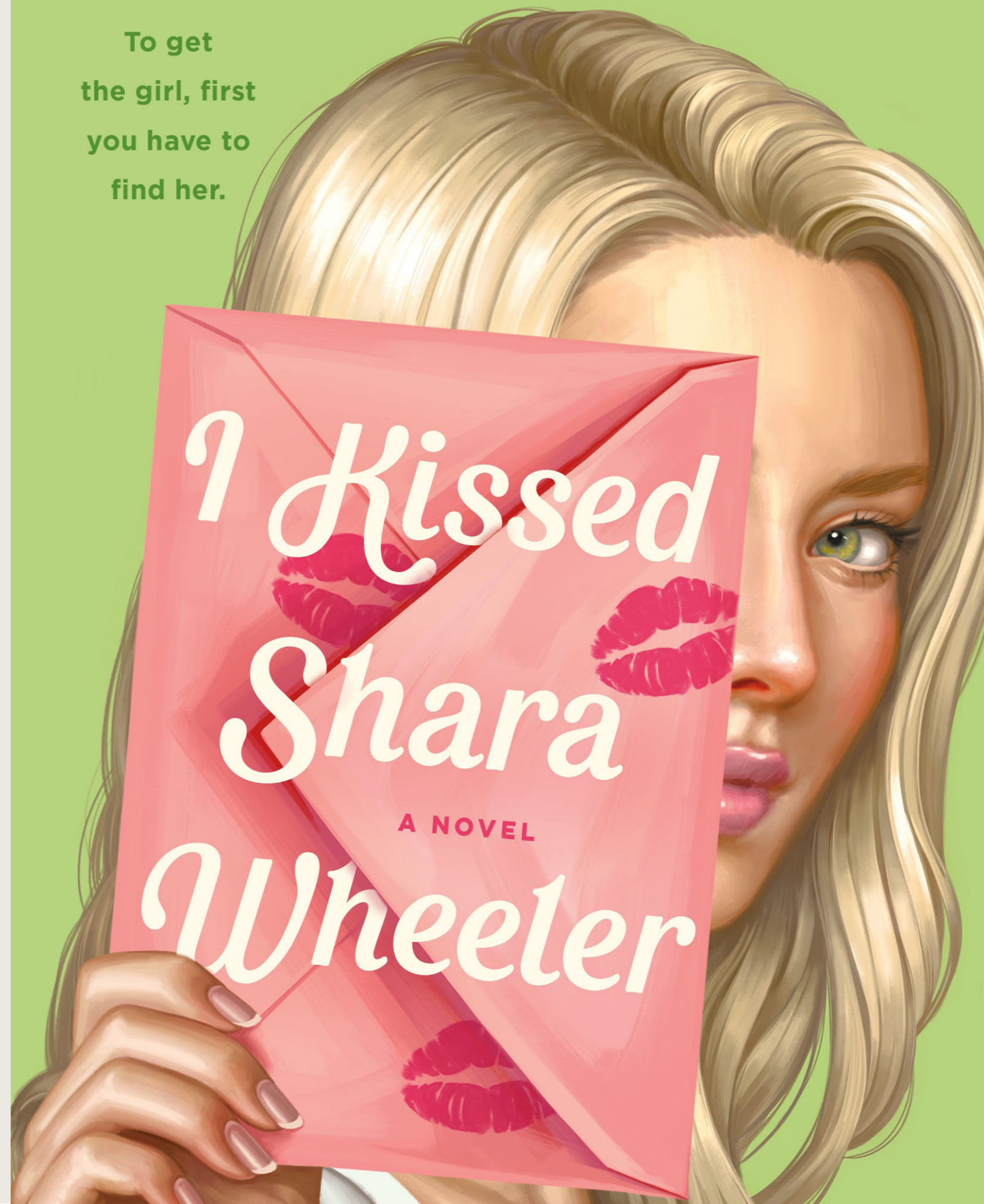
crumpled (adj) - crushed into a smaller bent shape

sputter (v) - to talk quickly in short confused phrases, especially because you are angry or shocked

RED, WHITE & ROYAL BLUE & ONE LAST STOP

CASEY MCQUISTON

To get
the girl, first
you have to
find her.





ATOMIC HABITS BY JAMES CLEAR

AUTHOR: SIMI

I daresay that everyone has at least once before failed to start a new hobby. The cause could have been a lack of motivation or laziness. A book called Atomic habits written by James Clear may be the right solution. The name atomic stems from their size. They are quite imperceptible at first, but far more efficient than we might think. The process of taking up a new habit can be divided into four laws, each of them representing an important step.

themselves in the same activities. For instance, when you like reading, join a book club, when you want to get in shape, find someone with whom you can go to the gym.

The first law – make it obvious

A simple way of making something you want to achieve obvious is to place items you associate with the activity in visible places. On the other hand, when wanting to break a bad habit, do exactly the opposite – hide everything connected to it and make it invisible.

Another smart tip is stacking two habits together. For example, when you are used to drinking coffee every day and your goal is to read more, try doing the two activities simultaneously. If you associate reading with drinking coffee, you are more likely to stick to your plan.

The third law – make it easy

Prepare for the task beforehand. For example, when you want to work out, put your sports clothes and equipment at sight the day before. You can also set time and place for the desired activity. Try putting it into your calendar or as a reminder to your mobile phone so that you do not forget it. You can also create a to-do list. You will be less likely to break the chain when you do something regularly.

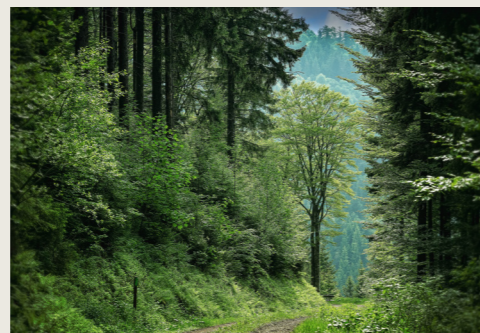
The second law – make it attractive

Our dopamine levels usually spike when the first thought about a pleasant activity comes to our mind. We tend to get the feeling of excitement before a long awaited holiday, but how we feel while being on holiday is not sometimes nearly as good as the anticipation behind it. It is not the activity itself that causes a feeling of satisfaction but the desire to do it.

We can make a habit become attractive by surrounding ourselves with people who engage

The fourth law – make it satisfying

Think about the outcome you want to achieve as if it were some kind of a reward. What can also help with maintaining the motivation which keeps you running is setting goals which are realistic rather than far-fetched. The results might not appear immediately, but over time you will definitely notice some changes.

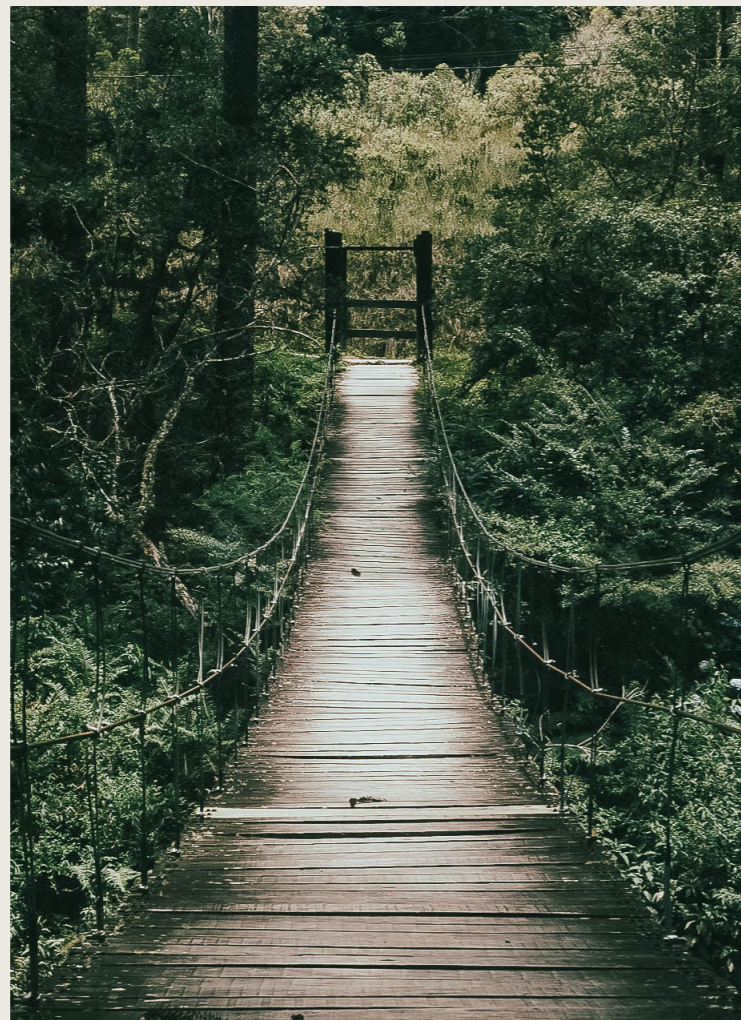


ENVIRONMENT



A SOLUTION TO PLASTIC WASTE?

AUTHOR: DANIELA



Chemists have made a breakthrough in finding a way to convert old plastic into valuable raw materials called surfactants. Currently, only a small amount of plastic waste is recycled, and the majority ends up in landfills or polluting the environment. By “upcycling” plastic into surfactants, which are key ingredients in different products like soaps and oils, researchers hope to reduce plastic waste and create more sustainable materials. This innovation is significant because it removes the need to extract crude oil from deep in the ocean or underground, as plastic waste can now be seen as a plentiful source for valuable chemicals. By finding ways to repurpose plastic, scientists are taking steps towards reducing plastic pollution and creating a more circular and sustainable economy.

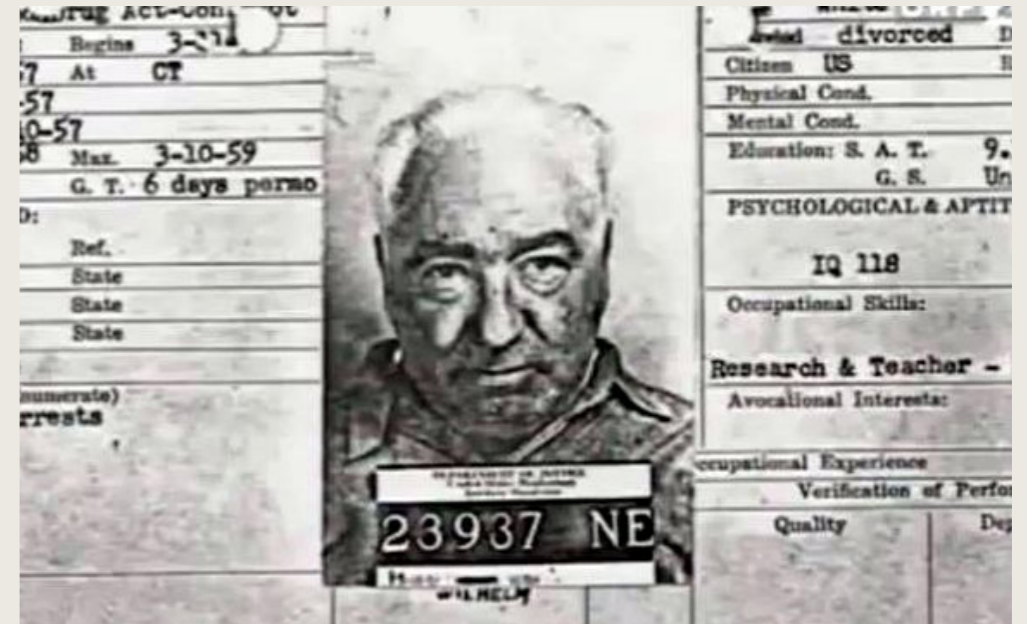




Orgonite is a blend of resin, metal, and quartz crystal. This simple mixture generates positive bio-energy. And balances and harmonizes negative energies. Many people use orgonite for protection, well-being, and healing. It is a powerful tool that creates a balanced and positively energy-charged environment.

WHAT IS ORGONITE?

INVENTOR



This unique story starts with Dr. Wilhelm Reich. He discovered how to collect etheric energy. And he called it the Orgone energy. Then Karl Welz, based on Dr Reich's findings, created the first orgone generator prototype. He built it with resin, powdered metal, and powdered quartz.

Karl learned that this mixture would generate positive bio-energy! He called his invention the Orgonite. Later, Don Croft would modify Welz's composition. He would use metal shavings instead of powdered metal. He also added quartz crystal into the mix. Croft popularized the idea

and introduced it globally. "My daughter, Nora, was living with me at the time and was helping me configure my energy devices by watching the subtle energy. When I cast metal shavings in a cup of mixed epoxy it became apparent that this was a 'step above' orgone accumulators.



When I held the orgonite behind a crystal and directed energy, as we had been doing without orgonite in experiments, the energy was very strong, easily felt by just about anyone. "



HOW DOES ORGONITE WORK?

In essence, it balances and harmonizes the energy. It absorbs negative energies and radiates out positive energies. So how does it work? The resin attracts and absorbs the energy. The metals reflect and accelerate the energy charge inside. And the quartz crystal purifies the en-

ergy. And once the negative energy becomes positive, it is then radiated outside. It's important to note that properly-constructed orgone devices work continuously and without charging.

THE PIEZOELECTRIC EFFECT

So how is the energy transformed? The magic happens within the orgonite's internal matrix. When the resin hardens, it shrinks slightly. And then, it applies constant pressure on the quartz

crystal. This pressure creates a well-known piezoelectric effect inside the quartz, which means that its endpoints become polarized electrically. Thanks to this phenomenon, the negative energy is trans-

muted. And then the positive orgone generated.



REAL VS. FAKE ORGONITE

In recent times, markets like Amazon have been flooded with fake orgonites. They are primarily manufactured in India and China. So how to spot a phony orgonite? They are made of just crystals and resin with very little or no metal. They may look nice but generate no orgone at all.

They are fake knock-offs that will be ineffective at best and potentially dangerous at worst. Avoid at all costs. The real orgonite should consist of equal or near equal parts of the resin-to-metals ratio.

Orgone energy is another name for the Universal Life Force energy. It's the mystical and omnipresent force that governs life. Ancient Greeks called it Ether. They defined it as a hypothetical medium that supposedly filled the space. People call it Chi in China, Ki in Japan, and in India, Prana. Also, scientists have their names for this mythical energy. They call it Quantum Sea of Energy, Zero Point Energy, or Scalar Wave

Fields. In the 1930s, Wilhelm Reich discovered how to collect and measure this unseen force. And he later called it the orgone energy. He built his research lab in rural Maine, USA, and named it Orgonon.

WHAT IS ORGONE ENERGY?

POPULAR BENEFITS

Orgonite has a broad spectrum of uses and benefits. And it shows positive effects on plants, animals, humans, and the environment.

Mitigates Effects of the EMFs. All electronics radiate negative etheric energies, for example, smartphones, cell towers, WIFI, smart meters, etc. They all create chaotic etheric frequencies. Orgonite changes the underlying negatively

charged energy into balanced and healthy frequencies. And this way, it mitigates the harmful effects of the electro-smog.

OTHER POPULAR BENEFITS OF ORGONITES

SO WHERE TO PUT YOUR
ORGONITES? THE
ANSWER IS SIMPLE.
EVERYWHERE!

Promotes Well-being.

Yoga, Ayurveda, and Traditional Chinese Medicine say that energy governs the human body. These ancient traditions say it influences the body, mind, and spirit. And that positive energy brings peace, joy, vitality, and good health. The negative cause our emo-

tions to become agitated and distressed and cause illnesses. Interestingly, orgonite generates balanced, vibrant, and high energy. It stabilizes the bio-energy field (aura) and promotes wellness—also orgone tools aid meditation and energy healing arts. In addition, many

say that orgone energy generators improve the quality of their sleep. Similarly, others say that being around them gives them that good feeling.

Rebalances Energies of Food and Water.

Orgonite can rebalance the energies of foods and drinks. So you can put them on a coaster or a charging plate. And after some time, the “charged-up” food will taste better. It will also keep it fresh for longer. But don’t take our word for it

and try it your-
self!



Improves Farming.

Orgonite can significantly improve the plant’s growth and yield. Vegetation, just like all living organisms, thrives on positive energy. So your fruit and vegs will grow bigger. They will also look much

healthier and more vibrant. And taste much better!

Rebalances Weather

Orgonite balances and normalizes the weather patterns. It helps bring more rain and reduce extreme weather phenomena like light storms, heavy rains, and hails. Many report clear blue skies

and beautiful, healthy puffy clouds. It will help you heal your immediate environment.

Place it near electronics: near your TV, computer, WiFi router, smart meter, and on your smartphone. Keep it in the kitchen: in the fridge, cupboards, and everywhere you store food. Near energy sources, near main inlets of water, gas, and electricity.

It will help to restructure their energies. In the bedroom: keep it near your bed for sounder sleeps and more vivid dreams. In the bathroom: charge up your water before taking a bath. In the garden: Your veggies and fruits will be healthier, taste better, and

grow bigger. In the car: Place one piece in the cabin. And the other one is near the petrol tank. Around your neighborhood – distribute orgonite in your local area. You’ll see birds, bees, and other wildlife return. And you’ll reduce the harmful effects of the ever-present cell towers.

PROMO

If you want to get yourself an orgonite or as a gift for someone dear to you, I happen to make them and sell them **on Etsy!** (all handmade) There are also other sellers around the world but I go to this school so I can sell it to you without you paying any shipment fees.

Just **write to me on Instagram or Etsy** :)

Instagram - 84n4n

This is my shop:

<https://branusik.etsy.com>

Have a look if you want :D



“THANKSGIVING IN THE UK”

AUTHOR: SIMI

Thanksgiving might seem a little strange to everyone living outside the United States. It is usually depicted as one of the most important celebrations in many American movies, although what other nations see is solely a big family gathering followed by an enormous

feast. And a cherry on top of it is the well-known – one might say even internationally-known – pumpkin pie, which is an inseparable part of this event. Thanksgiving goes as far back as the harvest celebrations in the UK. Days of thanksgiving were a way to thank God for

everything good that has been given to people and especially farmers. When a group of pilgrims from the UK voyaged all the way to America, they started to thank God not only for the harvest but also for the new land and a safe journey across the ocean. That’s why

George Washington declared it as an official national holiday in 1789. The date was not exact yet and long has been celebrated on different days. Later in 1941, Lincoln made the fourth Thursday of November an official date.

AND WHY IS IT NOT CELEBRATED IN THE UK?

Well, people don’t really need to be thankful for the new start in a different part of the world and the good ocean trip. While harvest used to be celebrated here, we stopped placing much importance on it. Most of the food comes from the shops and people don’t typically work on farms anymore.

However, if you wish to celebrate

this holiday in the UK, something that can make it more authentic is trying the traditional dishes and spending a lovely evening with your relatives in the spirit of Thanksgiving.

IS PERFECT PITCH HEREDITARY?

While many people tend to think that musical talent is an innate and genetic ability, it is primarily about potential to perform any skill. Naturally, some might be faster, stronger or even smarter in different aspects of life. However, musical talent is not a matter of instinct but something

which has to be thoroughly learnt and practised.

In order to develop a certain level of the ability to play a musical instrument, a lot of effort has to be put into the process. The only thing that plays a somewhat significant role is a degree of musical sen-

sitivity. Studies have been conducted on this issue and in 2008 there were some surprising revelations. Apparently, musical talent is roughly 50 per cent genetic.

When talking about perfect pitch, or more technically correct absolute pitch, we assume that a pro-

fessional musician chooses to become one particularly because of having this ability to correctly name tones. However, how could something like that be inborn if the standard of A440 tuned to frequency 440 Hertz is internationally given? For centuries it has been a guideline for

all musicians to follow as well as something which had to be solely memorised.

It could be said that the note we call A is practically invented by people and therefore, perfect pitch develops as a memory, in those who have the appropriate genes for it.

AUTHOR: SIMI



FIVE NIGHTS AT FREDDY'S

AUTHOR: VERONIKA

Five Nights at Freddy's is an upcoming American supernatural horror film directed by Emma Tammi. We've been waiting for this film for almost a decade, and on 27th October 2023 it will be released in cinemas. The movie is mainly inspired by the original game

Five Nights at Freddy's, which is also a really disturbing game because you get jumpscared a lot. The main character Mike is played by Josh Hutcherson, also known from The Hunger Games as Peeta Mellark. The film is about a security guard – Mike, as he begins working at Freddy

Fazbear's Pizza because of his unemployment. While spending his first night there, watching the cameras he realizes he won't be so easy to make it through alive. Mike's nights at Freddy's will lead him into unexplainable encounters with the

supernatural. We can expect lots of jump-scares and bad decisions from the characters, but it wouldn't be a horror film without them. I hope you all are looking forward to seeing Mike unravell the secrets of Freddy Fazberar's Pizza.



CREATIVE WRITING

AUTHOR: CATHERINE

TRY TO USE THE FOLLOWING VOCAB + GRAMMAR STRUCTURES IN YOUR WRITTEN ASSIGNMENT:

shoot to fame
exceed one's expectations
be boosted by success
have no intention of doing sth
capture the attention
to better sth
be incapable of doing sth
attain sth
aspire to do sth
realise one's ambition
coincide with sth
misplace sth
it may appear to be..
be intrigued by sth / to know sth
to result in sth
go unnoticed
underestimate the impact of sth
it is time sb did sth
an unlikely path to tread
hitherto unknown
conceive an idea for sth
events laid on teenagers

Interviewer: "I am sitting here with the best-selling author of 2022, Gia Casey Quinn, who has shot to fame in recent years and has been able to capture the attention of millions. Her revolutionary work has been highly valued by many prestigious critics, a quest most authors can only dream of attaining. I'm hoping to uncover what hides behind this genius mastermind of an author and discover her secret to intrigue everyone. Tell me, what was the journey that granted you to be where you are today?"

Gia: "First of all, thank you for that lovely intro. I don't think I am as much of a big shot as you have made me out to be, although my therapist says I tend not to take proper credit for my work, so I'm trying to better myself at it. Originally, when I started writing, I never had the intention of becoming famous or critically acclaimed. I had only ever aspired to help young women in their self-discovery journey. I didn't mind going unnoticed if it would have resulted in reaching that particular goal. So, I practised writing inspiring stories about events laid on teenagers."

Interviewer: "Did you have a moment when you thought you could realise your ambition at such a grand scale?"

Gia: "After struggling to get the first

few of my books published, some of them remain hitherto unknown, an idea for a change of marketing was conceived. While it may have been a simple change, it was crucial. In the beginning, my marketing agency focused on traditional and old ways to promote a product, which didn't coincide with the audience I was trying to reach. I realised I had misplaced my trust in a system that doesn't necessarily work nowadays with my goal. I decided it was time for me to take matters into my own hands and utilize the power of social media. Thanks to the algorithm, my work has finally reached the people I aimed to help. My books started selling out in a matter of days, which exceeded everyone's expectations. It showed my old agency how greatly they had underestimated the power of social media. I was so boosted by the enormous success that I wrote another book in just a few months."

Interviewer: "What an unlikely path to tread. Thank you very much for meeting me here today. I hope you'll continue to reach new heights with your success. Ta-ta!"

Gia: "Thank you for having me. Have a nice day!"



HALL OF FAME

THIS EDITION WAS POSSIBLE THANKS TO SELECT INDIVIDUALS WHO WORKED TIRELESSLY TO BRING THIS PROJECT TO LIFE.

CEO: SILVIA OSCITÁ
CREATIVE DEPARTMENT: MATEJ SOCHÁŇ

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