

# THE CASTLE!

MARCH 2023

LIFE ON A SPACE STATION

Forrest Gump ZORBING

The Last of Us

ENERGY DRINKS

Series Review

The middle

PORTUGAL

Film Review

THINGS TO DO IN PRAGUE

Guardians of the  
Galaxy

PORTAL PUZZLE: THE BEST  
PUZZLE GAME

DAILY DOSE OF RANDOM NONSENSE

POP MUSIC

HALA FRUIT

You've got mail from ninth graders

ENGLISH BOARD  
GAME



As the spring weather started to make itself visible around, we are increasingly aware that the season is changing and we are already in the third month of the new year which proves the idiom "time flies". Our authors, this month again have prepared a colourful issue for you. It's been hard work for all of them to squeeze their articles into the vicious circle of being ill so I really appreciate their efforts.

In this issue, we'll take a look at the routines of the astronauts on a space station, Lukáš, Adam, Eduard and Matyáš have written an eye-opening article about what kind of interesting challenges they are through during their time up there, Lukáš has written a good book review about the famous book and movie 'Forrest Gump', Yaman has written a good report about the dangers and the backstory of the energy drinks, one of the most interesting sports 'zorbing'. Lea has written about one of the most interesting serials of all times: The Last of Us. Antonie recommends things to do in Prague and if you choose to stay at home instead of going out Ema suggests you to get comfy in front of your TV to watch her favourite comedy show on a rainy spring day: The Middle or if you are willing to take a flight to somewhere in the south then Portugal is the best country to visit. Kateřina has a vast knowledge of pop music so her article can help you to decide on which concert ticket you should buy this year. Emma opens the fridge and doesn't see the regular apples and pears but introduces you with the hala fruit with its amazing taste. You must see Yaman's 'Permit' to see what the consequences might be if you challenge someone. Barbora and Antonie are helping you out with the list of things you should and shouldn't from the eyes of a ninth-grader in which you can find useful tips. Finally, if you are too bored to study English, invite a friend over and roll the dice to enjoy a good board game.

See you in the next issue and find somewhere cosy to read our articles!

*Hatice Güngör*



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# LIFE ON A SPACE STATION

LUKÁŠ REITER  
ADAM KULHÁNEK  
EDUARD ČÁSLAVA  
MATYÁŠ FOLPÁRČIČ

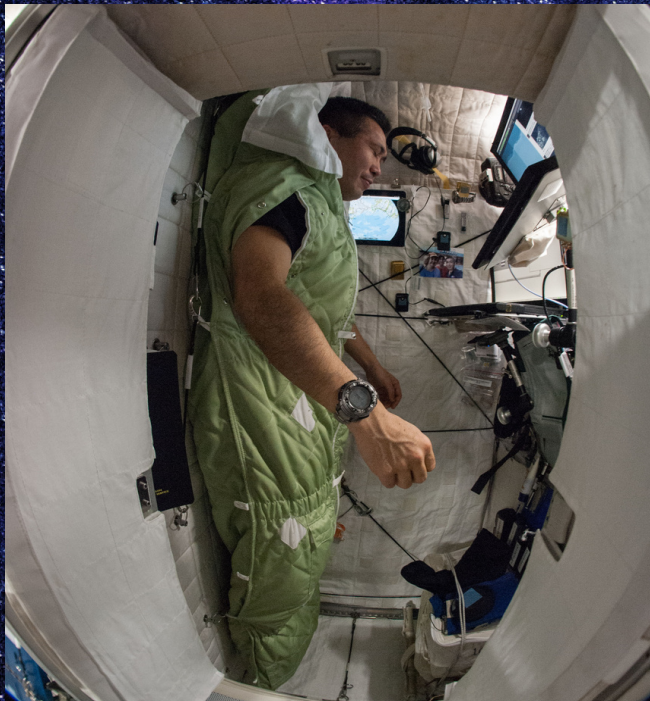


## What do astronauts eat?

Lukáš: They have specially prepared food because if they want bread with ham it won't be together and the ham will soon fly away. They have vacuumed food. they must get at least 2800 calories per day

## How do they sleep?

Lukáš: They sleep in sleeping bags strapped to the wall.



## How do astronauts take a shower?

Lukáš: When astronauts want to take a shower they wet the towel and then take the shower with towel because they don't have running water and they have to do it like this



## How do they go to the toilet?

Lukáš: They have special toilet they can't flush the toilet they have special tube that goes somewhere they have to strap themselves so they won't fly away from the toilet



### **What do they do in their free time?**

Adam: In their free time they can play music, watch TV, read books and talk with their family

### **How do they move in the space station?**

Adam: Astronauts can't walk because there is no gravity, astronauts push themselves and float in the air.

### **What are the difficulties that astronauts have to face?**

Eda: Life on the space station is very isolated. Astronauts must adapt to no gravity and it is very hard for them. Life support system must be online all the time in the space.



### **What about taking care of yourself?**

Matyáš: For hair cutting, a machine connected to a vacuum tube must be used. The only way to get rid of toothpaste from your mouth is to swallow it. Nail clipping must be done over a special air duct.





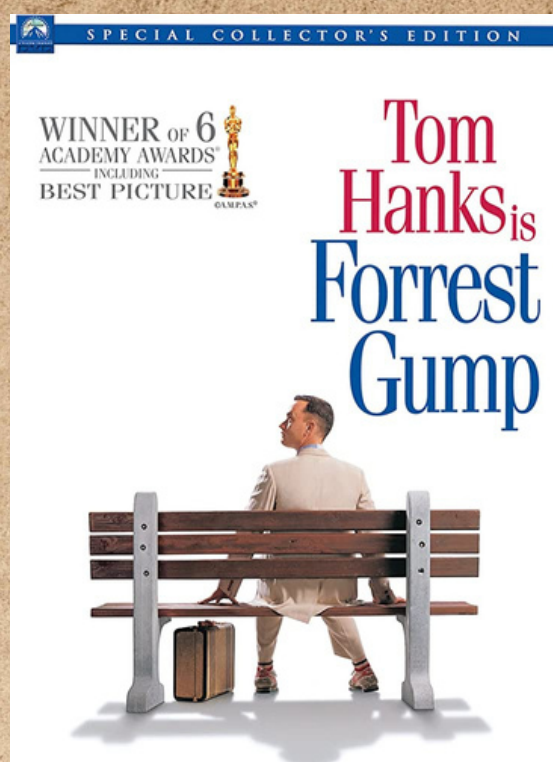
# Book Review

LUKÁŠ RAIS

# Forrest Gump

The book started with Forrest Gump the main character proclaiming that he is an idiot with an IQ of less than 70. Forrest's limitations didn't stop him from having an adventurous life. He always finds himself at the right place at the right time. Later it is revealed that he is on par with geniuses in his intelligence in some ways. Especially maths, and ping-pong, chess, music, wrestling, and football. He can always do some things that are deemed impossible. After living a life full of richness and liveness he attained all the riches and a powerful reputation.

The book had special ways of setting Forrest into some situations. And it was mostly funny watching him randomly match some geniuses while proclaiming that he is an idiot.





# ENERGY DRINKS

## Energy drinks

An energy drink contains stimulant compounds, usually caffeine, which is marketed as providing mental and physical stimulation. They belong to a larger group of energy products, which includes bars and gels, and sports drinks, which are advertised to enhance sports performance.

### What's *Really* In That Energy Drink

**INCREASED CONCENTRATION AND REACTION SPEED!**

**Supplement Facts**  
Serving Size: 8 ounces  
Servings Per Container: 3

Amount Per Serving		% Daily Value*
Calories	150	
Total Carb	37 g	12%
Dietary Fiber	4 g	16%
Sugars	56 g	
Sodium	27 mg	1%

**INGREDIENTS:** CARBONATED WATER, **TAURINE**, L-GLUTAMINE, CITRIC ACID, ADAPTOGEN BLEND (ELUTHEROCOCCUS SENTICOSUS, PANAX GINSENG, **CARNITINE**, PANAX QUINQUEFOLIUM, **DIMETHYLAMYLAMINE**, SCHISANDRA, ASTRAGALUS, AND REISHI), NATURAL FLAVORS, METHYLATED XANTHINE, ACESULFAME POTASSIUM, **CAFFEINE**, SODIUM BENZOATE, POTASSIUM SORBATE, SUCRALOSE, NIACIN, PANTOTHENIC ACID, PYRIDOXINE HCl, YELLOW 6, CYANOCOBALAMIN.

Claims like this aren't even evaluated by the FDA. Watch out for other misleading labels like, "Energizes and hydrates the body," "50 percent more focus," and "Stimulates metabolism."

Many energy products contain multiple servings per can—even though you can't reseal it to save some for later.

Some energy drinks pack double the sugar of sodas.

This is an amino acid that hasn't been approved as a food additive by the FDA—energy drink companies just decided it's safe on their own.

New research from the Cleveland Clinic shows that this compound, also found in red meat, may clog arteries.

The FDA just warned that this ingredient, found in some energy drinks, should be avoided at all costs and removed from the marketplace (it's been linked to cardiovascular problems).

The FDA doesn't force energy drinks to list the caffeine content—so some don't, even though many contain more than 71 mg of caffeine per 12 ounces, the amount the FDA has recognized as safe for sodas.

## The dangers of high energy

Although it might seem harmless, these types of drinks are quite dangerous if consumed frequently, it may have a negative effect on your health.

Energy drinks are often associated with heart problems, sugar overdose, hyperactivity and kidney problems.



# ZORBING



## WHAT IS IT?

ZORBING IS THE RECREATIONAL ACTIVITY OR THE SPORT OF ROLLING DOWNHILL INSIDE AN ORB TYPICALLY MADE OF PLASTIC.

## Rules

The participants are not allowed to bump into other people while tilting their zorb forward. The participants must not wear clothes with zip. Their pockets should also be empty during the event. The participants are also not allowed to wear any jewellery during the event.

## History

In the early 1980's the dangerous sports club constructed a giant sphere repeatedly 23 metres or 75 feet across with a gimbal arrangement supporting two deck chairs inside.



# The Last of Us

Lea Benedová

The last of us is an American post-apocalyptic drama television series created by Craig Mazin and Neil Druckmann for HBO. It was based on a video game released in 2013, developed by Naughty Dog. The series is set in 2023, twenty years into a pandemic caused by a mass fungal infection, which causes its hosts to transform into zombie-like creatures and destroys society. The series follows Joel, a smuggler tasked with escorting the immune teenager Ellie across a post-apocalyptic United States.



Pedro Pascal

## Joel Miller

A hardened survivor, tormented by past trauma and failure, who must trek across a pandemic-ravaged America, all the while protecting a girl who represents the last hope of humanity.

## Ellie Williams

A fourteen year old orphan who has never known anything but a ravaged planet, struggles to balance her instinct for anger and defiance with her need for connection and belonging... as well as the newfound reality that she may be the key to saving the world.



Bella Ramsey



# THINGS TO DO IN PRAGUE

Antonie ŠOLCOVÁ



YOU SHOULD VISIT THE PRAGUE CASTLE BECAUSE IT'S VERY BEAUTIFUL AND IT'S THE LARGEST CASTLE COMPLEX IN THE WORLD.

If you are interested in art, then you should definitely visit the National Gallery. Here you can learn the history of art in the Czech republic and other countries.



*If you have kids with you, you should visit the Prague Zoo because it's the fifth largest in the world.*

If you are interested in space you should visit the Prague planetarium because it's one of the largest in the world and it has the best image quality in Europe.



And in terms of foods and drinks you must try our world-famous Czech beer and traditional koláč, not trdelník.







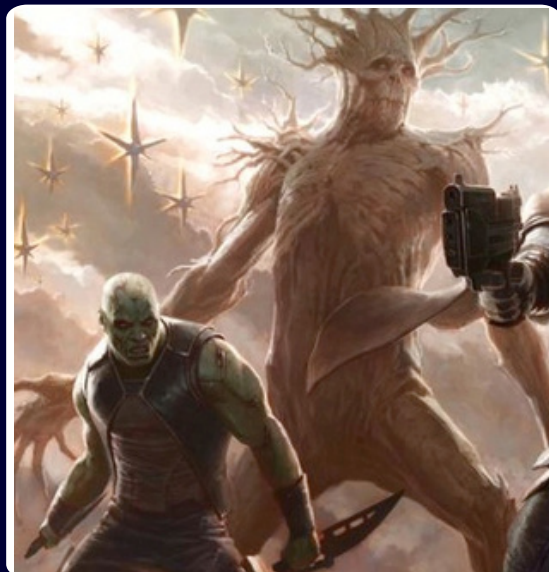
A serial called "the middle" is a family-friendly comedy about a family that lives in a small city named Orson in America. The family has 5 people in it. Firstly, there is a mum Frankie, then dad Mike and three children called Axl, Sue and Brick. The family lives an ordinary life as us, with nice experiences and enjoyments, but also with arguments and problems. They often fight, but still love each other as most families do. They solve all of the troubles together. They don't have much money and often face financial problems. However, Mike and Frankie are trying their best for the kids. Axl is an athlete and the oldest child. He excuses himself, is messy and bullies his younger sister, yet he's genuinely funny. Sue is the middle child. She is always happy, cheerful, creative, positive and shows a lot of emotions. She helps her family. On the other hand, she is awkward and a muff. Brick, the youngest child, is most of the time disregarding and has no friends, because he is in his own way "weird" and different. He loves reading books, mostly including adventures. After all, he found himself a girlfriend and lives a happy life, together with her. The series has 9 seasons - each season is one year of their life. I like this serial, because it's funny a lot and in some ways reminds me of my own family.







It's a movie that was released in 2014. It's a Marvel movie that is about a group of superheroes - so-called Guardians of the Galaxy. The movie starts when Peter Quill steals a mystery orb from a villain named Ronan. Ronan offers a high reward to anyone who catches Peter. Peter obviously has to get away and win. Of course, he cannot make it alone. And that's why he gets together with 4 individuals: a racoon Rocket, humanoid tree Groot, Drax Destroyer and Gamora. After some time, they discover that the mystery orb has a strong and huge power and can destroy the whole universe. That's why Guardians of the Galaxy try, by all means, to 'save' the universe. The movie's genre is action and has a lot of fight scenes. But on the other hand it is in fact funny and has a great soundtrack. Personally I liked Peter Quill the most. He was always humorous, brave and always solved the problems quite easily. The movie is 2 hours long.





# PORTUGAL

EMA  
KOPECKÁ



## MUSIC

In Portugal, it is popular for example dance music, house music or kizomba. Kizomba is a genre of music, originally from Angola and it means holidays, games, fun or dance.

## SURFING

Portugal is one of the best places to surf. Nazaré, a town in there, is really popular because of the big waves that are forming in front of a lighthouse. So called "Cantinho da Baia" is the most famous surf spot for beginners. The waves there are a lot smaller compared to Nazaré.





# POP MUSIC

## Music groups:

Jonas Brothers

Fly Project

OneRepublic= song/ Counting stars

## Songwriters

Dua Lipa= song/ New Rules

Lady Gaga= song/ Bloody Mary

Maroon 5



## Pop music

Pop music is usually with distinctive sung melody in a modern way. The lyrics have undemanding, recurring themes. In the Czech Republic the music is slower, but in pop it is fast and has a rhythm. More people in the Czech Republic listen to pop than Czech classics.

## Symbols of pop music:

It's focusing on love and relationships. Pop music is more conservative than other music genres.

## Fashion:

Men= Studded jackets and caps, black spandex pants, glitter socks.

Women= Lace tops but fishnet stockings, calf-length black leggings and knee-high leather boots.



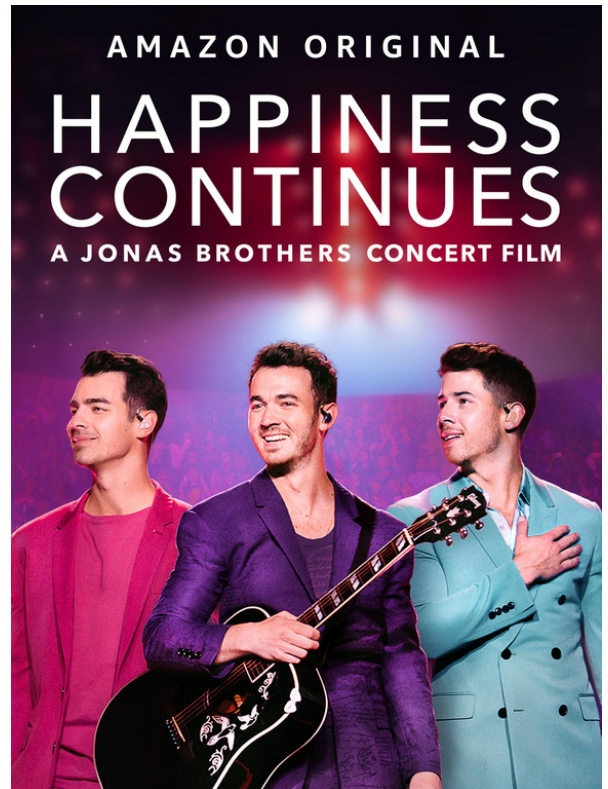




Maroon 5= concert- 21. 6 2023; the capacity is 5 000 people. The best price was for 2 549 Kč. It's at the airport Prague Letňany, at 13:00 .

They toured without a break through decade, going around the world after each album in 2020.

Jonas Brothers= In 2006 after their debut American Club Tour, over the next few years they launched three more tours before going on hiatus, they toured the world before splitting for six years. To date, Jo Bros has played 700 concerts in 10 concert tours.



Lady Gaga= The biggest performance for Lady Gaga was without doubt the Super Bowl 51 halftime show, where her greatest hits, such as Poker Face, Born This Way, Just Dance, were performed in less than 15 minutes.



# HALA FRUIT

Emma Filipi

Hala fruit, also called *Pandanus tectorius*, comes from Malaysia. It grows on beaches by the sea. The fruit resembles pineapple or mango and it has 38–200 keys or carpels. The Color of the fruit can be yellow, orange, or red. When ripe, they turn vivid orange, yellow, or red.

Hala fruit is a rare, tropical species belonging to the Pandanaceae family. Intake of hala fruit, which is high in dietary fibre, may promote health. eating them has helped their circulation and heart health.





# PORTAL PUZZLE: THE BEST PUZZLE GAME

KREJČÍK Martin

Portal is a puzzle game about a test subject. I will tell you the story about these 2 games and yes, there are 2 games: Portal and Portal 2.

When you start the first game, you wake up and this robot lady voice starts talking to you. She starts to talk about the safety, but then she glitches (so I will skip a couple of tests) then the robot lady wants to say something, but again she glitches. Then we meet a deadly toxic water and the lady says that the water is not deadly, it is only for you to concentrate. But we know that it's a lie and the robot lady says that when we finish the tests she will give us a CAKE! (I will skip this test, too) The last test is a simple one. We hop on a moving platform. We see the picture of a cake, but it turns out that it's a lie too and she tries to kill us so we portal away with our portal gun (Yes, we have one:)



At this point of the game, we are in the backrooms of the facility and the lady robot says that they are cutting the cake and we need to come back, but again we know that she's lying and we go to her chamber, now I can tell her name: GLaDOS.

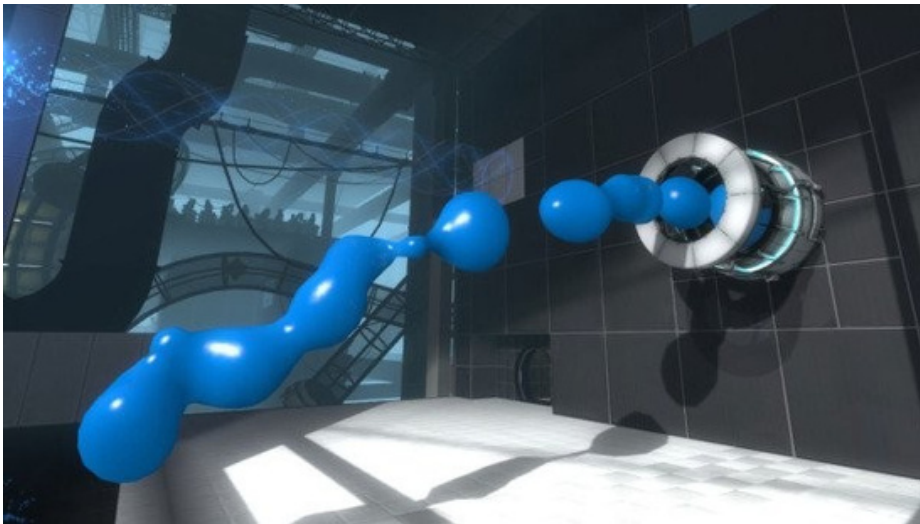
She looks like a big machine. When we find her, she says that she wants to give us a present and one of the cores falls out of her. We grab it and throw it into the incinerator and then she laughs and says "that was my moral core.

Now I have access to a very deadly neurotoxin. If I were you, I'd take a deep breath." So we destroy all the cores and GLaDOS starts to be killed. The ceiling starts to be white/bright, the gravity changes and our hero sees the broken parts of the GLaDOS, her wires, iron and her head with her bright eye. Then someone pulls us BACK!! And this is only the beginning of the story.

## Portal 2 (this will be even longer 😊)

At the start it looks like a dream. The narrator says that we have been asleep for 50 days, but when we wake up, we see ourselves in an apartment but it is all ruined. And then someone knocks on the door and it's a core named Wheatley and he says that we have been asleep for years so he gets out and starts to move with the apartment. He says that he's had so many





test subjects and none of them has ever made it alive and then we meet a prototype of the portal gun with blue portal only and then the floor collapses!! Now we are in one of the old tests from the first game, but they are broken and the vegetation's taken over the place.

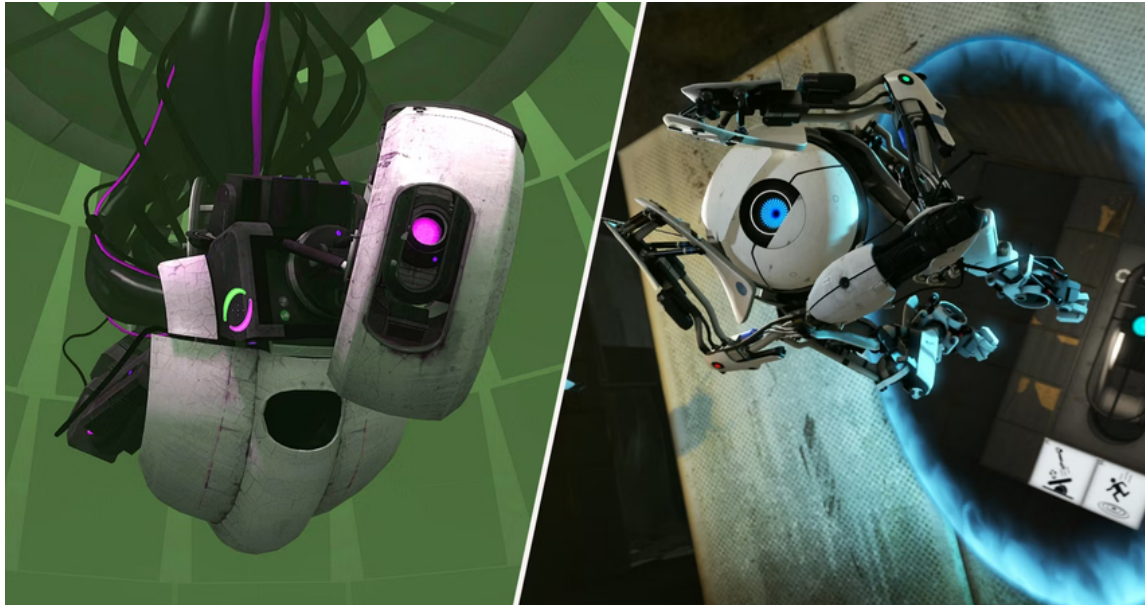
After a couple of tests, we meet her GLaDOS, but she is dead and Wheatley says that a human has defeated her, a legendary hero. A couple of tests later, Wheatley says that we need to plug him into an elevator, find a lever and then the elevator starts to flip all the levers and GLaDOS starts to rise and the wires connect and she is BACK again, however, she is very angry that we killed her and then she snaps. Wheatley throws him away and GLaDOS says that we must love tests and she throws us to the incinerator and starts to be as we know her.

She starts to say that we are a couple of garbage and stuff like that and back to the tests (I will skip again) but in one test she says that she has this black box and it saves her 2 minutes of her death so she was forced to watch her death over and over forever!! (And when I played it for the first time I felt guilty about it) In one test we see that Wheatley survives and he knows how to kill her again so then we have one task to destroy the neurotoxin tank and the turrets so we destroy the neurotoxin by using the laser and we steal the original turret from the turret factory and replace her with defective turret so we and Wheatley go through these pipes and we arrive the GLaDOS operation center and it turns out that it's been A TRAP!!





So GLaDOS tries to kill us with the neurotoxin. This time the turrets and Wheatley come from the neurotoxin pipe. We plug Wheatley into the core transfer and the announcer says that the GLaDOS is corrupted so the core transfer starts and we need to start the transfer by pressing the button so we press it and we electrocute her and Wheatley starts to ask if it hurts and GLaDOS says that it really hurts and then we hear Wheatley screaming and then we hear GLaDOS screaming, too but then Wheatley is IN THE CONTROL OF THE FACILITY. Yay!!!



He calls the elevator so we can get out and he starts to say how small we are and that he is a pure genius. And he starts to laugh and then we get down because of him and he starts to say how he did this all alone (if we weren't there he would not get to this position.) And then we hear GLaDOS for the first time being on our side and then Wheatley does something terrible: he turns GLaDOS into a potato battery. (By the way GLaDOS is called in this form potatoES) and GLaDOS starts to talk about Wheatley that engineers



made the core to make horrible ideas and it was Wheatley then he throws GLaDOS to our elevator and starts to punch it and then the floor of the elevator is destroyed and we fall deep into the facility. I would say into the deep forgotten ruins. In these ruins, there is an old prototype of machines and right at that moment we hear a voice. It's the voice of the creator of this facility and it's name is Aperture Science and it is for astronauts, athletes, for well-  
4 built people in short.

We hear the creator and his assistant whose names are Cave Johnson and Caroline, we need to remember these for later. We see that they are not testing on athletes or astronauts but on

homeless people saying that they will get 2 dollars, something to eat and somewhere to sleep.





Cave starts to be sick and old, some time passes and Cave says that he would want to be in a machine and if scientists don't figure it out he wants Caroline to be in charge of everything but he unfortunately dies. It turns out that the biggest surprise is that GLaDOS is CAROLINE! You might ask why she is so evil, well, it is because GLaDOS has this hard drive and that makes her evil. At this point, we start to do the old tests and PotatoES, we hear that GLaDOS is not actually evil and I will say it now yes GLaDOS is Caroline and now she's out of her body and she is not evil anymore, but Wheatley is evil (I will skip the tests to something more important) so Wheatley is in charge and he makes so many dumb things like Frankenturret and super easy tests that on my first playthrough I figured them out in 2 minutes. Later on we are in his trap and he tries to kill us so we get out and we learn about the bombs (we learn about a gel and bombs) and here we are



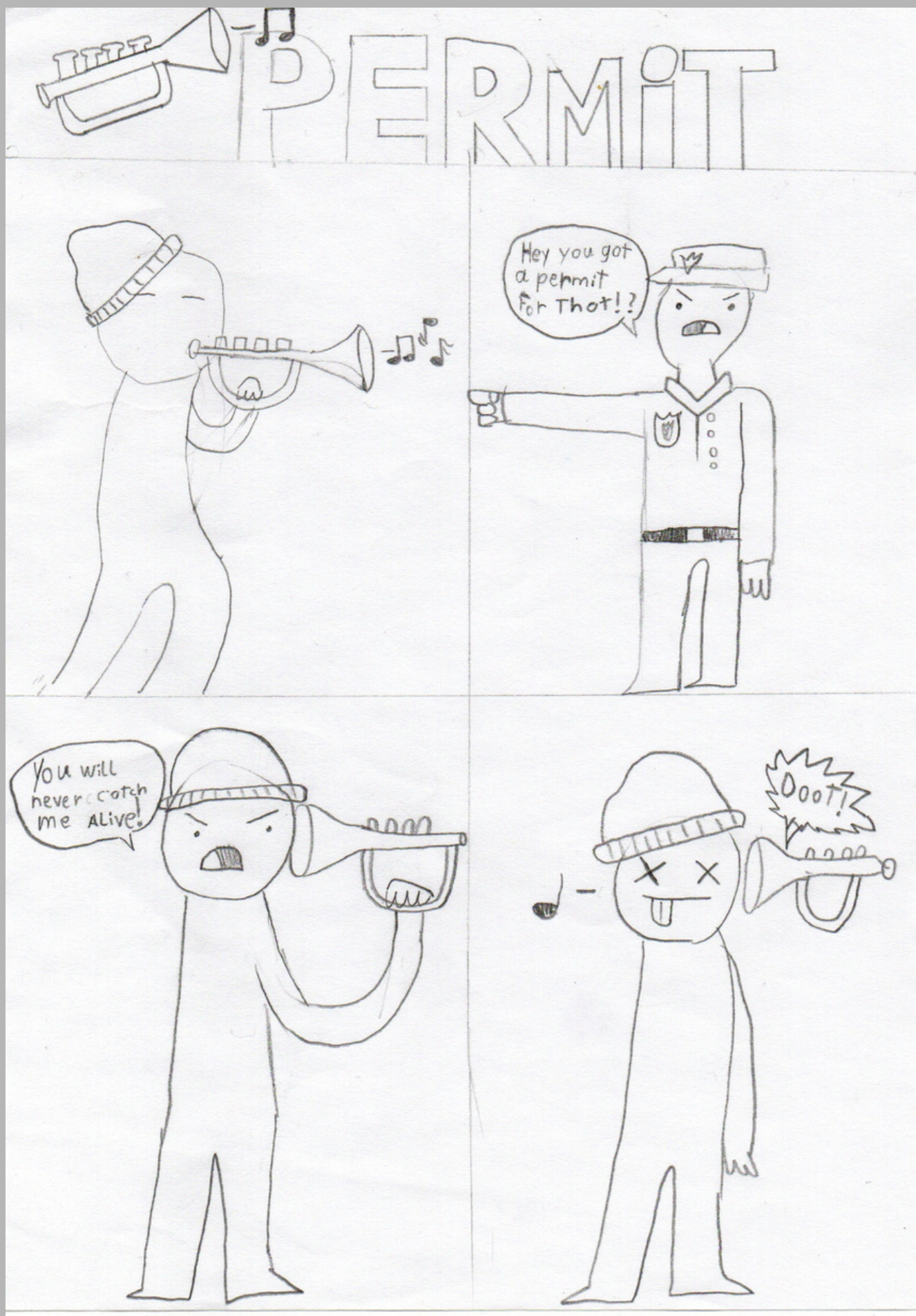
at his lair and we see Wheatley watching the tapes of GLaDOS and her death. If you don't want to repeat the same mistakes, the lessons to be learnt from the game are: no portal services, start the neurotoxin immediately.

3 bomb-proof shields for him and he is throwing bombs at you. Here my favorite song plays so we put the defected cores on him and we need to start a core transfer. Wheatley does something for the first time, he is smart and puts the bombs so when we almost press the button they blow up, but we are not dead and then WE SHOT THE PORTAL ON THE MOON!! It drags Wheatley and us so we are on the moon. Wheatley is back being the good Wheatley as we know but GLaDOS is connected back. She kicks Wheatley back to space and saves us. GLaDOS is back now as Caroline and

she deletes her, but she calls the elevator and we see the nature for the first time and she gives us our cube from tests



# DAILY DOSE OF RANDOM NONSENSE





# You've got mail from ninth graders



Advice for my younger self/younger kids

Take notes in school.

When you miss school, text someone to send you the things they learned.

Do homework or presentations for extra credit in the classes you're not good at.

Focus on getting good grades in 8th and 9th grade on your report card.

Try to be nice to everyone.

Pay attention in class.

Try to make the teachers like you.

Help other students.

Wear nice clothes.

Antonie ŠOLCOVÁ

I would tell myself not to care about the annoying boys in our class.

Try your best, it will be worth it!

At the beginning some of the teachers may look strict, but in the future it will be better (They are going to be nicer)

Study hard, in the eighth year to pass the high school entrance exam.

Be with other people at your age, being alone will not be good for you.

Barbora PERLÍKOVÁ



# ENGLISH BOARD GAME

SLOUPOVÁ TEREZA





