

The college



MARCH



ГУМАНИТАРИИ

Today we will tell about
A break from the routine •
Sport • Opinion •
Around the world • Culture •
The AMAZONS •

As far as March is the first month of a very wonderful time of the year, Spring. It is thus the time associated with waking up of the nature, with the birth of new leaves and flowers and, it goes without saying, with renovation of the spirit. All these actions often we associate with women. That is why most of this issue is devoted to them.

Take a break from the routine!

Everyday routine sucks us every day. Work, study. It's good if you love your job and you like to study, but sometimes it's worth stopping and living here and now. How to spend two if one has only one day off? How to relax in one day so that the upcoming week does not seem so dull? In this article we will tell you!

The most famous place in Perm is the Balatov Park. Balatovsky Park, part of which is the Park of Culture and Rest named after Balatovo – a huge forest, the green lungs of the city of Perm. The Balatovsky Park is located on the territory of the Chernyaevsky Forest, a specially protected natural zone. Here you can run and frolic in the fresh air away from the traffic flow. Spend time with your loved ones. Feed the little inhabitants – squirrels. Also in the park there are places for recreation with a large company of friends. You can have a picnic and play sports.



If you have never left Perm and did not admire the beauties of the Perm Territory, then you lost a lot! Now we will talk about a couple of interesting places in the Perm region.

The stone city. This is a place of strength and peace. These stones literally absorb you and give you the opportunity to enjoy nature. This is a truly unique natural monument, located on one of the peaks of the Rudyansky Spoi ridge. Moreover, this place has gained wide popularity relatively recently – less than two decades ago. Since then, the flow of tourists here has been growing every year.

Stone Town is famous for its bizarre outlier cliffs, for which this place received its name. Rocks are composed of fine-grained quartz sandstone. You can get there by car yourself or choose a tour from a travel agency.



Another interesting place is the Blue Lakes. The places of extraordinary beauty lie in the north of the Perm Territory, near the city of Aleksandrovsk – a whole country of mountain lakes, with rich turquoise water. An unusual color – in sunny weather, azure blue, and in cloudy turquoise – it gives a suspension of small particles of limestone in the water. It is hard to believe that fish live in such water, but they even arrange spearfishing on them. Residents of Aleksandrovsk love swimming in these quarries.

By public transport from Perm to the Blue Lakes, you can take the Perm-Aleksandrovsk bus (via Berezniki), asking the driver to stop at the lapel on Chanvinsky quarry, from where you can walk on an asphalt road in a southerly direction. It's about 1.5 km to the Morozovsky quarry. You should also take a car from Perm along the road through Berezniki. Distance from Perm is 234 km.



Anna Galimova

Sport: professions that demand marvelous physical abilities

The path of a professional athlete seems attractive to many young people who have been friends with sports from an early age. However, when deciding to devote his life to this activity, it is important to understand that “big sport” is different from “physical education activities”. The latter is necessary for all people to maintain health. Another thing is great sport, which requires a whole set of specific qualities from a person who has decided to connect his life with it.

Athletes belong to a large group of professions in which physical data is primarily valuable. Engaging in sports is to identify the limits of the human body, mobilize all internal resources and cultivate perseverance, endurance, commitment.

Profession Features

It is important to understand that a professional athlete is a person who has developed in himself only those abilities that are necessary for his sport. Hence, tall jumpers, muscular sprinters, and broad-shouldered swimmers. The profession involves daily wear training, which often leads to unavoidable injuries.

Athlete Century

A professional athlete needs to be prepared for an early retirement age. The peak of the form usually occurs at 18-20 years, and by 30 comes the time for retirement.

As a rule, wrestlers, skiers, athletes can have a longer career in sport. The earliest retirement sports are figure skating, swimming, sports and rhythmic gymnastics. After that, the former athlete can realize himself in coaching or as the manager of a sports school.

Where to study?

Since the athlete’s career begins in childhood, training takes place in specialized sports schools. Higher education in this area can be given by a diploma of a physical education teacher, trainer or instructor.

I will give an example from my sport of powerlifting.

There is such an athlete, his name is Vlad Alkhazov. After the competition, he had a serious leg injury and the doctors showed him that he had two solutions. Either the ligaments are transplanted from the corpse, or his leg is debilitated, he chose the first option. But he didn’t finish his sports career and after training he sat down with a barbell for more than half a ton, despite all the excuses of the people around him and the doctors treating him.

Stepan Kutzevalov



Opinion: should women take part in political events?

The situation of women and their social activity are becoming especially relevant in countries where the proportion of women is quite large or even exceeds the proportion of men in the population. These countries include the Russian Federation.

Considerable experience has been gained in the participation of women in public life in some countries, in particular in northern Europe.

In fact, over the past few convocations in the State Duma, the number of women represented in the highest legislative body has sharply decreased. If earlier, for example, there were more than 50 of them in the State Duma of the second convocation, now, in my opinion, there are less than 30. Nevertheless, there are a number of women in high positions. This is, first of all, Lyubov Sliska and Valentina Matvienko. But, unfortunately, precisely because they are so rare, all this causes a feeling of some window dressing, something far-fetched.

The question, after all, is not that any woman should be brought into power. The question is that at all levels of power the female point of view on the problem should also be taken into account. And this is possible with the mass participation of women in solving socially significant issues.

An exemplary woman has always been present in Russian official politics. Let's recall Furtseva, and, probably, in the early communist times you can find many characters of the same kind but, as we rightly said, these are more like window-dressing characters.

In the spring of 2003, deputies of the State Duma then adopted in first reading the Law on State Guarantees of Equal Rights and Freedoms and Equal Opportunities for Men and Women in the Russian Federation.

It contained the beginnings of positive discrimination. By the way, there, in an explanatory note, it was argued that the inequality of men and women in the country is increasing. It does not decrease, but intensifies. The authors of the note wrote that all the negative social phenomena of Russian society - unemployment, poverty, illness - have a female face today.



Opinion: should women take part in political events?

A woman who breaks into politics is often much cooler and tougher than men. And if the question is posed in principle, that is, how the female contribution to politics can differ from the male one, then we immediately see an immense field of activity. Let us return to the same notorious child allowance. As you know, with the victorious "orange" revolution in Ukraine, it was immediately proposed to increase the allowance for each born child to 1.5 thousand dollars at a time. A host of other issues which, of course, could significantly improve the lives of specific women in Russia which are not posed by us respected but too concerned questions of the country's prestige, army power, equipping special services with special equipment for men.



The fact is that just a specific view of politicians, specifically feminine or specifically masculine, cannot be. A person must meet the requirements for a particular job, that is, to be a professional. The point of the question is not how many women - 30 percent, 40 percent, but whether this policy takes into account the interests of women. Of course, if a woman is a minister of defense, she can change some specific points globally, strategically, and so on. She must solve the problems that the Minister of Defense solves.

All kinds of quotas, conversations about quotas, conversations about the number of women ministers, deputies, and so on, they are rather leading away. Women's policies must be pursued. It is wrong to think that men voluntarily give up their power, voluntarily share this power with women.

The more a woman strives to equal her rights and responsibilities with a man, the less she becomes a woman. About this fact women themselves have repeatedly stated. In this case, it can reflect the interests of both family and society as optimally as possible, to a lesser extent, and not to a greater extent. The task of society is to give her the opportunity to be just a woman. Nature itself divided both man and woman by rights and duties.

It is necessary to recognize the woman's giving birth and upbringing of children as socially useful work and pay enough to enable her to use her free time and resources to engage in politics. Otherwise, it turns out what we now have. 80 percent of women voted for Yeltsin at one time, and only about 20 percent of men voted for Yeltsin. We saw the result. This is what both you and feminists and other politicking fighters for women's equality want.



Tatiana Musaeva

Around the world: women of different tribes can teach us to...

To Be Continued

Noob tribe

The noob tribe is one of the most beautiful wild African tribes. The number is about 10,000 people located in Sudan. Women of the tribe are distinguished by their extraordinary natural beauty: elastic bodies, long slim legs, high growth, dark shiny skin. Until recently, the inhabitants of the tribe led a carefree life, growing cotton, lived in equality and harmony. The Sudanese government ordered people to dress, and they lost their identity. Young people went to work, and embittered, sick and arrogant returned. With the advent of money and clothing, the Nubians changed: they began to beg for money from tourists, divided into rich and poor.

The tribe has a tradition of choosing a groom: the girls perform a dance, and then put their foot on the shoulder of the young man they like. He does not see the girl's face, only smells her body. The opinion of the young man is not taken into account: the girl made her choice. They have no right to marry until a young man has built a house. Regular dates and having children is not a reason for marriage. Having lived a year in their own home, spouses can eat from one dish.



Mursi tribe

Wild Mursi is a warlike armed tribe. Not all African tribes use such weapons as a Kalashnikov assault rifle. Mursi, addicted to alcohol, use it uncontrollably, trying to prove their supremacy, hammer each other half to death. Number - 6000 people, live in Ethiopia. Mursi is short in stature with crooked legs and thick necks, noses are flattened, foreheads are low and flattened.

Mursi venerate death and conduct pagan rituals. Female healers predict the future according to the stars, treat diseases and injuries with conspiracies and special hand movements. Outwardly, they look painful and flabby, stoop, chest and abdomen hanging down.

Feature of women: a pierced sagging lip. In childhood, each girl inserts a wooden stick into a holey lip, increasing the diameter with age. On the day of marriage, a woman inserts a plate with a diameter of up to 30 cm. The larger the plate, the larger the ransom will be given for it.



Around the world: women of different tribes can teach us to...

Mursey women do not have hair, and they are constructing heads from dry berries, falling, vetok, malluscuses, tails. Women make beads from the phalanges of the fingers of delinquent men. They are treated with human fat, so the Mursi tribe has an unpleasant pungent odor. Jewelry of some women takes 5-6 hands.



Himba tribe – the most beautiful in Africa

The wild tribes of Africa care little about their appearance, but not the himba. Women are incredibly beautiful: tall, almond-shaped eyes, thin features. They often carry large containers on their heads, so they have a graceful posture.

According to the appearance of the tribe’s inhabitants, one can judge the social situation: married girls build structures similar to crowns, married men – a turban. Girls have long hair, braid them in braids and wrap around their heads. The population is up to 50 thousand people. They live in the north of Namibia in the desert. The water in the tribe is of great value, so the himba are not washed.

A special red-orange mixture is applied to the body, which gives the body a delicate aroma, absorbing unpleasant odors. Children are trained in numeracy and quite a bit of English. The chief of the tribe is an elder. He marries, conducts rituals and ceremonies at the sacred fire. After marriage, the wife moves to her husband.

Himba live in cone-shaped huts, there is only a berth. Early in the morning, women milk cows, and men graze them. Only members of the stronger sex of the tribe roam with cattle, while mothers and children remain in the settlement.

Thus, it can be concluded that Russian women can learn from women of the Nuba tribe their independence from men and their determination, from the Mursi tribe they can learn their creativity and needlework from various materials at hand, from the Khimba tribe their incredible beauty, which they do not even achieve in modern conditions, as well as their grace.

Yulia Guliaeva



Culture: great influential artists of today

In the modern world people are judged not only by what they do but how they do it. Life in the society is impossible without everyday contacts and meetings, so all relationships depend on the way people behave and treat each other. Human relations and communication skills are important.

That's why along with education, people should develop cultural issues. The word "culture" has many meanings.

One of the most common explanations refers to the spiritual and material achievements of the humanity.

In this article we will tell you about people who are an inseparable part of cultural life - famous contemporary artists.

French artist Pierre Huyghe (Pierre Huyghe, born 1962, Paris) lives and works in Paris and New York. A conceptualist, one of the key figures of the «Relational aesthetics» direction of modern art, a favorite of French intellectuals. He is widely recognized as the author of multichannel art videos and video installations.

Chinese artist Ai Weiwei (b. 1957, Beijing) lives and works in Berlin. Its main theme is global migration issues and attitudes towards migrants.



In 2017, Weiwei presented the installation Law of the Journey in Prague: a 70-meter inflatable boat with 258 inflatable figures, which denounces the policy of countries that ignore the plight of refugees swimming to safe shores.

In September 2017, a huge baby appeared on the border between Mexico and California. Kid Kikito is a figment of the imagination of 34-year-old French street artist Jr. Kikito looks curiously over the border fence installed in the Mexican town of Tecate.

British artist Damien Hirst (b. 1965, Bristol) lives and works in London. Undoubtedly one of the worst exhibitions of the last decade, «art critic Andrew Severance wrote of Hirst's large-scale project, shown at the art Biennale in 2017.



Georg Baselitz (real name Hans-Georg Kern) was born in 1938 in Deutschbaselitz, Germany. Lives and works in Salzburg, Austria. Artist, graphic artist and sculptor, rightly called one of the main figures of German neo-expressionism.

Ekaterina Vshivkova

The AMAZONS

In Greek myths about heroes, who seem to have some historical foundation, they speak of a nation made up of women alone who did not tolerate men, went to war under the leadership of their queen, and for a long time had their own powerful state. These women entered into relations with the men of neighboring tribes only for procreation.



They sent to them the boys born to them; the girls were accustomed to the war and burned their right breasts so that it would not interfere with them when the arrows were lowered. From scorched breasts, they got the name Amazons, or breastless.

The ancients mention three Amazonian peoples:

1) African Amazons, who, under the leadership of their Queen Maryna, made extensive conquests, but subsequently exterminated by Hercules.

2) Asian Amazons, all the most famous and living on both banks of the Thermodon River. They crossed all of Asia with weapons in their hands and built the famous city of Ephesus. Their queen Hippolyta was also killed by Heracles. During the reign of Theseus, they made an invasion of Attica. Under the leadership of their queen Penthesilea, the daughter of Ares and Otrej, the Amazons went to the aid of Theseus during her war with the Greeks.

3) Scythian Amazons made up the Asian branch. They fought with neighboring Scythians; but later they began to marry them, delved into Scythia and Sarmatia, and with their husbands began to go to war and to hunt.

Conquistador Orellana, the first of the Europeans to arrive on the banks of the greatest South American river, saw crowds of armed women fighting with their neighbors there. This gave him the idea to give the river the name of the Amazon.

Tatiana Musaeva

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

The editorial staff of our newspaper:
Irina Kondakova, Irina Stelmakh,
Anna Galimova, Yulia Guliaeva, Stepan
Kutzevalov, Ekaterina Vshivkova,
Tatiana Musaeva, Polina Isheleva,
Danil Politov, Alexandra Utkina.

If you want to be a part of our team,
you can connect with us:

 vk.com/id906812

 TCollegeG@ya.ru

Stay home please

William Blake

Spring

Sound the flute!
Now it's mute!
Bird's delight,
Day and night,
Nightingale,
In the dale,
Lark in sky, —
Merrily,
Merrily merrily,
to welcome
in the year...