

Teenagers

Nr. 10



*Theoretical High School
"Alexandru Marghiloman"'s
Magazine*

Echipa de redacție

Profesori coordonatori: Sin Carmen
Pîrlog Lenuța
Popescu Nadia

Redactor Șef: Iordache Ana-Maria

Corectare:

Contribuitori:



Cuprins:

1. Dragii noștrii cititori.....	4
2. <i>My experience from the highschool</i>	5-6-7
3. Corona Virus -- Cum ne-a schimbat viețile?.....	8-9
4. Quarantine life.....	10
5. Online lessons.....	11
6. <i>Students' opinions on "driving license for 16-year-olds"</i>	12-13
7. Efectele Coronavirusului.....	14
8. The last day.....	15
9. Winter story.....	16-17
10. Following drug treatments to relieve or cure osteoporosis.....	18-19
11. Drawings.....	20
12. The pentacle, and his misunderstood meaning.....	21
13. The Nightwalker.....	22-23
14. MIND MAPPING PHRASAL VERBS.....	24-31





Dragii noștrii cititori,

Am revenit ca de fiecare dată cu un nou număr al revistei
“Teenagers”, plin de articole care mai de care mai
interesante, redactate minuțios de elevii liceului nostru.

În fiecare an, prin revista liceului, redacția dorește să îi
aducă pe cititori mai aproape, prezentându-le diferite
lucruri “din culise”: fie că este vorba de Balul Bobocilor,
munca noastră în cadrul proiectului “Erasmus +”,
participarea elevilor noștrii talentați la diferite
concursuri sau de creațiile literare scrise de cei mai
înzestrați dintre adolescenți; revista neavând alt rol
decât acela de a captura cele mai importante momente
ale vieții de licean.

Nu putem decât să vă urăm multă baftă, atât în ceea ce
privește liceul, cât și examenele din cadrul acestuia și
sperăm să vedem cât mai mulți elevi implicându-se în
îmbunătățirea revistei noastre.

Așadar, ne înclinăm în fața voastră și vă urăm “Lectură
placută!”.

Neacșu Andreea Cristina - XI F



„My experience from the highschool “Alexandru Marghiloman” Theoretical Highschool”

“I enjoyed high school. First of all, I really appreciated the location. Despite its remote location, Marghiloman high school has some wonderful amenities. Lots of supermarkets, bakeries. I loved going after school to Boromir and buying a considerable bag of pastries that my friends and I would consume on our way home. I liked the parking lot in front of the appartement complexes, where we would spend time before and after school. We have a wonderful schoolyard. I was always quite proud of our mobile benches in the schoolyard that could be repositioned in a shady area. Skipping classes was quite nice too, since we had table tennis tables. The school guard Lucica, helped us create fond memories of him chasing us with great talent across the yard so that he might catch the smokers. I remember in my first year the infamous smoker conglomeration in the corner, near the fence . It reached the newspaper once. The end of the year ceremony was a memorable event too. We took a lot of nice pictures. I memorised our principal's glorious speech. The accursed tune that parades as our highschool's anthem haunted my dreams after I heard it on loop for a whole hour in the yard on some massive speakers. We played a lot of card games that day. Card games were a wonderful activity during the breaks. I used to take part in poker tournaments. Players from all years and classes joined in. I love how games unite our highschool community. Our class was very passionate about chess. So much so that it got confiscated for a few months. We had some nice presentations in the aula too. What I enjoyed most of all was the community. I had great colleagues, made a lot of friends that I hung out with a lot even after school, with whom I played hundreds of hours of computer games. We did lots of fun activities at school too. We had a weekly picnic in the classroom. We made fun videos. Our teachers were great. Attending their classes was a true privilege in more than one way. Our highschool has some of the best laboratories when it comes to programming. I watched and played so many movies and games with my colleagues undisturbed during class. The schooltrips were great too. I still remember how beautiful Alba Iulia was. I seldom brought my PC at school and we would play even during classes games. In conclusion, if I could go back in time and change highschools, I wouldn't. This was the best period of my life and I wish I could live it all again.”

„I am delighted and at the same time sad to say that we are at the end of our four years of high school. They have been wonderful years, with unique experiences that I will fondly remember in the future. In addition to the beautiful moments spent by colleagues, I can happily say that the experience of the "Erasmus" project was one of the reasons why high school will be a beautiful stage in my youth. I learned a lot from this experience, I developed my vocabulary and communication skills, I made friends from a lot of countries and I spent exceptional days and evenings with wonderful people. I urge all high school students to participate in such projects. there are a lot of advantages and things to gain from this. I urge all high school students to participate in such projects. There are a lot of advantages and things to gain from this. Any effort is appreciated and you are rewarded so do not hesitate to participate in this project.

So, with sadness in my soul I leave behind this high school that was my home for a good period of time and some wonderful people who made my moments beautiful.

I want to thank all the teachers for the effort made in our development, especially Mrs. Sin for the work and dedication she has shown in each project.”

”Four years ago, I came to this high school and unfortunately, this year I am graduating. It has been a happy 4 years. I have learned a lot and consider that the high school has a lot of strenghts, such as well trained teachers and lot of goodness.

As a minus, it would need more equipment. Both teachers and colleagues were good. There are 4 beautiful years spent in this high school and in this class.

I regret that time has passed too quickly, I would have liked to stay more. I will miss many activities organised here, but also the teachers to whom I had the opportunity to offer support and help them.”

“3 years ago I came to this high school, unfortunately, this year I finish. It has been a happy 3 years, I have learned a lot and I am grateful to the teachers for all the help. I consider that the high school has a lot of strengths, such as well-trained teachers and a lot of goodness. As a minus, it would need more equipment.Both teachers and colleagues were good.There were 3 beautiful years spent in this high school and in this class. I regret that in these years I have not been involved in Erasmus projects.

“Hi! I want to start by telling you that I am a student in high school. From my own experience, I can tell you that they were the most beautiful years of my adolescence, in which I discovered all my qualities, thanks to my teachers and colleagues. I was pushed from behind to go through difficult situations when I did not learn, but also situations in which I received congratulations for my results. The teachers I had were the best of them all. They were much more patient than anyone else, and they convinced us how important these 4 years are and how important school is. I am approaching BAC, I have enough emotions to be able to say that I am afraid, but I have received confidence from the teachers that I will succeed if I work hard enough. During these 4 years of high school, I learned to temper, socialize and get rid of inhibitions. I learned to forgive or ignore what upsets me and realize that it's not all about me. The team I studied in may not have been the friendliest, but I had something to learn from everyone. After a week, graduation will take place, it will probably be the last time I will see my teachers and colleagues. In these years, I did not take advantage of their presence at all, and my advice for the next generation of students is to try to keep them almost as long as possible. Because, after 4 years, he will miss them enormously.”

Covid 19 – Corona Virus.

Cum ne-a schimbat viețile?

Virusul acesta a fost cea mai mare lovitură pe care a primit-o omenirea de la ultimul război Mondial. A reușit să se răspândească atât de repede încât toată populația globului a fost luată prin surprindere. Cu toate acestea, cel mai important lucru este să găsim soluția de a învinge acest virus.

Există diferite teorii legate de originea acestui virus și scopul său adevărat. Unii spun că a fost creat în laborator și că a fost folosit ca o armă biologică, iar în cele din urmă a fost scăpat de sub control. Altă teorie este aceea că a fost contactat de la diferitele mâncăruri chinezești ce conțineau liliac și șarpe, deoarece aceștia neglijează modul în care își păstrează alimentele și ceea ce consumă, unde cred că se poate aplica zicala: “Nu tot ce zboară se mănâncă!”. Alții supun că acest virus a fost ca o distrugere a întregii populații pământene pentru a se putea realiza diferite mișcări de trupe secrete ale marilor puteri ale lumii.

Însă, nu toate aceste teorii sunt cele mai importante, deoarece lumea trebuie să avanseze și secretele acestora sunt prea mari pentru a putea fi descifrate de un singur om. Cel mai important lucru legat de acest virus este cum să îl înfrângem și să ne captăm viețile. Oamenii au fost cel mai mult afectați de carantina generală. Prin acest lucru ne-au fost schimbate viețile. Carantina i-a făcut pe oameni să realizeze cât de groaznică poate fi viața în momentum în care li s-au întrerupt activitățile de zi cu zi. Aceștia se plâneau de viața pe care o duceau înainte de apariția acestei pandemii, dar în izolare și-au dat seama că viața lor era chiar bună înainte de apariția acesteia. Am auzit foarte mulți oameni spunând : ‘Ne vrem viața înapoi’. Deci a fost nevoie de un asemenea lucru pentru ca lumea să aprecieze ce are și să își trăiască viața cu intensitate, deoarece niciodată nu se știe când se va sfârși.

COVID 19, pe lângă schimbarea vieții noastre psihice și morale, ne-a schimbat și viața economică. Acesta pe unde s-a răspândit a distrus economia țării respective. Multe firme s-au închis sau au dat faliment, mulți oameni au rămas fără serviciu și nu știu când își vor găsi altul. Acest virus a îngrunat și mai tare situația financiară a anumitor țări ce erau deja într-o astfel de problemă.

Elev al clasei XII A

Lăsând la o parte toate aceste situații mai puțin favorabile, cu care ne confruntăm, ar trebui să privim și partea bună. Toate lucrurile de care nu aveam timp, le putem face acum. Cum ar fi să petrecem mai mult timp cu familiile noastre, pe care le vedeam rar. Anul acesta au fost primele Sărbători Pascale în care oamenii nu și-au părăsit locuințele, nu au ieșit în spații verzi, de unde știm cu toții unde se ajungea (peturi aruncate pe jos, resturi de mâncare puși în saci menajeri și agățați de copaci). Anul acesta natura a respirat, fără noi, fără oamenii care o distrugem. Noi, am petrecut Noaptea Învierii acasă, cu lumină primită de la voluntarii ale căror fețe nu li se vedeau, dar în schimb ochii lor transmiteau bucuria Învierii. Prima noapte în care tinerii nu au mai ieșit să petreacă prin cluburi. Au stat acasă, cu familiile, ciocnind ouă roșii, mulțumindu-i Domnului că au ce pune pe masa, dar mai ales că nu sunt între patru pereți albi, cu tubul de oxigen la capătul patului.

Pe mine, această pandemie, această izolare mai bine spus, m-a făcut să mă descopăr, să îmi descopăr noi pasiuni precum gătitul, să devin o persoană organizată, să îmi gândesc de mai multe ori acțiunile înainte de a le pune în practică, să lucrez mai mult la mine. Astfel, mi-am făcut un program care include o oră de dans pe zi (iubesc să dansez), o oră de gătit și bineînțeles, temele... Nu reprezintă o reală plăcere, dar nu le pot neglija. Și că tot vorbeam de teme, să vă spun și părerea mea despre școala online. Este o alegere foarte bună, la care trebuia să se lucreze cu mult timp în urmă. Și din nou acest domeniu dovedește faptul că fără el, nu putem merge mai departe. Zilele trecute, la o oră online de istorie, ne vorbea doamna profesoară, despre Ciuma Năgră care a avut loc în secolele XIV- XV, vorbim de ani în care medicina nu exista, ani în care existau doar vraci și "leacuri băbești". Dar iată că omenirea a supraviețuit, iată-ne acum, povestind despre aceste întâmplări, care până mai ieri ni se păreau imposibile. Așa vom fi noi, povestindu-le nepoților noștri despre ce ni s-a întâmplat în tinerețe. Această pandemie va fi învinsă datorită medicinei și a tehnologiei din zilele noastre, dar noi, noi vom rămâne în istorie.. Am toată încrederea că oamenii de știință vor găsi remediul, dar mi-aș dori ca din această experiență să ieșim schimbați. Să fim mai buni unii cu alții, să ne ajutăm, să fim mai responsabili, dar mai ales să ne dăm seama că viața pe care o ducem, indiferent de greutatea ei, este una frumoasă.

Elev al clasei XI A

Quarantine life

According to the current situation caused by the virus, this quarantine period is beneficial for human life and health.

This living only around the house, based on various activities has favorable and unfavorable parts. What is certain is that after any more difficult situation, a much better period will follow "after the rain the rainbow often appears".

In life you can face more tragic things, you just have to know how to treat and how to adapt to each event.

From painful blows we learn permanent lessons, so we will look at the future with different eyes and we will live every moment of our life more intensely.

This kind of impediment requires hope and trust, and the basic indication is to look at the full side of the glass.

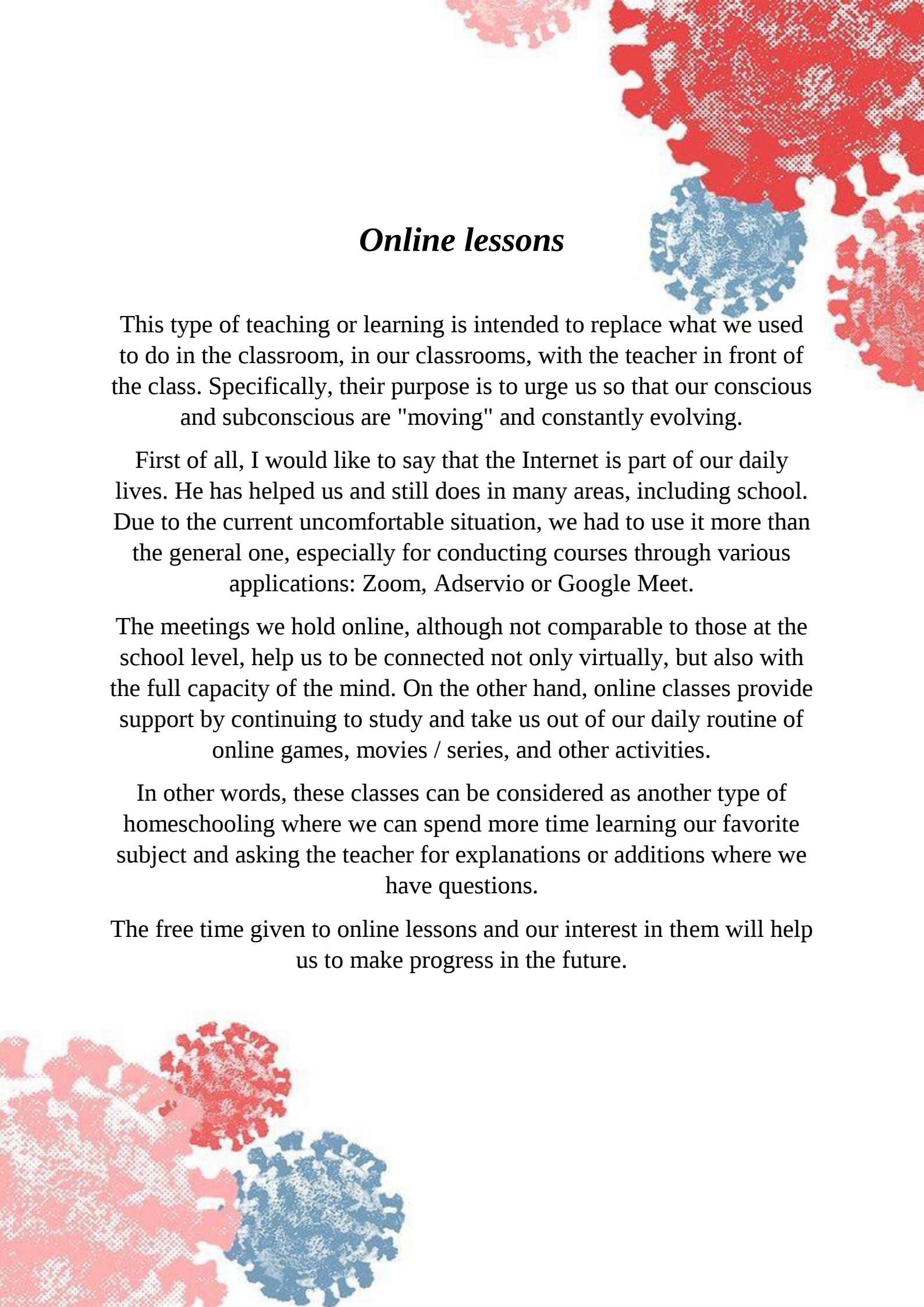
In my opinion, we can say that we are in a time of spending time with ourselves and of understanding our own people, but not in quarantine.

Now ... it's the perfect time to discover yourself.

In addition to self-knowledge, you have the opportunity to do creative things that can help you develop your intellect and language, such as watching movies of social or cultural interest, reading different types of books, and even composing poetry or prose.

In other words, if we try to look at things with maximum intensity, we will realize that there are small disadvantages. Disadvantages that lead to not very good physical health, because most of the time we spend at home not doing sports, while some time before this period we inevitably took a fairly large number of steps. On the other hand, the lack of relationships and communication with others is an unfavorable factor, as it can lead to self-closure and deepening feelings of mistrust. There can be pro and con factors in everything, it just depends on you in which direction and how you choose to look at things.

From my point of view, the "quarantine life" is a stage of our glorification and strengthening, and we must accept its circumstances as they are.



Online lessons

This type of teaching or learning is intended to replace what we used to do in the classroom, in our classrooms, with the teacher in front of the class. Specifically, their purpose is to urge us so that our conscious and subconscious are "moving" and constantly evolving.

First of all, I would like to say that the Internet is part of our daily lives. He has helped us and still does in many areas, including school. Due to the current uncomfortable situation, we had to use it more than the general one, especially for conducting courses through various applications: Zoom, Adservio or Google Meet.

The meetings we hold online, although not comparable to those at the school level, help us to be connected not only virtually, but also with the full capacity of the mind. On the other hand, online classes provide support by continuing to study and take us out of our daily routine of online games, movies / series, and other activities.

In other words, these classes can be considered as another type of homeschooling where we can spend more time learning our favorite subject and asking the teacher for explanations or additions where we have questions.

The free time given to online lessons and our interest in them will help us to make progress in the future.

Students' opinions on "driving license for 16-year-olds"

Driving license at 16 is NOT A REAL REQUIREMENT! It is a necessity for today's young people to assert themselves in front of their friends and say: "how loud I am, I have a driver's license, let's go for a car ride", not realizing that there are extremely many dangers. I was a close friend of this 19-year-old. He has spent his entire life in cars since he was a child working at a car repair shop near his home. I can say that he loved nothing more than cars, but in a fraction of a moment his dream killed him. It proved to me that no matter how well you think you can do something at some point, you can be sorely mistaken.

That is why I strongly believe that the age of 16 is not an "age of maturity".

and that I am still in a quest to discover our maturity. The age of 18 is the perfect age, because then we start to "become adults", to have responsibilities and not to throw our heads forward saying "I have a life" or "if not now when"

In conclusion, the age of 16 is a rather "immature" age and full of too many "childhoods" to be able to hold a driver's license, taking into account the fact that sometimes even adults make some mistakes.

10th grade student

An accident was made on November 21, 2021 by a 16-year-old teenager. big. There are many accidents caused by such teenagers who are not all aware and do not realize what they are doing. SPEED DESTROYS LIFE. This should be considered primarily by those who enforce the 16-year permit law. The car with which the accident occurred is not so serious, while the family dramas of those who are seriously injured in the accident or worse who died.

First of all, before you choose to drive at a fairly high speed, you should think about the lives of the other passengers, because you can kill them in the first place or you or you should live and they should die. Life doesn't matter that you have to give up because you know how to drive well or nothing can stop you from having a certain speed.

Life is above all.

9th grade student

Several studies in Romania have shown that there are 16-year-olds who are much more mature and responsible than 18+.

Just because they're not old enough to say they're older doesn't mean they're not mature!

From my point of view, the 16-year-old carnet is a pretty ingenious idea, because at the moment there are quite a few 18-year-olds who take the carnet, but driving without someone with experience or even not having much experience, they can risk fatal accidents or discomfort to those around them.

Taking the card at 16 until you become an adult you are obliged to drive only with a person who has many years of experience in this regard, thus reaching the age of 18 to have two years of experience, thus reducing by at least 10% the risk of an accident. Age does not necessarily define a person's maturity or mental training.

In conclusion, the 16-year-old car license is a good idea, but first consider some rules, such as: prohibiting the minor from driving alone, respecting speed limits and driving special cars that reach a minimum speed.

10th grade student

From my point of view, the statement "the 16-year permit should not be granted to anyone" is not fair to young people because it does not respect human rights, the "right to equality" and this "rule" leads to the the adolescent's psyche.

According to a study, car accidents can only be avoided with a driving school and learning the practice of first aid. These two help to reduce accidents by 45% by young people aged 16 and over. For example, Alex is driving at a normal speed, suddenly a smaller child appears. He runs to get his ball before it is trampled by the car. The young man slows down, but in vain, because the kid stumbles and fails to run in time. The child is trampled by the car and the impact takes him a few meters away. Frightened, Alex stops and goes to give him first aid, after which he calls for help. After the accident, he found out that the boy was safe.

In conclusion, through the statistics and the example above, the driver's license should be granted to people aged 16+, only by observing certain rules and regulations, so we can say RESPECT HUMAN RIGHTS.

9th grade student

Efectele Coronavirusului

Anul acesta a fost un an surprinzător, dar din păcate și într-un sens bun și într-un sens rău.

Partea rea este că mulți oameni au murit în aceasta perioadă, din cauza acestui nou virus Covid-19, ceea ce nu le-a oferit tuturor oamenilor un motiv de bucurie în perioada sărbătorilor pascale. Cu toții ar trebui să conștientizăm că acest lucru nu este o glumă și că trebuie să respectăm anumite reguli, pentru a nu suferi mai târziu. Într-adevăr sunt multe reguli cu care nu suntem obișnuiți să trăim în viața de zi cu zi și e destul de greu să le respectăm ca atare, dar în primul rând trebuie să ne gândim că ne facem mai mult rău nouă, dacă nu le respectăm.



Partea bună în această perioadă, a fost că am stat mai mult timp alături de cei dragi. Am ajuns să ne gândim mai mult la cei din jurul nostru, la binele și sănătatea lor, la iresponsabilitatea unora și la greșelile altora. Am ajuns să ne descoperim noi hobby-uri sau să face lucruri la care niciodată nu ne-am gândit că o să le facem sau la care am crezut că nu suntem buni. Am ajuns să prețuim ceea ce avem, indiferent că e mult sau puțin.



Un lucru nefavorabil în această perioadă ar mai fi, lipsa de comunicare cu cei din jur. Într-adevăr putem comunica online, dar faptul că nu comunicăm direct cu persoane e un lucru dificil.

În concluzie, acest virus ne face să ne redescoperim pe noi și pe cei din jurul nostru, ne face să vedem și alte fețe, unele bune, altele mai puțin bune.

10th grade student



The last day

It was the last day of the winter holiday and I wasn't expecting this to happen, let me explain. So me and my friends decided to go out and have some fun because it wasn't that cold at the time.

We met up somewhere in the neighbourhood and started to walk to the Mall while also thinking what we should do there. The best idea was to eat first because none of us had lunch before we went outside. We ended up taking the bus because we were too lazy to walk all the way.

After we got there we went to the second floor and bought some junk food from Mc Donald's. We were very hungry so we ate everything pretty fast. Then we decided to go play laser tag because we haven't been there in a while and it was a really cool place.

We got there in about 10 minutes because it was close to the Mall. We started to put on the gear and then proceeded to play. It was four of us so it was really funny hearing each other scream when we met in the arena. In the end, I came out as the winner because I played it stealthy.

To end the day we decided to have a snow fight because we only have snow in winter. This time I wasn't the one who won.

Then we were on our way home but when we got in the neighbourhood we saw a lot of smoke coming from somewhere. We went to see what was happening and we were shocked to see a house burn in really strong flames. We quickly called 911 and then tried to throw snow as fast as we could so we would at least make the flames smaller. In about 5 minutes the firemen came and took care of the problem. Luckily no one died because the family was only unconscious.

Winter story

It was the last day of the winter holiday and I wasn't expecting this surprise. My parents thought that it would be a good idea to invite my cousin, because it's been a long time since I talked to him, and they were right.

When he arrived, I wanted to stay outside because I was getting bored fast of the living room, but my mother said that it wouldn't be polite to do that, so we should be clever and find things to do inside instead.

The only idea I had was to play video games, but I thank my cousin every day for telling me that I should trust the books more because we can read them whenever we want, so it's not stressful because we don't have to worry about the internet connection and we can always find more details that will never be wrong. I promised him that I would give a chance to the books.

9th grade student

Winter story

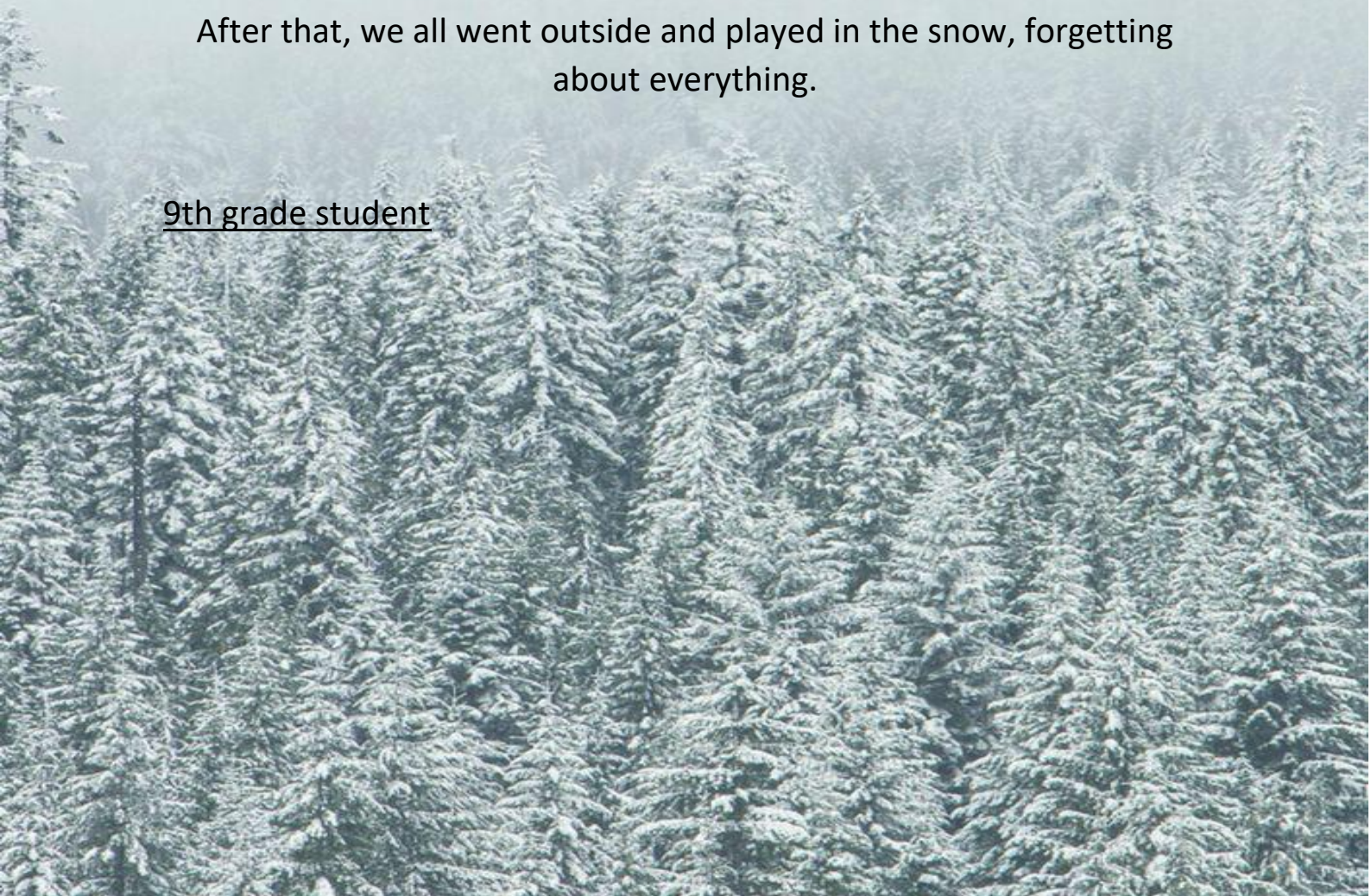
It was the last day of the winter holiday and I didn't expect such a thing. It was finally snowing. I waited for this the hole year. Little snowflakes were falling down from the bluish sky. I was so happy because I really love the snow, that covered everything in less than an hour, so I decided to call my friends.

We met at my house. Everyone looked so happy, but someone was missing, and that was my best friend, Dylan. We went to his house, and something was strange. All the lights were off and his parents' car wasn't there.

I started to enter his house, and reached to his room and there he was, crying. He started to tell me that he was moving across the country, and never coming back. I was so sad, but I explained him that he could call me every day, because I will be there for him when he needs me.

After that, we all went outside and played in the snow, forgetting about everything.

9th grade student



Following drug treatments to relieve or cure osteoporosis

When was the last time you took a look at your daily diet? How much protein, calcium and phosphorus do you consume daily? How long has it been since you took the DEXA test to measure bone mineral density? It is necessary that all these questions have a satisfactory answer, because in these conditions unwanted fractures that come with osteoporosis can be prevented.

Firstly, the latest osteoporosis prevention treatments include new added supplements such as bisphosphonates (etidronate, alendronate or risendronate) or six months hormone treatments such as calcitonin treatment, teriparatide treatment (the parathyroid hormone). Of course, renal strontium (a new drug) and raloxifene (selective estrogen receptor modulator or SERM) can be added to all of this.

It has been shown by many experimental studies (practiced all over the world) that all drug or human hormone treatments increase mineral density or increase the activity of osteoblasts (cells that make up the new bone) or osteoclasts (cells that destroy the old bone). Bisphosphonates amplify the activity of osteoblasts, the teriparatide amplifies the speed with which a new bone structure is produced, stimulates both types of cells, but in the longer term, calcitonin and teriparatide have harmful secondary effects. The renal strontium has positive effects: reduces bone resorption and stimulates bone formation, and raloxifene has a pro-estrogenic effect on the bones and prevents certain types of cancer because it has an anti-estrogenic effect on the lungs and uterus.

On the other hand, even if all these seem like "miracle supplements", it is impossible not to discuss about their side effects. First of all, bisphosphonates and teriparatide can cause severe nausea, diarrhea and irritation of the esophagus during treatment. Calcitonin, if given as a nasal spray, can cause sinusitis and nasal bleeding, if given as an injection can cause abdominal pain, nausea and rash. A common effect of all this would be epigastric burns and indigestions. Unlike all of the above, the renal strontium and raloxifene do not appear to cause these types of problems, however, the

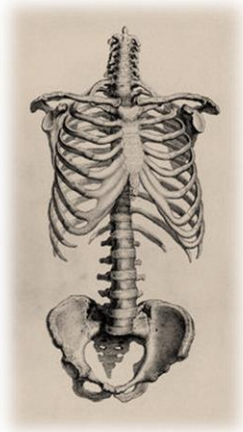




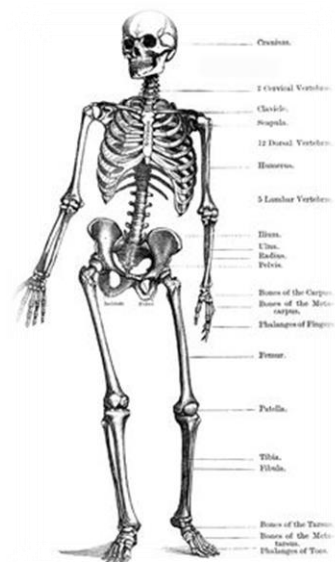
renal strontium can cause short-term episodes of diarrhea and rarely venous thrombosis (forms inside the veins), this side effect can easily lead to embolism (rupture of a clot). The latter is raloxifene, which cures osteoporosis at an advanced stage and prevents at least two types of cancer, but it has a higher risk than renal strontium in causing venous thrombosis, which will slow blood flow, especially to the lungs. These can be usually be located in the form of pain or numbness in the calves and thighs.

To all of these inconveniences are added the huge costs for the administration of a complete treatment. A good example would be that a teriparatide injection costs 271 £.

All these treatments are strictly for osteoporosis and are dangerous because of the side effects, of course, it is best to avoid using them, also avoiding the occurrence of osteoporosis through a proper diet that includes calcium, protein, vitamin D and phosphorus, by physical activity and by quitting smoking or excess caffeine or salt, some factor can cause very fast osteopenia, which quickly turns into osteoporosis and other problems, probably more serious than this disease. It is very important to know that all these treatments must be followed exactly, but if the patient refuses to help himself and will give up the treatment, all the treatments and all the help in the world will be in vain.

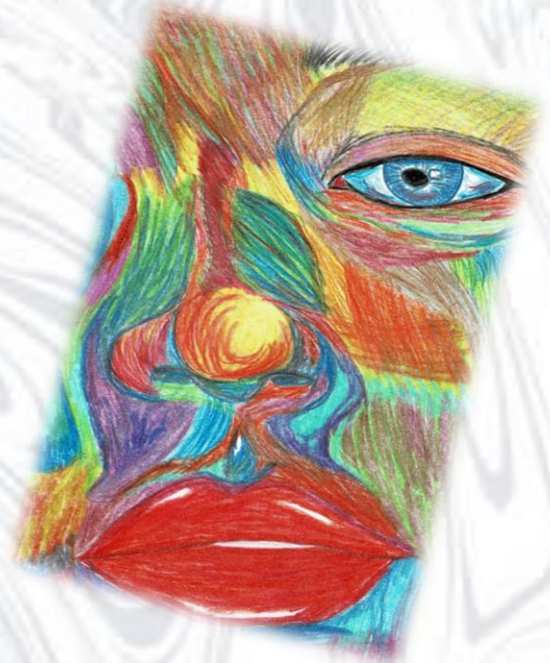


student of class X A





Drawings of a 9th grade student



The pentacle, and his misunderstood meaning

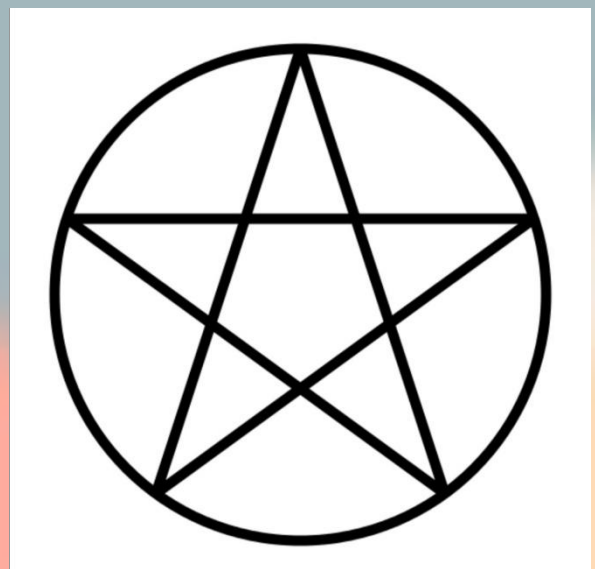
Most people think that the pentacle has a satanic connection, saying of it that it brings chaos and bad luck to the wearer. In fact this is a protective seal Most people think that the pentacle has a satanic connection, saying of it that it brings chaos and bad luck to the wearer. In fact this is a protective sigil which gives the wearer protection against certain energies that could affect him or her

It can be recognized as a five-pointed star with a circle surrounding it. The symbol was taken from the old wicca a people who practice witchcraft for good, not bad purposes .The five peaks of the star are for the elements:

- spirit*
- water*
- fire*
- earth*
- water*

Associated with the land, agrounding, stabilizing element that can bring peace and confort to the wearer also. Most often people think it represents satan's mark because it's mistaken for the pentagram, an upside-down star, showing his fall from the ened.

Which looks like this:



The Nightwalker

Whenever I am alone at night, I hear weird noises in my basement. My mom has a weird day and night work cycle. One week she works during the night, next week during the day. Simple, yet, exhausting. She leaves at 9pm during the night and comes home at 5am. During the day she leaves 9am and comes home at 5pm. It's pretty ok during the day. I come home, do my homework and then i just chill. It's different during the night. My mom leaves me food ready in the kitchen but since i told her about the noises she brings it to me. After she gives it to me, she leaves.

"I'm leaving Todd!"

"Ok mom take care."

We set up some cameras recently and I checked them every 10-15 minutes. I heard something. There it goes. It was getting close to 12 AM and I didn't feel like sleeping now since the noises started. My mom always turns off the lights before leaving so it was dark in my house. The only light source was my monitor. I decided to lock the door since I started feeling scared. After locking my door, i hear a loud noise in my basement.

"What the fuck?"

I checked the cameras and I saw what was causing the noises. My heart sunk. A humanoid without clothes walking on all fours that was the size of a child was the thing that produced all of these noises. However, it was no child. It had no genitals and its spine was almost completely visible. Its skin looked like it was too tight for it and it also had black soulless eyes. The creature was wandering around in the basement. Where did it come from? I never thought this would cause these noises.

I noticed the window to the basement was open, I was hoping my mom locked the door there. I quickly realized I don't have any light sources aside from my monitor and room lights.

"I should get the flashlight" I said to myself. Huge mistake. I decided i shouldn't turn on the lights since they would've surely attracted it. I knew where the flashlight was so I slowly unlocked my door. Upon unlocking my door, I could see the creature looking towards the stairs of the basement, towards the door. It clearly heard me.

"What the fuck did I get myself into...?"

brief 5 seconds pause

"It sure as hell heard me, shit."

I slowly stepped out the safety of my room and started walking slowly towards my mom's room. Everything was pitch black but my eyes were accommodating in the dark. As expected, the flashlight was next to her bed. Instantly after grabbing it, the creature broke the door to the basement.

I quickly hid in the closet. There were a lot of clothes so I was almost completely hidden. My breathing was too heavy and I felt like my heart is going to jump from my chest at any moment. I could hear it getting closer. Its steps were also very heavy.

"Todd, I'm home!"

What the fuck? No... it cannot be my mom... What the fuck?!

"Come give aunt Sarah a hug!"

"No... this isn't real", I said to myself.

"Todd, why are you standing there like that? Is anything wrong?"

It attacked her. She was screaming and I could hear her bones snapping and getting broken. She was choking in her own blood. The scream then intensified for a second and then it stopped suddenly. I had to keep my cool but I felt like I was about to cry at any moment. With shaking hands, I checked if my phone was muted and after that I texted my mom.

I told her to call the cops and, in around 10 minutes, 3 cop cars arrived. The creature then broke the window in my mom's room and ran into the forest. When I heard it run away, I got out of the closet. I could see my aunt in a pool of blood at the entrance. Her arms were broken and were detached from her body. Her torso was obliterated. Her neck looked like it was bitten. My mom struggled with the death of her sister and I had to go to the therapist after all of this. Since that incident, we quickly moved to a city and luckily in an apartment in a very crowded area. Was luck on my side? Maybe God decided to protect me himself? To this day, I have heard no more things about "The Nightwalker" and I wish for everyone wandering in the forest there and to my old neighbors all the luck possible if anything like this happens anymore.

MIND MAPPING PHRASAL VERBS

CARMEN SIN TEACHER OF ENGLISH,

It is widely recognised that native users of English tend to use a lot of phrasal verbs in every day spoken English . The mere mention of these English lexical bugbear phrasal verbs is enough to make the hair stand up on the backs of the necks of most well-meaning EFL learners. 'If there is one thing I' ll never understand about English 'it's these awful multi-word verbs', learners of English will readily confess. Yet a persistent desire to learn phrasal verbs and to incorporate them accurately into verbal and written interchange is felt by all. Since random lists of multi-word verbs form the basis of presentation in most phrasal verbs materials, EFL instructors and grammarians adopt different techniques of teaching these verbs, as well as naming them: phrasal verbs, prepositional verbs, multi-word verbs. Traditional approaches to the teaching of multi-word verbs focus on the explicit study of the item. Many ELT course books and grammars classify them into four distinct types(for example Michael Swan in *Practical English Usage*, B.D.Graver in *Advanced English Practice*), depending on whether they are **intransitive** or **transitive**, i.e. verbs that don't take an object and verbs that do or if the verb and particle can be separated or not

-verb+preposition(transitive):*get over*,-verb +particle(transitive):*drink up*,,verb+particle(intransitive):*set off*,-verb+particle+preposition(intransitive):*put up with*(Alexander,L.G:153).

Learners study the rules, and then attempt to match a number of phrasal verbs (generally not linked thematically), to their appropriate type. What is more, there are some grammar books with activities , which group the phrasal verbs by preposition or by the main

verb. Apart from resolving the problems of *meaning* and *grammar*, there is the difficult question of when it is *appropriate* to use them. Many articles written as guides for using phrasal verbs claim that they should be used mainly in speaking rather than writing, and in informal rather than formal situations and texts. It is often said that, in formal contexts, single-word equivalents are more appropriate than phrasal verbs. This advice may sometimes be useful but it is an oversimplification, and if it is followed too closely, it can sometimes lead to unnatural or over-formal language. In fact, there are many situations – even in quite formal texts – when a phrasal verb is the most natural-sounding way of expressing a particular idea, so learners should be encouraged to use phrasal verbs as and when they are most appropriate as phrasal verbs can be found in all types of text .

I have chosen to offer a presentation based on semantic fields and corpus and dictionaries, with the help of all technology, on line dictionaries in the hope that it would be helpful to advanced learners of English, students and teachers. Consequently, there will be presented some different ways of approaching the topic of multi-word verbs ,i.e ,by mind maps.

A **mind map** ,or a spider gram is a strategy for making notes on a topic. It is a structured strategy which shows the (hierarchical)relationships of ideas. It is therefore an organized display of information considering the respective topic. Here are some attempts to organize the field of phrasal verbs , to break the code of phrasal verbs.

1.LEXICAL SETS

Grouping the phrasal verbs in this way and have a number of advantages. The verbs are presented through text, which makes their meanings clearer, and students can also use the co-text to work out the meanings. Such cognitive engagement may also make the exercise more memorable. There are

some examples below which illustrate this view(the semantic fields are taken at random):

SCIENCE

Verb	Collocation	Example
blast off	tourist	Russian space officials say the first space tourist will blast off in April for a short trip to the International Space Station.
blast off	shuttle	Space shuttle Discovery blasted off for the new international space station today.
break down	waste	Bacteria break down the animal waste to form methane gas.
brush up	chemistry	I haven't studied chemistry since I was at university - I'd have to

up		brush it up before I could teach it.
carry on		These skills will be very important if you carry on to do research in chemistry.
carry out	research	Research carried out by scientists in Finland suggests radiation from mobile phones causes changes in the brain.
conjure up	image	Ask people to conjure up an image of a scientist at work, and most will describe a person, usually male, in a white coat staring at a test tube.
crank out	proteins	Scientists have made the clearest image yet of ribosomes, the assembly lines inside cells that crank out all proteins.

SPORTS

Verb	Collocation	Example
		Ryan held the top spot until Dale Earnhardt Jr. passed for the lead on lap nine. By lap 20, Elliott had resumed the lead; Earnhardt had slid back to sixth and Ryan to seventh.
bail out		He bailed out France with an equaliser deep into injury time.
battle on		They won the first set 6-4 but lost the second by the same score. However, they battled on to take the title for the third time with a 7-5 win in the third.
build up	confidence	If you've never tried Snowboarding before there are plenty of gentle slopes to build up your confidence and technique under the guidance of expert instructors.
build up	speed	Moderation is the key to safe exercise. Don't try to do too much too soon. Always start slowly and gradually build up speed.
build up		Much of the pre-match build-up had focused on the personal battle between Ronaldo and Oliver Kahn, the leading striker and goalkeeper in the 2002 World Cup
burn up	energy	This game is very popular and is good for burning up energy.

call off	match	We have called off the match because there is no way we'll be able to play on that ground even if the rain stops now.
call up		The midfielder has emerged as a bright talent and was even call-up to the England squad.
cancel out	goal	Martin Jorgensen's goal for Denmark was cancelled out by an Elvir Bolic header.
carry out	threat	If he fails to clear his name, then he could even carry out his threat to retire from the game altogether.
carry through	handicap	The manager insists the momentum of an impressive performance will carry them through the handicap of being without a striker at home to sixth-placed Bolton on Saturday week.
catch out		Most of us were experienced walkers so we understood the dangers that can catch you out in these bleak but beautiful places during the winter.
catch up		He's in second place but he's catching up with the leader, he might win!
catch up	competitors	She tried to catch up with the other competitors, but they were just too fast.
come back		We came back all refreshed from the fresh air and exercise.

TELEPHONING

Verb	Collocation	Example
be on		It's me. Why isn't your phone on? Can you call me as soon as you ge this message, please?
break up		It was a bad line. It kept breaking up.
break up		The line was breaking up and I could hardly hear what he had to say but I managed to have a small conversation with him.
call up		He called me up the next day asking to see me again.
cut off		We were cut off in the middle of our telephone

conversation.

get back
to

My wife and I can't come to the phone right now, but if you'll leave your name and number, we'll get back to you as soon as we're finished.

get
through
get

I remember we kept trying and trying but couldn't get through.

through
hang up

I kept trying to get home but I couldn't get through.

She tried to get the woman's name but she hung up, giving no more information.

hold on

All our lines are busy, but please hold on.

look up phone
 number

He looked up the phone number of a local plumber and rushed to the phone.

make out phone

Over the noise she could just make out the phone ringing.

mount up

If you've got a mobile phone, try and limit your use as the cost can soon mount up.

phone
ahead
phone up

It really is a good idea to phone ahead if you're gonna be late.

Apparently he expected me to phone up and ask for an

invitation.

pick up phone

He picked up the phone and dialled Heather.

put back appointment

I have just had an emergency call. Can you call Mrs Brown and put her appointment back to later this afternoon or make a new appointment next week.

put
through

Sorry, I wanted the Sales Department. I must have been put through to the wrong extension.

SOCIAL RELATIONSHIPS

Verb	Collocation	Example
		Don't be so defensive; if you can't open up to your best friend, who can you open up to?
act out		He constantly acted out and got into fights and altercations at home and school.
ask out		If you really like him, ask him out.
ask out	guy	Does anyone have any advice on how to ask a guy out?
ask out	girl	A lot of boys, especially in the early teen years, won't ask out the girl they most want to.
ask out		You can ask him out as a friend first and it won't be seen by everyone as a date.
ask out	men	Do men like it when women ask them out?
ask out		Asking someone out on a date isn't as difficult as we often want to make it.
ask out		If there were a man that caught my eye and peaked my interest I guess I would ask him out.
ask out		I like that girl and wanna ask her out but I'm only 16 and she's 20 so should I ask or it'll be stupid?
ask out	girl	So you want to know how to ask a girl or guy out? It's really not that hard, but if you are shy or afraid of rejection it can be.
ask out		Every time I try to ask her out my legs get weak and start to shake.
ask out	girl	How do I ask out a girl without offending her and ruining our friendship?
ask over		I'll ask her over to dinner next weekend.
bank on		Don't bank on your partner being faithful just because you've been together for a long time.
be after		I am not interested in starting something with a guy who only wants to talk to me, because he's after sex.
be away		It was common knowledge that he was sleeping around while she

break up	girlfriend	was away on business trips. He broke up with his girlfriend.
break up		The couple argued constantly, and finally broke up.
break up		She is thought to have split from Taylor in February but, with characteristic discretion, has never spoken about the break-up.

MONEY

Verb	Collocation	Example
account for	money	You must account for the money spent.
account for difference		How will you account for such a big difference?
account for money		How do you account for the missing money?
add on	taxes	These are quite expensive though, by the time you've added on border taxes.
add up		His earnings don't add up to much.
add up		Their economic proposals don't add up.
apply for	card	No credit? No problem! Apply for your new Visa Card and MasterCard Today!
bump up	commission	They have bumped up the commission from 30% to a whopping 40%.
buy out		The attacking midfielder will be hard to pry away from Real Madrid since his contract contains a \$252-million buyout.
call in	debt	His creditors started calling in his debts, and he was ruined financially.
cancel out	credit card	After endless, time-consuming phone calls, I had to cancel out my credit card to insure that no further fraudulent charges were made.
chip in		The idea is to get everyone to chip in, let's say, 50 cents.
chip in		Local schools students, individuals and community groups have all chipped in to bring this area alive.

CONCLUSIONS

There are therefore various ways in which multi -word verbs may be approached. This paper aimed at offering a learner oriented approach of grouping and classifying phrasal verbs. Without any claim of comprehensive orientation or extended theory this paper wanted a structured, dynamic view into the matter. All things considered , the conclusion to be drawn is: to let learners release frustration, understand the logic behind the particle, get them exposed to phrasal verbs, especially from e-sources, which makes them so much user-friendly.

Bibliography:

Alexander,L.G, *Longman English Grammar*, Longman, 2001

Evans ,Virginia, *A Good Turn of Phrase*, Express Publishing,2000

Flower, John, *Phrasal verb organiser*,LTP,1993

Graver, B.D, *Advanced English Practice*, OUP,2004

Lewis, Michael, *Teaching Collocation*, Thomson Publishing, 2000

McCarthy,Michael, *Vocabulary*, CUP, 2000

Nattinger,J, *Pedagogical Implications of the Lexical Approach*, OUP, 1992



ISSN: 2457-7960

Location: Romania, Buzau

Neighborhood Dorobanti 2

EJP Code: 120.114

Email: secretariatmarg@yahoo.com

Phone: 0238 211 111