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IV-5



Wendung R.M. Rilke

Lange errang ers im Anschauen.
Sterne brachen ins Knie
unter dem ringenden Aufblick.
Oder er anschaute kneidend,
und seines Instands Duft
machte ein Göttliches müd,
daß es ihm lächelte, schlafend.

Türme schaute er so,
daß sie erschraken:
wieder sie bauend hinan, plötzlich, in Einem.
Aber wie oft die vom Tag
überladene Landschaft
ruhete hin in sein stilles Gewahren, abends.

Tiere traten getrost
in den offenen Blick, weidende,
und die gefangenen Löwen
starrten hinein wie in unbegreifliche Freiheit;
Vögel durchflogen ihn grad,
den gemütigen. Blumen
widerschauten in ihn
groß wie in Kinder.



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Nick Cave - Into my arms

I don't believe in an interventionist God
But I know, darling, that you do
But if I did I would kneel down and ask Him
Not to intervene when it came to you
Not to touch a hair on your head
To leave you as you are
And if He felt He had to direct you
Then direct you into my arms

Into my arms, O Lord
Into my arms, O Lord
Into my arms, O Lord
Into my arms

And I don't believe in the existence of angels
But looking at you I wonder if that's true
But if I did I would summon them together
And ask them to watch over you
To each burn a candle for you
To make bright and clear your path
And to walk, like Christ, in grace and love
And guide you into my arms

Into my arms, O Lord
Into my arms, O Lord
Into my arms, O Lord
Into my arms

And I believe in Love
And I know that you do too
And I believe in some kind of path
That we can walk down, me and you
So keep your candles burning

And make her journey bright and pure
That she will keep returning
Always and evermore

Into my arms, O Lord
Into my arms, O Lord
Into my arms, O Lord
Into my arms



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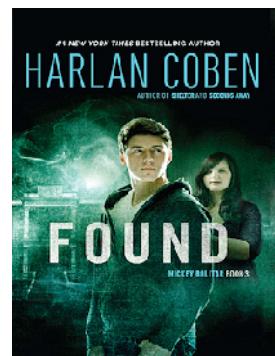
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Found

It's been eight months since Mickey Bolitar witnessed the shocking, tragic death of his father. Eight months of lies, dark secrets, and unanswered questions. While he desperately wants answers, Mickey's sophomore year of high school brings on a whole new set of troubles. Spoon is in the hospital, Rachel won't tell him where he stands, his basketball teammates hate him ... and then there's Ema's surprise announcement: She has an online boyfriend, and he's vanished. As he's searching for Ema's missing boyfriend (who may not even exist!), Mickey also gets roped into helping his nemesis, Troy Taylor, with a big problem.

All the while, Mickey and his friends are pulled deeper into the mysteries surrounding the Abeona Shelter, risking their lives to find the answers - until the shocking climax, where Mickey finally comes face-to-face with the truth about his father. P.S. I can't wait for it.



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To Kill a Mockingbird by Harper Lee – review

To Kill a Mockingbird is one of those books that almost everyone reads at some point in their lives. Whether you've been forced to read it at school, or you've had a look because everyone's been urging you to, most people have their own personal experience of reading *Mockingbird*.

The book is about Atticus Finch, who appears as an unconventional hero and role model due to his morality rather than his physical capabilities. The theme of morals is apparent throughout the whole novel, especially in relation to religion and perception of sin. Take Mrs Dubose, a recovering morphine addict: she vows that she'll die beholden to nothing and nobody. She's pursuing her own dream of being a free human being because she knows deep down that it's right.

To Kill a Mockingbird focuses on that gut instinct of right and wrong, and distinguishes it from just following the law. Even the titular quote: "Shoot all the blue jays you want, if you can hit them, but remember it's a sin to kill a mockingbird" is in itself an allegory for this message. Being in itself a generic message, the idea of "doing what's right" obviously has a different meaning depending on when and where you're reading the book. If you take 1960, when the book was written, America was in a state of ethical development as social inequality was - very - gradually being overcome. Women's rights and black rights movements were beginning to emerge and some campaigned through violence. Would Atticus Finch condone this?

In the 1930s, when the book was set, America was in the midst of the Great Depression. This was a time when

economic difficulties meant that the American Dream was receding further and further away. We could consider that Atticus Finch felt that his own dream of an equal, morally decent society was also heading in the wrong direction.

Without denying the constancy of the moral message, and the pure ingenuity of the book, it's still open to debate whether, as with all classics, schoolchildren should be forced to read the novel and go over it page-by-page. The beauty of literature and the reason why I love it so much is that a writer must eventually relinquish the meaning of his or her book. Therefore everyone who reads it can take something out of it which no one has before. I find that a beautiful notion myself, but it seems that looking for these life lessons has become a less and less popular exercise as the years have gone by.

Let it not be forgotten that a true piece of literature, like *To Kill a Mockingbird*, is meaningful in every period and that today, Atticus Finch's message should be heard in the midst of all the global conflicts that we hear of on the news every night. To think that children are suffering across the world because of a tyrannical regime or an unfair justice system is a depressing notion, and I think a modern Atticus Finch would agree. I don't think he would be comfortable knowing that innocent lives were suffering because of inequality. Atticus would now be defending issues that Harper Lee did not consider when writing the book, such as gay and lesbian rights, because what is at the heart of his character is an acceptance of who people are. That is a moral standpoint that you can hold whoever you are or wherever you are born. Atticus Finch is human and he sees everyone else in the same way. Who knows? Maybe Atticus Finch would even be an animal rights supporter.

Should it be analysed, taught in schools and pulled to pieces? I can't say, but what I will say is I'm not against anyone reading for the sake of reading. I've read many a book which I've enjoyed, put down and never thought about since. But I honestly feel that *Mockingbird* is a book which should be read, be it in school or in adult life (or both). It's a book with so many layers of meaning that you can get so much out of it. I for one know that *To Kill a Mockingbird* is a book that really has changed my life and that every time I go back over it, I find something new that I assimilate into my own code of ethics.

I would really advise picking up a copy of Harper Lee's magnificent novel and giving it a try. Because whatever happens it will never stop inspiring good people.

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Yellowstone Park

Visitors to America's world-famous Yellowstone Park have always been fascinated by its thousands of hot springs and geysers. But they have only just recently begun to understand what they're looking at. Every year, more than three million people walk over one of the largest active volcanoes in the world.

Yellowstone is a super volcano. After the last big eruption 640, 000 years ago, ash covered most parts of North America, and the earth's climate changed. During the "volcanic winter" that followed, clouds of dark ash hid the sun. It was so cold that many types of animals and plants died. The eruption made such a huge hole that we can only see it from the air. It is 85 km long and 45 km wide. The volcano is still alive. Tests have shown that thousands of earthquakes happen every year at Yellowstone. They are usually so small that people can't feel them, but they are signs of volcanic activity.

Yellowstone has had three super eruptions in the last 2.1 million years. Most experts believe there is no immediate danger of another giant explosion, but it's impossible to be sure. Alan Stewart, a London scientist says: "There is going to be another super eruption somewhere on the planet. They've already happened in the past. They aren't going to stop happening because humans have appeared".



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Around London

Saint Paul's Cathedral

After Big Ben, the towering dome of Saint Paul's Cathedral is probably the definitive symbol of London. The first cathedral to St Paul was built on this site in 604, but fell to Viking marauders. The current church was commissioned in 1673 from Sir Christopher Wren as the centerpiece of London's resurgence from the ashes. The vast open spaces of the interior contain memorials to national heroes such as Wellington and Lawrence of Arabia. The statue of John Donne, metaphysical poet, is the only monument to have been saved from old St Paul's. The Whispering Gallery, inside the dome, is reached by 259 shallow steps from the main hall. The acoustics here are so good that a whisper can be bounced clearly to the other side of the dome.

London Eye

At the hub of the South Bank's millennial makeovers rolls the London Eye, here only since 2000 but already there with Tower Bridge and the Houses of Parliament as the capital's most postcard-friendly tourist asset. Assuming you choose a clear day, a 30-minute circuit on the Eye affords great views of the city. Take a few snaps from the comfort of your pad and that's your sightseeing done. The London Eye was the vision of husband-and-wife architect team Julia Barfield and David Marks, who entered a 1992 competition to design a structure auspicious enough to mark the millennium. The Mark's giant wheel idea came second in the contest. The Eye was planned as a temporary structure but its removal now seems unthinkable. Indeed, the wheel's popularity was such that that its owners, Merlin Entertainments, decided to renovate it in time for the Olympics.

Trafalgar Square

Laid out in the 1820s by John Nash, Trafalgar Square is the heart of modern London. Tourists come in thousands to pose for photographs in front of Nelson's Column. It was erected in 1840 to honour Vice Admiral Horatio Nelson, who died at the point of victory at the battle of Trafalgar in 1805. The granite fountains were added in 1845 and bronze lions joined them in 1867.

Once surrounded on all sides by busy roads, the square was improved markedly by pedestrianisation in 2003, right in front of the National Gallery. The mayor ban on feeding pigeons was another positive step. Other points of interest around the square include the statue of Charles I dating from the 1630s with a plaque behind it that marks the original site of Edward I's Eleanor Cross, the official centre of London.

Shakespeare's Globe

The original Globe Theatre, where many of William Shakespeare's plays were first staged and which he co-owned, burned to the ground in 1613 during a performance of Henry VIII. Nearly four hundred years later, it was rebuilt not far from its original site, using construction methods and materials as close to the originals as possible. This theatre built by Philip Henslowe in 1587 was the first theatre on Bankside; red lights show the position of the original theatre. Funds are being sought to continue excavations and preserve the site.



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Time Out London

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Las fiestas españolas

A lo largo del año y en todo del territorio español se celebran numerosas fiestas. La alegría, el esplendor o la teatralidad son algunas de las características básicas de muchas de ellas. Son conocidas más allá de las fronteras españolas, tienen hoy fama mundial y atraen a miles de turistas de todo el mundo. Los Sanfermines, las Fallas, La Tomatina son algunos ejemplos de fiestas españolas.

Las fallas de Valencia

El origen de la fiesta de las Fallas se remonta a la antigua tradición de los carpinteros de la ciudad, que quemaban frente a sus talleres los trastos inservibles de madera para elevar los candiles que les iluminaban mientras trabajaban en invierno. El día 15 de marzo empieza en las calles la exhibición de más de 700 construcciones artísticas, algunos de hasta 25 metros de altura, de materiales como madera y cartón, que representan varias figuras y caricaturas satíricas que, con gran sentido del humor, critican a políticos y personajes famosos. Se queman todas menos un *ninot* que, elegido por votación popular, se salva de las llamas para formar parte de la colección del Museo Fallero.

La Tomatina

El último miércoles del mes de agosto se celebra en la localidad valenciana de Buñol la Tomatina. El origen de esta multitudinaria "batalla" de tomates se remonta a una pelea juvenil sucedida en el año 1945.

Antes del combate, desde los balcones se lanzan cubos de agua a las personas que van acudiendo para prepararse antes de la batalla. A las once suena el disparo que indica el inicio de la lucha, van llegando camiones con tomates y, en pocos segundos, todo se tiñe de rojo, hasta que se produce el segundo disparo que señala el fin. Durante esta *batalla* se usa más de 100 toneladas de tomates.

Las fiestas de San Fermín

La ciudad de Pamplona es conocida en todo el mundo gracias a las fiestas de San Fermín. Miles de personas acuden cada año para vivir el riesgo y la emoción de sus populares encierros. San Fermín dura del 7 al 14 de julio y cientos de personas corren delante de los toros siguiendo el trayecto por el casco antiguo que los lleva hasta la plaza de toros. Se trata de una carrera de unos 800 metros, que se realiza en un tiempo que puede ir de dos a cuatro minutos. Además, durante las fiestas y para diversión de los niños, todas las mañanas hay desfile de gigantes y cabezudos por el centro de la ciudad. El programa de actos también incluye verbenas, conciertos, exhibiciones de danza y, por supuesto, corridas de toros.

<http://marcaespana.es/es/educacion-cultura-sociedad/fiestas-y-tradiciones>



„Los Sanfermines”, „Las Fallas”, „La
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Disneyland Paris

A tous ceux qui arrivent dans cet endroit enchanté, bienvenue. Deuxième site le plus visité en France, le parc Disneyland donne vie, à travers des attractions sensationnelles, aux contes populaires mis en images par le génial Walt Disney. Dans ce royaume féerique, pas le temps de s'ennuyer et tout le temps pour rêver et s'amuser aux côtés de nos héros préférés Mickey, Minnie, Pluto ou Blanche Neige.

Première destination touristique en Europe, le parc Disneyland Paris est un endroit à part, un lieu de divertissement et de détente pour toute la famille dans une ambiance de fête permanente. Depuis les chambres d'hôtels, toujours confortables et à proximité immédiate de l'entrée du parc, aux attractions toutes plus magiques les unes que les autres, tous est mis en œuvre pour passer la meilleure des journées, même si l'on vous recommande un séjour de trois jours pour profiter pleinement de toutes les attractions.

Au parc Disneyland Paris, on plonge des différentes ambiances, différents pays. Une fois passé la porte et la gare du Disneyland Paris Railroad d'où l'on peut faire le tour du parc, on arrive dans Main Street, l'artère principale bordée de boutiques et de restaurants et qui conduit à Central Plaza. De là, en route pour l'aventure dans l'un des quatre pays magiques. Frontierland est le pays de l'Ouest américain, des cow-boys, des chercheurs d'or et de Mark Twain. On embarque sur un bateau à aubes, on visite une maison hantée, on grimpe sur le fort ... mais l'attraction principale de ce pays reste Big Thunder Mountain qui explore les recoins d'une mine et virevolte entre les rochers. Sensations fortes garanties!

Pour ne pas faire redescendre l'adrénaline on passe dans Adventureland, un monde d'exotisme entre les contes des Mille et une nuit et les histoires de pirates Discoveryland rend, quant à lui, hommage aux visionnaires et nous transporte dans le futur. C'est le site du fameux Space Mountain qui nous emmène aux confins de l'univers, et du Buzz Lightyear Laser Blust, attraction interactive d'une nouvelle génération.

Enfin, paradis des grands et des petits, Fantasyland nous emmène au pays des contes des fées. Le merveilleux château de la Belle au bois dormant ouvre sur un monde enchanté où l'on retrouve les héros de Disney et des personnages que l'on n'est pas près d'oublier, comme les poupées de Small World. A ne pas manquer, les parades qui font défiler les personnages du célèbre créateur américain.

Le parc Walt Disney Studio, ouvert en 2002, est tout aussi entousiasment! Il nous révèle les secrets des tournages des films, notamment l'élaboration des cascades lors d'une show spectaculaire, Moteurs, Actions! ou lors d'un voyage dans un train parfois agité... Ce parc est à découvrir avec des spectacles détonants et des décors de cinéma fabuleux. Au Toon Studio, on suit le courante est-australien sur le dos de Crash, la tortue du film Le Monde de Nemo. Les plus fortes sensations on les vit dans la section Backlot avec les attractions Armageddon, qui nous transporte dans l'espace face à une pluie de météorites et le Rock'n' Roller Coaster, l'un des manège les plus rapides d'Europe sur fond d'Aerosmith. En 2008, la Tower of Terror nous garantira d'autres frissons avec une chute de treize étages!

Dans les environs du parc, le spectacle continue avec le village Disney, ses boutiques, ses restaurants, sa discothèque où l'animation batte son plein jusque tard la nuit.

Le Disneyland Paris fête tous les moments de l'année, notamment son quinzième anniversaire en 2007, et il n'est rien de plus agréable que de profiter des toutes saisons pour découvrir les merveilles du Parc.

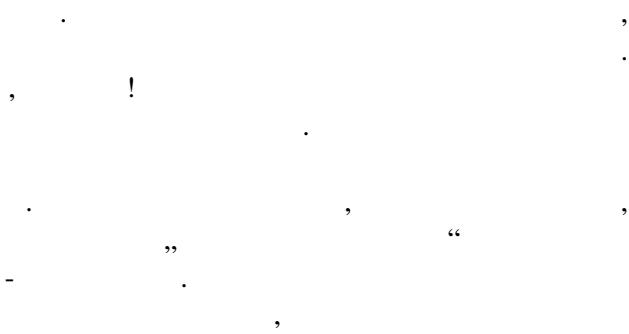
Petit Futé, Les 100 lieux à voir en France, juillet 2007





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La France, terre de festivals

Avec un total de 166 manifestations , la France est le pays d'Europe qui compte le plus de festivals de cinéma chaque année. Rien qu'à Paris on peut dénombrer une trentaine de festivals (Festival du cinéma différent, Semaine du cinéma russe, Festival du cinéma brésilien, Festival international du film court, etc.). Chaque grande ville française accueille au moins un festival chaque année, le plus connu étant le Festival de Cannes. On peut également citer de nombreux festivals très importants comme le Festival du film fantastique à Avoriaz, le Festival du film policier de Cognac, le Festival du cinéma américain de Deauville, les Rencontres du cinéma d'Amérique latine à Toulouse ou le festival du court-métrage de Clermont-Ferrand.

Des festivals écologiques

L'été est là, et son lot de festival avec! Les festivals, à la fois de musique, de danse, de sports, il y en a pour tous les goûts et tous les styles. Très apprécié par le public, ce type de manifestation n'est cependant pas sans impact sur l'environnement .

Un festival utilise de l'énergie pour le déplacement des artistes et du public, l'éclairage et la sonorisation des scènes, la restauration, les espaces de camping... Les festivals produisent beaucoup de déchets, surtout des gobelets, des bouteilles en verre et en plastique. Comment un festival peut-il devenir plus éco-responsable? Ce n'est pas un processus simple, mais il y a des festivals qui font des efforts remarquables.

Le festival Reggae Sun Ska, qui se déroule au début de mois d'août en Aquitaine, s'efforce chaque année à renforcer ses actions environnementales. Par exemple, les organisateurs mettent en place un système de navette ou des



plateformes de covoiturage pour limiter l'usage de la voiture individuelle, vu que les transports représentent la majorité des émissions de gaz à effet de serre.

De même, de plus en plus de festivals mettent en place des poubelles de tri ainsi qu'un système de gobelet consignés, qui permet d'utiliser un gobelet plusieurs fois. Le gobelet est acheté sur place, et après l'avoir utilisé, vous pouvez le rendre en retirant la somme que vous avez payée. La consommation de l'énergie peut être réduite en utilisant l'éclairage LED.

En France, les festivals essaient aussi de développer la conscience écologique chez les jeunes . Des festivals comme Supernaturel, Forest Fest et les autres, vont vous proposer d'apporter des canettes vides au lieu d'acheter des billets.



Vous allez bien sûr écouter de la musique, danser, vous amuser, mais vous allez aussi apprendre à trier vos déchets et à recycler.

Version originale vert, Editions Maison des langues , 2011

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How did rock & roll music begin?

Rock & roll music began in the 1950s. It was a fusion of different musical styles from across American blues, gospel, jazz, rhythm & blues, country and swing. The social and economic changes that took place in America during and just after the Second World War contributed to its birth. Before the war, white American music was dominated by the big jazz bands. When these bands began to break up during and after the war, smaller groups started to form in their place. Many of them used electrically amplified guitars, drums and sometimes harmonicas and saxophones.

At the same time, a new kind of music was beginning to make its mark - the music of the south, introduced by the African Americans who had migrated

north to take up work in the cities. The radio and the growth of the recording industry helped R&B to reach homes across the country. In 1951 a white Cleveland disc jockey called Alan Freed started a radio show called "Moondog Rock 'n' Roll Party", playing black music. Freed is believed to be the first person to use the term "rock & roll".

As the music took hold, the number of white performers experimenting with R&B increased. Country, swing and big band music were all influences in the rock-&-roll sound they produced. Black rock & roll performers in the 1950s included Chuck Berry and Little Richard. Chuck Berry, a former blues singer, claimed he "accidentally invented rock & roll while trying to write a country song". Little Richard claimed to be its "architect" and "real king". Two white singers emerging at that time were Bill Haley and Elvis Presley. Elvis is now universally acknowledged as the "king of rock & roll".

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Hollywood

Hollywood was established in 1853, with a single adobe hut on land outside, Los Angeles, California. Growing crops was so successful there that by 1870, Hollywood became a thriving agricultural community.

One of its most notable historic figures was real estate tycoon, Hobart Johnstone Whitley “Father of Hollywood” and his wife, Daeida, the “Mother of Hollywood”. The town’s name came from Daeida, who while on a train met a woman that described her country home in Ohio, that had been named for the Dutch settlement of Hollywood. Liking the name, Daeida christened their ranch “Hollywood” upon her return.

By 1900, Hollywood had a population of 500, a post office, a newspaper, a hotel, and two markets. The first street in town was named Prospect Avenue, but was later changed to Hollywood Boulevard. By 1902, the first portion of the famous Hollywood Hotel was built.

In the early 1900s, filmmakers began moving to the Los Angeles area to get away from the strict rules in New Jersey. Biograph Company made the first film in Hollywood, entitled *In Old California*. After hearing of Biograph’s praise of the area, other filmmakers headed west to set up shop. The first motion picture studio was built in 1919 in nearby Edendale, just east of Hollywood. It was built by Selig Polyscope Company. The first motion picture studio built in Hollywood was founded by Al Christie in 1911. Movie studios began to crop up all over Hollywood after Christie’s appearance, including ones for Cecil B. DeMille in 1913., the Charlie Chaplin Studio in 1917., and

many others. The “Hollywood” sign was first erected in 1923 and originally read “HOLLYWOODLAND”. Its purpose was to advertise the name of a new housing development in the hills above the Hollywood district of Chinatown. The famous “Hollywood Walk of Fame” where the names of celebrities are embedded in the sidewalk along Hollywood Boulevard, was built in 1956. There are some 2,200 five-pointed stars given by the Chamber for being significant contributors to the entertainment industry. On January 22, 1947, the first commercial television station west of the Mississippi River, KTLA, began operating in Holly-wood. In December of that year, *The Public Prosecutor* became the first network television series to be filmed in Hollywood.

The first Academy Awards presentation took place in Hollywood at the Blossom Room of the Hollywood Roosevelt Hotel. Granted by the Academy of Motion Picture Arts and Sciences, the first Academy Merit awards were given on May 16, 1929 to *Wings*.

Over the last 40 years, Hollywood has been through a lot of changes. While the studios have relocated to other Los Angeles areas, most motion picture production still occurs within the district. Such significant ancillary industries as film editing, effects, props and lighting companies remain in Hollywood. The only movie studio remaining in Hollywood today, however, is Paramount Studios. Hollywood continues to conjure the image in the minds of the public, of directors and glamorous movie stars on glitzy sets.

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ROCK STARS

Meet the Flintstones, a modern Stone Age family. From the town of Bedrock, here's a bit about their history. Sarah "Pebbles" Burns tells the prehistoric story. Somewhere in the world, every hour of every day, *The Flintstones* is being broadcast. An incredible 300 million fans tune in to watch it regularly. Whether you like them or not, Fred, Wilma and their neighbours, Barney and Betty Rubble, are impossible to avoid. Recently, all 166 episodes were broadcast non-stop on television across the USA. Not bad for a cartoon which was badly received by the critics on its first run 38 years ago.

Cartoonists Bill Hanna and Joseph Barbera are the men responsible for *The Flintstones*. Screen Gems approached them in the late 1950s with the idea of producing an animated prime-time programme. It had never been done before, but with the fast growing popularity of their *Quick Draw McGraw* and *Huckleberry Hound*, the cartoonists gave it a go. It was a decision they were never to regret.

They decided to create a family and give them the same problems as contemporary suburban families, but with something very different about them. "Bill and I invented six different families, however, none really pleased us", recalls Barbera. "We drew them as pilgrims, Romans, Eskimos, cowboys and everything imaginable. Then an artist came up with a sketch using leopard skins on Neanderthal-type characters", says Hanna. "That was it. That's what we wanted them to look like." Then they threw an average married couple into a Stone age environment. Drawing the

characters with everyday objects wasn't funny, so they tried stone and other prehistoric materials. The result was a whole lot of clever Stone Age gadgets and endless jokes about rocks, which is why the Flintstones' neighbours got to be called "Rubble" and why they all live in "Bedrock". Fred Flintstones' famous yell – "yabba dabba doo" - wasn't originally in the script. It was the man behind Fred's voice, Alan Reed, who made it up. During recording he said to Barbera, "Joe, where it says "yahoo", can I say instead "yabba dabba doo?"

Joe Barbera explains the cartoonists' detailed preparation: "We researched into prehistoric times, learning about the animals and other natural elements and surroundings characteristic of that period. All this helped in the creation of the series". Hanna adds: "It was originally called *The Flagstones*, until we received a letter from a cartoonist who already had a comic strip of that name. Reluctantly, we changed it to *The Flintstones*".

Story lines were based on other TV series about families, and many episodes depended on audience fears, like unemployment and the dentist. Plenty of modern day characters made an appearance too, like the actor "Stony Curtis" and the conductor "Leonard Bernstone". Rock Hudson did not, of course, have to change his name, and one day the famous American president "Bill Clintstone" is bound to make an appearance.

Armed with the new cartoon family, Barbera set off to New York to try and sell the idea to a TV network. It was hard work and the series came close to never being made at all. After eight weeks of hard sell, still no one was interested, but an hour before Barbera was due to fly home,

ABC looked at it. They took to it at once and agreed to broadcast the show. On 30th September 1960, the first episode was shown. Most of the reviews were negative, some even hostile, but viewers absolutely loved it. Since then it has been translated into 22 languages and has been seen in nearly every country in the world.



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Which part of the brain generates dreams?

The whole brain is active during dreams, from the brain stem to the cortex. Most dreams occur during REM sleep. This is part of the sleep-wake cycle and is controlled by the reticular activating system whose circuits run from the brain stem through the thalamus to the cortex. The limbic system in the mid-brain deals with emotions in both waking and dreaming and includes the amygdala, which is mostly associated with fear and is especially active during dreams. The cortex is responsible for the content of dreams, including the monsters we flee from, the people we meet or the experience of flying.

Since we are highly visual animals, the visual cortex, right at the back of the brain, is especially active, but so are many parts of the cortex. Least active are some parts of the frontal lobes, and this may explain why we can be so uncritical during dreams, accepting the crazy events as though they are real-until we wake up.



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Go Pro

Impossibly small. Impossibly high performance. It all adds up to a camera that makes it easy for anyone, anywhere, to capture stunning photos and videos of their life's most meaningful experiences. The company was founded by Nick Woodman in 2002. Woodman started the company following a surf trip to Indonesia in which he was hoping to capture quality action photos of his surfing, but could not get close enough, or obtain quality equipment at accessible prices. His desire for a camera system that could capture the professional angles inspired the Go Pro name. In 2004, the company sold its first camera. The cameras evolved through the years, going from 35mm to digital, where they started recording 10-second clips, to 3-megapixel digital cameras, to its current configuration of fixed-lens HD video cameras with a wide 170-degree angle.

Today, two or more cameras can now be paired together to create 3D video. At the end of its debut year, Go Pro sold \$ 150,000 worth of product. The company created Go Pro Studio to allow users to edit their footage. Go Pro studio is a video edition site that is essentially a simplified editing programme designed to help users create personal highlight reels easier. The range for capturing still images is 5 to 12 mega pixels. The cameras are bundled with a clear polycarbonate HD housing that is rated shockproof and waterproof to 60 meters.

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L'eau..... plaisir !

L'eau minérale naturelle procure un plaisir unique.

Boire de l'eau minérale naturelle constitue un vrai moment de détente agréable au cours duquel vous ressourcez à la fois votre corps et votre esprit. Chaque eau minérale naturelle possède son propre goût, sa texture, sa densité, liés à son terroir d'origine. Plates ou plus au moins pétillantes, c'est toute une palette de saveurs subtiles qui s'offre au consommateur. Chacun trouvera l'eau qui lui convient en fonction de ses besoins et aussi des moments de consommation. Les gourmets ne s'y trompent pas et aujourd'hui, ils choisissent leur eau comme ils choisissent le vin qui accompagnera leurs mets.

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L'eau est la première source de bien être. Evian, Perrier, Vittel.....Les Français consomment plus de 85 litres d'eau en bouteille par an. En France, la distribution de l'eau du robinet est souvent assurée par de grandes entreprises et les Français paient l'eau en moyenne 2,77 euros par m³.

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“Latitudes 3”

Qui porte des lunettes?

C'est le sens le plus précieux pour l'homme et aussi le plus utilisé : la vue. Aussi, c'est également l'un des plus fragiles. Une exposition prolongée au soleil, une poussière qui vole, trop de temps passé devant l'ordinateur, et déjà la vue se détériore. Il y a 29 millions de porteurs de lunettes en France, soit un habitant sur deux (57% de femmes et 43% de hommes). Les deux tiers ont 45 ans ou plus, mais 6% ont moins de 15 ans. Le dépistage des troubles de la vue par les ophtalmologistes (ou les médecins des yeux) est en effet de plus en plus précoce. Les lacunes visuelles les plus répandues sont dans l'ordre la presbytie (un porteur des lunettes sur deux), la myopie (35%) ou l'hypermétropie (15%). Les lunettes à double (ou triple) foyer que portaient autrefois les presbytes sont remplacées de plus en plus souvent par des verres progressifs. Mais les lunettes ne sont plus la seule et unique solution. Les lentilles ont été adoptées par près de 2,5 millions de Français. Dans 90% des cas, ce sont des lentilles souples. 70% des porteurs de lentilles sont des femmes, 55% ont entre 25 et 45 ans.

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IV-2

ZWEI IN DEUTSCHLAND ERFUNDENE SPIELE

Deutschland ist nicht nur das Land der Dichter und Denker, sondern auch der Erfinder von Spielen. Hier stellt vitamin die zwei Brettspiele vor, die in Deutschland erfunden wurden.

Mensch ärgere dich nicht

Wie der Name schon sagt, kann man sich bei diesem Spiel ganz schön ärgern. Zum Beispiel, wenn man direkt von dem Ziel von einem Mitspieler rausgeworfen wird.

Das passiert, wenn dessen Spielfigur auf dem Feld stehen bleibt, auf dem die eigene Figur steht. "Mensch ärgere dich nicht" ist ein Klassiker der deutschen Brettspiele. Es wurde 1910 zum ersten Mal veröffentlicht. Die Regeln sind sehr einfach: Es wird reihum gewürfelt. Jeder Spieler muss seine vier Figuren von den Start in die Zielfelder ziehen. Die Gegner versuchen dies zu verhindern. Es gibt einige kreative Variationen der Regeln.

Scotland Yard

Das Spielbrett zeigt den Stadtplan Londons, dennoch ist Scotland Yard ein deutsches Spiel. Es erschien 1983 und wurde Spiel des Jahres. Es ist ein Kooperationspiel für drei bis sechs Spieler. Einer von ihnen schlüpft in die Rollen des Verbrechers Mister X, die anderen sind Detektive. Dabei ist die Zahl der Spielzüge festgelegt. Die Mehrzahl der Spieler spielt bei diesem Spiel gemeinsam, sie diskutieren miteinander und können nur als Team gewinnen oder verlieren.

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„Chantal“ „Kevin“

I-5

The history of the Olympics

The ancient Olympics

Nobody knows exactly when the Olympic Games began, but historians think that the first games were in 776 BC. Athletes from all over Greece came to compete in a town called Olympia. There was only one event. It was a running race called the "stade". The first Olympic champion was Coroebus of Elvis.

He was a cook. The games were very popular. Soon there were more events, for example, wrestling and horse races. All the athletes in the ancient Olympics were men and, when they competed, they wore no clothes. The games took place every four years, for a thousand years. In AD 394 the Roman Emperor Theodosius stopped them for religious reasons.

The modern Olympics

In 1887, at the age of 24, the Frenchman Pierre de Coubertin decided he wanted to restart the Olympic Games. It took a long time, but finally the first modern Olympic Games began in Athens in April 1896. Thirteen countries took part. There were nearly 300 competitors in nine different sports. Pierre de Coubertin also designed the Olympic rings. Each ring represents one of the five continents and the Olympic flag contains at least one colour from every national flag. Today, the Olympic Games are the world's most famous sports competition. The modern Olympics take place every four years in a different city. In 2004 they were again in Athens. Over 11,000 athletes from 203 countries competed in 28 sports 3,000 years after the first Olympic Games.

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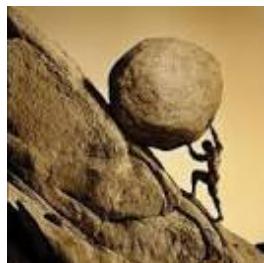
The myth about Sisyphus

Sisyphus was the mythical founder and first king of Corinth. He was a cunning trickster, known for his abilities to deceive gods and humans alike. He was also known as a murderer in his own kingdom, as he would often entertain himself by killing visitors to his city.

One day, he found out that Zeus, supreme god, abducted the nymph Aegina, so he reported Asopus, Aegina's father about that. Because of that, Sisyphus was condemned to Tartarus, the deepest, darkest reality beneath the Underworld, by Zeus. But, Sisyphus told his wife not to give him a victim, so he stayed alive. There, he deceived Thanatos, the demon responsible for death.

Sisyphus asked Thanatos to try out his chains to show him how they worked, and when he did, Sisyphus secured him in place, and he was free to go. The consequence of the imprisonment of Thanatos was that mortals could no longer die. This really upset Ares, war god who couldn't defeat his enemies. Ares intervened and released Thanatos. Sisyphus was deemed guilty because of his belief that he could outsmart the gods, and because he betrayed Zeus's secret. As punishment, he was condemned to spend eternity rolling a boulder up a hill. Each time the boulder would near the summit, it would roll back down to the bottom. Sisyphus would then be forced to repeat his task.

This is one of numerous myths from ancient Greece. Also is one of most famous. Stories and legends like this one are very important for Greek culture and history.



Perseus

Haec narrantur a poetis de Perseo. Perseus filius erat lovis, maximi deorum; avus eius Acrisius appellabatur. Acrisius volebat Perseum nepotem suum necare; nam propter oraculum puerum timebat. Comprehendit igitur Perseum adhuc infantem, et cum matre in arca lignea inclusit. Tum acram ipsam in mare coniecit. Danae, Persi mater, magnopere territa est; tempestas enim magna mare turbabat. Perseus autem in sinu matris dormiebat. Iuppiter tamen haec omnia vidit, et filium suum servare constituit. Tranquillum igitur fecit mare, et arcam ad insulam Seriphum perduxit. Huius insulae Polydectes tum rex erat. Postquam arca ad litus appulsa est, Danae in harena quietem capiebat. Post breve tempus a piscatore quodam reperta est, et ad domum Regis Polydictis adducta est. Ille matrem et puerum benigne excepit, et iis sedem tutam in finibus suis dedit. Danae hoc donum libenter accepit, et pro tanto beneficio regi gratias egit. Perseus igitur multos annos ibi habitabat, et cum matre sua vitam beatam agebat. At Polydectes Danaen magnopere amabat, atque eam in matrimonium ducere volebat. Hoc tamen consilium Perseo minime gratum erat. Polydectes igitur Perseum dimittere constituit.

Tum iuvenem ad se vocavit et haec dixit: "Turpe est hanc ignavam vitam agere; iam dudum tu adulescens es. Quo usque hic manebis? Tempus est arma capere et virtutem praestare.

Hinc abi, et caput Medusae mihi refer." Perseus ubi haec audivit, ex insula discessit, et postquam ad continentem venit, Medusam quæsivit. Diu frustra quaerebat; namque naturam loci ignorabat. Tandem Apollo et Minerva viam demonstraverunt. Primum ad Graeas, sorores Medusæ, pervenit. Ab his talaria et galeam magicam accepit. Apollo autem et Minerva falcem et speculum dederunt. Tum postquam talaria pedibus induit, in aera ascendit. Diu per aera volabat; tandem tamen ad eum locum venit ubi Medusa cum ceteris Gorgonibus habitabat. Gorgones autem monstra errant specie horribili; capita enim earum anguibus omnino contecta errant. Manus etiam ex aere factæ erant.



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A Hunter, a Deer, a Pig, a Snake A Jackal

Once upon a time, a hunter lived in a forest. One morning, he set out hunting, hoping to find a deer. Soon, he saw a deer and hunted him down. The hunter slung him over his shoulder and merrily started home. On the way, he came across a fat pig. He dropped the deer on the ground and shot the pig with an arrow. The pig gave a fearful grunt and charged at the hunter. He hit the hunter hard in the stomach and killed him instantly. Then the wounded pig also fell down dead. During the fight, a snake that was passing by got trampled and died.

All this time, a jackal was sitting behind a tree. When he saw the hunter, deer, pig and snake, all lying dead, he was overjoyed and said to himself, "Ah! What luck! It looks as though I am going to have a feast, but I shall eat only a little at a time so it will last me longer." Then the jackal dragged each body to his cave, one by one. He had a feast for a long time!

Be patient and think wisely.

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The Two Parrots

Once upon a time, there lived a King, his Son and two Parrots. The Prince and the Baby Parrot were very fond of each other and grew up together.

The Prince was fond of birds. So, one day, he petted a Sparrow in the garden. The Parrot did not like it, as the Sparrow was his enemy.

One day, while they were playing together, there arose a fight and the Parrot pecked the Sparrow. The shocked Prince picked the dead Sparrow and in anger, killed the Parrot.

The father of the Baby Parrot heard the sad news that his son was dead. He attacked the Prince and pierced both his eyes. Then he flew to a tall tree for safety.

The Prince requested the Parrot, "Forget all that has happened, and please return."

The King added, “It is destiny that has brought such a sad tragedy. That your child should die and mine become blind”. The Parrot replied, “How can I trust you, after what has happened? It’s better for me to be far from you, than to experience your love turned to hate.”

Do not trust a revengeful person.

The Cracked Pot

A water bearer in India had two large pots, each hung on each end of a pole which he carried across his neck. One of the pots had a crack in it, and while the other pot was perfect and always delivered a full portion of water at the end of the long walk from the stream to the master's house, the cracked pot arrived only half full.

For a full two years this went on daily, with the bearer delivering only one and a half pots full of water in his master's house. Of course, the perfect pot was proud of its accomplishments.

But the poor cracked pot was ashamed of its own imperfection, and miserable that it was able to accomplish only half of what it had been made to do. After two years of what it perceived to be a bitter failure, it spoke to the water bearer one day by the stream.

"I am ashamed of myself, and I want to apologize to you."

"Why?" asked the bearer. "What are you ashamed of?"

"I have been able, for these past two years, to deliver only half my load because this crack in my side causes water to leak out all the way back to your master's house. Because of my flaws, you have to do all of this work, and you don't get full value from your efforts," the pot said.

The water bearer felt sorry for the old cracked pot, and in his compassion he said, "As we return to the master's house, I want you to notice the beautiful flowers along the path."

Indeed, as they went up the hill, the old cracked pot took notice of the sun warming the beautiful wild flowers on the side of the path, and this cheered it some. But at the end of the trail, it still felt bad because it had leaked out half its load, and so again the pot apologized to the bearer for its failure.

The bearer said to the pot, “Did you notice that there were flowers only on your side of your path, but not on the other pot’s side? That’s because I have always known about your flaw, and I took advantage of it. I had planted flower seeds on your side of the path, and every day while we were going back from the stream, you watered them. For two years I have been able to pick these beautiful flowers to decorate my master’s table. Without you being just the way you are, he would not have this beauty to grace his house.”

MORAL: Do not underestimate yourself by comparing yourself with others. It’s our differences that make us unique and beautiful.



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A Wonderful Story of Friendship and Values



A story tells that two friends were walking through the desert. During some point of the journey they had an argument, and one friend slapped the other one in the face.

The one who got slapped was hurt, but without saying anything,

wrote in the sand: TODAY MY BEST FRIEND SLAPPED ME IN THE FACE.

They kept on walking until they found an oasis, where they decided to take a bath. The one who had been slapped got stuck in the mire and started drowning, but the friend saved him. After he recovered from the near drowning, he wrote on a stone: TODAY MY BEST FRIEND SAVED MY LIFE.

The friend who had slapped and saved his best friend asked him, "After I hurt you, you wrote in the sand and now, you write on a stone, why?"

The other friend replied "When someone hurts us we should write it down in sand where winds of forgiveness can erase it away. But, when someone does something good for us, we must engrave it in stone where no wind can ever erase it."

LEARN TO WRITE YOUR HURTS IN THE SAND AND TO CARVE YOUR BENEFITS IN STONE. They say it takes a minute to find a special person, an hour to appreciate them, a day to love them, but then an entire life to forget them.

**Do not value the THINGS you have in your life...
But value WHO you have in your life!**

Little Girl

Little girl and her father were crossing a bridge. The father was kind of scared so he asked his little daughter:
“Sweetheart, please hold my hand so that you don’t fall into the river.”

The little girl said, “No, Dad. You hold my hand.”



“What’s the difference?” sked the puzzled father.

“There’s a big difference,” replied the little girl. “If I hold your hand and something happens to me, chances are that I may let your hand go. But if you hold my hand, I know for sure that no matter what happens, you will never let my hand go.”

Moral: TRUST and RESPECT cannot be LEARNED or PURCHASED. They can only be EARNED..

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Нјајвећи човек увек остаје дете. - Ј.В. Гете

*Живот није довољно велики да држи на окупу све
што жеља успе да замисли. - Оскар Вајлд*

*Мање уживамо у ономе што смо постигли него у
ономе чему се надамо. - Жан Жак Русо*

*Они који знају да говоре, говоре кратко. -
Достојевски*

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