



**THE TECHNICAL COLLEGE PIATRA-NEAMT**  
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# STAR

*English written school magazine*

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# THE TECHNICAL COLLEGE PIATRA-NEAMT

## English written school magazine



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### MARCH

#### FACTS ABOUT MARCH

**A**ccording to the Georgian calendar, March is the third month of the year. According to the early Roman calendar, it was the first month and it was called *Martius*. The ancient Romans later made January the 1<sup>st</sup> the beginning of the year, and March became the third month of the calendar. March has always had 31 days. Its name honours Mars, the Roman God of war. Spring in the northern half of the world begins with March 19, 20, or 21. It is the day when the sun is directly over the Equator. March can either fill wintry or springy, with as many blustery, windy days as there are mild, sunny days. In the Northern Hemisphere, the animals end their hibernation and many plants come to life again in March. The sap flows in the trees again, and the buds begin to show up. Bears,

woodchucks, and chipmunks leave their hibernating spots. People begin to start looking for the first robin, for the beginning of spring arrival.

There are many superstitions about March. We often hear that "March comes in like a lion and goes out like a lamb." This means that the first day of March is often stormy, and the last day is mild and warm.

#### *STAR's Editorial Team*



## ST. Patrick's Day

# About Saint Patrick's Day

Saint Patrick's Day is celebrated each year on March 17<sup>th</sup>. In Ireland, Saint Patrick's Day is both a holy day and a national holiday. Saint Patrick is the patron saint of Ireland as he was the one who brought Christianity to the Irish. According to legend, Saint Patrick used a shamrock to teach about God. The shamrock, which looks like clover, has three leaves on each stem. Saint Patrick told the people that the shamrock was like the idea of the Trinity – that in the one God there are three divine beings: the Father, the Son and the Holy Spirit. The shamrock was sacred to the Druids, so Saint Patrick's use of it in explaining the Trinity was very wise.

Although it began in Ireland, Saint Patrick's Day is celebrated in countries around the world. People with Irish heritage remind themselves of the beautiful green countryside of Ireland by wearing green and taking part in the festivities.

Saint Patrick's Day is usually celebrated with a parade. The one in Dublin, Ireland is known to some as the Irish Mardi Gras. But the one in New York City is actually one of the biggest. It lasts for hours. Two Irish

wolfhounds, the mascots of the New York National Guard infantry regiment the "Fighting 69<sup>th</sup>", always lead the parade. More than one hundred bands and a hundred thousand marchers follow the wolfhounds in the parade.

The Irish have observed this day as a religious holiday for over 1,000 years. On St. Patrick's Day, which falls during the Christian season of Lent, Irish families would traditionally attend church in the morning and celebrate in the afternoon.

## Who Was St. Patrick?

St. Patrick, the patron saint of Ireland, is one of Christianity's most widely known figures. Patrick was born in Britain of a Romanized family. At age 16 he was torn by Irish raiders from the villa of his father, Calpornius, a deacon and minor local official, and carried into slavery in Ireland, where, during six bleak years spent as a herdsman, he turned with fervour to his faith. Hearing at last in a dream that the ship in which he was to escape was ready, he fled his master and found passage to Britain. There he came near to starvation and suffered a second brief captivity before he was reunited with his family. Thereafter, he may have paid a short visit to the Continent.



## Legends

Before the end of the 7th century, Patrick had become a legendary figure, and the legends have continued to grow. One of these would have it that he drove the snakes of Ireland into the sea to their destruction. Another, probably the most popular, is that of the shamrock, which has him explain the concept of the Holy Trinity, three persons in one God, to an unbeliever by showing him the three-leaved plant with one stalk. Today Irishmen wear shamrocks, the national flower of Ireland, in their lapels on St. Patrick's Day, March 17.

### Why Saint Patrick's Day?

Saint Patrick's Day has come to be associated with everything Irish: anything green and gold, shamrocks and luck. Most importantly, to those who celebrate its intended meaning, St. Patrick's Day is a traditional day for spiritual renewal and offering prayers for missionaries worldwide. In American cities with a large Irish population, St. Patrick's Day is a very big deal. Big cities and small towns alike celebrate with parades, "wearing of the green," music and songs, Irish food and drink, and activities for kids such as crafts, colouring and games. Some communities even go so far as to dye rivers or streams green!

## St. Patrick's Day Parade

People dressed in green, floats trimmed in the colours of Ireland and bagpipes playing loudly - it must be time for the St. Patrick's Day Parade! Contrary to popular belief, the first St. Patrick's Day parade was not held in Ireland but in New York City by Irish soldiers serving in the British Army. Celebrated with traditional Irish music, the parade helped Irish soldiers reconnect to their Irish roots. To this day, the New York City parade is the most popular St. Patrick's Day parade in the United States. Other must see St. Patrick's Day parades are the Boston St. Patrick's Day parade and the Chicago St. Patrick's Day parade, where they dye the Chicago river green.

### *Irish Symbols*



### *Leprechauns*

As a St. Patrick's Day symbol, the leprechaun is a smiling, merry little elf.

However, the legend tells us that leprechauns are always grumpy, untrustworthy and very tricky. Leprechauns are believed to be little old men who make shoes for fairies and are usually about two feet tall. The legend says that if you catch a leprechaun, you can force them to tell you where they hid their pot of gold.

## ***Shamrocks***



According to Irish legend,  
St. Patrick chose a three

leaved clover or shamrock as a symbol of the church's Holy Trinity because of its three leaflets bound by a common stalk. He used the tri-leaved plant to help illustrate the idea of the holy trinity - Father, Son, and Holy Spirit. A shamrock is not a four leaf clover, contrary to popular belief.

When a four leaf clover is found it is said to represent God's grace. The good luck attached with the four leaf clover predates Christianity in Ireland back to the ancient Druid priests.

## ***Irish Music***

Music is often associated with St. Patrick's Day—and Irish culture in general. From ancient days of the Celts, music has always been an important part of Irish life. The Celts had an oral culture, where religion, legend and history were passed from one generation to the next by way of stories and songs. After being conquered by the English, and forbidden to speak their own language, the Irish, like other oppressed peoples, turned to music to help them remember important events and hold on to their heritage and history. As it often stirred emotion and helped to galvanize people, music was outlawed by the English. During her reign, Queen Elizabeth I even decreed that all

artists and pipers were to be arrested and hanged on the spot.

## ***The Snake***

It has long been recounted that, during his mission in Ireland, St. Patrick once stood on a hilltop (which is now called Croagh Patrick), and with only a wooden staff by his side, banished all the snakes from Ireland. In fact, the island nation was never home to any snakes. The "banishing of the snakes" was really a metaphor for the eradication of pagan ideology from Ireland and the triumph of Christianity. Within 200 years of Patrick's arrival, Ireland was Christianized.





## ***STUDENT'S WRITING CORNER***

### **THE CHALLENGES OF THE INTERNET**

**Internet** is a short form of the technical term internetwork, the result of interconnecting computer networks with special gateways or routers. The Internet is also often referred to as *the Net*.

The term ***the Internet***, when referring to the entire global system of IP networks, has been treated as a proper noun and written with an initial capital letter. In the media and popular culture, a trend has also developed to regard it as a generic term or common noun and thus write it as "the internet", without capitalization. Some guides specify that the word should be capitalized as a noun but not

capitalized as an adjective. **T**he main importance of the internet is that it has made information available in a quick and easy manner, publicly accessible and within easy reach. It has revolutionized communication and social networking, creating a zone which

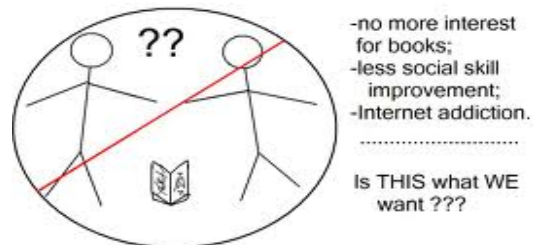
was so international that new law had to be designed to govern it

\*Our society is in a constant change and the same thing happens with the scientific and technical innovations.

Information technologies have influenced modern life. The computer has influenced not only a part of our lives, but it has manifested in all areas. In our times, the



computer has become almost indispensable, but in addition to its positive aspects, we must be aware of the risk we take when we expose ourselves excessively to computer use. Studies in recent years have shown that people who spend a lot of time in front of the computer will develop various problems. Limiting its use is not always possible because many people use it at their work.



Surfing the Internet tends to increase, damaging the personal relationships. Some people may experience a tendency towards loneliness; this could be explained by the fact that the relations established on the Internet cannot fully replace the positive influences of ordinary relations. Involvement in real life situations may decrease significantly and there may be difficulties in establishing social contacts with other people.

**By ADINA AIRINEI XI A**



\*The Internet has, in my opinion, good parts and bad parts. The advantages or the good parts are that we can find any information we want in a proportion of 99% and the accuracy of it is somewhere near 80%. Another thing is that if a person is miles away we can still chat with him and see him via the webcam.

One of the newest Internet advantages is that we can pay our bills online, it's very comfy and we can also buy things online and the products are delivered at our door.

The bad parts of using the Internet are that it's not a really secure area to use if you are a novice; and it's not a non-stop

service, in reality, in some countries because it's failing to connect due to poor infrastructure. In my opinion, the biggest disadvantage is that people can become addicted to it, becoming lonely people

**by ȘTEFAN COZMESCU XI A**



\*In the 21<sup>st</sup> century, the Internet is a very popular means of communication. All around the world, the Internet can be used in order to communicate with people who are not in the same country. The Internet can be used as a research tool; the prices are also very low compared to other means of communication.

But where there are advantages, there are also disadvantages, spending too much time in front of your PC is not recommended. The kids can use the Internet in bad ways, without the supervision of an adult and it is not a safe means of education for a young person.

**by IONUȚ VÎLCU XI A**



\*The Internet is very popular these days because approximately everyone is using it and it can be accessed by every student wherever he/she is. There are lots of advantages in using the Internet, such as: finding all you need very quickly, just one click and the information is there, from history to music, from news to movies. You can also communicate with people on Yahoo or Facebook, you can buy things online, you can even pay your bills. These are some of the advantages of using the Internet but there are also some disadvantages: you can have problems with your eyes, your neck and your back because of the incorrect position of your body. Most of the disadvantages are related to health problems. You can also get tired if you stay too much in front of your computer.

**By TALIDA ONU XIA**

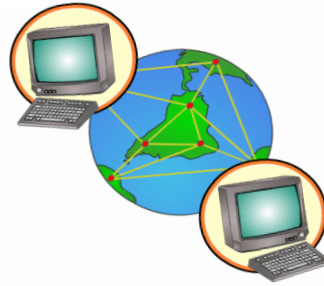


\*The Internet is very important for us, with the help of Internet we can chat with friends and relatives, we can see online movies and videos, play games online and many more.

The disadvantages are that we can destroy our sight, our brain can be affected.

Sometimes the Internet can help us pay bills, shop online, work online, make our life faster and easier.

**By VLAD CIREȘ XIA**



\*The Internet is very useful. You can find any kind of information you want. YouTube for example stores almost all the movies that were shown on television, plus personal movies or documentaries. Facebook helps you connect with friends and people all around the world. Thanks to the Internet, we can see shows on TV from other countries. But the Internet also has a bad part: by posting photos on Facebook anyone can see those photos and photoshop them; the Facebook site makes people stay longer on the Internet than spending time outside.



On the Internet people can buy anything they want. And the information you can find, can help you with the projects given to you by

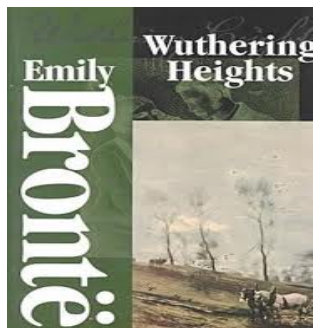
the teachers; the best part is that you can communicate with people all around the world and even form great friendships with them.

By ALICE RICA IXA

## BOOK REVIEW! BOOK REVIEW! BOOK REVIEW! by IONUȚ VÎLCU

### WUTHERING HEIGHTS

This book is written by Emily Bronte and presents a story narrated by Lockwood, a gentleman visiting the Yorkshire moors ( where there is the setting of the novel ). Another narrator is Mrs. Dean, a housekeeper who was hired by the family where the story takes place. It is a wonderful book and it has various themes, from romance to social problems and realism is present all through the story. The book presents the life of a family from Yorkshire, combining love, happiness and frustration and even supernatural events. It has a happy ending, in contrast with the rest of the story which is a little "dark".



The following articles are written  
by Diana-Roxana Constantinescu,  
from XI A:

Constantinescu Diana-Roxana, clasa a XI-a A

## THE IMPORTANCE OF INTERNET

There is no doubt that the Internet has had a massive impact on the lives of everyone who has access to it. It is a truly fascinating phenomenon because if the Internet were to disappear tomorrow, the majority of people would struggle to manage without it.

Here are just a few of the advantages that the Internet brings to our lives. First of all it provides millions of people with information that is updated by the second 24 hours a day, seven days a week. This can play a hugely important role in everything from social networking to worldwide stocks and currencies. And thanks to search engines such as Google, billions of pages of information can be presented to one in less than a second. Now anyone can become a genius.

Secondly, with just the click of a mouse you become connected to someone who is in another city or even halfway across the world. Distance is erased within seconds and spatial boundaries have come crashing down due to instant messaging services such as MSN, emails, video and voice chat programs such as Skype and the webcam. This is important for both social calls between friends and family to conference calls in multi-million dollar companies. The Internet has truly revolutionised the way that the world communicates.

Another advantage is that the Internet has completely changed entertainment. On demand channels now make it possible for you to watch any television programs that you missed. YouTube lets you search for music videos, online newspapers and news websites keep you up to date with the latest global, national and international news and people can now play some of their favourite games on the Internet although it has not completely erased the concept of game consoles. Social networking has also changed the way that friends communicate through the likes of Facebook and Twitter.

# HEALTHY LIFESTYLE

A healthy lifestyle should be like a healthy diet – well balanced. Practicing only one or two aspects of healthy living is, of course, better than practicing none at all, but neglecting other areas can eventually lead to health problems. A healthy lifestyle should include a nutritious diet, exercise for your body and your brain, rest, a supportive social network, avoidance of risky behaviors and the practice of healthy ones.

## GOOD FOOD

You can't be healthy if you consistently eat unhealthy food. For maximum health, vegetables, fruits and whole grains should be approximately 75 percent of your intake at each meal. Meat or a meat substitute can provide the rest, but choose lean cuts of meat such as skinless poultry and sirloin, or fish, such as salmon and tuna. Consume meatless meals comprised of beans or soy products to substitute red meat. Reduce your intake of processed foods and reduce portions for better weight control. Finally, limit sugar, salt and fried foods.

## PHYSICAL AND MENTAL EXERCISE

Aim for at least 30 minutes of aerobic exercise most days of the week, along with a couple strength-training workouts. Exercise can lower blood pressure and cholesterol, make bones stronger, help with weight control and relieve stress. Physical exercise even benefits the brain by increasing circulation. In addition, exercise your mind by reading, doing crosswords or learning something new. Doing something that involves both your brain and your hands, such as knitting or woodworking, can be also a great stress reliever.

## ADEQUATE REST

Sleep is healing. If you are chronically short on sleep, your health and most areas of your life suffer. Adequate sleep helps learning and memory. Lack of it increases your risk of disease by lowering your immunity, increases hypertension and irregular heartbeat and can lead to accidents.



When you're tired, you can become irritable and impatient, affecting your personal and professional relationships. Finally, chronic lack of sleep affects metabolism and can result in weight gain.

### SOCIAL SUPPORT

Humans are social creatures. Cultivate relationships with your family and friends. If you have been transferred for work far from people you know and love, make use of technology to stay close. Through the Internet and smart phones, you can email, text and even make video calls. Don't neglect your immediate surroundings. Join a club or find places in your community where people gather. If you're new to an area, joining a church can enable you<sup>to</sup> meet people at the same time you satisfy spiritual needs.

### HEALTHY BEHAVIORS

Risky behaviors are often associated with teens, but adults of all ages can engage in behaviors that put their health and lives at risk. Obvious risky behaviors include unprotected sex, illegal drug use and driving while under the influence, but other less frowned upon behaviors can also put your health at risk. Make it a practice to wear seat belts, get physical exams, wash your hands frequently and see the dentist regularly.

Healthy  
Living

## NAMES OF THE DAYS OF THE WEEK

Days of the week from the Roman period have been both named after the seven planets of classical astronomy and numbered, beginning with Sunday.

Between 1st and 3rd centuries the Roman Empire gradually replaced the eight day Roman nundinal cycle with the seven-day week. The astrological order of the days was explained by Vettius Valens and Dio Cassius. According to these authors, it was a principle of astrology that the heavenly bodies presided, in succession, over the hours of the day. The Ptolemaic system asserts that the order of the heavenly bodies, from the farthest to the closest to the Earth, is: Saturn, Jupiter, Mars, Sun, Venus, Mercury, Moon. (This order was first established by the Greek Stoics.)

The early Romans, around the first century, used Saturday as the first day of the week. As the worshipping of the Sun increased, the Sun's day (Sunday) advanced from position of the second day to the first day of the week (and Saturday became the seventh day).

This is followed by Monday (who was named after the moon goddess), Tuesday was named after the god Tyr, Wednesday was named after the god Odin, Thursday was named after the god Thor, Friday was named after the goddess Frigg and Saturday was named after the god Saturn.

Constantinescu Diana-Roxana

a XI-a A

# ***CULTURAL EXCHANGE WITH STUDENTS FROM OTHER COUNTRIES***

The students from the Technical College Piatra-Neamț have initiated a cultural exchange through letters with students from Switzerland and Poland. Thus, the students from IX B have become pen pals with a group of students from the Swiss town Belp and the students from X D with a group of Polish students living near Gdansk.

*Our friends from Switzerland*



*Greetings from Gdansk*



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