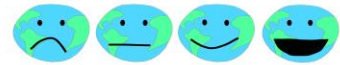


JANUARY 2021

- SCIENCE
- ART
- SPORT
- NEWS
- PHOTOGRAPHY
- STORY
- TECHNOLOGY

Your feedbacks



GREAT JOB GUYS!
The page organization was
eye-catching!!!

The corona virus article was
very illuminating.
Helped me to understand
the depth of this pandemic.

Loved the strawberry Ice
Cream Day part!!!



The pandemic lockdown essay was
very well written.
Enjoyed reading it!!!



January 1: New Year's Day



- Happy New Year!
Today, look back on all you've accomplished in the past year, and look forward to what's in store for the new year.

January 15: Strawberry Ice Cream Day

Celebrate with a bowl of the sweet pink stuff, or sip on a frothy strawberry milkshake.



January 29: National Puzzle Day



Today is a perfect day to start a complicated jigsaw puzzle with hundreds of pieces. You might have it finished by the time the warm weather finally returns.

Dairyland Peach is NOW ACCEPTING

E-MAIL US

FREE WANT ADS BY E-MAIL

E-Mail Us Your FREE Want Ad Today

PeachClassifieds@ecm-inc.com

1 FREE 3-line personal item ad (22 characters per line) per household per week. Please include your name and address for account setup only, will not appear in your ad. Deadline Thursday 2PM.

Classified Ads

Place your ad 8:00 a.m. to 5:00 p.m. Monday through Friday with one of our advertising consultants or on our website anytime.

402-462-2131 800-742-6397 www.hastingstribune.com

Deadlines for Classified Line Ads: We Accept cash, check or money order

MEMORY	SHOWS	HAPPY ADS	GARAGE SALES NORTHWEST	GARAGE SALES SOUTHWEST	GARAGE SALES OUT OF TOWN	AUTOMOBILES
<p>MEMORY</p> <p>Death changes everything, time changes nothing, I still miss the sound of your voice, the wisdom in your advice. The stories of your presence. So no, time changes nothing, I miss you just as much today as I did the day you died. I just miss you.</p>	<p>SHOWS</p> <p>Girls Day Out Grill and Vendor Show</p> <p>Food, Shopping and Fun! C31 Hotel, Convention Center Hastings, NE Sunday, Sept. 22nd, 2019 11 a.m. - 4 p.m. Everyone is Welcome! "30+ Vendors" "Pizza Drawings?"</p>	<p>HAPPY ADS</p> <p>Happy Birthday wishes to Harold Dwyer</p> <p>He turns 95 on September 23, 2019. Birthday cards may be sent to: Harold Dwyer 1484 J Street Geneva, NE 68361</p>	<p>GARAGE SALES NORTHWEST</p> <p>2816 W. 8TH Friday, 27, Sat. 9-4. Moving Sale! Furniture, snowblower, tools, bicycles, benches, more.</p> <p>2319 W. 10TH Friday, 13-6, Saturday, 9-2. Downsizing, furniture, bar stools, lawn mowers, toys, good & clean stuff.</p>	<p>GARAGE SALES SOUTHWEST</p> <p>HASTINGS ANHODE MALL</p> <p>920 S. Burlington Ave Hastings, NE 402-634-3620</p> <p>FLA MARKET Sept. 21st & 22nd 8-6 p.m.</p>	<p>GARAGE SALES OUT OF TOWN</p> <p>1365 WESTBROOK Sunday, Friday and Saturday, 10-7 Huge yard sale!</p>	<p>AUTOMOBILES</p> <p>BRIMBLE'S AUTO SALES</p> <p>Check our new website www.brimblesauto.com</p>

Do You Want To Make More Money? Then Call Us!

AT YOUR SERVICE ADS can help you advertise your business without a large investment! 16 words or less, everyday for one full month is only \$49.00

Tribune Classified Department 402-462-2131

Want ads



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RUN DAY	DEADLINE	RUN DAY	DEADLINE	RUN DAY	DEADLINE
Monday 3:00 p.m. Friday	Wednesday	12:00 p.m. Tuesday	Friday 12:00 a.m. Thursday
Tuesday 12:00 p.m. Monday	Thursday	12:00 p.m. Wednesday	Saturday 12:00 p.m. Friday

<p>IN MEMORY</p> <p>Death changes everything, time changes nothing, I still miss the sound of your voice, the wisdom in your advice. The stories of your presence. So no, time changes nothing, I miss you just as much today as I did the day you died. I just miss you.</p>	<p>FRUIT SHOWS</p> <p>Girls Day Out Grill and Vendor Show</p> <p>Food, Shopping and Fun! C31 Hotel, Convention Center Hastings, NE Sunday, Sept. 22nd, 2019 11 a.m. - 4 p.m. Everyone is Welcome! "30+ Vendors" "Pizza Drawings?"</p>	<p>HAPPY ADS</p> <p>Happy Birthday wishes to Harold Dwyer</p> <p>He turns 95 on September 23, 2019. Birthday cards may be sent to: Harold Dwyer 1484 J Street Geneva, NE 68361</p>	<p>GARAGE SALES NORTHWEST</p> <p>2816 W. 8TH Friday, 27, Sat. 9-4. Moving Sale! Furniture, snowblower, tools, bicycles, benches, more.</p> <p>2319 W. 10TH Friday, 13-6, Saturday, 9-2. Downsizing, furniture, bar stools, lawn mowers, toys, good & clean stuff.</p>	<p>GARAGE SALES SOUTHWEST</p> <p>HASTINGS ANHODE MALL</p> <p>920 S. Burlington Ave Hastings, NE 402-634-3620</p> <p>FLA MARKET Sept. 21st & 22nd 8-6 p.m.</p>	<p>GARAGE SALES OUT OF TOWN</p> <p>1365 WESTBROOK Sunday, Friday and Saturday, 10-7 Huge yard sale!</p>	<p>AUTOMOBILES</p> <p>BRIMBLE'S AUTO SALES</p> <p>Check our new website www.brimblesauto.com</p>
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5 Easy Ways to Place A Classified Ad

• Call 402-462-2131 (voice mail after office hours)

• Stop in: 908 W. 2nd (opposite in rear)

• Fax: 402-462-2156

• Mail: P.O. Box 788

E-mail: classified@hastingstribune.com

Call for confirmation

Our office is open Monday-Friday, 8:00 a.m. - 5:00 p.m. and we're always ready to help!

Fast, friendly service at affordable rates! So place your ad today!

Tribune

Do You Want To Make More Money? Then Call Us!

AT YOUR SERVICE ADS can help you advertise your business without a large investment! 16 words or less, everyday for one full month is only \$49.00

Tribune Classified Department 402-462-2131



TYPIST NEEDED

LEARN TO MAKE MOVIE SUBTITLES!!!!

- Do you want to make **subtitles** for your favorite **movies** and share them with other viewers??

to find out the easiest way contact us in telegram with this ID:

@me192abbas
(Melika Khalili)

- Someone fluent in **typing** and **editing** who can work part time and at least 3 hours a week.

the job is to type some class notes so every one can read and use.

With a high **pay grade!!!**

If you are interested let us know through this ID(telegram):

@neginfarajipoor
(negin faraji)

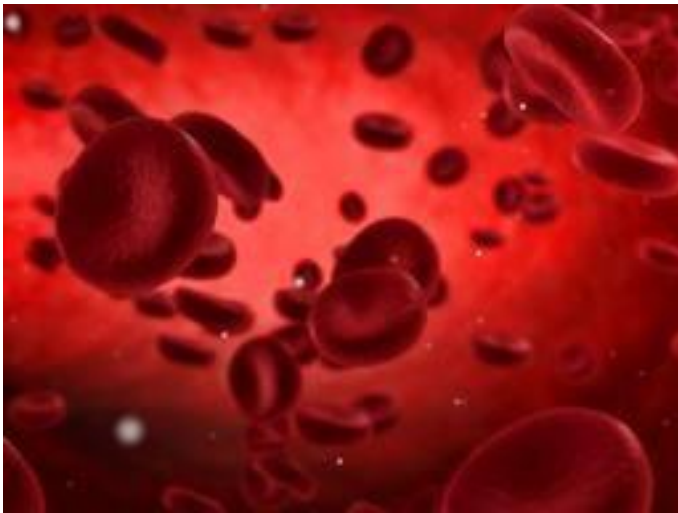
LET ME TELL YOU WHAT BOOK SUITS YOU

- Do you want to read books but do not have **time**? Do you have trouble choosing a **book**?

tell me, a **bookworm**, your schedule and your interests so I can find you your suitable book!!!!!!!

ID: @sorenarina
(Arina Damnabi)





Medical Section



CHOLESTEROL

Cholesterol is required for the production of steroids, sex hormones, bile acids, and cellular membranes.

Most of the cholesterol comes from the foods of animal origin. The liver metabolizes the cholesterol to its free form, and it is transported in the blood stream.

Cholesterol test is done to identify patients at risk for arteriosclerotic heart disease and evaluate the hyperlipidemia.



Nearly 75% of the cholesterol is bound to low-density lipoproteins (LDL-c) and 25% is bound to high-density lipoprotein (HDL-c).

A Basic Meditation for Beginners

1. Get comfortable and prepare to sit still for a few minutes.
2. Focus on your breath. Where do you feel your breath most? Try to keep your attention on your inhale and exhale.
3. Take a deep inhale, expanding your belly, and then exhale slowly, as your belly contracts.





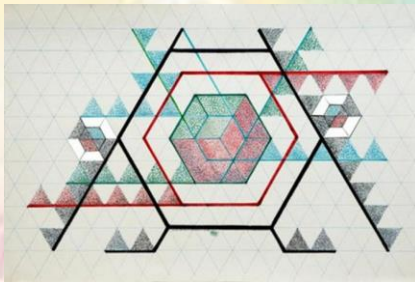
ART



Iranian artists

- **Monir Shahroudy Farmanfarmaian**

- Monir Shahroudy Farmanfarmaian (b. 1924, Qazvin, Iran) is a pioneering contemporary Iranian artist. Her practice merges traditional elements such as geometric patterns and cut-glass mosaic techniques with an aesthetic of Western Modernist abstraction.



- **Parviz Tanavoli**



- Born in 1937 in Tehran, Tanavoli is the most expensive living Iranian artist whose works have been auctioned in numerous international exhibitions. He is a painter and sculpture but is most famous for converting Iranian word for nothing, Heech, to beautiful 3-dimensional sculptures. He has always been fascinated with Iranian culture, history, and locksmithing.



“Healthy Foods”

Samin Akbari . Parinaz Ghasemi . Kiana Sherafati

Purpose:

to introduce a few of delicious and healthy foods and to teach you how to cook them

Result: We don't always have to go to a restaurant to have a tasty meal. Also, there are many unknown foods that most of us haven't even heard their names. We should read more about different kinds of food to eat more varied foods.

What we have done:

1. First we searched for some healthy foods and each of us chose one that she liked more.
2. We learned how to cook them.
3. We tried to find out how they affect our health.



Baqla Qatogh

a delicious food from the north of Iran



Pizza Muffins

a nice choice for breakfast



Tomato Soup

a nutrient soup from Azar Baijan (Iran)

“Karaoke Project”

**Fatemeh Tahmasbi . Asal validi . Faezeh Tahmasbi .
Parnian Zargar**

Ideology;

Based on most statistics, pop music has been the most favored genre among all ages for the past century. The need for these genres to be recognized is the sole ideology of this project.



Project's plan and demonstration;

After an interview, we figured that these listeners don't have a clue about the lyrics and the story behind it, which directed us towards mainly focusing on how to convey the singer's view to the listener and what's better than singing the song themselves?

Gifts;

Gifts were used as a motivational object. They consisted of polaroid pictures of the singers, pixels, etc.



Competition;

People could compete with their friends for special gifts which would make them more determined in paying attention to the pronunciation of the words and the lyrics of the song.



Music;

The music was mainly chosen based on members' interests.



Social Section



A Pandemic within a Pandemic

Domestic Violence during Covid-19

As Covid-19 cases surged, schools closed and many workers were laid off or told to work from home. Stay-at-home orders, intended to protect the public, have caused a concerning increase in domestic violence.

One in 4 women and one in 10 men experience domestic violence and it can take various forms: it can be physical, emotional, sexual, or psychological.

- The pandemic has affected economic independence by causing increased job loss. Also, many shelters and hotels are closed, which creates challenges for people who need alternative housing arrangements.
- Closures of schools and childcare facilities has caused stress of child care and children's education and led to a rise in child abuse. Teachers, child care providers, and clinicians, also have fewer opportunities to recognize and report signs of abuse.
- Unfortunately, most people who experience domestic violence don't seek help. Even medical professionals' opportunity to identify these patients in health care settings has often been absent in the Covid-19 era.

Finally, both governments and people should consider social determinants of health more. Privilege, finances, and access to resources all affect the impact of domestic violence. Clinicians can normalize screening using standardized questions and can offer information to all patients, regardless of whether they disclose this problem.



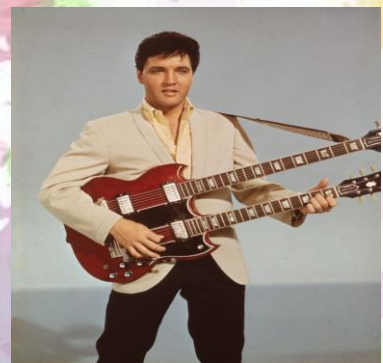
#YOUARENOTALONE

Celebrities and artists who were born in January

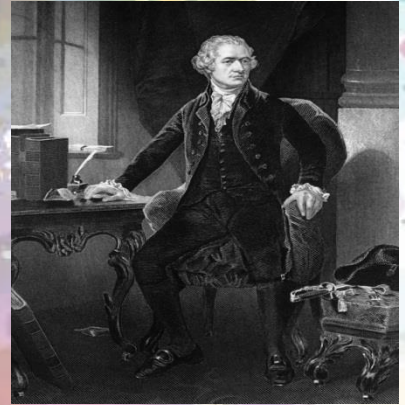
Robert Motherwell (January 24, 1915 – July 16, 1991) was an American abstract expressionist painter, printmaker, and editor. He was known for his series of abstract paintings and prints which touched on political, philosophical and literary themes.



ELVIS PRESLEY (JANUARY 8, 1935) before he became a worldwide superstar in the 1950s he was a shy teenager trying to find his place. At his senior prom in Memphis, he told his date he couldn't dance. He got over that shyness, and danced his way through two episodes of The Milton Berle Show in 1956 with moves that scandalized some viewers.



ALEXANDER HAMILTON (JANUARY 11, 1755) Alexander Hamilton was a Revolutionary War hero, wrote many of the Federalist Papers, founded the Bank of New York, created the federal banking system, became the first Secretary of the Treasury, and founded the U.S. Mint. He was famously shot and killed by Vice President Aaron Burr during a duel in 1804.



VIRGINIA WOOLF (JANUARY 25, 1882) The very quotable British author Virginia Woolf was educated at home with her sisters, and as a child created a newspaper to write about the antics of the eight children in her family. Later, she became involved in the Bloomsbury Group, through which she met her husband, essayist Leonard Woolf.





pictures



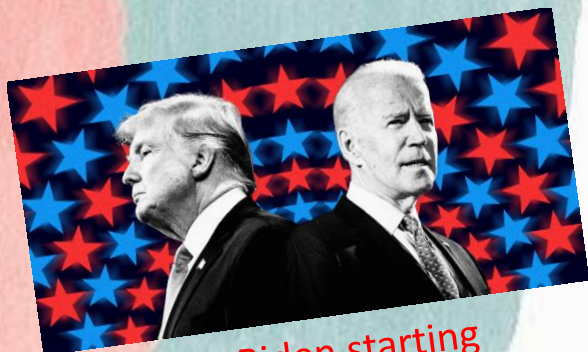
January photos highlights of the month



- Air pollution in tehran



- Rainy day in tehran



- Biden starting as president



- Recording online classes



- Karsanj online classes



- Hardworking nurses during corona pandemic





Our School's Champions



Kiana Sherafati became the first in national lifeguard competition and in regional 100m-chest crawl competition.



Anahita and Pantea Salmani hold the first rank in Tehran province at taekwondo.

Parnian Khoshgard won the first prize in the First New International Competition at karate.

Ghazal Sayadfar holds the first rank in Tehran province at kickboxing.



GLOBAL SPORTS NEWS



Iranian former soccer players, **Mehrdad Minavand** and **Ali Ansarian**, passed away from COVID-19 disease.



Rafael Nadal reached the great record of 1000 match wins.



Lionel Messi won the Ballon d'Or for a record sixth time.

NEWS

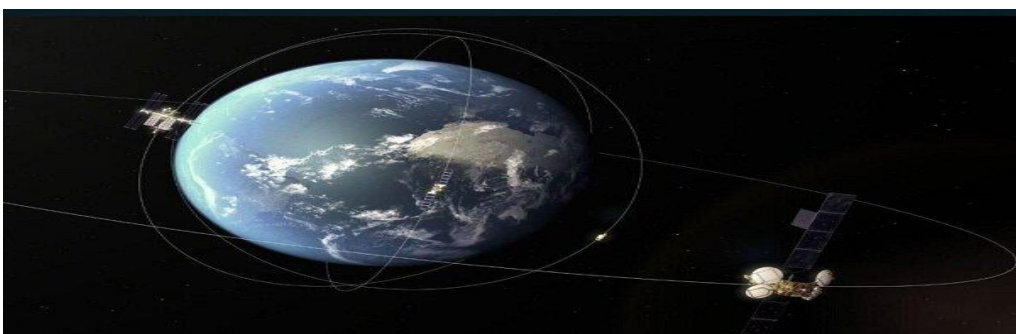
Iran: Housing prices rose 8.2 percent



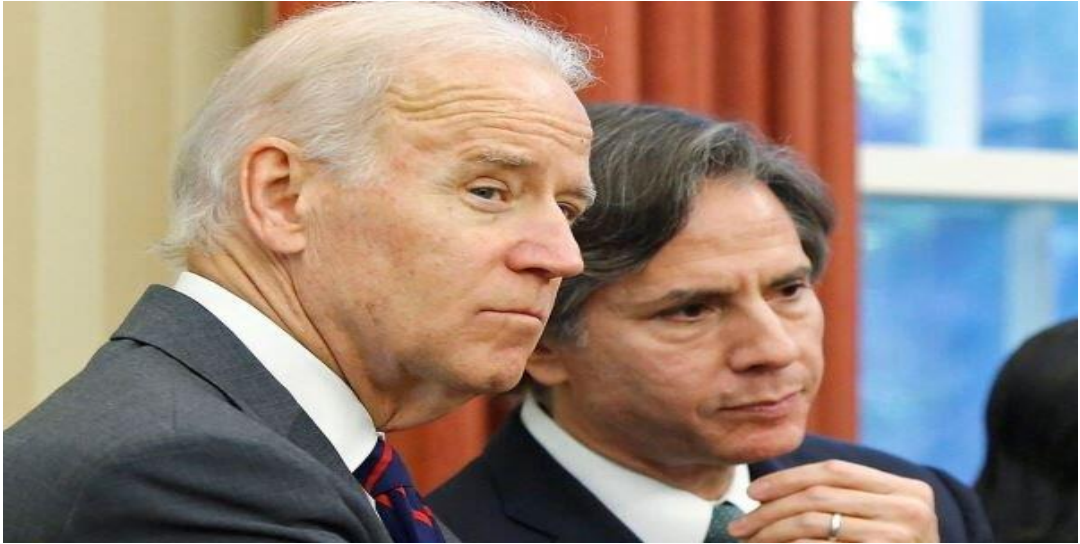
Iran: The sum of Iran's total economy was announced as 48.83 units



The second moon of the Earth will be out of orbit forever



Biden will unveil his foreign policy



Number of people with covid-19 in the world exceeded 103 million!

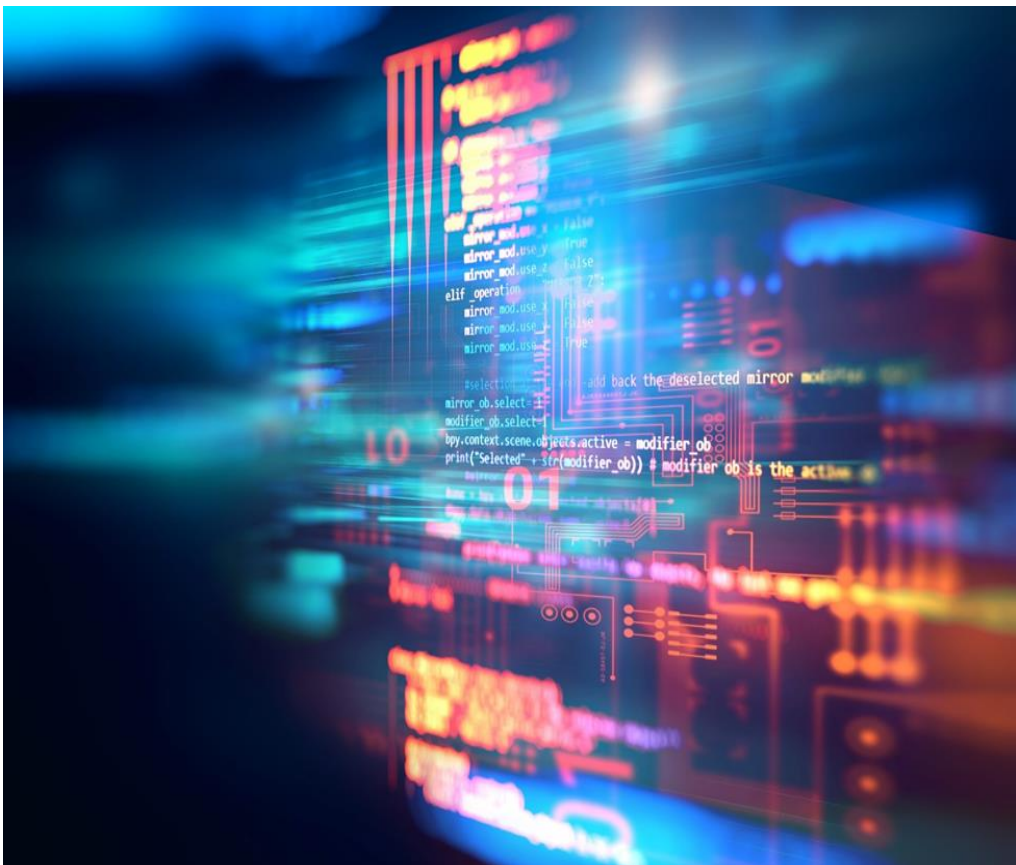


Attack on US logistics convoy in Iraq





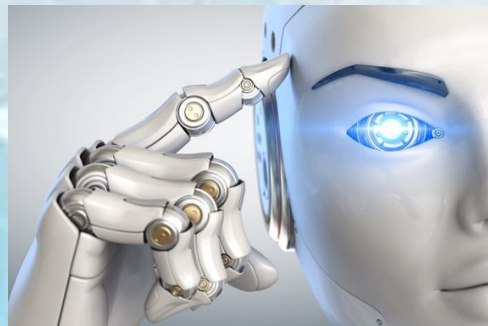
TECHNOLOGY



Latest Technology Trends of 2021

1. Artificial Intelligence

- Artificial intelligence (AI) is the technology used for equipping computer systems with the ability to make decisions like humans. Being one of the trending technologies, when AI programs are fed to systems, the aim is to mimic human intelligence for performing complex tasks such as pattern recognition, speech recognition, weather forecast and medical diagnosis.



2. Internet of Things



- The IoT (Internet of Things) is a network of devices that are connected to each other. Their devices can interact and share data with each other. IoT not only enables the connection between different devices but also their remote access. For example, you lock doors of your car remotely, preheat your ovens and geysers.

3. Virtual Reality

- VR is the technology by which you can immerse yourself in an environment that seems astonishingly realistic. It is the use of computer technology for creating a simulated environment.



QUARANTINE

HOW DO I SPEND MY TIME

Aylin Oliaie | April 2020

ME

It's been a long time since we didn't go to school, and we don't really hang out. Sounds like it's a real trouble... Never mind, let me talk a little bit about how I've been spending my days through this hard period of time.

First of all as an introvert one I'm the kind of person who doesn't very often goes out and mostly stays at home. But at least I need to go out once in a while and whether I like it or not I had to attend to school every day. Actually there was some advantages, I mean, who doesn't like the craziness during classes? I think no one. So I extremely miss everything related to the school, my friends, or even those students that I didn't know them at all, but I used to see them every single day. That's pretty sad.

– Although it's boring to be in a place for about two month and, It might take even longer than this time, who knows? It is somehow a new experience. I had more time to spend with my family and getting close to them more than before. What's more I was able to learn new stuffs, such as playing Ping pong, new dances, doing daily workout, learning Korean more than I used to have time for it, I had the chance to visit my friends by video call (and I got to say that it was almost 4a.m. but we had lots of fun and we also had an online birthday-call) and taking a look at my life and trying to fix some parts and habits. As we all know these are habits that build us in the long term; so it's important to make healthy habits.

– One of the things that it's really helpful is to seat in a place, open your notebook, and think. **THINK. THINK. THINK.** Think about present, about the future, think about your behavior, the way you're leading this life. Does it hurt or makes you feel good? If it hurts, then there's something wrong and needs to be fixed. We don't always have this amount of time to spend with ourselves. Then, make sure to make it alright. Nowadays human beings are too busy to take a look at their lives; instead they need to work, study, and etc. We've been overstressed all the time. So, bring a cup of tea, seat on a cozy sofa looking to the rain, hearing the voice of the rain, and feeling it. It might not be as cool as standing under the rain but... it's better than nothing, right?

BE PATIENT

In the other hand, I completely understand that it's really hard to stay calm (personally at end of first month it was so hard for me to stay cool and pretend I'm all okay with the quarantine and suddenly it drove me crazy). But it's okay to not be fine. At these situations keep in your mind that all this weird feelings that you are feeling is normal; there's nothing to worry about, just your brain haven't got used to it, that's it!

Try to set a time for yourself and away from every worries talk to yourself, and try to understand the childish “you” which is trying to escape all the time.

The whole world needs to be together. There's no place for war. Money, business, popularity, nothing can save you out of COVID-19. But simple things such as staying at home can save you, and people you love... Don't forget that doctors and nurses are working 24/7 during these days to just protect us. I'm so grateful of them since they are the real SUPERHEROs of this world.

Thank you for reading until here hope you enjoy it and I wish you the best.

Interview

Interviewee:

Ms. Hosseinmardi



Why did you choose this job?

I chose this job because of my interest and dependence on the school environment. I was so dependent on the school environment that at all times, with any circumstances, even starting a family and other worries, I could never distance myself from school, and according to my field of study, which is education, I entered the educational environment.

What are the advantages and disadvantages of working with children at this age?

I am currently working with high school students ranging in age from 15 to 18 years old. The age at which children undergo changes, including aggression and the sensitization and distraction of thoughts. And most importantly, they should be gradually prepared for exams, tests, entrance exams, etc. The difficulty with our work is that we have to guide students while they do not know what they want. But on the other hand the good sides of working with teenagers are countless. Including the motivation we get from their efforts, creativity and freshness. I am delighted with their excitement and vitality.



What are the pros and cons of your job?

pros:

Because I work in a cultural and educational environment, I can use learning experiences in this environment every day, which is very pleasant for me.

Cons:

My main job is related to office and executive affairs, so I am in contact with education systems, so I may be stressed to have high speed and accurate information entry in systems.

What skills are required for this job? (Communication and social, etc.)

The executive unit is the heart of a school because all the information is in this section so keeping all this information is the first skill. Enrollment is in the school's executive branch, so having good communication, etiquette and respect is a very important skill.



What is the secret of your success in this job?

If anything is going to go well and successfully, the person who does it must be well first. I feel good because of my interest in my work environment and because I feel good in this environment, I do my work with enthusiasm and interest.

What advice do you have for newcomers to do their job better?

Everyone who enters this work is an educational model for children, especially at this age, which is a very sensitive stage, so even a word or sentence may affect the fate of these children, so they should be very careful about their behavior and also have a lot of patience. They should be able to fully understand the sensitive situation of high school students.





ONLINE CLASSES

WHAT'S GOING ON BEHIND THAT WEBCAM!?

When the Corona virus spread all over the world, I was very happy, I wondered schools are going to be closed for a few months and we are going to have so much fun! But a few weeks later, the number of people being killed destroyed my happiness.

I was depressed! Until I found out that schools are going to be held online. This news even made me feel worse.

Online classes have their pros and cons. lots of weird and cool things happen and of course it raises questions in my mind. For example: What is going on in the teachers' house? Do all the children and teachers wake up an hour before the class starts Or are there some students who wake up exactly 1 minute before the start of the classes? And...

Understanding the answers of these questions is the coolest thing that can attract me to online classes.

Everything was interesting to me until one day one of the teachers told me to turn on my webcam. My hands were frozen from the stress. Due to the stress of not looking so

bad, I checked myself in the camera twice. I connected my webcam with stress, but I was shocked that nothing looked like what I just saw on my laptop camera a few minutes before! In that moment words began to spin in my mind... why don't they just tell me to turn off my webcam ?I was so nervous But I still had to look at the teacher with a calm smile in which she can't understand what was happening in my head! finally she told me to cut off my webcam and I got relieved. I quickly texted one of my friends and asked her how bad I looked? She said I looked good so I guess my gentle smile worked and no one was aware of what was going on in my head in that moment.

everyone has their own separate world behind their webcam. It's interesting that behind the webcam you can have breakfast or lunch. Or, you can chat with your friends. Or even saw movies and series.

Something very strange happens behind my webcam everyday and these strange things separates the world behind my webcam from the others.

A year ago when we all came to school, it was as if the world behind our webcams were similar, and we were all in the same place and situation. But now everyone has their own world behind their webcam and that's very amazing. so what's going on behind your webcam?





Samin Akbari

Parinaz Ghasemi

Kiana Sherafati

Class 111

Farzanegan 7