

# THE ARTIFACT

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**THE MOST INTERESTING FACTS ABOUT  
SNOWY SEASON**

**CHECK – LIST NEW YEAR RESOLUTIONS**

**WE ALL WANTED TO SEE A MIRACLE...**

**HOW TO SURVIVE FREEZING TO DEATH**



**NEW YEAR TOYS, CANDLES, CRACKERS**

**LIFE WITH A CLEAN SLATE,  
OR DETAILED INSTRUCTIONS  
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**SUCCESSFUL NEW YEAR FOR A STUDENT**



# CHRISTMAS EDITION



Dear reader,  
Our team wishes each of you a  
happy New Year and Merry  
Christmas!

Let 2023 bring you only bright  
discoveries, interesting ideas and  
pleasant sensations!



# THE MOST INTERESTING FACTS ABOUT SNOWY SEASON



Winter is a favourite time of year for many people. It is a time of blinding drifts of snow, snowmen, snowballs, sledging and many other activities that one would only dream of in summer. But this coldest time of the year also hides a lot of secrets and things that not everyone has heard about. We have compiled into one list the most interesting facts about winter.

1. There are more than seven billion people on Earth and more than half of them have never seen snow with their own eyes.
2. Today, the snowman and the snow woman are an entertainment for children, but a few centuries ago, they were made with one sole purpose - to placate the winter, so it would not be so stormy and prickly.
3. If here winter is in December, January and February, in the southern hemisphere it is vice versa. There the calendar winter comes when ours is a hot summer. This is true in Australia, New Zealand, Africa and South America.
4. Have you ever wondered why snow sticks together at one time and is loose at another? It's all about temperature. If the temperature is above 0 degrees, then the snow will be sticky and wet (ideal for making a snowman and playing snowballs). If the temperature is below 0 degrees Celsius, the snow will remain crumbly.
5. Every winter, more than a septillion snowflakes fall to the ground. In other words, that's 1,000,000,000,000,000,000,000 snowflakes. That's a lot indeed.

6. With the onset of winter, many people have an increased appetite. The reason is that the body needs more energy to maintain body temperature during the cold season. This is why many people are overweight during the winter.

7. Snow can be yellow, orange, green and purple.

We think of snow as white, but technically it is completely colourless. Despite this fact, small particles of dust or algae can create different colours of the rainbow, including yellow, orange, green and even purple.



**That concludes, dear reader, I wish you all the best for 2023! May all your dreams come true!**

By Samigullina S.

# CHECK – LIST NEW YEAR RESOLUTIONS

## New year - new you!

And with 2023 coming up fast, you're probably busy planning your New Year's Eve decorations and meaningful toasts to make them at the festive meal.

But after the New Year's Eve party comes New Year's Day and, with it, a time to ponder New Year resolution ideas.



### 1. Practice mindfulness

Anxiety can nag at anyone during any season, in all parts of life — and it can be easy to let the idea of the future or past experiences inform your reality of the present.

Practicing mindfulness means doing everything you can to be grateful for what you have at the moment, where you are in life, and what you are right now.



### 2. Create a cleaning schedule you'll stick to.

Keeping your home tidy without doing what feels like a deep clean every week can feel like a big task.

You may not clean some places, but it is also true that you can overdo it when cleaning.



### 3. Commit to a healthier sleep routine

So many issues can be traced back to a poor night's sleep. And yet, there is so much more that we can aim to improve beyond a reasonable bedtime.



### 4. Move more, sit less

We're all guilty of sitting too much between desk jobs, long commutes, and stay-at-home orders. And you can compare this habit with smoking.

So, make it a goal to start taking daily walks, going for bike rides, or even running.

Just something to get you up and move a little more often.



### 5. Live simply, consume less

You don't have to go whole hog with a minimalist lifestyle, but try being a little more conscious of your spending decisions. You'll end up saving money and decreasing junk clutter in your life.

Win-win!



### 6. Ditch one bad habit

It could be nail-biting, smoking, eating out of boredom, etc. Just pick one bad habit that's dragging you down and work on eliminating it from your life.



### 7. Get in touch with your creative side

Paint, draw, read, dance – do things that inspire you!

Get back in touch with your creative side in the upcoming year.



### 8. Organize your phone: get rid of underutilized subscriptions and delete unused apps

You might as well take a look at your subscriptions. Evaluate which ones you get the most use out of and which ones can go on the block.

Getting rid of unused apps will probably help your phone run a little smoother.



### 9. Drink plenty of water

This may be one of the most common New Year's resolution ideas... But, that doesn't make it a bad one!

We could all use a little more water in our daily lives.



### 10. Stop being late

This is a great New Year's resolution to have.

Being on time is a mark of a true professional, a dependable friend a caring partner.

By Shaverskaya D.

# WE ALL WANTED TO SEE A MIRACLE...

We all wanted to see a miracle and touch it. Maybe someone followed the example of Krosh and Ёжик from Kikoriki, who came up with a complex system for catching this mysterious Grandfather.

Maybe someone just didn't sleep all the New Year's Eve to catch him unawares.



## Now we will look at the main steps in catching everyone's beloved Dedushka Moroz'.

1) First of all, everyone (!) should get acquainted with this video file without fail, because after all, Krosh managed to catch Dedushka, although not quite the right one.

<https://youtu.be/M4a5U9Aieac>

2) Put sweets under the Christmas Tree! It's no secret that Dedushka loves sweets, so he obviously won't give up delicious goodies. If you're lucky, you'll wake up from the shock of wrappers and crunching cookies, if not, then at least you'll see the same wrappers in the morning under the Christmas tree in the company of gifts. (Attention! There is a myth on the web that DM loves honey. One wonders how he will eat it without a spoon, and even with it, taking off and putting on the mittens again will steal his precious time)

3) Tie little bells to the Christmas Tree. Dedushka Moroz wears mittens, it's not very convenient for him to get under the thick spruce branches, and then they ring to the boot! We hope that the sound of the bells will wake you up without waking everyone around.

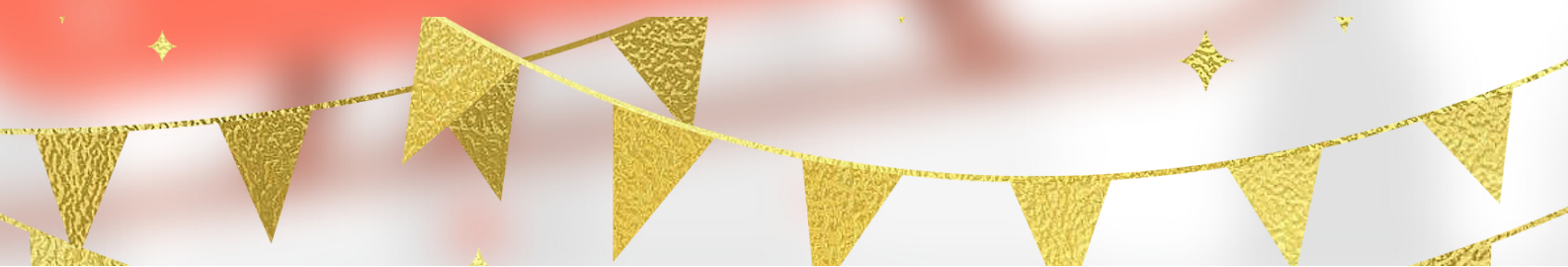
4) Sincerely believe in magic and the existence of the fabulous Dedushka. After all, magic is impossible without faith.

5) Please, do not use ropes.

**Considering all this, we realize that on the New Year's Eve you need to sleep sensitively to hear any rustle. But, friends, it's best not to interfere with Santa Claus, because he has a lot of work on this fabulous night and depriving millions of people of magic is not good!**

## Happy New Year, friends!

By Khusainova E.



# HOW TO SURVIVE FREEZING TO DEATH



Cold weather is probably one of the toughest outdoors challenges. Whether you're just camping for a limited period of time or trying to survive out there for months, extreme cold weather is often what stands between you and uninterrupted functionality. How can you survive freezing to death?

**1) Attitude.** So apparently this is the most important aspect of staying alive and I think you can only really practice it in actual life-or-death situations but you need to hold on to and really focus on your will to live. You need to think about your friends and family, a nice warm fire and even a burger. But it is an valuable thing to remember: if you're with someone, you need to help encourage them to also want to stay alive.



**This is the order of things you need to do to stay alive and kicking:**

**2) Shelter.** A couple quick tips:

- a) look for an area that's not too windy so you won't be picking up a lot of breeze
- b) don't be near anything that's too steep of a slope because there's a risk of an avalanche
- c) take a look around and find some dead trees that you can use as firewood
- d) find an open field that you can create a signal fire for help.

The easiest shelter to make at the beginning is a horseshoe shape at least the length of your body so you could lie down in it. You're gonna dig until you see the ground because your body heat is eventually going to melt the snow beneath you and you don't want the shelter that you've made to cave in on itself.

**3) Fire.** Warmth will obviously be essential. Before ever heading out into the winter woods you should always bring with you waterproof matches or a lighter. Dig to the ground again and build the fire on it - not on the snow because it will melt the snow and go out. If it's too windy you can build a wall of snow to help break a lot of the wind so that you can actually build your fire more easily. If you find rocks, don't put them around your fire because those wet rocks have moisture and the heat can actually make them explode and the steam coming off.

**4) Water.** But never eat freshly fallen snow. It might seem tempting because essentially there's water everywhere but do not do it. It's so much energy on your body it will dehydrate you and it is extremely dangerous you need to melt the water before consuming it. One important fact is that thirst is not the only indicator that you should be drinking water. If you get the chance to drink, do it. Because things like dehydration and hypothermia can actually make you feel like you're not thirsty so if you have access to water drink it now.

**5) Food.** You can survive without food for several weeks but you're obviously gonna need it for energy to build things. Look for where birds are packing into trees because you might be able to find bugs that you can eat or boil. No matter how it sounds, but in order to survive, you will need to hunt animals. Trying to survive never cook meat or animal in any other way but boiling it. This is how you'll conserve the most calories for yourself.

By Rashitova I.



# NEW YEAR TOYS, CANDLES, CRACKERS

Now you can buy New Year toys for all tastes and colors in a store. But they will never replace the toys made by hand, which are much more valuable than the ready-made decorations. We put our soul and imagination in the home-made toys, and create unique things.

So, let's look at some ideas for the New Year toys that everyone can make. The material for making can always be found at hand.

## WHAT YOU CAN MAKE...

- **From ribbon and beads**

Literally, it takes five minutes to make a cute toy New Year tree to decorate both the New Year tree and the interior.

**You will need:**

- beads;
- a narrow ribbon;
- cardboard in yellow, gold or silver;
- glue;
- a needle and thread.

The ribbon is folded in an accordion and strung on a thread, after each loop of the ribbon you string a bead. The more "tiers", the smaller they are - you see, we are already starting to get a New Year tree. When the ribbon ends, you have to tie a thread knot, and from the cardboard cut a small star. Next, you glue your New Year tree to the star, and on top make a loop, so the decoration is easy to hang. Your tree is ready!



- **From a light bulb**

Even a burned-out light bulb can become a New Year toy. It would be the perfect material for creativity, because in the first place you are not sorry to throw it away and you can experiment.

**Materials:**

- a used light bulb;
- Acrylic paints;
- Brushes;
- Decor - ribbons, cords;
- Thermal glue.

First you have to clean the surface of the light bulb of dirt. This can be done with a cotton pad.

Then it's up to your imagination. You can paint the bulb in any style. You can also use different decor elements to make your toy bright and original.



# WHAT YOU CAN MAKE...



- **From macaroni**

Any household has pasta, which can also be used to make unusual New Year decorations. You can use pasta of any shape, and then paint it and sprinkle with glitter.

- **From paper**

Volumetric snowflake in the technique of quilling.

**For work, take the following materials:**

- white strips of paper;
- a tube of PVA glue;
- a thin stick;
- a sheet of cardboard;

Twist blanks from white strips by using a thin wooden stick. From the spirals form the elements of the "eye" (also called "leaf"). To do this, slightly flatten the round workpiece with your fingers, making corners on opposite edges.

Lay out the elements on the cardboard in a circle, and place one small spiral in the center. Apply glue to the side of the elements, at the junction with other blanks. It turns out a flower.

Then take the remaining elements and glue them between the parts. Then you have to attach the thread and form a loop.

Your snowflake is ready!



**Now you can decorate your New Year tree with unusual decorations that you have made with love!**

**Happy New Year! Let it be as bright as these New Year's toys!**

By Nikolaeva Ks.



# LIFE WITH A CLEAN SLATE, OR DETAILED INSTRUCTIONS ON HOW TO MAKE A WINTER EVENING COZIER

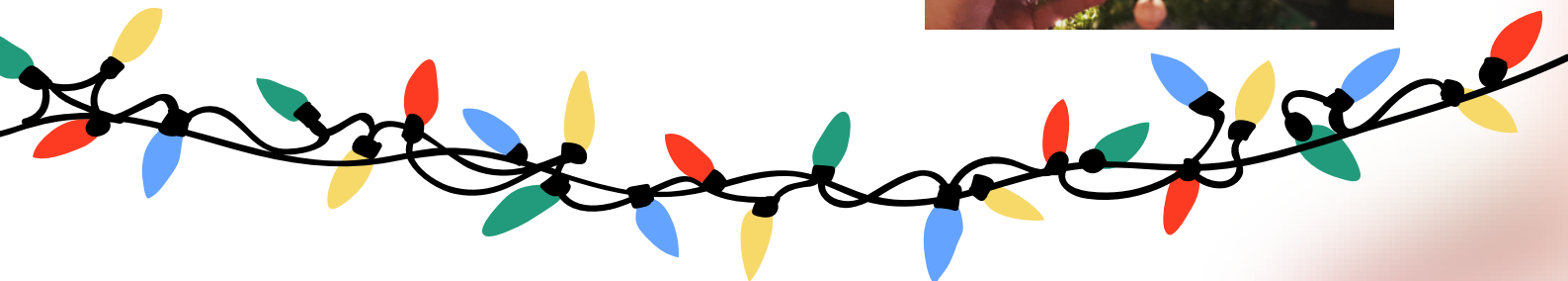
It snows outside, hot tea in a mug, lights of garlands are dancing on the Christmas tree, Wham!'s Last Christmas plays and you feel cozy. It seems like the idyll of a winter evening, but it isn't. There is only one detail missing – “the” book with rustling paper pages and an exciting story. In case the goal "to read more" appears in your list of plans from year to year, it's time to start right now!

## LOVE WARMS THE HEARTS

### Josie Silver *One Day in December*

“Sometimes you just meet the right person at the wrong time.”

Do you believe in love at first sight? Lori didn't believe it until one day she met a young man at a bus stop. Friendship, heartbreak, missed opportunities, roads not taken, and destinies reconsidered fit into one glance that changed a lot in her fate.



### John Green, Maureen Johnson, Lauren Myracle «*Let It Snow*»

“Christmas is never over, unless you want it to be... Christmas is a state of mind.”

A snowstorm sounds rather unromantic, but it launched a chain of events that will make the Christmas of the residents of Gracetown unforgettable. Someone will find love, someone will understand the value of friendship, and someone will find an escaped mini pig.

**P.S. There is a film based on this book**



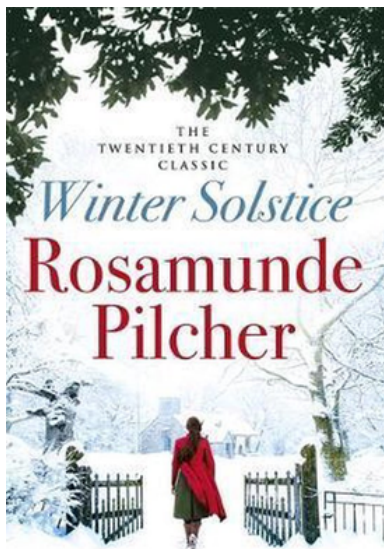
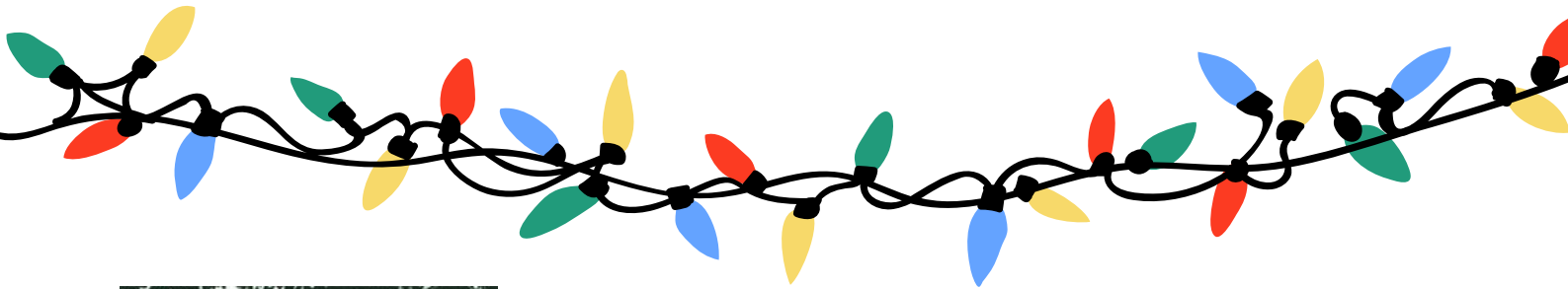


## **BELIEVE IN A MIRACLE**

**J.K. Rowling, *The Christmas Pig***

“Losing is part of living. But some of us live even though we're lost. That's what love does.”

A seven years old boy Jack has a best friend - a toy Dur Pig, who got lost on Christmas Eve. But Jack's new toy, the Christmas Pig, has a plan to save his friend from the clutches of a terrible monster.



**Rosamunde Pilcher *Winter Solstice***

“Life is so extraordinary. Wonderful surprises are just around the most unexpected corners.”

On Christmas Eve, five strangers met in an old house in a small town in the north of Scotland. This encounter will be fateful and change their lives forever. Read all the details in the novel!

## **TICKLE THE NERVES AND RACK BRAIN**

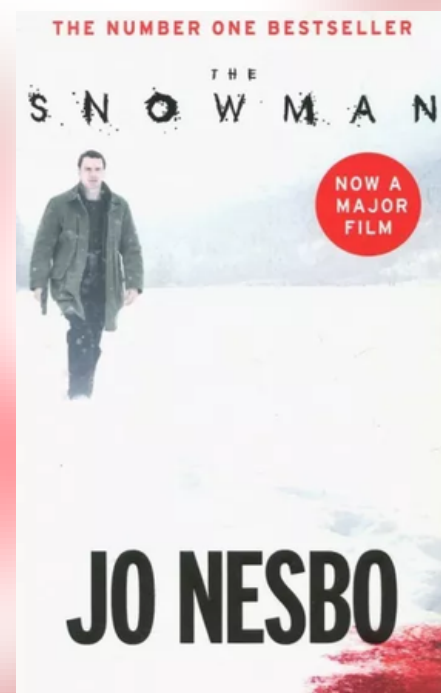
**Yu Nesbe «Snowman»**

“Sometimes you don't know what you're looking for until you find it. It's a methodology.”

Truly there is something magical in the first snow. For years in Norway, on the day when the first snow falls, married women disappear without a trace.

This time Harry Hole faces a serial killer in his native land, and gradually their confrontation becomes personal. The criminal, nicknamed the Snowman, seems to be teasing the chief inspector and step by step getting closer to his loved ones.

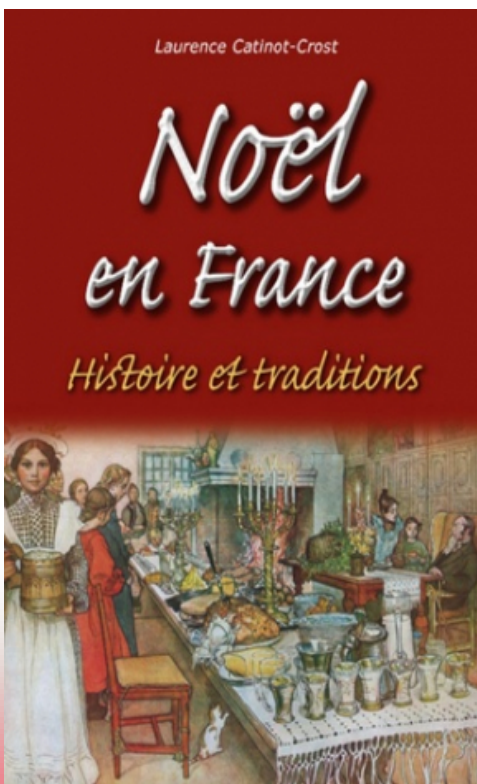
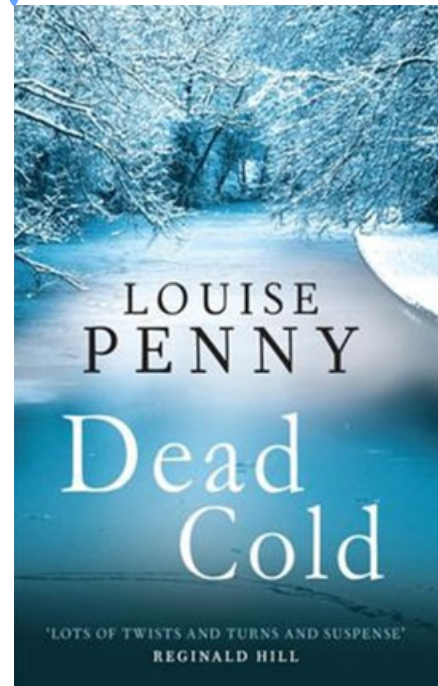
A detective story about mysterious murders committed during the first snowfall.



### Louise Penny «Dead cold»

“When someone stabs you it's not your fault that you feel pain.”

An incredible murder is occurred in the village «Three Pines». Death overtook Cecilia de Poitiers on the snow-covered surface of a frozen lake, where she and other fans watched a curling match, and the murder weapon was a metal chair connected to a current source. Someone carefully thought out and planned the murder, leaving the victim no chance. Chief Inspector Armand Gamache of the Quebec Police does not often have to deal with such a sophisticated and violent criminal. But what did this woman deserve such a terrible death?



### CHRISTMAS IN FRANCE

#### Laurence Catinon-Crost «Noël En France - Histoire Et Traditions»

If you want to learn more about French Christmas traditions - this book became your leader in this interesting world.

Before the beginning of the twentieth century, in a country still predominantly rural, there were as many ways to celebrate Christmas as in France in different regions?! If St. Nicholas gives gifts to Alsatian children, then in the Basque Country the coal miner Olencero is responsible for this. In Provence, the log is watered with wine, while in Poitou it is sprinkled with salt. But in any case, it will burn in the furnace for several days.

Christmas in France is rich in traditions, rich in flowers, rich in aromas... Thanks to the painstaking research work of Lawrence Katino-Krost, the Christmas party will no longer have secrets for you!

**P.S. More books can be found in The Artifact VKontakte by #readlire@artifacts**

By Pilipenko A. and Shirokova A.

# SUCCESSFUL NEW YEAR FOR A STUDENT



Ah, new year! Tangerines, New Year's films, an atmosphere of joy and anticipation of a miracle. Well, students, do you remember the last time the upcoming New Year felt like this for you?

Adult life has made its bitter adjustments to the barrel of our honey life. But wait, can't a student be happy on New Year's Eve? Let's see what he needs for this.

- Passing your exams with an excellent mark (someone is happy just to go through this period). Students of UUST BB, you may skip this paragraph. Our fun traditionally begins after the New Year holidays and vacations.
- All credits received. This point is quite feasible for those who during the semester at least breathed near the university building. The incomparable feeling of the debts paid and credits received, you will definitely like it, try it.
- Already the printed and defended term paper. Okay, okay, don't worry. Every dog has its day, and your supervisor will accept everything without corrections. Perhaps it will be in the next life, but it will certainly be!
- Tickets to go home purchased. It's of current interest to students who arrived at our alma mater by bus from another place. Viva the delicious homemade food, viva the mom-washed things, viva a carefree life for the next 2 weeks!
- The entire scholarship spent on gifts for relatives and loved ones. So what if you are without a penny, but how much happiness will bring to your best friend a meme mug with a spider saying "Papei novogodnego ...". For many of us, to give means to please, to make somebody's wishes come true and simply to be delighted with sincere emotions.
- The diplomas for the best snowflake of UUST BB that you received fairly. Yes, we are talking about PGAS (the full-ride academic scholarship). You don't know what it is and you have never participated in "The most beautiful Christmas tree toy" competition yet? My dear friend, you are missing a lot!
- A sumptuous lunch with groupmates in the canteen already dressed up for the new year. A big Christmas tree in the middle, the smell of pies, your groupmates who are unsuccessfully trying to learn French verses about owls ... Wait, or is this happiness only for the 5th year students?
- Christmas mood. Yes, dear reader, the older you get, the more effort you need to make to create it. However, if you couldn't tick all the boxes on our list, don't be discouraged! There is still a whole year of new opportunities ahead for you to complete this list!

Well, in conclusion, our dear readers, we would like to say one simple truth: in our world, where time flies so that it is sometimes even difficult to notice it, try to pay more attention to the bright and joyful that you have. To the get-togethers with friends, a warm atmosphere at double-period lessons, when the teacher starts telling something funny, to small successes and great achievements. We wish you good health, mountains of happiness and of course love in the new year 2023!

By Zinova Ya.





# **EDITORIALS**

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