

# HAKUNA MATATAWEEN!

EDITOR-IN-CHIEF , HEAD WRITER- ANASTASIA RUSNAK CREATOR - NIKA ZHUKOVA



## The Monthly Update - A message from your head writer

Welcome back to our newest newspaper. I am so excited for you to dive into this issue that is packed with the perfect amount of entertaining and educational content. I am delighted to welcome our young new minds- *Luka, Nika E, Alex, Timur and Kate*. We are so glad to have you on our team. This newspaper is a huge improvement from the last issue - bigger AND better. Have a pleasant read and be sure to let us know what you think of issue 5!

Sincerely,  
Your Head writer.

So, what happened in *October* so far?  
The answer is- so much.

- The autumn weather has finally reaches us- it has been raining in Moscow for weeks! See more about the weather in November on Page 2
- Our lucky students visited Nairobi, Kenya in... See page 4



Our school recipes  
Page 6

Music section on Page  
7

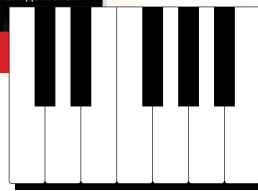
Hilarious and unusual  
Sports on Page

Book reviews on  
Page 10



**-Italian Cuisine day** in our school:  
OR Benvenuti a Italia!  
MCS welcomed October with a colourful and holiday-like National Cuisine Day. Finally, it was Italy. Our students learned a lot about the country and tasted all of the national delicacies- pasta, pizza, juices, hamon and gelato. Did you enjoy this event?

**-MCS MEETS DENIS MATSUEV:**  
Denis Matsuev was invited to the Chikovsky Conservatory to meet and talk to our students and perform his favourite piano pieces. His talent shocked all of the visitors - this pianist is very emotional when playing his instrument and makes sure he conveys the idea of the music he is playing passionately. Thank you Denis, for showing us how the piano should be layed!



## UPCOMING EVENTS

- NOV 2 - poetry recital
- OCT 31 - Halloween
- NOV 11 - School break



AND NOW..

# Weather

Nika Ezhkova

October, the last month to enjoy the warm weather. Even though that October was predicted to be warm. Unfortunately, it rained half of the month, which made rain lovers happy. Luckily, it didn't start snowing yet and you can still enjoy the **autumn vibes**. Remember that you can still drink coffee, while looking at the beautiful colors of trees and autumn.

Don't forget to dress up warmer and be prepared for the winter, enjoy October!

as for november:

TEMPREATURES ARE PROMISED TO NOT EXCEED +4 OR GO LOWER THAN -1, SO, LUCKY US!

Turn the page to see what fahion trends will help you look and feel great at the same time in this weather ---



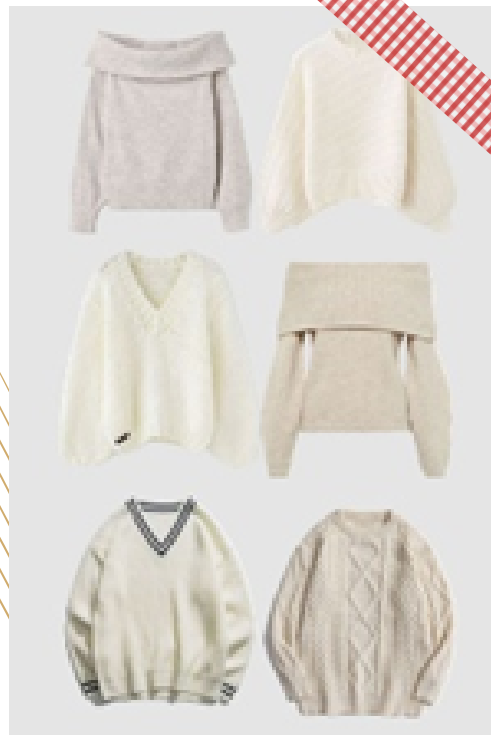
# FALL FASHION

Kate Vasilieva

• Sweaters are very popular this fall. Especially beige, white and gray colors. Also, off-shoulder sweaters are gaining popularity. The sweater can be any kind of knit fabric.

• Light blue jeans are fashionable this fall. They can have both low and high landing. Wide-leg jeans are super popular. This year it is best to wear pants in gray, black and of course white colors. They can also be wide towards the bottom

• Many people are wearing tight tops this fall. They are predominantly dark shades. Mostly long sleeved tops. And cool to combine with low-rise jeans.



~ In this photo you can see the combination of gray flared trousers and an off-shoulder sweater.

~ In this photo you can see a super cozy look. It is dominated by light blue low-rise jeans and a top with dropped shoulders.



**Conclusion:** This fall, basic things in basic colors are very popular. Light colors are in fashion. Things look super cozy and cute. All clothes are loose. For example, flared jeans, a sweater with shoulders off, etc.



# More on Africa!



Join us  
next  
trip

Many called it the **best trip** of their lives: it was full of memorable events that everyone who visited will remember forever - riding a massive Jeep in the Savannahs, seeing all of Africa's coolest wild animals (zebras, elephants, giraffes, hyenas, lions, leopards..), playing **Mafia** with cheeky players, swimming in the Indian Ocean, playing **Marco Polo** and meeting the local tribes and African families. This all made a great impression on the students! Make sure to join us next time :)



One of the most memorable things we saw in Africa were all the **wild animals**. We saw all of them! You name it- giraffes, hyenas, cheetahs, hippos, buffalos, ostriches, elephants.. These creatures even walked around our hotel during the day as well as night. Don't be afraid- all of them were very friendly, we even got to feed some)



Meeting the people was the coolest experience ever. They were welcoming, polite and surprisingly generous. On the image above you can see our team among the **Masai tribe** - one of Africa's biggest, most populated tribes. The tribesmen had a fun tradition - to jump along with their guests. The highest jumper is praised with applause!



## Surely,

None of us forgot to have **some fun**. Here are some photos of our thrilling activities- playing Marco Polo, riding the jeep in the Savannah, Playing some football with hotel staff, running around the beach and playing Mafia with intesely talented players!



An overall impression- Africa is such a huge continent with so much to see. With a small but lively team we saw Kenya's most exciting spots and had the times of our lives. **Hakuna matata and Kwaheri.**



# MCS school Food Menu

seva's fried pelmeni



Miss ahha's lasagna



Mr. Matt's salad



Mr. Daniell's carbohara



Nika Zhukova's apple pie



# OUR SCHOOL'S BEST RECIPES



## Mr. Daniel's creamy Carbonara

### Ingredients :

- Spaghetti 400 g
- Olive oil 6 tablespoons
- Garlic 2 cloves
- Ham 300 g
- Egg yolk 4 pieces
- Grated parmesan cheese 100 g
- Cream 10% 200 ml
- Salt
- Ground black pepper

1. Cook spaghetti for 7-10 minutes in boiling salted water and drain in a colander.
2. Heat the olive oil in a frying pan, add garlic until lightly brown.
3. Finely chop the ham or bacon, add to the garlic and fry for 5 minutes.
4. Grate Parmesan cheese on a fine grater. Beat the yolks with cream, add a little salt.
5. Place the spaghetti in a saucepan with the garlic and ham/bacon.
6. Add the beaten yolks and grated cheese, mix. Keep on fire for 3 minutes.
7. Sprinkle with ground pepper, garnish with herbs and serve
8. Enjoy this splendid dish with family and friends!

-Mr. Daniel, Russian Maths

HAVE  
A NICE  
MEAL

## Nika Zhukova's legendary Apple Pie

Preparation time: 45 mins

### Ingredients

- apples (3-4)
- sour cream 20%
- flour 6 tbsp. with a slide
- oil
- 3 eggs
- 7-8 tbsp. Sahara
- 1 tsp. baking powder



### Recipe

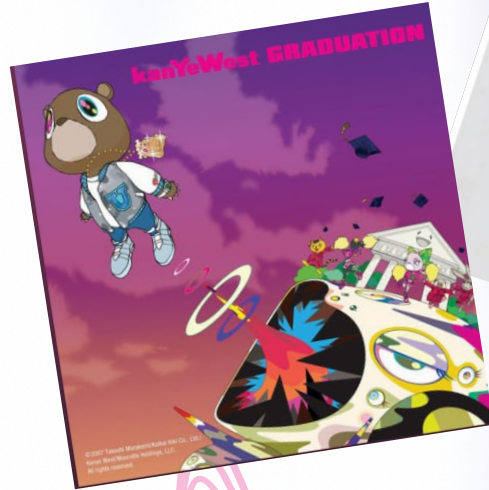
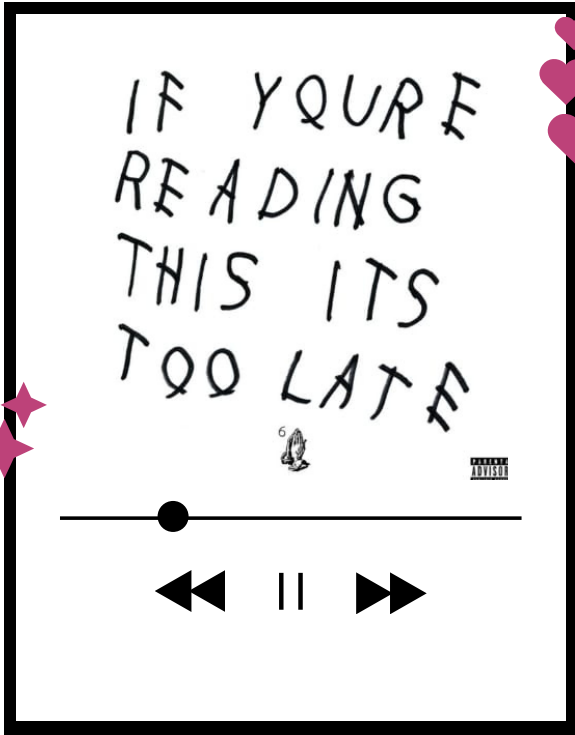


1. Peel the apples and cut into thin slices.
  2. Place the chopped apples in a greased pan.
  3. Beat 3 eggs with 7-8 tbsp. sugar, add 200 g sour cream 20%, beat again.
  4. Add 6 tbsp. with bitter flour, tsp. baking powder. Mix well. The dough should be thick and not runny. And so viscous. If it's still liquid, add a couple more tablespoons of flour.
- Pour the dough over the apples and shake the pan to distribute it. Place in the oven at 180 degrees for 30 minutes.



# MUSIC Section

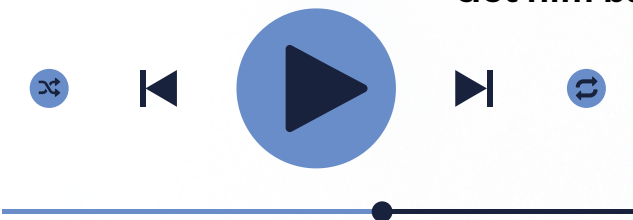
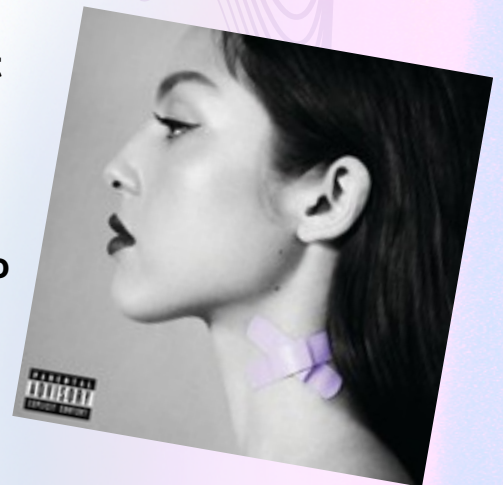
-Pavel, Peter and Gleb



*Billboard  
hot 100!*

- DELRESTO - Travis Scott, Beyonce
- Dead Man Walking - Brent Faiyaz
- First Person Shooter - Drake, J.Cole
- Off the grid - Kanye West
- Jungle - Drake
- Honest - Baby Keem
- Moon - Kanye West
- 4 Your Eyez Only - J. Cole
- Nights - Frank Ocean
- Flashing lights - Kanye West, Dwele
- Glock in my lap - 21 Savage
- Too many nights - Metro Boomin

- Snooze - SZA
- Fast Car - Luke Combs
- I Remember Everything - Zach Bryan
- Daylight- Drake
- Cruel Summer - Taylor Swift
- Fear Of Heights - Drake
- Paint The Town Red -Doja Cat
- Get him back - Olivia Rodrigo



# YOUR BODY

OLGA DUBIKOVSKAYA

## FUN FACTS

# HOW ABOUT MOVIES?

**UPCOMING MOVIE** “По Щучьему Веленью” is about a famous fairy tale created by the same people who made “Последний богатырь”. It is a **fantastic story** with humorous and touching on topics like family values, and attitude towards what's around you. If I were you, I would take family and friends and spend some great time watching something worthwhile.

NERVE IMPULSES TRAVEL AT OVER 400 KM/H

OUR EYES CAN DISTINGUISH UP TO TEN MILLION COLOUR SURFACES AND TAKE IN MORE INFORMATION THAN THE LARGEST TELESCOPE KNOWN TO MAN

WE GIVE BIRTH TO OVER 200 BILLION RED CELLS EVERYDAY

WE EXERCISE AT LEAST 36 MUSCLES WHEN WE SMILE

THE SURFACE AREA OF A HUMAN LUNG IS EQUAL TO THAT OF A TENNIS COURT

WHEN WE BLUSH, OUR STOMACH LINING ALSO REDDENS

BABIES START DREAMING EVEN BEFORE THEY ARE BORN

10% OF HUMAN DRY WEIGHT COMES FROM BACTERIA

YOUR EYEBALLS ARE THREE AND A HALF PERCENT SALT

OUR EYES NEVER GROW, AND OUR NOSE AND EARS NEVER STOP GROWING



**MOVIES TO WATCH AT HOME:** We all love to chill on the sofa in a cozy atmosphere watching movies. And as autumn is already in the midst and soon it will be Christmas, you will have to live through the scariest day in the whole year. Halloween is coming. Be prepared. You never know who your friend will be. You may start to get fit for the atmosphere by watching old horror movies, as young ones start with movies like “Coraline” or “The Nightmare before Christmas”. For older ones “nightmare on elm street” or “Halloween” or “Friday the 13th”. All these movies are tense and will make you believe in “Magic of Halloween.”



# PREPPY STYLE

BY NIKAZHUKOVA

**PREPPY STYLE IS A KIND OF SCHOOL STYLE, BUT NOW IT IS VERY POPULAR, SO EVEN 20-40 YEARS OLD WOMEN, WHO DON'T GO TO SCHOOL, WEAR THIS STYLE.**

**A MAN'S PREPPY STYLE IS USUALLY CALLED 'OLD MONEY' STYLE, NOW IT IS ALSO POPULAR BETWEEN YOUNG MEN. JUST LIKE IN WOMEN'S PREPPY STYLE, IN MEN'S CLOTHES ARE USUALLY FORMAL AND CLASSY, MEN OFTEN USE SMART SHIRTS TO ADD TO THE 'OLD MONEY' ASPECT.**

**PREPPY STYLE CAN BE DIFFERENT. IT CAN BE BOTH MINIMALISTIC AND ELEGANT.**

# A4 BOX

THE  
CONSPIRACY  
  
DIMA  
CHISTYAKOV



Not so long ago me and my partner(whose name I wont mention for the means of privacy) has visited quite an unknown place, underground even, called “*Burger King*”. While we were there we decided that today we wanted to experiment and find out how true art tastes like, and wouldn’t you know it, it was there.

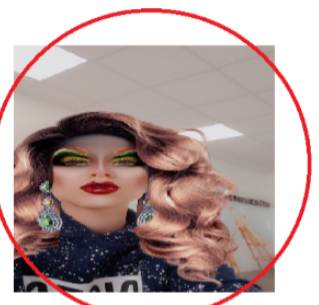
**THE** offer that we wanted and needed right there and then. A4 box.

We got our order. That was a mistake. As we started to open it we sensed something. A smell that permeated the air with sweetness and the stench of 24 hours challenge. Thats when I realized what pandoras box we’ve just opened up. The burger tasted fine(speaking from my partner: he ate it all, fatty). But the fries, the fries were evil. The smallest crumble of them fries made the danger impend upon us, we were obviously scared. The danger came in a form of Pasha: he had the demon eyes.

Later, our independent team of Mcs researchers examined those fries and something came up. Something malicious and *pashaeous*.



This is the face of MCS enemy numba 1.  
Find this man and contact this number  
**+7777 1337666**



turn for the  
continuation of story  
about space..



# К.О.Н.С.И



## 4 ЧАСТЬ

... - Ты же знаешь, что мой отец Олег Ванечкин. К сожалению, его личность нелегального агента раскрыли, - он вздохнул, - но несмотря на это за свою молодость он сделал много вещей. О том, что он агент знал только начальник. А начальник, да и отец тоже, знали планы врага. Так вот, еще в 90-ых враг планировал начать новую холодную войну, подобную 50-ым, но только в этот раз используя не атомную бомбу, а метеориты.

-Каким образом? – конечно же я знала, то есть предполагала ответ, но мне очень нравилось сейчас, тут в безопасности просто слушать историю.

-Так как у них на то время конечно же был собственный спутник на орбите, они могли захватить пролетающий мимо метеорит и отправить его на другой маршрут. – Пауза. - Конечно угрозу предотвратили, но, как говорится «Плохого человека, даже деньги не изменят.»

- Вот это да!

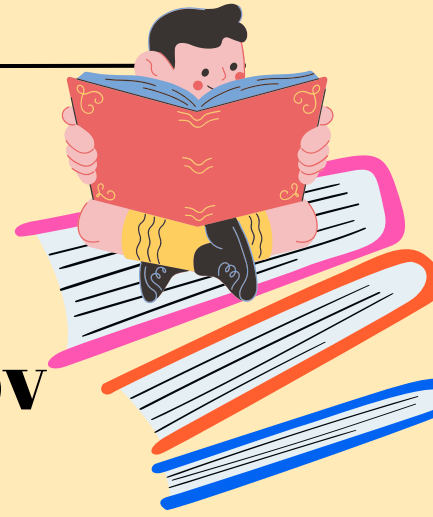
- Ну а в завершении. Мой отец был работником правительства, поэтому я до сих пор приближен к государственной деятельности. И все сотрудники там предполагают, что это и есть воплощение этого плана. – На момент конца я в буквальном смысле отключилась, хоть и было очень интересно.



# BOOK REVIEWS

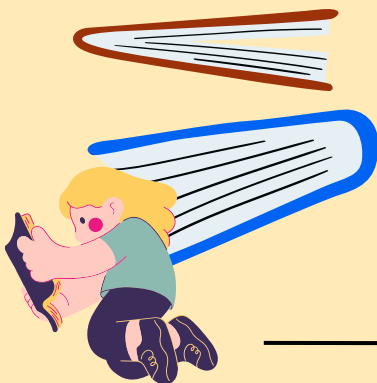
**Luka  
Lashmanov**

*"The Bell Jar"*



"The Bell Jar" is a semi-autobiographical novel written by Sylvia Plath. Details the story of Esther Greenwood, a young student who struggles with issues of identity and existential crisis. The novel explores themes of societal expectations, gender roles, and the pressures of conformity. Esther's journey takes us through her experiences as an editor at a fashion magazine in New York City, her deteriorating mental state, and her eventual breakdown. Plath's vivid writing style allows readers to delve into Esther's mind and witness her descent into depression and madness. "The Bell Jar" is a poignant and thought-provoking exploration of the human psyche and the challenges faced by women in a patriarchal society.

"I saw my life branching out before me like the green fig tree in the story, from the tip of every branch, a wonderful future beckoned and winked. One fig was a happy home and children, and another fig was a famous poet and another fig was a brilliant professor, and another fig was an olympic lady crew champion, and beyond and above these figs were many more I couldn't quite make out. I couldn't make up my mind which of the figs I would choose. I wanted each and every one of them, but choosing one meant losing the rest, and, as I set there, unable to decide, the figs began to wrinkle and go black, and one by one, they plopped to the ground at my feet"



BY ANASTASIA RUSNAK AND NIKA ZHUKOVA

READ  
**MORE**  
WITH MCS

# ШКОЛА ШПИОНОВ

Стюарт Гиббс



## ПРО КНИГУ

-Эта история о том, какими двуличными могут быть люди, и только различные ситуации в жизни покажут, кому можно доверять, а кому не стоит.

Сама книга о мальчике по имени Бен, который мечтает попасть в «школу шпионов» и стать агентом.



автор



В один прекрасный день он приходит домой из школы и видит незнакомого человека на диване. Они знакомятся и оказывается, что это агент из «школы шпионов», и он предлагает ему пойти в эту школу, ведь у Бена невообразимые возможности к математике.

Но оказывается, что в школу его берут совсем не из-за того что он математический гений...



# ALEX + TIMUR SPORTS

Sports are typically associated with serious competition, fierce rivalries, and adrenaline-pumping action. However, there's a corner of the sporting world that thrives on the offbeat, the absurd, and the downright hilarious. From pumpkin regattas to swamp diving, these sports redefine the boundaries of fun and laughter. Let's dive into this extraordinary world of amusing athleticism, where the only thing taken seriously is having a good laugh!

- 1) **Pumpkin Regatta:** Who needs sleek boats when you have giant pumpkins? Witnessing determined participants paddling furiously in oversized, buoyant pumpkins is a sight that could turn even the grumpiest of faces into a smile. Just imagine the horror of a pumpkin taking on water mid-race!
  - 2) **Underwater Hockey:** Imagine playing hockey at the bottom of a pool with snorkels and flippers. It's like witnessing a synchronized swimmer's nightmare gone wrong, but with sticks and a puck!
  - 3) **Extreme Ironing:** If you thought ironing was a mundane chore, think again! From the top of a mountain to the middle of a river, this sport takes ironing to exhilarating new heights (quite literally)!
  - 4) **Chess Boxing:** A marriage of brains and brawn, where pawns and punches go hand in hand. Checkmate your opponent in the ring and on the board - a sport for the ultimate multitaskers!
  - 5) **Cheese Rolling:** A sport that involves chasing a wheel of cheese down a hill might sound ludicrous, but the sight of participants tumbling after a runaway wheel of cheddar is pure comic gold!
  - 6) **Swamp Diving:** Plunging into murky, mucky swamps might sound like the last thing on anyone's to-do list, but for these daring athletes, it's an exhilarating sport. From unexpected encounters with slimy creatures to the challenge of emerging unscathed, it's a muddy adventure like no other. Swamp monsters not included!
- In a world of intense competition and high-stakes athletics, these quirky sports provide a breath of fresh, laughter-inducing air. So, the next time you feel the weight of the world on your shoulders, just remember, there are people out there racing with pumpkins and diving into swamps, and suddenly, life seems a whole lot funnier!



MCS SCHOOL

BOO!

# SPOOKY HALLOWEEN PARTY



 MCS SCHOOL

 8:00AM-6:00PM

**31** OCTOBER 2023

## WHAT IS EXPECTED?



- MAKE UP SECTION
- VOTING FOR BEST CLASS DECOR
- TREAK OR TREATING
- COOKING MASTER CLASS
- THE BEST DISCO PARTY!

## THE HISTORY!

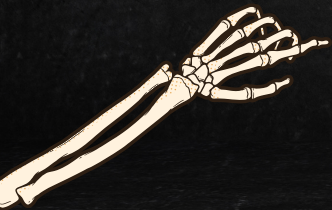
Halloween's origins can be traced back to an ancient **Celtic festival** known as Samhain, which marked the end of the harvest season and the beginning of winter. On the night of October 31st, it was believed that the boundary between the living and the dead became blurred.

During Samhain, Celts believed that spirits could cause trouble or even harm the living, so they did all they could to scare them away. To honor and appease the dead, they left food and treats outside their homes.

The traditions of Halloween, such as **carving jack-o'-lanterns**, originated from ancient practices. Celts would carve turnips or potatoes and place a candle inside to scare away evil spirits.

Over the years, Halloween has evolved into a fun and festive holiday celebrated by people of all ages. It has become a time to **dress up in costumes, visit haunted houses, go trick-or-treating, and enjoy tasty treats**. Though its roots lie in ancient rituals, Halloween today is a time for merriment, excitement, and a little bit of spookiness.

**HAVE THE BEST TIME AT THE HALLOWEEN PARTY AND CONTINUE THESE ANCIENT SPOOKY TRADITIONS!**





# YOUR ATTENTION PLEASE



## *Tribute to Miss Anna*

*Miss Anna was one of the greatest managers/supervisors MCS has ever worked with. She will be missed every single day by all of the students who knew her. (This sounds as if Miss Anna died, which she did NOT, she has just left us for good reasons) Dear Miss Anna, if you by any chance are reading this- we love you and miss you a whole lot.*

### **PARTICIPANTS:**

Anastasia Rusnak, Nika Zhukova, Olga Dubikovskaya, Luka Lashmanov, Nika Ezhkova, Mr Daniel, Dmitrii Chistyakov, Matvey Ivanov, Timur Zafesov, Alex Anisimov, Kate Vasilieva.

# *Thank you!*