

OUR MONTHLY WORK.
DONE BY STUDENTS. FOR STUDENTS.

News4U



THANKSGIVING

Find out everything you need to know about this amazing holiday!

ABROAD

Everything you need to know about the exchange to Vancouver.



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INDIQUE um amigo E GANHE DESCONTOS!*

*CONSULTE O REGULAMENTO



REGULAMENTO

- 1- O aluno que indicar um amigo que fechar o contrato terá o desconto de R\$ 50,00 na mensalidade seguinte ao fechamento de contrato do indicado
- 2- O indicado terá que informar seu ingresso através de indicação
- 3- O desconto é válido somente para UMA mensalidade seguinte ao contrato do indicado

FIVE WAYS TO CELEBRATE THANKSGIVING DAY

BY ANA LAURA FERREIRA AND
GUILHERME DEL CISTIA

One of the most beloved holidays of the year has arrived! Those who agree breathe! But... Don't you know how to celebrate? Don't worry! We have separated five ways for you to celebrate this day in an unforgettable way. Check out!



- **In the Mood:** To get in the mood, nothing better than decorating your home! On Thanksgiving Day the predominant colors are orange, yellow, brown, gold and sometimes purple. Use and abuse the flowers and leaves to bring more color to your table. Pumpkins with leaves are also welcome as a decoration. And to finish with great style you can use decorative candles on the table and also in your house to give a charm.
- **The Dinner:** One of the most expected moments of Thanksgiving is dinner and, some foods cannot be missing. Prepare your taste to eat the delicious mashed potato, pumpkin pie, cranberry sauce, and the famous turkey. Make everything tastier with gravy and put on top of the turkey, and the stuffing, that can be served separately.

- **Thanks:** Don't forget the main reason for the special date, the thanks. Each guest should thank all the things that happened during the past year. It's the moment of greatest reflection, where we look at all the difficulties of the year and analyze every good moment and thanks for it. This ritual can be done before or after dinner.



New York Parade: How to talk about Thanksgiving and don't remember the Macy's Thanksgiving Day Parade in New York. This is the main parade and, televised nationwide from the United States. Certainly, this place has to be on your thanksgiving route. In this parade you'll see giant balloons just like the characters from movie, cartoons and also famous artists stroll by large decorated cars. You need to check this tip

TURN THE PAGE FOR MORE →

HISTORY OF THANKSGIVING

BY KALID STRUMINSKI,
GABRIELLI LORAYNNE AND
MARIANA MOURA

Everything started in New England when peasants had a good harvest and resolve to celebrate. The governor organized a party with a lot of food including duck, fish, corn and turkey and for that reason the turkey became a symbol of Thanksgiving Day. It was officialised in 1939 in the United States, also to bust the market. In the general the Thanksgiving Day is just to be thankful for every good thing that happened in the year.

HOW DID IT STARTED?

In the century of XVII in the year 1621, protestants out of England suffered persecution, so they moved to "New England", struggling with the cold weather, then they built a house because winter was coming. With the help of Indians, that taught them everything about survival. So, in the next year of the harvest, had a lot of supplies, the governor from the village organized a party that took about 3 days, invited the Indians that help them in the begin and to thank God.



THANKSGIVING IN LIBERIA

Liberia was founded in 1821 by freed slaves from the United States. The origin of its name comes from the Latin word Liber which means free, Thanksgiving is celebrated to thank God and the Americans for giving them freedom, in addition to realizing the good things that happened in life, despite the internal conflicts that occur in the country. The day is celebrated with family meetings, having roasted chicken among other foods with plenty of seasoning and pepper. As in all celebrations in that country there is a lot of dance and singing music.

THANKSGIVING DAY WAS CREATED TO CELEBRATE A GOOD HARVEST

According to the American traditions the first Thanksgiving took place in October of 1621, in the United States. Sometimes they celebrated after a long bitter winter followed by an abundant harvest.

This tradition began in the mid-1600s when settlers were celebrating a large plantation they had in Massachusetts, in the United States where they invited the native Indians to share a feast. The holiday today is known as a symbol of solidarity between families and is celebrated a few days before Christmas and New Year and being one of the most important holidays for American culture.

Originally, Thanksgiving took place after harvest, to thank the agricultural abundance and express affection (remembering that it is not a religious holiday so everyone participates regardless of their beliefs).

WHERE AND HOW IS IT CELEBRATE? WHAT CUSTOMES?

The tradition in the United States and Canada is to thank for the good times, to gather family and friends for a dinner where apple and nut pies, mashed potatoes, cranberry sauce and turkey are served. The party is traditional in the United States and Canada. Other countries that celebrate Thanksgiving are: Grenada, Liberia, Norfolk Island and the Netherlands.



CURIOSITIES

Two turkeys are saved by the president of United States known as "Turkey Pardon". In 1989, the tradition, became official and two animals are donated by Federation National of Peru, both receive names and they are released at Morven Park, estate of Virginia. Thanksgiving is followed of Black Friday, the biggest event of discount in country, people shop for Christmas.

GIVING THANKS

BE GRATEFUL FOR YOUR LIFE

BY JÉSSICA MOREIRA

Humanity, nowadays, have a rush life. We are always running for or after something. A dream, for example, a goal or for answers, but so far, have you thanked the good things in your life?

It is not easy to pay attention to the small things. People are so busy with their daily life that in several occasions they don't enjoy the good things of life, like Family or Friendship, or an especially beautiful sunset, or a breath of fresh air.

I have been wondering "What is really important in my life?" and my answer is:

- Health. For me and the people I love. Family and Friends. I must to enjoy the moments with them;
- Love. My wedding is not perfect (but who has a perfect life? Perfect relationship? Perfect job?). I thank for having a great husband, who shares with me all the difficulties life brings: sad and happy moments;

- Work. I have a good job and great coworkers (friends!) I do work with love, pride and pleasure, so why complaining about it?

- Friends. My friends do not always say things I want to hear and that is what friendship really is. Friends need say the truth, say what it's right. Whether you want to hear it or not.

- Growth. Over the years, despite the difficulties, obstacles and challenges I have faced, I am proud of myself more by the person I have become.

Therefore, I really need give thanks for all things in my life.

Now I have to ask you: Do you give thanks for the things your have in life? If your answer is no, reflect. Be grateful for waking up every day and be grateful for having one more chance to make your life different.



BROOKLYN 99: TWO TURKEYS (SE5, EP7)

BY ANTONIO DE CARVALHO JR



Brooklyn 99 is one of the best comedy series ever and has an episode of thanksgiving in each season. I chose this episode because it is about the best couple and their parents.

This episode begins with Jake and Amy (the couple) talking about their plans for the Thanksgiving night in Jake's house. When the night has arrived, Amy's parents have entered the house with a turkey (Turkey is a typical food in the thanksgiving's night).

The night was endless, and they were all drunk, so Jake's and Amy's fathers decided to cut both turkeys. War has set in the house. Both fathers started a run to see who cut the turkey faster. The discussion involved social issues (money for Jake's and Amy's marriage) and an ego dispute for the turkeys.

Then it happened. Jake's father cut his finger and had to go to the hospital. In the hospital, both fathers have resolved their problems and decided to divide the bills for the marriage, so the problems were resolved and the best couple of the series would have their marriage.

This episode is very funny. We can see everyone's faces and see how the expressions are too important for the plot of the episode. Plus, it shows thanksgiving and the culture around this tradition.

I will never forget the jokes, mainly in Brazilian translation, which mentions Brazilian people and events, so I recommend this series to everyone.



THANKSLIST

BY ANA BEATRIZ DE MELO

Thanksgiving is a celebration to thank for everything that has happened to you during the year.

Nothing better than music to make you and your family/friends feel more cozy and happy this day.

This Thankslist helps you to pass through the night from the beginning to time the last guest leaves.

<https://open.spotify.com/playlist/6ar2ddkDRuCyKx6nXNu4dK?si=eyQCjSmwSaeVcVRTu5CIWQ>

Please enjoy:

https://www.youtube.com/playlistlist=PLyuxNdHi2Wmu5_Kpd03bng4aPEJspfoDS



WHAT PEOPLE FROM OTHER COUNTRIES THINK OF THANKSGIVING?

BY BIANCA DE LIMA

What happens when we combine, Family (from out of town), food and reasons for being grateful all in one house? Well, a lot of people would say `fighting` but the Americans not, they celebrate Thanksgiving! For that reason, we decided to ask a people from other countries what do they think of this holiday? And the answers were:

- I Think that Thanksgiving should be celebrated all around the world. It is a special day to thank for what we have. Most of the times we don't stop to think about how privileged we are for having a house to live in, a family, food on the table every day, etc. So I think it's super cool to have a special day to thank for everything, and we wish I had it in Brazil, I would love it!;

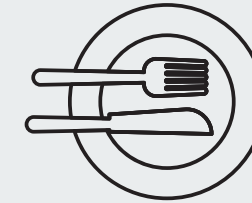


- Well it looks like an advance for Christmas;

GEOVANE (ITALY)

- food!;

MIGUEL (MEXICO)



- I think it's incredible the way they take this holiday seriously;

NAOMI (JAPAN)

- I think it's boring and complicated gathering so many relatives if it isn't Christmas, birthday party or wedding;

LUCAS (BRAZIL)



- It's cool, but who cleans the house after everyone leave?;

JULIA (BRAZIL)

- It is a day for eating with people who are even more bored than you.

JEAN (FRANCE)

- It is beautiful how they thank things on a special day;

LUANNA (BRAZIL)

- I would love to join my family. It is also a holiday, so it is good.

ANNA BEATRIZ (BRAZIL)



TURKEY RECIPE

BY LILIAN KERONLAY

November: parties and shopping. This month is full of special moments and widely expected by everyone who knows its history and tradition. However, nowadays we have an extra reason to wait for it, the "Black Friday".

With all the rush for sales added to the normal daily rush, the gastronomic tip of the month is how to prepare a good dish and a flourish typical dessert!



INGREDIENTS:

- 1 (12-14 pound) fresh whole turkey
- Kosher salt and freshly ground black pepper, to taste
- 1/2 cup unsalted butter, at room temperature
- 1 shallot, minced
- 2 tablespoons freshly squeezed lemon juice
- 2 tablespoons chopped fresh sage leaves
- 2 tablespoons fresh thyme leaves
- 1 tablespoon lemon zest
- 2 cloves garlic, minced
- 3 carrots, peeled
- 3 stalks celery
- 1 sweet onion, cut into wedges
- 1/2 cup dry white wine
- 1 1/2 cups turkey or chicken stock

DIRECTIONS:

- Preheat oven to 400 degrees F
- Remove giblets from the turkey cavity. Dry turkey thoroughly with paper towels. Season turkey cavity with salt and pepper, to taste
- In a small bowl, combine butter, shallot, lemon juice, sage, thyme, lemon zest and garlic; season with 1 1/2 teaspoons salt and 1 1/2 teaspoons pepper, or more, to taste
- Using your fingers, carefully loosen the skin from the breast meat, spreading half of the butter mixture under the skin. Secure skin over the butter with wooden picks → → → →

- Place carrots, celery and onion in a shallow roasting pan. Place turkey, breast side up, on top of the vegetables; tie drumsticks together with kitchen twine, tucking the wingtips under.
- Spread remaining half of the butter mixture over the turkey; season with salt and pepper, to taste. Add wine and chicken stock to the roasting pan. Place into oven and roast for 30 minutes.
- Reduce oven temperature to 325 degrees F. Continue roasting until the turkey is completely cooked through, reaching an internal temperature of 165 degrees F in the thickest part of the thigh, about 2 hours to 2 hours and 30 minutes more; baste every 30 minutes with pan drippings. When turkey begins to brown, cover lightly with aluminum foil.
- Let stand 20 minutes before carving; reserve pan dripping for gravy.



PECAN PIE

BY PEDRO SEGATO

Chef's tip: what about mashed potatoes as a side dish?

To accompany the delightful turkey you made, the potatoes puree may come in the traditional way we know or with special ingredients to become even more delicious. Additions of bacon, garlic, onion and cheese are very common and delicious!

And for the desert: **PECAN PIE!!!**

DOUGH INGREDIENTS:

- 1/2 cup unsalted butter at room temperature
- 1/4 cup sugar
- 1 large yolk
- 1 pinch of salt
- 1 1/4 cups all-purpose flour

FILLING INGREDIENTS:

- 3 large eggs
- 1/2 cup brown sugar or golden sugar
- 1/2 cup of maple syrup
- 1/2 cup of dark corn syrup (I used Karo)
- 1/4 cup unsalted butter, melted
- 1 pinch of salt
- 1 cup coarsely chopped pecan nuts
- 1 1/2 cups of walnuts whole pieces for finishing.



HOW TO PREPARE THE DOUGH

In a mixer, beat the butter until smooth. Add sugar, egg yolk and salt; beat until well blended. Add the flour and whisk just until the dough begins to clump together. Remove from the mixer, make a ball using your hands; flatten it into a disk. Open the dough on a lightly floured surface. Attention, the open dough should be bigger than the pie shape. Transfer the dough to the greased pie form, gently. Press the dough down and mark the sides well. If you wish here is the time to decorate the edge of your dough, you can decorate it with the leftover dough, you can simply press the edge with a fork, it already gives a nice result, or if your pie shape has a cute border there's no need to do anything. Drill holes that are not too deep into the entire dough with the help of a fork. Place in the freezer for 30 minutes before baking. This dough can be made the day before.



HOW TO PREPARE THE FILLING

Pre-heat the oven at 180 °. Beat the eggs and brown sugar in the medium bowl of a mixer or with a fouet until they are well mixed. Add the maple syrup, corn syrup, melted butter and salt, beat well. Pour the chopped nuts into the dough and then pour the egg mixture on top. Decorate gently with the whole pecans. Put the pie in the oven

until the filling grows and remains firm, about 45 to 55 minutes depending on your oven. If the nuts start to get too dark, put aluminum paper on top of the pie, try to cover only the filling and leave the dough uncovered. Remove from the oven, leave the aluminum foil until the pie has completely cooled.

You can serve it hot or at room temperature. With ice cream, whipped cream or nothing. It lasts well up to a maximum of 3 to 4 days, if not eaten before.



In Canada the thanksgiving day is celebrated about a month before the ceremony in the United States, the day of commemoration of Canada is on the second Monday of October, different from the United States, where it's celebrated on the fourth Thursday of November (last Thursday of the month). The two countries intend to use this event as a way of giving thanks for the achievements they have had since last year.

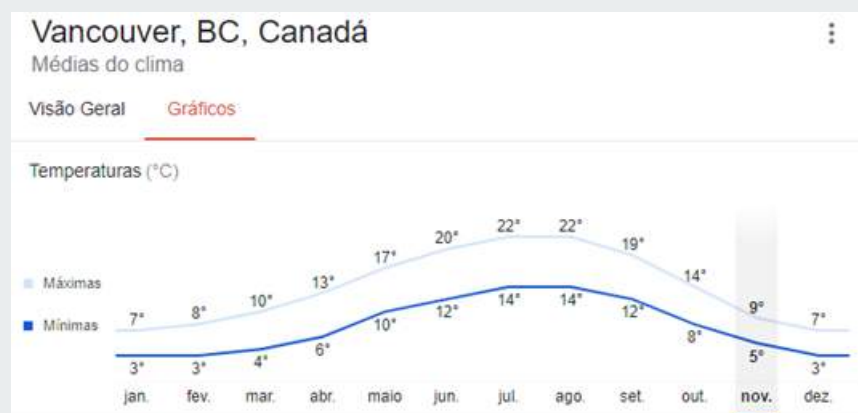
VANCOUVER

BY ANDREW AIRES

My name is Andrew Aires, I'm 26 years old and next year I'm going to Vancouver, Canada, for a month, and I must confess I'm anxious and scared about it at the same time. New country, new culture, new language and new people. What will I eat? What will I do? So many question and curiosity. I think this is normal, isn't it? I'm trying not to panic. If you also want to go to Canada for an exchange course, let's find out how to survive in Vancouver:

Vancouver 101: You need money. In Canada you'll use CAD (Canadian Dollar), so don't forget to purchase it before going on your trip. And a cellphone! (I know you probably have one) but you'll need a service with international roaming operation. Another option of course is buying one as soon as you get there. You'll need a phone to call an Uber, for example, to call your hosts or your family back home, to use the internet for GPS, etc...

Now that you know everything (or so), let's talk a bit about Vancouver. How is it to survive in this city? At first you need now about the weather and the temperature, to choose wisely when to go:



I decided to go to Vancouver in August. During summer, because the weather seems to be more pleasant to me. Vancouver is known for the most variable weather, from enjoying a snow sport in the coldest months, to a beach in the warmer months. Vancouver is famous for its almost always present rain. It is not a myth. In Vancouver it can rain an average of more than 200 days a year and because of that the city has earned the nickname "Raincouver" or "Vanchuver" among Brazilians.

Food, an aspect linked to the people's traditions, would certainly have to be diverse in Canada. The seasoning, the cutting of the meat, the side dishes, methods of preparation; everything is very different. If the student is staying with a host family it is good to keep this in mind. Likewise, as Canada is a multicultural country and is open to immigration, it is common to find restaurants with oriental food (Japanese, Korean, Chinese, Vietnamese, Indian, among others), in addition to establishments specializing in Greek, Italian, Arabic, or Mexican food, for example. And, there are also fast-food chains, but the most consumed options are also different from what the Brazilian would choose: Canadians prefer muffins, cookies, fruit cakes and soup.



In general, in Canada you can only buy alcoholic beverages in specialized stores - called Liquor Stores - controlled by the government. In addition, taxes linked to the product make the price of the drink go up high. There are very restrictive laws when it comes to alcohol consumption: you can't drink in squares or open places. If an offender were found, they could face a heavy fine and still be arrested. Stay tuned to this if you are used to drinking around here in Brazil. Canada inherited the punctuality of British colonization. That means, if you have an appointment, don't be late. It may be "acceptable" in Brazil but it can be considered as disrespect or lack of education with those who are waiting. When it comes to students, being late for classes may give you a formal written warning.

I hope to have helped everyone who plans on visiting Vancouver one day. I'm very anxious and I hope you have learned something about Canada culture as I have while researching and writing this text.

If you want to know more about Vancouver or other countries where you can go for an exchange course, talk to the Looking 4U staff.



THE GOOF'S

BY GABRIELLE CADETE

This is a text about family.
No, this text isn't cute... It's about goofs.

Every family have their own way to celebrate. Some families are a bit more traditional, they don't drink a lot, listen to classical music etc. Some families are louder, drink A LOT, listen to dancing songs (I'm talking about Brazilian funk, Brazilian country music, pop divas like Anitta and, ESPECIALY, old songs to do the moves/steps). Of course, you can experience a goofy moment in a normal family but the louder family are winner when it comes goofs and I can prove it, my family's parties are always the craziest ever! My grandfather always drinks more than he should and he always made a speech (yes, a drunk speech!). So, you can imagine: an old man on a chair saying a lot of embarrassed things in front of everyone about everyone who was there at the party. Yes, this was my grandpa EVERY new year's party.



And other stories like my cousin breaking down a wall when trying to jump off into the pool or when my uncle almost set the house on fire when he was lighting up fireworks and everything went wrong.

But, I'm not the only one with crazy moments in family parties. Our friend, and student from Looking4u, Jean, made a goof. It was Christmas, his whole family was together at his aunt's house, he hit his face on the glass door in front of everyone. NOT SATISFIED, the following year, he did the same thing.

And here, on Looking4u, we're a family too and it's obvious we go through a lot of goofs. Before we have our own house, we had a store at Patio Cianê mall and we had a class that I CALLED Aquarium or BBB class, the wall was a glass and EVERYBODY ON THE MALL always pass by the school looking at our class (if we were in class time). I know, it's already embarrassed, but get worst. One day, teacher Giovanna made a mimic class, so you can imagine the scene, we were playing mimic and everybody passing and looking at us. Everybody on the class were embarrassed. (Thank God we don't pass for this anymore).

Our moral is: we have fun with goofs' situations.

Thank you all for reading. I hope you have a good time and remember to tie your shoelaces before walking down on the street.

HUNTING WORDS THANKSGIVING

BY ISABELA MOREIRA

ABUNDANT

CELEBRATE

CULTURE

DINNER

FOOD

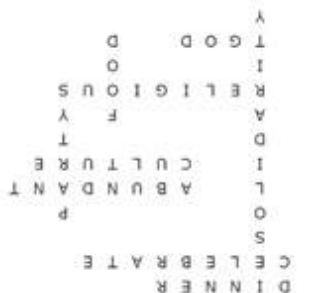
GOD

PARTY

RELIGIOUS

SOLIDARITY

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C	E	L	E	B	R	A	T	E	D	N	R
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INTERVIEW WITH THE PROFETIONAL:

BY JEAN KAZUO SHINOHARA



This is Ruth Guimarães. She has a degree in Psychology, graduated from Universidade Paulista UNIP in 2003. She chose CBT (Cognitive Behavioral Therapy) as a line of action, focused on behavior change. She is a clinical psychologist, working in a private practice, and here are some questions we asked her about her profession:

How long have you been practicing this profession?

I've worked as a clinical psychologist for 15 years.

What rules must be respected in Psychology?

Psychologists have an Ethical Code to follow and respect. We are part of the CRP (Regional Council of Psychology). Within our code of ethics, an example of rule is secrecy. It can never be broken. However if the patient is in danger in some way, for their protection, we must break the confidentiality.

What do you like most about your profession?

My greatest pleasure of working in this area is being able to be part of the patients' stories. Sharing my knowledge and seeing their evolution. But mainly to have the privilege of being with special people, good people, who struggle to be better people for themselves, for the others, and for the world. This is my greatest professional and personal reward.

And what do you like least?

I would like everyone to have access to a psychological support. I'd like it to be more accessible.

Did you choose your profession or would you say it choose you?

I saw myself as a psychologist at the age of 16, when my Geography teacher assigned us on a project, aimed at special children. That enchanted me so much that I understood that day what my path would be. The psychology course came many years later. Living in Sorocaba, we didn't have access to this course, the first class (mine) was in 1999. My accomplishment! I chose it!

Do treatments have a determined time?

In the line I work in there is no set time for treatments, but the goal is to be as short as possible.

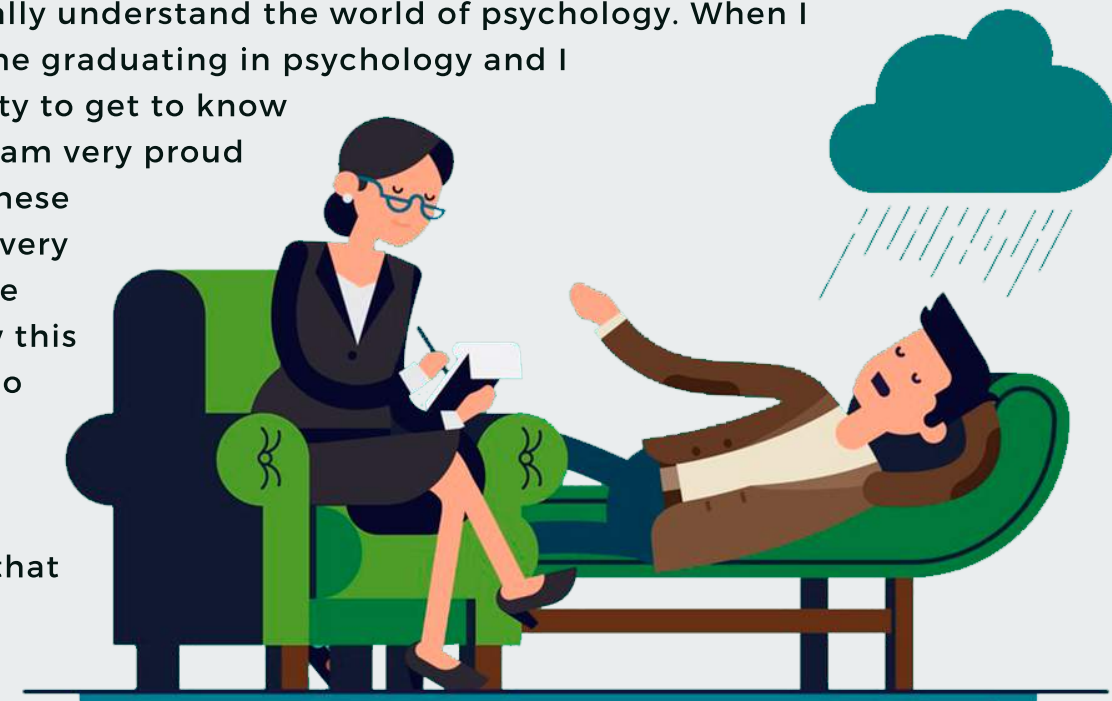
Can a psychologist prescribe medicine?

We cannot prescribe medication. When we understand that it is necessary, we refer the patient to a doctor with the specialty according to their needs and the decision on medication is made by this professional.

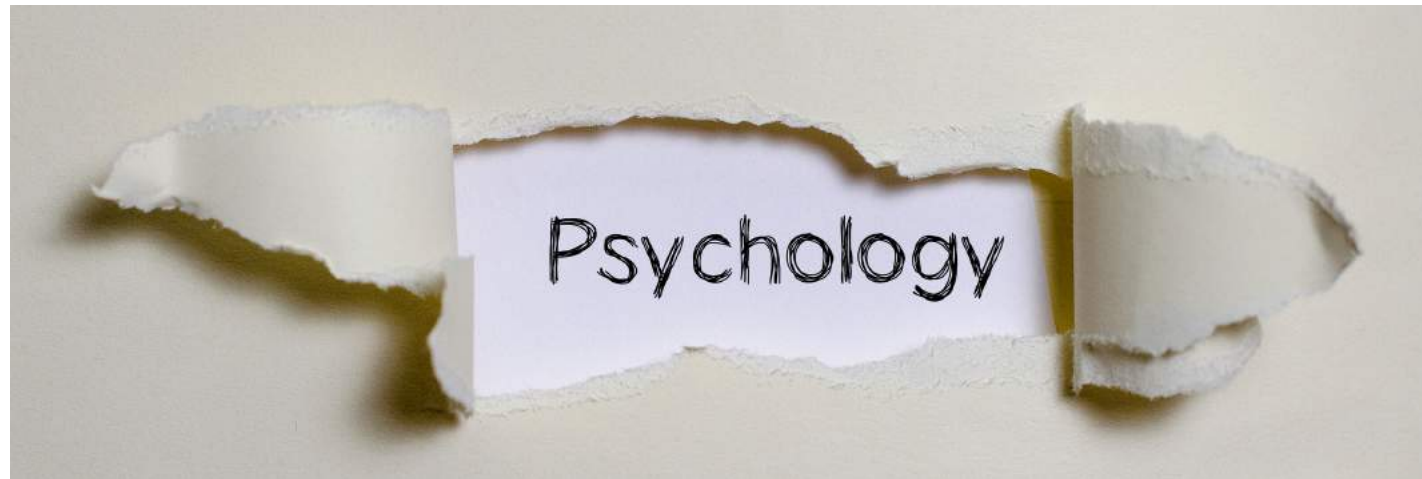
What would you recommend to someone who wants to work in this field?

When someone says they will follow this profession, my eyes shine. Some of the main characteristics a person must have to follow this profession, is to love the human being, to have empathy and to know how to welcome the theoretical part. It is a bit scaring, but all the content is wonderful, and when the practice comes, that's when we really understand the world of psychology. When I

see patients of mine graduating in psychology and I had the opportunity to get to know them intimately, I am very proud and confident of these professionals. It is very important for those whowant to follow this profession, undergo therapy before, to understand a little more about it and have the answers that may be missing.



SEE MORE →



BY GABRIELA RIBEIRO

The word "**Psychology**" comes from the ancient Greek psyche, which means "mind", and logos, meaning "knowledge or study".

Psychology is the science that studies what motivates and sustain the human behavior and its mental process. It uses systematic and objective observation, measurement and analysis, supported by theoretical interpretations, explanations and predictions. This is a vast field of study and includes lots of sub-fields, such as human development, sports, health, clinical, social behavior, cognitive processes, etc. It seems impossible to study the most complex 'machine' on earth, which is the human mind. Although we cannot directly observe the mind, everything we do, think, feel and say is determined by how it works.

Psychologist is a professional who seeks to understand the behaviors and mental functions of the human being. They apply scientific methods to understand the human psyche and to act in the treatment and prevention of mental illnesses and to improve your quality of life.

The psychologist can work in several areas, such as: educational institutions, sport clubs, clinics, offices, prisons and hospitals. Another segment in evidence is the human resources, which recently has admitted a significant number of professionals of psychology, as they are able to draw profiles compatible with the values of the company, in addition to providing assistance to employees.

Our mind is very complex and it can be difficult to deal with it. Some mental health problems have physical signs and can be seen, like Alzheimer's disease, for example. Opposite to this, many theories of psychology are based only on the observation of human behavior.

A clinical psychologist will meet with patients and conduct evaluations to find out what their concerns are. Therefore, they observe what is causing some difficulty, and recommend or provide the best treatment.

Although the options of work are varied, all psychologists share the same objective: help people to have a better life. Our daily lives are very impacted by the way we interpret hundreds of situations (positive or negative) that we deal with every day.



In conclusion, psychologists are adept to understanding how these situations we live daily influence our health, happiness and general well-being. Getting in touch with psychology helps you gain a richer understanding of the many ways in which the mind affects your own life.

KNOW MORE IN [HTTPS://EN.WIKIPEDIA.ORG/WIKI/PSYCHOLOGY](https://en.wikipedia.org/wiki/Psychology)

[HTTPS://WWW.SIMPLYPSYCHOLOGY.ORG/WHATISPSYCHOLOGY.HTML#:~:TEXT=PSYCHOLOGY%20IS%20THE%20SCIENTIFIC%20STUDY,SOCIAL%20BEHAVIOR%20AND%20COGNITIVE%20PROCESSES](https://www.simplypsychology.org/whatispsychology.html#:~:text=Psychology%20is%20the%20scientific%20study,social%20behavior%20and%20cognitive%20processes)



DO YOU KNOW?

BY LEONARDO CAMARGO

10 FACTS ABOUT THE ENGLISH LANGUAGE

1st: The English language has 26 letters and 44 sounds, the 26 letters are combined to represent the 44 sounds in 650 different ways.

2nd: "Strengthm" is the largest word with only one vowel.



3rd: "Rhythm" is the longest word without a vowel.

4th: "Set" is the word with the most different definitions, something between 450 meanings.

5th: The words "ewe" and "you" have no letter in common, but they have the same pronunciation "eye" and "I" as well.

6th: English is spoken more by non-native speakers, estimated to be three times more than the number of native speakers.

7th: English is the official language on flights regardless of the country being flown.

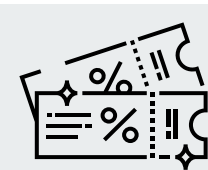
8th: It is the official language of 67 countries.

9th: "Uncopyrightable" is the longest word that did not repeat any letter.

10th: The letter "s" appears the most at the beginning of the words.

 **BLACK FRIDAY**
BY BEATRIZ VIEIRA

Black Friday takes place on the last Friday in November and is the only day that stores reduce their prices to attract any consumer who wants to buy something that was previously sold for a high price. Black Friday always takes place the day after Thanksgiving, and it marks the start of Christmas shopping.



However, originally, the term "Black Friday" wasn't related to the date and its sales. The first record of this term was in 1869, when two Wall Street's shareholders bought a large amount of gold in the U.S. They had hoped to resell it for a much larger money, but were surprised when the market broke down.

This ended up ruining several companies and investors, who failed to recover their investments. Because of this crisis, they used the term "black" to refer to that day. The use of the term with meaning closer to what is used today comes from the 1960s.

Thanksgiving is also marked by football matches, which take place during the week of the holiday. These games make thousands of people go to other cities.

In Philadelphia, the Saturday after the holiday, there was a college football classic: Army Black Knights vs Navy Midshipmen. Then, on Friday, the city streets were filled as visitors arrived to watch the game the next day.

The traffic chaos was so much that the police began to use the term "Black Friday" to refer to the date, since on that day, they did not even have time to drink water.

Traders took advantage of the move to attract customers with promotions and other discounts. From then on, the tradition started for real only in the 1980s.

Here in Brazil, the Black Friday was adopted only in 2010. About 50 stores follow the promotions made by the site Busca Descontos, which registered the official domain of the event. It didn't take too long for physical and virtual trades to come to the date to boost their sales.

BY LUCA PIZZINI BERNARDO

Abraham Lincoln established Thanksgiving as an official holiday in 1863. Due to the persistence of writer Sarah Josepha Hale (of “Mary Had a Little Lamb”), who petitioned multiple presidents asking them to set aside a national day of thanks.

While many side dishes are the result of cuisines mixing, others are entirely modern inventions (and some were even accidental). In 1949, baker and volunteer fireman Joe Gregor accidentally found a way to meet consumer demand for fresh rolls without the time-consuming of baking them. After producing a few “ruined” half-baked rolls, Gregor left to respond to a fire alarm, leaving the rolls in the oven. When he returned, he reheated the rolls and realized that he had created what is now known as “brown and serve rolls.” (pre baked bread rolls).



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Smart Devices and Gadgets

Here are a few different ways people are using their smartphones, tablets and other tech devices to make Thanksgiving a little easier, or at least more enjoyable: Smart fridges give one-day chefs access to recipes and shopping lists as they work; Cooking and meal-planning apps can help manage all the different projects going on at once; Forgot something?

Amazon and all recipes recently teamed up to deliver last-minute ingredients in under an hour. All users have to do is tap the ingredient within the recipe and pay through their Amazon account; Be sure to have Siri or Alexa set a timer for the turkey. Or just forget the whole “cooking” thing and order the meal from Amazon.



Bake or buy, chefs and normal people will want to Instagram their meal before digging in (and remember to hashtag #thankful).

Smile for your kid’s Snapchat Story and after dinner, celebrants may use Skype or FaceTime to connect with faraway relatives who couldn’t join them for the holiday this year.

BY ELISABETE DOS SANTOS



Nowadays, people celebrate Thanksgiving for a number of reasons. Some people take the holiday simply to be with the family and enjoy delicious food, others use the celebration of a way to express gratitude for the harvest or to give gratitude to a higher

power. Other people though, have reasons to thank the science for the discovery of vaccines against deadly diseases, therapeutic vaccines and even the cure for various diseases.

The discovery of the coronavirus was in the 1963 by June Almeida in Toronto, Canada, but obtained little recognition. Today she is finally being recognized for the advances in virology that she made half a century ago. When June Almeida looked at her electron microscope in 1963, she saw a round, gray dot covered in small rays. She and her colleagues observed that the pins formed a halo around the virus. What she saw would become known as coronavirus, and Almeida played a key role in identifying it. This achievement was very remarkable because the 34-year-old scientist had never completed her formal education, born in Scotland, from a family with no financial conditions, she did not attend university. At the age of 16 June dropped out of school and began working as a laboratory technician at Glasgow Royal Infirmary, where she used microscopes to help analyze tissue samples.



First Look of Coronavirus Discovered During Mid-1960s by Scientist June Almeida

In 1964 her team have collected samples of a flu-like virus that they labeled "B814" from a sick student Surrey, but had considerable difficulty on cultivating it in the laboratory. As traditional methods failed, researchers began to suspect that B814 could be new type of virus. The scientist not only found and created clear images of the virus, but recalled seeing two similar viruses early in her research. Almeida was confident that they were looking at a new group of viruses. While Almeida and other scientists discussed their findings, they wondered how to call the new viruses group. After looking at the images, they were inspired by the structure a halo of the virus and decided by the Latin word for crown, corona. The coronavirus was born.

Although ironically, this outbreak of COVID-occurred several years after her death, nowadays, researchers are still using her techniques to identify viruses quickly and accurately. Fifty-six years after first seeing a coronavirus through a microscope, Almeida's work is more relevant than ever.

Scientist June Almeida operates an electron microscope in 1963 at the Ontario Cancer Institute in Toronto, Canada.

A year later, Almeida would become the first person to see a coronavirus using microscope techniques she developed.



BY NATÁLIA TAVARES

The Thanksgiving Day shows a bit about how gratitude is historically transmitted for years and generations. But have you ever thought about how the act of giving thank and being grateful impacts our everyday lives?

At some point in our lives, we have surely heard or read some expression about 'being more thankful' and that this is something we have to practice every day. But at first do you know the real meaning of the word "thankfulness"? In the dictionary, gratitude is defined by "feeling experienced by a person in relation to someone who has granted him or her some favour, help or benefit; gratitude; recognition; quality of who is grateful." We can understand by its definition that it is a mutual feeling between people; beliefs; nature; and among themselves.

There are several scientific studies that prove the relationship between gratitude and happiness. These are positive, emotionally and physically, in people who are grateful by nature, or in those who practice daily exercises to express and transmit the feeling of gratitude.

This feeling of gratitude influences our emotional and physical well-being in small and large stressful or difficult situations. It reduces negative emotions, so gratitude makes us resilient people.

Here are separated some more points, so that you can understand even more the impact of gratitude as a predominant feeling:

• **BYE, STRESS!** 🖐️

The more grateful you are, the more satisfied you will be with what you have, and the negative feelings such as anxiety, fear, anger, will be less frequent, which brings a "feeling of lightness".



• **MORE MEMORIES OF HAPPY MOMENTS, PLEASE!** 😊

Grateful people, enjoy the beauty of every moment, be it small or big. Nature, people, situations, learning and even challenges.

• **HORMONES OF HAPPINESS!**

Gratitude releases the hormone of endorphin, which brings a feeling of pleasure and well-being and consequently your state of health is strengthened.

But after all, how to practice gratitude? We've separated some tips for you to understand and apply in your daily life. Take a look:

PRACTICING GRATITUDE :)

GRATITUDE LIST.

Try to write daily about things that happened in your day, your week, emphasize the little events that brought you grateful feelings and write about people you have eternal gratitude for. Reflect, feel and express this in words.

TURN THE PAGE TO MORE ABOUT →



GRATITUDE OF THE DAY.

Think before you sleep about three things, moments or people that you had a feeling of gratitude for that day. Make it a habit.



CONNECTION WITH NATURE

Connect more to nature in your day. Notice the trees, their foliage, the flowers. Touch them, smell them. See the sky, the sunset. You will feel a sense of relief and lightness as you connect more with nature.



SMELL THE LITTLE FLOWER AND BLOW THE CANDLES!

Breathe deeply at least once a day, make a habit. When you go through some negative moment, take a deep breath, think that negativity. "is in your control?" "can I resolve?" and expire. It will bring you a sense of serenity and peace. Practice!!



SMALL MOMENTS, BIG IMPACTS.

Try to concentrate positively on the moments when you recognize a feeling of peace and gratitude in your day. It can be from the good feeling of starting the day, to the affection in a "puppy", to your favorite food, to some moment of laughter, and with people you love.

GRATEFUL PEOPLE GENERATE A GRATEFUL NATION!

BY LUCAS ALENCAR



Finland, a country invaded by all its neighbours in the not too distant past, is today experiencing a very different scenario. No chaos or war, just tranquillity, high HDI and a happiness that hardly fits in such a small country.

Finland is the happiest country in the world, according to the UN. The indicators to reach this conclusion are social stability, HDI, and social issues, such as LGBT causes, etc. And based on that, we have an indicator that the Finnish people are the happiest in the world, and therefore are also the most grateful for living in their country.

With a welfare policy, the government of the Social Democratic Party is based on equality among all citizens, and this brings the country closer to full gender equality.

That is incredible, isn't it?



WHAT ARE DONE WITH THE PLASTIC STUFF?

BY RAINIER M. ALVES

Plastic has a long history, however it became interesting only in 1907 when Leo Baekeland created the first synthetic polymer resistant against the heat and electricity. But it didn't stop there, in 1930 it was invented a new type of plastic: the nylon. After the second great war, it was invented other ones: Dacron, Styrofoam, Polystyrene, Polyethylene and the Vinyl. Then, they became part of people's routine, in a way we cannot imagine them. However, industrial started in 1950, 1,5 million tons. In 2010, this number grew to 265 million tons.



not correctly recycled and it's thrown out in incorrect place, polluting the soil and the water.

Brazil is the fourth country in producer of plastic and the last in recycling it: just 145 thousand tons of plastic is recycled every year, 1,2% of the quantity produced, 11 million. The world average is 9%.

our life without the massive production when nearly were made.

The most of it is

thrown out in

Today, plastic garbage is one of the biggest problems of the environment, polluting the nature, the oceans, the air (due to this product is made using the fossil fuel). But what does it have to do with Thanksgiving?

Well, it is easy, many of the utensils that are used for the meal consumption during parties and dinners are made of the same material: plastic. 720 million of disposable cups are consumed every day and each one takes from 250 to 400 years for to be degraded naturally, beside it contains petroleum that increase the emission CO2 gases. And what do we do with all that disposable cups and etc? Throw them off. But if they were not thrown in the right way, all this plastic end up polluting the environment.

And that's not the only problem. The presence of microplastic (pieces with less than 5mm) its massive in the oceans. These plastics absorb toxic substances which contributes to break the natural ecosystems and they are eaten by animals, killing them. And that can directly affect those people who eat fish and other aquatic animals, threatening our health by bringing hormonal, immunologic, neurologic, and reproductive disfunctions.

Plastic waste can be reusable and recycled. Let's do our part. Let's throw it off correctly and in the right places.



THANK YOU

By Gabrielle Cadete

In the words of Rupaul Charles: Hello, hello, hello!

Woah! What an edition, guys!

First of all, I want to thank everybody who worked in this project. Students and employees of Looking4u. You are amazing!



I really enjoyed making this edition because the theme is incredible. Be thankful is very important for our day to day life. Thankful about our routine, job, chances and privileges. We have the habit to complain about everything, but complaining won't help you to solve any problems. We must think about how to solve and see these problems as an opportunity to improve as human. I tried to make this edition as familiar as possible. Why am I talking about family? Because this spirit of being part of a group gives us strength to continue and, being thankful to these people is the key to understand the Thanksgiving vibes.

I had so much fun while editing this paper and I hope you like it as much as me.

Thank you so much and I'll see you in the next edition!

(spoiler to the next edition: HO HO HO!)

Gabrielle Cadete