

ES Monthly

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Mental Illness in our Daily-Life

Have you ever seen a woman walk past you while nitpicking at the little specks of dust on her shirt? Have you ever seen a girl uncontrollably picking at her nails? Have you ever seen someone having a conversation with themselves, as 2 different people? Yes? Of course, you have, and so have I. These are all signs of mental illnesses, but what truly are mental illnesses? And how are they regarded today?

Mental illnesses are conditions that change the state of emotion, thinking, or behavior, associated with distress, problems in functioning in society, or even work and family activities.

Mental illnesses have been around for an awfully long time. They have always been something most people were ashamed of. They hid their own feelings to themselves. They kept their identities locked away until a disaster happened. People used to get judged, treated differently, called inhumane for having these illnesses. Yet they are not any different from us. They might not fit into the social norm of what people might call “normal”, but they are not any less of a human, quite frankly most of their brains function much better than the average human’s.



Movies have been depicting mental illnesses as very degrading, sometimes even overexaggerating the true behaviors and acts which these people conduct. Hollywood is now starting to incorporate more mental-illness-friendly scenes, as well as characters, to help viewers understand that having a mental illness does not mean the end of the world. These movies, along with advertisements, newsletters, and pretty much all the means of awareness, help people better understand, evaluate, and sense, if someone around them may be suffering from a mental illness.

Mental illnesses can be so undetectable, that we may not even understand that even one of our closest friends may have 3 personalities or severe depression. People are better at faking, masking, and hiding, than they were before. Society put them into such a box, gave them such a stigma, that they have developed mechanisms to sort of overshadowing their existence, and their true faces.

Now, of course, people with mental illnesses, such as schizophrenia, multiple-personality disorder, and others of that type, may be prone to be more dangerous. It is not easy for them to deal with what they are feeling, or even thinking. Some may not have enough power to even comprehend if they ever do something bad. Even those kinds of people should not be given a negative stigma. As a society, instead of fearing them, and clearing them from our community, we should act as a team and provide them with the care, and the facilities which they most definitely will need.

For our friends who are undergoing suicidal thoughts, who fear or believe that life has no meaning, who can't go outside because they hate it when society's eyes are on them, we can be their grounds, their shoulders, their strongholds. We can be the ones who give them enough courage and will to open up to us about their problems, to help them in every way possible, to provide them with all that they desire and need, even just for undergoing basic daily activities.

It is important to note and to comprehend that society will never function if all we want or all we strive for is indifference and identical beings. People will come and go, of all sorts, of all shapes, sizes, and mental capabilities. The true power which society holds can be measured through the acts which members commit. Pay more attention to the behavior of your loved ones, be more attentive to the needs of the people around you, understand that not everyone is going to be the same, offer help to anyone whom you know cannot seek it on their own. Be an example for society. Become aware of mental illnesses. Together, we can help make mental illnesses freer, more understandable, and most of all, more acceptable.

By: Mariam Jakhua

The Great Agatha Christie

The great Agatha Christie was a British writer, known for her gripping detective novels and short stories. She began writing her first novel “ The Mysterious Affair at Styles” while working as a nurse during World War I, and published it after the end of the war, in 1920. Agatha Christie had a fine style of writing, allowing the reader to move through the stories and participate in solving the astonishing, surprising, and gripping mysteries.

In her childhood, Christie was homeschooled by her mother, who thought that reading is not necessary for a true lady until the age of eight, even though she was a big story-lover and storyteller herself, and always made sure to tell her children dramatic, entertaining tales at their bedtime.

However, Agatha Christie taught herself to read at the age of 4, against her mother’s wishes.



All of Agatha Christie’s books are incredibly famous and enjoyable to read, but the most famous books are the ones about the two famous, great, and unique fictional detectives with their very own personalities - Miss Marple and Hercule Poirot.

Miss Marple is a sweet, intelligent old lady from a small village, St Mary Mead, who is skilled at problem-solving and is filled with curiosity (which makes her quite interested in gossips). Hercule Poirot is a tidy little Belgian man who has an understanding of the criminal mind. He is obsessively organized and well-known for his signature mustaches. In most books, these two detectives take the main role and solve the problems and mysteries.

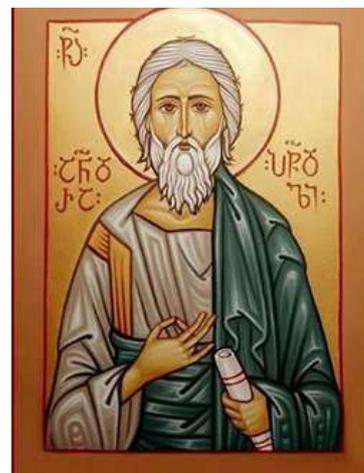
Agatha Christie’s books never disappoint a reader. So, it is high time for you to start choosing which Agatha Christie’s book will be your first one.

By: Ketevan Tergamadze

Culture Section

St. Andrew's day

The Georgian Orthodox Church is celebrating saint Andrew's day on Wednesday the twelfth of May. This celebration is unique to Georgia because the other orthodox churches have the feast day of Saint Andrew on the 13th of December. The twelfth of may is regarded as the day when saint Andrew arrived in Georgia. Saint Andrew was the founder of the Georgian Orthodox Church. He is called “Saint Andrew the First-called”. Because he was the first of Christ’s apostles. He was handpicked by Christ along with his brother Peter. Along with saint Nino, he is given the title of “enlightener of Georgia”. Because he was the first person to bring Christianity to Georgia. Saint Andrew entered Georgia from the west. He came into Georgia through present-day Adjara. He carried with him an icon given to him by the Virgin Mary. The saint was martyred in the city of Patras in Achaea, in 60 AD. Saint Andrew deemed himself unworthy to be crucified on the same type of cross as Jesus had been. So knowing that he was going to die he asked to be hung on an X-shaped cross. Today this X-shaped cross is known as “ Saint Andrew's Cross”. He was then also buried there. The relics of the Apostle Andrew are kept at the Basilica of Saint Andrew in Patras, in Greece. The twelfth of May is now an official holiday for the country, because of the historical and religious role that Saint Andrew has made to Georgia.



By: Joah Steenberg

Authoritarianism in the 21st century

In the year 2021, we might think that we do not have the problem of authoritarianism in our society. Most of us live in a democratic nation where everyone's vote and opinion counts, but in many countries, we can see the rise of authoritarianism, and certain forms of dictatorships, that usually violate human rights and threaten free speech.

The inspiration for this article came from a situation that has happened this week, that you might already have heard about. On May 23, an airplane was flying from Athens, Greece to Vilnius, Lithuania, was forced to land in Minsk, Belarus, because while flying over Belarus it got a message, that there is a bomb in the airplane from Hamas (what later turned out to be fake, and there was no bomb in the airplane", and advice to land in the Minsk's airport. To "help" the airplane to land Belorussian government sent a fighter aircraft.



The plane has landed in Minsk, but this completely fake story about the bomb, and forcing an airplane to land was not for no reason. One of the passengers on the airplane was a journalist Roman Portasevich, the ex-head of a popular opposition telegram channel "Nexta". The channel gained popularity during the protest in August held against Lukashenko and his regime. Roman Portashevich and his girlfriend Sofia Sapega (who is a citizen of Russia) were arrested right after the plane landed. Right now they both are being held in unknown conditions in Minsk by the Belorussian government. Recently a video came out where Portashevich says that he is not being tortured (in the video his face looks extremely unhealthy so it is very hard to believe it) and right now he tells the government about what he has done during the protests. His girlfriend, a citizen of Russia is also being held, and it seems that the Russian government does not plan to do anything to help her out. The whole thing with forcefully landing an airplane was made to catch this one person, Roman Portasevich, just because he expressed his free speech, supported free, democratic elections, and posted articles and news about it in the telegram channel.

This situation is an example of how an authoritarian regime is arresting a person for expressing his free speech and does that using lying and making up stories. Lukashenko had his own version of the story, but the international community has denied it and considers it absolutely fake. After this incident, that has illustrated how the Belorussian government can land an airplane for no reason, using force, the airspace over Belarus is cleaner than ever. The fact itself, that there is an authoritarian regime threatening human rights and freedom of speech in the middle of Europe is horrifying. We should wish good luck and bring a lot of support to everyone who is fighting for freedom and democracy in the country of Belarus. These people risk their lives every single day to fight for their freedom. There is no place for authoritarianism like this in the 21st century.

Жыве Беларусь!

By: Alexandra Konovalova

International No Tobacco Day

In the world, around 19% of the population smokes. One part thinks it brings no harm, but another part is strongly addicted to it which means they can't quit smoking. The question we all have is, Why do they start smoking even though they know all the bad sides of it?

1. Peer pressure, usually occurring in the teenage years when kids try to fit in with the known "cool" kids who smoke.
2. Media influence, everything in the media looks very interesting and unique. People believe in the media so much that they are simply manipulated by it. A study in Norway had shown that the frequency of smoking in the long-term was reduced by 9% when a ban on tobacco advertising was imposed in 1975.
3. Stress factors, usually occurring when the environment around you is stressing.

Smoking also has a huge effect on health. Smoking prevents ameliorate Parkinson's disease but it causes 90% of all lung cancer deaths, As well as 80% of chronic obstructive pulmonary diseases. In order for smokers to prevent lung cancer, they need to try to live a healthy and energetic life. Which includes exercising, quitting or reducing the usage of cigarettes, and avoiding pollutants.

To raise awareness there was an international day created on the 31st of May called "No-tobacco day". Let's say no to tobacco together!



By: Mariam Khurodze

ES Gallery

