

Ladies and gentlemen,

thank you for listening to me today and thank you for all the effort you put up to proceed in getting better and helping others, staying and keeping others safe in cold, rain and heat without any retirement.

I am genuinely honored to welcome you to our daily weather forecast.

We're seeing sun this weekend, still we have cloudy periods and a few flurries is what we get as well.

I am sadly forced to tell you about the drop of temperature overnight, what we all can do about it, is wearing warmer clothes when going out, otherwise we are doomed to catch a cold – at least minus seven degrees really is not comfortable, right?

Right now, at the top of Mount Raven, however, it is plus two and expected to rise to about six degrees by noon.

This weekend, everyone! This weekend the conditions are perfect for skiing but don't you dare to forget bundling up if you want to avoid frostbites.

Frostbites hurt, frostbites turn your skin red and frostbites are in most ways similar to burns from heat – it is just the skin that does not get wrenched.

Heat is not comfortable, it is moderate warmth that we should seek.

Too warm things or too warm weather puts the risks of dehydrating higher. Climate change must be fought against as fast and effectively as it is humanly possible.

Cold weather, still, colder weather is better for our health!

Our brains hurt from all the work and the wind helps us cool down.

Also showering in cold water is better than showering in warm water, it stimulates our blood circulation, our metabolism too and our pores shrink enough to prevent any dust from going in.

Forget about heat! The cold is a much better friend to all of us, be tough enough, it will turn out way more profitable than warm showering.

The climate change is dangerous for us, save electricity, help the animals and stop racism, go to demonstrations, every single one of us is asked to do something and help the earth as well as the humans around us – when we are having enough people on our side and friends we can spend time with, even the coldest nights can be warm enough to make us feel at home without leaving burning marks or dehydrating us.

Stay safe, stay warm, don't catch a cold – but don't do anything you are not comfortable with.

**Gurpreet, 10a**