

A photograph of a rocket launch at dusk. The rocket is ascending vertically, leaving a large, bright plume of fire and white smoke. The sky is a deep blue with some light clouds. In the foreground, there are several tall, metal service towers and cranes. One tower on the left has a large, white, curved structure attached to it. The ground is a flat, paved area.

Random topics

Kateryna Aheieva
August 19, 2019

Content

- Trip to Mt. Fuji
- Ukrainian food
- Stress maintenance
- Updates on crypto currency mining/trading

Trip to Mt. Fuji: August 4, 2018

Tokyo to Mount Fuji year-round buses:

Get-off points: Kawaguchiko Station

Fuji-Q Highland (the theme park, for thrill-seekers),

Fuji-san station

Lake Yamanakako

Tokyo Station to Kawaguchiko Station or Fuji-Q Highland: 2000 ¥ (~ 2 hours)

Tokyo Station to Lake Yamanakako: 2100 ¥ (~ 2.5 hours)

Climbing season from July to mid-September

Direct bus from the Shinjuku Expressway Bus Terminal to the 5th Station (the Fuji Subaru Line one): 2900 ¥ (2.5 hours)

From Kawaguchiko Station to the Fuji Subaru 5th Station: about 50 minutes and costs 1540 ¥ one way, or 2100 ¥ for a return ticket

Kawaguchiko station



Fuji Subaru 5th Station





The routes to climb Mt. Fuji

Mt. Fuji Trail Up Mountain

Fujinomiya Trail

Gotemba Trail

Subashiri Trail

Yoshida Trail

Summit

9th Station

Old 8th Station

8th Station

8th Station

7th Station

7th Station

6th Station

Trail Up Mountain

Yoshida Trail

Yoshida
Ascending Route

Fuji-Subaru Line
5th Station

Trail Down Mountain







04:03 am



04:47 am



04:14 am



04:48 am



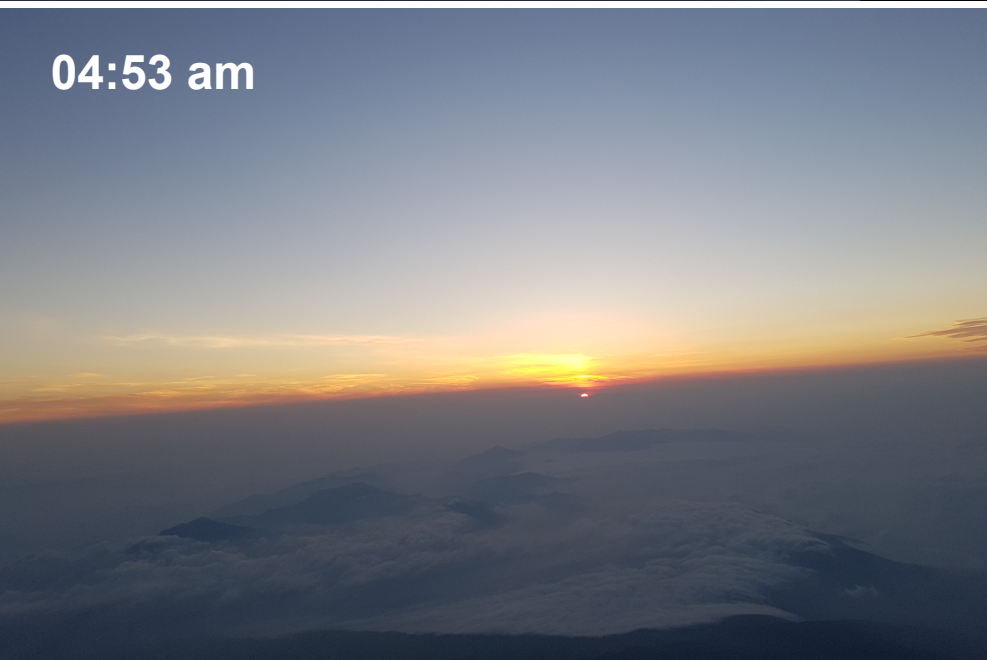
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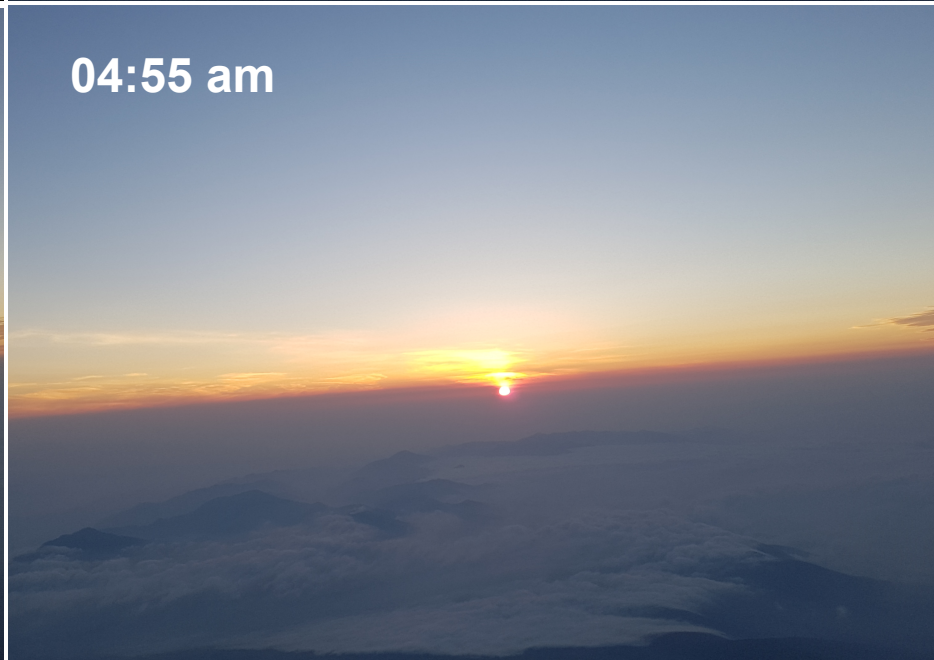
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04:53 am



04:55 am



04:55am



05:04am: Mt. Fuji crater



05:10 am





Okroshka



INGREDIENTS:

- 1/4 cup finely chopped scallions
- 1/4 cup finely chopped dill
- 1 small bunch radishes, cut in half and thinly sliced
- 1 small cucumber, peeled and cut into small dice
- 4 hard-boiled large eggs, cut into small dice
- 2 midsize boiled waxy potatoes (red or golden), cut into small dice
- Boiled chicken/beef cut into small dice
- 3 cups plain Kvass/milk kefir/
water+yogurt+lemon juice
- 1-2 cups water
- Salt and pepper to taste

This cold dish, served in summers, is influenced by the Russian cuisine to a certain extent. The base of the recipe is a soup made from Kvass. Kvass is a fermented drink prepared from black or rye bread. The roughly chopped pieces of vegetables like cucumber, spring onions, potatoes along with boiled pieces of meat like beef, chicken are added to it



Vareniki



INGREDIENTS:

2 Eggs

4 cup [Flour](#)

1/2 cup Luke Warm Water

Mash potato/ cottage cheese/ fruits

Salt and pepper to taste

Can be steamed or boiled in a water

Vareniki is a steamed dumpling dish made with different types of fillings. The outer layer is made of flour and salt. The commonest filling is of potatoes and caramelized onions, however variations with ground meat, cabbage, mushrooms and cheese, cherry, strawberries. This Ukrainian food is also served as a dessert with sour cream

Holubtsi



INGREDIENTS:

2 medium heads of cabbage
3 Tbsp. lemon juice

1 large onions, quartered
2 carrots, peeled and grated
2 lb. ground chicken or turkey
2 cups uncooked rice
1 tsp. tomato paste
1Tbsp. sweet paprika- powder or red
pepper paste
1tsp. cumin- powder
1 bay leaf
Salt and black pepper to taste

3 Tbsp. butter

3 cups of chicken stock

Tomato Sauce:

1 can14oz tomatoes – crushed

1 small onion

3 cloves garlic

2 Tbsp. olive oil

1 tsp. fresh dill- chopped



e) **Borshch (Ukrainian Beet Soup)**

Borshch

INGREDIENTS:

Meat (beef or pork) – 1 kg

Potato – 500 g

Cabbage – 300 g

Beetroot – 400 g

Carrot – 200 g

Onion – 200 g

Tomato paste – 3 tbsp

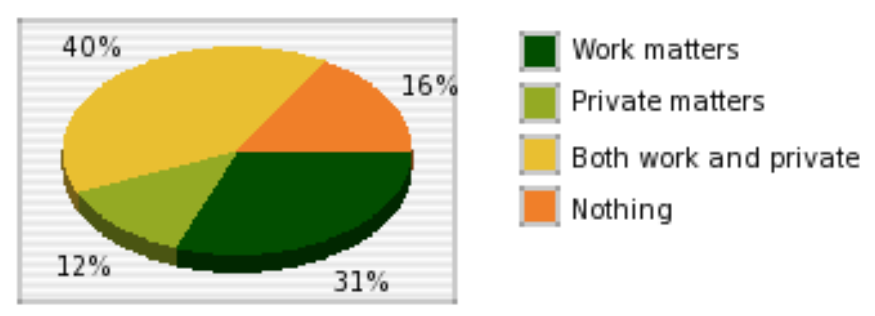
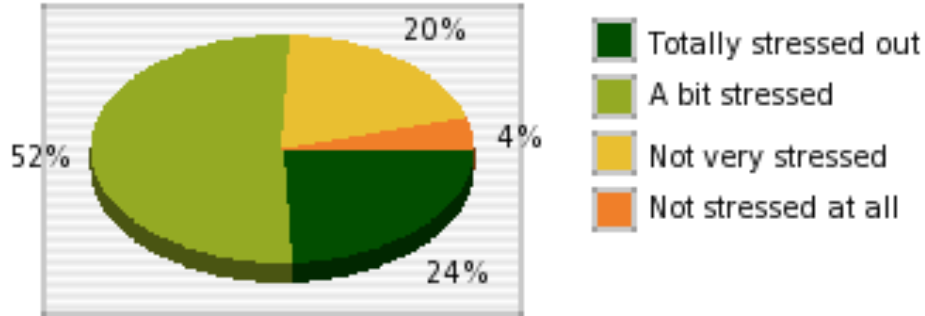
Garlic – 3 cloves

Bay leaf

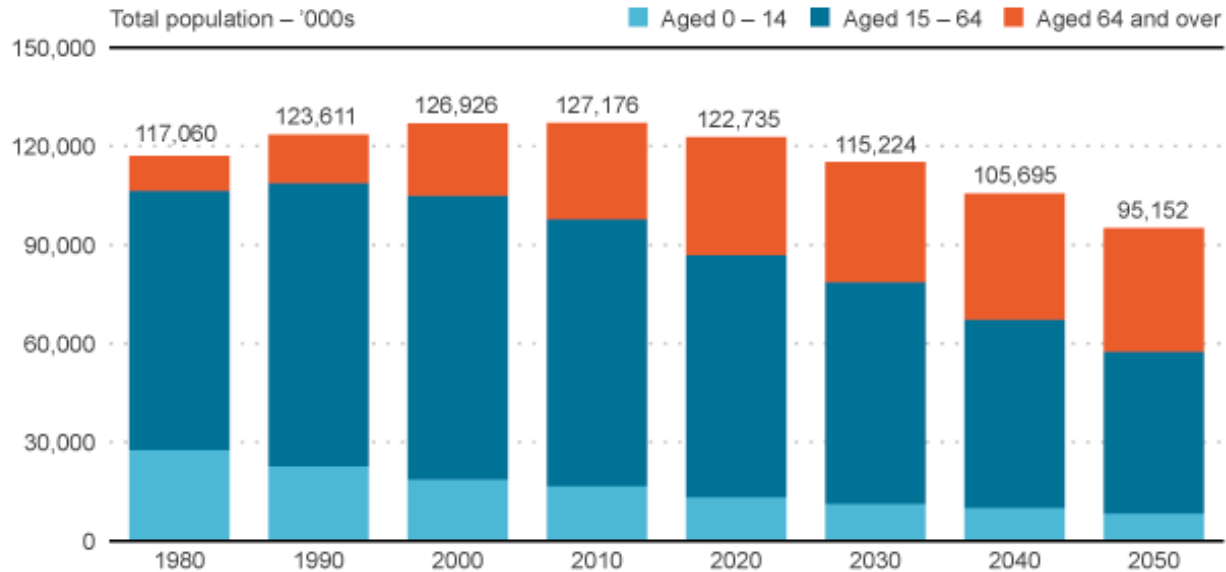
Salt, Pepper, Vegetable fat, Culinary plants



Coping With Stress



Japan's ageing population



Note: 2010 to 2050 figures are estimates.
Sources: Statistics Bureau of the Ministry of Internal Affairs and Communications, IPSS

Coping With Stress

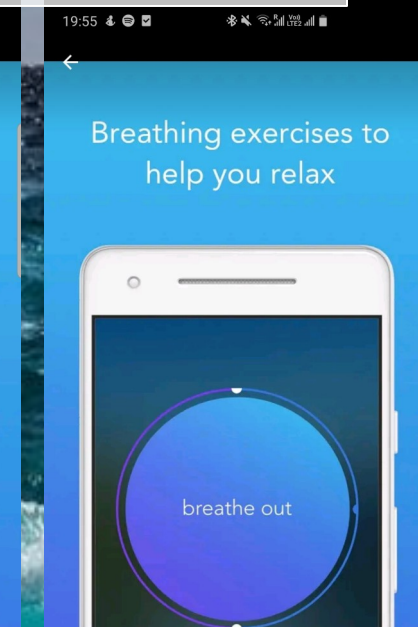
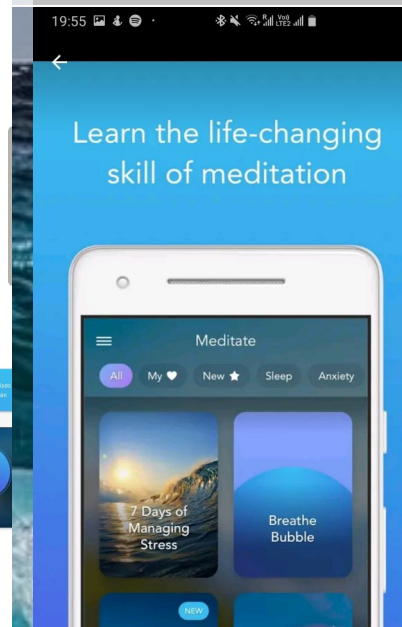
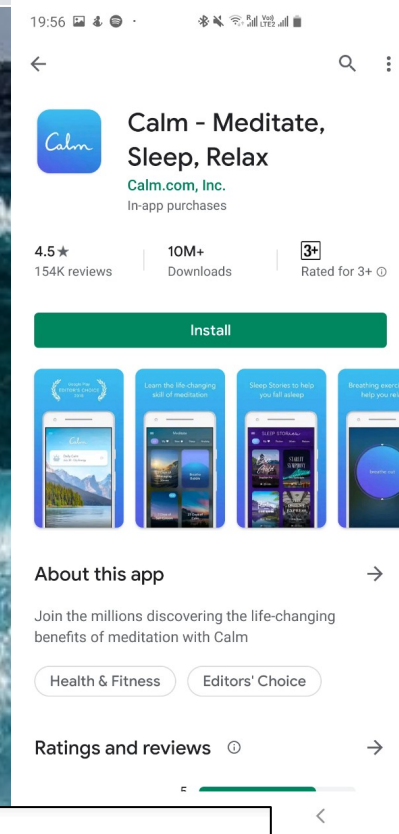
Here are the most common coping techniques identified in the American Psychological Association's 2014 *Stress in America* survey:

- listening to music
- physical activity
- reading
- meditation
- praying, going to church
- yoga
- getting a massage



Coping With Stress

- listening to music
- physical activity
- meditation
- yoga



YOGA with ADRIENE

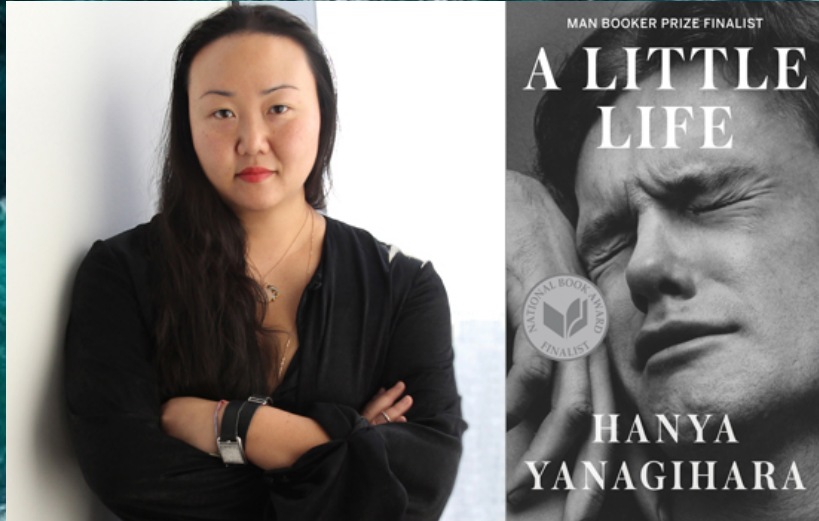


Yoga With Adriene ✓

5,286,330 subscribers



Coping With Stress



A screen adaptation of Donna Tartt's bestselling novel *The Goldfinch* is on the way after the producers behind *The Hunger Games* announced that they have taken up an option on the book

The book was a finalist for the Man Booker Prize and the National Book Award

Tartt won the:
WH Smith Literary Award for *The Little Friend* in 2003 and the Pulitzer Prize for the Fiction *The Goldfinch* in 2014.
She was included in Time magazine's "100 Most Influential People" list, completed in 2014

Coping With Stress



CRYPTOGENERATION

The background is a dark teal color with a pattern of binary code (0s and 1s) in a lighter shade. In the center, there is a large, glowing Bitcoin symbol (a 'B' with two vertical lines) surrounded by a circular, intricate circuit-like pattern. On the left and right sides, there are wireframe hands made of light blue lines, appearing to reach towards the center. The overall aesthetic is futuristic and digital.

Kateryna Aheieva
September 4, 2018

Mining in Ukraine: May 2018



Mining in Ukraine: May 2018



Mining in Ukraine

12 Graphic processing units

Model:

ASRock Super Alloy H81 PRO BTC R2.0

Price for all system with 12 GPUs: ~2500\$

Electricity cost: ~20\$/month

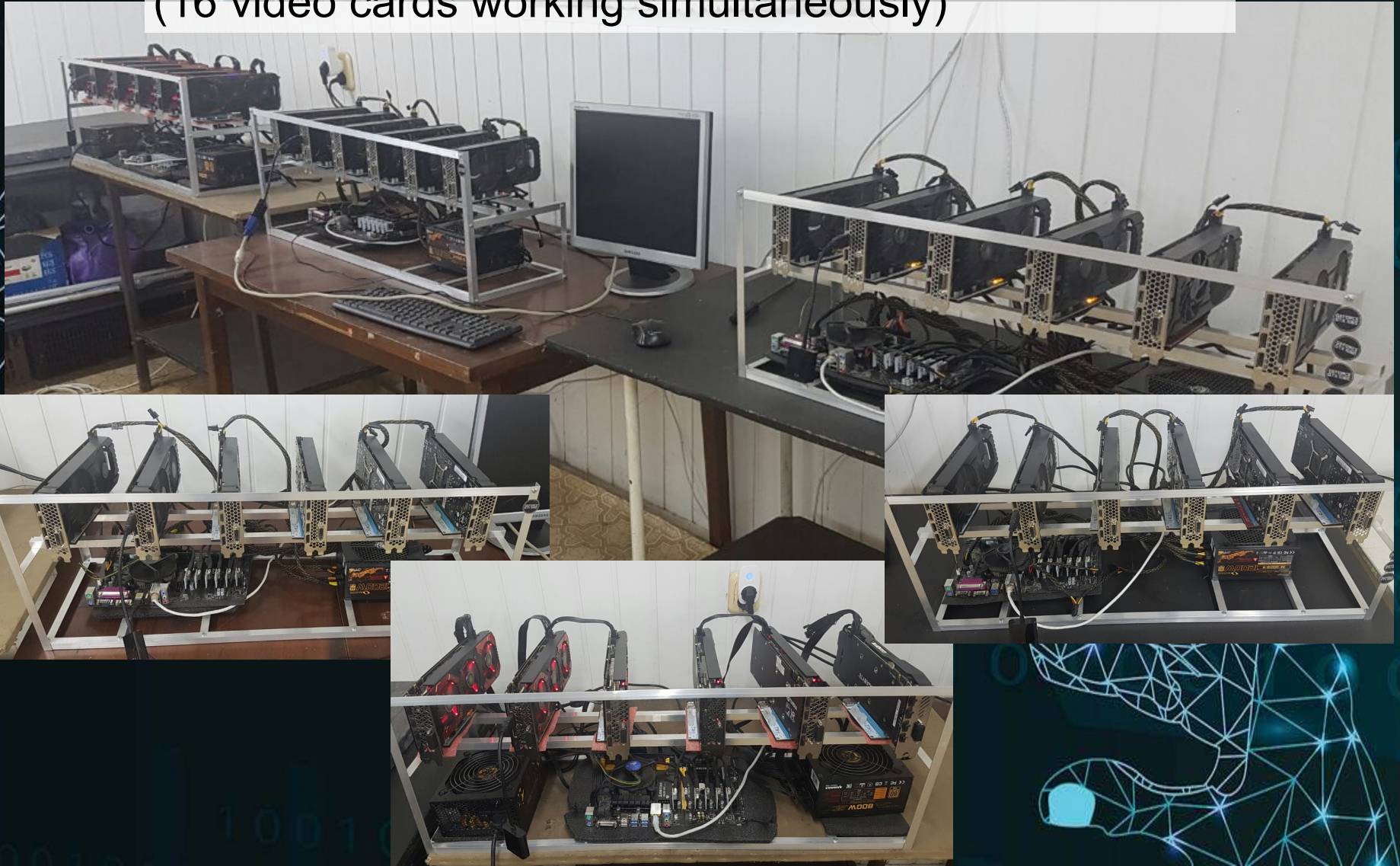
Huge disadvantage:

**VERY HOT!!!
and NOISY!**



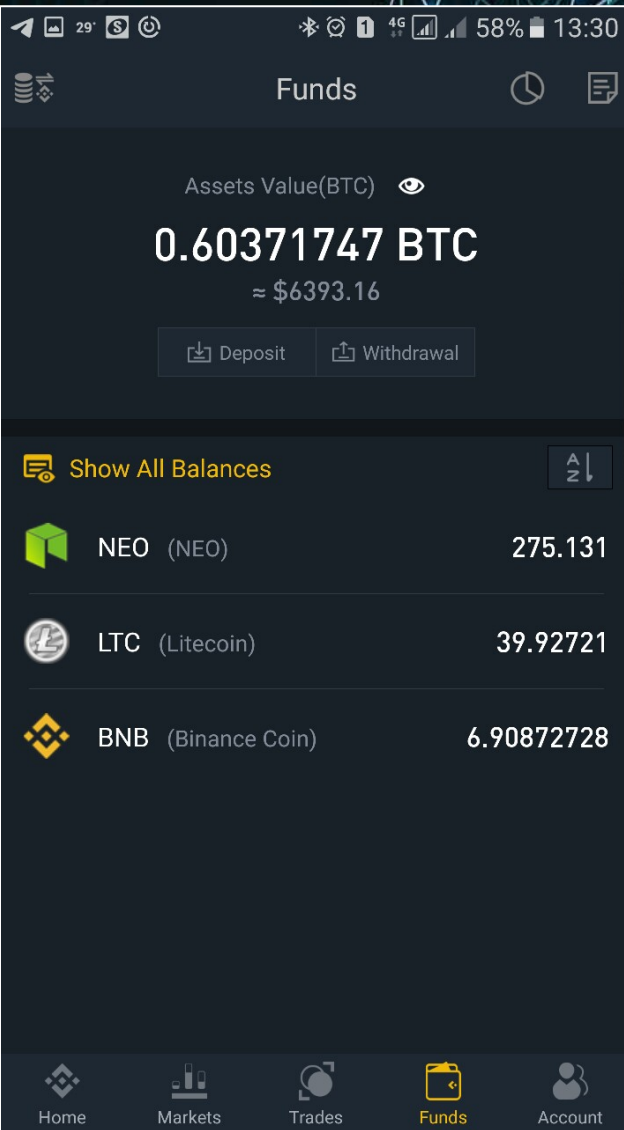
Mining. Updates

Price for the hardware (September 2018): 7500 \$
(16 video cards working simultaneously)



Mining. Updates

In Aug-Sep 2018 bought 0.5 BTC for 2500\$ (1BTC=5000\$)



August 14, 2019

Now everything have been converted to Litecoin

one block reward reduction from the end of August will be reduced twice

The mining will be more complicated and the price will rise minimum twice

Bitcoin, stock exchange; Updates



Bitcoin Price (BTC)

\$10,452.05 ▼ **-7.25%**

August 14, 2019



Thank you for your attention!

