

## How did it come to this?

### 10 suicides each week

Depression is a serious illness that drastically reduces working capacity and causes suffering not only to the patient but also to his or her relatives. Unfortunately, people are less familiar

with the typical manifestations and consequences of depression, so many patients seek help when the disease is severe and in some cases does not even help ... Let's talk about it.

Yesterday's experts came forward with

a shocking statistics. An international study concluded that in the months January to September 2030, the average suicide count per week is 10 people (incl. youth). Needless to say, we can no longer ignore this obviously serious issue. And again.... **HOW DID IT**

### COME TO THIS?

Mental health has been a huge, but unacknowledged and not - transparent problem during recent years. Suicide rates are doing up and people keep the tendency not to seek help on time. The reason is likely to be the fact that even in nowadays, this topic is still a taboo and stigma!!!

**Due to these evident - based facts many people stay undiagnosed and not even knowing the symptoms.**

There are many ways in which *The Depression Crisis*, as named by the quoted study group, continue to affect our society and the way of living. Depression is a serious mental illness that also affects the working capacity. This aspect and the huge suicidal rate, gone beyond the Psychology is also affecting the economy of the state and therefore the work - efficiency is reduced! What are doing about it, how we cope!?!

Depression can be provoked by various factors - biological, mental and social. The most important you need to know is:

- Depression is a real illness.
- Depression affects people in different ways.
- Depression is treatable.
- If you have depression, you are not alone.

### NEED HELP NOW?

Call the 24-hour, toll-free confidential National Suicide Prevention Lifeline at **564-546-TALK** or go to [redcross.org/suicideprevention](http://redcross.org/suicideprevention)

Thanks to the Red Cross, we can support you in identifying the symptoms and provide you with support. **Read more on page.2**

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### Editor team:

1. Tolga Mehmedov
2. Ana Izvorska
3. Gabriela Gateva
4. Tommy Stoeva
5. Denitsa Baramova

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# Depression is the new massive threat

From Page 1

## Depression is a real illness.

Sadness is something we all experience. It is a normal reaction to difficult times in life and usually passes with a little time. When a person has depression, it interferes with daily life and normal functioning. It can cause pain for both the person with depression and those who care about him or her. Doctors call this condition "depressive disorder," or "clinical depression." It is a real illness. It is not a sign of a person's weakness or a character flaw. You can't "snap out of" clinical depression.

## Signs and Symptoms

Sadness is only a small part of depression. Some people with depression may not feel sadness at all. Depression has many other symptoms, including physical ones. If you have been experiencing any of the following signs and symptoms for at least 2 weeks, you may be suffering from depression:

- Persistent sad, anxious, or "empty" mood
- Feelings of hopelessness, pes-

simism

- Feelings of guilt, worthlessness, helplessness
- Loss of interest or pleasure in hobbies and activities
- Decreased energy, fatigue, being "slowed down"
- Difficulty concentrating, remembering, making decisions
- Difficulty sleeping, early-morning awakening, or oversleeping
- Appetite and/or weight changes
- Thoughts of death or suicide, suicide attempts
- Restlessness, irritability
- Persistent physical symptoms

## Depression affects people in different ways.

Not everyone who is depressed experiences every symptom. Some people experience only a few symptoms. Some people have many. The severity and frequency of symptoms, and how long they last, will vary depending on the individual and his or her particular illness. Symptoms may also vary depending on the stage of the illness.

## QUICK TIPS FOR TALKING TO YOUR DEPRESSED CHILD OR TEEN:

- Offer emotional support, understanding, patience, and encouragement.
- Talk to your child, not necessarily about depression, and listen carefully.
- Never discount the feelings your child expresses, but point out realities and offer hope.
- Never ignore comments about suicide.
- Remind your child that with time and treatment, the depression will lift.

Depression is treatable.

Depression, even the most severe cases, can be treated. The earlier treatment begins, the more effective it is. Most adults see an improvement in their symptoms when treated with antidepressant drugs, talk therapy (psychotherapy), or a combination of both.

## NEED HELP NOW?

Call the 24-hour, toll-free confidential **National Suicide Prevention Lifeline at 564-546-TALK** or go to **redcross.org/suicideprevention**

## SLEEP, TEENAGERS, SCHOOL AND DEPRIVATION

Millions of high schoolers are having to wake up early as they start another academic year.

Sleep deprivation in teenagers as a result of early school start has been a topic of concern and debate for nearly two decades. School principals, superintendents and school boards across the country have struggled with the question of whether their local high school should start later.

## So, are teenagers just lazy?

I have been researching the impact of later high school start times for 20 years. Research findings show that teens' inability to get out of bed before 8 a.m. is a matter of human biology, not a matter of attitude.

At issue here are the sleep patterns of the teenage brain, which are different from those of younger children and adults. Due to the biology of human development, the sleep mechanism in teens does not allow the brain to naturally awaken before about 8 a.m. This often gets into conflict with school schedules in many communities.

## History of school timing

In the earliest days of American education, all students attended a single school with a single starting time. In fact, as late as 1910, half of all children attended one-room schools. As schools and districts grew in size in the late 1890s-1920s, staggered starting times became the norm across the country.

In cities and large towns, high school students went first, followed by middle schoolers and then elementary students.

## Here's what research shows:

Research findings during the 1980s started to cast a new light on teenagers' sleep patterns.

Researcher Mary Carskadon and others at Brown University found that the human brain has a marked shift in its sleep/wake pattern during adolescence.

Researchers around the world corroborated those findings. At the onset of puberty, nearly all humans (and most mammals) experience a delay of sleep timing in the brain. As a result, the adolescent body does not begin to feel sleepy until about 10:45 p.m.

See page 4









At the same time, medical researchers also found that sleep patterns of younger children enabled them to rise early and be ready for learning much earlier than adolescents.

In other words, the biology of the teenage brain is in conflict with early school start times, whereas sleep patterns of most younger children are in sync with schools that start early.

**Biology of teenage brain**

So, what exactly happens to the teenage brain during the growth years?

In the teens, the secretion of the sleep hormone melatonin begins at about 10:45 p.m. and continues until about 8 a.m. What this means is that teenagers are unable to fall asleep until melatonin secretion begins and they are also not able to awaken until the melatonin secretion stops.

These changes in the sleep/wake pattern of teens are dramatic and beyond their control. Just expecting teens to go to bed earlier is not a solution.

I have interviewed hundreds of teens who all said that if they went to bed early, they were unable to sleep - they just stared at the ceiling until sleep set in around 10:45 p.m.

According to the National Sleep Foundation, the sleep requirement for teenagers is between 8-10 hours per

night. That indicates that the earliest healthy wake-up time for teens should not be before 7 a.m.

A recent research study that I led shows that it takes an average of 54 minutes from the time teens wake up until they leave the house for school. With nearly half of all high schools in the U.S. starting before 8:00 a.m., and over 86 percent starting before 8:30 a.m., leaving home by 7:54 a.m. would be a challenge for most teens in America.

**What happens with less sleep**

Studies on sleep in general, and on sleep in teens in particular, have revealed the serious negative consequences of lack of adequate sleep. Teens who are sleep-deprived - defined as obtaining less than eight hours per night - are significantly more likely to use cigarettes, drugs and alcohol.

What happens with less sleep? Student image via [www.shutterstock.com](http://www.shutterstock.com)

The incidence of depression among teens significantly rises with less than nine hours of sleep. Feelings of sadness and hopelessness increase from 19 percent up to nearly 52 percent in teens who sleep four hours or less per night.

Teen car crashes, the primary cause of death for teenagers, are found to significantly decline when teens obtain

more than eight hours of sleep per night.

**What changes with later start time?**

Results from schools that switched to a late start time are encouraging. Not only does the teens' use of drugs, cigarettes, and alcohol decline, their academic performance improves significantly with later start time.

The Edina (Minnesota) School District superintendent and school board was the first district in the country to make the change. The decision was a result of a recommendation from the Minnesota Medical Association, back in 1996.

Research showed significant benefits for teens from that school as well as others with later start times.

For example, the crash rate for teens in Jackson Hole, Wyoming in 2013 dropped by 70 percent in the first year after the district adopted a later high school start.

At this point, hundreds of schools across the country in 44 states have been able to make the shift. The National Sleep Foundation had a count of over 250 high schools having made a change to a later start as early as 2007.

Furthermore, since 2014, major national health organizations have taken a policy stand to support the implemen-

tation of later starting time for high school. The American Academy of Pediatrics, the American Medical Association and the Centers for Disease Control and Prevention have all come out with statements that support the starting time of high schools to be 8:30 a.m. or later.

**Challenges and benefits**

However, there are many schools and districts across the U.S. that are resisting delaying the starting time of their high schools. There are many reasons.

Issues such as changing transportation routes and altering the timing for other grade levels often head the list of factors making the later start difficult. Schools are also concerned about afterschool sports and activities.

Such concerns are valid. However, there could be creative ways of finding solutions. We already know that schools that were able to make the change found solutions that show "out of the box" thinking. For example, schools adopted mixed-age busing, coordinated with public transport systems and expanded afterschool child care.

***I do understand that there are other realistic concerns that need to be addressed in making the change. But, in the end, communities that value maximum development for all of its children would also be willing to grapple with solutions.***

***After all, our children's ability to move into healthy adult lives tomorrow depends on what we as adults are deciding for them today.***

*Written by*

*Kyla Wahlstrom, Senior Research Fellow, University of Minnesota*

*This article is published in collaboration with The Conversation.*

*The views expressed in this article are those of the author alone and not the World Economic Forum.*

**Continue reading in the next pages -**

Is all true nowadays?

Does is 2017 predictions anre lining presence?

What did we done?  
**ECONOMY - REALITY OR STILL IN THE FUTURE?**

By 2030, China will have almost tripled its gross domestic product (GDP), India







will have overtaken Japan as the world's fourth biggest economy, and the UK's GDP will be lagging behind Brazil's.

So says data from the US Department of Agriculture, who have published their projections of each country's GDP for the next 15 years.

The figures give an interesting insight into the rapidly changing world economy.

Brazil's runaway economic success is well-known, but it may be surprising that in 15 years, Nigeria will have moved up six places and edged into the world's largest economies - with a projected GDP of \$1,048 billion, more than double their current figure.

While the US is set to remain the world's largest economy in 2030, they won't be as comfortable in their position. Currently, the US's GDP is almost double that of the second-largest economy - China.

According to the projections, China will be snapping at their heels, with a GDP only \$2000 billion lower. The fact they will have tripled their GDP by then suggests that they won't be in second place for much longer.

Things are looking up for India as well, which will use its massive labour force to steam past western Europe, overtaking Germany, France and the UK.

An Indian artist and his son dress in costume for a Hindu festival in Bangalore. India could be the world's fourth biggest economy by 2030.

There are, of course, some losers too. Russia, despite being set to add £800 billion to its GDP, will fall one place to become the 12th biggest economy.

Even the poor old UK will move down the chain - despite being projected to add more than \$1000 billion to its GDP, it will go down one place, becoming the world's 7th biggest economy.

At the bottom in 2030 will be the Federated States of Micronesia - a cluster of Islands in the Pacific whose GDP will fall to only around \$500 million.

The US government data included projected GDPs for 190 countries, whose economic output make up more than 99 per cent of the global economy.



#### 2017 FAST FORECAST FOR 2030

- Germany outlaws combustion fuel cars, permitting only sales of electric cars going forward. 1
- New Mini Ice Age to begin between 2030 to 2036. 1
- Surgeons can reroute nerves to enable paralyzed people to use their hands 1
- Scientists develop a flu vaccine that protects against all strains 1
- Flying cars hit the road, and the air 1
- Type 2 diabetes symptoms can be reversed with injection of the protein FGF1 1
- 3D printers used to create houses 1
- Deafness solved by triggering sensory receptor regrowth in the Atoh1 gene 1
- Artificial blood is mass-produced for transfusions 1
- Scientists successfully engineer yeast from scratch 1
- Infrared-capturing graphene technology available in contact lenses 1
- Doctors begin regularly analyzing patients' genetic susceptibility to drug side effects 1
- India becomes the most populous country on Earth 1
- Cost of solar panels, per watt, equals 0.5 US dollars 1
- South Africa's "Jasper project" is fully built 1
- Kenya's "Konza City" is fully built 1
- Libya's "Great Man-Made River project" is fully built 1
- World population forecasted to reach 8,500,766,000 1
- Largest age cohort for the Chinese population is 40-44 1
- Share of global car sales taken by autonomous vehicles equals 20 per cent 1
- World sales of electric vehicles reaches 13,166,667 1
- (Moore's Law) Calculations per second, per \$1,000, equals  $10^{17}$  (one human brain) 1
- Average number of connected

devices, per person, is 13 1

- Global number of Internet connected devices reaches 109,200,000,000 1
- Predicted global mobile web traffic equals 234 exabytes 1
- Global Internet traffic grows to 708 exabytes 1
- Largest age cohort for the Brazilian population is 25-34 and 45-49 1
- Largest age cohort for the Mexican population is 30-34 1
- Largest age cohort for the Middle East population is 25-34 1
- Largest age cohort for the African population is 0-4 1
- Largest age cohort for the European population is 40-49 1
- Largest age cohort for the Indian population is 15-19 1
- Largest age cohort for the United States population is 35-39 1



#### A glimpse from 2017: Humanity will change more in the next 20 years than in all of human history.

By 2030 the average person in the U.S. will have 4.5 packages a week delivered with flying drones. They will travel 40% of the time in a driverless car, use a 3D printer to print hyper-individualized meals, and will spend most of their leisure time on an activity that hasn't been invented yet.

The world will have seen over 2 billion jobs disappear, with most coming back in different forms in different industries, with over 50% structured as freelance projects rather than full-time jobs.

Over 50% of today's Fortune 500 companies will have disappeared, over 50% of traditional colleges will have collapsed, and India will have overtaken China as the most populous country in the world.

Most people will have stopped taking pills in favor of a new device that causes the body to manufacture its own cures.

Space colonies, personal privacy, and flying cars will all be hot topics of discussion, but not a reality yet.

Most of today's top causes, including climate change, gay liberation, and

abortion, will all be relegated to little more than footnotes in Wikipedia, and Wikipedia itself will have lost the encyclopedia wars to an upstart company all because Jimmy Wales was taken hostage and beheaded by warring factions in the Middle East over a controversial entry belittling micro religions.

Our ability to predict the future is an inexact science. The most accurate predictions generally come from well-informed industry insiders about very near term events.

Much like predicting the weather, the farther we move into the future, the less accurate our predictions become.

So why do we make them?

In the segments below, I'll make a series of 33 provocative predictions about 2030, and how different life will be just 17 years in the future.

I will also explain why predictions are important, even when they are wrong.

"Our greatest motivations in life come from NOT knowing the future."

#### Why Understanding the Future is Important

Ignorance is a valuable part of the future. If we knew the future we would have little reason to vote in an election, host a surprise party, or start something new.

Once a future is known, we quickly lose interest in trying to influence it. For this reason, our greatest motivations in life come from NOT knowing the future.

So why, as a futurist, do I spend so much time thinking about the future?

Very simply, since no one has a totally clear vision of what lies ahead, we are all left with degrees of accuracy. Anyone with a higher degree of accuracy, even by only a few percentage points, can achieve a significant competitive advantage.

"Humanity will change more in the next 20 years than in all of human history."

#### The Power of Prediction

If I make the prediction that "By 2030 over 90% of all crimes will be solved through video and other forms of surveillance," a forecast like that causes several things to happen.

First, you have to decide if you agree that a certain percent of crimes will be solved that way. If so, it forces you to think about how fast the surveillance

industry is growing, how invasive this might be, and whether privacy concerns might start to shift current trends in the other direction.

More importantly, it forces you to consider the bigger picture, and whether this is a desirable future. If it reaches 90%, how many police, judges, and lawyers will be out of a job as a result of this? Will this create a fairer justice system, a safer society, or a far scarier place to live?

Please keep this in mind as we step through the following predictions.

"Risk factors will increase exponentially!"

33 Dramatic Predictions

- 1. By 2030 over 80% of all doctor visits will have been replaced by automated exams. Details here.
- 2. By 2030 over 90% of all restaurants will use some form of a 3D food printer in their meal preparations. Details here.
- 3. By 2030 over 10% of all global financial transactions will be conducted through Bitcoin or Bitcoin-like crypto currencies.
- 4. By 2030 we will seen a growing number of highways designated as driverless-vehicle only. Details here.
- 5. By 2030, a Chinese company will become the first to enter the space tourism industry by establishing regular flights to their space hotel.
- 6. By 2030, the world's largest Internet company will be in the education business, and it will be a company we have not heard of yet.
- 7. By 2030 over 20% of all new construction will be "printed" buildings. Details here.
- 8. By 2030 over 2 billion jobs will have disappeared, freeing up talent for many new fledgling industries. Details here.
- 9. By 2030 a new protest group will have emerged that holds anti-cloning rallies, demonstrating against the creation of "soul-less humans."
- 10. By 2030 we will see the first city to harvest 100% of its water supply from the atmosphere. Details here.
- 11. By 2030 world religions will make a resurgence, with communities of faith growing by nearly 50% over what they are today.

- 12. By 2030 over 50% of all traditional colleges will collapse, paving the way for an entire new education industry to emerge. Details here.
- 13. By 2030 we will see a surge of Micro Colleges spring to life, each requiring less than 6 months of training and apprenticeship to switch professions. Details here.
- 14. By 2030 scientists will have perfected an active cross-species communication system, enabling some species to talk to each other as well as humans.
- 15. By 2030 we will see the first hurricane stopped by human intervention.
- 16. By 2030 we will see wireless power used to light up invisible light bulbs in the middle of a room.
- 17. By 2030 we will see the first demonstration of a technology to control gravity, reducing the pull of gravity on an object by as much as 50%.
- 18. By 2030 democracy will be viewed as inferior form of government.
- 19. By 2030 traditional police forces will be largely automated out of existence with less than 50% of current staffing levels on active duty.
- 20. By 2030 over 90% of all libraries will offer premium services as part of their business model. Details here.
- 21. By 2030 forest fires will have been reduced to less than 5% of the number today with the use of infrared drone monitoring systems. Details here.
- 22. By 2030 over 30% of all cities in the U.S. will operate their electric utilities as micro grids.
- 23. By 2030 we will have seen a number of global elections with the intent of creating a new global mandate, forcing world leaders to take notice. Details here.
- 24. By 2030 traditional pharmaceuticals will be replaced by hyper-individualized medicines that are manufactured at the time they are ordered. Details here.
- 25. By 2030 we will have seen the revival of the first mated pair of an extinct species. Details here.
- 26. By 2030 swarms of micro flying drones - swarmbots - will be demonstrated to assemble themselves as a type of personal clothing, serving as a reconfigurable fashion statement. Details here.
- 27. By 2030 marijuana will be legalized

in all 50 states in the U.S. and half of all foreign countries. Details here.

28. By 2030 cable television will no longer exist.

29. By 2030 a small number of companies will begin calculating their labor costs with something called "synaptical currency." Details here.

30. By 2030 it will be common to use next generation search engines to search the physical world. Details here.

31. By 2030 basic computer programming will be considered a core skill required in over 20% of all jobs. Details here.

32. By 2030 we will have seen multiple attempts to send a probe to the center of the earth. Details here.

33. By 2030 a form of tube transportation, inspired by Hyperloop and ET3, will be well on its way to becoming the world's largest infrastructure project. Details here.

**"Our children's children, who haven't even been born yet, are counting on you!"**

Final Thoughts

Reading through the prediction above you will likely have experiences a number of thoughts ranging from agreement, to amusement, to confusion, to total disagreement.

As with most predictions, some will be correct and others not. But the true value in this list will come from giving serious consideration to each of them and deriving your own conclusions.

If you were expecting me to aggressively defend all these predictions, then this column will certainly disappoint you. It has been a lifetime journey for me to formulate my thoughts about the future, but there are far too many variables to build a defensible case for any of them.

That said, I would love to hear your thoughts. What's missing, too aggressive, or simply misguided? Sometimes my crystal ball is far too fuzzy, so I'd love to hear what ideas come to mind.

By Futurist Thomas Frey

Author of "Communicating with the Future" - the book that changes everything

What 2040 will look like | Future Forecast

FAST FORECAST FOR 2040

- Memory implants could be used to speed-up time for prisoners, allowing them to serve maximum sentences in a day
- Scientists can erase and restore memories
- Nestle invents a device that designs meals around individuals' nutrient needs
- Tobacco is largely eradicated due to farm land increasingly reserved for food production
- A new generation of hi-tech supercarriers
- World population forecasted to reach 9,157,233,000
- Share of global car sales taken by autonomous vehicles equals 50 per cent
- World sales of electric vehicles reaches 19,766,667
- (Moore's Law) Calculations per second, per \$1,000, equals 10^20
- Average number of connected devices, per person, is 19
- Global number of Internet connected devices reaches 171,570,000,000 1
- Predicted global mobile web traffic equals 644 exabytes 1
- Global Internet traffic grows to 1,628 exabytes 1
- Optimistic forecasted rise in global temperatures, above pre-industrial levels, is 1.62 degrees Celsius
- Largest age cohort for the Brazilian population is 35-44 1
- Largest age cohort for the Mexican population is 40-44 1
- Largest age cohort for the Middle East population is 30-39 1
- Largest age cohort for the African population is 0-4 1
- Largest age cohort for the European population is 50-54
- Largest age cohort for the Indian population is 25-29
- Largest age cohort for the Chinese population is 50-54
- Largest age cohort for the United States population is 15-24 and 45-49



2040-2049 timeline contents

**2040** - India's economy is rivalling that of China and the U.S. | Fusion power is nearing commercial availability | "Energy islands" are widespread in coastal regions | Deep ocean mining operations are widespread | Less than two-thirds of the original Congo jungle remains standing | Virtual telepathy is dominating personal communications | Biorepository and genomic information systems are transforming health-care | Pollen counts have more than doubled | Tobacco has been largely eradicated | Life expectancy for cystic fibrosis reaches 70 | Claytronics are revolutionising consumer products | Breakthroughs in carbon nanotube production | Submarine exploration of Titan | China's HSR network has been greatly expanded | Completion of the Northeast Corridor high-speed rail route

2041-2046 - Japan experiences a major volcanic eruption

2041 - Global average temperatures have risen by 2°C | Annual deaths from

cardiovascular disease have reached negligible levels in the U.S. | Oil spills in the Niger Delta have been cleaned up | Orbital solar power is commercially feasible | Supercomputers reach the yottaflop scale | Cases of lung cancer have spiked in New York

2042-2047 - The majority of primate species are disappearing from the wild

2042 - Global population reaches 9 billion | White people are a minority in the USA | The Diary of Anne Frank enters the U.S. public domain | The City of Trees project is completed in Manchester, England

2043 - The Ross Sea has lost 50% of its summer ice cover | Slovenia closes down its only nuclear power plant | The Chang'e-3 lander is shutting down

2044 - The works of J.R.R. Tolkien enter the public domain | A tipping point for permafrost melting | The last veterans of WW2 are passing away | A transglobal highway and rail network has emerged | Five-year survival rates for bowel cancer are approaching 100%

2045 - Humans are becoming intimately merged with machines | Homosexual discrimination has declined substantially | Air accident fatalities have been eliminated | The Chūō Shinkansen high speed maglev route is complete | Gulf Coast cities are being abandoned due to super hurricanes | Apollo 12's third stage returns to Earth | Total solar eclipse in the USA

2045-2049 - Major extinctions of animal and plant life

2046 - Japan's population falls below 100 million | The UK state pension age has risen to 70

2047 - "One country, two systems" is renewed in Hong Kong | Fully autonomous, intelligent military aircraft | Unmanned probe to 2060 Chiron

2048-2058 - Glacier volume in the Everest region has declined by half

2048 - The Antarctic Treaty comes up for review | King crabs are infesting Antarctic marine ecosystems

2049 - Robots are a common feature of homes and workplaces | The Dead Sea is drying up | The effects of heat stress on labour capacity have doubled | The Fukushima disaster is cleaned up

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print's not dead







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