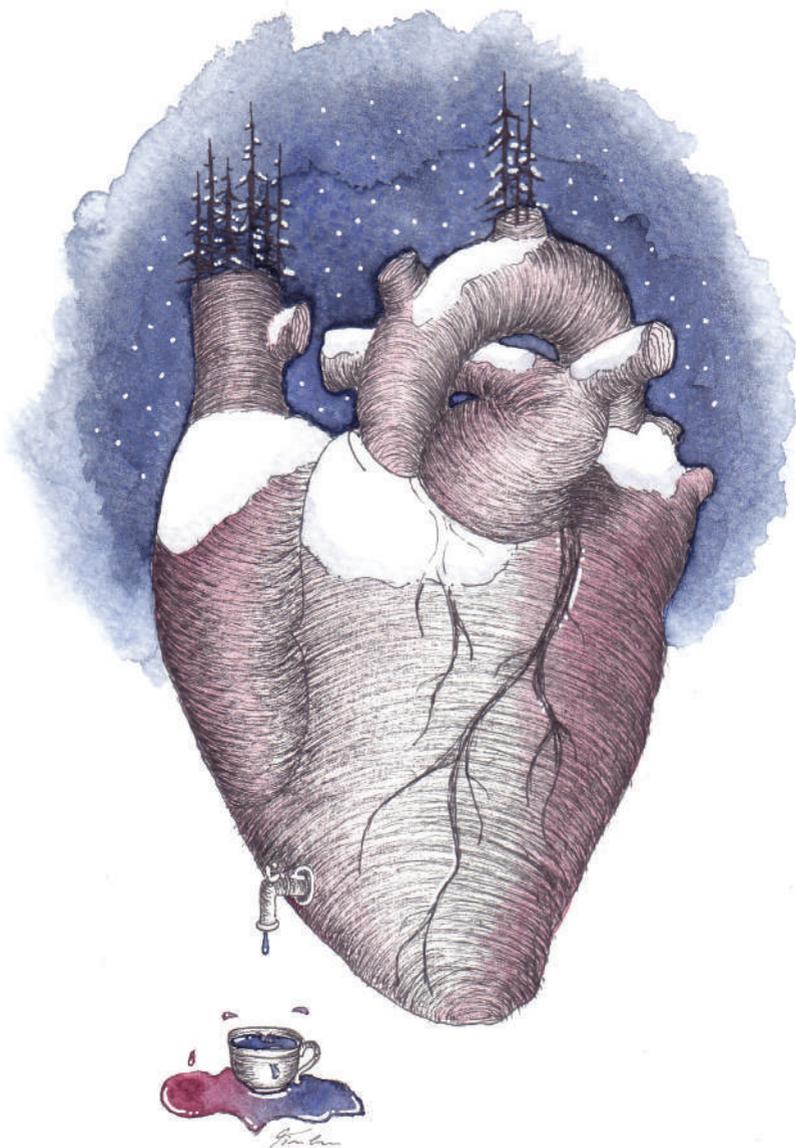


HEARTBEAT



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EDITORIAL

by Miha Červek

Dear readers of Heartbeat,

The fourth and final round has finally dragged itself forward, its clutches seemingly ferocious, and yet so very gently signalling that the time for a brand new chapter, just anxiously waiting to be written has arrived sooner than anticipated. Inconveniently lurking in the unknown and with a charismatic will to beguile, it brings about many memories and opens many questions that one could never hope to understand nor fully answer.

Like the shift of the seasons, a vigorous new year has unlocked its doors and, with it, a new edition of the ever-eye-grasping collection of student mishaps and desires embodies itself in the company of figurative illustrations and stylish decor enriched with the authors' emotional investment as well as intertwined with the tranquil honesty of remembrance that extrudes the very foundation of this year's volume. For many years, Heartbeat has perceived the ideas and artistic expressions of all those whose affinity lies with the English language, annually growing in popularity and appreciation, even being proclaimed the 3rd best High School Foreign Language Newspaper in the entire region of former Yugoslavia (the *Belist* contest), as of last year.

The secret to success?

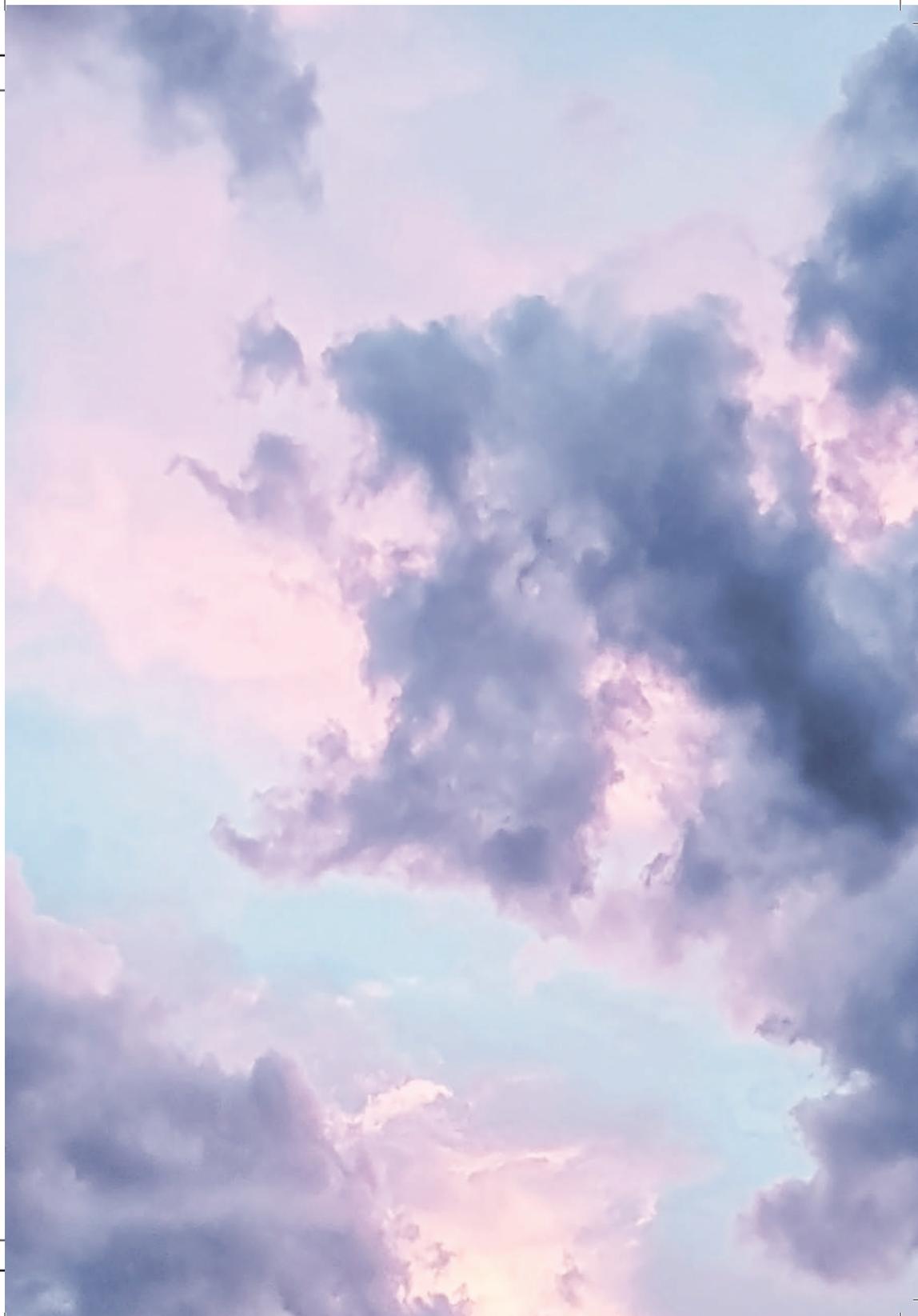
With every turning page, a new spark of light breathes life into each curious soul, and like a bonfire forms a chain of flames that along with stubbornness and integrity pierces the deep heart's core.

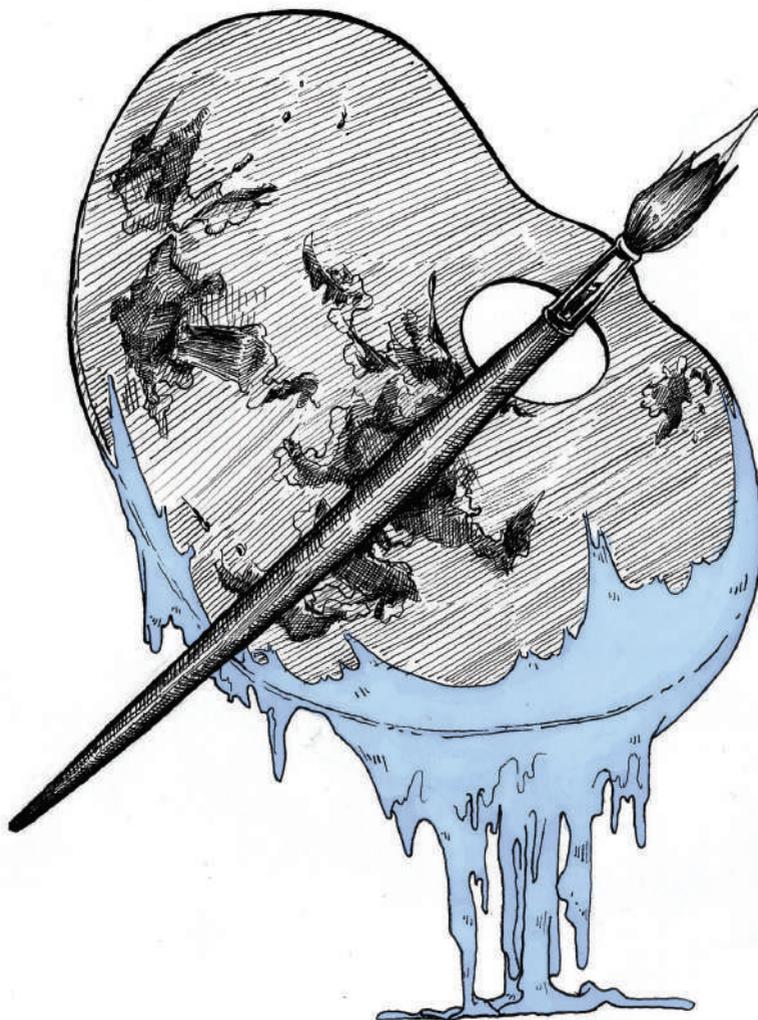
An artwork aptly made as a sign of gratitude and a vivid interpretation of the world that eagerly follows our every step, serving as a reminder of the footprints left behind.

To state that such a project coincides with mere aptitude would be inconsiderate – what lies ahead is patterned like the smoothest of silk threads, and gentler than the gray-rain curtain of the unknown. For that is where all paths begin... and eventually lead.

All that remains now is to harness the unknown, to take a leap of faith, and to come along on a wonderful, illustrious journey... one last time.

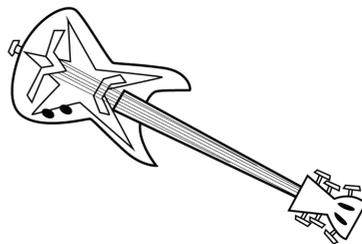






Chapter I: Artes

Metallica Truly Made HISTORY



The year was 1981 when the drummer Lars Ulrich and the lead vocalist and guitarist James Hetfield founded the band in Los Angeles, California. Since then Metallica has become one of the most influential heavy metal bands ever, and is credited as being one of the *big four* of thrash metal along with Slayer, Anthrax, and Megadeth. The band has won nine Grammy Awards and is listed as one of the most commercially successful bands of all time as well as one of the greatest artists of all time by magazines such as Rolling Stone, etc.

Aside from being one of the most successful bands, they have also achieved a Guinness World Record, becoming the first musical act to play a concert on all seven of the Earth's continents in the shortest span of time (one year). This happened during the 2013 tour after they performed in North America, South America, Europe, Africa, Asia and Australia. The record was set after their concert for more than 100 scientists and competition winners in a transparent dome at Carlini Station in Antarctica. The show was reportedly dubbed *Freeze 'Em All* (which was a spin on their debut album *Kill 'Em All*) and was an hour long. They performed ten songs, including their top hits such as *One*, *Enter Sandman* and *Nothing Else Matters*.

It's probably worth noting, however, that they chose to omit *Trapped Under Ice*, which is kind of ironic.

But this show was a tad bit different, meaning it was held without traditional amplification because of the fragile environment. It's probably a good thing that they didn't or else they could have experienced the cold of the Antarctic sea and not just the weather.

The amplifiers were in rather enclosed isolation cabinets and the sound was transmitted to the audience through headphones.

There was also a competition held to win tickets for the concert, as mentioned earlier. This competition was organized in co-operation with Coca-Cola Zero for Metallica fans in countries in North and Central America such as Argentina, Chile, Colombia, Costa Rica and Mexico. The winners went on a week long journey through Antarctica and stopped at the end for the concert on December 8 2013, at Carlini Station.

Metallica already had so many iconic milestones before hitting their World Record and it doesn't seem likely that it will end here. They have proved and will continue to prove that they truly are one of the greatest bands that ever lived.

BASTILLE: A Story of Success

Bastille is a British band that was formed in 2010. At the beginning, it was just a solo project started by their lead singer and song writer Daniel "Dan" Smith, but he was later joined by their keyboardist Kyle Simmons, bassist and guitarist Will Farquarson and drummer Chris "Woody" Wood. In mid 2015, their touring member, Charlie Barnes, joined in too. The band's name comes from Bastille Day, the national day of France. It is celebrated on July 14, which is the anniversary of the storming of the Bastille in 1789 during the French revolution.

The Bastille was a fortress/prison in Paris, known for holding political prisoners and was attacked by angry Parisian crowds in July 1789. Despite holding only 7 prisoners, it was chosen as the target because it was a symbol of oppression by the ruling classes at a time when the poor were starving. During the fight, 200 attackers and only 1 defender were killed. This act demonstrated that people would no longer accept the absolute power of the king. The day has been celebrated since 1880.

The reason behind the band choosing the name Bastille is also the fact that Dan's birthday is on July 14.

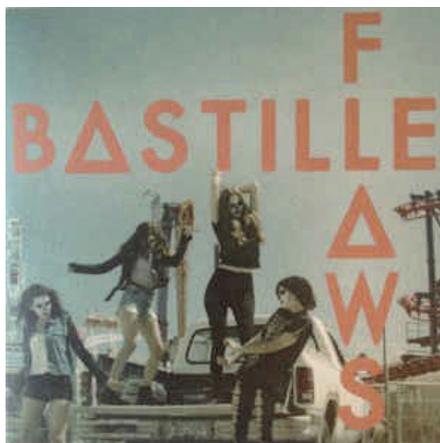
Their genres include indie pop and synth pop. Indie pop combines guitar and DIY ethic. Its origin is British post-punk in the late 1970's. It's more melodic, less abrasive, and relatively more angst-free than indie rock.

Synth-pop is a subgenre of new wave music, first seen in the 1970's, but it reached its peak in the 1980's. The synthesizer is its dominant musical instrument.

At the beginning of their career, in 2010, they released their limited edition 7" single. It featured 2 tracks, *Icarus* and *Flaws*, and only 300 copies were made. Alex Baker, presenter of the unsigned/independent artists radio show on Kerrang! Radio, found one of them and started to support Bastille, getting the public's attention.

Later on in 2011, they released their EP *Laura Palmer* themselves and started posting their songs on YouTube and MySpace, getting more and more fans with each one.

That led to them signing a contract with Virgin Records in December of the same year.



After that, the band started performing at UK festivals like Glastonbury and the Isle of Wight. Bastille recorded two parts of a mix-tape called *Other People's Heartache*.

The single *Overjoyed* was released in 2012 getting the title of *Track of the Day* by Q Magazine. In October, the band began their headlining tour called *Flaws Tour*.

The *Bad Blood Tour* started in the beginning of 2013 with the release of their first album called *Bad Blood*, containing their well known songs *Pompeii* and *The Thing We Lost in the Fire*.



It earned its place on the US Billboard 200. A few months after that, in 2014, Bastille won the BRIT award for Best Breakthrough Act and performed *Pompeii* and *Of the Night* at the ceremony.

Bastille continued their world tour through Europe, performing as close to our country as Italy and then finishing the tour in February of 2014.

A few months later, they released their third mix-tape *Other People's Heartache, Pt. III* as Dan started to work on new songs. Another album was released at the end of 2016 and was titled *Wild World*. It got good reviews as the daily British newspaper The Guardian gave it four out of five stars and then received a score of 73 out of 100 based on ten critics.



The song *Good Grief* was titled *Hottest track* by Annie Mac on BBC Radio 1 and got listed as the 24th on the Top 30 Radio Capris in October 2016 in Slovenia. Just like before, their next tour was named after their album.

They started their worldwide tour in September 2016 in Pittsburgh. It went on for a few months and ended in the summer of 2017.

And now *Bright: The Album* has been scheduled for 2018. The first song was already released on November 9 and was titled *World Gone Mad*.

Doctor Who: The TV Series

Doctor Who is the name of a British science-fiction television show produced by the BBC. It was originally created by Sydney Newman, C.E. Webber and Donald Wilson. The show is quite old since it first aired in 1963 for 26 seasons. The series ended in 1989 with Sylvester McCoy as the 7th Doctor. A film was released 7 years later with a new Doctor that was played by Paul McGann. It was not until 2005 that the show aired again with the 9th Doctor portrayed by Christopher Eccleston. It's taken many writers to keep the show going and Steven Moffat has been the head writer since 2005 as well as an executive producer since 2017 alongside Brian Minchin.

The Doctor is a Time Lord from the planet Gallifrey in the constellation of Kasterborous. He's over 4 billion years old; the Time Lords have the ability to regenerate so when their body dies, they simply get a new one. The Doctor has already had thirteen bodies and saved our world countless times. Since he is a Time Lord, he tends to be really smart.

The 11th season aired in autumn 2018 where Jodie Whittaker plays the first ever female Doctor. The Doctor's home planet, Gallifrey, was destroyed in the Last Great Time War between the Time Lords and the Daleks – one of the Doctor's enemies – “for the sake of creation” in which the infamous War Doctor fought. To end the war, Gallifrey was frozen in time in a pocket dimension.



Only a few Daleks and two Time Lords escaped it, but the Master – the other Time Lord – died leaving only the Doctor. He travels through time and space in a time machine called the TARDIS, which stands for Time and Relative Dimension in Space. It's known for being bigger on the inside thanks to Time Lord Technology. Many, many companions have accompanied him on his journey through the past, present, future and the whole universe seeing everything that can be seen. Travelling with the Doctor can be very dangerous and some of the companions have even died doing it, but most of them chose to stay anyway.

They often enter his story with many questions and by getting in trouble or saving the Doctor and helping him save the universe. They often get titles like *the girl who waited*, or *the most important woman in the universe* and so on.

His original name is unknown since it's supposed to be one of the biggest secrets or even the biggest one in the whole of existence. It was believed by the Silence – an alien religious movement – that 'the silence will fall when the question is asked', the question being "Doctor who?" As the Doctor was the only one who knew the answer to it they planned to kill him and even succeeded at this.

They also kidnapped one of his companions – Amy Pond – who was pregnant at the time, making the Doctor and Rory Williams – Amy's husband – go looking for her and the baby. But they were too late by the time they saved them.

Melody Pond, Amy and Rory's baby, had been taken and trained as an assassin to kill the Doctor.

They chose her because she was part Time Lord (because she was conceived in the TARDIS) and they believed she was the only one who could kill the Doctor. Melody later escaped and regenerated and then ran to the UK. She grew up with her own parents (Amy and Rory) while they were kids themselves, not telling them who she was because it could change the future.

She grew up hearing stories about the Doctor from Amy and fell in love with him, but killed him the first time she met him just as she was trained to do. She regenerated for the last time in her life just before he died and then brought him back to life using the power of her remaining regenerations. The 2nd time she was forced to kill him, but chose not to and married him instead, changing her name to River Song, which she has been known as ever since.

The Doctor continued his travelling, often going on adventures with his wife until she died. He later became a professor at a university where he met Bill Potts, his new companion, who he spent the rest of the season with.

The show has attracted the attention of many people and is also one of the most watched in all of science fiction. It keeps the audience on their toes with its constant flow of adventures and monsters.

To most it seems it could go on forever.

The Appeal of **STRANGER THINGS**

We've all heard of *Stranger Things* even if some of you haven't watched it. Since the summer of 2016, everyone has been talking about it and unlike many other popular TV shows, there really aren't many people who have anything bad to say about it. So what is it about this 80's sci-fi horror coming-of-age teen drama that makes it so loveable?

In case you actually haven't heard of it, *Stranger Things* is a Netflix show set in a small Indiana town in the mid 80's, where a 12-year-old boy goes missing. Since their community is such an uneventful place, everyone presumes he just got lost in the woods, except his mother Joyce and his best friends Lucas, Dustin and Mike. The boys are joined by a mysterious girl with her head shaved and a 011 tattoo on her arm who barely talks, yet has telekinetic powers. The kids are convinced she can help them find Will, so they hide her from their parents and form a close bond. Soon after, a teenage girl goes missing as well, but nobody seems to care except Mike's older sister Nancy. She teams up with the missing boy's older brother, Jonathan, which sparks a love triangle between them and Nancy's boyfriend Steve. Joyce teams up with the police chief Hopper, who has a tragic backstory of his own. Everyone suspects there is something supernatural going on, yet nobody knows whom to trust.



Throughout the show, we see glimpses of Eleven's past of being a human test subject at a government lab, hinting that her powers have something to do with Will's disappearance and a whole lot of foreshadowing with references to other horror and sci-fi classics.

The show seems to have it all, if not every element of television, but that's the brilliance of it. It manages to intertwine three separate storylines with their own clichés, which would have been nothing special on their own.

First, we have the kids.

Mike, Lucas, Dustin and Eleven (El for short) who are living in a sci-fi coming of age story, where they only trust one adult (their science teacher, who tells them how to build a sensory deprivation tank... for fun).

They each have a distinct personality, which contributes to the strong friendship and trust among them, even if it takes a while for everyone to trust El.

After all, she doesn't talk and has undefined powers, including telekinesis, seeing/talking to people through static and visiting other dimensions in her mind. She also barely understands the outside world, being kept in a lab her whole life. It gives her a certain innocence if you look past how many people she's killed out of self-defence. She helps the boys understand that Will is stuck in an alternate dimension and that a monster they dub the Demogorgon dragged him there. It's implied that El accidentally opened a gate between the two realities during an experiment performed on her that went too far.

The second group is the teenagers:

Jonathan, Nancy and Steve, who are living in a teen horror movie with a background of romantic confusion and drama. Nancy is dating Steve, who seems like a typical jock and doesn't really get Nancy. Her best friend, Barb, goes missing and she seeks emotional comfort in Jonathan instead who understands her frustration and pain. Feelings arise, but have to be pushed aside so they can deal with the matter at hand – defeating the Demogorgon. Steve goes through some major character development and, after a violent fight with Jonathan, comes to help them baseball bat in hand with absolutely no clue about the gravity of the situation.

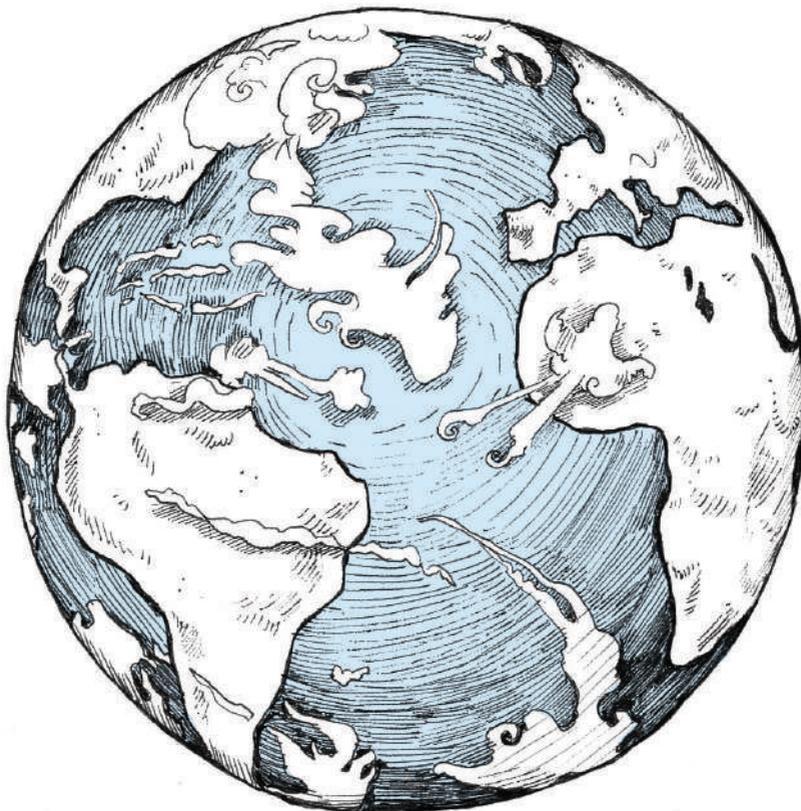
Lastly, there are the adults.

Joyce Byers and chief Jim Hopper are in a classic crime mystery about a missing child, even though they're unknowingly tracking Eleven instead of Will.

There is history between them and Hopper understands what Joyce is going through, having lost a child himself. He trusts her when she claims Will isn't dead, even after they pull his fake body out of a lake (staged by the government). Hopper breaks into the lab and finds the gate to the other dimension, which the kids called *The Upside Down*.

All three teams approach the issue within the confines of their genre, but none of those approaches work because none of them see the whole picture. It's only when all the threads start to converge that they can actually get anything done.

Dear God, let's not even get into season two.



Chapter II: Mundus

The Problems of the NCAA

The NCAA is a non-profit sports organization, which generates over 1 billion dollars in revenue and doesn't pay its athletes.

That is a bold statement, however a technically legitimate one. Let me explain, the National Collegiate Athletic Association or the NCAA is an organization that regulates athletes of 1,281 North-American institutions and conferences. Under the NCAA's wings, North-American colleges compete against each other in 90 different sports (both women's and men's), ranging from football to swimming.

The schools are represented by their attending student athletes. The NCAA currently operates in a three-division system of Division-1, Division-2 and Division-3. Colleges are divided into these three divisions for each sport, based on their success. The strongest schools are in D-1, less successful ones in D-2 and the least successful ones in D-3. And what do the student athletes receive for competing? They are offered athletic scholarships. Knowing how expensive education in the USA is, it is quite helpful to have your education paid for by virtue of your athletic abilities.

Additionally, only D-1 and D-2 schools can offer their athletes athletic scholarships. Nevertheless, how is this organization, focusing on minors who play amateur-level sport, able to generate over 1 billion dollars in revenue?

The primary selling points of the NCAA's product are collegiate football and collegiate basketball, particularly the NCAA Division I Men's Basketball Tournament that takes place in March, therefore is suitably known as March Madness. Over 82% (approximately 800 million dollars) of all revenue is generated by this tournament. As a result of countless endorsements, ticket sales, jersey sales and an immense TV broadcasting rights deal, the organization cleared 1,046,000,000 dollars in annual revenue in 2017. To put that into perspective, that is more than the GDP of Gambia and 15 other countries.

With that in mind, it is worth noting that the players themselves didn't receive a single penny of it. Not only are the players not paid, but they are obliged to follow a set of rules which prevent them from earning any money whatsoever whilst in college.

Student athletes cannot sign endorsement deals with sports brands such as Nike, Adidas, Under Armour or others. Not only do they receive no compensation from jersey sales, but the rules do not allow them to even keep their own jerseys after games in order to prevent them from selling them. Athletes cannot receive financial benefits in any form from anyone, e. g. take gifts, receive discounts or even get jobs to earn money. In contrast, roughly 75% of non-student athletes have jobs, a Georgetown University study finds.

These drastic measures, taken by the NCAA in order to financially bind student athletes have resulted in some disturbing stories, such as: a basketball player at the University of Utah lost one of his parents during the season. The coach of the team, Rick Majerus, took that player to lunch, before sending him on a plane back home to his family. According to the NCAA, this was a violation because coaches shouldn't buy students meals. Due to such restrictions, the genuine poverty of student athletes is a critical concern for the NCAA. In 2014, a current NBA player, Shabazz Napier, made a worrying comment after winning the March Madness tournament for the University of Connecticut stating that, "... there are hungry nights, when I go to bed and I'm starving". What do these players get in return for starving and dedicating their lives to educational institutions? As mentioned before, education. However, let's clarify several issues regarding this glorified education.

Here is a summarized student athlete's schedule, according to a former NFL player, Arian Foster, "Student athletes wake up earlier in order to weight train before classes. Regular students are free afterwards, however, after attending lectures, student athletes attend 1.5 hour-long meetings and film-room sessions to study game-plans and, afterwards, go to a two-hour practice. Such an exhausting schedule prevents the players from focusing on their academic goals. Moreover, student athletes often cannot pursue the major they wish to because it interferes with their practice or film-room sessions.

This is what happened to Arian, when he wanted to study astronomy, but was told by his academic advisor that the classes would conflict with the practice schedule. Therefore, not only do the athletes have no time to focus on academics, they can't even necessarily study what they desire. Another major drawback for student athletes is that they lose their scholarships if they get seriously injured, which presents a great risk for any athlete.

In addition to education, colleges also provide world-class coaching for players from whom they can learn about their sport. Nonetheless, that can create a rather awkward relationship between coaches and players as all the financial restrictions that prohibit student athletes from earning money do not apply for coaches.

There are over 80 coaches with a salary of more than 1 million dollars solely in collegiate football. Furthermore, they are allowed to be sponsored by sport brands, earn money by appearing on radio or TV and have many additional sources of income. Quoting a former NBA player Jalen Rose, "Coaches can have many different revenue streams. So, if I come into practice and miss a few shots, and the coach asks me 'Jalen, what's going on with you!' You know what's going on with me? My mom's lights are about to be cut off, that's my problem."



Still, after all this pressure on the NCAA from former players, the organization nevertheless contends its plan to not pay student athletes. They further argue this idea by stating that student athletes are, by definition, still students and not employees. However, the previous year, a regional director of the National Labor Relations Board ruled that Northwestern University football players qualified as school employees under the federal labor law, largely because they spent 40 to 50 hours a week on their sport during the season and up to 25 hours a week during the spring semester – compared with just 20 hours a week on academics. One could approximate similar numbers for other schools as well. Keeping that in mind, you might still think to yourself that collegiate sport is a marvelous path upon which players eventually reach professional leagues such as the NBA or the NFL where these athletes become millionaires. Despite undisputedly being the best way of becoming a professional athlete, the odds are still not in an athlete's favor as only 1.2% of basketball players get drafted into the NBA and no more than 1.6% of football players into the NFL. Keeping that in mind, it is also important to remember that the NCAA (despite having an annual revenue of a billion dollars) is a non-profit organization. Consequently, the NCAA doesn't pay federal income taxes and is, by classification, equivalent to organizations such as the Red Cross or Amnesty International. This means the NCAA has to spend a billion dollars each fiscal year in order to retain this status. How do they do it? A share goes into funding other, not so profitable sports, some for organization costs and some for scholarships.

Additionally, a large portion of the budget goes into lavish, multimillion-dollar, sports-only training facilities containing barber shops, bowling lanes, movie theaters, beach views and man-made lazy rivers, offering athletes a luxurious world separate from the rest of campus. Moreover, the ten largest football stadiums in the US belong to colleges. The largest stadium in America and the second largest in the world, belongs to the University of Michigan. At full capacity, it holds an incredible 107,601 people. It is, in fact, so big, that on game day, it has a larger population than Maribor. Therefore, it can be deduced that colleges are *forced* to look for different (unnecessary) ways to spend money in order to remain non-profit organizations, while some student athletes do not have enough money to buy food.

I believe that the NCAA is facing an abundance of problems, which do not have palpable solutions, such as poverty amongst players, debilitating schedules, the risk of losing a scholarship due to injury, etc. Yet, I believe a possible first step to improving the lives of a lot of student athletes would be a small salary of approximately two thousand dollars. That amount would be enough for the student athletes to take care of themselves and perhaps send something to their family.

However, if a salary is not an option, I would definitely consider some other changes, for instance, relieving some duties regarding the sport in order to ease up their schedules, loosening some financially-binding restrictions or granting student athletes scholarships, despite injuries as I believe a billion dollar organization can certainly afford to do so.

A Planet of Rubbish

People usually aren't aware of the consequences of their impact on nature. Traffic, industry and the economy pollute the environment on a daily basis. People often think that polluting the environment can't affect humanity. They don't care where their rubbish goes when it leaves their home and the only thing that's important is that it is gone. But is it really gone? All things go somewhere when we get rid of them and the same goes for all kinds of waste.

The most environmentally harmful is rubbish made of plastic because it can't decompose. We can recycle and reuse it, which has become the goal of many environmental organisations. But the problem is that the recycling process produces harmful emissions that go into the atmosphere. And because a lot of countries don't separate rubbish or recycle it, it usually ends up in oceans and seas. Why so? Because people think that rubbish, which is thrown in the sea simply vanishes. But we should be aware that any kind of waste and rubbish thrown in the oceans will eventually affect the environment that we are living in.

Living creatures in oceans and at the seaside are the first victims of plastic's harmful effects. Rubbish damages their health and habitat. In oceans, rubbish forms huge piles, which are called garbage islands: massive floating islands of plastic. These islands are formed because of sea currents. They keep trash together in one place and constantly deposit new waste.

Sea currents usually move in circles, so they pick up rubbish in the oceans and deposit it in their centre, where it stays trapped because of the calm sea surface. Due to the movement of ocean waters, garbage islands are getting bigger and bigger.

Among the trash, floats phytoplankton, which is food for whales, jellyfish, sea turtles and other sea creatures. Without the phytoplankton, most of the marine organisms would starve. Because phytoplankton floats in dangerous and polluted environments, it has harmful effects on the nutrition of sea creatures. When marine organisms search for food, they are often hurt and poisoned because of plastics. Especially poisonous are microplastics, small pieces of plastic, which represent the biggest share of rubbish in the oceans. Fish often think that microplastics are their food and eat it. For people the problem becomes more serious, when they eat these fish.

Plastics and other kinds of rubbish can also harm marine organisms. A lot of sea turtles die because they eat plastic bags. They think that the bags are jellyfish. Turtles and seals often die choking on plastic bottles. Plastic rubbish can also be very sharp and damage the internal organs of living creatures. Birds suffer because of the rubbish too. The adults feed young birds with rubbish because they think it's food. The plastic also affects coral, which gets discoloured because of the poisonous substances in the oceans and global warming.

According to surveys, food chains and life in the oceans would be completely normal if people stopped interfering in nature and producing such a big amount of rubbish. Marine organisms should have a clean habitat, which is nowadays practically impossible.

So how can we help?

We can't imagine our world without garbage. Neither can we destroy all the rubbish, but we can reduce it. A lot of people think that they can't do anything to help the planet or that their help would be in vain. But they are wrong, because every single one of us can make great and noticeable changes. For instance, people create large amounts of rubbish when they buy food or cosmetics.

Of course we can't avoid plastics when we buy food like pasta or rice, but there are other ways to avoid plastic in our everyday life. We don't need a new plastic bag every time we purchase something. We can reuse it or simply use a bag made of fabric.

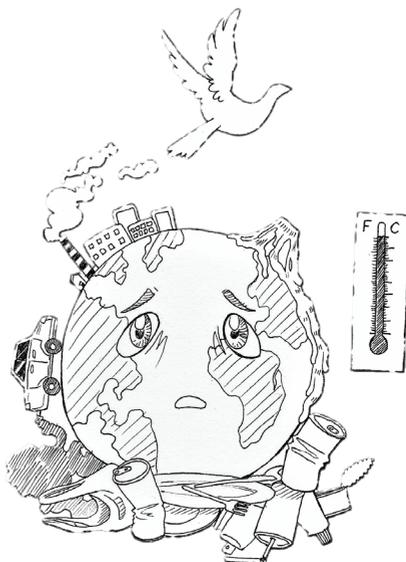
The same goes for plastic bottles. We can use glass bottles and do not have to buy a plastic one every time we get thirsty. We can also try to avoid using straws. We should be aware, that recycling is very important for our planet. Slovenia made great progress a few years ago when separating rubbish became obligatory for all citizens.

Unfortunately, some countries aren't thinking ecologically and don't separate waste. So we have to separate and recycle rubbish whenever we can because this is the easiest way to reduce waste.

Every year around 8 million tons of waste are thrown in the world's oceans. But plastic production isn't decreasing. It's actually increasing every year. The problem is that people see the ocean as a big dumpster where they can dump anything without hurting anybody or anything. They aren't aware that pollution will eventually affect all of us.

People should start changing their habits in order to save our planet before it gets flooded with rubbish. My opinion is that people should start thinking about where all the rubbish goes and what it does to living creatures and nature. I think that we can all do something for a cleaner environment and that changes are noticeable even if they are small.

And it all starts by not taking a plastic bag when we make a purchase.



The Meaning of Feminism

I'm sure we've all heard this word several times. To some, it represents equality, to others it represents an enraged woman that only has hatred for men. Why does this one little term mean such wildly different things? Well, it's complicated.

First off, I want you to know that the original meaning of feminism is indeed equality. If you don't believe me, here's the literal definition, "The advocacy of women's rights on the ground of the equality of the sexes." I wouldn't put that in there if I hadn't met several people that genuinely believed feminism promotes things like *women are better than men*.

After meeting these people I wondered how they got the definition of that word so wrong. What made them believe that all feminists are such extreme people? And that's exactly when I figured it out: the extremists.

You see, in our society today, only the most peculiar and over the top things stand out. Therefore, only the most peculiar sides of things are seen by people. That's why feminism is represented so wildly wrong. Women marching in the streets for their rights or trying to pass laws that enable equality don't become as popular on social media and TV as women screaming that, "the proportion of men must be reduced and maintained at approximately 10% of the human race" (which is an actual quote by Sally Miller Gearhart). My point is that the majority of feminists are very different from the woman I just quoted.

They just want equality, not superiority, but because women like Sally get exposed a lot more frequently, that's what some people see as feminism.

It's actually at the point where some would argue that feminism doesn't mean what it used to. That it now represents something completely different and therefore you shouldn't call yourself a feminist unless you think like Sally. Personally, I don't agree. A couple of extremists do not represent a whole group. However, I understand the thought process behind it.

If you believe in equality, but don't want to be associated with feminists whatsoever you can do two things. Either call yourself an egalitarian (a person who believes in the equality of everybody, not just women to men) or you can realize the word is just a term and you don't truly need any word to sum up your thoughts or what you believe in. I, on the other hand, will proudly continue to call myself both an egalitarian and a feminist.

Care to join me?





Chapter III: Valetudo

Push Yourself

Have you ever heard of shock therapy? It's one of the many ways a person can be cured of certain mental illnesses. Instead of talking things out with their therapist, a person trying out shock therapy will simply be exposed to a thing outside of their comfort zone (for instance if I'm afraid of looking someone in the eyes, I'll have to try and do exactly that).

It might sound cruel but it can prove to be very effective. Reading about it actually piqued my interest and after some time, I started using it in my own way. Of course not because of a mental illness, but to improve myself.

I, just like everyone else, am full of traits I think are flaws. By using this method, I've realized that they're not flaws or that I can change them with just a little effort. For example, I'm very introverted and socializing isn't my strong side at all, but I've always thought people who can just talk to anyone without breaking a sweat are the coolest people around. So I forced myself to sign up for an exchange program.

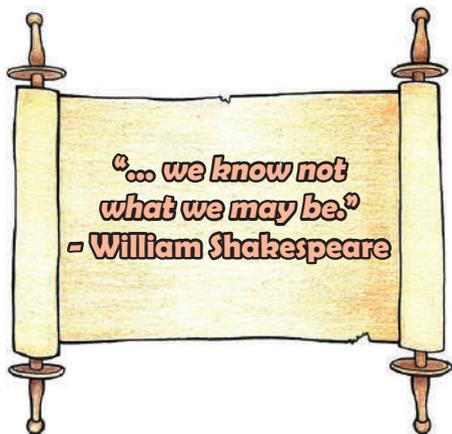
That way, I couldn't run away from talking even if I wanted to. Believe it or not, I opened up so much during those few days that talking seems a lot easier now. Of course, I'm not an entirely different person now and I still have a long way to go regarding my social skills, but it's a start that never would have happened if I hadn't pushed myself.

The best thing about this method is that it doesn't require anyone else to be with you, which is often what scares people. You can do it at your own pace and work on whatever problem you choose. The method is almost universal for all problems, but if you have a serious mental illness, I still advise you to talk to a specialist about it.

Then again, you can't always expect to completely break your boundaries. While it's true that a lot of our boundaries haunt us because of fear or social norms, some are present because that's simply as much as we can take. You shouldn't try to change them but rather respect them and realize they make you who you are. We all have things we're not built for and that's ok. My point is to simply try to push your boundaries every once in a while. We often just stay in our own little bubbles of comfort without knowing what we could be if we just pushed ourselves a bit. So next time you want to do something, but are too afraid to actually go through with it, I dare you to push yourself.

It might not be as bad as you think.





As I shall soon turn another important page in my life and start writing another chapter of my story, I often wonder and worry about what I will become and who I will be as I grow older.

As Shakespeare's character Ophelia said in act 4, scene 5 of his masterpiece titled *Hamlet* "we know what we are but know not what we may be". But is this true?

In all honesty, sometimes I feel like I am a mystery to myself. Figuring out who you are and what you want to do with your life can be an issue of great difficulty. If you are already a student here at Prva gimnazija Maribor, you probably will or already have heard of the great philosophical question that will be asked in your 4th year of studying, "If I (insert your name here) changed my name, would I still be (insert your name again)?" It is a great question that puts you in front of an even greater question "Who is (insert your name once more)?" Am I merely a human being that functions exactly like all other human beings? If not, am I something more than that, something special?

Truth be told, probably no person alive is sane enough to dwell on these questions for hours on end because there is no true answer known to man. It is simply a question that can only be answered by God (that is IF he really exists), but that is a question for an entirely different debate.

As people often say, we are the masters of our own fate. Who you are is entirely up to you. You have your whole life to create a person, an individual that you present as yourself. That character is recognizable by your face and by the way you act. So to answer my question, yes, the statement is true. The philosophical questions do not matter as much as what you think of yourself and how you present yourself to other people.

As for the future, however, I believe that we may not know exactly what is yet to come, but we do have a great role in creating our fate and the life that is yet to come.

So make smart decisions.

Self-Care: A Simple Guide

On a regular day, it might be tempting to label putting on an expensive face mask as self-care, but what we often fail to realize is that self-care is, as cliché as that sounds, so much more.

Self-care is “*the practice of taking action to preserve or improve one’s own health,*” according to the Oxford dictionary.

There are many ways in which you can carry out the practice, but nowadays the most popular ones seem to be external methods of taking care of yourself. Long baths, massages and pampering are what often falls under this category, as well as going for long walks and exercising. I am not, by any means, trying to give off the impression that exercising and pampering yourself is a bad thing. The sole purpose of this article is trying to prove that one’s mental and physical health cannot and will not be fixed by waving the metaphorical magical wand of body scrubs and dumbbells.

From a student’s point of view, taking care of your mental health might sometimes seem hard, at times even impossible, but the important thing to remember is that good mental health and stability have never and will never come easy. Every piece of advice pointed out in this article will sound a little bit like an Instagram text post, telling you that getting your mind on track is not always pretty, but it is hard to argue with that simply due to the truthfulness of it.

Mental self-care sometimes has to be rough times and shutting yourself out for a little bit. But eventually it must become getting in touch with your friends again and starting to work towards a better mindset. After all, self-care should be about what makes you feel good and positive and if face masks make you feel this way, so be it, but, more often than not, it should also be about setting your head straight and actually helping yourself become a better person who is also comfortable in their body and enjoys life.

As for physical health, self-care is often dependent on exercising and making conscious decisions towards bettering one’s lifestyle. It means drinking enough water and willfully staying positive in the hopes of getting healthier. Sure, simple things like that will not always work, but if you are a Negative Nancy all the time, chances are you are not going to stay happy and healthy for much longer.



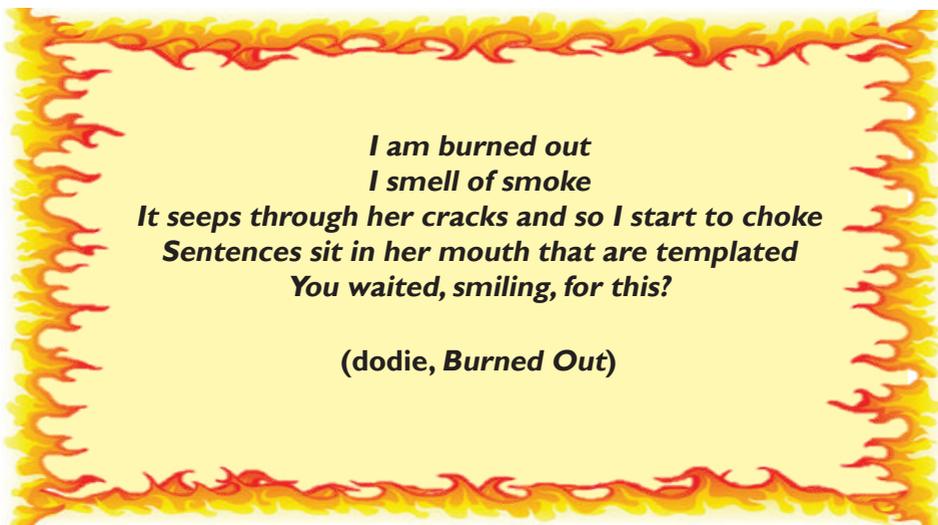
Feeling Burned Out

Even though you most likely wouldn't admit it, you like going to school at least a little. You get to see your friends, there are certain subjects you find interesting and professors you like to listen to, you can participate in your favourite after-school activities and maybe there's this special someone in the classroom next-door and you're gathering up the courage to talk to them. But it's no secret that school and schoolwork are very common causes of stress and anxiety. Everyone has dealt with feeling extremely tired or extremely nervous at some point because of a test, an oral examination, a group project or a pile of work to finish. A little stress can be beneficial for you, but once you're feeling constantly stressed, anxious and exhausted, it can lead to major problems. You've probably heard of the term *burnout* and its Slovene translation *izgorelost*. It describes a numb emotional state, which occurs when you overwork yourself into mental and physical exhaustion, having drained your mind and body from all strength, energy and motivation. You may become less interested in the activities you used to enjoy and see less sense in studying or even getting up in the morning. You may even feel like your work doesn't matter and adopt a cynical and pessimistic attitude. Because of burnout, your concentration may drop and you just won't be able to focus on new information. You might become more withdrawn or aggressive towards others, feel less confident, sleep less and develop unhealthy lifestyle habits like drinking too much coffee.

Those are just a few symptoms which can lead to much greater troubles, such as chronic headaches, respiratory problems, insomnia and even depression.

How can you escape it?

Is there a magical cure that chases your stress away and guarantees immediate relaxation? You can't just drop out of school and throw your education away to keep from ever feeling burned out again. So how can you prevent or diminish it? You might know a YouTuber and illustrator Jaiden Animations who made an incredibly honest and helpful video on *burnout* and dealt with it as well. She stated that it's important for us to take breaks from intense studying and just do nothing for a while. Lay on the couch and close your eyes, pet your dog, cat, hamster, parrot or whatever pet. Take a short scroll through social media and send a funny meme to your friend. Read a chapter from a compelling book or watch an episode of Friends (works for me anytime, but feel free to watch any series you like). You may feel guilty while on break, as if you could have been doing more work instead of *wasting your time*. You might dread of falling behind on studying or forgetting everything you've learnt. But think about it; if you continued working, when would you actually be allowed to take a break? When you'd fall face-flat into bed and then stare at the ceiling for half a night because *you could have been studying right now?* Absolutely not.



*I am burned out
I smell of smoke
It seeps through her cracks and so I start to choke
Sentences sit in her mouth that are templated
You waited, smiling, for this?*

(dodie, *Burned Out*)

Tell that little anxiety-inducing voice in your head, that you've earned your ten, fifteen, twenty, thirty or more minutes of enjoyment.

You need it more than reading another paragraph of biology until your eyes hurt or solving another maths problem until you've run out of pencils. This break belongs to you and you deserve it fair and square.

I will now repeat a well-known formula for feeling better (physically) that you hear from parents, teachers and doctors. Eat healthy, sleep well and exercise.

I am well aware that there's usually not enough time to prepare five nutritious meals, go for a run and sleep for 8 hours a night, since we spend most of our day at school, while also having to find time for other things that I won't go into now.

But taking care of yourself is still the number one priority and being healthy comes before your academic results. Even if it's set in baby steps, like eating breakfast every day, going for a walk or closing your eyes an hour earlier in the evening than usual.

I would like to conclude by saying that your marks DO NOT define your character, your talent, your creativity or your empathy. You are more than just an exam or a number on paper. What determines you as a person isn't written in your final report, but rather is defined by the way you interact with the people you love and anything that makes you feel passionate and hopeful. Being responsible and doing your best in school is still as important as finding people and hobbies that make you happy, but all in all, you should listen to your body and be kind to it.

You only have one.

Changing the World

We are literally the people we said we'd never be.

Whether it's going to the store after watching a video about how harmful our everyday habits are to the environment and grabbing a plastic bag or learning about the absolutely horrible wars that have happened throughout history and not batting an eye when hearing about the increasing number of victims of the numerous currently ongoing conflicts, even if they are thousands of kilometers away.

Our society has become incredibly selfish and I'm not talking about taking care of yourself and your mental health (because that never is). However, more so I mean the fact that we read about how important it is to reach out to friends and check up on them and make sure they feel safe and comfortable when they confide in you... yet most won't act on this. It'll usually be the same ritual, a few words expressing pity and then expecting them to move on soon. Because why would your answer or reaction even matter if you're just one person?

The idea that one person cannot change the world really baffles me. Figuratively, it might be true, yet metaphorically it probably could not be further from the truth. You can be a great example for someone and you can start with small changes, perhaps eventually even start a movement. The question is solely how many people are willing to be daring.

The bottom line is those seemingly small changes can help drastically towards a better future. We need to consciously improve ourselves and our actions before we can think about changing the world.

No change is too small, it always begins with the little things. Perhaps it's choosing to shop with a reusable bag, or truly meaning it when you ask someone how they are, or being even the tiniest bit kinder than normally.

I don't want you to get the wrong idea; I'm not trying to persuade you to become the next great environmental activist, nor am I shaming you for doing these things, or saying that these improvements for the better will come overnight. They won't. People just usually don't care enough or don't think that they can contribute to making a difference.

This article is just here to remind you that power is usually subjective. You only really have it if you feel and think that you do – and it's within each and every one of us, whether we realize it or not.

Maybe you think this is all too idealistic by now, but if you think about it, when have the biggest changes happened? When a large group of people cared very little or when one person refused to give up?

We might not be able to do it all entirely on our own, but we can start with ourselves. At least try. Stand up for what we believe in and fight for to better our existence.

We must be the change we wish to see in the world.

The Little Things

What makes a truly fulfilled and happy life? Isn't that what we've all wondered at some point?

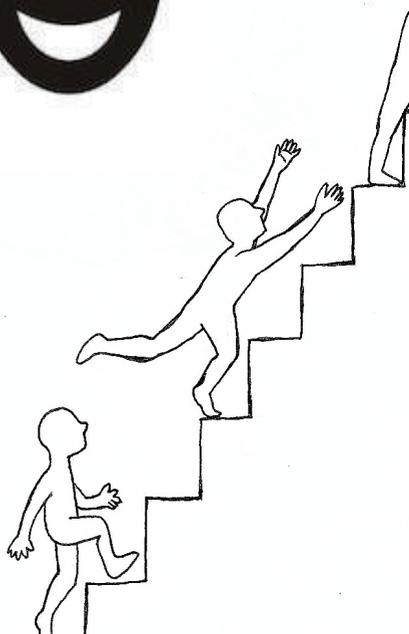
I've always thought that focusing on small things you're grateful for was a normal and good characteristic to have because it really does ground you. Yet one day, someone I know said they were surprised at how overly excited I am about seemingly meaningless everyday objects and/or situations, which perplexed me for two reasons: one, I really didn't find the situation meaningless at the time, and two, why is it so important to them to judge someone else's happiness? (Although I'm sure they had their reasons).

I understand not paying attention every little detail in life, I'm sure that's tiring. But how can you not feel satisfied and at least a tiny bit happier when you get into a hot shower after a long day? Or when someone brings you your favorite food? When your dog runs to greet you when you come home? The smell of pancakes being made? Helping someone in whatever way? Perhaps getting into bed with freshly changed sheets?

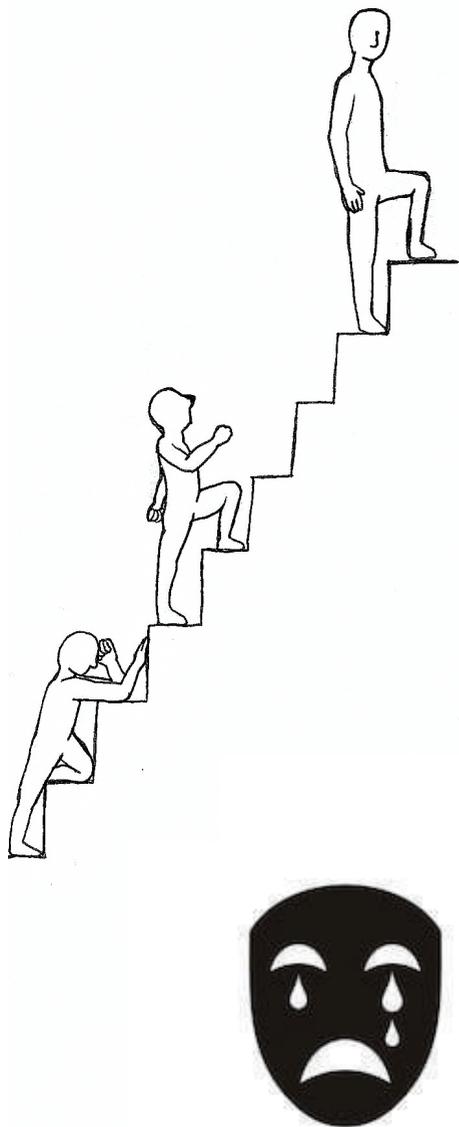
It revolves around mindfulness, which definitely takes some effort and practice, but is certainly worth it down the road. Really living in the moment, being able to recognize and be thankful for things as they come is truly a skill I wish to master someday.

Our society is becoming increasingly materialistic and it definitely isn't making us any happier. What do we really have if we take away these small satisfying gems? Isn't the bigger picture they build much greater than any materialistic item?

If only being wealthy, famous and powerful is considered as happiness for some, I'd much rather stick to being overly excited about the little things.



Good Enough



The term *good enough* seems so simple, doesn't it? Something satisfactory, but not ideal. But do we perceive ourselves as good enough? Struggling with self-image is common with teenagers and just everyone in general, the whole *striving for perfection* trope is nothing new. We're all aware that perfection is a subjective idea that varies from person to person, but what about being *good enough*? Is that universal?

Nathan Zed, a 19-year-old social media personality, who openly struggles with self-worth, recently launched a line of merchandise with the simple phrase I mentioned: *Good Enough* with a rose between the words. The idea stemmed from a video he made called *You're Not Good Enough*: "Even with the things I am good at, I feel like I'm not good enough. There's always that tiny little voice in my head saying 'You call that a good grade?' 'You call that being a good friend?'. If I'm not amazing at something, I just tell myself 'What's the point of even doing this?'. Like if I'm not an amazing singer, why sing at all? Why would anyone want to listen to me when they could listen to Adele or Shawn Mendes or anyone who's better than me? I just hate feeling like the most unqualified person in the room, which is also why I tend to struggle in school."

A few months later, Nathan announced the production of shirts in a video titled *You Actually Are Good Enough*, and they started selling like crazy.

People loved their simplicity and comfort and how they spread a positive message of building ourselves and other people up. It became a movement among Nathan and his followers, spreading to people who had never heard of him before. He often reposts photos of his supporters wearing them, claiming it warms his heart to see that he somehow contributes to people accepting themselves.

It seems almost like a complete contrast to the self-deprecating humour that has been popular online for the last few years, where everyone used jokes about how much they hate themselves almost as a coping mechanism. This is obviously still popular today – the jokes have been getting more and more genuinely concerning. Just yesterday, I overheard a conversation about if, theoretically, one of the students died, the exam we were supposed to take that day would be postponed. Instantly, a handful of students were ready to take one for the team.



Mental health issues are very quickly dismissed as just *teenage angst* or *being hormonal* amongst teenagers, and the line between jokes and actual, real problems disguised as them is blurred, if not barely visible. Is this what we want? Do we want hating ourselves to be the norm? Or should we continue what Nathan and many other people have started and try to see the better, warmer side of life?

On the other hand, could confidence lead to people not seeing past their own egos?

Let's think of this as any other trend, even though it's clearly more. Any trend that has surfaced lately, whether it's a dance, beauty style or even a fidget toy, has been taken too far. It's so easy to get sick of things since, when something becomes popular, it floods social media until we can't take it anymore.

There are definitely already people who are opposed to the *Good Enough* shirts claiming that they're promoting narcissism and that we should stay humble. Obviously, we need to settle somewhere between hating and worshipping ourselves as neither will do us any good.

So let's settle for good enough.





Chapter IV: Memoriae

Like Reflections of Your Mind

“All we have to decide is what to do with the time that is given us.”

— J. R. R. Tolkien

The clock on the bedroom wall ticks and ticks away.

A minute. An hour. Its melody ever more rapid, ever growing, everlasting.

Four years gone in the flash of a heart-beat – the beat of a fire encircled by chilly vines, crossed with newly thickened skin and a vigilant vividness ready to explore the wide world ahead.

And yet, my feet do not move.

My eyes do not open. A quiet breeze slowly stirs its path towards my arms. I linger and wait. Dozens upon hundreds of memories and questions await in the far reached abyss, all eager for exploration, all in the motion of some great plan. I raise my hands, and, with a deep breath, begin my artwork. Not one embodied by paint, nor one visible to the eye.

The craftsmanship of gods and the blessed sight of mortal men. A thought in thought... and one last story to tell.

The wind directs my mind and eyes towards the South, the great Basilica of Saint Peter; redundant in all its glamour gazing towards me; its mysterious sovereignty asking me questions of purpose, creating doubts of first love and a prelude to a wide plethora of soon-to-be teenage recklessness.

A smile forms on my face as I recall the culinary riches, the historical enlightenment, and the memories to reflect upon.

I hesitate a moment, and, drawing a somewhat prolonged and deep breath, venture forward, reminiscing on the wonders of the West.





Opening my eyes once again, the royal guards of Buckingham Palace take shape before me. The sharp red of their attire sharpens my senses and I am taken aback, wondering how a single sight can draw its roots to the very edge of one's mind.

The crackling sounds of traffic materialize around me and I find myself listening to the all-too-familiar accented vowels and talk of royalty topped with the overly expensive taste of sweetness on my taste buds.

The sweetness lingers a moment longer, the feelings of nostalgia growing ever steeper... suddenly a sharp, cold breeze engulfs itself at the very pinnacle of my consciousness, transporting it to the far North amidst new friends, all curled around a warm bonfire, discussing our differences and similarities, sharing that which makes life an adventure whilst enjoying the sheer pleasure of Swedish fika.

The cold imprints itself onto my being, beckoning my hands to cease all thought and action.

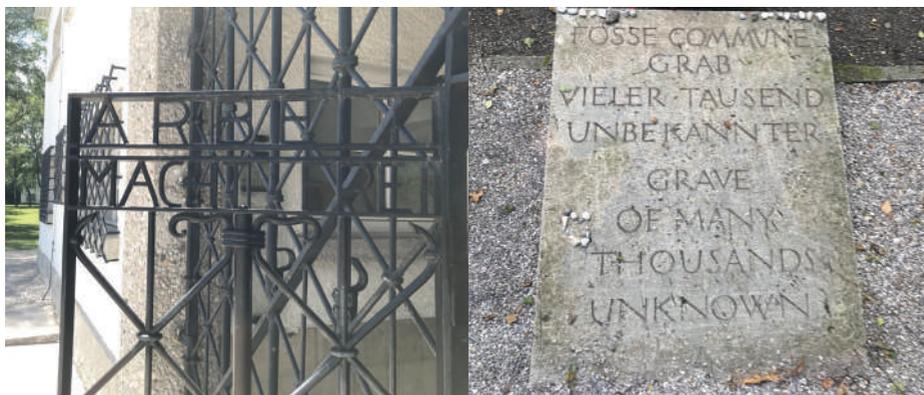
Days pass as my mind relives the feeling of eternity, albeit it lasting for a mere second.

Suddenly, the snow glows brighter with an almost ethereal allure.

With a steady hand, I am reminded of the horrendous memoirs and sadness in the very heart of Europe.

Here, under the burning sunlight, I tread carefully as I take the path of thousands whose story was forcefully ended and a sense of gratefulness emerges within me.

Not even a hundred years ago these grounds carried the heavy footprints of all who had been forced to wear armbands, marking them with a single symbol – the Star of David.



I think of all the children among them, the talented boys and girls who could have influenced and changed the world that now only speaks of them as a memory of a long-forgotten past.

I do not know why such a fate had come to them, I do not know why I am fortunate enough to have avoided the like.

But I relish the feeling of safety for my memories now take me further, among the amazing people with whom I had spent not even a week of my life but who left an unprecedented mark at the very core of my spirit. I picture their faces in my head, their gestures, their smiles. A reunion of friends like any other... like no other.





A burst of serenity surrounds me and I return home, music in every corner. The calmness of the cinema fills my world and I embark on a journey that I had not been a part of in over a decade. The fictional island of Kalokairi inspires hope and I find myself reminded of the actual simplicity of life.

The melodies continue to follow me and I soon envision myself next to the great Parthenon, with all of Greece lying ahead. A dazzling ray of sunlight retells a story of adventurers long forgotten, the sea now being the harbinger of their determination. Pecks of salt serenade within the warm winds, lightly grasping my skin and make way to relaxation for which I fear will pass all too soon.

Time, relentless as ever, brings my nostalgic joy to a halt and my eyes finally re-open.

I remain seated a while longer, thinking of everything that had scorched my thoughts.

The fire has been extinguished... but all remains aflame for it is in this very moment that I realize the sheer transience of everything around me and how little it all means.

And yet, I cannot help but believe the opposite.

It was in the moments past that I had experienced eternity and it is the sheer absence of meaning that has given me insight on what I hold most dear in this wonderful, odd world.

My artwork nears its twilight, as I realize that all that had been reflected upon is in fact here, within me, and here it will remain.

Forever.

In Time

*Avec des fleurs que tu me donnes
Je pourrais créer un bouquet,
Mais il se fanerait
Après quelque temps.*

*With the flowers you give me
I could make a bouquet,
But in time
It would wither away.*

*Avec des mots que tu me dis
Je pourrais écrire un poème,
Mais il tomberait dans l'oubli
Après quelque temps.*

*With the words you say
I could write a poem,
But in time
It would be forgotten.*

*Les blagues que tu fais
Pourraient te
transformer en comique,
Mais chaque spectacle finirait
Après quelque temps.*

*This humour of yours
Could make you a comedian
But like all glamorous shows
It would end
In time.*

*Parce qu'il faut que tu saches
Que je ne suis pas un vase,
Que les poèmes pour moi
Ne sont pas des blagues
Et je ne crois pas
aux spectacles non plus.*

*For you must know
That I am no vase
That poems are of no humour to me,
And in glamour like yours
Your glamorous shows
I can no longer believe.*

*J'ai besoin de la terre,
Du soleil et de l'eau,
De la musique pour briller dans les nuits,
Et la seule blague qui se cache
Dans ton cœur ici,
C'est ton amour pour moi,
Mon chéri.*

*I need soil
Sun and water
Music to brighten my nights
And the only joke
That in your heart hidden lies
Is your love for me
My love.*





Per
aspera
ad
astra