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By I.BB

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School Magazine

School Magazine

EDITORIAL

Dear readers,

I am pleased to announce the publication of the first number of our English school magazine, GKII Press, published for over seven years. First of all, I would like to thank and express my gratitude to all members of the Editorial Board for contributing and publishing material of such consistent high quality. It's a great chance to provide information and new facts about school events, the current situation in the world, and current problems regarding political, social, environmental, and economic areas not only for our students but also for those studying abroad.

Except for the upper-mentioned issues, the magazine gives the authors' own opinions on different topics written in their essays, which deal with current affairs worldwide.

Each magazine will provide many interesting genres phrases, collocations, lexical items and crosswords.

Our magazine will publish a new issue every three months. Students and teachers will contribute to the magazine in different writing genres.

I hope that you find it interesting and valuable reading.

Mgr. Maroš Očkovič
Editor in Chief

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DISCIPLINE

Paradox of DISCIPLINE



We can all agree that the life goal for many people is some freedom. Financial, geographical or just freedom to choose the life partner of your dreams. I agree with this life outlook, but 90% of people are acting wrong and do not get closer, but further from their dream of freedom. Ask yourself a simple question: How many actions you performed today were based on your decision and not a decision someone else made, and you had to do the things you did? Nearly none of them, is it so? But the answer would be different if we speak about holidays, right? And this is the thing that most people need to get. Holidays and complete freedom are not the freedom you want because it is unsustainable from the perspective of income and personal growth. It just isn't a real way of life. All the most successful people say one thing: "Rules will set you free." This is the paradox of discipline. Let me explain it for you with an example: If you are disciplined and set a rule for yourself that you do your homework from 8:00AM to 12:00AM on Saturday, then you do not have to study a day before the exam and suffer from lack of sleep. One simple rule you will be disciplined about can set you free from lack of sleep for the rest of your student age. This is the kind of freedom you want because with discipline, you can be free most of your time and forever while earning money and growing as a person.

How to build DISCIPLINE.



You may still not be convinced by this idea. I can understand that because no one likes discipline in the form customarily presented. And let's be honest, discipline is about doing things we do not want to do. No worries, I will give you a straightforward manual on building it with minimal effort. I have another question for you: How much effort do you provide when you have to brush your teeth every day? Nearly zero or zero, right? The psychology behind it is simple. It is a monumentally strong habit you continuously do for your entire life. You can make discipline a habit like brushing your teeth, and it does not have to take a lifetime. According to studies, but also based on my personal experience, it takes you just around a month to build a strong habit. This one month will probably be difficult, but it can give you months of freedom in return. Now, I will tell you a secret about how you can make this first month a bit less painful. When I started exercising, I wanted to do 100 push-ups, 100 sit-ups, and 10 minutes of plank daily. If I did it, I would probably quit because it is just too hard for a beginner that hates exercising on top of that. So, I did just 10 of each and 1 minute of plank, but I took the time it took to do the real big workout. After doing this for a month, I had no problems doing the harder workout every day because exercising became a habit for me. Of course, this first month did not help me physically, but its role was purely to make a habit I would like to do for the rest of my life. Feel free to copy this from me, you will thank me later.

Three basic DISCIPLINE types everyone should master.



Desires discipline: If you are disciplined with your drives and desires, it can save you a lot of impulse behaviour that you can possibly regret in the future. For example, you are buying an unnecessary thing based on its marketing campaign or not completing your duties because of your desire to be on your phone. But most important point is: It gives you more confidence and success rate, when networking with people. It does not matter if you are looking for a business or life partner. If you are disciplined with your drive, you are not perceived as needy and weak. If you talk to a person you would like to partner with, like to an object you want, this human is going to smell it. I can smell it; if you start realizing it, you can also smell it. So, you have no reason to believe that your future partner will not smell it.

Financial discipline: If you are financially disciplined, you basically only spend some of your resources on consumption goods. You will always have some money to invest regularly and to take care of the people you love. In practice, if you invest some money, you have no plans with, 120 euros once a year, in 20 years you will have 6270 euros if investing in average stock market. If you invested this first 120 euros and then become disciplined and invest just 10 euros a month, in 20 years and in the same stock market, you will have nearly 6500 euros. Financial discipline gives you free money for no work. Now calculate how much it would be if you added one more zero. I will tell you. You will get 2150 euros absolutely for free. You are getting paid for being disciplined. If you need more than this to motivate you, then I do not know what is.

Work discipline: This type of discipline is self-explanatory. It is just about doing your work even when you do not feel like working. If you work regardless your mood, you can get mind-blowing school or job results. This also applies to working out. In just one year, I worked my way up from inability to do a single push-up to doing a hundred push-ups a day. After a year of disciplined work and workout, I reached my absolute prime in every way possible and still rising every day. Work discipline is about finding solutions instead of finding excuses. It also means being always on time, plan, and always remember to do something. If you hold your work discipline, you will never be surprised by everything you can achieve.



The unfair advantage of being DISCIPLINED.

Now you know how to build discipline and how you can use it in real life. The most significant advantage you get from discipline is that once you master it, you can apply it everywhere, and it works in 99% of cases. The world is getting increasingly competitive, but the competition is getting weaker and weaker. Nowadays, you can conquer the world just by showing up every day and performing regardless of your emotions. Even if there are more talented people, hard work and discipline will always outperform them. Remember one last thing: If you watch some motivational video, you will be motivated and work hard for some time, but with discipline you will be always motivated, because it will just feel strange not to do the work. It is a habit you do without thinking. You won't have to care about motivation at all. This is the perk, the unfair advantage you can get. You can take a few months to change your life for the better or stay as you are as far as you are satisfied. The choice is yours!

Erik Kožuško, IV.CB

Travelling almost for free...Good or bad idea?
You don 't mind to live without 5 stars hotel luxus?
Then I might help you!

LOW-COST TRAVELLING

I bet you have already seen those videos about travelling and people in the comments saying things like„ and where do I get money for this?" or „Yeah it is easy when you have rich parents.".

It isn't that hard. As you can see, travelling isn't only about visiting well known places and cities like New York, Paris, London... or taking first-class 12 hours long fly by some travel agency. It's mainly about seeing the world, exploring nature and learning more about different cultures.

Many young people struggle with the idea of travelling, they want to travel after graduating or finishing school before it's too late, but they have no money because they just finished school. So, I want to show you some apps and ways about how to travel almost for free!

This article contains: Travelling platforms
Ways how to travel without travelling apps



World packers

It's a platform which connects travelers and hosts around the world. It works on the principle of volunteering. You will go there, help someone and he will give you food and accommodation.

You must register and then u can choose your dream job! You can work anywhere, on a farm, boat, in restaurant, hostel or babysit. Even if you never done it before. Then you must contact the host and usually answer a few questions about yourself. It's not hard, so you don't have to worry. The host chooses you and you can go!

Every job involves something different. Sometimes you work 2 hours day, sometimes 5, but then you have like three days off! It's all up to your preference. And as I said, the best thing about it, you don't have to pay for food or accommodation.

https://www.worldpackers.com/

WWOOF

WOOF is an organization like world packers. There is a lot of volunteering where you can choose a lot of Eco farms. They let volunteers experience life in a rural setting or in a different nation. WWOOF volunteers generally do not receive a salary in exchange for services. The host provides food, lodging, and opportunities to learn, in exchange for assistance with farming or gardening activities

Volunteers choose which country they would like to visit and volunteer in, and it is their responsibility to contact the relevant organization to arrange the dates and duration of their stay at selected farms. The duration of a volunteer's stay can range from days to months but is typically one to two weeks. Volunteers usually work for 4–6 hours a day.

WWOOF
FoWO
https://wwoof.net/

Workaway

Workaway is the largest community for cultural exchange, working holidays, volunteering and housesitting in 170 countries.

Some types of volunteering available include gardening, animal-care, cooking and farming. It has been described as a useful way to improve foreign language skills as well as an opportunity to develop new talents and learn about local traditions. It's also like world packers, you help someone, and he will give you food and accommodation.

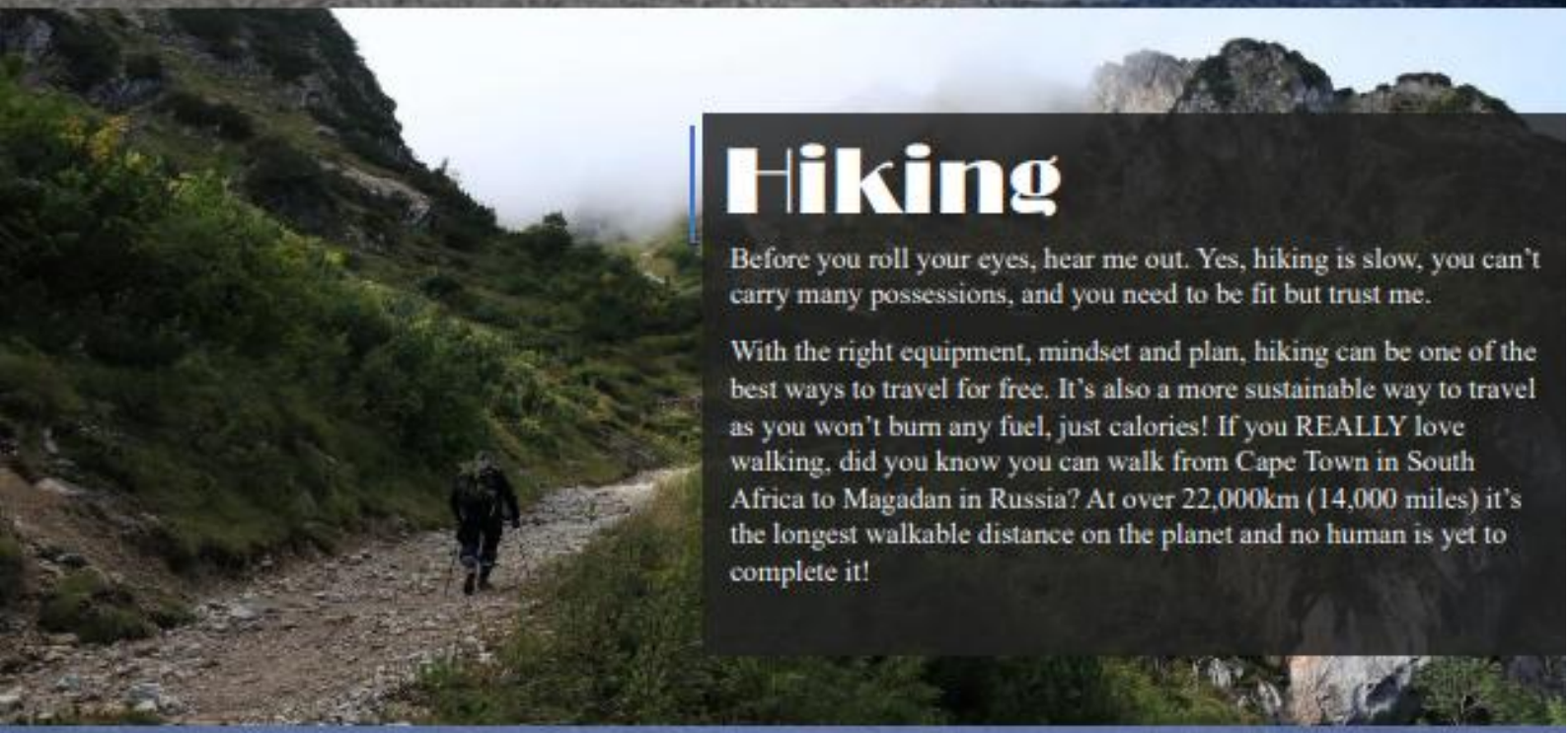
workaway.info

Hitchhiking

I'd bet money that when asked for ways to travel for free, hitchhiking was the first one you thought of. Yet, hitchhiking often gets a bad reputation for being unsafe (we've all seen the horror films!) When you use common sense, trust your gut, and avoid hitchhiking alone or at night it's actually one of the best ways to travel for free. Some people travel entire countries this way Hitchhiking is ideal if you thrive on the unpredictable as you often have no control over your journey



There is no predicting who will pick you up, how far they can take you, or when you'll arrive. For some travelers, leaving it in the hands of fate is the dream way to travel, if you prefer a plan however, hitchhiking might sound like a nightmare so skip to my next suggestion.



Hiking

Before you roll your eyes, hear me out. Yes, hiking is slow, you can't carry many possessions, and you need to be fit but trust me.

With the right equipment, mindset and plan, hiking can be one of the best ways to travel for free. It's also a more sustainable way to travel as you won't burn any fuel, just calories! If you REALLY love walking, did you know you can walk from Cape Town in South Africa to Magadan in Russia? At over 22,000km (14,000 miles) it's the longest walkable distance on the planet and no human is yet to complete it!

Or...

Or simply, if you will study properly, you can have online job like tutoring English or something like that, buy a travelling van and go anywhere anytime. Wish you good luck!

Chiara Ella Hrobáková, I.BB

Angels trumpet

Angels trumpet, also known as Brugmansia, is an evergreen plant that can reach up to 8 meters in height. Its flowers can grow up to 50 cm in length; they can be white, cream, yellow, orange, red, pink, or greenish in colour. It is usually found in gardens or greenhouses as an ornamental plant. Its hallucinogenic effects have earned it its place among traditional herbal medicine, yet the poisonous aspect of this plant makes this practice very dangerous, with hospitals reporting many poisonings among children and teenagers.





All parts of angels´ trumpets are poisonous. This plant can cause poisoning through various routes like touching, inhaling, or eating any part of the plant. It can cause disturbing hallucinations, paralysis, seizures, memory loss and can be fatal. It can also cause tachycardia (a heart rate of more than 100 beats per minute). Eating the plant can cause symptoms ranging from intense thirst to coma. Its smell can cause headaches, nausea and lightheadedness. Touching the sap can cause temporary blindness. A recent study shows that a simple exposure to one of its flowers can cause these eye symptoms.
Angels´ trumpet is extinct in the wild. The exact reason is not clear. Some say that the plant became so poisonous over the years that when animals consumed the seeds, they died of poisoning before they were able to spread them. The only reason this flower is not completely extinct is that humans find it pretty and we grow it in our gardens. Angels´ trumpet is known to be one of the most beautiful poisonous flowers all over the world.

Deadly nightshade

Common names for deadly nightshade include devil's berries, beautiful death, dwale and more. It has bell-shaped purple flowers and black berries. It is one of the deadliest flowers that have medical properties, and it is also distantly related to eggplants, potatoes and tomatoes. It has a long and violent history of medical, murderous and cosmetic uses and it sometimes plays quite sinister roles in folklore and legends.





Deadly nightshade is known as Atropa belladonna. Atropos is one of the three fates in Greek mythology, the goddesses in charge of ending a life. One spins the thread of life, one measures it and one, Atropos, cuts it. Belladonna in Italian means 'beautiful woman'. It refers to Renaissance times when women used this plant to dilate their pupils. It is also associated with the devil and referred to as his property. Deadly nightshade was also apparently one of the ingredients that allowed witches to fly. In art and poetry, it represents danger and betrayal.

All parts of the plant are poisonous if ingested. It causes slowed breath, blurred vision, headaches, dilated pupils, slurred speech, hallucinations, vomiting, paralysis and death.

Aconitum napellus



Aconitum napellus also known as monkshood, wolfsbane, devil's helmet or witch's bane. Due to its beautiful blue to dark purple flowers, it is grown as an ornamental plant. It is the most poisonous plant in all of Europe. In large doses, death is almost instant. Symptoms are numbness, slow or fast heart rate, vomiting, nausea, and abdominal pain.

Aconitum napellus has been used since ancient times. In China it was used as poison on spears and arrows in battles and for hunting. As the name wolfsbane suggests, it was believed to repel wolves and even werewolves. In ancient Rome it was used as a method of execution. The name monkshood comes from the flower´s shape, which looks like a monk's cowl.





Zdenka Balogová, I.BB

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HALLOWEEN RECIPES

Halloween cake pops



STEP 1
Break the Madeira cake and cookies into the bowl, pour them in the melted milk chocolate and whizz to combine.

STEP 2
Tip the mixture into a bowl, then use your hands to roll into about 10 walnut-sized balls, chill for 2 hours until it hardens.

STEP 3
Push a skewer into each ball, then carefully spoon the white chocolate over the cake balls to completely cover.

Spider biscuits

STEP 1
Heat the oven to 180C/160C and line two baking sheets with parchment. Using an electric hand whisk, cream the butter, peanut butter and sugar together until very light and fluffy, then beat in the egg and vanilla. Once combined, stir in the flour, bicarb and ¼ tsp salt.

STEP 2
Scoop 18-20 tablespoons of the mixture onto the trays, leaving enough space between each to allow for spreading. Make a thumbprint in the centre of the cookies. Bake for 10-12 mins or until firm at the edges but still soft in the middle – they'll harden a little as they cool. Leave to cool on the tray for a few minutes before topping each biscuit with a peanut butter cup, transfer to a wire rack to cool completely.



STEP 3
Heat the chocolate in the microwave in short bursts, or in a bowl set over a pan of simmering water, until just liquid. Scrape into a piping bag and leave to cool a little. Pipe the legs onto each spider, then stick two eyes on each. Leave to set.

Source:
https://www.bbcgoodfood.com/recipes/collection/halloween-recipes

Tereza Tejbusová, I.BB



DIFFERENCES BETWEEN US

Have you ever wondered why we can't get on well with everybody? What are the differences between us? I have decided to introduce you to DISC Assessment/Theory, which can help you to better understand the personalities, emotions, and decisions that other people make.

What is it all about?

In year 1928, William Moulton Marston wrote the book "Emotions of Normal People". In this book, Marston studied the human behaviour of ordinary people, and he created the DISC Assessment. He discovered a way how to prove the differences between human personalities. This model DISC is categorizing people into four basic groups:

- ***Dominance*** (D): People with high Dominance scores are assertive, direct, and focused on achieving results. They are often described as confident, competitive, and independent. Other people can say that they're also arrogant or aggressive. It's easy to get in argument with this type of personality because they're explosive and not afraid to say exactly what they think. If you want to get along with this type of people, just do your job quickly and speak faster. They like new things and progress.
- ***Influence*** (I): Influential people tend to be outgoing, creative, talkative and have fast reactions. They are also optimistic and funny. They need lots of attention. Sometimes, they are described as impulsive or unfocused. They also love to talk, so conversation with them can be difficult when they don't let you give your opinion. Because they are sociable, their friends or other people are very important to them in their lives. When you want to get on well with someone who is type, Influence, be kind and don't stop smiling. Show that you are glad to spend time with them.
- ***Steadiness*** (S): People who score high in Steadiness are usually patient, reliable, humble, and friendly. They are good listeners and can't live without relationships with others. They are often described as calm and loyal. They're good team players, but sometimes they can be sensitive and don't like changes. Somebody who is a Steadiness type, doesn't like planning something new or unknown, and that's very scary for them. They like peaceful life without changes and chaos.
- ***Compliance/Conscientiousness*** (C): People who score high in Compliance tend to be analytical, logical, and systematic. They love details, and they need to have everything perfect. They're always focused on facts and problems that need to be solved. They may also be perceived as disciplined or perfectionistic. If you want to get their attention, speak clearly and straightforwardly. They can also be demanding.

Of course, normal human beings are a mix of these personality types, but usually we have two or three basic types that make up our personality. So, we must keep learning how to communicate and understand each other.

Source: https://discinsights.com/pages/disc-theory

"The Surrounded by Idiots" by Thomas Erikson

Salome Ovšáková, I.BB

The Power of Music: How It Affects Our Minds and Emotions



Music is one of the most powerful forms of art. It has a big effect on our brain, changing how we feel, think and how our body reacts. Whether it's a calm song or a lively one.

How Music Affects the Brain

Research shows that music activates different areas of the brain, especially those who are connected to feelings, memories and thinking. When we listen to music our brain releases dopamine, which is a chemical messenger that makes us feel happy. This is why hearing your favourite song can make you feel excited or even nostalgic.

Music can change our brainwaves. Slow, calming music can make us feel relaxed and on the other side fast-paced music can help us stay focused and energized.

Emotional and Social Connection

Music directly connects with our emotions. The emotional connection we have is personal and often linked to our memories or experiences. For example, a certain song might remind you of a special moment with someone, or it might make you think of a hard time you went through. This is what makes music o powerful. To me, that's one of the most amazing things about songs, they help us express emotions when words can't.

Music also connects people. Think about concerts, where thousands of people gather to see and hear their favourite artist, these events create a feeling of community, even among the people who don't know each other.

In my experience music has always been a way to connect with others. Whether trough sharing favourite song and artist or exchanging playlists. It's like a universal language that helps us bond with others.

Music and healing



Music can also comfort people during hard times. The right music can lower stress, ease anxiety, etc. For me, when I'm feeling down music is my go-to way to process emotions and

Conclusion

Music, in all its form, deeply affects how we live our lives.
From personal enjoyment to bringing people together and even healing. For me it's not just a background noise, it' something that helps me understand and deal with life.

source: https://www.mobilisconline.co.uk/post/the-power-of-music

Natália Nevlazlová I.BB

MBTI personality types

The Myers-Briggs Type Indicator is an introspective personality test designed to determine the personal psychological preferences in making decisions and perceiving the world on its own.

In the result you can find if you are introverted/extroverted, intuitive/sensual, thinker/feeler, judger/perceiver.

The test was made during World war II in faith to help women enter the workspace and what work they suit in the most efficient and fastest way.

There are different types of personalities that you can get from this test.

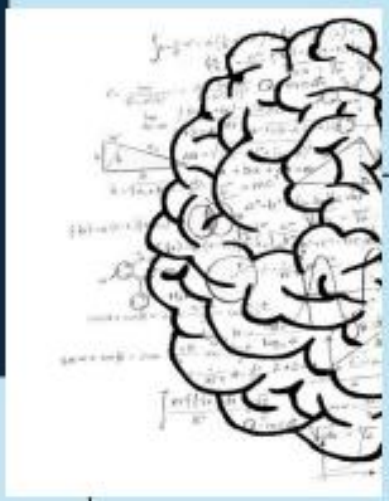
ENTP – Only 5% of population are Debaters, they tend to be innovative and very creative with mind full of ideas. Perfect story tellers with flexibility to talk about different topics with different people. Entp's are very logical with great emphasis on knowledge. They are also dominant, with great leader mind.

ENTJ – In the whole population only 5% of people are The Commanders, they have excellent leadership skills along with strong communication skills. They value organisation and orderliness. Entj's are very confident and Great at making harder decisions. They tend to be assertive and straightforward, but honesty never leaves them.

INTP- There are only 1% of Logicians in the whole world. Logicians tend to be quiet and reserved with also thoughtful mind. They like highly theoretical thinking which enables them to be good at thinking outside the box. Intp's are also very logical, factual and tolerant to others.

INTJ- Only 1% of people are Architects, they are focused on little details around them along with facts. Architects are very realistic and tend to have their mind in present rather than future. They are very organized and disciplined which makes them interested in inner world. With logical and practical thinking, they tend to be attentive with hint of subjectiveness.



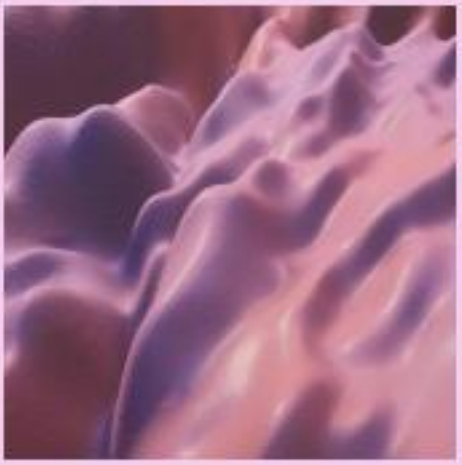


ESTP-There are 13% of population with personality type Persuader. They are funny, social, energetic and competitive. They are good at influencing others and focusing on living here and now. Entp's are impulsive, adaptable and resourceful. Persuaders are attentive with great sense to notice little details along with having strong interpersonal skills.

ESTJ-In the entire population there are 13% of people that have Director personality. They are practical and realistic, reliable but also traditional. They have a big self-confidence with hard working nature. Director's like to be very structured and organized while they also like to lead people. Estj's look for like-minded people along with dislike of inefficiency and disorganization.

ISTP-Only 7% of people are The Crafter. They are highly logical and thinking with their mind. Like to learn from experience. They are very realistic and practical while they can focus on one action. Istp's are very self-confident and carefree attitude. Crafters like excitement and new experiences not scared of any adrenaline.

ISTJ-There are only 6% of Inspector personality type. They are realistic and focused on details and facts. Seem to be more interested in the present rather than the future. Istj's are attentive but somewhat subjective with interest in the inner world. Inspectors are logical and practical along being extremely organized and arranged.





ENFP-In the whole world there are only 5% of people with Performer personality type. They are very creative, funny and spontaneous. Have strong communication skills. Performers are hearty, enthusiastic, empathic and caring. They are extremely messy and unorganized. Enfp's can think abstractly and understand feelings of others along with complex concepts, still they need approval from others.

ENFJ-In the whole world 5% of people have Caregiver personality. They are friendly and kind-hearted with concern for the feelings of others. They prefer harmony to quarrel. Caregiver's often have a wide circle of friends and people around them. They like to help and support others. Enfj's are excellent organizers that seek acceptance from other people.



INFP-Only 1% of people have Mediator personality type. They are loyal, dedicated, friendly, caring and interested in others. Their feelings are sensitive and can be easily hurt. Prefer to work independently. Mediators have strong communication skills, and they value close relationships. Infp's focus on the big picture rather than the little details. They are often lost in daydreaming and losing touch with reality.

INFJ- Only 1% of whole population have The Advocate personality. They are very creative, artistic and idealistic. More focused on future than present. They are closed to themselves hard to open. Advocates are sensitive to the needs of others but thinking about their feelings too. Infj's have deep relationships. They also like to think about the meaning of life.



ESFP- There are 13% of people in the world with Performer personality type. They are optimistic, friendly and very social with people. They like to look for new experiences in life. Spontaneous and sometimes impulsive. Performers are focused on present, and they focus on facts and information. They hate theories and abstract information. Esfp's like variety but they hate monotony.

ESFJ- There are 13% of people with The Caregiver personality type. They are funny, reliable, loyal and practical. They are kind and compassionate to others. Caregivers are highly organized and like to help others. Esfj need to seek approval from others.

ISFP- There are 5% of the artist personality type in the world. They are reserved and quiet, like to learn from practical examples. They have a strong need for personal space. They like to like to learn from practical examples. Artists prefer concrete, practical information but they don't like abstract, theoretical information. Isfp's they do not like quarrels and conflicts.

ISFJ- There are only 1% of people in the world with The Protector personality type. They are idealistic, very creative and artistic. They are reserved and closed to keep their emotions for themselves. They have deep relationships but are sensitive to the needs of others.



These were all the personality types in

The Myers Briggs types. If you wish to learn more about the personality types, you can try to google it. To find your personality type in the MBTI test here is link

👉 https://www.16personalities.com/free-personality-test.

Natália Tkáčová, I.BB

https://sk.wikipedia.org/wiki/Myers-Briggs_Type_Indicator.

Keep spinning (poem)

When he blows a candle for the last time
and she writes her last line,
does the world go silent
or does it mourn?
Does it buzz with excitement
or does it try to let go?
So, their blood runs cold
and their souls are sold
to devil or God.
While the world spins.
Never learning how to stop.

But as life is disappearing
in others its growing.
Those little innocent people
will never be knowing
they took somebody´s place.
My eyelids feel heavy
and my limbs are weak
when the realization hit me:
our world will always spin.
Whether humans are dancing
or inside-out burning
they will be replaced
by people whose stories
will leave you impressed.

Our path wasn´t worthless,
for sure.
It must have a meaning
perhaps a little obscure.
Maybe my descendant
won´t make anyone proud
who really cares if they´re still a child.
The world is still spinning,
even if you let somebody down.

With fear we tell those kids
that what they do
has an impact on the world,
although we all know the truth.
But we´re too scared to let them do
whatever the hell they want to.
So, we keep them in boxes,
afraid of everyone
who choses their own destiny.
And the world keeps spinning
which in our minds gives us the right, too.

Anyone who lived with regrets
and anyone without doubts,
will lay in the same ground.
They now discovered
their story of life.
The key to success remains undercover.
Their bodies lay threading into each other.
They never had the luck of meeting,
maybe when the world stops spinning.

Ema Bukovinská, 1.BB



The Future of Finance

Decentralized digital currency, or cryptocurrency, is a modern way to secure financial transactions through cryptography. It´s used independently of traditional agents such as banks, payment processors, and so on.
It is used in common transactions in many countries and helps individuals to transfer funds easier and faster between themselves.

How to get cryptocurrency?
There is many ways to get cryptocurrency:

1. Purchase coins and tokens online
2. You can sell products and accept cryptocurrency as payment
3. Another option is the verification of transactions in the blockchain, for which users are rewarded with coins

Top 3 famous cryptocurrencies

Bitcoin - often called „digital gold," was created in 2009 by Satoshi Nakamoto. Investing in Bitcoin will pay off, because it can be used for almost all types of services and products. The current exchange rate is around 55,000$.

Ethereum - created in 2015 by Vitalik Buterin, offers wide possibilities of use, but it is difficult to pay with it in Slovakia. However, it is widely used abroad. Current exchange rate is between $2,000 and $2,500.

Dogecoin – was created in 2013 and promoted by Elon Musk. It is mainly used for smaller transactions, and its value is very unstable. The actual exchange rate is around $0,11.

Decentralized digital currencies are on the rise and their use continues to grow, indicating their potential to transform global finance.





Oliver Kolačkovský, I.BB

Dream without team



Luka was a boy from a small Eastern European village who loved basketball. Every day, he practiced on an old, destroyed court, dreaming of playing for his country. But there was no national basketball team, and many people in his country didn't care about basketball. His friends often laughed at him, saying:" Why do you even bother? There's no team to play for!"

One day, a scout from Spain saw Luka during a local game. Impressed by his skill, the scout invited him to train with a professional team in Spain. Luka was excited but nervous about leaving his family and home, but he decided to go.
In Spain, Luka worked hard even though he missed home. The other players had national teams, but Luka didn't. This pushed him to train harder. Later, he became successful, and his story inspired many people in his country. More people started playing basketball.

After years, Luka received an important call. His country was making a national basketball team, and they wanted him to lead it. Luka's dream had finally come true.

Maxim Maliňak, I.BB

CAR PHOTOGRAPHY

You may ask where to find cars to photograph; the answer is very simple: go on social media and find some events in your city, find someplace where you can stand near an important road, or just go on a walk in your town and find some good area where are shops or something that could attract rich people. These are the most important things in car photography for beginners:

1. **ANGLES**

   The angle is probably the most important thing, because the car is the most important thing in car photography. We often experiment with new angles, but sometimes we fail. However, there are some angles that almost everyone uses.

   The most used angles:

   Front ¾

   Rear ¾

   Head on

   Rear

   Side profile

   Details

   Interior

2. **EDITING**

   Believe it or not, editing is one of the most important things. Even if you have bad gear, you can make your photos look better with basic editing skills. I recommend using free guides on the internet or just playing with your photo in a photo editor.

3. **GEAR**

   Let´s tell the truth: having good gear only helps, but you can shoot good pictures just with your phone. You should consider buying a CPL filter, as it helps with the reflection of light, and that´s all the gear I mark as a must-have. A camera is a huge plus because it makes photos with better resolution.

4. **SKILLS**

Don´t give up at the beginning because everyone had bad photos at one point; just try to get the right angles and edit, and you´ll gain some useful skills.

On the next page are our pictures to inspire you:



IG: @gg_carphotography



IG:@filino_1.3.5

Jakub Grznár I.BB, Filip Kišac, I.BB

packaging-free shopping

The environment is critical to maintain today's times, and that is why more and more people are trying find new ways to minimize your ecological imprint. One of these ways is packaging-free shopping that allows you to shop without using of plastic packaging and minimize the impact on the environment. You will learn how packaging-free shopping works, and how you can incorporate it into yours everyday life.

How does it work in the packaging-free store?

There are two types of packaging-free stores. Most of them are self-service, where you pour into of your own containers, as many as you need. The staff is, of course, willing to help you

to help and advice at any time. There are also stores where they put food in your containers

Shopping system:

1. You place your container on the scale to find out weight
2. Pour the product you want to buy into the container
3. Weigh the container again
4. Subtract the weight of the container from the weight





Practical advice for packaging-free shopping

Most non-packaged stores offer glass ones containers or paper bags, but there are not always enough of them. You always have to prepare for the store

Bring from home:

1. glass or plastic jars - it is best to take the jar with you

you usually have food at home and you don't have to spill anything

2. canning bottles - for nuts, spices, teas and sweets, but also for foods that

you have never tasted before

3. cloth bags - they take up the least space in your backpack or bag and are easy to carry

they use for hoppers to buy rice, pasta or pulses

4. a cloth handkerchief — a smaller one will serve you when you want to buy solid soap

or shampoo, and a bigger one if you want bread and pastries.





Ema Sivákova, I.BB

Source:

https://www.ewobox.sk/clanok/bezobalove-nakupovanie-nas-bavi

MOVIES IDEAS

As the days grow shorter and nights gets longer, there's nothing quite like spending a rainy autumn day wrapped up in a blanket, hot chocolate or some herbal tea in hand, and a good movie to set the mood. Regardless of your taste, fall is the ideal time for a movie marathon. Here are some film ideas that capture the magic of autumn, making those rainy days something you look forward to.

DEAD POETS' SOCIETY

This film takes place in the fifties at an extremely strict school for boys who are studying to become high-ranked lawyers/doctors etc. Professor John Keating tries to change their way of thinking using poetry. He wants to help his students find purpose beyond the profession their parents want them to get into. The story is written focusing on all the mentioned characters, and Mr. Keatings methods of teaching add a certain type of humor into the story.

Personal rating:

★★★★☆

DEVIL WEARS PRADA

all the obsession over fashion, Vogue and Anna Wintour in the 00's led to DEVIL WEARS PRADA. Aspiring journalist Andrea is hired as a personal assistant to Miranda Priestly, the editor-in-chief of Runway magazine in New York City. Despite her lack of knowledge in fashion, Andy decides to tolerate Miranda's abusive treatment and almost impossible tasks, such as booking a flight for Miranda during a hurricane, until she can use her connections from Runway to find a job more focused on journalism.

Personal rating:

★★★★★

EDVARD SCISSORHANDS

The scientist dies before he can finish assembling Edward, leaving him with a scary appearance and scissor blades instead of hands. Loving saleswoman Peg finds Edward and takes him home. Edvard stands out with his visible scars, messy black hair and leather outfit. Despite his harsh appearance he is very soft and gentle, which makes it very vulnerable, and people take advantage of it.

Personal rating:

★★★★★

CORALINE

The girl named Coraline moves to a new house with her workaholic parents. One day she finds a secret door in her new house. The adventurous girl decides to go through the door. The door leads to a world that looks just like her own, but everything seems "perfect" there. At first, Coraline enjoys this new world, but soon she learns that the "Other Mother" is not who she seems to be.

Coraline must find a way to escape and save her real family before it's too late.

Personal rating:

★★★★☆

CORPSE BRIDE

Ashy young man named Victor, who is nervous about his arranged marriage. While practicing his wedding vows in the forest, he accidentally proposes to a dead woman named Emily, who now thinks they are married now. She was once a young woman who was betrayed and murdered by her fiancé, leaving her spirit trapped in the Land of the Dead. Victor is taken to the Land of the Dead, where he must find a way back to the living world and his real bride.

Personal rating:

★★★☆☆

NIGHTMARE BEFORE CHRISTMAS

Jack Skellington, the Pumpkin King of Halloween Town. He is tired of doing the same thing every year for Halloween and wants something new. One day, Jack discovers Christmas Town, a place full of joy and bright colors. He becomes excited and decides to take over Christmas, but his plan doesn't go well. Sally, a kind and gentle ragdoll created by Dr. Finkelstein, tries to warn Jack that his plan is dangerous, but he doesn't listen at first. Jack learns that everyone has their own special role and that trying to change things can cause problems.

Personal rating:

★★★☆☆

Kristina Mikitová, Kristina Kyseľová, I.BB

My 2 favorite recipes



Zucchini gingerbread cake

We will need:

- Zucchini 400g
- Spelled whole grain flour 200g
- Low-fat kefir milk 180ml
- Egg 3x
- Coconut sugar 60g
- Dark chocolate 70% 40g
- Peanut butter 20g
- Netherlands cocoa 10g
- Baking powder 6g
- Salt
- Gingerbread spice
- Cinnamon powder

This amount is for 4 portions.

2. apple and curd cheese pancakes

We will need:

This is the yeast part:

- Full-fat Milk 3.5% 105ml
- Fresh yeast 10g
- Coconut sugar 10g

The rest of the recipe:

- Low-fat soft curd cheese 240g
- Apple 180g
- Egg 2x
- Vanilla Protein pudding 60g
- Coconut oil

On the top of the pancakes, we can add some vanilla protein pudding and cinnamon powder. This amout is for 3 portions.



Emma Hermelová, I.BB

BORDER COLLIE

Border collies are renowned for their intelligence, agility, and herding abilities, making them one of the most popular dog breeds in the world.
They are primarily black and white, but they can also be brown, for example.
One of the standout features of Border Collies is their remarkable intelligence.
They are often regarded as the most intelligent dog breed.
Border Collies are very good in agility competitions.



Border Collies are also known for their affectionate and loyal nature.
They can quickly bond with their families and require socialization from a young age.
Daily exercise, training sessions, and interactive games are essential to keep them happy and healthy.





They are considered for herding sheep.
Owners should know that these dogs require a lot of training and activity.
With the right environment and care, a Border Collie can be a loving member of the family and bring joy and excitement to everyday life.

Simona Petrová, 1.BB

Creamy Pumpkin Pasta recipe

Autumn is here, and with it come many new and exciting recipes.

So here is how you can make your very own Creamy pumpkin pasta.



Ingredients:

2tbsp spoons olive oil

1 finely chopped onion

2 crushed garlic cloves

500g pumpkin cut into roughly 3cm cubes

75ml whole milk

2tbsp tomato purée

2tbsp mascarpone

350g of any short pasta

40g grated parmesan



Method:

Step 1: Heat the oil in a large pan over low-medium heat and fry the onion with a pinch of salt for 10-15 minutes until soft and translucent. Add the garlic and fry for 1 more minute. Remove from the heat and leave to cool slightly.

Step 2: Meanwhile, cook the pumpkin in a pan of boiling salted water for 10-15 until tender. Drain and tip into a blender. Blitz with 50ml milk and the onions until completely smooth, gradually adding more milk until the mixture is thick enough to just coat the back of a spoon. Tip into a large frying pan with the tomato purée and mascarpone, and bring to a simmer over low heat.



Step 3: Toss in your cooked pasta of choice along with some salted pasta water and parmesan. Season and scatter with extra parmesan.

Bon appetit!

Matúš Novikmec I.BB

Source: BBCgoodfood.com

Top Gun Maverick

a thrilling sequel to the 1986 classic, Top Gun



The exciting follow-up to the 1986 masterpiece Top Gun is called Top Gun: Maverick. Tom Cruise in his role as Pete "Maverick" Mitchell, a former Navy pilot turned into flying instructor, in the film. The narrative follows Maverick as he prepares a fresh group of pilots for a risky mission.

The action parts of the film are probably the most entertaining parts of the movie. Amazing and incredibly realistic are the aerial stunts. As the aircraft flies by, you can feel their speed The action is much more intense by the excellent CGI (computer-generated imagery)

There are also several touching scenes in the film. Maverick must confront his past and the passing of Goose, a friend. One of the pilots that Pete must prepare for the mission is Goose´s son. These moments add depth to the story and make you empathize with the characters.



The Cast

The cast is excellent.

Tom Cruise is perfect as Maverick, showing confidence Miles Teller plays Rooster and does a great job of acting his anger and determination. The supporting cast, including Jennifer Connelly and Jon Hamm, also deliver strong performance

The overall look is excellent. As Maverick (Tom Cruise) perfectly captures his confidence. As Rooster (Miles Teller) does a fantastic job capturing annoyance. Jon Hamm and Jennifer Connelly, both appearing in the cast, give excellent performances.

Another stand out aspect of the film is the soundtrack. Classics from the first movie as well as brand new songs that go great with the action, which is no surprise because of the Oscar that the soundtrack won in 2023 and was nominated in 5 different categories.

Overall, Top Gun: Maverick is a fantastic movie that combines action with emotional storytelling. It honours the original film while also bringing something new. I personally really recommend this movie.

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Michal Želizňak, I.BB

The Mandela effect

The Mandela Effect happens when many people remember something differently than how it happened. It is named after Nelson Mandela because many people thought he had died in prison in the 1980s, even though he died in 2013.

Features of the Mandela effect and why it happens

- Sharing distorted or false memories with other unrelated people
- Vividly remembering events that never even happened
- Having memories that are partially correct or entirely incorrect

According to neuropsychologist Aaron Bonner-Jackson, PhD, the Mandela Effect may happen because of our brains' ability to create and store false memories.

Most famous cases of the Mandela effect:

1. **Monopoly man**

Many people say that they remember the man from the Monopoly board game wearing a monocle, but he has never worn one. Perhaps people misremember this iconic character wearing the accessory because it would pair well with his top hat and coat.



2. **'I am your father.'**

If you ask a Star Wars fan what Darth Vader said in the fifth episode after cutting the hand of his son off, they will most likely say that he said: **"Luke, I am your father."** But he said: **"No, I am your Father"** as a response.



3.Shaggy's Adam's apple

We all remember Shaggy having an Adam's apple, right? But it is not there except for a couple of scenes when he is gulping.



Sources: health.clevelandclinic.org/mandela-effect
www.goodhousekeeping.com/life/entertainment/g28438966/mandela-effect-examples/

Šimon Tkáč, I.BB

GINGERBREAD CAKE WITH CHOCOLATE AND JAM

INGREDIENTS

- 400g flour
- 250g powdered sugar
- 1 spoon baking soda
- 2 spoons cocoa powder
- 12g baking powder
- 150ml oil
- 2 eggs
- 220ml lukewarm milk
- 1 cup of any jam
- 100g dark chocolate
- Vegetable oil (depends on consistency of the chocolate)



RECIPE STEPS

1. Preheat the oven to 180°C. Put baking paper on the bottom of the baking pan and grease the sides with butter.
2. Mix flour, powdered sugar, baking soda, cocoa powder and baking powder together in a bowl.
3. In a different bowl whisk together eggs, oil and milk. Then add the mixture to the first bowl and stir it well.
4. Pour cake batter into the prepared pan. Bake in the preheated oven at 180°C for about 25 minutes.
5. Wait a while until the cake cools off.
6. When the cake is cool, spread on jam of your choice. Put your chocolate in a bowl over steaming water and stir it until it is completely melted. Depending on how thick you want the chocolate to be, gradually add oil to it. Then pour the chocolate frosting over the cake and let it cool.
7. All done!

Nikoletta Popiková, 1.BB

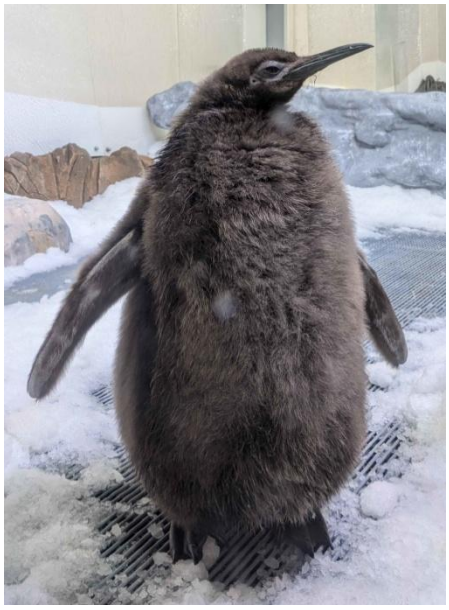
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Pesto the penguin

Pesto the penguin is baby king penguin. Most adult king penguins weigh between 31 and 37 pounds. Pesto, at nine months old, weighs shocking 51.8 pounds. Pesto is already bigger than his parents.

Why is Pesto so big, you ask?



Caretakers call it a “hearty appetite.” He eats more than 25 fish a day and has good genes. His biological father, a king penguin named Blake, is one of the biggest and oldest penguins at the aquarium, and he weighs around 39 pounds.

But the weight is not final. Since he is still a baby, as he grows, he will lose some of the baby feathers and gain his signature colour. It may take him one to two months to get rid of it. Around the same time, he may also lose some weight. As he matures, he’ll likely settle in at closer to 33 pounds.

He was born later in January. Caretakers at Sea Life Melbourne Aquarium in Australia were excited when a king penguin chick was successfully born from his shell. The baby, which they named Pesto, was the only king penguin born at the aquarium in the last two years.



Pesto has already earned a lot of fans and admirers; he is famous on social media and different
platforms like Instagram and TikTok.
Even though he is something you don´t see often, he has a rival on social media.
Her name is Moo Deng. She´s a baby hippo born in Thailand. These two have been the darlings of the internet for a guide some time now.

Nela Pijáčková, I.BB

THE DUNNING – KRUGER EFFECT

Why aren´t you as clever as you think? The Dunning–Kruger effect is a common mental bias in which people with low abilities in certain areas are overly confident in their skills. It is named and described after psychologists David Dunning and Justin Kruger.

In the year 1995, one of the most bizarre bank robberies ever took place in the American city of Pittsburgh. A man named McArthur Wheeler swelled up to 2 banks in Pittsburgh and demanded money with a gun in his hand. Just like that! He didn´t even try to cover his face somehow brave, right? It didn´t take long before he was arrested by the police, thanks to footage from security cameras. Nevertheless, McArthur Wheeler was very wide-eyed when the police came and said: *„But I had the juice on me.”* *He then explained to the police that he had painted his face with lemon juice to make him invisible and not be seen on the cameras... The police responded appropriately to the situation- they gave him a drug test. The result was surprisingly negative. Later it was revealed thar Mr. Miller based his idea on the fact that lemon juice can be used as so-called "invisible ink." This means that if you write something on paper with it, for example, it will not be visible until you heat the paper or shine a UV light on it. Well, based on this, Mr. Miller thought that if he applied it to his face, he would be invisible as well, isn´t he silly?*



What happened to Mr. Miller, happens to all of us, just not in such an extreme way. He was indeed a victim of the Duning-Kruger effect. Just this one story inspired two already mentioned psychologists. Their assumption was also that people who are totally incompetent in something, think of themselves as actually very wise or clever. Therefore, they did a series of experiments.



They gave people tests related to humor, logic, and grammar. After completing the tests, the participants were asked how they thought they did. Well, their assumptions were confirmed. The people who did the worst overstimulated themselves the most. Not only did they have the worst results, but they also thought that they were good. This phenomenon was named The Duning-Kruger effect. I think you already argued with someone who had no idea what they were talking about but still felt that they were infallible and right.

Our brain likes to think that it is the best. This is a fact that has been known for a long time. People tend to think that they are above-average in everything – above-average educated, above-average attractive, above-average athletic, etc... According to one survey, up to 93% of Americans said that they have above-average driving skills. Which, of course, cannot be true. As well as when 30% said they think they will soon become millionaires. But the truth is that you are mostly average in most things.

The irony is that people who are really educated and smart often underestimate their abilities. It´s because competent people notice every shortcoming and feel like they do not know anything.

www.verywellmind.com
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Klára Anna Nemergutová, I.BB

FALL BUCKET LIST IDEAS

OUTDOOR ACTIVITIES

- APPLE PICKING
- DECORATE YOUR PORCH
- HALLOWEEN TRICK-OR-TREATING
- HIKING
- PICNIC AT THE PARK
- PUMPKIN PICKING
- TAKE PICTURES



INDOOR ACTIVITIES

- BAKE PUMPKIN PIE/BREAD
- COOK A NEW RECIPE
- GO TO THE MOVIES
- MAKE APPLE PIE
- PLAY A BOARD GAME
- VISIT YOUR LOCAL LIBRARY
- HAVE A SLEEPOVER WITH YOUR FRIENDS
- DECORATE YOUR ROOM

THINGS TO MAKE

- BUILD A SCARECROW
- CREATE A FALL WREATH
- CREATE A HALLOWEEN COSTUME
- CREATE A PHOTO BOOK OF SUMMER MEMORIES
- LEAF PAINTING



Tímea Ciganová, I.BB



Whale Sharks

As the largest fish in the sea, whale sharks have an enormous menu from which to choose. They can grow from 5,5 to 10 meters long and weigh up to 20,6 tons. Their size is relevant to a school bus. Their average life span is 70 years. Their diet consists of plankton.

Filter Feeding

In order to eat, it juts out its jaws and passively filters everything in its path. The mechanism is theorized to be a technique called "crossflow filtration."

Characteristics

It's back and sides are gray to brown with white spots among pale vertical and horizontal stripes. Its belly is white. It has two dorsal fins that are set rearward on its body. Whale sharks have 3000 individual teeth.

Population

Whale sharks prefer warm waters, so they populate all tropical seas. They migrate every spring to the central west coast of Australia. They are hunted in some parts of Asia, such as the Philippines, although they are listed as vulnerable species. Whale Sharks sometimes allow swimmers to hitch a ride.

Tamara Urdová, 1.BB

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SPEED CUBING

You might ask, what is speed cubing? Speed cubing is a competitive sport centered around the solving of various combinations of puzzles. The most prominent puzzle in this category is the Rubik's cube. Participants in this sport are known as speedcubers. Competitive speed cubing is predominantly overseen by the World Cube Association (WCA).

SPEEDCUBING EVENTS

There are 17 events in total. These events contain a wide range of puzzles. Containing cubic puzzles ranging from 2×2 to 7×7 and other puzzle forms such as the Pyraminx, Megaminx, Skewb, Square-1 and Rubik's clock and some special formats such as 3×3, 4×4, and 5×5 blindfolded, 3×3 one-handed, 3×3 Fewest Moves Challenge, and 3×3 multi-blind.



History

The Rubik's cube was invented on May 19, 1974, by Hungarian professor Ernő Rubik. On June 5, 1982, the first world championship of speed cubing was held in Budapest, Hungary. Nineteen people competed in the event, and the American Minh Thai won with a single solve time of 22.95 seconds, which was, at the time, the fastest Rubik's Cube solve ever recorded.

Competitions

Speed cubing competitions have been held every year since 2003. For a competition to be official, it must be approved by the WCA and follow the WCA regulations. The WCA has over 140,000 registered cubers from 143 countries. There have been almost 7000 competitions since 1982 and 40 of them were hosted in Slovakia.

Max Park

Max Park is an American Rubik's Cube speed solver who currently holds the world record for the fastest 3×3 Rubik's cube single solves, set in June of 2023 at 3.13 seconds. He is regarded as the best speedcuber of all time. He is one of the only two speedcubers ever to win the World Cube Association World Championship twice. He currently holds over 10 records in different events.

Martin Mihalkanin, I.BB

Source: https://en.wikipedia.org/wiki/Speedcubing

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