



# KAPRI+ TIMES

2021—2022

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- Health Articles
- Christmas File



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# A Letter from the Editor

**A very warm welcome to the first edition of class 10a English magazine.**

**G**rade 10 in Kaiserpfalz Realschule plus is an essential time in my students' lives as they begin to transition into a new chapter of their academic lives. With that in mind, I carefully mingle caring relationships with responsibilities, ensuring that students not only gain academic knowledge but also interpersonal skills of teamwork, academic integrity, and responsibility.

In class 10a, I aim to make learning relevant and meaningful to my students by adopting integrated syllabus and extra-curricular ideas which mainly focus on the individual as a learner. I notice that students in my class come as distinct individuals with different experiences, backgrounds, interests, and goals. Hence, I try to promote different strategies to meet their varying needs and abilities, which in turn create a positive and safe learning environment. Working on this magazine provided students with opportunities to demonstrate their talents in a variety of ways ranging from creative writing to conducting interviews.

During our long and hard work on the first edition of this magazine, I have found out that class 10a is truly a community of passionate learners, developing a positive attitude towards learning and discovering new horizons that could positively impact their future for the better.

Watching my students solve problems, give suggestions, and contribute ideas is as rewarding as watching them try to understand the world around them. Personally, I find it challenging to encapsulate in words the happiness I feel towards all my students. It has been a source of inspiration to see their motivation, dedication, and enthusiasm about their work for this magazine. I therefore invite you all to read the outstanding articles that have been written in this magazine.

As this is the first issue of "Kapri+ Times" for this academic year, I would like to express my utmost thanks to Mr. Harald Weise –our school principal– for endorsing new ideas and his continues support, my colleagues who contributed some of their time to conduct the interviews with my students and, undoubtedly, to all my students who participated in this issue.

I wish you all happy and healthy winter holidays!

Best Wishes,

**Mrs. S. Sabra**



*In the end of the day just remember that we are all humans.*

**by Nina**

In 2021 we are already over 8 billion people on this world just existing. So many people and still everyone is unique. Even though we all are humans, we still have our differences. We differ in language, sexuality, skin color, religion, origins etc. It is important to respect others for a peaceful life, since not everyone is exactly the same. However there are still people who don't accept and discriminate against others just because they are different than themselves.

A good example for discrimination is Apartheid. Apartheid was a System of institutionalized racial segregation in which white people were separated from non-whites. This system existed in South Africa and West Africa in 1948 until the early 1990's. In these times non-white people had a very hard time. They had almost no rights, were excluded from social facilities and were treated very badly. Many people were against apartheid and took a stand against it. A well known representative activist is Nelson Mandela who fought against Apartheid.

Another example is the discrimination of homosexual people. Discrimination against homosexuals remains till now. There are more than 60 countries in which laws exist that criminalize homosexuality and in about 13 countries homosexuality can be punished by death. Many gay people are being called slurs everyday



and kids often also have to deal with bullying just because of their sexuality. Luckily, there are many LGBTQ+ friendly countries which also legalized same-sex marriages. On the internet are also many friendly communities and safe places for the LGBTQ+ community. Events like Pride Month help to spread more awareness. Pride month is a month in which everyday another sexuality/gender is celebrated. Everyone is welcome! There are many things that you could do to embrace diversity in your everyday life.

Try being more aware of your own language. Maybe you will notice things that are inaccurate. Or ask yourself questions e.g.: How do I treat others? Am I rude to people that are different from me? Do I hurt other people's feelings with the things I do and say? A good thing to do is to see things from another perspective. How are others feeling being treated like this and what if it was the other way around: if I was the one being treated this way? There are many books and movies that can help seeing things from another perspective.

The internet is also a good platform to do some research. The whole world is just one click away and many people on social media talk about things like for example religion, sexuality, discrimination and their own experiences. It does not take much to try! But how do I help against discrimination? You do not always necessarily have to go on demonstrations even though its a good thing to do as well. There are also smaller tasks like helping others out or stand up for someone being bullied for who they are.





## Meet Our New Teachers: Interview with Ms. Franziska Meckel

by Esmanur

Kapri+ Times: Why did you become a teacher?

Ms. Meckel: Because I have always enjoyed dealing with children and teaching people new things.

Kapri+ Times: Which subjects do you teach and why?

Ms. Meckel: I teach maths and German. I teach maths because I think there were bad math teachers when I was at school and I teach German because I have always enjoyed it.

Kapri+ Times: If you won lottery, would you still be a teacher and if not, what would you do?

Ms. Meckel: I Think I would still be a teacher but I would donate the money to (poor) kids so they could have a chance in life.

Kapri+ Times: What is one of your talents?

Ms. Meckel: My talent is that I can quickly build trust in other people and understand how they feel . This has been my talent since I was young.

Kapri+ Times: What information about you would be shocking to the students?

Ms. Meckel: That I got a 5 and a 6 in maths but I am a maths teacher now.



Kapri+ Times: What does a typical Friday evening look like for you?

Ms. Meckel: During the traineeship: Prepare lessons. Otherwise spending time with my dog or friends and baking pizza for example.

Kapri+ Times: What does your dream vacation look like?

In the Maldives to see the animals that live there and just doing nothing.

Kapri+ Times: What wisdom would you pass on to the students?

Ms. Meckel: Always think about yourself and do not try to please anyone. Only do it for yourself.

*“Always think about yourself and do not try to please anyone, only do it for yourself”*

Kapri+ Times: if you could live in any era, which one would it be and why?

Ms. Meckel: I would live in the present era, because I could not imagine living in another era now.

Kapri+ Times: What are indispensable apps for you?

Ms. Meckel: Good Notes for school especially for maths, YouTube for instructional videos, Whatsapp, Messenger etc.

Kapri+ Times: Do you have a life motto and why?

Ms. Meckel: I don't have a life motto but it would be the same as the wisdom for my students.

Kapri+ Times: If you could be anyone, who would you be?

Ms. Meckel: I don't know but maybe I would like to be one of the celebrities.



Kapri+ Times: Where do you see yourself in 10 years?

Ms. Meckel: I see myself as a teacher, at a school where I am welcome and where I can get along with the students, have a little house remote from others and having my peace.

Kapri+ Times: Have you had an answer to a question nobody asked?

Ms. Meckel: This is a hard question and I do not think I would have a smart answer, which is bad!

Kapri+ Times: What is the best and the worst product you have ever bought?

Ms. Meckel: The best product is my phone or the ipad but I do not think I bought something bad.

Kapri+ Times: Which book or series was the last one you read or watched, would you recommend them and why?

Ms. Meckel: I watched Squid Game but I wouldn't recommend it to my students. I would recommend it to the parents and the teachers because this is interesting for them. I came across this series because the children asked for my opinion about it.

Kapri+ Times: What did you learn from the Corona time?

Ms. Meckel: I learned that it's important to have social contacts and to see each other.

Kapri+ Times: Are you happy with your job?

Ms. Meckel: I am very happy with my job because everything is going well. There was maybe just one day on which I thought: "how exhausting"!

Kapri+ Times: Did you expect a question that was not asked?

Ms. Meckel: No, I did not :)



# Meet Our New Teachers:

## Interview with Mr. Sören Baars

by Adrian

Kapri+ Times: Which subjects do you teach and why?

Mr. Baars: I teach German and geography. Geography was always my favorite subject during my school days, and I really liked it, since I was a student myself. I like teaching German because you can be creative there and teach many different aspects.

Kapri+ Times: Why did you become a teacher?

Mr. Baars: I wanted to become a teacher because I like teaching children and adolescents and besides, to see the successes and to be able to see how the students grow. I find that interesting.

Kapri+ Times: If you won the lottery and decided to give up teaching, what would you do instead?

Mr. Baars: This is an interesting question, I think I would take a break for one year and go on a trip with a camping bus and drive around the world to see special places, but I would come back because only vacation would be boring, and I would miss my life here.

Kapri+ Times: What is one of your hidden talents?

Mr. Baars: I would say I am athletic in some way and that I can sing quite well.

**“Never give up and work hard, that way you will get everything you want.”**



Kapri+ Times: What would the students be surprised to find out about you?

Mr. Baars: I think the students shouldn't know what I did when I was a student.

Kapri+ Times: What's a typical Friday night like for you?

Mr. Baars: On Friday evenings I don't actually do anything for school anymore, so I put my bag in the corner and look forward to the weekend.

Kapri+ Times: What is your dream vacation?

Mr. Baars: It should be something athletic because I am not the person who sits on the beach and doesn't do anything. I would like to go hiking in the woods because I like to hike.

Kapri+ Times: If you could pass on any wisdom to your students, what would you share?

Mr. Baars: Never give up and work hard, that way you will get everything you want.

Kapri+ Times: If you could grow up in any decade, which one would you choose?

Mr. Baars: I think I would like to go back to the 80s because that was a time of openness and development and there were some good parties too.

Kapri+ Times: What are your must-have smartphone apps?

Mr. Baars: I think the one indispensable app for me is "WhatsApp" because I use it most of the time to chat.



Kapri+ Times: Is there a quote or a saying that you live your life by?

Mr. Baars: No, actually no.

Kapri+ Times: If you could be anyone for a day, who would you be and why?

Mr. Baars: I am satisfied with myself; it would be nice to be someone else for a day but not for my whole life.

Kapri+ Times: Where do you see yourself in 10 years?

Mr. Baars: I think I might have a good place in a school, maybe a girlfriend or be married, I don't know.

Kapri+ Times: What is the question you have been prepared to answer for years, but nobody asked you?

Kapri+ Times: Ok. What is the best and worst purchases you've ever made?

Mr. Baars: The best, I don't really know, it's always the small things that are good. The worst was a dinghy that I bought with my friends, but it can only be used once, so it could be worse.

Kapri+ Times: What is the last book/ TV series you watched? Would you recommend it?

Mr. Baars: I haven't read a book in a while, but I watched the series "SpongeBob SquarePants" and I can recommend it, it's funny.

Kapri+ Times: What did you learn from the Covid time?

Mr. Baars: I learned that it's important to have contact with people in real life and that it can be hard to be alone and see people only on the internet.

Kapri+ Times: Thanks for the interview and for your time, have a nice day!

Mr. Baars: It was fun, I wish you a nice day too.





# Meet Our New Teachers:

## Interview with Mr. Stefan Hau

by Rahman

Kapri+ Times: Hello, Mr. Hau. I am glad that we can do this interview for my English project.

Mr. Hau: Hello, Rahman. I am also glad about it, but we should start right away because we only have 20 min.

Kapri+ Times: Okay. The first question is why did you become a teacher?

Mr. Hau: I became a teacher because my teachers (my idols) inspired me.

Kapri+ Times: What subjects do you teach?

Mr. Hau: I teach Catholic Religion and geography just like my role models.

Kapri+ Times: If you won the lottery and decided to give up teaching, what would you do instead? Would you be happy?

Mr. Hau: Yes, of course but I wouldn't work that much as I do now.

Kapri+ Times: What would the students be surprised to find out about you?

Mr. Hau: I don't think that any information would shock anyone.

***"appreciate your friends"***

Kapri+ Times: What does a typical Friday evening look like for you?

Mr. Hau: When I'm home from school, I cook something, relax and don't worry about school stuff. Sometimes I go out with my friends.

Kapri+ Times: I also don't think about school anymore and meet my friends or visit my family. Anyways, what does your dream vacation look like?

Mr. Hau: It would be great if I could travel to Japan and visit the hot springs.



Kapri+ Times: If you could pass on any wisdom or advice to your students, what would you share?

Mr. Hau: Uhm... that's a very good question. But it's probably that school prepares you for your future life.

Kapri+ Times: I didn't expect that! If you could grow up in any decade, which one would you choose?

Mr. Hau: I'm quite happy about the era I was born in and still live in.

Kapri+ Times: What are your must-have smartphone apps?

Mr. Hau: There are many apps, but the most necessary ones are WhatsApp, Outlook, Chrome and Sleep Timer.



Kapri+ Times: What is Sleep Timer?

Mr. Hau: It automatically stops the music or videos that you were listening to or watching before you fell asleep .

Kapri+ Times: Do you have a life motto?

Mr. Hau: You should enjoy your life.

Kapri+ Times: Where do you see yourself in ten years?

Mr. Hau: I would still be a teacher.

Kapri+ Times: What is the question you have been prepared to answer for years, but nobody asked you?

Mr. Hau: Cats are better than dogs.

Kapri+ Times: What is the best and worst purchases you've ever made?

Mr. Hau: The worst product I've ever bought was a pair of shoes. They got damaged after three weeks.

Kapri+ Times: And the best product?

Mr. Hau: The series of books "Dune der Wüstenplanet".

Kapri+ Times: The next question is what books you'd recommend, so we will just skip it and move on the next one. What did you learn from the corona time?

Mr. Hau: To appreciate your friends.

Kapri+ Times Do you play any video games in your free time?

Mr. Hau: I actually do not play video games anymore. But if I do, I play Anno 1404.

Kapri+ Times: What other countries than Japan do you want to visit?

Mr. Hau: I want to visit Scotland and Ireland too.

Kapri+ Times: We're done! Thank you very much. Have a nice day.



# Meet Our New Teachers:

## Interview with Mr. Roman Meier

*“always be relaxed and don’t take life too seriously”*

**by David**

Kapri+ Times: Why did you become a teacher?

Mr. Meier: I became a teacher because I like helping people and I want young people to make something out of themselves.

Kapri+ Times: Which subjects do you teach and why?

Mr. Meier: I teach sports and English and I chose these subjects because I normally like doing sports and I like the English language.

Kapri+ Times: If you won the lottery and decided to give up teaching, what would you do instead?

Mr. Meier: I am not sure. I think I would still be a teacher but I would have to think about it more.

Kapri+ Times: What is one of your hidden talents?

Mr. Meier: I can stay calm in stressful situations.

Kapri+ Times: What would the students be surprised to find out about you?

Mr. Meier: I don’t know if it is shocking but I wasn’t born in Germany.

Kapri+ Times: How does a typical Friday night look like for you?

Mr. Meier: I lift my feet up and just relax.

Kapri+ Times: What would your dream vacation look like?

Mr. Meier: I like going to beaches but I also like climbing and exploring the mountains.

Kapri+ Times: If you could pass on any wisdom to your students, what would you share?

Mr. Meier: They shouldn’t mess their lives up at school because what they can’t do now will be difficult for them to catch up on later.

Kapri+ Times: If you could grow up in any decade, which would you choose?

Mr. Meier: I would like to live with the Vikings simply because I like them.

Kapri+ Times: What are your must-have smartphone apps?

Mr. Meier: For me none of them are indispensable.

Kapri+ Times: Is there a quote or saying that you live your life by?

Mr. Meier: You should always be relaxed and don’t take life too seriously.

Kapri+ Times: If you could be anyone for a day, who would you be and why?

Mr. Meier: I wouldn’t be anyone else.

Kapri+ Times: Where do you see yourself in ten years?

Mr. Meier: I see myself still as a teacher, maybe not in the same school but I don’t think a lot will change in the next 10 years.



Kapri+ Times: What is the question you have been prepared to answer for years, but nobody asked you?

Mr. Meier: I wouldn’t know (laughing).

Kapri+ Times: What is the best and worst purchases you’ve ever made?

Mr. Meier: The best were sports stuff because they helped me a lot and I like sports and the worst was probably something that was made in China and broke really quickly. I wouldn’t be able to say one product but anything that breaks quickly.

Kapri+ Times: What is the last book/ TV series did you watch last? Would you recommend it?

Mr. Meier: It was for sure a series and it was South Park and I wouldn’t really recommend it to anyone.

Kapri+ Times: What did you learn from Covid time?

Mr. Meier: I learned that grades are not the most important thing, even at school.

Kapri+ Times: Did you expect any question that I didn’t ask?

Mr. Meier: No, not really.



# History of Christmas

by Gianluca, Philipp, Sebastijan



## Why do we celebrate Christmas?

Christmas is a worldwide holiday now but originally it was a religious day for Christians. They celebrated the birth of Jesus Christ. Today it is a holiday in which families meet and have a nice time – and, of course, wait for Santa. Some people go to the church every year to pay tribute and some celebrate it just at home with the family.

Since we are talking about how it is in Germany, it can be different in other Countries. On the 24<sup>th</sup> of December, Christmas Eve, Christians get ready for the birth of Jesus on the following day. The 25<sup>th</sup> is the birthday of Jesus. The next day, the 26<sup>th</sup> of December is a national holiday in many countries, so another free day from school ;) At the end, most people have a great time and everything is peaceful.





## The Evolution of Santa Claus



Before he became the Santa we know, he was a holy bishop. Today we celebrate St. Nicholas day on the 6<sup>th</sup> of December. It is still a celebrated holiday today on which kids get some little presents.

At least since 1535 it has been popular to give gifts. However, there has been a change and since 1823, it has been him, Santa Claus! Shown as nice, little, fat guy with a white beard and a red suit. He is the guy who goes from house to house with a sledge and reindeers that pull him. If you were a good kid, you get a presents. But if you were a bad child, you get the rod. Usually, there is a Christmas tree for the gifts which is decorated with some lights, shiny balls, etc. It is a pretty cool thing especially for the children who can decorate it.

## The Best Thing about Christmas

Christmas is a wonderful time and I will tell you why! It is not just two or three days, it is the way to it. There is this warm and lovely feeling and it is always so happy time.

If you like, you could have an "Adventskalender" so you could open one door everyday until Christmas Eve. I think that's more for the children but I wanted to mention it. But there is more!

Usually, your family visits, you visit them, but what I try to say is that you can see your family and have a great time. And if this is not enough, maybe they have something for you - but you should have something small for them too. It could be a card you made yourself but it should come from heart.





# Barbies Magical Christmas

Recommended by Esmanur

*"it's great to enjoy bonding in front of the small screen and teach children some important lessons about family bonding"*



I would like to recommend you the film: Barbies Magical Christmas, which premiered on the 3<sup>rd</sup> November 2011 from Elise Allen and is directed by Mark Baldo and Terry Klassen. It is a Children's film and an Animation film.

The film is about Barbie and her sisters who want to travel back to New York to spend Christmas with their families there. However, due to a snowstorm, the flight has to be diverted and they end up in a place called Tannenbaum (Christmas- tree) .

A wonderful and magical Christmas party awaits them there as they are warmly welcomed by the residents and experience great moments with their new friends, which show them that a magical Christmas is only possible with wonderful people.

I really recommend you to watch this film because it is a really nice film for the family. You learn that you can only celebrate a wonderful Christmas with wonderful people and that you should always make the best out of a situation, like what they did.



# Vanilla Crescents

by Esmanur

Prep Time: 40 minutes

Cook Time: 10 - 20 minutes

## Description

This is the best recipe for Vanilla Crescents. I bake them every year in the Christmas time because they taste so good when it is cold outside.

## Ingredients:

- 210 g unsalted butter, softened to room temperature
- 80 g white sugar
- 250 g flour
- 100 g grounded almonds
- 2 packets of vanilla sugar
- 1 packet of powdered sugar, to sprinkle
- 2 packets of vanilla sugar, to sprinkle



After 10–15 minutes



## Steps

- 1 Knead the ingredients for the dough together well. Then wrap in foil and place in the refrigerator for 30 minutes.
- 2 In the meantime, sieve the icing sugar into a large, sealable bowl and mix it with two packets of vanilla sugar. The bowl is so important because you can reuse any leftovers for the next serving of Vanilla Crescents.
- 3 Shape the pastry dough into rolls with a diameter of 4 cm. Then cut into 1-2 cm thick slices. Form the Crescents from these slices and do not place them too close together on a baking sheet lined with baking paper.
- 4 Bake in the oven at 175° C for about 10-15 minutes. When the croissants start to be brown, they are good.
- 5 Let the Crescents cool for about 3 minutes.
- 6 Then place in the prepared powdered sugar mixture and put it on all sides. If they are still too warm now, they break very easily; if they are too cold, the icing sugar does not stay on them well.

**ENJOY!**





# Christstollen

by Anna B.

Time: 50 minutes

Rest: 2 hours 30 minutes

Bake: 45 minutes

Quality: easy

## Ingredients:

300g raisin  
½ tablespoon lemon peel  
50g candied orange peel  
50g candied lemon peel  
50g crushed almonds  
60ml rum  
425g flour (type 405)  
75ml milk



1 egg (M)  
50g sugar  
1 small parcel vanilla sugar  
½ a pinch of salt  
½ tablespoon cinnamon  
¼ cardamom  
¼ nutmeg  
37g butter  
75g icing sugar

## Step 1:

Mix raisins, lemon peel, candied orange peel and candied lemon peel together with rum and crashed almonds. Let it soic for about an hour (for more aroma, you can also prepare it the day before and let it soic in overnight).

## Step 2:

Put flour in a bowl, form a small hollow with your fingers. Crumble yeast into there. Heat the milk lukewarm for a short time. Add about 2 tbsp of the lukewarm milk and a pinch of sugar over the yeast and mix briefly in the cowl. Sprinkle some flour over it. Cover this mixture and let it rise in a warm place for about 15 minutes.

## Step 3:

Add butter in small pieces to the flour. Add eggs, sugars and salt along with the spices. First mix everything together briefly, then knead vigorously with the dough hooks at the mixer. Meanwhile, gradually add the milk and knead. Finally, briefly knead the fruit-rum-nut mixture. Covered again, let rise for about 30 minutes in

## Step 4:

Knead the dough again briefly, divide into two equal parts for two cleats. Form both doughs into elongated loaves. With the dough roll, roll about half of the stollen over the long edge a little flat.

## Step 5:

Beat the thicker part over it and reshape the loaf with your hands. Cover the baking tray with aluminium foil, then with baking paper. Place the tunnels on top and cover and let it rise for another 30 minutes. Meanwhile, preheat the oven to 200 degrees top/bottom heat. As soon as the tunnel is pushed into the oven after the walking time, switch it down to 160 degrees top/bottom heat. Bake the Stollen for about 45-50 minutes. If the stollen get too dark, cover with aluminum foil until they are baked.

## Step 6:

Let butter liquid in a saucepan at a low temperature. Brush the stollen directly with butter when they are still hot. Allow to cool. Now brush again with liquid butter and sprinkle thickly with icing sugar.





# Iced Vanilla Cookies

by Anna S.

Time: 45minutes

| Serves: 30 |

Difficulty: 3\4



## Instruction

### Step 1

Using an electric mixer. Beat butter, sugar and vanilla until pale and creamy. Then add egg, beating until combined. Sift flour, baking powder and salt over butter mixture, then stir to combine. Shape dough into a disc, wrap in baking paper and refrigerate for 15 minutes to rest.

### Step 2

Meanwhile, preheat oven to 190C/ 170C fan-forced. Line 2 baking trays with baking paper.

### Step 3

Roll dough out between 2 sheets of baking paper until 5mm thick. Using assorted Christmas cookie cutters, cut shapes from dough, re-rolling scrapes and cutting shapes. Put on trays and bake for 12 minutes or until light golden. Stand on trays for 10 minutes before transferring to a wire rack to cool completely.

### Step 4

Meanwhile, to make the royal icing, lightly whisk egg white and lemon juice in a bowl. Add icing sugar, whisking until smooth and combined. Spoon mixture into a piping bag fitted with a 2mm plain nozzle. Decorate cookies with icing. Stand for 30 minutes to set, then serve. Enjoy.

## Ingredients

150g unsalted butter, at room temperature

¾ cup caster sugar

2 tsp vanilla extract

1 free range egg

2 cup plain flour

½ tsp baking powder

¼ tsp salt

1 free range egg white

½ tsp lemon juice

1 ½ cup pure icing sugar, sifted

# Book Review

by Nina

The horror book *The Shining* written by Stephen King (1977) revolves around Jack Torrance who gets a new job as an off-season caretaker for the Overlook Hotel in the Colorado Rockies. This job is an opportunity for him to finish his work as an author after he lost his job as a teacher. His wife Wendy and his 5-year-old son Danny accompany him to the Overlook Hotel as well.

The twist is that his son Danny has the so-called "shinings" which makes him have visions and see and hear things that are not supposed to be there. Danny already assumes that something is wrong in the Overlook Hotel.

This book was recommended to me by my mother's boyfriend. He said that it was very interesting, so I thought, why not give it a try. In my opinion, the beginning of a book is boring because the story has to build up first but *The Shining* was different. It starts with Jack's interview as the off-season caretaker for the Overlook Hotel who talks about his past as an alcoholic and why he lost his job as a teacher. We are introduced to Danny's shinings right away as well.

To me, the story felt pretty real. I loved how the story and how the horror slowly developed over time and especially how Jack Torrance slowly "went crazy". From chapter to chapter you see how Jack Torrance is not the same character as before. The Overlook Hotel slowly takes control over him.

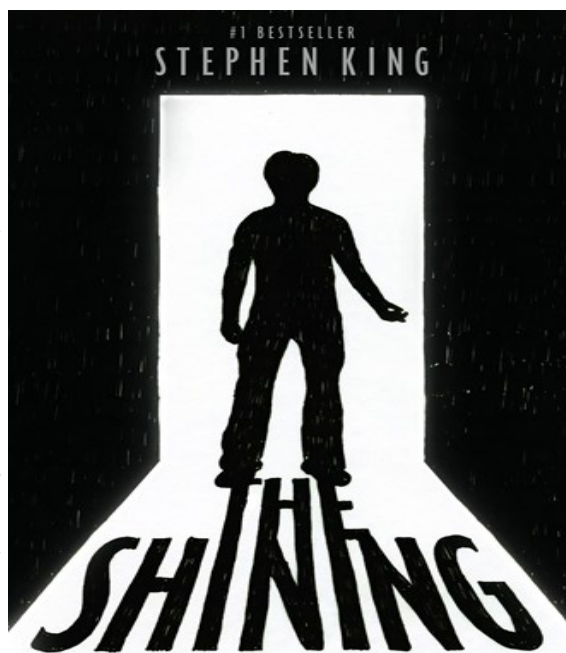
But my favorite part is the scene where Jack wants to go to room 217 to check if there actually is something in there. At this point in the book, the hotel has already made him see things that are supernatural. When he goes into the room and sees that nobody is there, I already felt like something was off. When Jack is about to leave the room he hears someone in the bathroom coming in his direction. Panic overcomes him, he runs out of the room, hearing the thing/person coming closer and locks the door

behind him. He sits down on the floor in front of the door leaning his head at the wall behind him. I could literally feel his heartbeat when the thing behind the door tries to open it. The panic and fear was just written so good that even I, as the reader, felt it as well, that was just amazing!

Of course, there were many other things that I liked. For example, all the shinings and the "fight scene", where the Overlook completely takes over Jack Torrance and tries to make him kill his family.

But my second favorite part of the book after room 217, is the end. The scene gets more intense and when Danny and Wendy get away just in time before the Overlook Hotel explodes and Jack gets burned to death. It also had kind of a happy end! After I finished reading the last page I was just satisfied. In my eyes this book is just perfect! But of course there are also some boring scenes and some that were hard to understand for me.

To sum it up, I think that the book has a good and interesting story which was exciting to read. The way the horror is written is really good and even manages to make me feel the same as the protagonists some points. The end is amazing and would totally recommend this book to everyone who likes a good read! This book deserves 5 out of 5 stars.





# Book Reviews

by Lukas

*The Exodus Project* is a book about a young person named Zak (13), who has a tumor which is incurable.

He's in a flight to the Antarctic, to Station Zero, a research station. He is there with his family and a flight captain. The book itself is an exciting thriller. It revolves around Zak, the out-post who will soon turn into a nightmare as when they've arrived, the entire personal has disappeared and they are the only persons there. Once, they try to find some people, but without success.

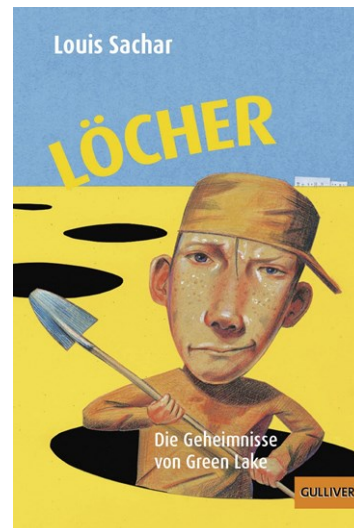
However, the pilot gets wounded because he hurts himself when he tries to reactivate the lights in the room. As they spread out, they leave the pilot alone in the living room, where shortly afterwards the pilot disappears without any clue where he has gone. The book switches the perspectives frequently which is a feeling that lets you continue reading as the scene switches every time it gets exciting.

Station Zero is used to train for Mars and to do research in the ice. After they land and lose the pilot, they manage to find a way to track the other staff which was outside. Soon they notice that they are not humans anymore: a Zombie wakes up to hunt Zak and his family: They run to another control post outside the main station and lock themselves in and arm themselves with random objects.

It was a pretty good book which often switches the situations. The book was very good but hard to read at the beginning but as soon as I got used to it, it became a very good book.

I give it **8 out of 10**.

by Valentin



The Novel *Löcher* by Luis Sachar was published in 1998 and revolves around Stanley Yelnats. He was put into a Juvenile prison camp because he supposedly stole famous Shoes. Inside of the Juvenile prison camp Green Lake the boys have to dig big Holes. After some time the boys find out that

the Boss of the camp is looking for something. In the course of the book, Stanley and Zero discover an old family secret. At the end of the book, both find the treasure with Stanley's name on it.

I like that the book is switching sometimes between past and present. I also like that the boys become friends after some time and that Stanley and Zero break the family curse at the end of the book. And I like that the unjust camp leaders get arrested.

What I did not like is that Stanley got punished for something he did not do. I also did not like that the camp leaders are so unjust and unscrupulous with the boys.

I will give the book 9/10 points because it is a really interesting story and I really like the writing style of the book. I do not give 10 points because at the beginning the book is a little bit boring but after he arrives in the camp it gets exciting.



Recommended by Anna B.



Reign is a US-American series about Queen Mary of Scotland and France and her husband King Francis of France. The series have 4 seasons.

**Season 1:** Queen Mary came to the French court after a failed poisoning attack. She was to become the future wife of Prince Francis. She had been engaged to King Francis since she was 6 years old. Francis initially tried to stay away from Mary as he was unsure whether the alliance with Scotland would be best for France.

**Season 2:** Just as Mary and Francis came to power, the country was shaken by a crisis. The plague spread and did not stop at the castle gates. When Francis tried to return to the locked locks, Lola and her newborn son (the son from Lola and Francis), Mary and Catherine had to make a life and death decision without a king.

**Season 3:** King Francis made arrangements for his death. After his death, his brother Charles was to ascend the throne and marry Mary. At the same time, the upcoming marriage of Lord Narcsis and Lola is a thorn in his side. Mary has to make far-reaching foreign policy decisions. In return for Mary renouncing her claim to the throne in her country, the British made a peace offer. But after the mysterious attack on the French royal couple, peace seems unimaginable.

**Season 4:** Not knowing whom to trust, Queen Mary tested his loyalty after learning that her brother James had met John Knox. At the same time, Queen Lisa, Catherine's eldest daughter and wife Prince.

I recommend this series for it is interesting and takes you back in time, great actors and amazing scenes!





# Prison Break

Recommended by Roberto

The TV Series I am going to recommend to you is the American television series Prison Break, created by Paul Scheuring on 29th August 2005. The main character is Michael Scofield. The series revolves around two brothers, one of whom has been sentenced to death for a crime he did not commit.

## Characters at a glance

**Michael Scofield:** he first appears in the series as a man who stages a robbery in order to be sent into the prison where his elder brother, Lincoln Burrows is being held until his execution.

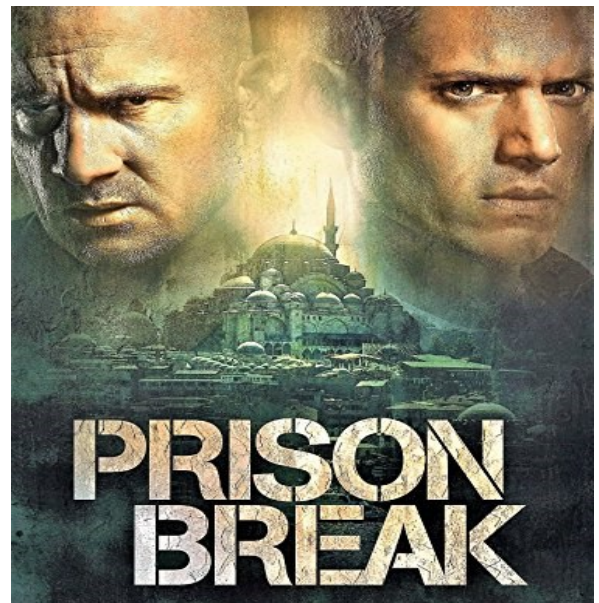
**Lincoln Burrows:** Michael's brother. Set up for the murder of the vice president's brother.

**Sara Tancredi :** her role in the series is a prison doctor that eventually helps the two brothers to escape. After and during the escape she falls in love with Michael Scofield.

**Theodore Bagwell:** known as "T-Bag" is one of the most dangerous inmates of the Fox River Penitentiary. He is a murderer, rapist and a pedophile.

**Fernando Sucre:** is a Latino thief that is assigned to be Michael Scofield's cell mate at Fox River Penitentiary.

**C-Note, Tweener, John Abruzzi and Haywire,** are the other inmates who escape from the prison, through the help of the brothers.



## Storyline:

Michael Scofield has a plan to get his brother out of jail. He gets his whole upper body tattooed with a blueprint of the whole Fox River Penitentiary. He stages a robbery in order to get sent in the prison where his elder brother is being held. After a few weeks, they manage to escape Fox River. The fugitives split up and do the race across the country. After a few days, Michael gets in trouble and manages to get imprisoned at Federal Sonoma Penitentiary in Panama. Sara and LJ (Lincoln's Son) are captured by Gretchen. Michael is told that they want him to break James Whistler out of Sonoma. Sucre gets a job at Sonoma and helps Michael and James escape. After they escaped, their job is to obtain Scylla (a device with much information about the Company who framed Lincoln). In the end, Michael Scofield sacrifices his life for his brother, child and wife.

The reason why I recommend this series to you is because it is quite interesting, you do not get bored of it. In addition, it has many plot twists. I won't say more so I do not spoil it! I give it 9/10.



# Vegetarian, Vegan or Meat-Eater: What is the Best?



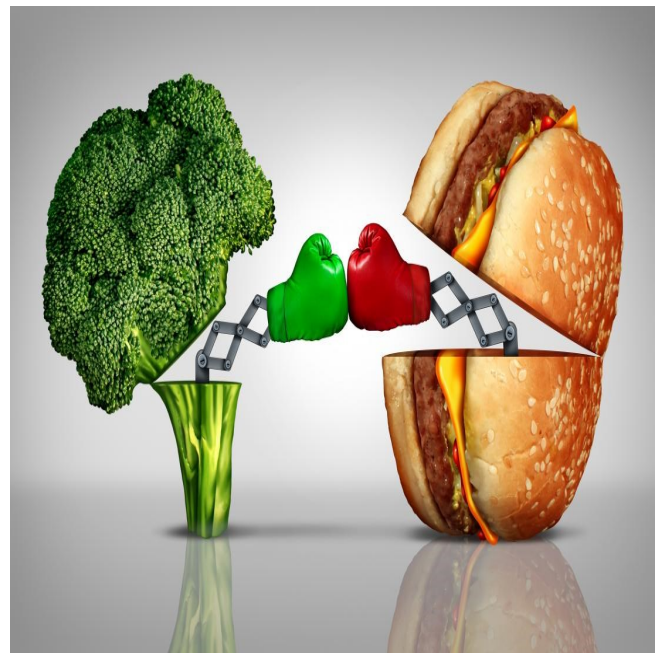
by Felix C., Kai & Saleh

## Meat-eaters

**Vegetarian, Vegan or meat-eater: what's the best? Why most people are meat-eater?**

A meat-based diet is the healthiest of all, as it can be the most balanced. With meat and fish you have many more choices and can live in an optimal balance. Meat contains a lot of vitamin D. Vitamin D is found mainly in fish. Liver is a real "vitamin bomb." The body is better at using animal iron than plant iron. In addition, it is the simplest and most uncomplicated diet for consumers and fellow human beings. In restaurants and supermarkets, the products containing animal products are a lot and you do not have to give up anything.

On the other hand, among other things, meat consumption causes various disorders in the human body. To remove toxins, the body must spend large amounts of energy, which is taken away from other vital functions (e.g. brain activity). And animal toxins tend to disrupt the metabolism of carbohydrates. There is a risk of diabetes. Excess protein from meat consumption can lead to liver disease and high blood pressure.



## Should We All Be Vegetarians?

More and more people are becoming vegetarians. Currently there are about 8 million people in the world who are vegetarians, which is about 10% of the world's population. Vegetarians are people who do not eat meat or fish, but eat animal products. For example, they do not eat chicken but they eat eggs. On the one hand, it is one of the healthiest ways to eat because too much meat increases the risk of diabetes and heart disease. Eating vegetarian food is also good for the environment and vegetarian diets help fight world hunger.



On the other hand, humans have always been omnivores and that includes meat products. Vegetarian diet costs more and the self-discipline is also part of it because many products contain meat. Meat has some important nutrients like proteins, iron, zinc and vitamins. In conclusion both sides have good arguments but in my opinion it is important to eat meat because of the nutrients and vitamins it contains. The fact that I would have to pay more money for my food if I were vegetarian and that I could not eat many products I love, is important for my conclusion.

## Is Living Vegan Healthy?

People who choose to live vegan do not eat animals or animal products. Vegans are only living on plant-based products. Many of them make this decision because they think that animals matter as much as human beings. Other vegans choose this lifestyle for their health because plant-based products contain few calories and are healthier. If you want to lose weight you could try to live vegan: you will see progress. After little time, your mental health will improve because you are doing something good for the climate and animal protection. Your body benefits from it as well. The vegan life will improve your intestinal flora and your insulin level. But it brings many negative aspects with it too: you have to take care of your mineral and vitamin value.

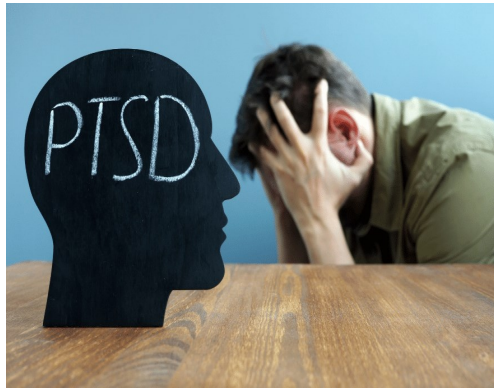


Many minerals and vitamins are in meat, so you have to find other food options. But there are so many different ways to get those. Some alternatives are: fruits, vegetables, grain, nuts, seeds etc. Another point against living vegan is that the products which are vegan are more expensive than regular products. And if you want to go out you can not eat everywhere because many restaurants do not offer vegan food. In conclusion, living vegan is healthy for your body and your mental health and great for the climate and animal protection but you have to think twice about it because you have to inform yourself a lot about what you can eat and what you can not eat. You will pay more than people who are not living vegan and you will have to take care of your minerals and vitamins. Finally, a tip: Take care of these substances: iron, vitamin D, omega 3, iodine, vitamin B12, zinc.





# Post Traumatic Stress Disorder (PTSD)



Post-traumatic stress disorder (PTSD) is a mental disorder that can occur when you see or have a traumatic experience. PTSD is mostly seen in war. Most soldiers experience many traumatic events at once, which leads to PTSD. Any kind of traumatic event can cause PTSD, it doesn't matter if it is abuse, bullying, war or a car accident. Its symptoms are hallucinations, insomnia, nightmares, anxiety, never feeling safe, becoming distant, hypervigilant, aggression, and getting an eating disorder. With having PTSD, you can have "triggers". These "triggers" can trigger you into a panic attack or other episodes. PTSD can make you depressed, anxious or suicidal. On the internet you can find many examples for PTSD in TV shows, movies, documentaries, interviews and people who posted their own experiences with PTSD. Since there are many examples for PTSD, we decided to introduce you to two cases of PTSD. One of them is from a TV series and the other from a person posting their experience on the internet.

Our first Example of PTSD is the main character Korra of "The Legend of Korra". Throughout the series, with four seasons, she has many traumatic experiences. In the first Season, she almost kills herself because Amon (a villain) takes her bending away which makes her "useless". She does not because the previous Avatar has given her her bending back. In the second season, a civil war between the northern water tribe and the southern water tribe takes place. She sees how her father went to jail and she as the Avatar has to break it all up. This was also traumatic. In the third season, she fights Zaheer and his crew. Zaheer bends the air in her lung and takes her air out ; she almost dies. She gets saved by her friends. Because of this, she loses her ability to walk . After that, the fourth and last season begins. This is the best episode of the series: season four, Episode two "Korra alone". In this episode, we see all her Flashbacks and PTSD symptoms. She starts walking again through a very hard period in her life. She gets many nightmares and other symptoms and she seems depressed. Korra does the only therapy working for her: CPT. CPT (Cognitive Processing Therapy), meaning that she exposes herself to her past. In the 4th season, we see Korra getting better after all



by Chenoa, Artur and Nina

Our second example is a victim of a recent tragedy that happened. We do not know the victim's name because this is from reddit. Our victim with the username u/SometimesPeople posted on r/AstrosorldFestival reddit about how they have PTSD because of what happened there. The post being: "I started getting crushed 30 second into the first song. I remember trying to get out as escape plan played and thinking I was in hell with all the fire around me. I had no escape. I can't sleep because every time I close my eyes I see the faces of the people around me screaming and trying to get out. I'm thankful I made it out but so angry with everyone involved because none of us signed up for this." We are so sorry for them and hope the person gets better.

These two cases of people with PTSD are not the only ones.

***Please seek immediate professional aid if you suffer of any symptoms of PTSD.***





# Classic School vs. Online School

by Hala, Baraah and Madina

There is a big difference between normal schools and online schools. Not every student has the same opinion. Everyone thought that online school is much better than normal school, everyone thought that it is more chilled and you do not have to do that much but actually since we had the trial of online school during covid-19 we almost all wished that we would go back to school ...



## Online Education

Online education is education via digital devices from home. Many schools switched to that form due to the current situation of Covid 19.



## Traditional Education

Traditional education occurs in a classroom with a teacher who plans and presents a particular topic lesson. The teacher can use various educational tools such as introducing information on with chalk or a whiteboard, student presentations, group or partner work, and individual exercises or activities. Class quizzes or informal assessments can be held and homework assignments set.

## Better Understanding

In the normal class you can understand the topic easier than online, because the teacher is standing in front of you and explaining many times so you can understand it and you can also ask her or him if you do not.

In online schooling you do not have the time to ask the teacher even though you are speaking or FaceTiming with them because they also have many other classes and students to teach. So you only have limited time to understand everything, to do homework and to prepare for the next

lessons. Today, about 1 in every 4 students claim that they learn better via online classes. This means that 3 out of 4 students still feel they perform better in a traditional classroom setting.

Self-motivation, discipline and motivation to learn in a traditional classroom comes from the teacher and fellow students. In an online education environment, the student sets the pace of learning. They need to be disciplined enough to set aside time each day to focus on completing course content.

If one day you don't have the motivation to learn at home, you will miss everything and get bad grades.

## Grades

The grades in the normal school are easier to get because you have many chances to show your work to the teachers, but at the same time in the online schooling the teachers cannot check your cooperation and you do not have to write a test every second day so you have more time for your life.



## Break

In breaks at normal school you go outside in the fresh air and stand with your friends to tell them about your problems, your crush, your plans and you will always have fun.

In online schooling you get depressed because you do not understand everything, cannot talk about your problems and your focus is almost all the time on studying. Do not forget that you do not see people and only sit in your room studying or watching something. So you do not really have contact to others unless you're talking with them on your phone.

## Positive sides

After all the negative sides of online schooling there is a light side.

According to recent study, more than 75 percent of academic leaders feel that online education is equal or superior to on-campus learning.

You can search everything you need for example questions while you're talking to your teacher so they think you're very good.

You can do your homework anytime you want if you do not have to send it to the teacher, for example at 2 pm. You can also eat during online class.

## How we see online learning?

**Baraah:** I think normal schools are better because you also have fun learning and are more active, you can understand more in school, more than in online school, you can ask teachers at any time, you can improve your grades by working through the class you can have fun chilling with friends and learning with friends.

**Madina:** In my personal opinion there are more important values than flexibility. Online education is bad for students because the atmosphere created by traditional schools between students or even between students and teachers and the skills are important for life. No matter how effective online education may be, from my point of view, it is not the correct type of school for students.

**Hala:** On the one hand, I think that online school is really better for my grades because I am a person who likes to write 10 pages of homework but do not want to learn one page for a test.

On the other hand, I miss my friends, the school and the funny stupid things we do most the time.



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