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DISTINCT

ISSUE #21/May 2023
Overcoming Classroom Stress
Imperium by Robert Harris
Miracle in Cell NO 7
Wojtek: The Bear who fought in
World War 99





The early history of the school is closely connected with the name of its two great founders Lazaro-Otetelișanu and it was the first boarding school for young ladies in the Romanian Principalities at that time. It was a flourishing historical period for the Romanian education in the capital of Oltenia after the endorsement of the Organic Regulations. The Foundation of this school for "the best education of the noblemen's daughters" was the initiative of the boyard lordache Otetelișanu, "a great patriot who was very fond of the national culture."

In 1833 he built this school not only with his own funds but also with the financial support of the boyard Constantin Lazaro, who donated the private houses inherited from his wife Zoița Pârscoveanca. The school was called "Lazaro-Otetelișanu" Boarding School for Young Ladies.

It was meant to be a typically Western boarding school for young ladies and the students who passed the school entrance exam were supposed to be able to "read and write" in a foreign language. The first headmistresses of the school were mostly foreigners (French, Italian, German): Wilhemina Dahlen, Groulier Gros, Marieta Mazenta.

Along its history, the school changed its names several times:

- ★ According to the Law of Education issued in 1860, the old boarding school became a secondary school with five grades and it was called The Head School for Young Ladies, the first pedagogical school for young ladies from Oltenia.
- ★ The name of the school was changed again in 1883 when it became The Pedagogical Institute for Young Ladies because it aimed to train students to become school teachers.
- ★ Due to Smaranda Celarianu's contribution and intervention, the school was called "Elena Cuza", in honour of the wife of the first ruler who united the Romanian Principalities. After this transformation the school had all the qualities of a high-school with superior grades.
- ★ In September 1928 the school started to function as "Elena Cuza" High-School for Young Ladies. From 1959 until 1966 the public institute was given the name of Secondary School No. 3 and for the first time it became a mixed type of school for girls and boys. Between 1966-1976 the school was called High School No. 3, and between 1977-1989 it was named The Philology-History High School.
- ★ In 1990, it was called "Elena Cuza" High School and from 1998 "Elena Cuza" National College. During its existence, the school has brought its contribution to the education of a great number of citizens, active participants in the social, cultural and economic life of the country. Our school trains students endowed with a real talent for learning foreign languages and it has become a real partner involved in different national and international projects. Taking into account the history of this school, we, today's people, must continue the struggle for the flourishing of this institution to preserve its fame and tradition.

This issue was co-ordinated by teacher CARMEN MALAET, English teacher at "Elena Cuza" National College, Craiova, Dolj, with the real support of our school management: Liviu Cotfasa - school principal, Adina Ursu - assistant principal, Bertoni-Silviu Dragomir - assistant principal, Simona Copacescu - educational counsellor.



Teo Says

Hello everybody! My name is Teo and I'm delighted to introduce to you this year's edition of our English magazine DISTEENCT. Having to be the one responsible for each and every final page has put a lot of pressure on me and I'm hoping you will enjoy the final result.



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I've come to grow a lot as a person while caring for this project and I'm incredibly happy I've decided to take it upon myself to become a part of this enduring and life changing experience. In order to discover yourself, you must try out as to figure out what you truly enjoy and I can wholeheartedly tell you that I've experienced this during those past few months, since the issue 21 began its creating process. I've learned a lot and I've become more comfortable in my own skin, so, I encourage you all to do the same by reading every single article and let yourself be mesmerized by their beauty.

I want to end my speech by telling you to never fear failure but rather fear not trying as only those who dare to fail greatly can ever achieve greatly. I hope to still find you reading those pages next year, when the next issue is published. Until then, take care!

Catalina-Teodora Tecu
Editor-in-Chief



Hello again for those who are familiar with this magazine and for those who are holding it for the first time! It's a great pleasure to be part of the staff and I am very grateful for the opportunities it has provided me with. After a long period in which the series have not been brought out due to the Covid pandemic, this year's edition can be considered as the "DISTEENCT comeback". As far as I am concerned, I initially thought that we would not have a lot of material to publish, but, fortunately, our brilliant students have proven me wrong. If we want to change our lives, we have to dream big and not to fear unleashing our true potential. In this particular edition, all the contributors have done so and this is why I highly suggest you flip through each and every page. I hope you will find something suitable for you, especially if you are going through a tough time. Now as my editorial ends, revel yourself in "Love among youth"!

Cristiana Baragan
Deputy Editor





Opinions



DISTEENCT

ISSUE # 21

Love among youth

When you think about your teenage years, you will always remember how angry you were at the society.

Everything and everyone surrounding you upset you. Your parents were your worst enemies, same as your teachers or school in general. You felt like the world was against you. But there's one aspect that you may always appreciate and that is teenage love, the love you experienced throughout those years when nothing made sense.

The teenage love is the one building up your character as a human being, because it teaches you the most important lesson. Falling in love shows you how to love. You may ask yourselves: „Do teenagers really understand the meaning of true love?“. Of course they do and everybody does, because „love“ is not a term that has a specific definition. It is not something you understand and it is purely spiritual.

From a very young age, you will find yourself crushing over colleagues, enjoy their presence in class and creating a childish bond. Over time, as kids turn into teenagers, love becomes something consuming. It is draining you in the most beautiful way you could imagine. The person you are falling for is your first thought in the morning and the last as you fall asleep. It gets so powerful that you start to dream about them.

The most wonderful part of being in love is how unexpected it comes. You don't realize how fast you fall for someone until every single look, word or gesture from them gives you butterflies. That's why the truest type of love is found between teenagers. It seems overwhelming, exhausting, but in reality teenage love is so honest, vulnerable and mostly innocent, because teens love with all their heart. They don't think of consequences, they just act how they feel, living in the present moment.

So, as teenagers, people experience love to the fullest. It is not harming and, in my eyes, it is true love. Even if your opinion on love is different, it doesn't matter. Not a single person in the world does understand love and you might not always be able to explain it, but you know when it's there, because love is love.

Elena Beatrice Constantin

Co-ordinating teacher: Carmen Malaet



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TALKING TO THE FOUNDER OF OUR MAGAZINE

1. Who inspired you to create this magazine?

The talent of the remarkable students of our college, their interesting ideas and original creative writing. One day I asked myself: "What can I do to immortalise somehow their works and make their passing through our college remain an undeniable proof of their "disteentc" personalities.?" Then an idea crossed my mind: an English magazine. From that moment on, the story began.



MRS. CARMEN MĂLĂEȚ
TEACHER OF ENGLISH

2. How has it progressed in time and what kind of changes has the magazine undergone?

The first issue in 1999 was, graphically speaking, a modest version of what it is now. It was not printed in a printing house and it had a different cover. The cover has undergone some changes in time. We finally decided to have a special one with the main symbol of the magazine printed on it: the fingerprint. The fingerprints which can be seen on each page stand for the different personality of every teenager. And one more thing: the title "DISTEEENCT" was not chosen at random. It contains a word game and has a special meaning: the ability to be different and unique in your own way, in other words, to be disteentc. And the fingerprint is what makes you a "disteentc" person.

3. Who can write articles and how can this project improve students' mind and skills?

Every student who has something to say. As one of the editors-in-chief once said "the journey through DISTEEENCT has been not only inspiring but also useful." Working in a team, meeting a deadline, creating respectful and trustful relationships have been some of the lessons our students had to learn in order to become mature and responsible. During highschool they grow up, they experience "disteentc" situations which teach them to become well-rounded adults. DISTEEENCT is one of these situations. The main theme of the project deals with the idea of "unity within diversity" as it opens its covers for a large number of readers and writers. But, you need Dedication, Innovation, Sensitivity, Thoroughness, Enthusiasm, Endurance, Nurture, Creativity and Trust, (DISTEEENCT). Though our students are "disteentc" persons, all these qualities unite them in a single magazine which for some of them was the first step towards a career in Journalism and Communication Sciences.

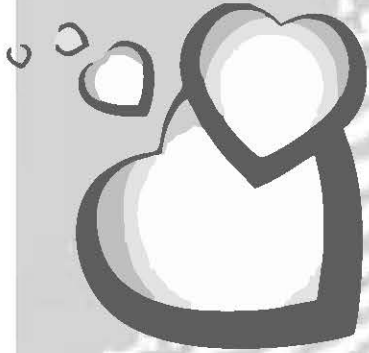


Issabela Nicola, Bianca Starasnita, Amalia Stefan
Co-ordinating teacher: Carmen Malaet





IMPLICATION OF KINDNESS



The act of kindness is one that is often overlooked in our modern world. However, it is a powerful force that can have a huge impact on individual persons, communities, and the world as a whole. The implication of kindness goes far beyond a simple gesture, and it has the potential to transform lives in unexpected ways.

Kindness is the act of showing empathy and compassion toward other people. It is about being selfless, putting the needs of others before our own, and helping those who may be struggling. It is not just about doing something nice for someone, but rather making a connection with them and showing them that they are valued.

One of the most significant implications of kindness is its ability to improve mental health. Studies have shown that acts of kindness can reduce stress and anxiety, increase feelings of happiness and satisfaction and even lower rates of depression. When we show kindness to others, we also experience a sense of fulfillment and purpose, which can boost our well-being.

Moreover, kindness can create a ripple effect that spreads throughout our communities. When we perform an act of kindness, it can inspire others to do the same. This can lead to lots of positive reactions that will change many lives. Kindness has the power to bring people together in ways that other methods cannot. In today's world, where negativity seems to be normalised, kindness can be a powerful antidote. We can create a world where people feel seen, heard and valued, regardless of their background.

In conclusion, kindness is not just a simple gesture but a powerful force that has far-reaching implications. As individuals, we have the power to make a difference through our actions of kindness, and together, we can create a kinder, more compassionate world.



Alexia Marinica

Co-ordinating teacher: Georgiana Corina Tranca



MIRACLE IN CELL NO 7

Based on a South Korean comedy-drama film "Miracle in Cell no 7" can be included in the chart of best drama film ever as it has not only an outstanding cast but an impressive story delivered to the viewer: how strong can be the bond between a daughter and a father. The leading actors: Aras Bulut as Memo, Nisa Aksongur as Ova and Celia Toyon as Fatima Nene give us an important life lesson while trying to prove that Memo is innocent.



Set mainly in a village in 1983 the film tells the story of an autistic father called Memo who lives with his little daughter, Ova and her grandma, Fatma Nene in a cottage, near a small town. The family is facing poverty, Ova is often criticized because of her dad, but the only thing that matters is that they are happy. This shows us how important is to appreciate insignificant things which truly bring fulfillment in our hearts. Eventually, Memo ends up in a prison, being accused of a crime he did not commit. The little girl remains in the care of her grandma who is quite old, trying with all the power she has to see her father. In prison, the man is frequently abused. He cannot do anything and prefers to cry alone. Also, he is proving kindness to others in spite of being treated like a slave. After a few months, Memo is sentenced to death and Ova loses her granny too. Will the two of them ever see each other again, even for a hug? Watch the story if you want to know.

A lot has been written about the movie "Miracle in cell no 7" and it is true indeed that the actors have given amazing performances to make us aware that all that matters is family relationship and true love. But it is not only the actors effort it's also about writing an inspired script having the best directors as: Sinan Turan and Saner Ayar. What's more? Well, let's not forget the video and audio quality and the marketing staff. The film had 5.3 million entries in Turkish cinemas. Many actors have become famous and this is the case of Aras Bulut who played the autistic father in the most realistic way.

If you are looking for a drama movie which will scratch the every last shred of your soul and open your mind in infinite parts "Miracle in cell no 7" can fit you. I would recommend it to all teenagers and parents who want to improve their relationship. Nowadays we are confronted with a lot of bad behavior from children and this film will definitely make them think twice when being mean with their parents or doing something inappropriate.



Cristiana Baragan
Co-ordinating teacher: **Carmen Malaet**





IMPERIUM

BY ROBERT HARRIS

"All roads lead to Rome" is how the saying goes. Indeed, much of the modern world owes something to the Eternal City and the empire it built during its long history. But an

aspect often overlooked about Rome is the period which came before the empire, before Caesar had become Dictator and Octavian had been named "The Revered One": The Roman Republic.

A lot of people forget that Rome was once a country where not just one man held absolute power, but a group of people called the Senate ruled in a semi-democratic way. The book "Imperium" by Robert Harris illustrates perfectly the late period of the Republic and its development.

The book focuses on Cicero, probably the most famous Roman politician, during the early years of his career as he struggles to make a name for himself among personalities who have left their mark on history, everything being told from the perspective of his slave and secretary, Tiro.

The opening sees Cicero training his oratory skills in Greece before returning to Rome to become a senator and lawyer. After finishing his governorship in Sicily his help is requested by a resident of the island who was threatened by Gaius Verres, the current governor. Sensing a great opportunity to boost his career, Cicero will attempt to prosecute Verres and face the hideous monster which Roman politics had become at that point.

In his quest for wealth and glory, he will be forced to take on foes such as the old and grumpy Catulus, the aristocratic but petty Hortensius. He will come in contact with Crassus and Pompey, two of the most accomplished generals in history, and will be forced to pick a side in their tussle for power. He will prove himself a very able orator, lawyer and politician and will have to make unlikely friends and decisions which will challenge his beliefs and perception of life.

During his rise, Rome itself will be threatened and shaken to its core, as dark events from its past are revealed and a new political order settles in, based on corruption, violence and hunger for power.

For fans of history, "Imperium" is a must read, as it presents a rather obscure period of time in a very digestible and often amusing manner. Upon closer inspection, we can see that the society described in Harris's novel is not far from today's although there are two thousand years that set them apart, as history has a tendency to repeat itself.



Andrei Cezar Globasu
Coordinating teacher : Carmen Malaet





FEAR OR FAILURE

Being young, especially a teenager means that usually you'll allow your emotions to overcome you- all the stress, the tests, the friendships or relationships fallout will finally fill your glass, leading to an overflow that was manifested in the form of mental breakdowns, anxiety or even depressive episodes.

Everything can become overwhelming at some point, no matter how much you enjoy it. Whenever and wherever you are, there's going to be a voice in your head saying you're not good enough for anything, that you'll never achieve what you wish to become. It is a part of yourself that only acknowledged your weaknesses and your flaws. But you must remember, that this voice is not made by you, it wasn't yours to begin with, it "grew" there because of the insecurities projected by others in you. I can remember so many moments, especially during school, when, despite knowing the answer, I'd never raise my hand for fear that I might be wrong, somehow twisting the information in my mind and saying something completely out of place. And, in my head, the worst thing wasn't getting a wrong answer and maybe risking getting a bad mark; it was embarrassing myself in front of my classmates. The way we feel towards the educational systems speaks louder than words. We're more terrified of being laughed at, than not knowing a certain fact.

So, at this point, either willingly or unknowingly, we associate the failure with trying and failing, which, by often occurrence, engraves this connection in our brain, discouraging us from trying new things, no matter how much we'd be into them, as a fear of not succeeding. In reality, there are only two things that can be linked to a letdown, but of different importance. One of them, not nearly as meaningful as the other, represents forgetting something that has been learnt at some point, and not remembering the information that you need or, even worse you can't connect what you know and what you need to use, which makes it incredibly frustrating and leads towards the feeling of disappointment in one's self. But, however exasperating that might be, the worst way that you can fail is not trying, but refusing to give an opportunity a chance.

Missing out of fun experiences- wasting a time you'll never get back not living your life to the fullest is by far the worst mistake of all. You must try as often as you can, even the little things. And if you even fall, get up and try again. Real failure means that you fall and remain down. Getting back up is what turn a so-called failure into a learning experience.

That voice in your head sustaining that you are not good enough is what makes you not good enough, what makes you not reach your true potential. I know that trying itself is maybe one of the hardest things to do and I normally feel it to. I used to think that as soon as I began high school, I would become a different person. Not in the way that I would completely change, but in the way that I would start breaking out of my shell, taking up new hobbies and making more friends. Did that happen? No, of course not. Although I was aware that you can't just change over-night, I still hoped that being a freshman would give me more faith in myself. The catch is, it didn't, but I did. I guess that the fresh start the high school was offering me showed me a different perspective of who I was. I could finally stop listening to that agitating noise in my head telling me that I was boring, annoying or would nobody in their right mind (ever) like me. True failure is not trying.

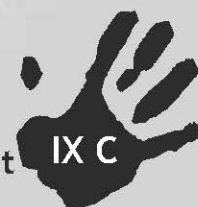
The louder or the quieter the voice is, it depends on you and only on you. Don't let the real you be silenced.



Catalina-Teodora Tecu

Co-ordinating teacher: Carmen Malaet

IX C





Is online learning better than its offline counterpart?



Needless to state, the imposition of lockdown due to the Covid-19 pandemic led to the shutdown of numerous institutions, including schools, back in 2020; education as we knew it changed dramatically, online learning through platforms like classroom, zoom and so on being implemented in both teachers and students' school life overnight.

If I were to be asked to give an honest opinion, then the benefits of offline learning definitely outnumber the ones of online learning. Call it habit and comfort, but I would rather have a teacher explain to me an exercise face-to-face rather than have a pixelated image do the job! From personal experience, I know there's always the risk of bad internet connection, bad audio and video quality, since access to proper electronic equipment isn't available to everyone.



Indeed, online learning was so comfortable and convenient at first. No more traffic, no more "what am I going to wear to school today". How wrong we all were though! It also came along with a great lack of interaction, motivation and focus from students and separating home life and class time was hard to the point of impossible. It caused mental impairment in some of us, we became estranged to each other and what a pity that was!

Now that I am back to school, with all the excitement and hubbub on the playground, being together with classmates, friends and teachers, I am happier than ever before and I wouldn't change it for the world!



The Journey through Adolescence

One of the biggest changes I noticed in the previous years in my life is growing up from being a child to becoming a teenager. Adolescence is one of the most controversial times in our lives when emotions are felt twice than normal. Years full of new experiences, people and, of course, problems are waiting for us from the moment we leave the gates of childhood.

For me, the change was marked by one of the most important exams in my life, which helped me get admitted into a great highschool. I realised it was the perfect moment for making important decisions for my future and that I had to pay for every mistake I made.

I also realised that I had to put myself first. Adolescence represents the years of strong emotions which can cause bad decisions. Every friend I had and every person who came into my life taught me a lesson. I have learnt to be grateful for every moment I live, for every good memory I made because that's what we get from the teenage years: a box of pictures, old objects that wouldn't matter to anyone but us.

Also, the need of physical change dominates these years. A new style of clothes, a new hair color or the music we listen to won't change who we are. But the problem is that during the teenage years we don't even know who we are. So, in my opinion, we like to hide that because it makes us feel weak. But, if we all have the same reactions, should we still feel this way?

Lots of questions in my head will not be answered soon enough. But, with time, life will show us the right path, answering all our concerns.



Ioana Racila
Co-ordinating teacher: Ana-Maria Stefanescu



Bianca Popa
Co-ordinating teacher: Carmen Malaet





Cosmin Dinut Greets Us from Bucharest



How would you describe yourself?

I don't know everything about myself, but I think that I am a very sociable, optimistic, and people-oriented person. I have always liked to think that my activity helped others and then myself, that's how I ended up being disciplined and a follower of a well-done job.

Did school influence you to choose which college you wanted?

It's hard to say. It influenced me to choose my university and helped me decide to go to Bucharest, but the faculty was my choice. In the high school, I had the pleasure of meeting teachers, who were wonderful people who helped me see beyond the horizon I was used to and aim higher. The most important lesson I took from school was that you must push your limits.

What motivated you to study at “Elena Cuza” National College?

Honestly, when I entered “Elena Cuza” National College, I didn't have any other preference, I thought it was the school that could fulfill my expectations and from which I could leave with something. And I was not mistaken. I believe that a good school is the one that builds you up so that in the end you can be somebody, and if that school made you the person you are today, then you made the right choice. I was motivated by the atmosphere at “Elena Cuza” National College, it was an environment where you could perform if you wanted to because you were constantly supported. And I was also motivated by the possibility of developing soft skills. I think it is among the only high schools in Craiova that develop such skills.

Do you have a high-school teacher whom you consider a role model for you in life?

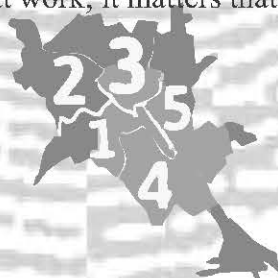
Yes, and his name is Cristian Udrea. I think there is a fine line that separates a mentor from a teacher. Mr. Udrea was my teacher, model, mentor, and father. Besides the fact that he is the best teacher of computer science and mathematics that I have ever seen, he focused on instilling in me and my colleagues, the idea that you must be the best, and always compare yourself only to yourself, and that the value lies in you, in what kind of person you are, not in money or material things.

Today's high school students would be happy to be given some good advice. What would you advise them to do?

The high school period is one of exploration and testing, so dear colleagues, don't try to limit yourself to something specific, to programming, maths, physics, or anything else. Allow yourself to make mistakes, and try to find what makes you happy. At university and at work, it matters that those hours you work are done with pleasure and give maximum yield.

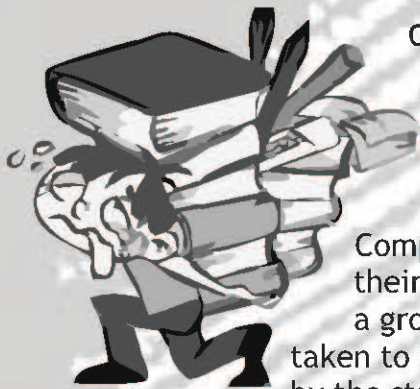
Ok! That is all. Thank you for your time!

My pleasure!



An interview taken by Ioana Daria Ducu
Co-ordinating teacher: Carmen Malaet





OVERCOMING CLASSROOM STRESS

Compared to that of the high-flying businessman, or the busy housewife their troubles seem relatively trivial and unimportant. However there is a growing number of children of school age who, alarmingly, are being taken to their doctors with stress related complaints caused to some extent by the stress of education in the classroom.

Children need to feel safe in school because pressure, stress, and fear undermine learning. And when the safety of students in schools must be protected by metal detectors and armed guards, and when students in America's most elite upper schools report worrisome levels of stress, pressure, and fatigue, it is safe to conclude that something is wrong. The distorted picture is made worse by escalating incidence in both children and adolescents' depression and other stress-related disorders, which have dramatic effects on learning and social development.

"The problem is stress", says William Stixrud. Ph.D., a prominent clinical neuropsychologist, who specializes in work with children and adolescents and who has studied and lectured frequently on the effects of stress on the brain, particularly the developing brain. The effects of stress are not pretty. Not only does stress interfere with functions such as attention, memory, organization, and integration, but prolonged stress actually kills brain cells and shrinks the brain's main memory structures. In fact, the top stress researchers in the world report that lifelong stress level is the best predictor of risk for Alzheimer's disease and other forms of dementia. In light of this research, I am increasingly struck by how counterproductive it is for students to learn in highly stressful contexts, since stress not only interferes with their learning and retention in the short run but also burns out their brains in the long run.

Stress education in the classroom can put undue strain on a developing body and can also set behavioral patterns for later life. It is therefore vitally important that parents and guardians stay vigilant of their children's mental health well being and take steps to avoid a child becoming unduly anxious about the stress of education in the classroom. Supplementary to advice given by a medical professional, children can prevent stress and be more relaxed if they keep a diary, rest for a sufficient amount of time, take up a hobby, play with their friends and more other activities.

To conclude, children can be put under stress and pressure in schools but they can escape that by taking up hobbies or activities that make them feel relaxed. Communication is the key and if children can communicate everything with their parents and teachers or make a lot of friends they can escape the anxiety.



Alexandru Ionut Mitru XII C

Co-ordinating teacher: Carmen Malaet





Why school uniforms are more detrimental than helpful to students

When we think of school uniforms, we tend to believe that they bring about multiple benefits for both the school and the students who are studying there. However, upon doing some research, the reality of the matter becomes more and more clear; the arguments against uniforms visibly weigh down those in favour.



Firstly, when it comes to cost efficiency, uniforms would not truly reduce the amount of money spent on clothes. Statistics show that the average parent has spent about 1,400 lei on back to school shopping, more than half going towards buying wardrobe items. If teaching institutions were to implement a dress code, depending on how well people manage it, the costs would only be slightly greater. Despite this, the main issue arises when it comes to the versatility of the clothes. Right now students tend to wear about the same items to school as they wear in the rest of their time. Nonetheless, by having a dress code, parents would need to shop for school outfits on top of buying everyday clothes, thus spending more. Not to mention that items such as skirts, white shirts, bow ties are harder to find at a discount offers or at thrift stores.

Secondly, when it comes to the social advantages, school uniforms do not make a positive difference, their impact being quite the opposite. A significant part of bullying in schools is shown to be a result of different style preferences between pupils. It may seem that uniforms would actually solve this issue by removing diversity. However, the focus would instead be shifted towards the different body types that everyone has, causing this to be the new dividing factor between people. More so, considering the fact that styling outfits to match one's particular features would be a lot more difficult. Another dividing factor between students is the brand, or lack thereof when it comes to clothing. And no, school uniforms would not remove this problem either because wealth can be displayed in many more ways that cannot be regulated, a few examples being through phones, accessories, school items, backpacks, etc.

In conclusion, school uniforms are much more overrated than we may expect, as the benefits of implementing them are minimal and do not truly solve the problems that pupils face.



Mihai Petre Oprea

Co-ordinating teacher: Georgiana Corina Tranca





All about stress : What is , types , symptoms and effects on body



Anxiety is one of the most dangerous mental manifestations of stress, and depression represents one of the final risks of stress. When stress has passed beyond the alarm phase and has been maintained at a constant level for a longer time, in the resistance phase, then entering the exhaustion phase, the abyss that follows is depression.

What is stress?

Headaches, frequent insomnia, decreased productivity and the ability to concentrate at work can be caused by stress. Stress affects both the body, the mind and the behavior , and represents the adaptation syndrome that the individual realizes following environmental aggressions, a set that includes strain, tension, constraint, force, request.

Stressors differ from one person to another, and the effects can be manifested in two ways:

- 1. at the psychological level: through fear, nervousness, tension;*
- 2. on a physical level: by stimulating the secretion of adrenaline, increasing the heartbeat or sweating.*

Causes of stress

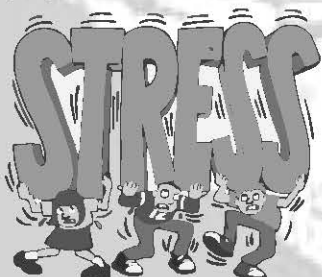
Currently , there is no directly incriminated cause for causing stress, and people react differently in borderline situations. Risk factors, such as depression or anxiety, can make a person feel stress more acutely, and past experiences can also dictate how someone reacts to a stressor. Some common elements, which can trigger stress, still exist: problems at work, financial problems, illness, change of residence, relationships (marriage, divorce);

Any situation has the potential to become stressful, so the symptoms of stress differ from person to person. Therefore, they can be classified into three categories:

- 1. Physical: sweating; cramps; muscle spasms; fainting; headaches; nervous tics;*
- 2. Emotional : anger; concentration problems; fatigue; feeling of insecurity; sadness.*
- 3. Behavioral: anxiety; depression; heart disease; blood pressure problems; frequent muscle pain; sleeping disorders;*

Solutions to get rid of stress

To get rid of stressful situations or at least to reduce the level of stressors, you can resort to a series of activities, such as: listening to music; talking with close people, to release feelings; practicing physical exercises; resting; soliciting specialized help from a counselor.





Teenkeen on Ink

DISTEENCT

ISSUE # 21

A MYSTERIOUS PLAYER

I was not interested in playing on the PlayStation, Xbox or any other consoles. But I remembered when I was only seven that I played on a Gameboy which was cheap, and it only had one game. The game was called Super Mario Land. I probably finished that game like five times, but I still played again when I was kid because I had nothing to do. I didn't have a father to play with because he left us quickly from the family.

Anyways more and more children were coming to the Centre and started playing. What I noticed like four years ago is that now these days even small children have the most expensive phones on earth, and I only play uno with small children.

Do you want to play chess now? It's on your phone. Do you want to play Monopoly? Well now it's also on your phone. Wanna play checkers surprise now it's on the computer now your phone is a computer which is in your pocket.

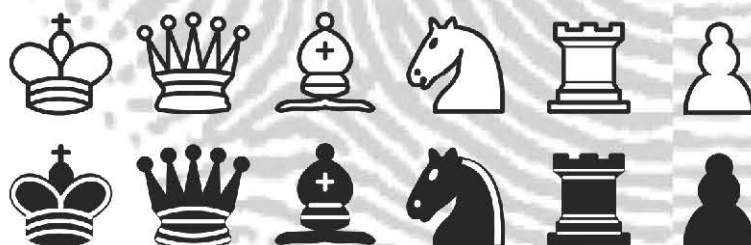
I mean it is cool to play with someone far away like somebody from India while he is on the bus playing chess and I am struggling to think of the next move on the comfiest chair at home. Despite all this, he still beats me. After you lose you just have a general feeling about it. But when you play with someone directly even after you lose you can still talk with him/her and can be friends.

Some minutes and I saw something funny but also quite sad to watch. I saw an old man playing checkers alone by switching the chair every time he got a next move. So, I went to him and said, "can we play a game", and he answered proudly "yes."

After some intense minutes of playing, I had six pieces and he had only two, so he shook my hand and proudly he said to me: "Well played, son"! I stayed muted and said nothing.

Afterwards he left the building

I was so confused why he had called me son but then I realized it was my dad who had left us. A dad will always let his children win.



Stefan Iacob- Spataru
Co-ordinating teacher: Carmen Malaet

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ANXIETY

I've got to say what I've got to say
And then I swear I'll go away
Things of the past can't be undone
You must forget them and move on

Living in the past ain't good
"Should I do it?", yeah you should
It's like staring at a blank wall
Overthinking haunts us all

Every day we choose
We might win or lose
That's what makes life very fun
Stop thinking 'bout what you've done

What's killing me? Anxiety
Any advice? Please help me!
Get over it, obviously!
You're hurting yourself, can't you see?

Happiness? Never heard of it!
You know what separates me from depression?
Just one or maybe two feet
You can't win this by playing for possession

Get up and keep on fighting
You're faster than a lightning
Nothing can stop you, you're invincible
Make those haters become invisible

Undo these chains, my friend
And fight until the end
Ignore those echoing whispers
And then maybe the hate withers



XII A Marian Roberto Ciprian Petcu
Co-ordinating teacher: Carmen Malaet



LOVE

*Love love love
I don't know how it comes,
I don't know when it's there
I just feel when it dies
And I can't find it anywhere.*

*Love love love
Tends to forget,
But there's no room for regret
My feet are now fast
Trying to get away from the past.*

*It's like a war with no victory,
It's like a victory with no suffer,
It's just a mystery
Cause in the end
I'm just a simple lover.*



IX C Daria Mihaela Guta
Co-ordinating teacher: Carmen Malaet

Whispered prayers

Is it my fault again?
When I leave only stains behind
which seem to be repeating again?
I always disappear like that, immediately...
Was it to be expected?

Now, I'm going to leave everything behind
when the road of life describes a curve
I'll leave you wondering, won't I?

In my mind, a bright idea,
which was destined to be
to an innocent human who has never left

Are you still desperately waiting
for a sign from my heart?
From my speechless heart,
which speaks without words,
whispering only prayers?



IX C Daria Negrea
Co-ordinating teacher: Udrescu Roxana





A HOME FOR THE SOUL



As we grow up, we seek more and more adventure being eager to face the unknown. Such is the desire to fly by our own wings that everything around seems different than before, more and more monotonous. It's good to travel, to discover new and interesting things but can we deny the feeling of genuine happiness and excitement that we feel when returning home?

Suddenly the old places are full of meanings and dusty memories hidden in the chest of our mind. How many things can we recapture just taking a walk down the street! As I go forward, I can almost see myself as that little girl with black braided hair and hazel piercing eyes holding her mother's hand early in the morning. She was always a bit sleepy but curious to find out what would happen that day at school. Such a fragile soul who knew how to enjoy the ordinary things in everyday life!

The city was and continues to be lively from an early hour until the sun goes down. In the morning it's a pleasure to be part of the crowd, to feel the touch of the first ray of sunshine as the sky turns into the most wonderful multicolored painting. It's a fight between the lurid red and a warm bright golden yellow. You never know in which direction the paintbrush is going, but the result is amazing. If only more the people had taken a minute from their time to look above! Sadly, they are all filled with the hustle and bustle of the city life which makes their blood boil. If you are born or have been living there for a certain amount of time, you are or will soon be used to it. It's in your bones. When waiting to buy something from the bakery down the street the whispering voices are music for those who listen, together with the smell of baked bread or apple pie which is a delightful salty sweet smell.

As time passes, it leaves little marks and the picture of the city is always changing. The rough ground and the streets are being covered by the brown leaves like a protective thick blanket. The wind shows its strength as the sun tries to melt the rime at the beginning of the fall season.

Later, it's a privilege to make the first steps on the untouched snow. The city is decorated with lights as the streets are filled with the joy of the children and grown-ups. The warmth, light and cheerfulness coming from the theater in the downtown draw people and so the city is filled with the magic of carols. The old buildings tell a story about old great times and the mystery which surrounds another way of life in the city.

In conclusion, it is true that your hometown is the place where a part of your soul will always belong because it is where you grew and learned about life. His music, life and hustle will always be a part of you.



Karina Minciuna

Co-ordinating teacher: Carmen Malaet

CONSOLING

The background is a park, a bench sitting in the foreground. To the left of the scene you can see a bunch of people in a line and the sounds of cooking faintly. To the left a tree, car sounds should be played periodically from this direction. On the bench MRS. ELENA C. stands with a newspaper to her side and a small coffee cup on it. She is dressed with a dark blue 1800's dress with a matching hat. From the left side JOHN J. comes, almost in a hurry, sitting right next to MRS. ELENA C. He is dressed casually, black jeans, white T-shirt, dark blue jacket.

JOHN J.: (Taking a seat on the bench, keeping his sight to the ground) So you came<

MRS. ELENA C.: (Looking up at the sky) Yes, but I still do not understand why you didn't wish to meet up at the front of the "house".

JOHN J.: I have seen you and that "house" for 4 years now, and I think this place allows for just a less< (he takes a small break before straightening his back and looking at MRS. ELENA C.) <tense and formal conversation.

MRS. ELENA C.: (Now looking at JOHN J.) Maybe for you, I do not see why you like this place so much.

JOHN J.: Well< (he lays back on the bench) < whenever we finished the lessons, me and a couple other of you "children" usually retreated here. Just over the road, that is one of the best coffee places around, but I guess you already knew that< (he says directing his view towards MRS. ELENA C.'s coffee cup)

MRS. ELENA C.: (Gives a small, smug, puff) I am not stuck in that house I will let you know< (she fixes her hat) But I believe you didn't call for me here to tell me what I already knew, did you?

JOHN J.: (with a deep sigh) You know I will leave the "house" <

MRS. ELENA C.: (accentuating every other word) And you are scared because of it, anxious? Even though you have boasted for such a long time that you can't wait to get yourself rid of the "house" and the "street" it is on?

JOHN J.: (lowering his voice progressively) I am scared I won't manage to accommodate, or even do anything with myself after I left<

MRS. ELENA C.: (audibly aggravated) Now that is just an insult to everything I have thought you! I have made sure you wouldn't have gotten to where you are now if you haven't learned how to go through hardship, how to adapt through the worst. (she gets up from the bench, grabbing the newspaper and cup of coffee) You think I raise failures?

JOHN J.: And yet how comes it that I am still struggling through it all, (head lowered towards the ground) You constantly remind me what I do wrong, and now I am supposed to act like I did everything right?

MRS. ELENA C.: You are struggling because every time you did well, things got harder, that is how life works, and that is what I have been preparing you for. (She lowers herself on her knees, starting to speak tenderly) I think you know that is called tough love, but love nevertheless. (reaches a hand out to pat JOHN J.'s shoulder) Now raise your head young man, at the start of summer you need to get your things ready to leave. I don't want to see you back in October.

JOHN J.: (smirks and sighs softly, looks back up without saying a word)

MRS. ELENA C. leaves the scene towards the right as the light slowly dims down, only JOHN J. remains in the middle alone. The curtains slowly close for the next act



XII B

Alexandru Costi Dascalu

Co-ordinating teacher: Vintila Izabela Daniela





LONG TIME NO SEE

One sunny autumn afternoon Aurelia and her amazingly smart monkey called Aldous were visiting London. Since they arrived a little bit early and her aunt wasn't at work yet, she decided to take a walk in Hyde Park, one of the famous places of the city.

Everything about London made her happy, especially because it had been a long time since she last visited her auntie, Margaret. The weather was much pleasant than she thought it would be and the sunlight was revealing the smile on Aurelia's face. It was the perfect view: old trees which were saying goodbye to their autumnal decorations and crispy leaves that made an entrance to a fantasy world of colours and dreams.

„I could live in this park forever, said Aldous the monkey.

„I know you won't leave me alone back home in the freezing cold Norway, that's what the girl replied to her dearest and only monkey, which came as a present from her aunt when she was little. Only the two of them knew that it talked and no one was supposed to find out, so that the secret of the family could be kept: the performing of antique magic. After some time, they both agreed on going to the well known bookstore in London, owned by her aunt to see if they could finally find her.

Big was the surprise when Aurelia and Aldous met with Margaret on their way. She looked like she was in a rush and all she could say was: „I'm so glad you two are back, today you're in charge of the bookstore, then she left. The girl was far from being happy, although her dream was to spend her life surrounded by books, but NOT with her talking friend along! Not until the whole family agreed on having their secret put on display.



Since there was nothing to do, she complied, but she took Aldous in the back room full of books. Because of his intelligence, the girl could teach him to stay still and not to confuse the situation more. Then Aurelia left, due to the entry of a customer. While he was taking a look at the books, she couldn't take her eyes off the back room's door, but unfortunately her attention dropped when the customer started asking a lot of questions. He seemed really interested in literature!

Not in a long time, the monkey heard voices on the other side of the door and began to stir. It was the bookstore that it wanted to explore, not to stay in a boring room and wait. With this thought coming to its mind, the curiosity cracked and with a little bit of luck, Aldous found a way to get out. In the meantime, Aurelia had a chance to check the back room and it was a surprise. The monkey was gone! There was no way this happened to her and she started to panic. A lot of questions came through her mind, but she couldn't find the answers. All she knew was that she needed to get the customer's attention in another direction so that she could start looking for Aldous, before Margaret had arrived.

With this planned, the girl made up an excuse and was able to search for her friend. Little did she know it was close.. When she was about to give up, her gaze met the monkey's, which was standing on a shelf filled with history books. Happiness surrounded Aurelia! It was perfect timing, because right then auntie Margaret came and her niece managed to lock Aldous back in.

Greetings took place and what came next wasn't expected at all. Margaret announced that it was all a test to see if her niece could keep an eye on the secret of the family and on the bookstore at the same time. In fact, the customer was sent by her! On Aurelia's face there was confusion, but it disappeared once she heard that she had passed the test and the bookstore was all hers. Auntie Margaret hugged her and they all celebrated with a nice dinner. Who knows what adventures will happen next in the bookstore led now by Aurelia?



Diana Constantinescu
Co-ordinating teacher: Roxana Udrescu





POEM FOR A WOLF

In the past I thought you'd hate me,
Thought that you'd let me be... be free,
Thought you were just another friend
That would have fun, then leave, the end.

Then you left... for an eternity
Keeping me in fog and mist

To tear myself fearfully
Hoping id get the one I missed

But I slowly fell for you
Fighting till my very soul
Started feeling way less blue
Diamond in a sea of coal.

Couldn't help past memories
That would only make me cry
I got over my first love
And gave love another try.

That is when I fell for you
And I'll never let you go,
Knowing you'll keep me yours too,
Making all my feelings grow.

I love you more than the whole world
And I just had to let you know
Cuz everything around me whirled,
As I let all my happy unroll

And if you'll ever wonder why
I chose you, not someone else
It's because you added dye
To a world contained with belts

Then I thought that my hopes died
And that things just made no sense
You were there as my guide
Making me be way less tense

And even as you work each day
Eight to six, ten hours alone
I still melt when I'm called "babe"
From the new feeling you've shown
For which I shall always cherish
Every moment that we spend,
Being like your beach, the fish
And chips, which you recommend,
Even though always the same,
Always adding something new
To the feeling I've been claimed
I love you most, bet you knew.

Little foxes are to be
Taken care of, you see
Since they're small, fragile, and cute,
A little dumb, but your pursuit.

Even the biggest of Wolves
Huffs and puffs after a Fox
When that Fox is green and hopeful
And writes poems, soon proposals.



XI F

Green Fox

Co-ordinating teacher: Roxana Udrescu

DROWNING

i'm slowly losing my pulse

my heartbeat is weak

i'm swimming in cold black water

full of dark thoughts

my complexion is turning blue

and my heart is fighting

whispering your name

i've got voices in my head

screaming at me

telling me that i'll never make it out alive

and with my last breath i admit that

you broke me

XII C

Gabriela Amalia Balaci

Co-ordinating teacher: Carmen Malaet

EAVESDROPPING CAN SAVE LIVES

It was a typical cold morning of January.

Instead of beautiful white snow all around me,
the ground was covered with disgusting brown
slush. As I walked out of the cab, I glanced at
the airport in front of me.

So familiar was the view, that it did not
awake any emotion, not even a single butterfly
in my stomach. After all, I've been travelling all
throughout my life, whether accompanied by
my parents years ago or alone. Ever since I
moved out and got a decent job, I've been
going on short trips around the globe
whenever I got the chance.

Hardly had I sat on the bench when I heard some old ladies
gossiping about something. Judging by their body language, it
seemed very important and relevant. Out of plain curiosity, I took
my headphones off, so that I could hear them more clearly.
However, my heart sank when one of the women said in a
panicked voice:

"Have you heard about the virus, called Coronavirus? It originates
from Wuhan, a Chinese city and it is very infectious. The population
there is very agitated about it so it must be a serious problem,
but I am sure that it won't spread to our country ." Then they
both carried on with their conversation like usual. The next thing I
knew, I tore my Wuhan ticket and decided to call it off. Maybe, if
I hadn't eavesdropped, I wouldn't be writing this now. Right?

XII C

Rebeca Dinu

Co-ordinating teacher: Carmen Malaet

OPINION ESSAY (TV)

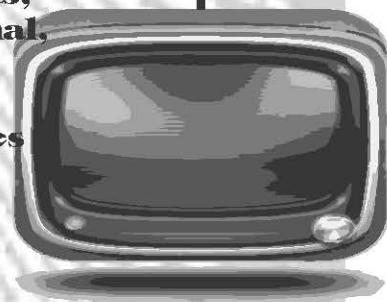
We live in a world where technology plays a significant role in our lives. As it continues to evolve every single day, it improves our quality of life, making daily tasks become much simpler. TVs are one of the creations which have had a big impact on society, but are they actually a necessity in our lives? In my opinion, the answer seems to be yes, since they do present many advantages.

To begin with, one of the main benefits of TVs is their ability of spreading information quickly and on a large scale. Information can easily reach people of all ages, as TVs are one of the most common household items and are also not difficult to operate. For example, during the pandemic, news channels helped people learn more about the situation by constantly giving information about safety measures, vaccines, restrictions, as well as the daily number of infection cases.

Furthermore, the world of TVs is also filled with documentaries which can help us expand our knowledge. They cover a wide range of subjects such as historical events, economies, wildlife, and health. Not only are they educational, but also entertaining, as they are presented in a truly captivating way. For instance, National Geographic is a TV programme well-known for their high-quality documentaries which always provide reliable information. Their ability to make any topic interesting helps people learn a lot of information in a short amount of time, sometimes without even realising it.

However, studies have proven that TVs can also lead to addiction. The sole purpose of some programmes is to simply advertise products. They use several tricks, in order to persuade us into buying things that we might not actually need. In this case, a good example would be the famous “buy two, get one for free”, a marketing strategy used by many companies. Nonetheless, if we are aware of such strategies, watching TV can still remain an enjoyable activity.

Taking these points into consideration, TVs can have numerous benefits when they are used responsibly. Therefore, I would find it quite difficult to live without them. However, it is extremely important to use them with caution so as not to let them have complete control over us.



Alexandra Rujan
Co-ordinating teacher: Carmen Malaet

BEI EYE LAKE

MY FAMILY AND I LOVE TO TRAVEL. WE HAVE THE OPPORTUNITY TO RELAX, TO SEE OTHER PLACES AND TO MEET NEW PEOPLE. HAVING THE OPPORTUNITY TO TRAVEL A LOT, I ALWAYS DISCOVER THAT OUR COUNTRY HAS SOMETHING TO SHOW AND IMPRESS US.

THE LAST PLACE THAT REALLY IMPRESSED ME WAS BEI EYE LAKE. IT IS LOCATED IN AN AREA OF IMPRESSIVE WILDERNESS IN THE CHEILE NEREI - BEU□NI□A NATIONAL PARK, ON THE BORDER OF THE ANINA MOUNTAINS WITH THE LOCVEI MOUNTAINS. AT AN ALTITUDE OF 310 METERS, THE SHAPE OF THE LAKE IS A CRATER 3.6 METERS DEEP, AND THE WATER IS SO CLEAN THAT THE TROUT SWIMMING IN IT CAN BE ADMIRIED IN ALL THEIR SPLENDOR.

INTERESTINGLY, THIS LAKE NEVER FREEZES, THE WATER TEMPERATURE REMAINING CONSTANT THROUGHOUT THE YEAR, BETWEEN 4 AND 8 DEGREES CELSIUS. THIS MEANS THAT MIGRATORY BIRDS, GRAY HERONS OR WILD DUCKS, INSTEAD OF GOING TO WARM COUNTRIES IN AUTUMN, STAY HERE OVER THE WINTER.



FROM WHERE THE ROAD IS ALMOST IMPASSABLE, FOR THE CAR YOU GO ANOTHER 6 OR 7 KILOMETERS ON A NARROW AND COBBLED ROAD. THE TREES ON THE SIDE OF THE ROAD BEND OVER THE ROAD FORMING A GREEN TUNNEL, FULL OF FRESH SMELLS AND BIRD SONGS. BY THE WAY, A MOUNTAIN RIVER MEANDERS, WHISPERING SLOWLY, FLOWING IN THE RHYTHM OF OUR WALK. THE CLOSER WE GET, THE LOUDER THE NOISE OF THE WATER, ANNOUNCING THAT WE ARE GETTING CLOSER TO WHAT WE ARE LOOKING FOR. WE REACH A PLACE WITH A GREAT LIGHT, WHICH CARESSES YOUR EYES WITH THE RAYS OF THE SUN THAT PENETRATES THROUGH THE TREES TO THE GROUND. WHAT IMPRESSES YOU HERE IS THE SMELL OF FLOWERS THAT IS EVERYWHERE AND INVITES YOU TO STOP, LOOK AT THEM AND SMELL THEM. FROM HERE IT IS ABOUT HALF AN HOUR'S WALK TO OCHIUL BEIULUI LAKE. THE ROAD IS EASY AND FULL OF BEAUTIFUL LANDSCAPES, WHICH DO NOT LET YOU SEE HOW MUCH OR HOW LITTLE YOU HAVE TO WALK. THE MOMENT YOU REACH THE LAKE, YOU CATCH YOUR BREATH. THE TURQUOISE BLUE AND THE CLARITY OF THE WATER IS UNREALISTIC. YOU CAN SEE THE TROUT SWIMMING AND PLAYING LIKE CHILDREN. I TOOK THE WATER IN MY HANDS AND TASTED IT. IT WAS COLD, CLEAN AND WITH A SWEET TASTE, BUT MOST OF ALL, IT REMAINED VELVETY TO THE TOUCH ON MY HANDS AND FACE.

WE STAYED THERE FOR A FEW HOURS BEING ABSORBED BY THE BEAUTY AND UNIQUENESS OF THIS PLACE THAT WE COULD CALL FAIRYTALE. ON THE WAY BACK WE WENT WITHOUT SAYING ANYTHING BUT TO LISTEN, TO LOOK, TO FEEL TO HEAR AND TO SMELL.



Radu Zaharia

Co-ordinating teacher: Carmen Malaet



THE LOST TREASURE

The mansion was said to be haunted, but none of us believed that. Me, Arabella, Dan and Fiona were dared by our classmates to go to the haunted mansion that was said to have treasure inside. Of course we accepted, since we didn't believe in ghosts and we wanted that treasure.

When we arrived, I got this eerie feeling, it felt like someone was watching us. I shrugged it off and entered the mansion. It was very dark inside, luckily Dan brought flashlights with him. We each took one and split up to cover more ground, hoping to find that treasure faster.

I went to the second floor and entered the room I was closest to. As soon as I stepped in, my flashlight stopped working. I hid in the closest thing I could find and waited for something to occur. I wasn't going to be the dumb victim that dies at the start of a horror movie. After a few minutes, I noticed a horrible smell, coming from the same room I was in. As soon as my flashlight started working again, I went to check to see where the smell was coming from. That unbearable scent was coming from the closet. I slowly opened the closet door and gasped with fear in my eyes. In the closet was Arabella, hanging from the ceiling while black liquid was pouring from her eyes and mouth.

I ran out of the house as fast as I could and to my surprise Dan and Fiona were standing outside, with gold coins in their hands. I threw the gold from their hands and told them, with tears in my eyes:

"That stupid treasure cost Arabella's life!"

After telling them what had happened we called the police. The police couldn't find Arabella's body and assumed we were pulling a prank on them.

The next day, as I was leaving for school, I noticed something on my porch. On it there was a note and a bunch of jewellery next to it. My eyes started watering as soon as I started reading it. The note said "You forgot your treasure.", it was written in a very black ink, but that wasn't even the worst part.

The note had Arabella's handwriting.



Maria-Miruna Maicanescu

IX C

Co-ordinating teacher: Carmen Malaet





THE POWER OF WORDS

As human beings, we have our own fear and we are forced to live with it. But what happens when the worst thing you have ever imagined comes to life? Children, for example, are afraid of darkness. In their worst nightmares, they meet the dark monster which lives under the bed. Other people may be afraid of spies or many kinds of insects. No, this isn't a story about the discovery of a new human who "has turned out to be Spiderman". This is a story about fear and how to face it.

The classroom was quiet and the students were writing down in their copybooks. Only the paper was rustling in the background and there was the calm before the storm.

Suddenly, the teacher's voice broke the silence:

'I have read your essays and I'm quite surprised. But there is one which really took me aback. It's the longest of all and it's well-written. Without another introduction, let's all say our 'congratulations' to Melanie Stevens'.

Everyone turned their glance at the red-haired girl who was sitting at the back of the class. She hated those kinds of moments. Melanie was a shy girl. She was keen on writing and reading; she had participated in a lot of contests and won some prizes. Despite that, this girl didn't say anything at least 'thank you' or something like that. Little did she talk with her classmates and they didn't know anything about her. She was the peculiar girl. That's someone to call a cold fish. Everything about her drew people's attention: her long curly red hair and her pale skin which had the colour of the snow. She had freckles on all her face. Suddenly the teacher's voice broke the silence again:

'Melanie do you want to read your essay out?' he asked. The girl stood up. She walked in front of the class. That was the moment she had to make a decision: to run from fear or to face it? She began to read loudly her essay which was about the effect of literature in our everyday life. After a few minutes she stopped and looked around. Everyone seemed so surprised. That was the moment when fear won the battle. She ran out of the class and stayed in a corner of the hallway. From her class she heard a melodious voice talking about her essay. But how could it be possible? She hadn't read anything to anybody before. After the course had finished, Melanie returned to the class. She could find amusement in all her classmates' look.

'Hello! I'm Selena.' She stepped back and saw a tall dark-haired girl. Melanie recognised that voice. For the first time in her life, she felt the need to talk, to laugh and to say jokes. She needed a friend. During the break, she did talk with Selena a lot. They had discovered many things in common while all the others left the room without a word.



Karla Minciună

Co-ordinating teacher: Carmen Malaet



TORN APART



*I was hoping we wouldn't fall
Victims to the distance
But being far apart
Made you lose your interest*

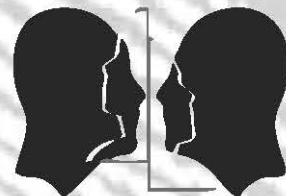
*And all this precious time
Will never be recovered
I hate that you're not mine
I wish I wasn't bothered*

*But I know I cannot force you
Only God knows I tried
So hard to let go of you
You said you loved me, but you
lied*

*And all there's left of us
Are glimpses of the past
These memories will haunt me
I wished for us to last*

*I'm holding on too tight
When I should just let go
But what's keeping me tied
Is my love for you*

*You don't deserve my feelings
You broke a broken heart
Whose arhythmic beatings
Stopped from the start.*



TRANSPARENT

*I can't remember
Who I am.
I've lost myself in troubled times
And only light will find my
heart.*

*I can't remember
Why I'm running.
Through fields of memories
Through trees of worries
Through mindless maps of
dreams and glories.*

*I can't remember
What I'm reading
The scribbled words of long-lost
cities*

*And dried up tears on
parchment lilies.
I can't remember who I am.
I won't remember what I am*



Ioana Drighiciu

Co-ordinating teacher: Roxana Udrescu



Alesia Serban

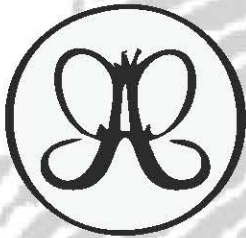
Co-ordinating teacher: Eleni Constantinescu



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DISTEENCT

ISSUE # 21



Anastasia Beverly Hills

ANASTASIA

Anastasia Soare, is one of the most famous stars in the USA who was particularly successful due to her talent. The Romanian-born founder of makeup brand Anastasia Beverly Hills immigrated to the US. and started working at a Hollywood beauty salon where she offered a service that wasn't popular at the time: brow shaping. In 1994 Marina Rust from Vogue came in and wrote about her. In the same issue there was a story about Kevyn Aucoin because he launched his Making Faces book. He was the guru of makeup that talked so much about how important eyebrows are, and then there was an article about Anastasia doing brows. At that time she used to work with celebs here: Michelle Pfeiffer, all the supermodels, Jennifer Lopez. In 1997, she launched her first product line to bring her signature shaping techniques and tools to anyone who wanted beautiful brows. The product line includes eyebrow pencils, brow gels and powders, each available in multiple shades. Outside of brow products, Anastasia Beverly Hills makes eyeshadow palettes, lipstick and other makeup essentials. Also, the popularity of this business was brought by the recommendations of celebrities like Kim Kardashian. What is more, Anastasia is called the Queen of Eyebrows as the one who laid the foundation for a perfect eyebrow formula. The company is now selling 480 products in over 3000 stores including Sephora.



Although she is one of the most powerful people in the Hollywood beauty industry, she did not say the exact amount of her fortune, but it is rumored to be worth billions of dollars. This impressive growth is actually pretty recent and has everything to do with Anastasia's early adoption of Instagram in 2012.

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Dariana Craioveanu
Co-ordinating teacher: Carmen Malaet



QUEEN, A TRULY IMMORTAL BAND

Music is a piece of art that goes through the ears straight to the heart. An Athenian philosopher, named Plato, is famous for saying that “music gives a Soul to the Universe, Wings to the Mind, Flight to the Imagination, Life to Everything”.

To begin with, I think that music is an important part of our lives because, it is a universal means of communicating with people all over the world. I like listening to music because it is relaxing and it helps me forget the daily stress.

Actually, now I don't have a favourite singer or band, but I like the explosion of feelings in Queen's music. Queen is a British rock band formed in London in 1970. Their classical line-up was Freddie Mercury, Brian May, Roger Taylor and John Deacon. The band has incorporated different types of music in their rock. They have given us legendary songs such as “Bohemian Rhapsody”, “We Will Rock You”, “We Are the Champions” and many more through their 40 albums. Queen has given the best performance of all time at “Lived Aid” in 1985. There have also been countless movies and documentaries about the band and their work.

Even though, at the beginning, their way of dressing was appropriate to the 1970s, Freddie Mercury started using his style to shock and make a statement, by wearing wigs, skirts and ripped clothes.

What is more, I like their freedom, their amazing story and their fashion style because they were free spirits. I like that they express powerful messages in their songs. How can you not like them? They put their souls in their music. Music is the voice of the soul, a heartbeat that never stops, beauty that never fades, a friend that is always there when you need one.

Furthermore, it is amazing, and the same time funny, how a melody sounds like a memory. Behind every favourite song there is an untold story. You associate a song with a moment in your life, that made it special for you. For example, I associate the Queen's song “We Are the Champions” with beautiful moments in my life, the moments when I won medals at competitions.

All in all, Queen has taught its listeners and fans how to be hopeful, to explore and get out of the comfort zone, and to be true to yourself



Roberta-Gabriela Untaru
Co-ordinating teacher: Carmen Malaet





Wojtek: The Bear who fought in World War II

Did you know that there was a bear who fought in World War II? Wojtek was an orphaned Syrian bear cub, adopted by Polish soldiers during the Second World War. Gentle and playful, he grew from a friendly cub to be a strong and skilful soldier, fully signed-up with his own rank and number.



"He would accept lit cigarettes, take a puff and swallow them," Dymitr Szawlugo, one of the soldiers who took care of the bear, once wrote. "He loved to drink from a beer bottle, and when it was empty, he would look through the opening to see where the rest of the beer was."

Nursing the bear with a bottle of condensed milk in a vodka bottle, the soldiers treated Wojtek like a baby, perhaps because their own families had been torn apart by the war.

At Monte Cassino he took on a practical role, carrying heavy mortar rounds for the troops and playing his part in full. At the end of the war, he travelled to Berwickshire in Scotland with some of the Polish troops, where he was quite the character in the local community before retiring to Edinburgh Zoo.

The Enduring Legacy of Marilyn Monroe: An Iconic Figure in American Entertainment

Rebeca Dinu

Co-ordinating teacher: Carmen Malaet



Marilyn Monroe was an American actress, singer, and model who rose to prominence in the 1950s. Born Norma Jeane Mortenson in 1926, she faced a difficult childhood marked by poverty and instability. However, her stunning beauty and undeniable charisma soon caught the attention of Hollywood, and she was soon signed to a contract with Twentieth Century Fox.



Monroe starred in a number of successful films, including "Gentlemen Prefer Blondes," "The Seven Year Itch," and "Some Like It Hot." Her comedic timing and physical beauty quickly made her one of the most sought-after actresses in Hollywood, and her image as a blonde bombshell became an enduring symbol of the 1950s. In addition to her acting career, Monroe was also a talented singer, and her rendition of "Happy Birthday, Mr. President" to President John F. Kennedy in 1962 is still remembered as one of the most iconic moments in 20th century popular culture.

Despite her fame and success, Monroe struggled with personal demons, including anxiety, depression, and addiction. She was married three times and had several high-profile affairs, including with Kennedy. Sadly, Monroe's life was cut short when she died of a drug overdose in 1962, at the age of 36. The exact circumstances of her death have been the subject of much speculation and conspiracy theorizing.

Today, Marilyn Monroe remains a cultural icon, celebrated for her stunning beauty, talent, and enduring influence on popular culture. Her films and music continue to entertain audiences, and her image remains one of the most recognizable and enduring symbols of the 20th century. Her legacy continues to inspire new generations, and she is remembered as one of the most iconic figures in the history of American entertainment.

In conclusion, Marilyn Monroe's life and career continue to captivate and inspire people, decades after her untimely death. Her stunning beauty, undeniable charisma, and enduring legacy make her an enduring symbol of the golden era of Hollywood and one of the most celebrated figures in American popular culture.



Maria Ghilus

Co-ordinating teacher: Carmen Malaet





THE MYSTERIOUS EASTER ISLAND

Easter Island covers roughly 64 square miles in the South Pacific Ocean, and is located some 2,300 miles from Chile's west coast and 2,500 miles east of Tahiti. Known as Rapa Nui to its earliest inhabitants, the island was christened Paaseiland, or Easter Island, by Dutch explorers in honor of the day of their arrival in 1722. It was annexed by Chile in the late 19th century and now maintains an economy based largely on tourism. Easter Island's most dramatic claim to fame is an array of almost 900 giant stone figures that date back many centuries. The statues reveal their creators to be master craftsmen and engineers, and are distinctive among other stone sculptures found in Polynesian cultures. There has been much speculation about the exact purpose of the statues, the role they played in the ancient civilization of Easter Island and the way they may have been constructed and transported.



The first human inhabitants of Rapa Nui (the Polynesian name for Easter Island; its Spanish name is Isla de Pascua) are believed to have arrived in an organized party of emigrants. Archaeology dates their arrival at between 700-800 A.D., while linguists estimate it was around the year 400. Tradition holds that the first king of Rapa Nui was Hoto-Matua, a ruler from a Polynesian subgroup (possibly from the Marquesa Islands) whose ship traveled thousands of miles before landing at Anakena, one of the few sandy beaches on the island's rocky coast.

The greatest evidence for the rich culture developed by the original settlers of Rapa Nui and their descendants is the existence of nearly 900 giant stone statues that have been found in diverse locations around the island. Averaging 4 meters high, with a weight of 13 tons, these enormous stone busts—known as moai—were carved out of tuff (the light, porous rock formed by consolidated volcanic ash) and placed atop ceremonial stone platforms called ahus. It is still unknown precisely why these statues were constructed in such numbers and on such a scale, or how they were moved around the island.

An isolated triangle measuring 14 miles long by seven miles wide, Easter Island was formed by a series of volcanic eruptions. In addition to its hilly terrain, the island contains many subterranean caves with corridors that extend deep into mountains of volcanic rock. The island's largest volcano is known as Rano Kao, and its highest point is Mount Terevaka, which reaches 507.5m above sea level. It has a subtropical climate (sunny and dry) and temperate weather.

Easter Island boasts no natural harbor, but ships can anchor off Hanga Roa on the west coast; it is the island's largest village, with a population of roughly 3,300. In 1995, UNESCO named Easter Island a World Heritage site. It is now home to a mixed population, mostly of Polynesian ancestry and made up of the descendants of the Long-Ears and Short-Ears. Spanish is generally spoken, and the island has developed an economy largely based on tourism.





TAYLOR SWIFT



Taylor Alison Swift was born on December 13th 1989, in Reading, Pennsylvania. She is a well-known musician who started her career when she was 16 years old, with her debut song entitled Tim McGraw. She began her line of work singing country music but now she's mastered the folk-alternative and pop genres

In the last few months of 2022, Taylor Swift became the artist with the most sold copies of her latest album called *Midnights*. Her first one is named after her, Taylor Swift, followed by *Fearless*, *Speak Now*, *Red*, *1989*, *Reputation*, *Lover*, *folklore*, *evermore*, *Fearless (Taylor's Version)*, *Red (Taylor's Version)* and, of course, *Midnights*. Due to having the rights of owning her albums, up to *Lover*, taken away, Swift has started re-recording them one by one, writing (Taylor's Version) next to them, saying: When something says in parentheses "Taylor's Version" next to it, that means I own it. Which is exciting!

(taylor's version)

Taylor Swift sings about all kinds of love: from true love to forbidden love, from heartbreak to friendship love and many more. Not to mention that she is a very vengeful person and writes songs about the people who wrong her in life (for example there's *Bad Blood* about Katy Perry and *Look What You Made Me Do* about the feud with singer Kanye West and beauty celebrity Kim Kardashian).

folklore

Her most famous album is *folklore*, written while Taylor was in quarantine during the pandemic. The album is about romance, nostalgia, escapism and empathy. The singer has fictional songs on this project and chose to create characters for them. She wrote about herself as well as from the perspective of other people. In this album, Taylor wrote three songs that she refers to as *The Teenage Love Triangle-Cardigan*, *August* and *Betty*- from all three people's perspectives at different times in their lives.

Selena Gomez

Ilinca Stefania Greere

Co-ordinating teacher: Carmen Malaet



Selena Gomez is, from my point of view, one of the most talented celebrities in Hollywood and the person who inspires me confidence. She is a very beautiful woman, gentle and kind, with a heart of gold.

Ever since I was little I have admired Selena in the movies and series on Disney Channel. The first series in which she has played the main character was "The Wizards of Waverly Place" and I absolutely loved it. She also started her music career for which she is highly appreciated and even launched a line of make-up products called "Rare Beauty". Through this brand she encourages women to use make-up just to highlight their features and to feel good in their skin because every single person is beautiful in their own way.

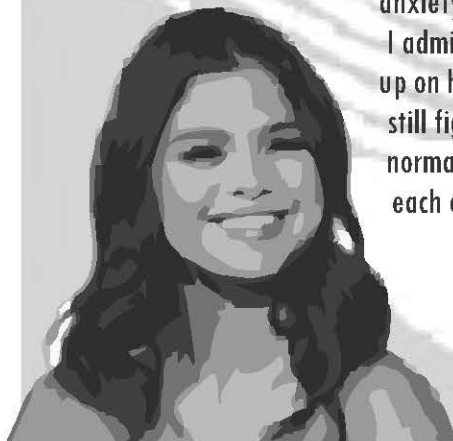
Moreover, in 2019, after a break from acting, she started her role in the series "Only murders in the building" and in 2022, on November 4th, she released her own documentary film named "My mind and me". It is presented Selena's career from the last six years, the disease she was fighting and her recovery after the kidney transplant, but also the depression and

anxiety she suffered from due to the negative comments about her weight.

I admire Selena Gomez very much for the fact that she has never given up on her dream even if life was not always kind to her. She fought and is still fighting to make a change in the world, to show people that it is normal to ask for help if we feel we need it and also to learn to love each other.

Rare

SELENA GOMEZ



Daria Cagnea XII A

Co-ordinating teacher: Carmen Malaet





Welcome to League of Legends – Arcane world

Have you ever thought about what game characters do after you stop playing? Well, let's take a moment to talk about "Arcane", an animated series based on League of Legends (aka LOL) lore. A lore depicting the lives, personalities and relations of playable or side characters.

Firstly, we are shown Piltover the "City of Progress" which develops constantly, reaching climax with the help of Arcane, a precious stone with supernatural powers.

Opposed to "The world above", there is Zaun, the underground world, where inhabitants fight for survival, and for independence from Piltover, hoping for a better life.

Vi and Powder are the main characters of the series, who are also Zaun's representatives. Both of them were raised by Vander until Silco, the villain, kidnaps and uses him in his experiments, causing the two of them to go against each other.

Caitlyn and Jayce are the representative duo of Piltover. Jayce takes interest in science and contributes enormously to the city's development, none of which he's done by himself though, as most of his success was thanks to his partner, Viktor. Caitlyn follows her aspirations and becomes a security agent, despite her mother's unnecessary comments. Wanting to solve crimes in the city and becomes interested in a specific prisoner. That prisoner being Vi. They start collaborating to bring back the peace and stop the vandals. This way, the first bond between the 2 worlds, Piltover and Zaun, is formed, by tying a friendship between the 2 opposites, representatives of the different worlds. What makes their friendship durable? Their common objective: bringing peace in the twain worlds.



Many interesting things are going to happen, the apparition of some disturbing characters will change the action, peace and independence becoming their purpose, although hard to achieve in the two worlds. If you want to see how the action goes and what your favourite LOL champions do after you've closed the game, I highly recommend watching "Arcane". Furthermore, due to the complexity of the creation of the story and the characters, this lore can satisfy the whims of even the most critical person.

Cosmin Poenaru
Co-ordinating teacher: Carmen Malaet





The Secrets of Stonehenge

Found on England's Salisbury Plain in Wiltshire, Stonehenge is a huge man-made circle of standing stones. Built over many hundreds of years, it's one of the world's most famous prehistoric monument. And one of its biggest mysteries, too!

Work started on this super stone circle around 5,000 years ago in the late Neolithic Age — but it took over 1,000 years to build, in four long stages. Archaeologists believe the final changes were made around 1,500BC, in the early Bronze Age.

If you visit Stonehenge today, you'll see many of the enormous stones still standing strong in a circular arrangement. Archaeological research shows that the structure of this amazing monument changed over time, as it was built and rebuilt by generations of ancient peoples.

4,000 years ago, Stonehenge was made up of an outer circle of 30 standing stones called 'sarsens', which surrounded five huge stone arches in a horseshoe shape. There were also two circles made of smaller 'bluestones' — one inside the outer circle and one inside the horseshoe — as well as four 'station stones' positioned outside the central monument. The entire site was surrounded by a circular ditch and bank, which also remains this day.

It's a question that has baffled people for centuries — and even to this day, no theory has been proven! How could people thousands of years ago have transported and arranged such colossal stones? A legend from the 12th century claimed giants placed the monument on a mountain in Ireland before a wizard named Merlin magically moved the stone circle to England.

The lighter bluestones weigh about 3,600kg each (that's the same as two cars!), while the bigger sarsen stones each weigh a whopping 22 tonnes — that's as heavy as four African elephants! Archaeologists believe that the sarsen stones were hauled to the site on big wooden sledges from 32km away, but the bluestones have been traced to rock outcrops 225km away in Wales! It's thought they could have been dragged on sledges to a waterway and then floated on rafts to the building site.

Shaping the stones would have required hundreds of hours of hard graft with stone hammers and chisels. But how were the ginormous boulders lifted to their standing position? Well, it's thought that first, the builders dug deep ditches for the base of the boulders. They then used ropes and strong wooden poles and frames to raise them up, before packing the ditches with rocks and rubble to hold them in place.



Bianca Patrut XI G

Co-ordinating teacher: Ana-Maria Stefanescu





TIM TADDER

Tim Tadder is an internationally acclaimed artist, photographer, and director. His powerful and graphic fine art photography employs bold colors and striking compositions to explore the value of truth, unity, and free-thinking in USA's current socio-political landscape. Tadder's art expresses the immense value of hope and imagination in an unprecedented period of world disruption. In the face of threats to our planet and America's democracy, Tadder's work juxtaposes comfort and consumption, foreboding and freedom, in order to make sense of the world as it is today.

Tadder utilizes his fine art photography to point a spotlight on the current ongoing social and political climates, as well as the political divisions present in America today. His latest series of striking and dramatic photographs that create bold statements about ignorance and social complicity, titled "Black is a Color" is no exception. The unique blend of colors in each image intends to highlight the fact that under the surface nobody is binary and we're all irreplaceable.

Thick technicolor paint oozes over subjects' faces in mesmerizing portraits creating universal images and elicit emotions we can all relate to in these challenging times. During the process, an imperial display of tones appears in the swirling to mirror powerful structure & emotion from the subjects.

"When primary colors are mixed at equal parts, black is ultimately the precipitating color. At a crucial time for the nation to unite, I hope this collection encourages empathy, unity & a non-binary view of race" he says. Each piece of his new collection is dedicated to an African-American personality that somehow had an impact on popular culture and important movements.

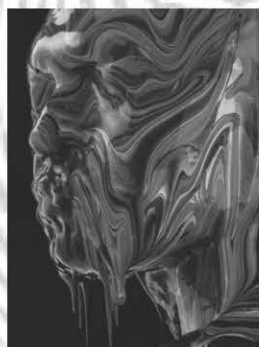
What is more, Tadder's emphasis on the good of humanity. His fine art repertoire responds to political events in America, and draws attention to the ongoing division & uncertainty faced by the nation. With powerful imagery and a vibrant use of color, his recent personal project, "Black is a Color", seeks to compel viewers to break free from political and media narratives to reflect on social currents with fresh eyes.

"Black is a color" challenges one to see past profiling & foresee the beauty that is capable of elevating the human experience. "Black is a color" demands that we look past skin tone, & into beautiful, infinitely complex humans - Tim Tadder

"Social justice is a major theme of Tadder's work with visually striking images that are unlike anything else out there" says Forbes about the artist.



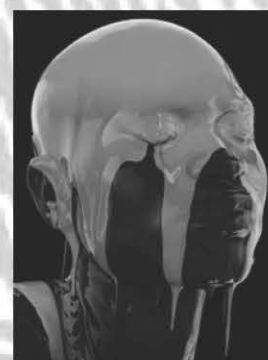
TUBMAN . Named after Harriet Tubman, an African American abolitionist and political activist. Known as "The Moses of her people", she was enslaved, escaped and helped others gain their freedom as a conductor of the Underground Railroad.



HENDRIX . Named after - Jimi Hendrix, the legendary African American guitarist, singer and composer who fused American traditions of blues, jazz, rock and soul.



KING . Named after Martin Luther King known for his contributions to the American civil rights movement in the 1960s. In his famous speech in 1963 he spoke of his dream of a United States that is void of segregation and racism.



ALTHEA . Named after Althea Gibson, tennis player, one of the first black athletes to cross the color line of international tennis. In 1956, she became the first African American to win a Grand Slam title.

Georgia Janina Voicu
Co-ordinating teacher: Carmen Malaet





Krakatoa- hell on earth



Krakatoa is a small volcanic island in Indonesia, located about

100 miles west of Jakarta. In August 1883, the eruption of the main island of Krakatoa (or Krakatau) killed more than 36,000 people, making it one of the most devastating volcanic eruptions in human history.

The volcanic island known as Krakatoa is located in the Sunda Strait, between the islands of Java and Sumatra. At the time of its famous eruption in 1883, the region was part of the Dutch East Indies; it's now part of Indonesia. A previous major eruption, likely in the fifth or sixth century A.D., is thought to have created Krakatoa and two nearby islands, Lang and Verlaten, as well as the undersea caldera (volcanic crater) between them. By 1883, Krakatoa was made up of three peaks: Perboewatan, the northernmost and most active; Danan in the middle; and the largest, Rakata, which formed the southern end of the island.

Krakatoa was last thought to have erupted some two centuries earlier, in 1680, and most people believed it was extinct. But in May 1883, people reported feeling tremors and hearing explosions, first in western Java and then on the other side of the Sunda Strait in Sumatra. Reports started coming in from ships sailing through the busy waterway, including the German warship Elizabeth, whose captain reported seeing a cloud of ash above Krakatoa stretching some 6 miles high. Things had quieted down by the end of the month, though smoke and ash continued to emerge from Perboewatan crater.

Around 1 p.m. on August 26, a volcanic blast sent a cloud of gas and debris some 15 miles into the air above Perboewatan. It would be the first in a series of increasingly powerful explosions over the next 21 hours, culminating in a gigantic blast around 10 am on August 27 that propelled ash some 50 miles into the air and could be heard as far away as Perth, Australia.

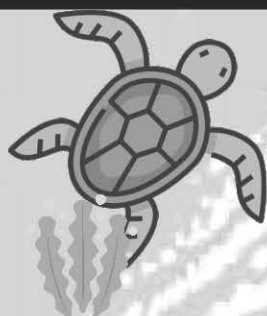
Krakatoa's violent eruption killed more than 36,000 people. Relatively few of the victims were killed by the tephra (volcanic rock) and hot volcanic gases produced by the blasts themselves. But tens of thousands more people drowned in the series of tsunamis caused by the volcano's collapse into the caldera including a 120-foot-high wall of water that formed just after the climactic blast and wiped out 165 coastal villages on Java and Sumatra.

Krakatoa's eruption sent six cubic miles of rock, ash, dust and debris into the atmosphere, darkening the skies and producing vividly coloured sunsets and other spectacular effects around the world.



Diana Tutunaru
Co-ordinating teacher: Ana-Maria Stefanescu





-Turtles-

Nature, through its wonders, arouses curiosity at every turn, and scientists are no longer content to discover them. Turtles are considered the longest-living vertebrates on the planet.

Turtles are among the oldest land species. The ancestors of today's frogs looked different, proving their adaptation to the environment. Turtles have been on Earth for over 220 million years, well before dinosaurs.

Did you know that there is a worldwide day for turtles?

Well, as early as 2000, American Tortoise Rescue named for the first time May 23 as the day of the turtles!

One of the most beautiful species of turtle is the so-called "turtle with stars" - *Testudo elegans*, originating from the east coasts of India. Its carapace has an oval shape, with the center vaulted and has drawings in the form of yellow stars, on a black background.

A particular behavior is found in the male belonging to the species *Turtle-of-baga*, which, if a female is caught, are in a position to follow her in the fisherman's boat and often the boat was overturned, and the male deceived in his hopes (the female turtle being dead) attacks the fishermen, who had no chance of escape.

What is the first thing that comes to mind for any tourist when thinking of Zakynthos? Or the second one after the famous Navagio beach, the wreck beach? Definitely the cute square-headed turtles, *Caretta-Caretta*, the largest hard-shell turtles in the world. I saw them and I was impressed too!

The Laganas Bay of Zakynthos Island is the largest nesting place of the square-headed turtles throughout the Mediterranean. It is believed that 80% of the turtles in the Mediterranean come here in the summer to make their nest. *Caretta-Caretta* are the most studied and known turtles in the world and have the name of a square head due to the shape of their large head, with prominent beak, especially with respect to other species.

Because these turtles are on the verge of extinction, people protect their nests by placing a protective dial, as in the image attached.

These things, as well as many other interesting information will make you love these reptiles. Both children and adults are caught in the game of watching the turtles during cruises organized for their observation, or surprised by how much a meeting with the friendly reptiles even in the water, sometimes very close to the shore.

The story of the four seasons



Bogdan Mihai Combei
Co-ordinating teacher:
Carmen Malaet



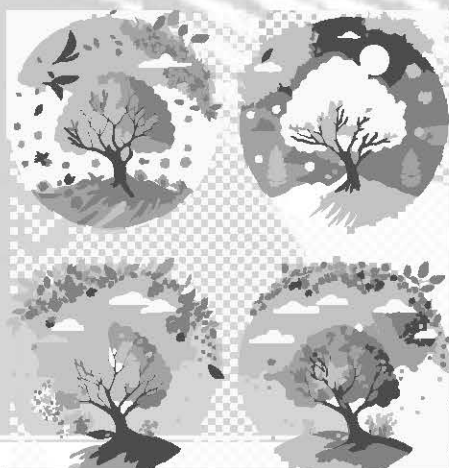
At some point in our lives, we probably asked ourselves how the four seasons of each year came about. There is, no doubt, the scientific explanation, but what about the fun story? The story we would tell kids?

I, of course did my research and found out about the ancient Greek mythology myth which captivated my attention. 'The kidnapping of Persephone', for those who don't know, Persephone was the Goddess of Spring and the queen of the Underworld. She was the daughter of Zeus, God of the Sky and king of Olympus and Demeter, Goddess of Fertility and Harvest. Persephone, also known as Kore which means 'maiden', lived a very sheltered life with her mother in the mortal realm.

Hades was the God of the Dead and Earthly Wealth and king of the Underworld. He was the oldest son of Kronos and Rhea and brother to Persephone's parents. As he watched her in field one day, fell for her on sight so he asked Zeus' permission to wed her and this is how the kidnapping took place. Hades cracked the earth below the daughter of Summer and took her into the Underworld in his chariot.

People paint Hades as the villain in the story, but I personally believe it is both Hades (to some extent) and Demeter for not giving her a chance at freedom and a normal life amongst the other Gods, Demeter's motherly love was stifling and suffocating and so, the Goddess of Spring was naïve and lacked life experience. Hades sought to change that by giving her a chance to make her own decisions and a kingdom to rule beside him.

Her absence made Demeter raise havoc in the mortal world by destroying their crops and leaving them to starve to death. She wouldn't be swayed until her beloved Kore was returned to her. Not even Zeus could stop her. Now there are multiple sides to the story of Persephone's time with Hades, some say she was mistreated even as queen and forced to eat the fruit of the Underworld, the pomegranate making her remain in the Underworld for six months of each year, months in which nothing could grow on earth because of Demeter's grief, due to have eaten six pomegranate seeds. I prefer the story where Persephone falls in love with her husband and discovers the true extent of her powers. And so, the seasons appeared depending on Demeter's mood.



Aroa Elena Mihaila

Co-ordinating teacher: Georgiana Corina Tranca



BE HAPPY !!

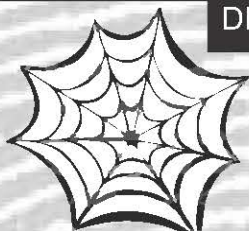


Miscellaneous

DISTEENCT

ISSUE #21

Life's numbers



Life. What is life? As many people, as many definitions of this world. Life is like a complex journey through a spider's web with "sticky" situations, holes in which you can fall and a very thin rope on which you have to maintain a balance in order for you to move ahead. And the purpose of this whole adventure that lasts our whole lives is discovering ourselves, who we are and what we like to do: what music do we like, what's our favourite food, how do we react under pressure, what kind of morals do we have, what is our favourite pizza topping and so on. Even the littlest things help us discover the inner us. And, based on our birth date, name and astrological sign we can get a head start in this race on a very steep road. We can find out information about our personality type as well as the challenges, obstacles and opportunities we will face through Numerology. Similar to Astrology it helps us understand what will benefit us and what won't. So, let talk about "the life's numbers." There are four of them.

1. Life path number

This one is based on one's birthday. It reveals strengths, weaknesses, challenges, lessons and events you are likely to face throughout your lifetime.

2. Destiny number

It is established on/concerning (I don't know the right preposition to use) one's first name and surname (their conversion to numbers). Someone's destiny number identifies their purpose in life, describes their character and lets them know what are their goals and how to achieve those/these.

3. Personality number

It is identified by converting the consonants in your first name. This number describes your personality and give insight into how other people perceive you. (It is essential that you are aware of how others see you so that you are able to overcome false perceptions and reveal your true self.)

4. Soul number

Is calculated using the numbers corresponding/regarding? the vowels in your first name and surname. It reveals who you are and reveals the inner self that you may have hidden from others.

Have fun figuring out who you truly are! I hope it helps you lead a fulfilled life.



Catalina-Teodora Tecu IX C

Co-ordinating teacher: Carmen Malaet

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HOW DOES THE UK CELEBRATE THE VALENTINE'S DAY?

VALENTINE'S DAY IS THE PERFECT TIME TO TREAT YOUR OTHER HALF AND LET THEM KNOW JUST HOW MUCH YOU APPRECIATE THEM, AND IF YOU'RE SINGLE; WELL, IT'S PROBABLY BEST TO STAY OFF SOCIAL MEDIA AROUND THE 14TH FEBRUARY! SO, FOR THOSE WHO ARE INTERESTED IN JUST HOW MUCH VALENTINE'S DAY IMPACTS US, HERE ARE SOME FASCINATING FIGURES ON JUST HOW THE UK CELEBRATES THE 14TH FEBRUARY.



WHO SPENDS THE MOST MONEY?

1 IN 2 OF US PLAN TO SPEND MONEY ON VALENTINE'S DAY, WHETHER THAT'S THROUGH A GIFT OR TAKING SOMEONE OUT TO CELEBRATE. HOWEVER, MEN AND WOMEN AREN'T EXACTLY CREATED EQUAL IN THIS DEPARTMENT. IT'S WOMEN WHO ARE EXPECTED TO SPEND LESS. WOMEN ARE ACTUALLY MORE LIKELY TO BAKE SOMETHING FROM LOVE AT HOME, OR A HOME SURPRISE. MEN ARE 3 TIMES MORE LIKELY TO SPEND MORE MONEY THAN EXPECTED FOR A WOMAN, ON EXTRAVAGANT AND EXPENSIVE THINGS THAT ARE LOVELY BUT OVERPRICED AND SOMETIMES UNNECESSARY. JUST REMEMBER, IT'S NOT ALL ABOUT THE MONEY! SOMETIMES A SIMPLE, ROMANTIC GESTURE IS ALL YOU NEED. DESPITE THIS, 59.6% OF US WILL BUY A GIFT FOR OUR WIFE OUR HUSBAND THIS VALENTINE'S DAY.

THE MOST ROMANTIC DEMOGRAPHICS IN THE UK

LONDON AND NORTHERN IRELAND ARE THE TWO AREAS MOST LIKELY TO BE CELEBRATING 14TH FEBRUARY, WITH 73.5% AND 73.2% RESPECTIVELY. FOR THOSE LIVING IN YORKSHIRE AND THE MIDLANDS, WHERE IS YOUR ROMANCE? ONLY 35% OF PEOPLE LIVING IN THESE AREAS WILL BE DOING ANYTHING TO COMMEMORATE VALENTINE'S DAY THIS YEAR.

WHEN IT COMES TO GENERATIONS, IT IS GENERATION X THAT SPEND THE MOST ON VALENTINE'S DAY, WITH AN AVERAGE OF £33.94. THIS IS FOLLOWED BY MILLENNIALS, AND CLOSELY BEHIND ARE THE BABY BOOMERS. NOT SURPRISINGLY, 69.3% OF GENERATION X WILL BE CELEBRATING WITH 68.8% OF MILLENNIALS.



BUYING GIFTS ON VALENTINE'S DAY



IF YOU'RE PLANNING TO BUY A VALENTINE'S DAY PRESENT, THE MOST POPULAR SUGGESTIONS INCLUDE PERFUME, CHOCOLATE OR PAYING FOR AN EXPENSIVE DAY. DESPITE THIS, 50% OF THE UK RARELY RECEIVE VALENTINE'S GIFTS. SO, IF YOU'RE ON THE FENCE THIS YEAR, DO SOMETHING ROMANTIC!

VALENTINE'S DAY IS TRULY A DAY EVERYONE CAN GET INVOLVED IN. SOME OF US PLAN ON BUYING A GIFT FOR OUR KIDS. SO, WHETHER YOU'RE SINGLE, MARRIED OR IT'S COMPLICATED, GET INVOLVED ON 14TH FEBRUARY AND SHOW SOMEONE YOU LOVE THEM!



Mara Stancioi
Co-ordinating teacher: Carmen Malaet





Did you know that there's a difference between your soulmate and your twin flame?

WE USUALLY HEAR THOSE TWO CONNOTATION REFERRING TO THE SAME THING WHEN IN REALITY, THEY REFER TO TWO DIFFERENT NOTIONS: YOUR SOULMATE CAN BE A FRIEND, YOUR SIGNIFICANT OTHER OR SIMPLY A FAMILY MEMBER- IT'S A DIFFERENT SOUL WITH WHOM YOU HAVE AN INSTANT CONNECTION, WHEREAS YOUR TWIN FLAME IS A MIRROR OF YOURSELF AND IT REPRESENTS THE OTHER HALF OF YOUR SOUL. THIS WILL ALWAYS MEAN/CONSIST OF A ROMANTIC RELATIONSHIP.

A MAIN DIFFERENCE BETWEEN THE TWO IS THAT SOULMATES ARE NATURALLY COMPATIBLE-THEY'RE DESTINED TO BE TOGETHER- BUT TWIN FLAMES ARE NOT BECAUSE ARE TOO SIMILAR- YOUR TWIN FLAME IS MEANT TO TEACH YOU SOMETHING ABOUT YOURSELF, NOT BE YOUR ONE AND ONLY FOR THE REST OF YOUR LIFE. COULD YOU LIVE WITH SOMEONE WHO ACTS EXACTLY LIKE YOU? IT WOULD BE LIKE YOU'D BE SURROUNDED BY TWO OF YOURSELF 24/7.

MOREOVER, A RELATIONSHIP BETWEEN SOULMATES IS FOCUSED ON COMMON GROWTH, IT'S PEACEFUL AND HEALTHY AND LETS THE PEOPLE INVOLVED BE INDEPENDENT WHILE GROWING TOGETHER. THE PURPOSE OF THIS ENCOUNTER IS CONNECTION-RELATED- IT'S ABOUT FINDING THAT ONE PERSON WHO WAS MEANT FOR YOU. CONTRARILY, A RELATION BETWEEN TWIN FLAMES CAN AND IN MOST CASES WILL BECOME TOXIC, BECAUSE IT GENERATES OVERLY DEPENDENCE ON EACH OTHER AS WELL AS MAKING ONE FEEL LIKE NEEDING A BREAK FROM THE OTHER. A RELATIONSHIP BETWEEN TWIN FLAMES CAN'T LAST, BUT IT SELDOM DOES.

TO SUM UP, YOUR SOULMATE IS THAT PERSON WHO WILL UNDERSTAND YOU BETTER THAN ANYONE AND WILL BE THERE FOR YOU WHEN YOU NEED THEM. YOU CAN HAVE MORE THAN ONE SOULMATE AND THEY CAN BE YOUR FRIENDS, RELATIVES OR SOMEONE YOU'RE INTERESTED IN ROMANTICALLY. YOUR TWIN FLAME IS THE OTHER HALF OF YOUR SOUL. THIS INDIVIDUAL HAS THE SAME ATTRIBUTES LIKE YOU- THEY LIKE THE SAME THINGS, ACT VERY SIMILAR AND HAVE SOMEWHAT OF AN IDENTICAL ASPECT.

I HOPE THIS ARTICLE HAS BEEN A SOURCE OF NEW INFORMATION AND I'M DESIRING YOU GET TO MEET AT LEAST ONE OF THOSE VERY TWO IMPORTANT PEOPLE IN ONE'S LIFE.



DID YOU KNOW?



Catalina-Teodora Tecu
Coordinating teacher: Carmen Malaet



Copenhagen Street Fashion-354

From cult-favorite brands to kickstarting new trends, there's a reason why we always look to Copenhagen Fashion Week's Street style to see what's next when it comes to getting dressed. Over the years, the "Scandi Girl" has become the ultimate style muse, often opting for a pair of comfy sneakers (usually worn with a cool tailored suit or statement dress) instead of heels and not being afraid to pile on color and prints. But while all eyes were on the runway for what's come in Spring 2023, there was plenty of outfit inspiration among showgoers to satisfy our sartorial appetite through the rest of the summer and into fall.

Of course, Y2K fashion was everywhere, including mini-skirts, slogan tops, and the occasional low-rise jean. But what else stood out in the crowd spanned from cargo pants and tiny tops to knee-high boots and even teaming sporty pieces with high-fashion items or big, billowy dresses with chunky sandals or sneakers. Or, take a tip from Emma Chamberlain, who sat front row at Ganni, and add some cowboy boots into the mix.

Take a look at some of the coolest street fashion photoshoots of the season:

As you can see, Copenhagen street fashion is an incredible source of inspiration. Moreover, people are not scared of wearing colors, and that's great news!



As when it comes to Copenhagen basic everyday style, everything changes as they have a more relaxed way of wearing clothes. In today's day this is the role model „Vanilla Girl look” and it is one of the cleanest, purest, and comfiest look. Most of the time, Scandinavian population tend to be more practical than extravagant, and that shows the level up class and the education.

Back in early 2022, this trend look was on fire for the Americans and East Europeans, but it has been like this for decades for them. Just like IKEA or JISK, the famous style living stores in the world, from the Nord countries, their elegant, clean and smart class it was always showing.



Mara Stancioi
Coordinating teacher: Carmen Malaet



BETTER HUMAN INTERACTIONS

Have you ever thought that there is a method to attract people to your way of thinking? Actually, this method consists of twelve principles, which will help you solve your daily problems. Be aware monthly of the progresses that you record. Ask yourself what mistakes and enhancements you have made, what lessons you have learned for the future. Write down each situation when you've applied those principles in order to use them optimally.



1. THE ONLY WAY TO OBTAIN THE BEST FROM AN ARGUE IS TO AVOID IT

Remember that a human convinced against his desire, will remain at the same opinion. If you argue and counter, you can obtain a victory, but it will be in vain as you will never win the willingness of your opponent. Try to control your temper, seek areas of agreement, be honest, engage to contemplate at your opponent's ideas or postpone the action in order to give each side time to analyse the problem. Buddha one said: "The hate does not end with hate, but with love."

2. DO NOT TELL YOUR COMPANION: "YOU ARE WRONG", BUT INSTEAD RESPECT HIM

Very few people do not fancy hearing truths which reflect negatively to their manner of thinking. When we are wrong, we can admit the truth to ourselves. If we are approached with gentleness and tact, we can admit it even in front of others. Be diplomatic, this thing will help you have your point of view heard.

3. IF YOU ARE WRONG, ADMIT IT

Isn't it easier to listen to our own criticism than to endure an accusation which comes from foreign lips? Affirm about you all the detrimental things you expect to be received as it helps reduce the guilt, defensive attitude and solving the matter. Yielding, you will receive more than you have ever expected.

4. EMBRACE A FRIENDLY ATTITUDE

Coming towards your enemy with clenched fists will make him react the same. But, if you approach him, saying: "Let's settle, discuss, see why we think differently and where the point is, where our opinions do not match", we are probably going to discover that we are not so far from each other. If you want to attract a person on the side of your case, firstly convince him you are his frank friend. Here is a drop of honey which seize his heart.

5. DETERMINE THE OTHERS TO SAY "YES" FROM THE VERY BEGINNING OF THE CONVERSATION

Socrates used to have a technique which was based on obtaining affirmative responses. He asked questions whose answers the opponent had to agree with. He continued to receive permission after permission until, without even realising it, they started embracing the conclusion, denied within a few minutes before. Try to view things from the perspective of your partner, making him say "YES".

6. LET YOUR COMPANION SPEAK UNIMPEDED

Talk less about yourself and listen to your companions largely. They are more delighted to utter about their accomplishments rather than hearing you boasting. Reply only when you are asked because you will give them a feeling of importance. Humans cherish their vanity more than you think so be careful not to hurt it.

7. MANIFEST UNDERSTANDING TOWARDS PEOPLE'S OPINIONS AND DESIRES

Three quarters of all people you will ever meet are hungry and thirsty after understanding. Offer them compassion and they will admire you soon. Anyone is able to cast mischievous accusations at every corner, but if you want to situate above that level convert hostility into friendship. You can use this phrase: "I do not blame you for what you're feeling. If I were you, I would feel, without doubt, the same."

8. MAKE APPEAL TO OTHERS' NOBLE FEELINGS

Rely on the fact that your partners of discussion have a reputation which makes them honest and righteous people. Like that, they will be willing to pay their liabilities promptly as a feeling of responsibility will occur. Of course, there will always be exceptions, but it is worthy. Who will not want to

be recognised as a trusted person?



Cristiana Baragan
Co-ordinating teacher: Carmen Malaet





Teacher: " Johnny, why don't you wash your face every day? I can see what you had for breakfast today."

Johnny: " What was it, sir?"

Teacher: "Eggs."

Johnny: "Wrong, sir. That was yesterday."



william: "why do they call our language mother-tongue, daddy?"

father: " well, just see who uses it most."



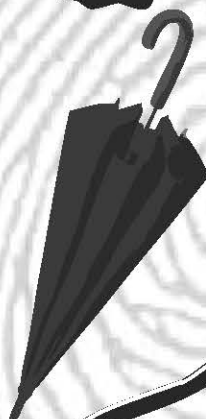
A Scotsman came home one evening rather tipsy. He had a bottle of whisky in his pocket. It was very dark and he stumbled on the stairs and fell down. He felt something wet on his leg.

A Scotsman paid a visit to his friend. His friend said:

"Look, it's raining and my wife has left without taking her umbrella!"

"Don't worry, she will enter a fashion shop or something."

"That's why I'm worrying."



"I hope it's blood." He muttered



Teacher : " Can you tell me anything about the great chemists of the 17th century?"

Boy : " They are all dead, sir."



Catalina-Teodora Tecu
Co-ordinating teacher: Carmen Malaet





Two blondes walk into a bar. You'd think one of them would have seen it.



Two cannibals are eating a clown. One looks at the other and asks, "Does this taste funny to you?"



I threw a boomerang a few years ago. I now live in constant fear.



I tried to catch fog yesterday. Mist.



You don't need a parachute to go skydiving. You need a parachute to go skydiving twice.



Why do sharks swim in salt water? Because pepper water makes them sneeze.



What's is the difference between ignorance and negligence? I don't know and I don't care.



Rebeca Dinu
Co-ordinating teacher: Carmen Malaet





Horoscopes: Understanding the Significance of Astrology

Astrology is the study of the positions and movements of celestial objects, such as planets and stars, and how they relate to human lives and events on earth. Horoscopes are an interpretation of astrology that attempt to predict and explain the influence of celestial bodies on human lives.

Horoscopes are popular among many people who believe in their ability to provide insights into their personality, relationships, career, and other aspects of their lives. Some people even use horoscopes to make important decisions, such as when to start a new job or move to a new city.

There are twelve zodiac signs, each of which is associated with a specific period of the year and has unique traits and characteristics.

These signs are Aries, Taurus, Gemini, Cancer, Leo, Virgo, Libra, Scorpio, Sagittarius, Capricorn, Aquarius and Pisces.

Aries (March 21-April 19): Aries are known for their confidence, enthusiasm, and leadership skills. They can be impulsive, but they are always willing to take on a challenge.

Taurus (April 20-May 20): Taurus is known for their practicality, reliability, and love of comfort. They are hardworking and value stability in their lives.

Gemini (May 21-June 20): Gemini is known for their adaptability, curiosity, and communication skills. They love learning new things and connecting with others.

Cancer (June 21-July 22): Cancer is known for their emotional depth, sensitivity, and nurturing nature. They value family and home and have strong intuition.

Leo (July 23-August 22): Leo is known for their confidence, creativity, and generosity. They love attention and have a strong sense of self.

Virgo (August 23-September 22): Virgo is known for their attention to detail, organization skills, and practicality. They are hardworking and strive for perfection.

Libra (September 23 - October 22): Balance, harmony, and justice define Libra energy. As a cardinal air sign, Libra is obsessed with symmetry and strives to create equilibrium in all areas of life especially when it comes to matters of the heart.

Scorpio (October 23 - November 21): Elusive and mysterious, Scorpio is one of the most misunderstood signs of the zodiac. Scorpio derives its extraordinary courage from its psychic abilities, which is what makes this sign one of the most complicated, dynamic signs of the zodiac.

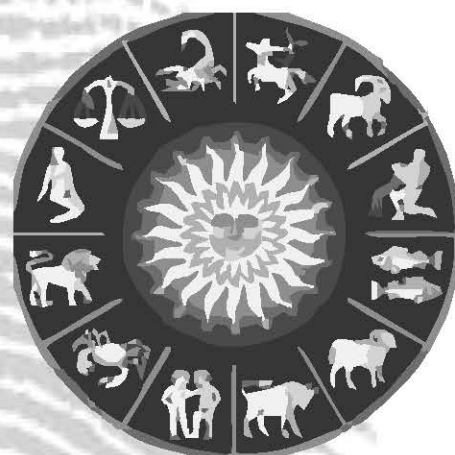
Sagittarius (November 22 - December 21): This fire sign knows no bounds. Represented by the archer, Sagittarians are always on a quest for knowledge.

Aquarius (January 20 - February 18): Innovative, progressive, and shamelessly revolutionary, Aquarius is represented by the water bearer, the mystical healer who bestows water, or life, upon the land. Accordingly, Aquarius is the most humanitarian astrological sign.

Pisces (February 19 - March 20): Pisces is the most intuitive, sensitive, and empathetic sign of the entire zodiac. It's symbolized by two fish swimming in opposite directions, representing the constant division of Pisces' attention between fantasy and reality.

Capricorn (December 22 - January 19): The last earth sign of the zodiac, Capricorn, is represented by the sea-goat, a mythological creature with the body of a goat and the tail of a fish. Accordingly, Capricorns are skilled at navigating both the material and emotional realms.

In conclusion, horoscope is an astrological prediction of destiny according to the position of the stars at one's birth. It can help us understand and discover ourselves.





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În atenția D-lui/D-nei Director,

Ca urmare a solicitării dvs. privind obținerea avizului I.Ș.J.Dolj, conform Regulamentului pentru avizarea revistelor școlare din unitățile de învățământ ale județului Dolj, nr.4786 din 18.06.2010, vă comunicăm faptul că, în urma evaluării de către comisia special constituită la nivelul I.Ș.J.Dolj, revista **DISTEENCT** a primit aviz favorabil.

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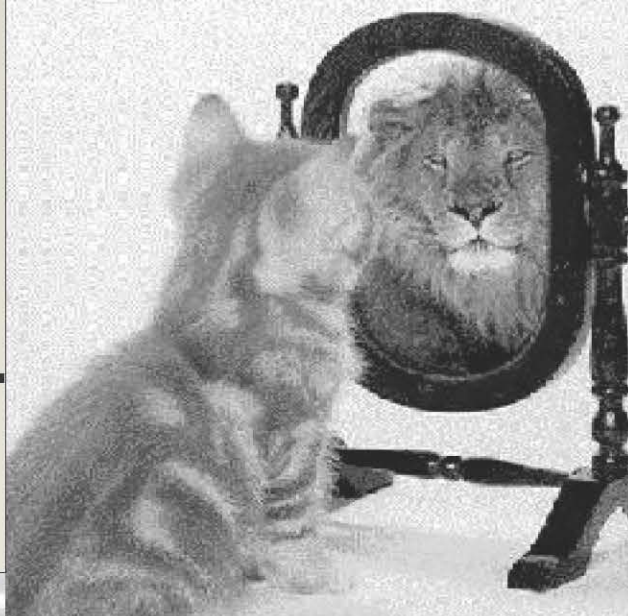


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WHAT MATTERS MOST
IS HOW YOU SEE YOURSELF.





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