



2023/2024
Edition 3



Gender Bias in Research **3**

*Bioprinting Organs: The
Foreseeable Future* **7**

*The Line: A Revolutionary
Urban Future* **8-9**

*The Challenge of
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GENDER BIAS IN RESEARCH

We live in a male-dominated world. We have done so for many years and even though in some respects we have improved, gender inclusivity in research is not one of them. Women are severely underrepresented in data research for all kinds of things. From the 'biggest anthropogenic medical disaster ever' with the use of Thalidomide to the heightened chance of women getting severely hurt in car crashes due to the cars being made for men. Let's explore why women being included in research can change everyday lives.

In the 1950s and 1960s, the drug Thalidomide was created. Its purpose was to work as a tranquiliser (a medical drug used to reduce tension and anxiety) but it was also used for morning sickness and in general focused on helping women with symptoms while they were pregnant. However, this poorly based research on people resulted in more than 10,000 babies being born with birth defects. It took 5 years for doctors to make the connection between these babies and the drug all happening while they were recommending it to thousands of other pregnant women. For it to be so widely used and given to thousands of pregnant women, it is shocking to consider how little this tranquiliser was properly researched. This was one of the biggest medical disasters in history and it was no coincidence that the main targeted group were pregnant women.

Moving into the present, research into heart attacks and especially their early symptoms, is very much focused on men. As we all know the most famous symptom of an imminent heart attack is chest pain, however, most women do not experience this and more so experience other symptoms that are rarely talked about. These all seem like minor things, but it results in women being twice as likely to experience a fatal heart attack than men. They are then viewed as dramatic because people are unaware of the symptoms of a heart attack in average women, making them not want to seek out help before they experience an actual heart attack. All of this could have been prevented if the research had been more inclusive towards women.

Not only is there a gender bias in physical illnesses or health issues, but women are also disadvantaged when it comes to their mental health. 50-75% of women are undiagnosed with ADHD (attention deficit hyperactivity disorder) as opposed to men.

Men are more than twice as likely to have a diagnosis in childhood than women. This is due to psychiatrists looking for symptoms of the disorder that mostly surround men and the symptoms more common in women are being overlooked. This has many side effects such as the disorder worsening, anxiety, depression and women not having the resources to figure out how to deal with ADHD or receive the treatment they might need. These girls then also feel different from the other children and struggle with not knowing why they react to certain things differently compared to others. This affects their mental health in other ways and could be the reason why they also have a higher chance of developing anxiety and depression in their later teenage years. Because they do not show as many behavioural problems having ADHD as boys do.

However, poor research does not only impact women in healthcare but in a whole host of their other everyday activities as well; for example, driving cars. During a car crash, a woman is 47% more likely to get severely injured compared to a man. This is no coincidence as it concerns how cars were designed and more specifically for whom they were designed. Since women are on average shorter and lighter than men, the seats need to be made differently, however they are not. Not only that but nobody does anything to improve the situation even with this information. Even the EU regulatory crash test requirements do not need an accurate female dummy. The only dummy that is supposed to represent women is simply a scaled-down male dummy; one that is simply smaller but does not help to improve safety. It can seem as if it is just a tiny flaw in the testing but in reality, it puts women's lives in danger every day.

In conclusion, these things that seem small at first really do impact half of our population. Therefore, it should be changed and viewed as something important that needs to be talked about more as it does not cost us anything. How about we do not let underrepresentation lead to something as disastrous as the Thalidomide scandal in the future.



<https://www.procurious.com/procurement-news/tackle-workplace-gender-bias>

Andrea Grossová



THE MOST ANNOYING BASEBALL GAME EVER

The double play is one of baseball's most important institutions. It's a play in which the team on defense manages to get 2 runners from the team on offense "out" and given that an inning of baseball is 3 outs long, a double play can change the complexion of a game on its own. They form a sort of ying and yang dichotomy, where they can be completely devastating if they happen to you, or life-affirming if they happen for you. The story I am about to tell you is about double plays, but more importantly, it is a case of extremes and how you can do everything right, but still get completely shafted by life. It is the 17th of August 2018, the Pittsburgh Pirates playing in their PNC Park against the Chicago Cubs and they are about to have the most annoying baseball game of all time.



<https://www.pbs.org/kenburns/baseball/baseball-for-beginners>

Nothing shows this more than the Pirates grounding into two more double plays in the second and third inning. 3 innings, 3 double plays. The baseball game may have practically ended with Schwarber's homer, but the real game has only just begun.

As the visiting team, the Cubs start batting first, with Ian Happ batting against Pirates pitcher Trevor Williams, who is having a career year. But this story is not about him, and that only becomes clear during the bottom of the first, the Pirates' first chance to hit. After a Starling Marte single and a Gregory Polanco walk put the Bucs in prime position to score against Cubs starter Cole Hammels, a weak hit from 2011 World Series MVP David Freese ends with a double play to end the inning, not the end of the world, but obviously not ideal. But, funnily enough, the Cubs' Javier Báez lines into a double play in the top of the second, giving the Cubs two outs. Perhaps sensing something looming, the next batter, Kyle Schwarber, who is second only to Aaron Judge in home runs since 2017, hits one to give the Cubs a 1-0 lead. And here I am going to reveal to you, that from here on out, the score does not change. Not even a little. The Cubs will beat the Pirates 1-0. You may think that I am needlessly spoiling the ending of the game, the main thing that you would care about in a game like this, but what you fail to understand is the real spirit of this game. It is bigger than any end result could show you, it is something more profoundly human, or profoundly stupid, depending on your definitions.

The Pirates actually get a small break in annoyance in the next two innings, trading hits with the Cubs with no double plays hit into by either. This is the one break they will have. In the top of the sixth, Javier Báez hits into his second double play of the game. He really is having an unlucky game! Would hate to be him! Anyway, Gregory Polanco hits into a double play in the bottom of the sixth for the Bucs' fourth double play of the game. Oh, well. Here I want to explain the concept of expected batting average, abbreviated to xBA. In baseball, batting average is a self-explanatory, but important statistic. It measures the rate at which a player gets a hit, very simple. xBA, on the other hand, is a statistic developed by Statcast, that tracks the exit velocity, launch angle, and distance travelled of every batted ball, allowing you to compare other batted balls to see how likely they are to be hits. In this game, for example, none of the Pirates' first three double plays had an xBA above .250. They were not well-struck hits, and two of them were hit to the ground, basically no chance to become hits, ideal for double plays. However, Polanco's previously mentioned double play had an xBA of .440, a lot more optimal, which may sting even more from a certain perspective. Keep this statistic in your head, it will come back.



After the seventh inning, both Trevor Williams and Cole Hammels leave the game. Both men had excellent games, but I would give the edge to Williams, especially since he did not have the luck of the other team getting him out of trouble by hitting into four double plays... oh, nevermind, Josh Bell hit into his second double play and the Pirates' fifth in the seventh inning. At this point you can feel Pittsburgh's frustration, they are hitting harder, better, faster, stronger, but nothing budes.

The epitome of this is in the bottom of the eighth, with a Josh Harrison .850 xBA lineout, a Colin Moran .600 xBA single, and an Adam Frazier .570 xBA double play, DP #6 on the day for the Pirates. They probably should have scored at least a run there, but they did not. I am tired. Do you feel tired too?

It is the ninth inning, the Bucs' final chance. Corey Dickerson starts it off right with a 105.6 MPH single, the second hardest hit ball in the entire game, against Cubs reliever Steve Cishek. Cishek then throws a wild pitch, putting Dickerson, the tying run, on second base. Despite his lack of control, Cishek strikes Starling Marte out, one out, two left. The Cubs replace Cishek with Jesse Chávez, seeing his lack of control, but Chávez has some troubles himself, walking Gregory Polanco, giving Pittsburgh runners on first and second base. Despite the number of times that the Pirates have come close to scoring, they have only been on third base once, and it was in the fourth inning, one of the two innings where they did not hit into a double play. The goal is clear, the clearest it will ever be: Don't hit into a double play. Please, for the love of God. Up to bat comes David Freese, who was the first Pirate today to hit into a double play. However, if there is any player who has proven to be clutch before, it's him, particularly in his infamously clutch performance in the 2011 World Series. If any player should win this game for Pittsburgh, it is him.

The at-bat begins. On the third pitch there is contact, the ball is put into play, third basemen David Bote picks up the ball, steps on third base to get Dickerson out, throws it to first basemen Anthony Rizzo to get Freese out. Double play number seven, game over.

The Pirates' announcer describes the play afterwards as "in some ways, a fitting ending."

This game was only the second instance of a team hitting into seven double plays in a nine-inning MLB game. The first was on May 4, 1969, when the San Francisco Giants did it in a 3-1 loss to the Houston Astros, but at least they scored a godforsaken run! The Pirates' collective xBA for the entire game was .302. Willie Mays, perhaps the greatest baseball player of all time, had a career BA of .301. The Pirates did almost everything right, to no avail. In some ways, it's poetic. Entering the 2024 season, the Pirates have the second longest active play-off drought at 8 seasons, and the second longest active World Series appearance drought at 44 seasons. This is despite them having good players and good teams throughout the years, namely 2013 NL MVP Andrew McCutchen, who was expected to finally help lead the team to glory. But they just could not do it. Since 2015, their last playoff appearance, they have had only one winning season, ironically in 2018, with 82 wins and 80 losses. Other than that, all losing, no glory. Sometimes, life just does not throw success our way for long periods of time, and it is hard to accept that, but we have to keep moving. There is another game to play, another team to beat, more runs to score. Eventually, the Pirates will see success and win it all, even if it takes a long time. And that is all that matters...

...oh, also, their previous game was also against the Cubs... and the Cubs won 1-0... scoring that one run on a home run... and the Pirates hit into a double play in that game...

Sometimes, comedies hide themselves in tragedies. Baseball is good at that.

Ivan Pavlovec



<https://www.istockphoto.com/cs/fotky/baseball-bat-glove-and-balls-on-field>



UNRAVELLING THE MIND: AN INSIGHT INTO SCHIZOPHRENIA

Living in constant horror. You hear things. You see things. You do not know what is or is not real.

Schizophrenia is a serious chronic mental illness that affects how your brain functions. It plays with two of your senses: vision and hearing. It affects how you feel, behave, or think. People with schizophrenia usually lose contact with reality, they disconnect from their families and friends. Some of its symptoms are hallucinations, delusions, extremely disordered thinking, extreme behaviour, or even a combination of all. Unfortunately, most people are unaware that they have schizophrenia.

Some of these aspects can be transferred into a person's dream. They can experience all these hallucinations, delusions, and others even when they are asleep.

Scientists do not know for sure what causes schizophrenia and what it affects in our brains. Some studies say that in the human brain are lots of chemicals that help us to process and proceed with our thoughts. Two of those chemicals that schizophrenia attacks are called dopamine and serotonin. Both these chemicals are neurotransmitters which simply means that they are the messengers for a human brain. They play a crucial role in communication and nerve system affecting various functions such as memory or mood. They transfer messages between nerve cells in the brain and throughout our whole body. Serotonin affects mood regulations and dopamine plays a role in controlling reward-motivated behaviour amongst others.

Other studies show that we have a higher risk of getting schizophrenia if we have different brain development in any matter such as different structure or any other deformation.

The thing that can be surprising for many people is that women can also get schizophrenia from pregnancy and birth complications. Premature labour, low birth weight, or lack of oxygen are some of the aspects that can affect brain development in a way that could lead to schizophrenia.

Doctors know for sure that schizophrenia can be passed by genetics. It tends to run in families. Not only one gene carries this whole mental illness. It is more likely that different gene combinations make people more vulnerable, and scientists have found proof of this. In identical twins, if one of the two develops schizophrenia the other one has a 1 in 2 chance of developing it as well. It is because they share the same genetic combination. But with two non-identical twins, if one develops schizophrenia the other has only 1 in 8 chance of developing it too.

Doctors also believe that schizophrenia that the brain loses tissue over time which is needed for communication through electrical signals in our brain. Professional photos or MRIs also show that the brain has less "grey matter" which is the part of our brain that contains nerve cells.

Things that can heighten the risk of getting this mental illness are stress and drug or alcohol usage. Stress is one of the most dangerous aspects that can affect our brains. It plays with our brains all the time.

With everything we know about drugs and alcohol, I think it is not a surprise that these chemicals can increase our chances of getting schizophrenia.

As a chronic mental illness, schizophrenia cannot be fully cured. Although people did not find a cure, they found treatment in the form of medication and psychological therapy.

In conclusion, schizophrenia is an incurable mental illness that can develop in people's brains even if they do not know about it. People who have it experience hallucinations, delusions, extremely disordered thinking, and others. The biggest triggers of the disease are drug or alcohol usage and stress, which means that we must take good care of ourselves.

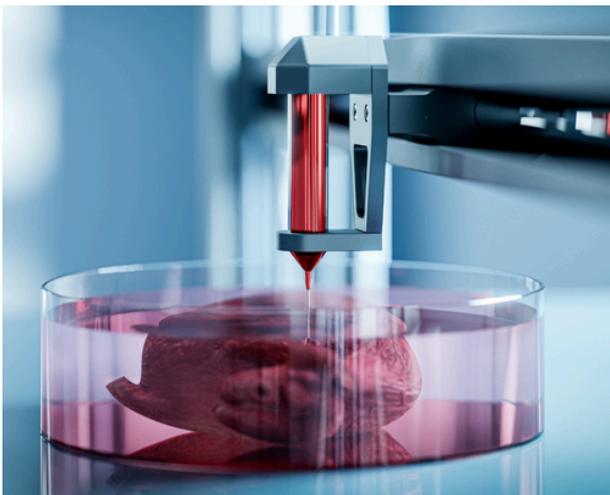
Eliška Bastařová



BIOPRINTING ORGANS: THE FORESEEABLE FUTURE

Imagine a world where cutting-edge technology provides transplants on demand and animal testing is no longer required. Thanks to 3D bioprinting and its technology, a great potential that could solve these issues is slowly coming to life and is closer than we think, more so, a science fiction that is becoming reality. Three-dimensional printers are already changing how we live worldwide through our cars, homes, and food. In this case, bioprinting can build living tissues and, in theory, organs or parts of our bodies layer by layer from scratch. This would not only revolutionize the healthcare system and its transplant shortage but also save people's lives every day.

Bioprinting is an additive manufacturing, and it is emerging in regenerative medicine. The fundamental idea of this technology originates from simple injecting printing techniques, where bioprinters use bioinks composed of living cells and biomaterials instead of printing with plastic or metal. Bioinks contain water-rich molecules called hydrogels mixed with millions of cells and other chemicals that promote their communication and growth.



<https://builtin.com/articles/3d-printed-organs>



<https://www.findlight.net/blog/3d-bioprinting-transplant-organs/>

There are multiple types of bioink; some contain only one type of cells, and others have several different kinds to create more complex structures if needed. Post-printing, some bioinks require additional processes, such as exposure to UV light or chemical treatments to stabilize the tissue structure.

Initially, the bioprinting process starts with a 3D model, usually based on an MRI or CT scan of our body. They are imported through software or Computer-aided design (CAD), which will create numerous two-dimensional layers. What follows is printing every single layer with the bio-ink into the desired product.

The roots of bioprinting can be traced back to the late 20th century. It began when, in 1986, Dr. Charles Hull invented Stereolithography, inspiring scientists to start experimenting with the inject printing technique, which laid the groundwork for the field of bioprinting as we know it today.



Since then, there have been important milestones throughout the development of bioprinting, such as engineering functional bladders. By 2003, Thomas Boland filed the patent for a bioprinter and is also considered as the father of bioprinting. From then on, it accelerated the process of the production of new advancements that now focus on small kidneys, liver tissues, and hearts.

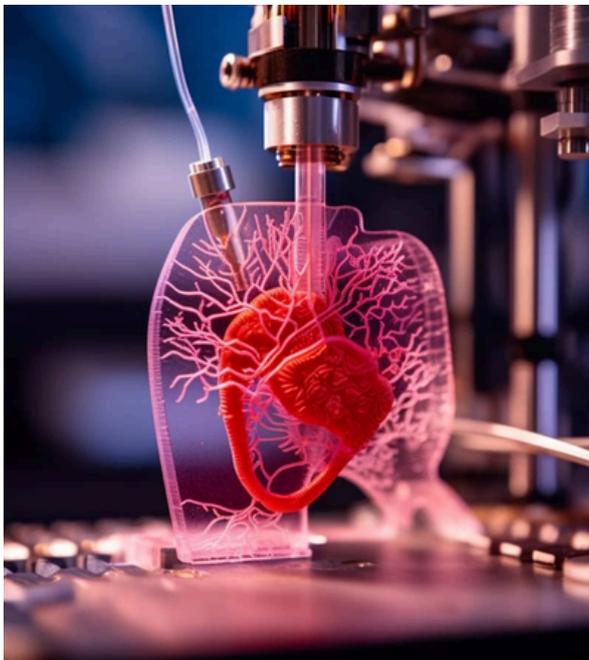
In today's society, many problems occur within the healthcare system, and one of them is the shortage of organs for transplantation. Many patients endure prolonged waits for their transplants, only to find themselves among those who never receive the life-saving treatment they desperately need. Therefore, it offers hope to patients as bioprinting organs could be an alternative to fill the organ shortage. While there are a handful of donations, supply does not meet the demand, "and 17 people die each day waiting for an organ transplant". Besides the tech, it is way more cost-effective than buying a natural organ at the price of 400,000 USD and a high-end bioprinter at the cost of 200,000 USD, half of its price.



<https://bioe.uw.edu/3d-organ-bioprinting-gets-a-breath-of-fresh-air/>

It could also solve the ongoing problem of testing the efficacy of the pharmaceutical industry on animal models, which leads to societal and ethical concerns. Bioprinting could provide the solution by creating artificial tissues. Regardless of the many positives it offers, there is an upcoming issue of regulation since they are not strict and comprehensive, which has yet to be issued. In that case, the black market for printed organs could also thrive and be dangerous.

While bioprinting has made a significant shift, it is essential to acknowledge that it remains primarily at the tissue level. Creating complex organs with full functionality in the human body presents formidable challenges that researchers are actively addressing. As bioprinting technology continues to evolve in its new era of personalized medicine and transformative healthcare solutions, it encourages society and scientists to hold hope for the foreseeable future.



<https://en.futuroprossimo.it/2023/05/bioprinting-3d-dal-garage-alla-sala-operatoria-per-salvarci-la-vita/>

Sofia Daňková



THE LINE: A REVOLUTIONARY URBAN FUTURE

NEOM is the land of the future, with an ambition to redefine livability, business and conservation at its heart.

Deep within the deserts of the Tabuk region of Saudi Arabia, a unique development is taking shape. It was launched with the support of Crown Prince Mohammed bin Salman, who has been essential in driving this project forward, becoming its major investor along with many international investment groups. The urban area NEOM is an ambitious project that aims to redefine our concepts of cities. This project hopes to spark a revolution in architecture and urban planning through a series of construction projects; from luxurious retreats of Sindalah or Elanan to modern cities like Oxagon, NEOM's plans showcase a variety of almost futuristic environments. Since its announcement three years ago, this firm has attracted global attention and sparked many debates, particularly around one of NEOM's most impressive projects: THE LINE.

Designated as a mirrored architectural masterpiece, THE LINE is a smart city that boasts a unique shape: it is built in a straight line. Stretching over 170 kilometers, it connects "the epic mountains of NEOM across inspirational desert valleys to the beautiful Red Sea" to create the "Future of Urban Living."

This 'cognitive city' will, eventually, accommodate 9 million people and create a global trading hub where new technology and ideas are born.

The central concept of the development is to "shine a light on alternative ways to live." Using revolutionary technology, the architects of NEOM will create a city that will run on 100% renewable energy and preserve 95% of the land for nature. Unlike any city, THE LINE will have no roads, cars, or emissions; all daily essentials, such as grocery shopping, school, doctors, etc., will be within a five-minute walk. Also, hidden deep underground, a high-speed rail will take you to the other end of the city in just 20 minutes.



<https://www.neom.com/en-us/regions/theline>

When presented like this, THE LINE appears most undoubtedly attractive. The project is quite literally a 'revolution' in the way of living – in a new, vertical fashion. This exciting construction style will undoubtedly improve how we build cities and envision modern living. Speaking of living, the quality of life provided by this development is quite impressive. Not only will this city provide all your living needs within mere walking distance from you, but also a sustainable and healthy life, with excellent air quality and nature all around.

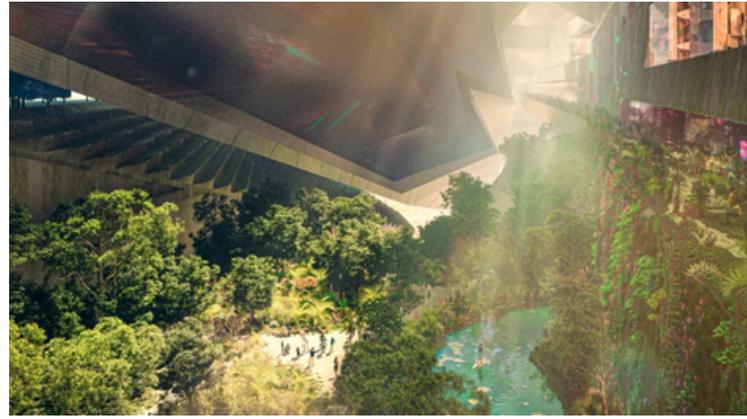
"THE LINE redefines the concept of urban development and what cities of the future will look like."

-NEOM



Despite its innovative design, the concept of THE LINE has received heavy criticism. One of the main concerns is the structure itself – most notably the giant mirror wall surrounding this city and its implications on the environment around it. When it comes to maintaining the structure and stability of the project, building a 500-meter-tall wall will pose many challenges. However, with the rapid technological advancements, this challenge won't pose a big issue. However, looking at the wall structure, we notice the massive mirrors lining the city's exterior.

While it gives the whole concept a modern look, the mirrors raise the temperatures in the environment around the development, harming the ecosystems and animals there. Finally, the biggest concern is the ethics of this construction. The Tabuk region, where THE LINE is being built, has a prominent Arabic tribe living near the Red Sea. Now, thousands of people from this community are being displaced to make way for this city. Another criticism is that the vast amounts of money invested into NEOM could be used to improve the existing infrastructure and the living conditions in struggling areas of Saudi Arabia instead of building tens of these megaprojects.



<https://www.neom.com/en-us/regions/theline>

As for recent updates, important news was reported a month ago. According to Bloomberg, the LINE was forced to scale back plans and is now expected to reach a mile and a half of the linear city by 2030. The main reason for this is most likely finances: the predicted cost of this smart city is around \$1.5tn, with the actual cost increasing as development progresses. Another reason for this scale-back is the change in the key staff in the project, creating issues and confusion within the project plans. Many architects and people who left NEOM call the city "untethered from reality," as reported by the Guardian.

While the NEOM group is on track to become the leader of sustainable urban development, many of its projects are challenging and expensive to develop. Whether NEOM is intended to revolutionize architecture and urban planning or cover up some of Saudi Arabia's standing issues is yet to be determined.

We shall see what becomes of THE LINE and if it will become our 'FUTURE' or just another abandoned project of the Saudi Arabian government.



<https://www.neom-property.com/saudi-arabia-giga-projects/the-line-neom-real-estate/>

Calista Maříková



OG CHRONICLE INTERVIEW: MR. MARKS

Mr. Rupert Marks is leaving our school after seventeen years. He has been here since the very beginning, worked as an IB coordinator and Global Politics teacher. Not only was he the initiator of the India-OG exchange, but he is also known for his passion for rugby which he hands over to the Rugby Babice Club. We sat down together for this school year's last teacher interview. Farewell, Mr. Marks...



<https://www.rugbyprelouc.cz/news/spolecny-tym-u16-bojovnal-proti-sparte/>

Looking back at the seventeen-year journey at Open Gate, what will you take away?

I think it is multi-faceted, if I look at it in three or four categories, there is the academic perspective, the things that I have learned, the professional development, the myriad of students that I have taught. I would say from an IB perspective, from the school's perspective, my knowledge of the subjects and my knowledge of generally IB is largely due to Open Gate, even though I came with some knowledge of the IB program. So, professionally, enormously. Personally, my daughter spent the first five years of her life here, we lived on campus, my wife was the primary school administrator, and my youngest daughter is at the school and will continue to be for another couple of years after I leave. Open Gate is a very special place for us. Even though I'm

leaving, academically the position, I will still have strong ties to the school. We should still be involved with rugby, I still live locally, so I will take a lot, some things will finish, however, the relationship will continue.

Was it hard to go to the same environment each day for the past seventeen years?

Not difficult at all, no. I have enjoyed working here and it was a tough decision for me to make to stop working here because when you spend the amount of time, not only professionally but personally you get to know people, I have a lot of friends here, the colleagues, lasting relationships and it was difficult to end those day-to-day relationships. It is time to move on and let somebody else have a go.

You are a Global Politics teacher. What do the students learn there? What is the goal of the subject?

The very basic outcome of all your subjects is to get a good grade in your final exam. The more involved answer, particularly in my subject, is to take the lessons learned and to apply them individually to a set of values that make you, hopefully, understand the world and prepare you for sifting through that mire of nonsense, fake news, and dogma that you find in every-day life, to enabling individuals to take situations and make sense of them in the context of not only where you are going, but hopefully that you take some of the lessons that we learn, particularly in things like global politics, and you are not just motivated by profit or material gain and that you are responsible enough to use the education to make some form of difference.



It does not have to be banner waving, or changing laws, it can be just being active in your community, being a great husband or wife, raising great children, but having that level of consciousness to reflect on your working practices, education, the actions that you put out into the wider world effect. That is the bigger goal.

What is the job of the IB coordinator?

What do I do? My job is about helping teachers, guiding teachers to not only day-to-day resources but also bouncing ideas about pedagogy, looking at the courses and me working with students, and hopefully guiding them to good choices. There is the less glorious administrative part, which is about making sure that colleagues and students have the things in place. It is about being a friend and getting the best from the people around you, being patient with certain teachers, and being tolerant of people's different working practices, which is very important.

How did the India-OG exchange start?

The now CEO of Dhirubhai Ambani School (DAIS) was a classmate of mine at university. And also came and studied at a program in the Czech Republic back in 2005. He spent two summers here, and we talked about cooperating in the future. In fact, the founder took a little bit of convincing because some of the initial concerns, not necessarily with security, but with health, you know how it has been there. We drafted a program, back then things were a little bit different with international exchanges because the mindset of the pre-covid world was very much more let's just do it, let's just see what happens.

Even stuff we can see with this exchange coming, for instance, the second leg of our exchange is not as popular as it was. Students tend to lend themselves to language exchanges and we as a Czech nation do not necessarily offer the linguistic component, however, we offer a great cultural component, which is more the function of the cooperation. The Indians always say how great our campus is, and I think that is one of the reasons they still keep coming back. Long may that exchange continue, hopefully.

Will we still see you at school events Mr. Marks?

Oh, good gracious, if they will let me...

Ondřej Galyáš



Photo by the author



SUMMER EXAM STRESS

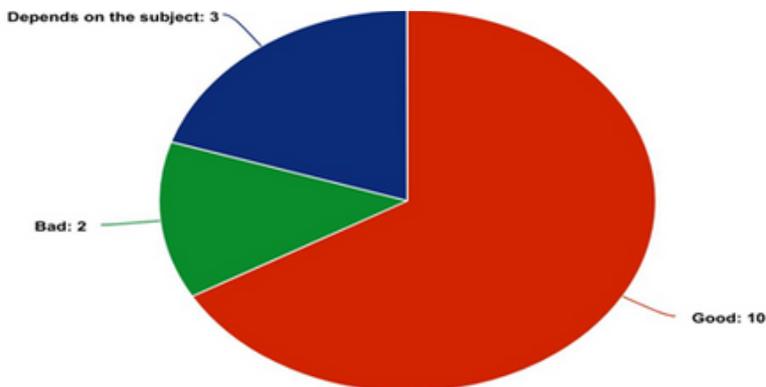
Why are we stressed?

When it comes to school, not everyone is giving his maximum effort the whole year. Some of us may have some grades on the border of B/A for example. Teachers give us around 10 tests in the last month of the school, which is very stressful.

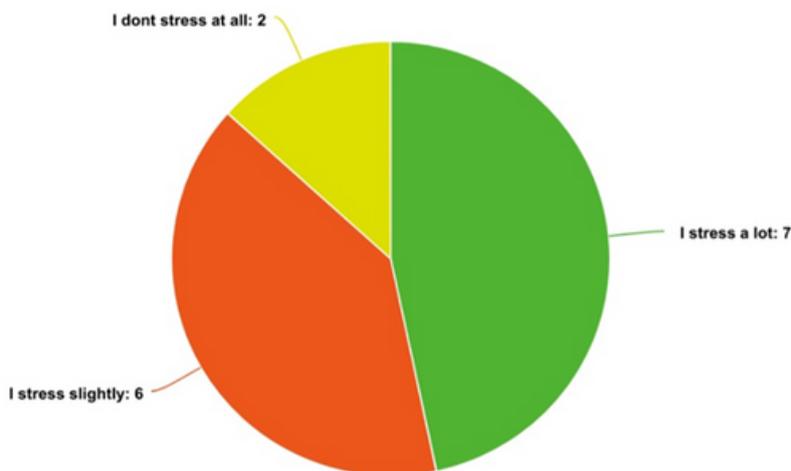
What questions did I ask?

I have asked 12 people from my age group of 14 and 15 years of age. I have asked them about levels of stress during late summer tests, and what grades do they usually get.

What grades do you usually have?



Do you stress? If so, how much?



In conclusion, us, students of tercie/kvarta tend to be stressed about late summer exams. It is a kind of an ordeal to study and get a good grade.

Danny Smíšek

ALIVE

I was just a statue
Before I met you
Now my flesh burns with love
Like the sun
And my eyes shine
Like the moon in darkness

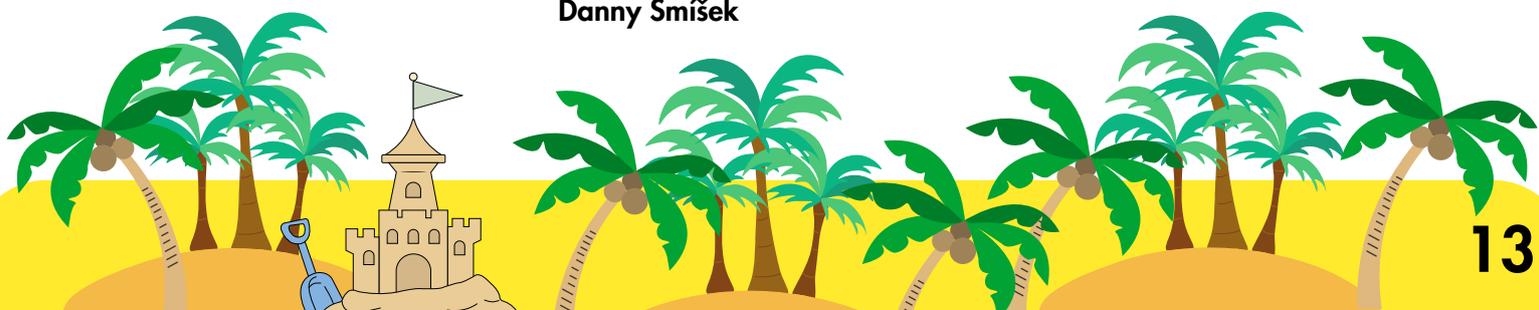
You gently opened me
With your bare fingers
And you did not look away
When you saw what is inside
Your touch made me feel human

All I need are your arms
Holding me like I could fall apart
I wish I could be your baby
So that you would never let go

Andrea Kočová



<https://cz.pinterest.com/pin/70437488721679/>



YOUR VALENTINE

Continued from Edition 2

Yuri:

Since I became best friends with her everything has always been about her. I always had to listen to what she had to say but she never even cared to listen to what I wanted to say. Even my mom would always compare me to her saying "Be more like her. Why can't you be more like Pheobe?" I have always stood in her shadow. And finally, I think I have a chance with someone I really like but she has to take that chance away from me too.

1 hour earlier

Matheo pushes me against a broom. I hear it fall to the ground but that still doesn't stop him. He keeps sucking my neck as if I am a lollipop. "I have to g-go to class." I say trying to break free from his strong arms. He stops for a second and kisses me on the lips which brings me a sense of closure I never felt before. "Okay." He quickly pushes me away and walks out of the janitor closet leaving me there standing alone in the dark room. Why does he always do this? After a couple minutes I walk out of the janitor's closet. Why does he need me to keep our relationship a secret, what is he so scared of? I go to class and see Jamie sitting alone so I sit next to him. "Hey." I say out of good manners. "Hi Yuri. I saw you get out of the janitors closet what was that about?" Jamie says with a slight smirk. "Okay swear you won't tell anyone but I'm kinda hooking up with Matt." I say getting shier by the second. "I knew it! I saw the way he looked at you at lunch." he says, expanding his smirk. "Oh, shut up." I say while rolling my eyes. "If you say so." he responds ironically, still smirking. The teacher walks into the classroom and begins talking.

After class is done, I walk to my locker and to my surprise, I see the janitors closet door slightly open. I swear I closed it. When I go near the door to close it, I see someone inside.

It's Matheo. I stand outside the door to see who the other person in there with him is. Then the door opens. Pheobe walks out the door and right behind her Matheo walks out too. Oh my god. I feel my eyes tear up. How could she do this. I told her I liked him. And she yet again takes the only thing I ever had for myself away from me. She turns around and sees my teary eyes. Her face becomes pale, and she runs towards me. I run away. I don't even care that we still have other classes. I don't care about anything anymore. My hands are shaking. I don't know how I'm still running. But I can't stop because if I stop, she wins again.

Pheobe:

"That doesn't give him the excuse to hurt you!" I yell. "So, you knew he's bipolar?" He asks giving me a confused face. "I didn't...but I always knew there was something different about him. Sometimes when I was little, he used to disappear in the middle of the night and come back in the afternoon. So, I figured. But him being bipolar isn't the only thing that has been happening to him." I say staring at the dirty floor. "He likes to hurt people. Sometimes he forgets that people are human and only pictures them as meat bags. As prey. Prey that he wants to hunt." I continue. "How do you know all this?" Matheo interrupts. "M-my dad tried to help him. It didn't end well." I say. "So, the incident was Jamies fault?" Matheo asks. "Yeah... I thought it was getting better, but now that you've told me what he did to you I think it's time for him to go to the place my dad wanted to put him in." Suddenly he leans closer to my face. "Fifi I'm so sorry you had to go through that" he hugs me tightly and we just stand there hugging each other for I don't know how long but I enjoy every second of it. Once he stops hugging me, he looks me in the eye and kisses me. A sudden burst of ecstasy fills my body. I have never felt so alive. So, loved. The kiss lasts ages. After that we decide, we should stop hiding in the janitors closet and walk out. When we walk out, I see her. Yuri. Shit. I completely forgot she liked Matheo. I can see the tears in her eyes. I start to run after her, but I lose her.



Jamie:

Finally, he's listening. Yuri has liked him for so long anyway so I'm doing her a favor really. And no one gets with my sister. Not even my best friend. If he breaks my trust I can as easily break him. And he knows it. I find him. Why is he just standing outside the janitors closet. Weird. I go to him. "Hey, I heard you got with Yuri congrats bro." I say happily. "Fuck off." he responds drily. "Aww no need to be mean just saying congrats." I say with a grin. He comes closer to me and puts his face next to my ear. "We both know it's nothing to congratulate me on." he whispers. Then he walks away. Coward.

After school I go home and when I get there a surprise is waiting for me inside. I open the door to see Pheobe. She is talking with someone on the phone. Something feels different. "Pheobe did you leave the stove on?" I yell trying to figure out where that weird smell is coming from. "Please forgive me Jamie." She says. I can feel the sadness in her voice. "For what?" Out of nowhere my vision starts getting blurry but I can still see a faint outline of Pheobe. There's another person next to her. Matt.

I wake up in a white room. I look down and I see that I'm wearing a white robe and I'm lying in a steel bed. My head hurts like hell. Where am I? I see a window. I get up and look outside. "What the fuck?" I see children in white robes everywhere. There's some kind of playground where the children are playing. But they don't look happy at all. They look like they're being forced to play there. Are they? Out of the corner of my eye I see someone. I quickly turn around to spot the person standing right behind me. "Yuri?" She's wearing a black dress and a denim jacket. "Where am I? Why do I have this robe? Why are you here?" I have so many questions, but Yuri doesn't seem to be answering them. "She could've had anyone, but she took my Matheo and now I want my revenge so are you gonna help me or what." she says with a cold tone in her voice I've never heard before. I see a shine in her eye that gives me the chills. "I can help you with that. All you have to do is get me out of here." I say giving her a grin. "What's your plan?" She asks. "You'll see."

Pheobe:

Yes, I did put my brother in a mental hospital. And I wish I would've done that sooner. Sleeping in my own house felt somehow safer than ever before. I didn't have to worry about having him disappear in the middle of the night or trying to hurt me...And now that I know Matheo likes me but couldn't date me because of my brother. I kind of like him even more. I know it's wrong. He was Yuris crush after all. But somehow, I can't help myself. He makes me feel calm, happy, safe. And we may have started dating after we sent my brother to the mental hospital.

Matheo's over at my place and we are celebrating our 1-month anniversary. We hear a call. I stop the movie we're watching, and I see that Yuri is calling me. She hasn't contacted me since the day she saw me with Matheo. I almost scream with excitement and pick up the call quickly. Maybe she wants to be friends again. And she forgave me. "Come to the school at midnight." That's all she said. The phone hung up. And I stayed staring at my phone with Matheo trying to calm me down. She sounded different. In the end I decided to go meet her. But Matheo said that he had to go with me.

We arrive at the school. The front door is open, so we know she's here. My gut is screaming that this is a bad idea. But my brain keeps telling me to go and find Yuri. This might be the last chance for me to make up with her. My phone beeps. It says: Go to the gym. Matheo starts telling me how he really doesn't think this is a good idea. But I don't listen. I know this is dangerous. I know we are in an abandoned school in the middle of the night.



<https://papierpeintol.blogspot.com/2019/08/29-proverbe-deuxieme-chance-amour.html>



I get to the gym. I see a chair. Someone's sitting on it. I run towards it. When I turn the chair around to see the face of the person on it it's Yuri. She's just not in the condition I expected her to find. She's crying and her face has so many bruises. She's barely breathing. I'm getting scared. I start slowly backing away still keeping my eyes on her. And then I hit something behind me. I turn around slowly. Expecting a monster. But I see someone worse. "J-Jamie?" "Hi sis!" He says with a smile. "W-What did you do?" I ask, my voice shaking from fear. He starts walking around and I notice he's holding a knife. "Shit, where is Matheo?" I ask just now noticing he's been missing for a few minutes. "Don't worry you'll see him really soon, not really sure if you'll both be alive by then though. "He starts slowly walking towards Yuri. I can't move. It's like I'm paralyzed, my feet are stuck to the ground, and I can't see them moving anytime soon. Jamie takes the knife and starts tracing it around Yuri's neck. Then he takes her wrist and cuts. A stream of blood bursts from her arm. She screams from the pain. I feel my legs again and I start running towards her. "I wouldn't do that if I were you or I'm gonna cut deeper." he says, still smiling maniacally. "Give me Matt and I'll stop. I swear sis." I can't trust his words. "I don't know where he went." I yell. "Oh well look who's standing behind you sweetie." I quickly turn around and see him. "Matt! Run!" I scream as a last hope of saving him. He doesn't move. "Hi Mattie! Aren't you happy to see me?!" He swings his knife around as if it's a yo-yo. "Don't you dare do anything to Yuri and I'll go with you." Matheo says with not a pinch of fear in his voice. "I know you will Mattie!" Jamie says his smile getting even creepier. Matheo moves slowly towards Jamie. And he gives me a look that says that this is the right thing to do. But I still can't wrap my head around why. "Don't Matheo!" I scream.

Jamie unties Yuri and throws her to the ground. Then he sits down Matheo and ties the rope around him so he can barely breathe. "Jamie this is not the plan we talked about!" Yuri screams suddenly. "Yeah, well the plan just changed." Jamie says. He walks slowly towards Yuri. When he is close enough, he just says. "Bye bye." And then stabs her in the stomach. Her guts start spilling out on the wooden floor and blood fills her mouth. "No!" I shout. "Oh, shut up will ya sis you literally got with the guy she liked and now you're all like "Oh no she's dead!" What did you expect her to do invite you here to forgive you? You wish." Jamie starts laughing. Tears drop from my cheeks on the cold ground. "Now, let's get back to business. Say goodbye to your little boyfriend here." Jamie chuckles and points the knife right at Matheo's head. "Remember I'll always be your valentine." Matheo says so fearlessly as if he's finally accepting his death. I start running towards Jamie tears gushing from my eyes. But before I get to him, he falls to his knees. I pause. His head looks up at mine and I can see blood dripping from his mouth. He slowly puts his hand on his chest. And I can see blood staining his white shirt. "Yuri?!" I yell and I see Yuri kneeling behind Jamie. She stabbed him. "Oh my god Yuri I have to get you to the hospital!" I hold her in my arms. "It's too late for that. You have to let me go." She says her voice cracking. "I'm so sorry. So sorry for everything. It's all my fault!" I can feel her take my hand and squeeze it tightly. "It was never your fault and I forgive you. " She says with her final breath. "Please please no this can't be happening. No!" I feel Matheo hug me from the back and I start sobbing onto his shoulder. "I'm so so sorry." I keep mumbling.

I'm sorry.

Ivana Orlichová & Alžběta Čapková



<https://www.wallpaperbetter.com/other-wallpaper/murder-shadow-9600>



THE CHALLENGE OF AFFIRMATIVE ACTION

The inscription above the United States Supreme Court reads, "Equal justice under law." This supposed axiom recently came under scrutiny as the court evaluated the contentious issue of affirmative action. The justices have taken up *Students for Fair Admissions (SFFA) v. Harvard*, challenging the university's race-conscious admissions policies. The underlying dilemma is both straightforward and polarizing: Is it appropriate for the government to consider race in its decisions?

Historically, the United States, like several other countries, has implemented policies giving advantages to individuals from specific racial, ethnic, or other groups by applying differing benchmarks. These policies vary globally. In some countries, they are limited to state-managed sectors, such as public infrastructure projects or state-run universities. In others, they extend to private entities, requiring consideration of racial composition in their workforce, contractors, and proprietors. The outcomes of such policies are inconsistent, with strikingly similar effects worldwide.

The Burden of History

These policies were introduced with the intention of rectifying historical wrongs and mitigating their lasting effects. Groups such as African Americans and India's Dalits—once referred to as "untouchables"—have endured significant injustices and still encounter discrimination. Preferential treatment for these groups appears to be a swift and effective method to create a more equitable society.

While there has been considerable advancement among these communities, attributing this progress directly to affirmative action is challenging. Economic growth also contributes to improvements, and some benefits, like the inspirational impact of high-profile role models for marginalized groups, are immeasurable.

Furthermore, it's difficult to ascertain how these groups would have fared without such interventions. For instance, Malays in Singapore, who do not receive special privileges, are three times wealthier than their counterparts in neighbouring Malaysia, where they do. Meanwhile, the drawbacks of affirmative action are becoming increasingly evident.

Allocating university spots to black students with lower test scores than their white counterparts may seem just, considering the historical backdrop of segregation. However, research at some U.S. universities revealed that black candidates who scored 450 points (out of 1600) lower than Asians on entrance exams had the same chances of admission. This approach is unfair to Asian students and does not motivate black students to excel academically in high school. In "Mismatch," Richard Sander and Stuart Taylor present evidence indicating that affirmative action may actually decrease the number of black lawyers by enrolling black students in law schools for which they are underprepared, leading to a high dropout rate. These students might have been more successful had they attended schools that matched their preparedness level.

The Impact and the Need for Reform

Even though affirmative action aims to assist historically marginalized groups, often the direct beneficiaries are not the poorest within those groups.



<https://www.aclu.org/news/racial-justice/moving-beyond-the-supreme-courts-affirmative-action-rulings>



For example, an American federal contracting program that gives preference to businesses owned by "socially and economically disadvantaged" individuals allows those significantly wealthier than the average American family to qualify as "disadvantaged" based on ethnicity alone. In South Africa, a notable figure benefiting from the "Black Economic Empowerment" initiative is estimated to be worth \$675 million and holds a prominent political position. This practice of allowing certain groups to charge more for public contracts benefits a small number of business owners but negatively impacts the broader public that depends on these services. This issue extends to civil service quotas; when employment is allocated for reasons beyond merit, governmental efficiency declines, a fact painfully obvious to anyone familiar with the bureaucracies in India or Nigeria. Additionally, policies favouring businesses owned by specific demographic groups are prone to exploitation, illustrated by the phenomenon of "Ali-Baba" companies in Malaysia, where an ethnic Malay (Ali) partners with a Chinese businessman (Baba) to secure government contracts through nominal ownership.

Although these policies tend to start with the intention of favouring narrow groups, they spread as others demand to be included. That American federal program began by awarding no-bid contracts to firms owned by Black people, Hispanics, and Native Americans; now it covers people with ancestry from at least 33 countries. In India, 60% of the population is eligible for privileges as members of scheduled castes, tribes, or "other backward classes." Such policies poison democracy by encouraging divisions along lines drawn by discriminatory rules. The anger thus stoked has helped stir bloody conflicts in India, Rwanda, and Sri Lanka. And such rules, once in place, are almost impossible to get rid of. In 1949, India's constitution said quotas should be phased out in ten years, but they are now more widespread than ever. America's policies have survived decades of legal pushback, though not unscathed.

A Path Forward

For example, The University of Texas (UT) justifies discriminating in favour of Black people not on the ground that society owes it to them but because it claims a diverse university offers a better education to all its students. That is a reasonable argument—some companies benefit from understanding a variety of customers, for instance, and the police probably keep order better if enough of them share a culture with the neighbourhood they patrol—but it does not wash for most institutions. In UT's case, although colleges benefit from a diversity of ideas, using skin color as a proxy for this implies that all Black people and all Chinese people view the world similarly. This reduces complex and multifaceted identities into a single visible attribute, which suggests a bleak view of human imagination.

Universities that want to improve their selection procedures by identifying talented people (of any colour or creed) from disadvantaged backgrounds should be encouraged. But selection on the basis of race is neither a fair nor an efficient way of doing so. Affirmative action replaced old injustices with new ones: it divides society rather than unites it. Governments should tackle disadvantage directly, without reference to race. If a school is bad, fix it. If there are barriers to opportunity, remove them. And if Barack Obama's daughters apply to a university, judge them on their academic prowess, not the colour of their skin.

Affirmative action's goal of creating equity is noble, but its implementation must be carefully reconsidered to ensure it truly promotes fairness and unity.

Oliver Erben



<https://www.aclu.org/news/racial-justice/moving-beyond-the-supreme-courts-affirmative-action-rulings>



THE CASE FOR PSYCHEDELIC-ASSISTED THERAPY

In the global fight against depression, PTSD, and suicide, traditional talk therapy and medication have so far persevered as the go-to methods, despite their occasionally apparent flaws. Studies and their derived data regularly show that both methods have some levels of success, however, those that significantly benefit from them are occasionally in the minority. Most importantly, they fail those who need them the most, such as those suffering from PTSD and severe depression. And it's exactly this inability to help those most in need that brings about the promising experiment of psychedelic-assisted therapy.

Psychotherapy, or the conventional approach of "talking to a therapist," has many drawbacks. Research conducted throughout the years has indicated that between 50 and 75 percent of patients who get psychotherapy experience partial or complete recovery. In contrast, this figure drops in the most extreme PTSD cases, which typically affect veterans of war.

For those with such serious mental health issues, psychedelic-assisted treatment offers a potentially helpful option. The potential therapeutic benefits of psychedelics, like psilocybin (the main element in magic mushrooms) and MDMA (often known as ecstasy), have drawn more attention in recent years. Under carefully monitored settings and in combination with psychotherapy, these drugs have demonstrated impressive outcomes in the treatment of disorders such as anxiety, addiction, depression, and PTSD.

The unique quality of psychedelic-assisted therapy is its capacity to trigger deep self-reflection and emotional discharge in patients. By eliciting transformative, mystical experiences, psychedelics have the ability to address the underlying causes of mental health illnesses in contrast to standard drugs that frequently only relieve symptoms. Through these experiences, people may be able to address and process ingrained trauma or maladaptive thought patterns in ways that may not be possible with traditional treatment alone.



<https://thepeacefulmindcounseling.com/how-psychedelics-help-improve-mental-health/>

The Phase 2 clinical trial on the use of MDMA-assisted therapy for the treatment of PTSD, carried out by the Multidisciplinary Association for Psychedelic Studies (MAPS), is one of the most prominent studies demonstrating the effectiveness of psychedelic-assisted therapy. The findings, which were released in the journal *Nature Medicine*, showed that after just three sessions, 67% of individuals in the MDMA-assisted therapy group no longer satisfied the criteria for PTSD, in contrast to 23% of participants in the control group who underwent therapy without MDMA.

Promising results have also been obtained in the study of psilocybin-assisted therapy for depression. In individuals who had previously resisted traditional therapies, psilocybin delivered in conjunction with psychotherapy significantly reduced depressed symptoms, according to a study done at Imperial College London. These outcomes remained months after the therapy sessions, indicating a long-lasting effect on the mental health of the subjects.

Psychedelic-assisted therapy detractors frequently raise issues regarding safety and potential misuse. Proponents counter that psychedelics can be safe and helpful if used appropriately by qualified medical practitioners in clinical settings. Strict pre-screening procedures, meticulous planning, and close supervision during treatment sessions all work to reduce risks and guarantee successful outcomes for patients.

Moreover, legislators and medical experts' perspectives have changed in response to the mounting body of evidence demonstrating psychedelics' therapeutic value. Numerous states have taken steps to decriminalize or legalize psychedelics for therapeutic use in recent years, realizing the potential of these drugs to reduce suffering and enhance mental health results.

So, in conclusion, psychedelic-assisted therapy offers a promising substitute for people who have not responded well to conventional treatments, even if standard talk therapy and medicines are still important instruments in the treatment of mental health conditions. A new age in mental health care may be brought about by increasing accessibility to these life-changing therapies as research into them advances and the stigma associated with them fades.

Daniel Adamec



THE VOICES AROUND US

Continued from Edition 2

Chapter 3: He Had A Dream

'August 1963–Washington D.C., United States'

I remember it as if it was today. Due to my job, I went away from Atlanta to Washington D.C. just for a few days, but what I never knew is that these days would turn out to be the most significant ones in my whole life. It was such a hot day, the sun was shining on the roads and burning my skin from the reflection. I was getting ready to leave my job early and head over to my unpretentious accommodation. It was like any other day I had spent there so far, and I got into the streetcar. As per usual when I entered the wagon, I asked someone what the number of the streetcar was. "828," they said. I found it quite amusing since it was exactly the 28th of August, 8/28. I smiled, found a free seat by touch and sat down.

In that moment, a few more people entered and I heard so many enthusiastic voices. They were talking about attending the 'March on Washington for Jobs and Freedom' at the Lincoln Memorial. I was truly captivated by their words, everybody was talking about it. All of these people were Afro-Americans, I knew, since the streetcars were still segregated by race.

8 years ago, a wonderful and brave woman, Rosa Parks, fought for our equality on public transport, nonetheless, we all knew black discrimination was still prevalent. What we did not know was that it may be changed in a few hours.

I decided to follow the crowd and got off the streetcar near the Lincoln Memorial. It was truly difficult for me to keep up with everyone, but when I heard the loud cheering I knew my destination. I somehow managed to get through the crowd on the sides until I was able to hear the speakers.

Honestly, I do not even remember how. I stopped for a moment to catch my breath and in that exact moment a woman with familiar and beautiful deep voice shouted, "Tell them about the dream, Martin!" and that was when the most life changing experience for me began.

"This is the greatest demonstration for freedom in the history of our nation," he said. He portrayed the most astonishing reference in the history of speeches: "Five score years ago," he started in the same way Abraham Lincoln did exactly a century ago during his Gettysburg Address. King did so in the same exact way while standing on the Lincoln Memorial. How poetic. He referenced us as "my people" and he was right, in that moment we all were "his people." He gained power from us, from the cheering of the crowd and the opportunity he had.



<https://www.theguardian.com/music/2022/may/19/mahalia-jackson-martin-luther-king-al-sharpton>



There was something in his speech that captivated all of us, the repetition, the anecdote, whatever it was, we all felt connected to him, he was speaking to us, to his people. The repetition, that was it. The beauty of his phrases "This is our hope", "One hundred years later" or his powerful and well-known "I have a dream." He held power over my emotions, over everybody's. King had the vision, he transformed this dream into hope and managed to unite us under "the all."

"With this faith, we can work together, pray together, struggle together. Old or young, black or white, we are all God's children" he told us. That was all we needed to hear. Even though he connected us through faith and belief, everybody could interpret that how they wished and each of us took from it what we needed and craved to hear. I was astonished by the language as something about it was so powerful that even without my sight, I saw everything.

I could hear people clapping and cheering whenever he repeated "I have a dream." People were crying, sobbing, I felt them falling to the ground and stomping their feet against the rocky road. These were my first tears since the death of my parents. I had not cried since I was nineteen, and I did not even think that it was possible anymore. It was the most powerful day I have ever experienced. King really spoke to everybody's soul which had been maltreated by the government for many decades.

"Free at last" he shouted, he repeated, he carved his message into our bodies and minds craving equality. Even though everybody had a different interpretation, deep down in our hearths, we all knew the same thing. This was the time for all Negroes to unite and finally fight for justice, for our freedom. "Let freedom ring" as Martin said, and we truly let it rang...

Chapter 4: Through Future Eyes

'2023–Atlanta, Georgia, United States: 60 years later, two generations later'

...And that is what I said to my grand-daughter Rosela, who was sitting next to my daughter Amala in our new home in Atlanta. Now 60 years later, I was sitting here with both of my girls who were experiencing a completely different life and each one, the one of her own. They were the ones I valued the most.

And in that moment, Rosela faced me and replied: "Wow, grandma, I never heard this interpretation before. I remember that we learned about it in school, but I believe that it was never considered as such a significant moment by my class nor our teacher," she said with short breath. "Our teacher portrayed it as an example of a manipulative speech rather than significant and groundbreaking. According to her, it was mostly effective through the language, but not as much through the message. It was only manipulating people's emotions to achieve a goal set by the government, she told us."



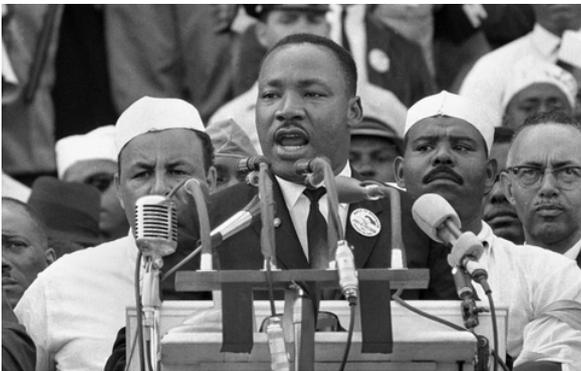
<https://www.britannica.com/biography/Martin-Luther-King-Jr>



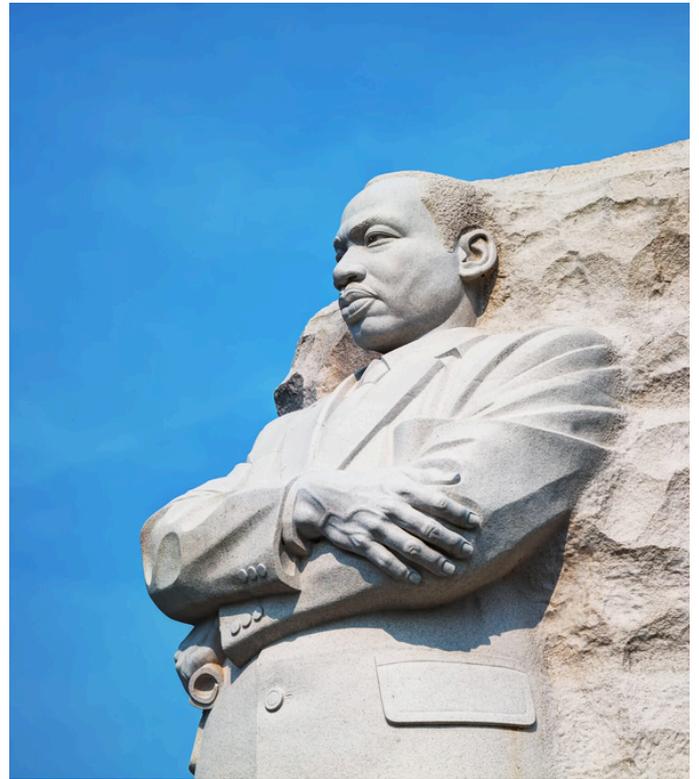
I gasped. It was like somebody ran a knife through my heart. How could it be considered as non-significant? Such an important moment for us as people, as humans. It's been 60 years indeed, but that is not so long as to be forgotten! A small tear ran down my cheek and I saw that my daughter's eyes watered as well. I took a deep breath and replied with breaking voice: "Well there you have it dear, for every culture, for every race, every religion, something else is valued."

"For our community, those are the words of Martin Luther King Jr., who allowed us blacks to stand on our feet and fight for our rights. For who we are. He had a dream and we all had it with him in 1963. Now, 60 years later in 2023, you are living it. You are living the dream. Martin's dream, Mahalia's dream, my dream, your mother's dream, the dream of us all. This public speech is till today a display of power, and its language persuaded and influenced the emotions of the people present and even the later generations."

I beckoned Rosela to sit next to me. She carefully sat down and held me by my arm. I felt her light and soft fingers on my elbow. I slowly put my hands up and held her face in my palms. I could not see her, but I knew she was so beautiful. She was my dream, she was worthing waiting for. And finally the voices around us 60 score years ago, were finally heard.



<https://www.britannica.com/biography/Martin-Luther-King-Jr>



<https://www.apsva.us/departments/school-community-relations/mlk-contest/>

About Martin Luther King Jr.

Martin Luther King Jr. was an American Baptist minister born on January 15th, 1929 in Atlanta, Georgia, United States of America. He led the civil rights movement through the late 1950s until his assassination in 1968. King is well-known for his historical speech "I have a dream" delivered on the marble steps of Lincoln Memorial in Washington D.C. on August 28th, 1963 during the March on Washington. The impact of his speech and the movement put an end to legal segregation of the Afro-Americans in the U.S. King is one of the most famous social activists promoting civil rights in history. He was awarded the Nobel Peace Prize in 1964.

Nikita Jetmarová



HOW ATHLETES SPEND THEIR HOLIDAYS

Have you ever wondered how athletes spend their vacations?

It is difficult to answer this question, but despite this fact, we will try to answer it in this article. Imagine that you are an athlete with a huge salary and only once a year you can enjoy a short vacation without training and constant pressure, you have endless possibilities of how to spend your holidays. Some athletes train hard all the time to beat others, others just party and enjoy life, and others spend the holidays with their family and friends and give them the love they otherwise do not have the time to give. To give you an idea of how athletes spend it, we will show you different examples from the world of sports.

Footballers like Cristiano Ronaldo and Lionel Messi spend their holidays very similarly. Both are some of the best footballers on the planet and their holidays depend on that. Both keep themselves in perfect physical condition, and even though they visit luxury holiday resorts worldwide, they keep an eye on their diet and check that they are getting enough nutrients. They also train constantly and regularly. They spend enough time in the gym and on the field every day. They also do not forget about regeneration and undergo various therapies and other interventions for better and more effective regeneration. They also care about the most important thing, and that is their families. The rest of the time they devote only to them.

On the opposite end are Manchester City's Jack Grealish and Brazilian striker Neymar Junior. These players have a completely different idea of what the holidays should look like, full of fun and everything enjoyable. They go to locations with great nightlife and their vacations depend on that too. Even though they both have wives, they often leave them at home and go out alone with their friends to night bars and clubs. They spend their days at the pools and lazing around doing nothing. So, they completely forget about sports and prioritize their entertainment. Quite often they do not resist alcohol and really enjoy the nightlife to the fullest. It is necessary to mention that after such holidays full of alcohol, unhealthy food, and entertainment, it takes them a long time to get in shape and they are quite often criticized for it. Despite these facts, during the season they perform well and are at the top. But the question is: What if they spent their days differently and how would that affect the rest of their season?

Overall, we see a huge diversity in how athletes spend their holidays and prioritize different things. It is a great mix of family, fitness, fun, lazing around, and sports. Some even prove their determination and discipline on vacation in the sport they love and show that the athlete's work never ends. How and with whom he spends his holidays also tells us something and depicts the character of an athlete about whom we otherwise do not know much. Overall, vacations are a big part of every athlete and as we can see, it is best to find the healthy balance between the two extremes for the best experience and results.



<https://www.promiflash.de/news/2022/06/26/niedlich-cristiano-ronaldo-und-georgina-im-familienurlaub.html>

Frederick Bawia





Words have the power to change the world, so we've been choosing them carefully for seventeen years.

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