

# 4You

magazine

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Student of the month  
**STEFAN PAVLOVIĆ - HOĆE GA  
I DOBRE OCENE I MEDALJE!**

**GENERATION#**  
TINEJDŽERI SU SHVATILI KAKO DA  
SE POIGRAVAJU SA INSTAGRAMOVIM  
ALGORITMOM ZA PRAĆENJE

MUSICBOX  
**FRAJLE**

Besplatno

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Naslovna:  
FRAJLE

## Uvodnik

Tokom godina uvodna priča našeg časopisa je uvek bila posvećena temama kao što su Novogodišnje odluke, pozitivne promene, Novogodišnja slavlja i tradicije, i lista se nastavlja. Međutim ove godine, ovaj uvodnik je rezervisan za promene, ili bolje reći poboljšanja izgleda i sadržaja našeg časopisa.

#### Novi izgled časopisa za Novu godinu

Bio je to decembar 2002. godine, kada je izašao prvi broj našeg časopisa i od tada, uglavnom zahvaljujući vama, našim čitaocima, ovaj časopis je ostvario mnoga dostignuća i uspehe. Jedno od ovih dostignuća je činjenica da će ove godine časopis proslaviti 20 godina postojanja. Zbog toga je i prigodno da smo ove godine rešili da prvi put sprovedemo niz promena. Verujemo da one čine naš časopis prikladnijim za ukus čitalaca 21. veka i nadamo se da ćete ih odobriti.

#### Novi logo

Bez sumnje, najvažnija promena koju smo primenili je naš logo. Posle 20 godina opraštamo se od našeg starog loga - „For You 4U“. On je zamenjen našim novim modernim logom - 4You Magazine. Kao što možete da vidite, promene se odnose samo na logo a ne na samo ime, zato što sada verujemo, baš kao što i verovali pre 20 godina, da se ovaj časopis izdaje za Vas.

#### Novi dizajn i novi sadržaj

Razvoj društvenih medija je bez sumnje uticao na sve tradicionalne vrste medija. U takvim uslovima, normalno je da smo odlučili da preispitamo dizajn i sadržaj koji ćemo obrađivati u našem časopisu. Razlog za to je vrlo jednostavan, savremeni čitalac želi više interaktivnih sadržaja i priča. Baš zato će naš časopis sadržati nove rubrike koje vas više zanimaju.

**GENERATION #, WELLBEING & TEENS, YOUR OPINION ABOUT...**..su samo neke od novih rubrika za koje se nadamo da će vam se sviđati. Pokrenućemo i novu rubriku **DO IT YOURSELF**, gde ćemo predstavljati različite projekte koje možete da uradite kod kuće ili u školi, sami ili uz pomoć prijatelja. Vredi spomenuti da će neke od rubrika poput **STUDENT OF THE MONTH** ostati iste a neke druge će biti rebrendirane. Npr. **SPORT'S CORNER** smo promenili u **SPORT'S & HEALTH**, tako da ćemo pored intervjua sa različitim sportistima uključiti i priče o zdravom životu i fitness aktivnostima.

#### Istražite novi časopis

Nemoguće je predstaviti sve promene u ovoj kratkoj rubrici. Stoga je na vama da istražite ovo izdanje magazina. Takođe bi vam bili zahvalni ako bi nam poslali svoje mišljenje i komentare o novom izgledu našeg časopisa. Svoja mišljenja možete poslati na našu mejl adresu ili na stranice društvenih medija (Facebook i/ili Instagram) koje možete pronaći na našoj naslovnoj stranici ili u uokvirenoj rubrici sa strane.

Leonora

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# Editorial

Throughout the years, every January the editorial story of our magazine has always been dedicated to topics such as New Year Resolutions, positive changes, New Year celebrations and traditions, and the list goes on. This year, however, this editorial is reserved to the changes, or better said improvements in the look and content of our magazine.

## A new look magazine for the New Year

It was December 2002, when the first issue of our magazine was published and since then, mainly thanks to you, our readers, this magazine has accomplished many milestones and successes. One of these milestones is the fact that this year the magazine will celebrate its 20th anniversary. Therefore, it is only befitting that this year, for the first time ever we have decided to implement a host of changes. We believe they make our magazine more suitable for the taste of the 21st century readers and we do hope that you will approve them.

## New Logo

Without a doubt, the most important change we have implemented is the logo. After 20 years we say goodbye to our old logo - for you 4U. It is replaced by our new modern logo - 4You Magazine. As you can see, the changes apply only to the logo but not the name itself as we believe now, just as believed 20 years ago, that this magazine is published for you.

## New design and new content

The development of social media has without a doubt affected all the traditional types of media. In this climate, it is normal we have decided to rethink the design and the content we will be covering in our magazine. The reason is very simple, the modern reader wants more interactive content and stories. Which is why, the magazine will contain new columns that are of bigger interest to you.

**GENERATION #, WELLBEING & TEENS, YOUR OPINION ABOUT...** are just some of the new columns that we hope you will appreciate. We will also start a new **DO IT YOURSELF** column, wherein we will introduce various projects you can do at home or school, alone or with the help of your friends. It is worth mentioning that some of the columns like **STUDENT OF THE MONTH** will remain the same and some others will be rebranded. For example, we have changed **SPORTS CORNER** into **HEALTH & SPORTS**, so that in addition to interviews with various athletes we will also include stories about healthy living and fitness activities.

## Explore the new magazine

It is impossible to introduce all the changes in this short column. Therefore, it is up to you to explore this edition of the magazine. We would also appreciate it a lot if you would give us your thoughts and comments about this new look magazine. You can send your opinions on our mail address or social media (Facebook and/or Instagram) pages that you can find on our cover page or on the about side column.

Leonora

# 4You magazine

"4You magazine" is an official publication of KFOR, produced and financed by KFOR, printed in Kosovo and distributed freely. The contents do not necessarily reflect the official point of view of the coalition or that of any of its member states. KFOR accepts and welcomes your opinions, it will publish some of these, eventually in a condensed form. If requested the name of the writer will be withheld but no anonymous, defamatory or malicious letters will be printed.

## Chief Editor:

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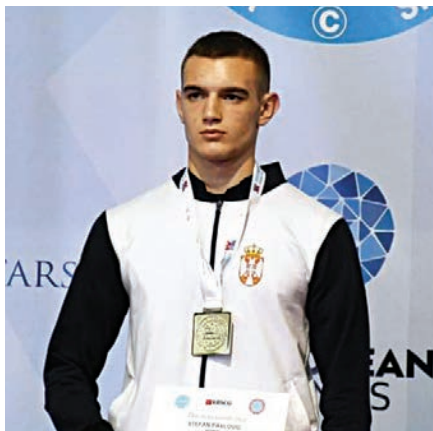
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Cover:  
**FRAJLE**

## STEFAN PAVLOVIĆ – HOĆE GA I DOBRE OCENE I MEDALJE!



Stefan Pavlović

Stefan Pavlović je učenik treće godine, smjera za fizioterapeute. Odmah na početku razgovora kaže da su mu omiljeni predmeti masaža i kineziologija, jer su vezani sa posao kojim planira nekada da se bavi. Nepune dve godine bavi se kik-boksom.

Kao deo Kik Box Kluba "028" osvojio je veliki broj medalja u prethodnom periodu. Još od malih nogu, bavio se sportom, u školi je igrao za školske timove, ali ga nijedan od tih sportova nije ispunjavao kao kik boks. Od kada je otišao na prvi trening, zaljubio se u taj sport, ne znajući da će biti toliko uspešan. Trener je ubrzo prepoznao njegov talenat i posvetio mu svoj trud i

*Dobar drug, dobar đak i odličan sportista. Spreman da u sportu kojim se bavi dosegne što više zlatnih odličja i medalja. U ovom broju 4You Magazina predstavljamo vam Stefana Pavlovića, 16-godišnjeg učenika srednje Medicinske škole sa domom učenika u Kosovskoj Mitrovici.*



znanje.

Nedavno se takmičio na Evropskom prvenstvu koje je održano u Crnoj Gori. Nažalost, u finalu je poražen od nemačkog takmičara, ali ne žali puno zbog toga, jer je budućnost pred njim. „Lep je osećaj biti viceprvak Evrope, osvojiti srebro na takvom turniru...

Mislim da je moj nastup u finalu mogao biti mnogo bolji. Imao sam dobre šanse da pobedim protivnika, ali me je 'dobio' na iskustvo. Zadovoljan sam urađenim, ali želim da budem mnogo bolji, trudiću se i dalje“, kaže Stefan. Dodaje da su mu omiljene medalje zlatna i srebrna sa Balkanskog i Evropskog prvenstva.

### *Rad, trud i znoj*

Radne dane ovaj momak provodi u školi i u ringu. Priznaje da nema puno slobodnog vremena, koje se trudi uglavnom da posveti porodici i prijateljima. Ima punu podršku roditelja i društva. Profesori mu takođe izlaze maksimalno u susret, opravdavaju časove, pomažu mu kako i koliko mogu.

“Da bi bili uspešni u bilo kom poslu, pa i u sportu, potrebno je uložiti puno rada, truda, znoja... Neretko se tokom treninga ili kik-boks meča prolje i po koja kap krvi. Treniramo dva do tri sata dnevno, svakog radnog dana. Svaki sport ima svoje prednosti i mane. Pozitivno kod kik-boksa je to što na treninzima i takmičenjima upoznajemo nove ljude, uspostavljamo kontakte...





Mane ovog sporta su silne povrede i udarci, koji mogu da utiču na naša tela za 20, 30 godina", objašnjava Stefan.

### *Bavite se sportom i obrazujte se*

Kao i svaki tinejdžer voli muziku i filmove. Voli da čita, ali i da provodi vreme na internetu i društvenim mrežama, gde prati svoje omiljene sportiste i uzore. Trudi se da vodi računa o ishrani, načinu života i disciplini. Nada se da će jednog dana postati uspešan fizioterapeut. Ima mnogo planova koji se tiču sporta. Svojim vršnjacima poručuje da rade na sebi jer se uvek svaki trud isplati.

*„Klonite se loših navika, bavite se sportom, čitajte i obrazujte se. Želim i svim svojim vršnjacima da budu vredni i radni. Slušajte svoje roditelje, trudite se i uspeh neće izostati“, kazao nam je ovaj momak.*

*Stefanu, kao i svim ostalim uspešnim đacima želimo da ispune sve svoje želje i planove u Novoj 2022. godini i da u punom sjaju nastave da ostvaruju sve veće i veće uspehe.*



## **STEFAN PAVLOVIĆ – EASILY GETS GOOD GRADES AND WINS MEDALS!**

*A good friend, a good student and a great athlete. He is ready to win as many gold medals and awards as possible in the sport he plays. In this issue of 4You Magazine, we present Stefan Pavlovic – a 16-year-old student of the Medical High School with a dormitory in Kosovska Mitrovica.*

Stefan Pavlovic is a third year student, with a major in physiotherapy. Right at the beginning of the conversation, he says that his favorite subjects are massage and kinesiology, because they are related to the job he plans to do. He has been involved in kickboxing for less than two years.

As a member of the Kick Box Club "028", he won a large number of medals in the previous period. From an early age, he played sports; he played for school teams at school, but none of those sports fulfilled him as much as kickboxing. Ever since he went to the first training, he fell in love with the sport, not knowing that he would be so successful. The coach soon recognized his talent and devoted his effort and knowledge to him.

He recently competed at the European Championships held in Montenegro. Unfortunately, he was defeated by a German competitor in the final, but he does not regret it much, because the future is before him. "It is a nice feeling to be the vice-champion of Europe, to win silver in such a tournament... I think that my performance in the final could have been much better. I had a good chance to beat my opponent, but he 'got' me because he was more experienced. I am satisfied with what I have done, but I want to be much better, and I will continue to work hard," says Stefan. He adds that his favorite medals are gold and silver from the Balkan and European Championships.

### *Work, effort and sweat*

This guy spends his working days at school and in the ring. He admits that he doesn't have a lot of free time, which he tries to spend mostly with his family and friends. He has the full support of parents and society. The professors also meet his needs as much as possible, justify his

absence, and help him as much as they can.

"In order to be successful in any business, even in sports, it is necessary to invest a lot of work, effort, sweat... Even a few drops of blood are often shed during training or a kick-boxing match. We train two to three hours a day, every working day. Every sport has its advantages and disadvantages. The positive thing about kickboxing is that we meet new people at trainings and competitions, establish contacts... The disadvantages of this sport are severe injuries and blows, which can affect our bodies in 20, 30 years," explains Stefan.

### *Engage in sports and get educated*

Like every teenager, he loves music and movies. He likes to read, but also to spend time on the Internet and social networks, where he follows his favorite athletes and role models. He tries to be careful about his diet, lifestyle and discipline. He hopes to one day become a successful physiotherapist. There are many plans regarding sports. He tells his peers to work on themselves because every effort always pays off.

*"Stay away from bad habits, play sports, read and educate yourself. I also wish for all my peers to be diligent and hardworking. Listen to your parents, work hard and success will follow," this guy told us.*

*We wish Stefan, as well as all other successful students, to fulfill all their wishes and plans in the New 2022 and to continue to achieve ever greater success in full glory.*



## „MLADI TREBA DA SA SIGURNOŠĆU GLEDAJU U BUDUĆNOST, JER JE BUDUĆNOST NJIHOVA!“

*U oktobru 2021, general-major Ferenc Kajári iz Mađarske preuzeo je komandu nad KFOR-om kao 26. komandant KFOR-a. S obzirom na značaj ove pozicije i činjenicu da se u svim pojavljivanjima general-major Kajári uvek vidi u vojnoj uniformi, lako je zaboraviti da se iza uniforme krije porodični čovek, pun ljubavi i brige za svoje bližnje i koji je posvećen tome da pomaže ljudima u nevolji. U ovom ekskluzivnom intervjuu za prazničnu sezonu general-major Kajári se složio da sa nama podeli nešto više o svom detinjstvu, porodici i životu uopšte.*

*Kosovo je poznato po svom raznolikom društvu. Kako mlada generacija može iskoristiti ovu raznolikost da izgradi bolju budućnost za sebe?*

Raznolikost je dobra! Ona naš život čini šarolikijim, a takođe pruža i sjajnu priliku da naučimo da prihvatamo druge i način na koji drugi vide svet oko nas. Ako pokušamo da nešto posmatramo iz tuđe tačke gledišta, time nam se mogu otvoriti novi vidici. Na taj način ćemo bolje razumeti svet, a zatim i biti u stanju da se prilagodimo novim okolnostima, bićemo fleksibilniji, a samim tim ćemo imati i više šansi za uspeh.

## Možete li nam ispričati neko svoje iskustvo iz mladosti za koje mislite da je uticalo da postanete osoba kakva ste danas?

Kada sam imao 14 godina, otišao sam u vojnu školu daleko od moje kuće. Tokom tih godina naučio sam da ništa nije besplatno i da treba vredno raditi da bi se postigao cilj, ali i da postoje okolnosti kada ni trud ni posvećenost nisu dovoljni. Naučio sam i da je bez prijatelja teško preživeti i da se moraju donositi odluke a kasnije snositi posledice za iste i da za loše odluke ne možemo kriviti druge.

## Kada biste mogli da razgovarate sa sobom kao detetom, šta biste rekli sebi?

Ovo je šakaljivo pitanje. Kad se setim mlađeg sebe, mislim da sam previše brinuo zbog budućnosti i da li sam doneo prave odluke. Zato bih verovatno mlađem sebi jednostavno rekao: Samo živi svoj život i pokušaj malo više da uživaš u sadašnjosti! Radi ono što misliš da je ispravno, ali pre svega ne razmišljaj previše o budućnosti. Opusti se, napravićeš prave izbore, sve će biti u redu! (Ali stvarno bih želeo da mi se upravo sada obrati moje ja iz budućnost i da mi kaže nešto slično!)

## Koje savete neprestano ponavljate svojoj deci?

Moja deca su odrasli ljudi - ili barem tako misle ☺! Dok su bili školarci, govorio sam im da ne uče ni za nastavnike, niti za mene i njihovu majku. Uče za sebe, jer ono što nauče niko im ne može oduzeti i to znanje mogu da iskoriste kasnije u životu da napreduju i postignu svoje ciljeve.

## Ko vam je bio uzor tokom odrastanja?

To je teško pitanje, često su mi ga postavljali u školi kada sam bio klinac i uvek bih nekoga izmislio. Ali iskreno, nikada nisam imao samo jednu osobu kao uzor. Želeo sam da budem dobra,

# "THE YOUTH SHOULD LOOK INTO THE FUTURE CONFIDENTLY, BECAUSE THE FUTURE IS THEIRS!"

*In October 2021, Major General Ferenc Kajári from Hungary took over the command as the 26th KFOR Commander. Considering the importance of this position and the fact that in all public appearances Major General Kajári is always seen in his military uniform, it is easy to forget that behind the uniform is a loving and caring family man dedicated to helping people in need. In this exclusive interview for the holiday season Major General Kajári has agreed to share with us something more about his childhood, family, and life in general.*

## *Kosovo is known for its diverse society. How can the young generation take advantage of this diversity to build a better future for themselves?*

Diversity is good! It makes our life more colorful and also gives a great opportunity to learn to accept others and how others see the world around us. If we try to look something from the viewpoint of others it might open up a new dimension for us. In this way we will have a better understanding of the world and later will be able to adjust to new circumstances, will be more flexible and thus will have better chances for success.

## *Could you tell us about an experience from your youth that you think has helped shape the person you are today?*

When I was 14 years old, I went to a

military school far away from my home. During those years I learned that nothing comes for free, one should work hard to reach his goals but there are circumstances when even hard work and dedication is not enough. I also learned that without friends it is hard to survive and that one has to make decisions and later has to bear the consequences of it, and it does not help to blame others for the bad choices.

## *If you could meet yourself as a child, what would you tell yourself?*

It is a tricky question. When I remember back to myself, I think I worried too much about the future and whether I had made the right decisions. Therefore, I probably just would tell the young myself: Just live your life and try to enjoy the present a bit more! Do what you think is right to do, but most of all do not worry too much about the future. Relax, you will make the right choices, it will be OK! (But I really would wish that the future myself would come back to me right now and would tell me something similar!)

## *What advice do you repeatedly give to your children?*

My children are grown ups - or at least so they think ☺! When they were school kids, I used to tell them that they are not learning for the teachers or for me and their mother. They are learning for themselves, because what they learnt could not be taken away from them and they could use it in the future to get ahead in life and reach their goals.

samouverena, jaka i pouzdana osoba, koja pomaže drugima u nevolji, ali najviše od svega želeo sam da budem svoj.

## *Ko je bio vaš omiljeni superheroj?*

Kada sam bio dete, superheroji



**Čarobna olovka**

nisu bili uobičajeni (znam da su oni zaista retki, ali barem u mom detinjstvu oni nisu bili česti posetioци u Mađarskoj ☺). Najbliži superheroj – ako se vratim u prošlost, bio je jedan od crtanih likova kojeg sam voleo kao dete – bio je to dečak iz crtanoг filma „Čarobna olovka“. Ako mu je nešto trebalo, on bi to jednostavno nacrtao i to bi postalo stvarno. Koristio je tu „moć“ da pomogne drugima i spasi one koji su bili u nevolji.

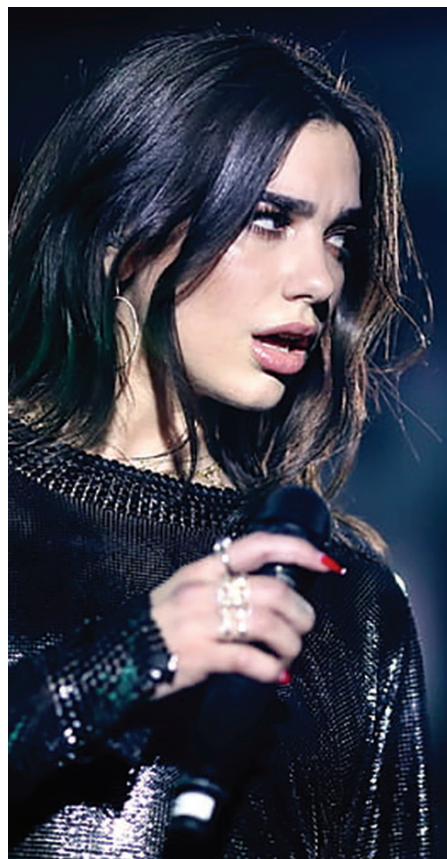
Drugi, možda poznatiji lik nalik na „super heroja“ bio je Obeliks iz francuske crtane serije Asteriks i Obeliks. Sviđao mi se taj crtani film i dopadao mi se način na koji je on uvek spasavao svoje pleme od rimskih legija.

Kada pričamo o modernim superherojima, omiljeni su mi Ajron Men i Kapetan Amerika.

## *Koju vrstu muzike/žanr najviše volite?*

Oduvek sam voleo muziku (pop i rok) i ona me je pratila kroz čitav život. Svaka faza mog života može da se poveže ili poistoveti sa nekim bendom ili pevačem. Na primer, ako čujem

„Fast Car“ od Trejsi Čepmen (čitaocima Magazina 4U je verovatno poznata iz remiksa Džonasa Blua i Dakote), ona me vraća direktno u 1988. kada sam dobio čin poručnika jer mi je to bila omiljena pesma u to vreme. Kada sam služio u Sudanu, jedini album na mom kompjuteru bio je od mađarskog



godina, kada budem slušao „Levitating“, budiće mi sećanja na Kosovo.

## *Koji je vaš omiljeni sport i sportista?*

Kada sam bio mlad trenirao sam karate tako da su mi borilačke veštine bile omiljene. Kasnije, kada sam počeo da vozim motor, počeo sam da pratim seriju Motor GP i postao obožavalac „Doktora“, Valentina Rosija.







## *Koja je vaša novogodišnja odluka/lični cilj za 2022?*

Obično nemam naviku da donosim novogodišnje odluke, ali mislim da je trenutna situacija posebna i zahteva posebne mere. Komandovati tako velikom organizacijom kao što je KFOR je ogromna privilegija, ali i izuzetna odgovornost. Mnogi ljudi i mnogi životi zavise od odluka koje donosi komandant. I zato, moj lični cilj za 2022. godinu je da uspešno obavim ovaj zadatak. Da radim svoj posao svaki dan sa stopostotnom posvećenošću detaljima i usmeravajući aktivnosti KFOR-a na podržavanje bezbednog i sigurnog okruženja za dobrobit svih ljudi na Kosovu.

## *I na kraju, šta bi bila vaša poruka za omladinu na Kosovu?*

**Moja poruka je da budemo tolerantni jedni prema drugima, da imamo sluha za druge, da prihvatimo one koji misle drugačije. Budite otvoreni za promene i nove izazove! Imajte plan za budućnost i naporno radite kako biste ga postigli, ali pre svega sa sigurnošću gledajte u budućnost, jer budućnost pripada vama!**

## *Who was your role model when growing up?*

That is a difficult question, it was asked frequently in the school when I was a kid and I always invented someone. But honestly, I never had one person as a role model. I wanted to be a good, confident, strong, and reliable person, who helps others in need, but most of all, I wanted to be myself.

## *Who was your favorite superhero?*

When I was a child, superheroes were not common (I know that they are really rare, but at least in my childhood they were not frequent visitors in Hungary ©). The closest to a superhero – if I think back, was one of the cartoon characters that I liked as I child – it was a boy from a cartoon titled “The magic pencil.” If he needed something, he just drew it, and it became real. He used this “power” to help others and save who was in trouble.

The other, maybe better known “superhero” like a character was Obelix, from the French Asterix and Obelix cartoon series. I liked that cartoon and liked the way he always saved his tribe from the Roman legions.

When talking about modern day superheroes, my favorites are Iron man and Captain America.

## *What music/genre do you prefer?*

I always liked music (pop and rock) and it follows through my life. Every stage can be connected to or identified by a band or singer. For example, if I hear “Fast Car” from Tracy Chapman (the readers of 4U Magazine might know it from the remix of Jonas Blue and Dakota) it flies me right back to 1988 when I was commissioned as a

lieutenant because that was my favorite at that time. When I served in Sudan, the only album on my computer was from a Hungarian band called “Unique.” I listened to it for months (there was no other choice) and when I hear the voice of the singer, I instantly feel the desert wind blowing to my face.

But my all-time favorite is “the Boss” – Bruce Springsteen. I like him very much and he takes me back to my high school years.

Currently I like to listen to Ed Sheeran and Dua Lipa. So, probably, in a few years’ time, when I will listen to “Levitating” it will bring back memories of Kosovo.

## *What is your favorite sport and who is your favorite athlete?*

When I was young, I did karate and thus martial arts were my favorite. Later, when I got into riding a motorbike, I started to follow the Motor GP series and became a fan of “The Doctor,” Valentino Rossi.

## *What is your New Year resolution/ personal goal for 2022?*

Normally I do not follow the habit to make New Year resolutions, but I think the current situation is unique and calls for unique measures. To command such a great organization as KFOR is a huge privilege but also an extraordinary responsibility. Many people and many lives depend on the decisions the commander makes. Therefore, my personal goal for 2022 is to accomplish this assignment successfully. To do my job every day with 100% attention to detail and focusing KFOR’s activity on supporting the safe and secure environment for the benefit of all people in Kosovo.

## *Finally, what is your message to the Kosovo youth?*

**My message is to be tolerant to each other, be receptive to others, accept those who think differently. Be open for changes and new challenges! Have a plan for the future and work hard for it, but most of all, look into the future confidently, because the future is yours!**



## 'UPOZNAJMO THE FRAJLE!

*Frajle (često stilizovano kao The Frajle) je tročlani ženski akustični bend iz Novog Sada. Bend je osnovan u leto 2009, a članice su Nataša Mihajlović, Nevena Buča i Jelena Buča. Od nastanka do 2021. godine bend je bio četvoročlani, kada je Marija Mirković objavila da se zbog privatnih obaveza povlači iz benda.*



### Koncerti i nagrade

Frajle godinama nastupaju na skoro svim gradovima širom Balkana. Takođe su održale koncerte u SAD, Austriji, Belgiji, Holandiji, Mađarskoj, Kanadi, Francuskoj i drugim zemljama. Pored koncerata na trgovima i u pozorišnim dvoranama, Frajle su nastupale i na drugim mestima - u avionu na 10.000 metara, u Evropskom parlamentu u Briselu, bolnici, manastiru, dečijem vrtiću, izlogu, itd. Osvojile su brojne nagrade među kojima

su dve MTV nagrade (MTV Gold Award) za spot 'Fina' i spot 'Pare vole me' - remiks DJ Gramophonedzie, 'Oskar popularnosti' za najprodavaniji album, 'Oskar popularnosti' za najbolju pop grupu, 'Runjićev galeb' za doprinos u muzici, 'NAXI' Radio nagradu za najslušaniju pesmu, 'Zlatna Bubamara' za balkansku grupu godine, nagrada 'Good Feeling', zatim, 'Hello' nagrada za humanost i još niz različitih nagrada i priznanja od strane publike, medija, kolega i kritičara.

### Izdanja

The Frajle su objavile šest studijskih albuma, od čega je prvi autorski materijal „Naš prvi album sa putovanja” poznat po prvom singlu i spotu za pesmu 'Ich liebe Dich' koji je kratkometražni film o ljubavi koji sadrži elemente kabarea. Drugi singl 'Štiklice', objavljen je početkom jula 2011. godine, a pesma 'Fina', osvojila je radio stanice i nagovestila veliki uspeh celokupnog albuma. Ista pesma je ekranizovana i potom je na MTV Top listi osvojila prvo mesto. U saradnji sa DJ Gramophonedzie, pesma 'Pare vole me', dobila je remiks verziju i spot koji je takođe dospao na čelo MTV Top liste, te zajedno sa spotom 'Fina', osvojio MTV Play Awards 2014. godine.

Drugo izdanje, EP 'A strana ljubavi', objavljeno je u proleće 2014. godine u saradnji sa istim izdavačima. Dve pesme sa ovog izdanja imale su zapažene video spotove: 'Kad se ljubimo' i 'Za kraj'. Ovim izdanjem, Frajle su potvrdile da uspeh prvog albuma nije bio slučajna. Na izdanju su sarađivale sa producentima kao što su Vojislav Aralica, Manjifiko, Ante



Gelo, čiji su pristupi dodatno osnažili vrednost projekta.

Treće izdanje 'B strana ljubavi' je izašlo 2015. godine. Na albumu se nalazi pesma 'Imala je lijepu rupicu na bradi', koja je u izvođenju Frajli dobila novu i interesantnu interpretaciju.

Autorska pesma 'Sarajevo' je hit u kom je Sarajevo opevano i opisano kao grad u koji se svako uvek rado vraća. Najavni singl 'Menjam dane', je u vrlo kratkom roku postao hit leta. Na albumu se takođe našla obrada pesme 'Vo kosi da ti spijam' Tošeta Proeskog.

Na albumu se nalazi i pesma 'Luda za tobom', a u verziji na francuskom jeziku gostuje svetski poznati gitaristički virtuoz Stochelo Rozenberg. Osim navedenih pesama, na albumu ima još autorskih pesama 'Tajna', 'Zašto ljubav mora da se krije', 'Moli me moli', koje donose novo ruho Frajli, ali i zadržavaju ono po čemu su postale poznate.

Četvrti album 'Ljubav na dar' je kolaž priča o ljubavi kao večitoj inspiraciji. Istakle su se pesme 'Ljubav na dar', 'Pekar', 'Ma daj lutko', 'Ne idi' i 'Kreni za mnom'. Hrvatska pevačica Vana se po prvi put kao autor pesme za druge pojavljuje upravo na ovom albumu (pesma 'Ne idi'). Među autorima, na albumu se pojavljuju i Alka Vuica i Vladimir Uzelac.

Sledeći album je objavljen 2018. godine za Croatia Records i na njemu su 18 pesama uživo snimljenih, dok su 2019. godine objavile svoj poslednji album za istog izdavača sa deset novih pesama.

Početak juna 2021. godine su objavile pesmu koju su posvetile svom muzičkom uzoru, preminulom Đorđu Balaševiću.

## LET'S MEET THE FRAJLE!

*Frajle (often called The Frajle) is a three-member female acoustic band from Novi Sad. The band was founded in the summer of 2009, and the members are Natasa Mihajlović, Nevena Buča and Jelena Buča. The band had four members from its inception until 2021, when Marija Mirković announced that she was withdrawing from the band due to private obligations.*

### Concerts and awards

Frajle has been performing in almost all cities across the Balkans for years. They have also performed in the USA, Austria, Belgium, the Netherlands, Hungary, Canada, France and other countries. In addition to concerts in squares and theaters, Frajle also performed in other places - on a plane at 10,000 meters altitude, in the European Parliament in Brussels, at a hospital, a monastery, a kindergarten, a shop window, etc. They have won numerous awards, including two MTV Gold Awards for "Fina" (Eng. Nice) and "Pare vole m" (Money Loves Me) - a remix by DJ Gramophonedzie, Oscar of Popularity for best-selling album, Oscar of Popularity for Best Pop Group, Runjić's Seagull award for contribution to music, NAXI Radio Award for the most listened song, Golden Ladybug for Balkan Group of the Year, Good Feeling Award, then, Hello Award for Humanity and many other awards and recognitions from the audience, media, colleagues and critics.

### Albums

The Frajle have released six studio albums, the first of which is "Naš prvi album sa putovanja" (Our First Travel Album), known for the first single and video for the song "Ich liebe Dich" (I love you), which is a short film about love that contains elements of cabaret. The second single "Štiklice" (Heels), released in early July 2011, and the song "Fina" (Nice), won over radio stations and foreshadowed the great success of the entire album. The same song was screened and then won first place on the MTV Top List. In collaboration with DJ Gramophonedzie, the song "Pare vole me" (Money Loves Me) got a remix version and a video that also reached the top of the MTV Top List, and together with the video for "Fina", won the MTV Play Awards in 2014.

The second edition, the EP "A strana ljubavi" (A Side of Love), was published in the spring of 2014 in cooperation with the same publishers. Two songs from this release had notable videos: "Kad se ljubimo" (When we kiss) and "Za kraj" (For the end). With this release, Frajle confirmed that the success of the first album was not accidental. At the release,

they collaborated with producers such as Vojislav Aralica, Magnifico, Ante Gelo, whose approaches further strengthened the value of the project.

The third edition of "B strana ljubavi" (B Side of Love) came out in 2015. The album includes the song "Imala je lijepu rupicu na bradi" (She Had a Nice Dimple in Her Chin), which, with the performance by Frajle, got a new and interesting interpretation.

The authorial song "Sarajevo" is a hit in which Sarajevo is sung and described as a city to which everyone is always happy to return. The announcing single "Menjam dane" (I Change Days) became a summer hit in a very short time. The album also includes a cover of Tose Proeski's song "Vo kosi da ti spijam" (To Sleep in Your Hair).

The album also includes the song "Luda za tobom" (Crazy for You), and the French version features the world-famous guitar virtuoso Stochelo Rosenberg. In addition to the mentioned songs, there are other author's songs on the album, "Tajna" (Secret), "Zašto ljubav mora da se krije" (Why Love Must Hide), "Moli me moli" (Beg Me, Beg Me), which bring a new spirit to Frajle, but also keep what they became famous for.

The fourth album "Ljubav na dar" (Love as a Gift) is a collage of stories about love as eternal inspiration. The songs "Ljubav na dar", "Pekar", "Ma daj lutko" (Really, Doll), "Ne idi" (Don't Go) and, "Kreni za mnom" (Follow Me) stood out. Croatian singer Vana for the first time created a song for someone else in precisely this album (Don't Go). Alka Vuica and Vladimir Uzelac also took part in this album as authors.

The next album was released in 2018 for Croatia Records and featured 18 live songs, while in 2019 they released their last album for the same publisher with ten new songs.

At the beginning of June 2021, they published a song dedicated to their musical role model, the late Djordje Balasevic.

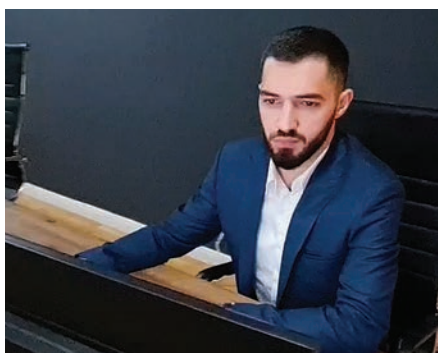
# BE TOLERANT

## ŠTA ZA VAS ZNAČI MEĐUETNIČKA TOLERANCIJA?

*U decembarskom broju 4You Magazina smo vas obavestili da smo pitali ljude različitog profesionalnog, etničkog i kulturnog porekla – šta za njih znači međuetnička tolerancija? Cilj nam je bio da ovim pitanjem istaknemo da smo, uprkos postojećim razlikama, duboko u sebi svi isti i želimo slične stvari. Ispod su najzanimljiviji odgovori koje smo dobili. Takođe možete pogledati video zapise svih naših ispitanika na našoj veb stranici na adresi: <https://magazineforyou.com>.*

### *Naš izazov za vas*

Pre nego što pročitate odgovore naših ispitanika, pozivamo vas da sebi postavite isto pitanje, a odgovor zapišete na parčetu papira. Zatim možete uporediti svoje odgovore i videti sličnosti koje možda imate sa našim ispitanicima.



ARBËR MEHANA

### *Međuetnička tolerancija nudi razvojne mogućnosti*

Među ispitanicima na naše pitanje bio je i ekonomista Arber Mehana. Njegov odgovor je bio fokusiran na ekonomske koristi tolerancije.

“Međuetnička tolerancija za mene znači prihvatanje i poštovanje ljudi različitih kultura, drugih vera i ponašanja. Iz moje perspektive, mesto gde različite etničke grupe žive u harmoniji je bezbedno okruženje koje će dodatno privući investitore, privući turiste i ponudiće mogućnosti za razvoj.”

### *Voleo bih da radim u multietničkoj kompaniji*

Student master studija Petar Đorđević, koji nakon diplomiranja želi da radi u multietničkoj kompaniji, ima sličan stav kao Arber: “Međuetnička tolerancija može unaprediti naše društvo u mnogim



PETAR ĐORĐEVIĆ



FATLUME KARAQICA

aspektima, uključujući ekonomski razvoj, koji bi ponudio dalje mogućnosti za zapošljavanje, tako da ćemo se ja i ljudi iz moje generacije razvijati ovde kod kuće. To je jedini način da napredujemo..”

### *Imamo više sličnosti nego razlika*

Treći odgovor došao je od studentkinje Fatlume Karaqice. Ona je odlučila da studira na IBC-M (Međunarodni poslovni koledž u Mitrovici), gde studenti svih nacionalnosti na Kosovu pohađaju kurseve vrhunskog kvaliteta u etnički mešovitim odeljenjima. Odgovarajući na naše pitanje, gospođica Karaqica je govorila o svom ličnom iskustvu

sa međuetničkom saradnjom: „Ovde u IBC-M imam priliku da uspostavam prijateljstva sa ljudima različitih nacionalnosti. Kada se bolje upoznamo, saznajemo da imamo više sličnosti nego razlika.”

## *Zaklela sam se da ću pomoći svima*

Doktorka Biljana Janićijević-Velić bila je još jedna naša ispitanica. Ona je izjavila: „Zaklela sam se da ću pomoći svima bez obzira na njihov društveni status ili etničku pripadnost. Za mene, međuetnička tolerancija znači tretirati sve na isti način.”



**BILJANA JANIĆIJEVIĆ-VELIĆ**

Svi naši ispitanici smatraju da tolerancija obezbeđuje prosperitet i razvoj. Jer tolerancija ne samo da nam pomaže da živimo zajedno u miru, već nam pomaže i da uklonimo naše samonametnute barijere. Kada smo tolerantni, otvaramo se da slušamo ideje, perspektive i mišljenja drugih ljudi. Na ovaj način se obogaćujemo i razvijamo i kao pojedinci i kao zajednica. Uostalom, u većini slučajeva nedostatak tolerancije je rezultat straha i neznanja prema nepoznatom. Shodno tome, kada smo tolerantni, znanje zamenjuje neznanje, a strah je zamenjen bezbednošću i saradnjom.

**Budite tolerantni.**



# WHAT DOES INTERETHNIC TOLERANCE MEAN TO YOU?

*In the December edition of the 4You Magazine we shared with you that we had asked people with different professional, ethnic, and cultural backgrounds - what does interethnic tolerance mean to them? Our aim with this question was to highlight that despite existing differences, deep down we are all the same, desiring similar things. Below are the most interesting answers we received. You can also watch the videos of all our respondents on our webpage at: <https://magazineforyou.com>.*

## *Our challenge to you*

Before you read the perspectives of our respondents, we invite you to ask yourself the same question, and write down your answer on a piece of paper. Then you can compare your answers and see the similarities you might have with our interviewees.

## *Interethnic tolerance offers development opportunities*

Among the respondents to our question was economist Arber Mehana. His answer focused on the economic benefits of tolerance. “For me, interethnic tolerance means to accept and respect people with different cultures, other beliefs, and behaviors. From my perspective, a place where different ethnicities live in harmony is a safe environment that will further attract investors, will attract tourists, and will offer development opportunities.”

## *I would like to work in a multiethnic company*

Master’s degree student Petar Djordjevic, who wants to work in a multiethnic company after graduating, has a similar view as Arber: “Interethnic tolerance can improve our society in many aspects, including economic development, which would offer further job opportunities, so me and people from my generation will develop here at home. This is the only way for us to progress.”

## *We have more similarities than differences*

The third perspective came from

student Fatlume Karaqica. She has decided to study at the IBC-M (International Business College Mitrovica), where students of all ethnicities in Kosovo benefit from top quality courses in ethnically mixed classes. In response to our question, Ms. Karaqica spoke about her personal experience with interethnic cooperation: “Here at IBC-M I have the opportunity to establish friendships with people of different ethnicities. When we get to know each other better we learn that we have more similarities than differences.”

## *I took an oath to help everyone*

Doctor Biljana Janicijevic-Velic was another interviewee of ours. She stated: “I have taken an oath to help everyone regardless of their social status or ethnicity. For me, interethnic tolerance means to treat everybody in the same way.”

All our respondents think that tolerance ensures prosperity and development. Because tolerance not only helps us live together in peace, but it also helps us remove our self-imposed barriers. When we are tolerant, we open ourselves to listening to the ideas, perspectives, and opinions of other people. This way we enrich and develop ourselves both as individuals and as a community. After all, in most cases lack of tolerance is a result of fear and ignorance towards the unknown. Consequently, when we are tolerant knowledge replaces ignorance and fear is replaced by safety and cooperation.

**Be tolerant.**

# OTKRIJTE 5 ZANIMLJIVIH ČINJENICA O SVETU KOJE ĆE VAS IZNEHADITI!

*Naš svet je pun fascinantnih kontrasta i ima beskrajan broj neobičnih činjenica koje možda ne znamo. Otkrićemo samo neke od njih sa sledećim zanimljivim činjenicama o svetu.*



1

## **Kanada, najviše jezera na svetu**

*Skoro je nemoguće zamisliti Kanadu bez slika Velikih jezera koje nam padaju na pamet, ali jedna od 5 zanimljivih činjenica je da u Kanadi ima više jezera nego u svim drugim zemljama na svetu zajedno... U stvari, zato što su tako velika, ona se zapravo, smatraju zatvorenim morima.*



2

## **Bolivija, najravnija zemlja na svetu**

*Ako mrzite brda, Bolivija je pravo mesto za vas. Jedna od zanimljivih činjenica o svetu je da ova zemlja nosi titulu najravnije zemlje na planeti. Takođe drži i druge rekorde kao što je najduža solana. Solane Ujuni su takođe najveća rezerva litijuma na svetu.*



3

## **Najstarija država na svetu je u Evropi**

*Možda vas neće iznenaditi da znate da je Stari kontinent dom nekih od najstarijih država na svetu. Ali, što je još zanimljivije, titula najstarije države na svetu ide u San Marino. Mala država koja se prostire na samo 62 kvadratna kilometra, prvobitno je formirana 301. godine nove ere.*



4

## **Najduža kopnena granica Francuske nalazi se u Brazilu**

*Ne, nije da smo loši u geografiji, ali možda postoji neka kvačka sa ovom zanimljivom činjenicom o svetu. Brazil i Francuska dele granicu od 673 kilometra zahvaljujući Francuskoj Gvajani - nešto što verovatno niste znali o ovim državama.*



5

## **Kornjača - Lični ljubimac Čarlsa Darvina nije umrla do nedavno**

*U redu, tehnički ona nije bila njegov ljubimac, ali nakon svog obilaska ostrva Galapagos, Čarls Darwin je vratio petogodišnju kornjaču koju je nazvao Harijet. Nadživela je svog usvojitelja za 124 godine, na kraju je doživela neverovatnih 176 godina. Harijet je svoje poslednje godine živela kao deo porodice Stiva Irvina "Lovca na krokodile" u Australiji, sve dok nije umrla 2006.*

# DISCOVER 5 FUN FACTS ABOUT THE WORLD THAT WILL SURPRISE YOU!

*Our world is full of fascinating contrasts and have an endless number of curious facts that we may not know. We'll reveal just a few of these with the following fun facts about the world.*



1

## Canada, the most lakes in the world

*It's almost impossible to think of Canada without images of the Great Lakes coming to mind, but one of the fun facts is that there are more lakes in Canada than in all the other countries in the world combined? In fact, because they're so large, they are actually, considered to be enclosed seas.*



2

## Bolivia, the world's flattest country

*If you hate hills, Bolivia is the place for you. One of the fun facts about the world is that this country holds the title of being the flattest country on the planet. It also holds other records such as having the longest salt flat. The Uyuni salt flats are also the largest lithium reserve in the world.*



3

## The world's oldest country is in Europe

*It may not surprise you to know that the Old Continent is home to some of the oldest countries on earth. But, more interestingly the title of the world's oldest country goes to San Marino. A small country covering just 62 square kilometres, originally formed in 301 AD.*



4

## France's longest land border is in Brazil

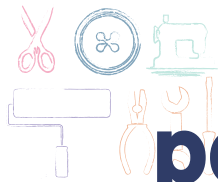
*No, it's not that we're bad at geography, but perhaps there's a bit of a catch with this fun fact about the world. Brazil and France share a 673-kilometre border thanks to French Guiana - something you probably didn't know about these countries.*



5

## Charles Darwin's personal pet tortoise didn't die until recently

*Okay, technically she wasn't his pet, but after his tour of the Galapagos Islands, Charles Darwin brought back a five-year-old tortoise he named Harriet. She outlived her adopter by 124 years, ultimately making it to a whopping 176 years old. Harriet lived out her final years as part of the family of Steve "Crocodile Hunter" Irwin in Australia, until she passed away in 2006.*



# Saksija za uzgoj paradajza naopako

*Internet je pun neverovatnih ideja za razvoj projekata „DIY – uradi sam“. Nedavno smo naišli na jedan takav projekat koji nam se toliko dopao da smo odlučili da ga predstavimo u našoj rubrici Uradi sam. Sam projekat je objavila Amida koja piše na blogu *Journey Into Unschooling*.*

Ako odlučite da isprobate ovaj projekat na kraju ćete uzgajati paradajz naopačke uz minimalne troškove koristeći materijale koje već imate kod kuće. Štaviše, ovo je fantastičan način da ponovo koristite plastične boce od sokova ili tetrapak umesto da ih samo bacate kao otpad!



## Evo šta ćete uraditi:



## Evo šta će vam trebati:

2-litarska flaša ili kartonska ambalaža-tetrapak  
Kesa za smeće  
Lepljiva traka  
Sadnica paradajza  
Skalpel  
Papirni ubrus  
Kuglice vate  
Konac ili kanap



# 1

Koristeći nož, pažljivo odrežite dno flaša ili kartonske ambalaže.



# 2

Namotajte kesu za smeće oko ruke i ubacite u flašu. Kada je ubacite unutra, olabavite kesu i pokušajte da je ravnomerno rasporedite unutar flaše. Razlog za korišćenje crne kese jeste da korenje bude pokriveno da bi se ugrijalo na suncu.



# 3

Umotajte sadnicu paradajza papirnim ubrusom i pažljivo ubacite u flašu i izvucite kroz otvor. Ubrus će pomoći da se zemlja drži.



# 4

Preklopite gornju ivicu kese preko flaše i pričvrstite je lepljivom trakom.



# 5

Umotajte kanap ili konac na otvor flaše, a zatim ga opružite po dužini flaše i zalepite trakom.



# 6

U toku prve nedelje, biljka će se okrenuti i početi da raste nagore

Amida, autorka ovog projekta, piše da je još jedna prednost koju je primetila kod ove prakse to što na biljkama nema buba! Možda će na ovaj način preživeti malo duže od uobičajenog useva. Evo isprobajte ovaj projekat, a možda će vam čak i pružiti sočni paradajz.

Pored gledanja inspirativnih video snimaka, takođe možete istražiti svoju kreativnost i pripremiti sopstvene „uradi sam“ projekte. Tu smo da vam pružimo sjajnu priliku da ih prikazete na našim stranicama „Uradi sam“. Ovo će pomoći vašim vršnjacima da uče, ali i inspirisati ih da pokrenu svoju maštu i ožive svoje ideje. Sve što treba da uradite je da nam pošaljete svoj kreativni projekat preko kanala naše Veb stranice, Facebook-a i Instagram-a, a mi ćemo se pobrinuti za sve ostalo.

Molimo vas pošaljite vaše radove na email: [magazineforyou2003@gmail.com](mailto:magazineforyou2003@gmail.com)



# Upside-Down Tomato Planter

*Internet is full of amazing ideas to develop 'Do It Yourself - DIY' projects. Recently we came across one such project that we liked so much we decided to present it in our DIY column. The project itself was published by Amida who writes at the Journey Into Unschooling blog.*

If you decide to try out this project at the end you will be raising upside tomatoes with the minimum expenses using materials that you already have home. Moreover, this is a fantastic way to re-use plastic soda bottles or juice cartons instead of just throwing them out as waste!

## Here's what you will do:



## Here's what you'll need:

- 2-liter bottle or juice carton
- Garbage bag
- Duct tape
- Tomato plant
- Utility knife
- Paper towel
- Cotton balls
- Twine or string



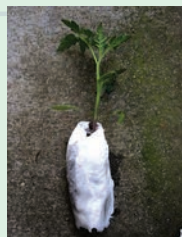
1

Using the knife, carefully cut off the bottom of your bottle or carton.



2

Roll up a garbage bag around your arm and insert into the bottle. Once inside, loosen the bag and try to spread it evenly within the bottle. The reason for using a black bag was to keep the roots covered and hopefully warm in the sun.



3

Wrap a tomato plant with paper towel and carefully insert into the bottle and out through the spout. The towel will help keep the soil together.



4

Fold the top edge of the bag over the bottle and secure with duct tape.



5

Wrap some twine or string at the mouth of the bottle, stretching along the length of the body, and tape in place.

6

Within the first week, the plant will flip around and start growing upwards.

Amida, the author of this project, writes that another advantage she noticed with this practice is that there are no bugs on the plants! Perhaps in this way, they will survive a little longer than the usual crop. There you have it give this project a try and it will maybe even provide you with some juicy tomatoes.

In addition to watching inspiring videos, you can also explore your creativity and prepare your own DIY projects. We are here to give you a great opportunity, to portray them in our DIY pages. This will help your peers to learn but also inspire them to put their imagination to work and bring their ideas to life. All you have to do is send us your creative project through our channels Webpage, Facebook Page, and Instagram Page and we will take care of the rest.

Please send us your work at this email:  
[magazineforyou2003@gmail.com](mailto:magazineforyou2003@gmail.com)



# DENZEL WASHINGTON

*Denzel Vašington (Denzel Washington) je stekao popularnost i priznanje kritičara za svoje uloge u nizu igranih filmova, uključujući Rat za Slavu, 'Malcolm X', 'Dan Obuke' i Ograde.*



## Rani život i glumačka karijera

Vašington je rođen 28. decembra 1954. u Maunt Vernonu u Njujorku. On je sin sveštenika i vlasnice kozmetičkog salona i ima brata i sestru. Vašington je prvi put izašao na scenu oko

sedme godine, pojavivši se u šou talenata u svom lokalnom klubu za dečake i devojčice. Klub mu je obezbedio sigurno mesto da se čuva od nevolja. Sa 14 godina roditelji su mu se razveli, a on i njegova starija sestra su poslani u internat.

Vašington je otišao na Univerzitet Fordham, ali se u početku pokazao kao loš student. Nakon što je proveo neko vreme van koledža, vratio se na univerzitet sa novim interesovanjem za glumu i diplomirao Dramu i novinarstvo 1977. Vašington je kasnije dobio stipendiju za Teatar Američkog konzervatorijuma u San Francisku, a zatim je radio sa ansablom Šekspir.

## Filmovi i TV

Vašington je debitovao u igranom filmu u komediji Karbonska kopija (1981). Takođe se pojavio u brojnim produkcijama van Brodveja i u televizijskim filmovima pre nego što je dobio glavnu ulogu u hit televizijskoj medicinskoj drami Sv. Drugde (1982–88). Vašington je dobio svoju prvu, od pet nominacija za Oskara za film Vapaj za slobodom (1987), igrajući stvarnog južnoafričkog mučenika aparthejda Stiva Bika. Kasnije je osvojio Oskara za najbolju sporednu mušku ulogu u filmu Rat za Slavu (1989).

Vašington se pojavio u nekoliko zapaženih filmova tokom 1990-ih, uključujući Još bolji bluz (1990) i biografski film Malcolm X (1992), za koji je bio nominovan za Oskara. Ostali

projekti iz ove ere uključuju Dosije Pelikan (1993), Filadelfia (1993), Grimizna Plima (1995), Hrabrost pod paljbom (1996) i Uragan (1999), za koje je dobio Zlatni globus za najboljeg glumca i još jednu nominaciju za Oskara.

Vašington je 2001. dobio svog drugog Oskara (ovog puta u glavnoj ulozi) za policijski triler Dan obuke. Sledeće godine režirao je svoj prvi film, biografsku dramu Antoane Fišer, u kojoj je takođe glumio. Usledilo je nekoliko hitova, uključujući Čovek u plamenu (2004), Mandžurijski kandidat (2004), Čovek iznutra (2006), Odlični govornici (2007), Američki Gangster (2007), Otmica u metrou 123, itd.

Godine 2012, Vašington je predvodio relativno niskobudžetnu dramu Let, zaslužujući priznanja i svoju šestu nominaciju za Oskara za ulogu pilota sa problemima sa zloupotrebom supstanci. Zatim se udružio sa Markom Volbergom za kriminalnu dramu 2 Pištolja iz 2013. i napravio još jedan akcioni hit 2014. sa filmom Pravednik.

Početak 2016. Vašington je dobio nagradu Sesil B. Demil od Holivudskog udruženja stranih novinara na njihovom godišnjem programu Zlatni globus. Kasnije te godine režirao je i glumio u filmskoj adaptaciji Ograde. Za svoju ulogu na ekranu u filmu nominovan je za Zlatni globus i Oskara za najboljeg glumca. Pre uloge u filmu Ograde, Vašington je igrao i u pozorišnoj predstavi Ograde (2010), za koju je dobio nagradu Toni.



# DENZEL WASHINGTON

*Denzel Washington has earned popular and critical acclaim for his roles in an array of feature films, including 'Glory,' 'Malcolm X,' 'Training Day' and 'Fences.'*



Sledeće godine, Vašington je bio zaslužan za pomoć u održavanju neujednačenog Roman J. Israel, Esq. (Pravednik), za koji je osvojio Zlatni globus i Oskara za najboljeg glumca. U julu 2018, Vašington je ponovio svoju ulogu Pravednika za njegov nastavak, Pravednik 2.

## Nedavni pozorišni rad

Pored svog rada u predstavi **Ograde** 2010. godine, Vašington je igrao glavnu ulogu u predstavi Loren Hansberi- **Suvo grožđe na suncu** - na Brodveju 2014. godine i dobio priznanje kritičara. Nastavljajući svoj rad na sceni, glumio je u brodvejskom oživljavanju filma **The Iceman Cometh** 2018. godine, igrajući Teodora „Hikija“ Hikmana.

(Izvor: [www.biography.com](http://www.biography.com))



## Early Life and Acting Career

Washington was born on December 28, 1954, in Mount Vernon, New York. He is the son of a Pentecostal minister and a beauty shop owner and has two siblings. Washington first took the stage around the age of seven, appearing in a talent show at his local Boys & Girls Club. The club provided him with a safe place to be and to keep him out of trouble. At 14, his parents divorced, and he and his older sister were sent away to boarding school.

Washington went to Fordham University, but he proved to be a poor student initially. After taking some time away from college, he returned to the university with a new interest in acting and graduated with a B.A. in Drama and Journalism in 1977. Washington later won a scholarship to the American Conservatory Theater in San Francisco, and afterward worked with the Shakespeare in the Park ensemble.

## Movies and TV

Washington made his feature film debut in the comedy **A Carbon Copy** (1981). He also appeared in a number of off-Broadway productions and in television movies before being cast in a starring role in the hit television medical drama **St. Elsewhere** (1982–88). Washington grabbed his first of five Oscar nominations for **Cry Freedom** (1987), playing real-life South African apartheid martyr Steve Biko. He later won a Best Supporting Actor Oscar for **Glory** (1989).

Washington appeared in several notable films throughout the 1990s, including **Mo' Better Blues** (1990) and biopic **Malcolm X** (1992), for which he was nominated for an Oscar. Other projects from this era included **The Pelican Brief** (1993), **Philadelphia** (1993), **Crimson Tide** (1995), **Courage Under Fire** (1996) and **The Hurricane** (1999), for which he received a Golden Globe for best actor and another Oscar nomination.

(Source: [www.biography.com](http://www.biography.com))

In 2001, Washington received his second Oscar (this time in a leading role) for the cop thriller **Training Day**. The following year, he directed his first film, the biographical drama **Antwone Fisher**, in which he also co-starred. Several hits followed, including **Man on Fire** (2004), **The Manchurian Candidate** (2004), **Inside Man** (2006), **The Great Debaters** (2007), **American Gangster** (2007), **The Taking of Pelham 1 2 3**, etc.

In 2012, Washington headlined the comparatively low-budget drama **Flight**, earning accolades and his sixth Oscar nomination for his performance as a pilot with substance abuse problems. He then teamed up with Mark Wahlberg for the 2013 crime drama **2 Guns** and scored another action hit in 2014 with **The Equalizer**.

In early 2016, Washington received the Cecil B. DeMille Award from the Hollywood Foreign Press Association at its annual Golden Globe telecast. Later that year, he directed and starred in the film adaptation of **Fences**. For his on-screen role in the film, he was nominated for a Golden Globe and an Oscar for Best Actor. Previous to his role in the movie **Fences**, Washington also played in the theater show **Fences** (2010), for which he won a Tony Award.

The following year, Washington was credited with helping to hold together the uneven **Roman J. Israel, Esq.**, earning Golden Globe and Oscar nods for Best Actor. In July 2018, Washington reprised his **Equalizer** role for its sequel, **The Equalizer 2**.

## Recent Theater Work

Besides his work in **Fences** in 2010, Washington played the leading role in Lorraine Hansberry's **A Raisin in the Sun** on Broadway in 2014, to critical acclaim. Continuing his work on stage, he starred in the Broadway revival of **The Iceman Cometh** in 2018, playing Theodore "Hickey" Hickman.

# ALEKSANDAR KUKOLJ - PRIMER DA OBRAZOVANJE I SPORT IDU ZAJEDNO



*Đak generacije u osnovnoj i srednjoj školi, student sa prosekom 9,8, u jednom trenutku asistent na fakultetu i evropski šampion u kategoriji do 90 kg. Sve ovo stoji u biografiji Aleksandra Kukolja. Za 19 godina aktivnog bavljenja džudoom, Aleksandar Kukolj osvojio je preko 200 medalja, a za isto toliko vremena koje je posvetio školovanju stigao je i do diplome magistra ekonomskih nauka.*

## **Nikada kupljen kimono**

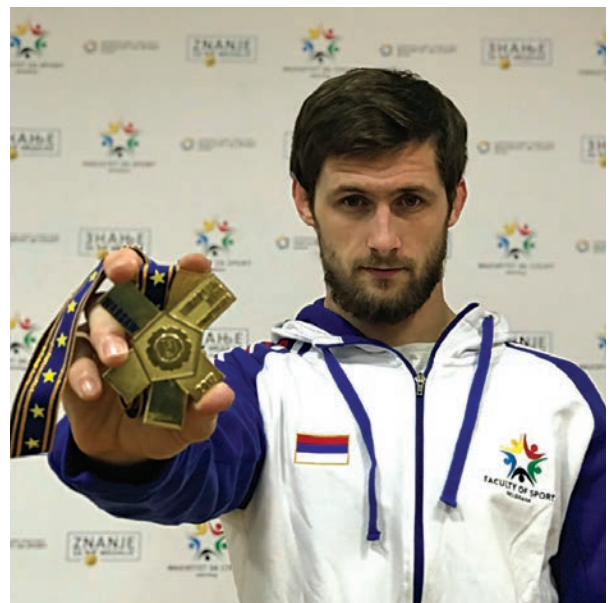
Već godinama gradi sportsku karijeru, ali to ga nijednog trenutka nije omelo da se ostvari kao ličnost i u drugim životnim sferama. Zna kad treba da bude ozbiljan, a kad ne. Ovim sportom zarazio se još kada je prvi put seo u školsku klupu, sa sedam godina. „Sećam se koji sam šorts nosio na prvom treningu, baš mi je sad proletela slika u mislima. Proces otvaranja kluba 'Trudbenika' u mojoj ulici, trajao je nekoliko meseci, dok se sređivala sala do tada namenjena za gledanje TV. Pomagao sam, bio svaki dan tu i postao član od prvog dana osnivanja. Krenuo sam samo zato što sam bio blizu, bilo mi je bitno da se bavim bilo kojim sportom“.

Prvi kimono sašila mu je majka. Drugi takođe, treći je dobio na poklon od rođaka... „Specifično je to da nikada nisam

kupio kimono. Nemas sačuvan taj prvi i zbog toga me srce boli. Volim da ga poklonim više nego išta, tako da je i taj završio negde u matičnom klubu. Voleo bih da mogu da dođem do njega“.

## **Obrazovanje kao pokretač**

Kukolj na razne načine pobija brojne predrasude da aktivno bavljenje sportom i obrazovanje ne mogu da idu ruku pod ruku i to potkrepljuje činjenicama na sopstvenom primeru. Od malih nogu je bio odličan učenik,





"vukovac", a proglašen je za đaka generacije u OŠ "Desanka Maksimović" i potom u Drugoj ekonomskoj školi u Beogradu.

Prema njegovim rečima škola mu je oduvek dobro išla. Kada je bio mali, najvažnije mu je bilo da su mu roditelji srećni, a jedan od načina da ih usreći bio je da ima dobre ocene. „Zato sam uvek želeo da imam sve petice. Kada sam uvideo da to mogu, nisam od toga odustajao niti se postavljao manje ciljeve“, počeo je svoju priču Kukolj prisjetivši se đачkih dana. „Obrazovanje se u 21. veku smatra opštom kulturom. Sport i obrazovanje su dve stvari koje se međusobno ne sabotiraju, već pomažu i podupiru jedna drugu. Tako na primer, kad odem na pripreme za neko veliko takmičenje neke stvari ne mogu da radim, ali mogu da uzmem knjigu, čitam i učim po nekoliko sati dnevno. To mi na neki način bude relaksacija od treninga, mogućnost da radim nešto drugo i mislim o nekim drugim stvarima“, kaže Kukolj.

Znanje koje ima želi jednog dana da prenese na mlađe. Kaže da bi voleo bih da ima džudo klub koji će finansijski biti nezavistan i kojim ću pokazati da u zemlji ima puno talenata poput njega. Ukratko rečeno, želja mu je da napravi fabriku šampiona i kvalitetnih ljudi.



## ALEKSANDAR KUKOLJ - AN EXAMPLE THAT EDUCATION AND SPORTS GO TOGETHER

*He was a valedictorian in primary and secondary school, a college student with an average grade of 9.8 at one point Assistant Professor at the faculty, and European champion at 90kg category. All this is in the biography of Aleksandar Kukolj. During 19 years of active judo, Aleksandar Kukolj won over 200 medals, devoted the same amount of time to schooling, and earned a master's degree in economics.*

### Never bought a kimono

He was building his sports career for years, but that never prevented him from success in other spheres of life. He knows when he should get serious and when not. At the age of seven, when he first sat at a school desk, this sport became his obsession. "I remember what shorts I wore in the first training, just now that picture flashed through my mind. The establishment process of the club "Trudbenik" which took in my street, lasted for several months, while the hall, intended for watching TV until then, was being arranged. Every day I was there, helping, and became a member from the first day of its founding. I started just because I was living close, and it was important for me to do any sport."

His mother sewed his first kimono, the second one too. The third was a gift from a relative ... "Interestingly, I have never bought a kimono. I have not saved the first one, which is why my heart hurts. I like to giveaway things more than anything, so it ended up somewhere in his home club. I wish I could find it."

### Education as a driving force

Through many examples, Kukolj refutes numerous prejudices that active sports and education cannot work together, and he supports this with the facts from his example. From an early age,

he was an excellent student, he received a certificate of excellence, and was proclaimed valedictorian in the elementary school "Desanka Maksimović" and then in "The Second Economics School" in Belgrade.

According to him, he has always been an excellent student. When he was little, the most important thing for him was that his parents were happy, and one of the ways to make them happy was to have good grades. "That's why I always wanted to have all the A's. When I saw that I could do it, I didn't give up on it or set smaller goals for myself", Kukolj began his story, remembering his school days.

"Education is considered a general culture in the 21st century. Sport and education are two things that do not sabotage each other but help and support each other. For example, when I am preparing for a big competition, I can't do some things, but I can take a book, read and study for a few hours a day. In a way, it will be a relaxation from training, an opportunity to do something else and think about some other things", says Kukolj.

One day, he wants to convey his knowledge to the younger ones. He says that he would like to have a judo club that will be financially independent, and with which I would show that there are a lot of talents like him in the country. In short, he has a desire to make a factory of champions and quality people.

# TINEJDŽERI SU SHVATILI KAKO DA SE POIGRAVAJU SA INSTAGRAMOVIM ALGORITMOM ZA PRAČENJE

**Algoritmi za praćenje, koji se nalaze na skoro svakoj veb stranici ili aplikaciji koju danas koristimo, toliko su napredovali da je gotovo zastrašujuće koliko mogu biti tačni.**



Svi smo iskusili situacije kada aplikacije poput Instagrama ili Facebooka počnu da nam prikazuju postove o ljudima ili proizvodima i ostavljaju utisak da su čitali naše misli ili čak slušali naše razgovore. Međutim, istina je da takve drastične mere nisu neophodne samo zbog međusobne povezanosti platformi i algoritama za praćenje.

Kao i uvek, postoje ljudi koji su sposobni da razmišljaju van okvira i pronađu nove trikove i rešenja za bilo koji problem. Jedno takvo rešenje je korišćenje grupnih naloga od strane tinejdžera kako bi zatrpali Instagram sa nasumičnim korisničkim podacima koji se ne mogu vezati za jednu osobu.

Na hakerskoj konferenciji "Shmoocon" 2020. godine, tinejdžerka Samanta Mozli, zajedno sa svojim ocem, Raselom Mozlijem, održala je prezentaciju o tome kako da tinejdžeri čuvaju privatnost svojih naloga od Instagrama. Svaki put kada je osvežila tab pretraži (Explore), to je bila potpuno druga tema, od kojih je nijedna nije zanimala. To je zato što Mozli nije bila jedina osoba koja



je koristila ovaj nalog – pripadao je grupi njenih prijatelja, od kojih je najmanje petoro moglo biti onlajn u bilo kom trenutku. Možda nisu mogli da sakriju svoje tragove podataka, ali bi barem mogli ostaviti stotine

iza sebe, da zbune tragače.

Ovi tinejdžeri se oslanjaju na sofisticiranu mrežu pouzdanih korisnika Instagrama za objavljivanje sadržaja sa više različitih uređaja, sa više različitih lokacija.

## ***Ako želite da zbunite Instagram, evo kako.***

Prvo napravite više naloga. Možete da imate nalog na Instagramu posvećen vama i prijateljima, ili drugi samo za vaš hobi. Dajte pristup jednom od ovih niskorizičnih naloga, nekome kome verujete. Zatim zatražite resetovanje lozinke i pošaljite link tom pouzdanom prijatelju koji će se prijaviti sa drugog uređaja. Resetovanje lozinke ne završava Instagram sesije, tako da ćete i vi i druga osoba moći da pristupite istom nalogu u isto vreme.

Na kraju, kada neko drugi postavi fotografiju, Instagram preuzima metapodatke sa novog, "svežeg" uređaja. Ponovite ovaj proces sa mrežom od, recimo, dvadeset korisnika na dvadeset različitih lokacija sa dvadeset različitih uređaja?

# TEENS HAVE FIGURED OUT HOW TO MESS WITH INSTAGRAM'S TRACKING ALGORITHM



Sada dajete Instagramu prilično zbunjujući koktel podataka.

“Mogli bi da budu kao: 'Hej, napravili ste objavu sa ovog mesta za hamburgere u Nemačkoj, možda volite Nemačku, ili hamburgere, ili putovanje, mi ćemo sve učiniti za vas’”, rekla je Mozli. “Menjamo ko šalje na koji nalog. Jedne nedelje možda šaljem na sedamnaest naloga, a sledeće nedelje imam samo četiri.”

Facebook je rekao da ovaj metod nije protiv njegove politike, ali da ga nije preporučio ljudima iz bezbednosnih razloga.

## Šta je ShmooCon?

ShmooCon je američka hakerska konvencija koju organizuje Shmoo Grupacija. Obično postoji četrdeset različitih razgovora i prezentacija o raznim temama koje se odnose na računarsku bezbednost i sajber kulturu. Shmoocon podržava slobodnu i otvorenu razmenu informacija i žele da podstaknu razmenu ideja među učesnicima i misle da zajednica ima koristi od inkluzivnosti. ShmooCon 2021 nije održan zbog pandemije KOVID-19.

**Tracking algorithms, which are found in almost any webpage or app we use today, have advanced so much that it is almost frightening how accurate they can be.**

We have all experienced situations when apps like Instagram or Facebook start showing us posts about people or products and give us the impression that they have been reading our mind or even listening to our conversations. However, the truth is that such drastic measures are not necessary simply because of the interconnectivity of platforms and tracking algorithms.

As always though, there are people that are capable of thinking outside the box and finding new tricks and solutions to any problem. One such solution is the use of group accounts by teenagers to flood Instagram with random user data that cannot be tied to a single person.

At the 2020 hacker conference 'Shmoocon', a teenager Samantha Mosley along with her father, Russell Mosley, held a presentation on how teens were keeping their accounts private from Instagram. Each time she refreshed the Explore tab, it was a completely different topic, none of which she was interested in. That is because Mosley was not the only person using this account -- it belonged to a group of her friends, at least five of whom could be on at any given time. Maybe they could not hide their data footprints, but they could at least leave hundreds behind to confuse trackers.

These teenagers are relying on a sophisticated network of trusted Instagram users to post content from multiple different devices, from multiple different locations.

***If you wanted to confuse Instagram, here is how.***

First, make multiple accounts. You might have an Instagram account dedicated to you and friends, or an-

other just for your hobby. Give access to one of these low-risk accounts to someone you trust. Then request a password reset and send the link to that trusted friend who will log on from a different device. Password resets do not end Instagram sessions, so both you and the second person will be able to access the same account at the same time.

Finally, by having someone else post the photo, Instagram grabs metadata from a new, fresh device. Repeat this process with a network of, say, twenty users in twenty different locations with twenty different devices? Now you are giving Instagram quite the confusing cocktail of data.

"They might be like, 'Hey, you posted from this hamburger place in Germany, maybe you like Germany, or hamburgers, or traveling, we'll just throw everything at you,'" Mosley said. "We fluctuate who's sending to what account. One week I might be sending to seventeen accounts, and then the next week I only have four."

Facebook said that this method was not against its policies but did not recommend it to people because of security concerns.

## What is ShmooCon?

ShmooCon is an American hacker convention organized by The Shmoo Group. There are typically forty different talks and presentations on a variety of subjects related to computer security and cyberculture. Shmoocon supports the free and open exchange of information, and they want to foster the exchange of ideas among attendees and think the community benefits from inclusiveness. ShmooCon 2021 was not held in due to the COVID-19 pandemic.



## INTEGRITET - GARANCIJA USPEHA KOSOVSKE POLICIJE!

*S vremena na vreme svi imamo priliku da se vratimo i posetimo mesta koja su odigrala važnu ulogu u našem životu. Kao što je povratak u učionicu osnovne škole ili u vrtić. Mladi policajci Fjola Morina i Ivan Aritonović nedavno su to doživeli tokom posete Kosovskoj akademiji za javnu bezbednost (KAJB). Sreli smo ih u hodniku kako gledaju uramljene fotografije na zidu koje prikazuju njihovu maturu i prisećajući se vremena provedenog tamo, pripremajući se da postanu policajci u Kosovskoj policiji (KP).*

### Prvi susret sa Fjolom i Ivanom

Naši redovni čitaoci će znati da ovo nije prvi put da srećemo Fjolu i Ivana. Otkako su pre više od tri godine započeli svoje putovanje da postanu policijski službenici KP, naš tim se nekoliko puta sreo sa njima. Naš prvi susret dogodio se dok su bili mladi kadeti koji su težili da postanu policijski službenici KP i služe svim ljudima Kosova. Tada su nam govorili o svojim nadama, snovima, a pre svega očekivanjima od profesije koje su odabrali. Druga važna tema o kojoj smo razgovarali sa njima je njihovo mišljenje o multietničkom okruženju na KAJB u Vučitrnu/Vushtrri, gde su imali priliku da uče i treniraju da budu policijski službenici zajedno sa svojim vršnjacima iz različitih etničkih grupa, koje žive na Kosovu.

### Drugi susret sa Fjolom i Ivanom

Naš drugi susret sa njima odigrao se u drugačijim uslovima. Sreli smo

ih prošle godine u oktobru i ovoga puta više nisu bili ambiciozni kadeti, već mladi policijski službenici sa dvogodišnjim radnim iskustvom u KP. Naš razgovor sa njima bio je





usredsređen na važnost i izazove njihovog rada. Pored toga, govorili su i o zadovoljstvu izabranom profesijom. Fjola i Ivan su istakli važnost primene osnovnih vrednosti u svakodnevnom radu. Prema njihovim rečima, profesionalizam i integritet, koje su naučili tokom boravka u KAJB-u, ključni su za njihov dosadašnji uspeh.

## Treći susret sa Fjolom i Ivanom

Nedavno smo se sreli sa Fjolom i Ivanom po treći put u prostorijama KAJB-a. Ovog puta su se vratili da razgovaraju sa novim kadetima i inspirišu ih, preneviši im svoja iskustva. Obraćajući se novim kadetima, Fjolla i Ivan su se fokusirali na isticanje važnosti poštovanja vrednosti KP (poštenje, profesionalni integritet, hrabrost i odgovornost) u njihovom radu kao policajci.

## "Integritet je jedna od naših osnovnih vrednosti"

"Integritet je jedna od naših osnovnih vrednosti, što znači da primenjujemo poštenje i čvrste moralne principe, i prema našim saradnicima, i prema svim ljudima koji žive na Kosovu", istakao je Ivan. Njegova kolegenica Fjola se složila sa ovom izjavom i dodala da je to kvalitet u skladu sa obećanjima koja su oboje dali kao kadeti da će doprineti boljoj budućnosti. Prema njihovim rečima, održavanje visokog nivoa ličnog i profesionalnog integriteta kao osnovne vrednosti je jedan od glavnih stubova koji vodi ka uspehu njihove misije.

Na kraju, Fjola i Ivan su imali i poruku za sve mlade Kosova: "Bez obzira šta vam budućnost donosi, vi takođe treba da se okrenete podržavanju vrednosti kao što je integritet." Mladi policijski službenici su takođe naglasili da ljudi na Kosovu treba da postavljaju ciljeve kako bi zajedno izgradili bolju budućnost. Kao stubovi zajednice, njih dvoje su čvrsto opredeljeni da budu primer drugima i dokazuju da zajednički rad čini svako društvo jačim.

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# INTEGRITY - A GUARANTEE FOR KOSOVO POLICE'S SUCCESS!

*Every now and then we all get the chance to go back and visit places that have played an important role in our life. Such as going back to our primary school classroom, or our kindergarten. Young police officers Fjolla Morina and Ivan Artonovic recently had this opportunity during a visit at the Kosovo Academy for Public Safety (KAPS). We met them in the hallway looking at the framed photos on the wall depicting their graduation, and reminiscing about the time spent there, preparing to become police officers in the Kosovo Police (KP).*

## First meeting with Fjolla and Ivan

Our regular readers might remember that this is not the first time we have met Fjolla and Ivan. Since they started their journey to become officers of the KP, over three years ago, our team has met with them several times. Our first encounter took place when they were young cadets aspiring to become KP officers and serve all people in Kosovo. At that time, they told us about their hopes, dreams, and above all about expectations for the occupation of their choice. Another important topic we discussed with them was their opinion on the multi-ethnic environment at the KAPS in Vushtrri/Vucitrn, where they got to learn and train to be police officers together with their peers from different ethnicities living in Kosovo.

## Second meeting with Fjolla and Ivan

Our second meeting with them took place under different circumstances. We met them last year in October when they were no longer aspiring cadets, but young police officers with two years of work experience in the KP. Our conversation with them centred on the importance and challenges of their work. In addition, they also spoke about their satisfaction with their chosen profession. Fjolla and Ivan underlined the importance of applying core values in their everyday work. According to them, professionalism and integrity, which they learned during their time at the KAPS, are key for their success so far.

## Third meeting with Fjolla and Ivan

Recently, we met Fjolla and Ivan for the third time at KAPS. This time they were back to talk to the new cadets and inspire them, while sharing their experiences. Addressing the new cadets, Fjolla and Ivan's focus was on highlighting the importance of respecting KP values (honesty, professional integrity, courage, responsibility and accountability) in their work as police officers.

## "Integrity is one of our core values"

"Integrity is one of our core values, which means we apply honesty and strong moral principles, in relation to our co-workers and with all people living in Kosovo" stressed Ivan. His colleague Fjolla agreed with this statement and added that this is a quality aligned with the promises they both had made as cadets to contribute to a better future. According to them, maintaining a high level of personal and professional integrity as a core value is one of the main pillars that leads to their mission's success.

*In the end, Fjolla and Ivan had a message for all the young people in Kosovo: "No matter what your future holds, you should turn to, and uphold values such as integrity." The young police officers also underlined that the people in Kosovo should set goals to build a better future together. As pillars of the community, the two are firmly determined to be an example for others and they prove that working together makes every society stronger.*

# Vaše mišljenje o inspiraciji...



Aleksandra Ničić (14)



## Šta je inspiracija?

Inspiracija je nešto neuhvatljivo, nešto što je nepredvidivo i ponekad je teško dostići taj inspirativni trenutak. Mnogi umetnici kažu da teško dolaze do inspiracije, trude se da je imaju u svakom trenutku, ali je to nemoguće. Inspiracija traje kratko, a to vreme trebate iskoristiti, da bi dobili krajnji proizvod, bilo da je reč o napisanoj pesmi, nacrtanom pejzažu ili iskomponovanoj muzici.

## Ko vas inspiriše?

Najviše me inspiriše priroda i sva čuda koja se dešavaju u njoj. Inspirišu me hladna zimska jutra ili vrela letnja podneva. Inspirišu me i moji drugari sa svojim vedrim duhom. Inspirišu me i moji roditelji, koji svakodnevno rade i ne posustaju u tome da nam ulepšaju detinjstvo.

## Zašto?

Mnogo volim da slikam, pa mi inspiraciju za slikanje upravo daje prirodne lepote ili nasmejani ljudi. Sve to prenosim na platno. Nadam se da ću jednog dana postati umetnica i da ću svaki inspirativan trenutak zabeležiti na svojim slikarskim delima.



Helena Ničić (15)



## Šta je inspiracija?

Inspirisana sam onda kada dobijem neku ideju, od koje teško odustajem. Inspiracija ne nastaje tako lako, ali me sasvim obuzme kada do nje dođe. Volim da upoznajem i ljude koji donose inspiraciju, ima ih puno oko nas. Inspiracija je sve ono poletno i lepo što nas navodi da budemo bolji.

## Ko vas inspiriše?

Najviše me inspirišu životinje, posebno mačke. Inspiriše me i muzika, priroda i filmovi. Ipak moj mačak je taj koji mi daje najviše inspiracije, naročito kada ujutru uskoči u moj krevet i probudi me, jer tada dan počinjem osmehom.

## Zašto?

Zato što uživam da ga gledam dok lenčari na suncu, dok se mazi ili prede oko mene. Postajem inspirativnija i svesnija sveta oko sebe, samim tim i bolja u ispunjavanju svakodnevnih obaveza.



Miljan Trajković (17)



## Šta je inspiracija?

Inspiracija je kada dobijete neku ideju i razvijate je do njenog ispunjenja. Ona često dolazi sama, onda kada joj se ne nadamo. Ona kada nam je preko potrebna, nema sile ni metode kojom ćemo je doznati.

## Ko vas inspiriše?

Inspiriše me ponekad dobar film ili pesma na radiju. Inspirišu me dobri ljudi koji čine dobra dela. Inspiracija najčešće dođe iznenada, a povod joj može biti i neki srdačan i lep osmeh koji vam je upućen.

## Zašto?

Volim da pišem pesme, a inspiraciju dobijam kada čujem nešto lepo. Inspiracija je čudljiva, ali kao što rekoše i jedan običan osmeh nekog vama dragog je ponekad dovoljan da je izazove. Inspiracija je sve ono trenutno i nadahnjujuće.

Molimo vas šalžite vaša razmišljanja o inspiraciji na email:  
magazineforyou2003@gmail.com

# Your opinion about inspiration...



Aleksandra Ničić (14)



## What is inspiration?

Inspiration is something elusive, something that is unpredictable and sometimes it is difficult to reach that inspiring moment. Many artists say that it is difficult to find inspiration, they try to have it at all times, but it is impossible. Inspiration is short-lived, and you need to use that time to get the final product, whether it's a song written, a landscape drawn, or composed music.

## Who inspires you?

I am most inspired by nature and all miracles that happen in nature. I am inspired by cold winter mornings or hot summer noon. I am also inspired by my friends with their cheerful spirit. I am also inspired by my parents, who work every day and do not give up in beautifying our childhood.

## Who is your greatest inspiration?

I love to paint a lot, so the inspiration for painting is given to me by natural beauties or smiling people. I transfer all that to the canvas. I hope that one day I will become an artist and that I will record every inspiring moment in my paintings.



Helena Ničić (15)



## What is inspiration?

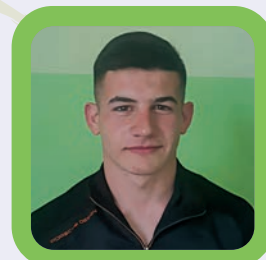
I am inspired when I get an idea, which I find hard to give up. It's not that easy to get inspiration, but it completely pervades me when it comes to it. I also like to meet people who bring inspiration, there are a lot of them around us. Inspiration is all that is vigorous and beautiful which leads us to be better.

## Who inspires you?

I am most inspired by animals, especially cats. I am also inspired by music, nature and movies. However, my cat is the one who gives me the most inspiration, especially when he jumps into my bed in the morning and wakes me up, because then I start the day with a smile.

## Why?

Because I enjoy watching him while he is lying lazily in the sun while he cuddles or spins around me. I am becoming more inspiring and aware of the world around me, and therefore better at fulfilling my daily responsibilities.



Miljan Trajković (17)



## What is inspiration?

Inspiration is when you get an idea and develop it until it is fulfilled. It often comes alone, when we don't hope for it. But when we desperately need it, there is no power or method to invoke it.

## Who inspires you?

Sometimes I am inspired by a good movie or song on the radio. I am inspired by good people who do good deeds. Inspiration usually comes suddenly, and the reason for it can be a warm and beautiful smile that is given to you.

## Why?

I like to write songs, and I get inspiration when I hear something beautiful. Inspiration is unpredictable, but as I said - even a simple smile from someone you love is sometimes enough to invoke it. Inspiration is all that is momentary and inspiring.

Please send us your thoughts on inspiration at this email: [magazineforyou2003@gmail.com](mailto:magazineforyou2003@gmail.com)

# Društveni problemi sa kojima se danas tinejdžeri bore

*Napredak tehnologije znači da se današnji tinejdžeri suočavaju sa problemima koje nijedna prethodna generacija nije nikada sreala. Iako neki problemi nisu baš novi, elektronski mediji su promenili ili pojačali neke od ovih borbi. Navike tinejdžera vezano za društvene medije i slanje poruka, kao i način na koji koriste medije menjaju način na koji komuniciraju, izlaze na sastanke, uče, spavaju, vežbaju i još mnogo toga. U stvari, prosečan tinejdžer provede preko devet sati svakog dana, koristeći elektronske uređaje. Evo NEKIH društvenih problema sa kojima se tinejdžeri bore svaki dan.*



U ovom broju 4 You Magazina samo smo kratko spomenuli neke od najčešćih problema sa kojima se danas tinejdžeri suočavaju. Biti tinejdžer je teško, čak i bez dodatnih okolnosti, kao što je pandemija COVID-19 u protekle dve godine koja je učinila stvari još težim. Zbog zatvaranja škola i otkazivanja raznih događaja, tinejdžeri propuštaju neke od najvažnijih trenutaka svoje mladosti – kao i jednostavne svakodnevnosti poput druženja sa prijateljima ili pohađanja nastave. Imajući ovo u vidu, u narednim brojevima 4You Magazina pišaćemo detaljnije o svakom od gore navedenih problema i dati neki savet kako se najbolje izboriti sa njima. Ako imate bilo kakvih konkretnih problema za rešavanje, ne ustručavajte se da nas kontaktirate preko Fejsbuka i/ili Instagrama, a mi ćemo pokušati da vam pružimo odgovarajuće odgovore.

## Depresija

Provođenje previše vremena na elektronskim uređajima može sprečiti mlade ljude od ličnih aktivnosti sa svojim vršnjacima, kao što je sport, a koje mogu pomoći u zaštiti od depresije. Oni takođe doživljavaju nova stanja poput "straha od propuštanja" ili "FOMO", što dalje dovodi do osećaja usamljenosti i izolacije.

## Nasilje

Mnogi istraživači su naveli porast

upotrebe društvenih medija među tinejdžerima kao izvor koji je nasilje učinio više javnijim i prodornijim. U stvari, sajber nasilje zameno je nasilje kao uobičajenu vrstu uznemiravanja koje tinejdžeri doživljavaju.

## Korišćenje droge

Upotreba marihuane trenutno premašuje upotrebu cigareta među tinejdžerima. Mnogi tinejdžeri veruju da je marihuana sada manje štetna nego u prethodnim

godinama. Ova nova percepcija može biti posledica izmena zakona u vezi sa marihuanom. Mnogi tinejdžeri ne prepoznaju opasnost od uzimanja prijateljevog recepta ili uzimanja nekoliko tableta koje im nisu prepisane. Nažalost, tinejdžeri često potcenjuju koliko je lako razviti zavisnost. Oni ne shvataju rizike povezane sa predoziranje. DAKLE, NE KORISTITE DROGU!

## Gojaznost

Pored činjenice da su deca sa pre-

# Social issues teens struggle with today



komernom težinom često na meti nasilnika, gojazna deca su takođe izložena mnogo većem riziku od doživotnih zdravstvenih problema, kao što su dijabetes, artritis, rak i bolesti srca. Ona takođe mogu da se bore sa problemima kako doživljavaju sebe ili mogu da razviju poremećaje u ishrani kao nezdrav način promene njihovog izgleda, a nisu uvek svesna ovih problema.

## Pritisak vršnjaka

Iako pritisak vršnjaka nije nov problem, društveni mediji ga dovode na potpuno novi nivo. Na primer, mnogi tinejdžeri ne razumeju doživotne posledice koje deljenje eksplicitnih fotografija i/ili poruka može imati na njihove živote. Ali one nisu jedina stvar na koju se vrši pritisak na decu da to rade.

*Advances in technology mean today's teens are facing issues that no previous generation has ever seen. While some issues are not exactly new, electronic media has changed or amplified some of these struggles. Teens' social media and texting habits as well as how they consume media is changing the way they communicate, date, learn, sleep, exercise, and more. In fact, the average teen spends over nine hours each day using their electronic devices. Here are SOME social problems teens struggle with every day.*

## Depression

Spending too much time on electronic devices may be preventing young people from in-person activities with their peers such as sports, which can help ward off depression. They also experience new conditions like "fear of missing out" or FOMO, which further leads to feelings of loneliness and isolation.

## Bullying

Many researchers have cited the rise of social media use by teens as the source which has made bullying much more public and more pervasive. In fact, cyberbullying has replaced bullying as the common type of harassment that teens experience.

## Drug Use

Marijuana use exceeds cigarette use in teens now. Many teens believe marijuana is less harmful now than in years past. This new perception may be due to the changing laws surrounding marijuana. Many teens do not recognize the dangers of taking a friend's prescription or popping a few pills that are not prescribed to them. Unfortunately, teens often underestimate how easy it is to develop an addiction. And they don't understand the risks associated with overdosing. SO, DO NOT USE DRUGS!

## Obesity


Aside from the fact that overweight children are often targeted by bullies, obese kids also are at a much greater risk of lifelong health problems, such as diabetes, arthritis, cancer, and heart

disease. They also may struggle with body image issues or develop eating disorders as an unhealthy way of changing their appearance, not always aware of these issues.

## Peer Pressure

While peer pressure isn't a new issue, social media brings it to a whole new level. For example, many teens do not understand the lifelong consequences that sharing embarrassing photos and/or messages can have on their lives. But they are not the only thing kids are being pressured into doing.

*In this issue of 4You Magazine we have only briefly mentioned some of the most common problems teenagers nowadays deal with. Being a teenager is hard, even without the additional circumstances, such as the COVID-19 pandemic of the past two years that has made things even harder. Due to the closing of schools and cancelation of various events, teenagers are missing out on some of the most important moments of their youth - as well as simple everyday activities such as hanging out with friends or attending classes. Having this in mind, in the next issues of 4You Magazine we will write in more detail about each of the above-mentioned problems and provide some advice on how to best cope with them. If you have any specific issues to deal with, do not hesitate to contact us through Facebook and/or Instagram, and we will try to provide you with the appropriate answers.*

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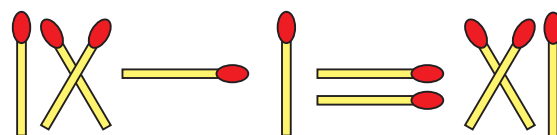
## FIND 10 DIFFERENCES



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## MALO LOGIKE



Rezultat je netačan, međutim ako pomerite samo jednu šibicu negde drugde uspećete da rešite ovaj zadatak!

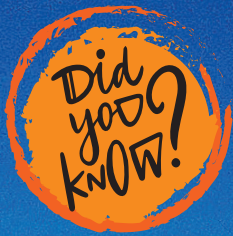
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## **BREZOVICA**

When we give our time and energy to help someone else, it is very rewarding. It gives us a sense of meaning and purpose. Volunteering or giving time to a cause that your child feels strongly about and giving kindness will also help your child understand empathy.

**For more photos, please scan here**

