

4You

magazine

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4You Magazine - Srpski 

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MALUMA

Uvodnik



Šareno godišnje doba za šaren život

Jesen je konačno stigla, to posebno godišnje doba kada priroda priređuje svoju najlepšu predstavu. Lišće poprima vatreno crvenu, zlatno žutu i duboko narandžastu boju, oslikavajući svet oko nas lepotom i spokojem. To je sezona promena, ne samo u prirodi, već i u nama samima. Kako dani postaju kraći, a vazduh svežiji, pravi je trenutak da usporimo, razmislimo i cenimo ono što nas okružuje. U Magazinu 4You dočekujemo oktobar sa dubokim udahom i širokim osmehom. Ovo nije samo vreme za džempere i ukus bundeve, već je ovo vreme za povezivanje, stvaranje i slavljenje života u svojoj svakodnevnoj predivnoj raznolikosti.

4You na 6 jezika - Most među nama

Da li ste znali da se Magazin 4You objavljuje na šest različitih jezika? Na albanskom, srpskom, engleskom, turskom, bosanskom i romskom, koji predstavljaju šest glasova a jednu priču: Priču mladih na Kosovu. Ovo višeznačno nadahnuće nije samo pitanje prevodenja; ono je izraz zastupljenosti, inkluzije i poštovanja. Svi mladi koji čitaju imaju pravo da se osećaju viđeno i saslušano, bez obzira na svoje poreklo. U svetu koji ponekad pokušava da nas podeli, govoriti jezik jedni drugih predstavlja snažan čin jedinstva. To je način da kažemo: „Vidim te. Poštujem te. Želim da te razumem.“

Živeti zajedno - Zajedno jači

Kosovo je dom mnogim zajednicama, kulturama i tradicijama, i to je nešto na šta treba da budemo ponosni. Svi delimo ovaj prostor: ulice, škole, parkove, snove. Živeti zajedno znači više od pukog postojanja jedni pored drugih. To znači raditi zajedno, poštovati razlike i graditi zajedničku budućnost. Nije uvek lako, ali uvek vredi. Svaki mali čin ljubaznosti, svaki osmeh, svaki razgovor među kulturama, sve to ima značaj. To su temelji mira i saradnje.

Hajde da razgovaramo - Ključ je u komunikaciji

Nerazumevanja nastaju kada ne razgovaramo. Zato je otvorena komunikacija toliko važna, među prijateljima, zajednicama, generacijama. Postavljajte pitanja. Delite svoje misli. Slušajte otvorenog uma. 4You Magazin je vaša platforma, vaš siguran prostor, vaš glas. Iskoristimo ga da zajedno proslavimo ono što jesmo.

Srećan oktobar!

Prošetajte kroz zlatno lišće. Recite „zdravo“ na nekom novom jeziku. Pročitajte 4You Magazin. Ove sezone nemojmo samo da se divimo lepoti jeseni već hajde da živimo njenu poruku: promena je prirodna, raznolikost je lepa, a jedinstvo je moguće.

Do sledećeg susreta u novembru, ostanite zdravi, moji prijatelji.

Leonora

Sadržaj



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Editorial

A colourful season for a colourful life

Autumn is finally here, that special time when nature puts on its most stunning show. Leaves turn fiery red, golden yellow, and deep orange, painting the world around us with beauty and calm. It's a season of change, not only in nature but also within us. As the days grow shorter and the air turns crisp, it's a perfect moment to slow down, reflect, and appreciate what surrounds us. At 4You Magazine, we welcome October with a deep breath and a wide smile. It's more than just sweater weather and pumpkin flavours, it's a time to connect, create, and celebrate life in all its beautiful diversity.

4You in 6 languages - A bridge between us

Did you know that 4You Magazine is published in six different languages? Albanian, Serbian, English, Turkish, Bosnian and Roma, six voices telling one story: the story of Kosovo's youth. This multilingual spirit is not just about translation; it's about representation, inclusion, and respect. Every young reader has the right to feel seen and heard, no matter their background. In a world that sometimes tries to divide us, speaking each other's language is a powerful act of unity. It's a way of saying, "I see you. I respect you. I want to understand you."

Living together - Stronger together

Kosovo is home to many communities,

cultures, and traditions, and that is something to be proud of. We all share this space: the streets, the schools, the parks, the dreams. Living together means more than just existing side by side. It means working together, respecting differences, and building a shared future. It's not always easy, but it's always worth it. Each small act of kindness, each smile, each conversation across cultures, they matter. They are the building blocks of peace and cooperation.

Let's talk - Communication is key

Misunderstandings happen when we don't talk. That's why open communication is so important, between friends, between communities, between generations. Ask questions. Share your thoughts. Listen with an open mind. 4You Magazine is your platform, your safe space, your voice. Let's use it to celebrate who we are, together.

Happy October!

Take a walk in the golden leaves. Say "hi" in a new language. Read 4You Magazine. This season, let's not just admire the beauty of autumn, let's live its message: change is natural, diversity is beautiful, and unity is possible.

Until our next meeting in November, stay healthy my friends.

Leonora

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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.

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MALUMA

MARIJA RISTIĆ - *TINEJDŽERKA KOJA INSPIRIŠE SVOJIM ZNANJEM I TALENTIMA*



Lepo vaspitana, vedra i skromna, a istovremeno odlučna i vredna, to su prve osobine koje se mogu primetiti kod Marija Ristić. Sa samo šesnaest godina, ova crnokosa devojčica iz severnog dela Mitrovice već sada je primer mnogima. Pohada treći razred medicinske škole i u knjižici ima samo petice. Profesori i drugari je opisuju kao nekoga ko svojim radom, ponašanjem i drugarstvom zaslužuje da bude uzor.

Radoznalost i svestranost kao prednost

„Uvek sam želela da sve što radim bude najbolje što mogu. Ne zbog ocene, nego zbog sebe“, kaže na početku razgovora za 4You Magazine.

Marija se razlikuje od svojih vršnjaka po tome što ima ogromnu radoznalost i hrabrost da isproba različite stvari. Kaže da ne voli da stoji u mestu i da svaki dan želi da nauči nešto novo.

U detinjstvu je bila živahna i prepuna energije, pa su je roditelji usmeravali na sport. „Bila sam prava mala 'baterija'. Nije me bilo moguće zaustaviti. Zato sam rano krenula na treninge i tu pronašla mir i disciplinu.“ Danas već godinama trenira gimnastiku i sport vidi kao nešto što joj pomaže da bude bolja osoba. Dodaje da je sport naučio upornosti, disciplini i tome da se nikada ne predaje. „Kao mala bila sam baš nemirna. Dugi niz godina treniram gimnastiku i tu sam se pronašla. Sada idem napred i nema stajanja“, priča uz osmeh. Vršnjacima preporučuje da i oni probaju neki sport,

bez obzira da li profesionalno ili rekreativno: „Ako nemaju vremena, dovoljno je i pola sata kod kuće da posvete sebi i svom telu. To će im kasnije mnogo značiti.“

Ljubav prema umetnosti i znanju

Osim sporta, Irena ima mnogo drugih interesovanja. Njena velika strast je slikanje, a želja joj je da se jednog dana oprobja i kao solo pevač jer je završila nižu muzičku školu. Književnost joj je takođe važna, često čita i kaže da joj je Dostojevski omiljeni pisac jer u njegovim delima pronalazi dubinu i razmišljanje o životu. „Volim da maštam i da stvaram. Knjige i umetnost mi pomažu da pronađem inspiraciju“, dodaje. Kao i većina tinejdžera voli društvene mreže. Najviše koristi Snapchat i TikTok, gde ima mnogo pratilaca. Međutim, razlikuje se od većine jer svoje vreme na internetu pokušava da iskoristi pametno. „Mnogo vremena provodim onlajn, ali trudim se da to vreme ne bude uzalud. Volim da gledam edukativne sadržaje i učim nove veštine“, priča Marija. Posebno voli predmete hemiju, matematiku i biologiju, jer joj upravo oni pomažu da bolje razume svet oko sebe i ljude generalno. Iako ima mnogo interesovanja, Marija je sigurna u jednu stvar, svoju budućnost vidi u belom





MARIJA RISTIC - A TEENAGER WHO INSPIRES WITH HER KNOWLEDGE AND TALENTS

Well-mannered, cheerful, and humble, yet determined and hardworking, these are the first traits one notices in Marija Ristic. At just sixteen years old, this dark-haired girl from the northern part of Mitrovica is already a role model to many. She is currently in the third year of medical high school, and her report card is filled exclusively with top grades. Teachers and classmates describe her as someone who, through her dedication, behavior, and friendship, truly deserves to be seen as an example to others.

mantilu. „Želim da jednog dana pomazem ljudima na svaki način, a najviše u oblasti zdravlja. Zato sam i izabrala medicinu, jer je to moj životni poziv“, objašnjava. Kada nema obaveza, voli da vozi rolere, da crta, da sluša muziku ili jednostavno da se druži sa svojim razredom. „Najlepše druženje nam je u školi. Iako se nekad vidimo i posle nastave, najviše se radujemo zajedničkim trenucima na odmoru ili u učionici. Mi smo najbolji razred, uvek se slažemo i pomažemo jedni drugima“, kaže sa ponosom.

Kad jednom odlučiš šta želiš, sve postaje lakše

Na kraju razgovora, Irena šalje poruku svim mladima: „Klonite se loših navika, pazi kakvo društvo biraš i obrati pažnju na sebe. Najvažnije je da verujete u sebe i radite ono što volite.“ Dodaje i da nije lako pronaći svoj put kada ti dobro ide u mnogo stvari. „Ali kad jednom odlučiš šta želiš, sve postaje lakše. Ja sam odlučila – biću doktorica“, završava odlučno. Ova devojčica svojim radom, ponašanjem i upornošću pokazuje da je moguće uskladiti školu, sport, umetnost i druženje, a da pri tom ostaneš vedar i skroman. Marija je dokaz da su trud, radoznalost i čista želja za znanjem najbolji recept za uspeh.

Curiosity and versatility as an advantage

"I've always wanted everything I do to be the best I can. Not for the grades, but for myself," says Marija at the beginning of her interview for 4You Magazine. Marija stands out from her peers thanks to her immense curiosity and courage to try new things. She says she dislikes staying in one place and wants to learn something new every day. As a child, she was lively and full of energy, so her parents encouraged her to take up sports. "I was a real little 'battery'. You couldn't stop me. That's why I started training early, and there I found peace and discipline." Today, she has been practicing gymnastics for years, and she sees sport as something that helps her become a better person. She adds that sport has taught her perseverance, discipline, and the importance of never giving up. "As a child, I was really restless. I've been training gymnastics for many years, and that's where I found myself. Now I'm moving forward and there's no stopping," she says with a smile. She encourages her peers to try some form of sport, whether professionally or recreationally: "If they don't have time, even half an hour at home dedicated to themselves and their body is enough. It will mean a lot to them later on."

Love for art and knowledge

Besides sports, Irena has many other interests. Her great passion is painting, and she dreams of one day trying herself as a solo singer, having completed elementary music school. Literature is also important to her, she reads often and says that Dostoevsky is her favorite author because she finds depth and reflections on life in his works. "I love to imagine and create. Books and art help me find inspiration," she adds. Like most teenagers, she enjoys social media. She mostly uses Snapchat and TikTok, where she has many followers. However, she stands out from most

because she tries to use her time online wisely. "I spend a lot of time online, but I try to make sure that time isn't wasted. I love watching educational content and learning new skills," says Marija. She especially loves chemistry, mathematics, and biology, because they help her better understand the world around her and people in general. Although she has many interests, Marija is certain about one thing, she sees her future in a white coat. "I want to help people in every possible way one day, especially in the field of health. That's why I chose medicine, because it's my life's calling," she explains. When she's free from obligations, she enjoys rollerblading, drawing, listening to music, or simply spending time with her classmates. "The best moments of friendship are at school. Even though we sometimes meet after classes, we most look forward to our shared time during breaks or in the classroom. We're the best class, we always get along and help each other," she says proudly.

Once you decide what you want, everything becomes easier

At the end of the interview, Irena sends a message to all young people: "Stay away from bad habits, be careful about the company you keep, and pay attention to yourself. The most important thing is to believe in yourself and do what you love." She adds that it's not easy to find your path when you're good at many things. "But once you decide what you want, everything becomes easier. I've decided, I will be a doctor," she concludes with determination. This young girl, through her work, behavior, and perseverance, shows that it's possible to balance school, sports, art, and friendships, while remaining cheerful and humble. Marija is proof that effort, curiosity, and a pure desire for knowledge are the best recipe for success.

RAZMISLI PRE NEGO ŠTO KLIKNEŠ!

Nadmudri zamke na internetu



Internet je prepun video snimaka, slika, priča i poruka. Skrolujemo, gledamo i delimo, ali nije sve što vidimo na mreži istinito. Postoje ljudi koji namerno prave lažni sadržaj. Ti pojedinci, poznati kao neprijateljski akteri, žele da vas prevare, razljute ili zbune. Mogu se predstavljati kao neko iz vašeg grada ili škole, ili širiti laži o organizacijama poput KFOR-a i NATO-a. Dezinformacija nije samo šala ili greška. To je oružje koje se koristi da bi se narušilo poverenje, širila mržnja i izazvao strah. Srećom, u vašim je rukama da to zaustavite. Pažljivim razmišljanjem, postavljanjem pitanja i prijavljivanjem sumnjivog sadržaja, štitite sebe, svoje prijatelje, svoju školu, pa čak i svoju zajednicu.

Lažni profili nisu samo dosadni, oni su opasni

Društvene mreže su prepune ljudi koje ne poznajete, i nisu svi koje vidite na internetu ono za šta se predstavljaju. Lažni nalozi se lako prave. Često koriste ukradene slike, čudna imena i poruke koje deluju sumnjivo. Ti nalozi mogu delovati prijateljski, ali njihov glavni cilj je da prikupljaju informacije ili šire laži koje dele ljude.

Ponekad se ti lažni profili pretvaraju da su lokalni, koristeći poznata imena ili jezik kako bi delovali stvarno. Mogu slati poruke koje postavljaju pitanja ili pokušavaju da promene vaše mišljenje o ozbiljnim temama. Mogu objavljivati sadržaj protiv mirovnih snaga, deliti lažne vesti o KFOR-u ili slati čudne linkove. Opasnost je u tome što ti nalozi često izgledaju normalno. Mogu objavljivati citate, smešne slike ili selfije.

Ako neki nalog deluje čudno, ako je novokreiran, nikada ne prikazuje prave fotografije ili postavlja lična pitanja, nemojte odgovarati. Nemojte

deliti ono što objavljuje. Prijavite nalog i blokirajte ga. Ova akcija pomaže da se laži ne šire.

Nije svaka priča ili video istinit

Lako je poverovati u nešto što izgleda dramatično. Kratak video sa upečatljivim naslovom može brzo postati viralan. Priča sa šokantnim naslovom može biti podeljena stotine puta pre nego što iko proverí da li je istinita. Obično takve priče koriste strah ili bes da privuku pažnju, a ponekad čak koriste stare snimke sa drugih mesta i dodaju nove naslove da bi izgledalo kao da su sveži. Neki montiraju snimke da sakriju celu istinu. Cilj nije da se podele činjenice, već da se izazove zabuna. Ponekad žele i da naruše poverenje u organizacije kao što su KFOR, EULEX ili UN. Drugi pak žele da izazovu sukobe u vašoj zajednici.

Zato bi trebalo da postavite pitanja pre nego što poverujete u bilo šta ili delite bilo šta. Odakle je objava došla? Da li je sa pouzdanog sajta? Možete

li pronaći istu vest negde drugde? Ako vam se nešto čini ekstremnim ili vas tera da brzo reagujete, zastanite i razmislite. Istini nikada nisu potrebni trikovi.

Imate moć da učinite internet bezbednijim

Biti na internetu treba da bude bezbedno i zabavno, ali to zavisi od pametnih izbora, a ne samo od lozinki. Svaki put kada izbegnete da podelite lažnu objavu, vi je oslabljujete. Kada prijavite lažni profil, pomažete drugima. Kada razmislite pre nego što kliknete, štitite sebe,

svoju porodicu, prijatelje i zajednicu. Sajber pretnje nisu uvek lako uočljive. Ne dolaze samo kao virusi. Ponekad se pojavljuju kao komentari ili poruke koje izgledaju sasvim normalno. Iza njih može da stoji plan za širenje laži ili nanošenje štete. Zato je važno biti oprezan.

Ne morate biti stručnjak za tehnologiju da biste bili bezbedni na internetu. Samo ostanite radoznali, oprezní i odgovorni. Čak i male radnje, poput provere odakle potiče neka objava ili prijavljivanja sumnjive poruke, mogu





zaustaviti nešto opasno pre nego što se proširi.

U današnjem svetu, biti pametan na internetu jednako je važno kao biti oprezan u stvarnom životu. Internet nudi zabavan sadržaj i korisne alate, ali i zamke – neke su očigledne, dok se druge kriju iza lažnih imena i prijateljskih objava. Dezinformacije su snažne, ali postaju slabe kada mladi ljudi obrate pažnju. Svaki put kada razmislite pre nego što kliknete, birate istinu umesto laži, bezbednost umesto opasnosti i jedinstvo umesto podela.

🔍 5 znakova da nešto na internetu može biti lažno:

1. Nema ličnih fotografija ili video snimaka
2. Čudno korisničko ime ili kopiran profil
3. Emotivni ili ekstremni naslovi
4. Poruke koje traže privatne informacije

⚠️ Upozorenje:

Dezinformacija je digitalno oružje koje se koristi za narušavanje poverenja i mira. Nemojte pomagati njenom širenju.

✅ Šta treba uraditi:

- Razmisli pre nego što klikneš
- Proveri činjenice
- Prijavi sumnjive naloge i sadržaje

💡 **Budite pametni. Budite bezbedni. Zaštitite ono što je važno na internetu i van njega.**



THINK BEFORE YOU CLICK!

Outsmart the online traps

The internet is full of videos, pictures, stories, and messages. We scroll, we watch, and we share, but not everything we see online is real. There are people who create fake content on purpose. These individuals, known as hostile actors, want to trick you, make you angry, or confuse you. They might pretend to be someone from your town or your school, or they might spread lies about organizations like KFOR and NATO. Disinformation is not just a joke or a mistake. It is a weapon used to damage trust, spread hate, and create fear. Luckily, it's in your hands to stop it. By thinking carefully, asking questions, and reporting suspicious content, you protect yourself, your friends, your school, and even your community.

Fake profiles are not just annoying, they are dangerous

Social media is full of people you do not know, and not everyone you see online is who they claim to be. Fake accounts are easily created. They often use stolen pictures, strange names, and messages that feel off. These accounts may seem friendly, but their main purpose is to collect information or spread lies that divide people.

Sometimes these fake profiles pretend to be local, using familiar names or language to seem real. They may send messages that ask questions or try to change your views about serious issues. They may post things against peacekeepers, share false news about KFOR, or send odd links. The danger is that these accounts often look normal. They might post quotes, funny images, or selfies.

If an account seems strange, is newly created, never shows real photos, or asks personal questions, do not reply. Do not share what they post. Report the account and block it. This action helps stop lies from spreading.

Not every story or video tells the truth

It is easy to believe something that looks dramatic. A short video with a strong title can go viral fast. A story with a shocking headline might be shared hundreds of times before anyone checks if it is true. Usually, these stories use fear or anger to get attention, and sometimes they even use old videos from other places and add new titles to make them seem recent. Others edit clips to hide the full story. The goal is not to share facts but to cause confusion. Other times they want to damage trust in groups like KFOR, EULEX or the UN. Others want to start arguments in your community.

This is why you should ask questions before you believe or share anything. Where did the post come from? Is it from a trusted site? Can you find the same news somewhere else? If something feels extreme or pushes you to react quickly, stop and think. The truth never needs tricks.

You have the power to make the internet safer

Being online should be safe and fun, but that comes from smart choices, not just passwords. Each time you avoid sharing a fake post, you weaken it. When you report a fake profile, you help others. When you think before clicking, you protect yourself, your family, friends, and community. Cyber threats are not always easy to spot. They do not just come as viruses. Sometimes they appear as normal-looking comments or messages. Behind them may be a plan to spread lies or cause harm. This is why being alert matters.

You do not need to be a tech expert to be safe online. Just stay curious, careful, and responsible. Even small actions, like checking where a post came from or reporting a strange message, can stop something dangerous before it spreads.

In today's world, being smart online is as important as being careful in real life. The internet has fun content and helpful tools, but also traps – some are obvious, others hide behind fake names and friendly posts. Disinformation is strong, but it becomes weak when young people pay attention. Every time you think before you click, you choose truth over lies, safety over danger, and unity over division.

🔍 5 signs something online may be fake:

1. No personal photos or videos
2. Strange username or copied profile
3. Emotional or extreme headlines
4. Messages asking for private info

⚠️ Warning:

Disinformation is a digital weapon used to harm trust and peace. Do not help it spread.

✅ What to do:

- Think before you click
- Check the facts
- Report suspicious accounts and content

💡 **Stay smart. Stay safe. Protect what matters online and offline.**

KAKO DA IZGRADITE JAK IMUNI SISTEM?

Oktobar je - pravo vreme da ojačate imuni sistem!



Jesen je stigla i nije došla sama - sa sobom nosi vetar, kišu, hladnije dane... i sve češće prehlade. Dani su sve kraći, sunce sve ređe, a jutarnje ustajanje sve teže. Oktobar nas je polako uvukao u jesen - vreme kad se priroda umiruje, a naše telo traži malo više pažnje. Sad je pravi trenutak da se zapitamo: Da li smo spremni da dočekamo zimu punom snagom?



Imunitet nije nešto o čemu razmišljamo svakog dana, sve dok ne osetimo grebanje u grlu ili ne završimo u krevetu s temperaturom. A zapravo, o njemu bi trebalo da mislimo pre nego što se razbolimo.

Hrana - više od sitosti

Tvoje telo voli kad ga hraniš pametno. Vitamini i minerali nisu samo za one koji vežbaju - oni su osnova zdravlja. Uključi više:

- Vitamina C iz kivija, limuna, narandži,

brokolija i paprike.

- Cinka iz semenki bundeve, integralnih žitarica, jaja i orašastih plodova.
- Probiotika iz kefira i jogurta, jer zdravlje (da, baš ono) počinje u crevima.
- A sezonsko voće? Jabuke, grožđe, kruške, tvoje telo zna šta mu treba kad vidi jesen na pijaci.

Spavaj. Zvuči jednostavno, ali...

Noćno skrolovanje može da priču. Kad spavaš manje od 7 sati, tvoj imunitet opada, koncentracija se gubi, a umor postaje hroničan. Tvoje telo se tokom sna "popravlja", obnavlja i resetuje. Probaj da svake večeri legneš u slično vreme i spavaš bar 7 sati.

Pokreni se - za bolje telo i raspoloženje

Ne moraš da ideš u teretanu ili na trening svaki dan. Dovoljno je da hodaš bar 20 minuta dnevno da se protegneš i da prodišeš. Vežbanje ne samo da jača telo, već i rasterećuje um - a to je dupla dobit za tvoj imuni sistem. Ako ti je teško da se motivišeš, pronađi nekog za šetnju ili pusti dobar

podcast dok se krećeš.

Reci "ne" stresu (ili bar pokušaj)

Jesen često nosi više obaveza, škola, novi predmeti, učenje i vannastavne aktivnosti. Pokušaj da ne upadneš u vrtlog stresa. Možda da pronađeš male načine kako da se smiriš: diši, šetaj, isključi notifikacije na pametnim uređajima bar na sat vremena. Prijatelji, knjiga, muzika ili samo par minuta tišine, sve to pomaže.





Voda i čaj - tvoja jesenja kombinacija

Hidriranje je važno tokom čitave godine, iako zimi manje osećamo žeđ. Ipak, to ne znači da voda nije važna. Redovno unošenje tečnosti pomaže imunom sistemu, podiže koncentraciju i čini da se osećas bolje iznutra i spolja. Čajevi su super saveznik - đumbir, nana, kamilica ili zeleni čaj sa limunom mogu postati vaša dnevna rutina.

Zvuči kao mnogo, ali ne moraš da menjaš ceo život odjednom. Počni malim koracima, doručuj zdravije, idi ranije na spavanje, izađi napolje makar deset minuta svakog dana. Svaki od tih koraka gradi tvoj imunitet i priprema te za hladnije dane. Upravo je jesen poziv da usporiš, obratiš pažnju na sebe i napraviš pametne izbore.



Ne zaboravi - zdrav imuni sistem znači više energije, manje bolovanja i više fokusa - taman za jesenje izazove.

HOW TO BUILD A STRONG IMMUNE SYSTEM?

October is here – the perfect time to strengthen your immune system!

Autumn has arrived, and it didn't come alone – it brings wind, rain, colder days... and more frequent colds. The days are getting shorter, the sun appears less often, and getting out of bed in the morning is becoming harder. October has gently pulled us into autumn – a time when nature slows down, and our bodies ask for a bit more attention. Now is the right moment to ask ourselves: Are we ready to face the winter at full strength?

Immunity isn't something we think about every day, until we feel that scratch in the throat or end up in bed with a fever. But in reality, we should think about it before we get sick.

Food - more than just feeling full

Your body thrives when you feed it wisely. Vitamins and minerals aren't just for gym-goers – they are the foundation of good health. Make sure to include more:

- Vitamin C from kiwis, lemons, oranges, broccoli, and peppers.
- Zinc from pumpkin seeds, whole grains, eggs, and nuts.
- Probiotics from kefir and yogurt – because health (yes, that health) begins in the gut.
- And don't forget seasonal fruits – apples, grapes, pears. Your body knows what it needs when it sees autumn at the market.

Sleep. Sounds simple, but...

Late-night scrolling can wait. If you sleep less than 7 hours, your immunity drops, concentration fades, and fatigue becomes chronic. Your body "repairs" itself, restores, and resets during sleep. Try to go to bed at the same time each night and aim for at least 7 hours of sleep.

Get moving - for a healthier body and mind

You don't need to hit the gym or train daily. A 20-minute walk is enough to stretch and breathe. Exercise doesn't just strengthen the body – it clears the mind too. That's a double win for your

immune system. If you struggle with motivation, find a walking buddy or play a good podcast while you move.

Say "No" to stress (or at least try)

Autumn often brings more responsibilities – school, new subjects, and studying, extracurricular activities. Try not to fall into a whirlwind of stress. Look for small ways to calm yourself: breathe, walk, and turn off notifications on smart devices for at least an hour. Friends, a book, music, or even a few quiet minutes can help.

Water and tea - your autumn combination

Staying hydrated is important all year, even if you feel less thirsty in winter. That doesn't mean water is any less vital. Regular fluid intake supports your immune system, boosts concentration, and helps you feel better inside and out. Teas are great allies – ginger, mint, chamomile, or green tea with lemon can become part of your daily ritual.

It may sound like a lot, but you don't need to change your whole life overnight. Start with small steps – eat a healthier breakfast, go to bed earlier, spend at least ten minutes outdoors each day. Each of these steps builds your immunity and prepares you for the colder days ahead. Autumn is the perfect invitation to slow down, focus on yourself, and make smarter choices.

Don't forget – a strong immune system means more energy, fewer sick days, and better focus – just what you need for autumn's challenges.



MUSICBOX

MALUMA

OD DEČAKA IZ MEDELJINA DO SVETSKE IKONE

Juan Luis Londoño Arias, poznatiji kao Maluma, rođen je 28. januara 1994. godine u Medeljinu, Kolumbija. Iako je odrastao u skromnim uslovima, porodica mu je bila najveća inspiracija i podrška. U školu je išao s osmehom, ali i s džepovima punim lizalica koje je prodavao kako bi pomogao majci. „Nismo imali mnogo, ali smo imali ljubav i san,“ rekao je jednom prilikom. I taj san ga nikada nije napustio.



Njegov umetnički identitet vezan je za porodicu. Ime Maluma sastavljeno je od prvih slova imena njemu najvažnijih ljudi: **MA** - Marlli, majka, **LU** - Luis, otac i **MA** - Manuela, sestra. "To ime nosim kao tetovažu, ali i u srcu. Oni su temelj svega što jesam," rekao je.

Od školskih hodnika do svetske scene

Pre nego što je postao jedan od najpoznatijih latino umetnika današnjice, Maluma je bio dečak koji je, uz muziku, jednako ozbiljno trenirao fudbal. Igrao je profesionalno do svoje petnaeste godine, ali kada je prvi put kročio u muzički studio, znao je da se zaljubio, i da je pronašao svoj put. „Kad sam prvi put ušao u studio, to je bio trenutak kad sam znao - ovo je moj život.“ Već sa 16 godina snimio je prvu pesmu, 'Farandulera', koja je postala lokalni hit. Ubrzo je usledio i prvi album, Magia, a onda - eksplozija: Borro Cassette, El Perdedor, Felices los 4 i pesma po pesma, Maluma je postajao glas nove generacije a reggaeton

scena više nikada neće biti ista.

Mentalitet sportiste

Kako je njegova popularnost rasla, tako su rasli i komentari, i pozitivni i negativni. Mnogi su sumnjali u njegov talenat, govoreći da je samo još jedno „lepo lice“. Ali Maluma nije dozvolio da ga to zaustavi. „Ljudi su mislili da sam samo još jedno lepo lice. Tada sam se vratio svom sportskom duhu, rad svaki dan, disciplina, studio bez izgovora. Niko neće verovati u tebe ako ti prvi ne veruješ,“ rekao je u jednom od intervjua. Ta posvećenost dovela ga je do velikih nagrada i još većih uspeha, uključujući Latin Grammy za album F.A.M.E. Danas ima milijarde strimova, rasprodate turneje i saradnje sa globalnim zvezdama poput Madonne, The Weeknda, Shakire i Jennifer Lopez.

Muzika kao terapija i poruka

Iza svakog njegovog hita krije se emocija, ponekad radost, ponekad tuga, ali uvek iskrenost. U dokumentarcu 'Lo Que Era, Lo Que Soy, Lo Que Seré', Maluma je otvoreno





govorio o tome kako mu je muzika pomogla da se nosi s anksioznošću, pritiskom slave i sopstvenim nesigurnostima. „Muzika je bila moj način da se izrazim, ali i da se izlečim. Ja sam i dalje onaj dečak koji sanja. I nikada neću prestati da sanjam.“ Njegove pesme ne prikazuju savršen život, već stvarne emocije.

Stil bez granica

Pored muzike, Maluma je postao modna ikona. Njegove frizure, tetovaže, neobični outfiti, sve su to načini na koje izražava sebe bez straha od osude. Sarađivao je sa brendovima poput Balmaina, Dolce & Gabbane i pojavljuje se na naslovnicama časopisa GQ, Vogue i Elle. „Moda je umetnost. To je sloboda. To sam ja.“

Srce koje daje

Iza sjaja i reflektora, Maluma je ostao prizemljen. Osnovao je fondaciju 'El Arte de los Sueños', kroz koju pomaže mladima iz siromašnih sredina u Kolumbiji da pronađu svoj glas kroz umetnost. Takođe se aktivno zalaže za mentalno zdravlje i društvenu pravdu. „Slava ne menja ko si. Ako si neko s velikim srcem, koristićeš slavu za dobro.“ Iako ga prate milioni, i iako nastupa na najvećim svetskim binama, Maluma ne zaboravlja gde je sve počelo. „Verujte u sebe. Sanjajte veliko. Ne dozvolite da vam iko kaže da ne možete. I nikad ne zaboravite odakle ste došli.“



maluma

FROM A BOY IN MEDELLÍN TO A GLOBAL ICON

Juan Luis Londoño Arias, better known as Maluma, was born on January 28, 1994, in Medellín, Colombia. Although he grew up in modest conditions, his family was his greatest inspiration and support. He went to school with a smile, and with pockets full of lollipops that he sold to help his mother. “We didn’t have much, but we had love and a dream,” he once said. And that dream never left him.

His artistic identity is tied to his family. The name Maluma is made up of the first letters of the names of the people most important to him: **MA** - Marlli, his mother; **LU** - Luis, his father; and **MA** - Manuela, his sister. “I carry that name as a tattoo, but also in my heart. They are the foundation of everything I am,” he said.

From school corridors to the global stage

Before becoming one of today’s most famous Latin artists, Maluma was a boy who took both music and football seriously. He played professionally until the age of fifteen, but the moment he stepped into a music studio, he knew he had fallen in love and found his true path. “When I first entered the studio, that was the moment I knew, this is my life,” he said. By the age of 16, he recorded his first song, Farandulera, which became a local hit. Soon after came his debut album Magia, followed by a wave of success: Borro Cassette, El Perdedor, Felices los 4 and song by song, Maluma became the voice of a new generation, and the reggaeton scene was never the same again.

Athlete’s mentality

As his popularity grew, so did the comments, both positive and negative. Many doubted his talent, saying he was just another “pretty face.” But Maluma didn’t let that stop him. “People thought I was just another pretty face. That’s when I returned to my athlete’s mindset, daily work, discipline, no excuses in the studio. No one will believe in you if you don’t believe in yourself first,” he said in one of the interviews. That dedication led him to major awards and even greater success, including a Latin Grammy for his album F.A.M.E. Today, he boasts billions

of streams, sold-out tours, and collaborations with global stars like Madonna, The Weeknd, Shakira, and Jennifer Lopez.

Music as therapy and message

Behind each of his hits is an emotion, sometimes joy, sometimes sorrow, but always sincerity. In the documentary ‘Lo Que Era, Lo Que Soy, Lo Que Seré,’ Maluma spoke openly about how music helped him cope with anxiety, the pressures of fame, and his own insecurities. “Music was my way to express myself, but also to heal. I’m still that boy who dreams. And I’ll never stop dreaming.” His songs don’t portray a perfect life, they reflect real emotions.

Style without boundaries

In addition to music, Maluma has become a fashion icon. His hairstyles, tattoos, unusual outfits are all ways he expresses himself without fear of judgment. He has collaborated with brands such as Balmain, Dolce & Gabbana and appears on the covers of GQ, Vogue and Elle magazines. “Fashion is art. It’s freedom. It’s me.”

A heart that gives

Behind the glitz and spotlight, Maluma has remained grounded. He founded the ‘El Arte de los Sueños’ foundation, through which he helps young people from underprivileged communities in Colombia find their voice through art. He also actively advocates for mental health and social justice. “Fame doesn’t change who you are. If you’re someone with a big heart, you’ll use fame for good.” Although he’s followed by millions and performs on the world’s biggest stages, Maluma never forgets where it all began. “Believe in yourself. Dream big. Don’t let anyone tell you that you can’t. And never forget where you came from.”

MEĐUNARODNI DAN MIRA:

KFOR KAO STUB STABILNOSTI NA KOSOVU

Dok se svet 21. septembra okuplja povodom Međunarodnog dana mira, simbolično se podsećamo na važnost međunarodne solidarnosti i nenasilja. Na Kosovu, najdugotrajnija i najuspešnija mirovna misija predvođena NATO-om zauzima centralno mesto - KFOR, međunarodna misija koja pruža stabilnost i bezbednost svim zajednicama koje žive u regionu od 1999. godine.

KFOR je i danas prisutan u različitim delovima Kosova, gde deluje u saradnji sa lokalnim institucijama, UNMIK-om i EULEX-om. Njegova uloga nije borbeni, već pre svega preventivna, stabilizujuća i zaštitna - sa ciljem da se očuva mir, podrži dijalog i spreči bilo kakve tenzije koje bi mogle ugroziti svakodnevni život građana. Međutim KFOR nije samo vojna prisutnost, on je izraz međunarodne odgovornosti i garancija da se mir ne podrazumeva, već da se gradi, održava i svakodnevno štiti. Prisustvo KFOR-a na Kosovu duže od dve decenije pokazuje dugoročnu posvećenost omogućavanju ljudima da žive bezbedno, sa poverenjem i međusobnim poštovanjem, bez obzira na njihovu etničku, versku ili političku pripadnost.

Doprinos svakodnevnoj bezbednosti i miru

Uloga KFOR-a ogleda se najviše u svakodnevnom aktivnostima koje često ostaju nevidljive, ali su ključne za održavanje poverenja među zajednicama. Patrole, prisustvo u osetljivim područjima, logistička podrška civilnim strukturama



i spremnost da se odgovori na bezbednosne izazove, sve to čini mrežu sigurnosti koja omogućava normalno funkcionisanje društva. Posebno je važno istaći da KFOR deluje nepristrasno i u interesu svih građana. Njihovo prisustvo je garancija da se sporovi rešavaju dijalogom, a ne silom. U tom smislu, KFOR ne samo da reaguje kada je potrebno, već često deluje preventivno, kroz saradnju sa lokalnim liderima, obrazovnim institucijama i nevladinim organizacijama koje promovišu mir i međuetničku saradnju.

Stabilnost kao temelj napretka

Kroz godine, prisustvo KFOR-a omogućilo je i prostor za razvoj lokalnih bezbednosnih

kapaciteta, unapređenje civilne infrastrukture i povratak poverenja među zajednicama. Iako je broj vojnika smanjen u odnosu na početni period, efikasnost misije ostaje visoka zahvaljujući modernim metodama rada, fleksibilnosti i bliskoj saradnji sa lokalnim strukturama. Važno je razumeti da mir nije samo odsustvo nasilja, to je i prisustvo sigurnosti, slobode kretanja, poverenja među ljudima i poštovanja različitosti. U tome KFOR ima ključnu ulogu: da obezbedi okvir u kojem se sve zajednice osećaju zaštićeno i ravnopravno.

Međunarodni dan mira na Kosovu ima poseban značaj. On ne podseća samo na prošlost, već ukazuje na budućnost, onu u kojoj zajednice, uz podršku misije poput KFOR-a, grade društvo mira, saradnje i stabilnosti. KFOR ostaje stub te budućnosti, simbol posvećenosti međunarodnoj zajednici očuvanju vrednosti mira i nenasilja. Na ovaj dan, svet se podseća da su mir i sigurnost svakodnevni procesi koji zahtevaju strpljenje, odgovornost i zajednički rad. Kosovski primer pokazuje da su mir i suživot mogući – kada postoji volja, dijalog i pouzdana podrška poput one koju pruža KFOR.

U širem smislu, očuvanje mira postaje globalni izazov u vremenu kada se konflikti, nesigurnost i političke tenzije šire i van ratom pogođenih regiona. Klimatske



promene, migracije, ekonomske nejednakosti i ekstremizam dodatno komplikuju bezbednosnu sliku savremenog sveta. U tom kontekstu, svaki uspešan primer očuvanja mira, poput misije KFOR-a na Kosovu, ima vrednost univerzalnog uzora. On pokazuje da međunarodna saradnja, prisustvo dijaloga i spremnost da se zaštite ljudska prava, mogu stvoriti trajne temelje za stabilnost. Mir nije luksuz, već osnovna potreba svakog društva. Njegovo očuvanje zahteva posvećenost na lokalnom nivou, ali i solidarnost na globalnom. Zato je obeležavanje 21. septembra važno obeležiti svuda, od Kosova pa do svih zajednica koje žele da žive bez straha, u dostojanstvu i slobodi.



Međunarodni dan mira, koji se obeležava svake godine 21. septembra, ustanovljen je od strane Ujedinjenih nacija kako bi podsetio čovečanstvo na važnost nenasilja, tolerancije i međusobnog razumevanja. Danas, u svetu punom izazova, ovaj datum ima poseban značaj, ne samo kao simbol, već i kao podsetnik na vrednost svakodnevnih napora za očuvanje stabilnosti. Jedan od primera dugoročne posvećenosti miru jeste misija KFOR-a na Kosovu, koja više od dve decenije doprinosi bezbednosti, poverenju i mirnom suživotu svih zajednica.

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INTERNATIONAL DAY OF PEACE

KFOR AS A PILLAR OF STABILITY IN KOSOVO

When the world comes together on 21st September for the International Day of Peace, we are symbolically reminded of the importance of international solidarity and non-violence. In Kosovo, the longest-running and most successful NATO-led peacekeeping mission takes centre stage - KFOR, an international mission that has been providing stability and security for all communities living in the region since 1999.

KFOR is still present today across Kosovo, where it operates in cooperation with local institutions, UNMIK and EULEX. Its role is not combatant, but primarily preventive, stabilizing and protective - with the aim of maintaining peace, supporting dialogue, and preventing tensions that could threaten the daily lives of citizens. However, KFOR is not only a military presence, but also an expression of international responsibility and a guarantee that peace is not taken for granted, but built, maintained and protected on a daily basis. KFOR's presence in Kosovo for more than two decades demonstrates a long-term commitment to enabling people to live in security, trust, and mutual respect, regardless of their ethnic, religious, or political affiliation.

Contributing to security and peace in everyday life

KFOR's role is particularly evident in its daily activities, which often remain invisible but are crucial to maintaining trust between communities. Patrols, presence in sensitive areas, logistical support for civilian structures and readiness to respond to security challenges all form a safety net that allows society to function normally. It is particularly important to emphasize that KFOR acts impartially and in the interests of all people. Its presence reinforces efforts to resolve disputes through dialogue, using all available means to support peace and prevent escalation. In this sense, KFOR not only reacts when necessary, but often acts preventively by working with local leaders, educational institutions and non-governmental organizations that promote peace and inter-ethnic cooperation.

Stability as the basis for progress

Over the years, KFOR's presence has also created space for the development of local security capacities, the improvement of civilian infrastructure and the restoration of trust between communities. Although the number of soldiers has been reduced compared to the early days, the effectiveness of the mission remains high thanks to modern working methods, flexibility and close co-operation with local structures. It is important to understand that peace does not only mean the absence of violence, but also the presence of security, freedom of movement, trust between people and respect for diversity. This is where KFOR has a key role to play: to create a framework in which all communities feel protected and equal.

The International Day of Peace in Kosovo has a special significance. It not only commemorates the past, but also points to the future, where communities are building a society of peace, co-operation and stability with the support of missions like KFOR. KFOR remains a pillar of that future, a symbol of the international community's commitment to upholding the values of peace and non-violence. On this day, the world is reminded that peace and security are everyday processes that require patience, responsibility and joint work. The example of Kosovo shows that peace and coexistence are possible - if there is the will, the dialogue and the reliable support offered by KFOR.

In a broader sense, peacekeeping is becoming a global challenge at a time when conflict, insecurity and political tensions are spreading beyond war-torn regions. Climate change, migration, economic inequalities and extremism further complicate the security situation in the modern world. In this context, every successful example of peacekeeping, such as the KFOR mission in Kosovo, has the value of a universal model. It shows that international cooperation, the presence of dialogue and the willingness to protect human rights can create lasting foundations for stability. Peace is not a luxury, but a basic need of every society. Maintaining it requires commitment at local level, but also solidarity at global level. That is why it is important to celebrate 21 September everywhere, from Kosovo to all communities that want to live without fear, in dignity and freedom.

The International Day of Peace, celebrated annually on 21 September, was established by the United Nations to remind humanity of the importance of non-violence, tolerance and mutual understanding. Today, in a world full of challenges, this date has a special meaning, not only as a symbol, but also as a reminder of the value of daily efforts to maintain stability. One example of a long-term commitment to peace is the KFOR mission in Kosovo, which has contributed to security, trust and peaceful coexistence among all communities for more than two decades.

MISTERIJE BERMUDSKOG TROUGLA:

MESTO GDE LOGIKA PRESTAJE DA VAŽI

Bermudski trougao, poznat i kao "Đavolji trougao", obuhvata oblast između Majamija (Florida), Bermuda i Portorika u Atlantskom okeanu. Ova regija postala je sinonim za nestanke brodova, aviona i ljudi, često bez ikakvog traga. Iako su se mnogi slučajevi odigrali u 20. veku, interesovanje i misterija opstaju i danas.



Prvi nestanci: početak legende

Jedan od najpoznatijih i najzagonetnijih događaja bio je nestanak "Leta 19", eskadrile američkih bombardera koja je 1945. godine nestala tokom rutinskog trenažnog leta. Ispostavilo se da su piloti izgubili orijentaciju i komunikaciju. Kada je poslat avion za potragu, i on je - nestao. Ovaj slučaj bio je okidač za lavinu teorija koje su usledile.

Lista najpoznatijih nestanaka u Bermudskom trouglu:

- **Let 19 (1945)** - Pet torpednih bombardera američke mornarice i avion za potragu, ukupno 27 ljudi, nestali bez traga.
- **USS Cyclops (1918)** - Ogroman američki teretni brod sa 306 ljudi. Nije pronađen nijedan deo olupine.
- **Star Tiger i Star Ariel (1948 - 1949)** - Dva putnička aviona britanske kompanije "BSAA" nestala bez ikakvog kontakta.
- **SS Marine Sulphur Queen (1963)** - Tovarni brod sa 39 članova posade, poslednji put viđen kod Floride.
- **DC-3 Avion (1948)** - Let sa 32 putnika nestao neposredno pred sletanje u Miami, bez signala i bez olupine.

Ovi slučajevi ostaju enigma čak i danas, uprkos savremenim tehnikama pretrage i satelitskom nadzoru.



Teorije zavere: vanzemaljci, portali i izgubljene civilizacije

U nedostatku opipljivih odgovora, javnost se često okreće teorijama koje spajaju nauku i fantastiku. Neki veruju da su nestanci rezultat otmica od strane vanzemaljskih bića, dok drugi tvrde da se unutar trougla nalazi vremensko-prostorni portal koji vodi u druge dimenzije. Postoje i oni koji smatraju da se ispod površine mora kriju ostaci izgubljene civilizacije Atlantide, čije energije navodno utiču na elektronske uređaje i vremenske pojave. Iako sve ovo zvuči kao naučna fantastika, ovakve teorije imaju brojne pristalice i čvrsto su ukorenjene u popularnoj kulturi. U poslednjih nekoliko godina, intenzivne naučne studije dale su realna objašnjenja za događaje u Bermudskom trouglu, bez potrebe za natprirodnim teorijama. Najubedljivija je hipoteza o metan hidratima: podvodne naslage metana, koje se





oslobađaju usled seizmičkih aktivnosti, stvaraju mehuriće koji smanjuju gustinu vode, uzrokuju naglo potonuće

Satelitska praćenja i meteorološke analize otkrile su da iznad regiona nastaju brojne rogue waves (iznenadne masivne talase, ponekad više od 30m) i mikroraspršivači, posebno usled susreta tople vode Zalivskog struje i hladnih frontova. To potvrđuju i merenja sa Univerziteta u Southamptonu.

Detaljna geofizikalna istraživanja i precizne mape podvodnog reljefa, izvedene sonarom i AUV dronovima, ukazuju da ne postoje nikakvi „magični“ magnetni poremećaji, razlike u magnetizmu tiče se normalne kompasne deklinacije, ne anomalija. Analize statistike navigacije jasno govore da stopa nestanaka nije viša nego u drugim gustim morskim koridorima, međutim, zbog gustog saobraćaja, nestanci ostaju upečatljiviji.

Tajna koja traje

Magija, vanzemaljci, portali i Atlantida ostaju deo populističke legende, ali bez naučne osnove. Iako misteriozno, trougao poslednjih decenija ne pokazuje više nestanaka nego druge frekventne pomorske oblasti. Ipak, činjenica da i dalje ne postoje potpuno uverljivi dokazi za svaki slučaj čini da popularna misterija opstaje. Bermudski trougao ostaje jedno od najintrigantnijih mesta na planeti. Bez obzira da li verujete u nauku ili mistiku, jedno je sigurno, privlačnost ovog fenomena neće skoro nestati. Dokle god postoje neobjašnjeni događaji, biće i misterija koje čekaju da budu razjašnjene.

MYSTERIES OF THE BERMUDA TRIANGLE A PLACE WHERE LOGIC STOPS MAKING SENSE

The Bermuda Triangle, also known as the "Devil's Triangle," covers the area between Miami (Florida), Bermuda, and Puerto Rico in the Atlantic Ocean. This region has become synonymous with the disappearance of ships, planes, and people, often without a trace. Although many of these incidents occurred in the 20th century, the fascination and mystery persist to this day.

The first disappearances: the beginning of the legend

One of the most famous and mysterious events was the disappearance of "Flight 19," a squadron of U.S. bombers that vanished in 1945 during a routine training flight. It turned out that the pilots became disoriented and lost communication. When a rescue plane was sent to search for them, it too - disappeared. This case triggered a wave of theories that followed.

List of the most famous disappearances in the Bermuda Triangle:

- **Flight 19 (1945) – Five U.S. Navy torpedo bombers and a rescue plane, a total of 27 men, vanished without a trace.**
- **USS Cyclops (1918) – A massive U.S. Navy cargo ship with 306 people aboard. Not a single piece of wreckage was ever found.**
- **Star Tiger and Star Ariel (1948–1949) – Two passenger planes from the British airline BSAA disappeared without any contact.**
- **SS Marine Sulphur Queen (1963) – A cargo ship with 39 crew members, last seen off the coast of Florida.**
- **DC-3 Aircraft (1948) – A flight with 32 passengers vanished just before landing in Miami, with no signal and no wreckage.**

These cases remain a mystery even today, despite modern search techniques and satellite surveillance.

of the sea lie the remains of the lost civilization of Atlantis, whose energies supposedly affect electronic devices and weather phenomena. Although this all sounds like science fiction, these theories have many supporters and are firmly rooted in popular culture. In recent years, intensive scientific studies have provided realistic explanations for the events in the Bermuda Triangle, without the need for supernatural theories. The most convincing hypothesis is about methane hydrates: underwater deposits of methane, which are released due to seismic activity, create bubbles that reduce the density of water, causing sudden sinking.

Satellite monitoring and meteorological analyses have revealed that numerous rogue waves appear (sudden massive waves, sometimes over 30 meters high) and micro dispersers form over the region, especially due to the collision of the warm waters of the Gulf Stream with cold fronts. This is also confirmed by measurements from the University of Southampton.

Detailed geophysical surveys and precise maps of the underwater terrain, performed by sonar and AUV drones, indicate that there are no "magical" magnetic disturbances, the differences in magnetism are related to normal compass declination, not anomalies. Analysis of navigation statistics clearly show that the rate of disappearances is not higher than in other dense sea corridors, however, due to heavy traffic, disappearances remain more striking.

The secret that lasts

Magic, aliens, portals and Atlantis remain part of the populist legend, but without scientific basis. Although mysterious, the triangle has not shown more disappearances in recent decades than other frequent maritime areas. However, the fact that there is still no conclusive evidence for every case makes the popular mystery persist. The Bermuda Triangle remains one of the most intriguing places on the planet. Whether you believe in science or mysticism, one thing's for sure, the allure of this phenomenon isn't going away anytime soon. As long as there are unexplained events, there will be mysteries waiting to be solved.

Conspiracy theories: aliens, portals, and lost civilizations

In the absence of tangible answers, the public often turns to theories that blend science and fiction. Some believe that the disappearances are the result of abductions by extra-terrestrial beings, while others claim that within the triangle is a time-space portal that leads to other dimensions. There are also those who believe that beneath the surface

KAKO DA SAMI NAPRAVITE PRIRODNI BALZAM ZA USNE SA CIMETOM?

Dolaskom hladnijih dana, naša koža, a posebno usne, zahtevaju dodatnu negu i zaštitu. Umesto da koristite balzame pune hemikalija i sintetičkih sastojaka, predlažemo da napravite svoj prirodni balzam za usne, koji je jednostavan za pripremu i sadrži samo prirodne sastojke. Ovaj cimet balzam ne samo da hidrira, već i pruža prijatan, osvežavajući miris koji je savršen za jesen.

Potrebni sastojci:

- 1 kašika kakao butera
- 1/2 kašike ši butera
- 1/2 kašike kokosovog ulja
- 1 kašika pčelinjeg voska
- 1 štapić cimeta, izlomljen na manje komade
- Mala staklena teglica otporna na toplotu
- Prazne tubice za balzam
- Mrežica za ceđenje (sito)
- I mali levak.



Zašto izabrati prirodni balzam za usne?

Jedan od ciljeva današnje svesti o zdravlju i ekologiji jeste smanjenje upotrebe proizvoda sa štetnim hemikalijama. Prirodni sastojci kao što su kakao i ši buter hrane i štite kožu, kokosovo ulje dodatno hidrira, dok pčelinji vosak daje potrebnu čvrstinu balzamu. Mi smo ovde koristili cimet koji unosi blagu osvežavajuću notu, ali i svojstva koja doprinose zdravlju kože usana. Možete ga koristiti za svakodnevnu upotrebu, ali i za dublju negu, na primer kao noćnu masku. U nastavku teksta pročitajte kako da na brz i jednostavan način napravite balzam za usne.

Postupak izrade

1 Korak 1. Priprema sastojaka

Potrebno je da u malu staklenu teglicu stavite kakao buter, ši buter, kokosovo ulje i pčelinji vosak.

2 Korak 2. Dodajte cimet

Najpre štapić cimeta stavite u plastičnu kesu i nežno ga izlomite, ne u prah, već u male sitne komade. Zatim ih dodajte ih u teglicu, gde ste prethodno stavili kakao buter, ši buter, kokosovo ulje i pčelinji vosak.

3 Korak 3. Topljenje i sjedinjavanje sastojaka

U šerpu sipajte oko 5 cm vode i pustite da proključa. Teglicu sa sastojcima stavite u šerpu (voda ne sme da uđe u teglicu). Mešajte dok se svi sastojci ne otope i sjedine. Ostavite teglicu u toploj vodi još 15 do 20 minuta da se cimet lepo infuzira u smesu. Pripremite prazne tubice za balzam.

4 Korak 4. Sipajte balzam u tubice

Skinite teglicu sa vatre i procedite mešavinu kroz sito kako biste uklonili komade cimeta. Pomoću levka brzo sipajte balzam u tubice jer se smesa brzo steže.

Ostavite balzame da se potpuno stegnu na sobnoj temperaturi, najbolje 24 sata. Od ove količine dobićete oko 5 do 6 balzama. I to je to. Vaš prirodni balzam za usne sa cimetom je gotov. Ovakav balzam idealan je saveznik u hladnijim mesecima jer hidrira, neguje i štiti vašu kožu na potpuno prirodan način. Morate priznati da postupak izrade nije komplikovan, a koristi su višestruke, od zdravijih usana do zadovoljstva koje donosi sama činjenica da ste proizvod napravili sami. Isprobajte i uživajte u nežnosti i prirodnom mirisu svakog dana.

Nadamo se vam se svideo ovaj naš predlog. Ukoliko i vi imate neku ideju, pišite nam na magineforyou2003@gmail.com i podelite sa nama svoje iskustvo.

DO IT YOURSELF

HOW TO MAKE YOUR OWN NATURAL CINNAMON LIP BALM?

With the arrival of colder days, our skin, especially our lips need extra care and protection. Instead of using lip balms full of chemicals and synthetic ingredients, we suggest making your own natural lip balm, which is easy to prepare and contains only natural ingredients. This cinnamon lip balm not only hydrates but also gives a pleasant, refreshing scent that's perfect for autumn.

Ingredients:

- 1 tablespoon cocoa butter
- 1/2 tablespoon shea butter
- 1/2 tablespoon coconut oil
- 1 tablespoon beeswax
- 1 cinnamon stick, crushed
- 1 small heat-resistant glass jar
- Empty lip balm tubes
- Fine strainer or mesh sieve
- Small funnel



Why choose a natural lip balm?

One of the goals of today's health and eco-conscious lifestyle is to reduce the use of products with harmful chemicals. Natural ingredients like cocoa butter and shea butter nourish and protect the skin, coconut oil provides additional hydration, and beeswax gives the balm the necessary firmness. We've added cinnamon, which gives a gentle, refreshing note and offers benefits for the health of your lips. You can use it daily or apply a thicker layer as an overnight lip mask. Below is a quick and easy way to make this balm at home.

How to make it

1 Step 1: Prepare the ingredients
Place the cocoa butter, shea butter, coconut oil, and beeswax in the glass jar.

2 Step 2: Add the cinnamon
First put the cinnamon stick in a plastic bag and gently crush it - not into powder, just into smaller chunks. Add these to the jar where you previously placed cocoa butter, shea butter, coconut oil, and beeswax.

3 Step 3: Melt and combine
Pour about 5 cm of water into a pot and bring it to a boil. Place the jar with the ingredients into the pot (make sure no water gets into the jar). Stir occasionally until everything melts and combines. Let the jar sit in the hot water for another 15-20 minutes so the cinnamon can properly infuse the mixture. Prepare your empty lip balm tubes during this time.

4 Step 4: Pour the balm into tubes
Remove the jar from the pot and strain the mixture through the sieve to remove cinnamon bits. Using a funnel, quickly pour the liquid balm into the tubes since the mixture sets fast.

Let the balms harden completely at room temperature, ideally for 24 hours. This recipe yields about 5 to 6 lip balms. And that's it - your natural cinnamon lip balm is ready. This kind of balm is the perfect ally for the colder months because it hydrates, nourishes, and protects your lips in a completely natural way. You'll agree that the process isn't complicated, and the benefits are numerous, from healthier lips to the satisfaction of having made the product yourself. Give it a try and enjoy the softness and natural fragrance every day.



We hope you liked this suggestion! If you have an idea of your own, write to us at magazineforyou2003@gmail.com and share your experience with us!



Oktobar obećava da će ljubiteljima filmova doneti sve, od istinitih kriminalističkih priča i legendarne sportske drame, do animiranog haosa i futurističkih avantura. Bilo da krećeš u bioskop ili gledaš iz udobnosti svog kauča, ovogodišnja oktobarska ponuda nudi nešto za svaki ukus: napetost, emocije, humor i akciju. Evo sedam uzbudljivih noviteta koje ne smeš da propustiš:



PLJAČKAŠ SA KROVA (ROOFMAN)

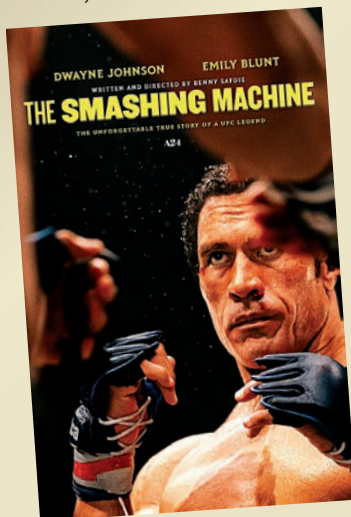
Žanr: Krimi drama

U glavnim ulogama:

Channing Tatum, Kirsten Dunst

❖ Zašto bi trebalo da gledate:

Zasnovan na neverovatnoj istinitoj priči, film Roofman prati Džefrija Mančestera (Channing Tatum), bivšeg rendžera američke vojske koji je postao pljačkaš restorana brze hrane. Dobio je



nadimak „Roofman“ jer je provaljivao kroz krovove objekata kako bi izveo svoje pljačke, postavši medijska misterija. Nakon bekstva iz zatvora, krije se mesecima u prodavnici igračaka, sve dok ljubav ne zakomplikuje stvari.

BORILAČKA LEGENDA (THE SMASHING MACHINE)

Žanr: Sportska drama / Biografski film

U glavnim ulogama: Dwayne „The Rock“ Johnson, Emily Blunt

❖ Zašto bi trebalo da gledate:

Pripremi se da zakoračiš u ring sa filmom The Smashing Machine, uzbudljivom pričom o MMA legendi Marku Keru. Od dečaćkih snova o rvanju u Ohaju do statusa jednog od najstrašnijih boraca u istoriji UFC-a, Kerov život bio je ispunjen brutalnim poredama i bolnim ličnim borbama. Dvejn Džonson donosi snažnu glumačku izvedbu u ovom emotivnom i fizički intenzivnom putovanju.

TRON: ARES

Žanr: Naučna fantastika / Akcija

U glavnim

ulogama: Jared Leto

❖ Zašto bi trebalo

da gledate:

Digitalna granica se ponovo širi u filmu „Tron: Ares“, zapanjujućem novom poglavlju legendarne franšize. Džared Leto glumi Aresa, svesni program koji beži iz mreže i ulazi u stvarni svet. Sa blistavim vizuelnim prikazima i pričom koja podstiče na razmišljanje o veštačkoj inteligenciji, identitetu i kontroli, ovaj visokotehnološki triler spreman je da oduševi ljubitelje i naučne fantastike i akcionih filmova.



DUŠA U PLAMENU (SOUL ON FIRE)

Žanr: Inspirativna drama

U glavnim ulogama:

William H. Macy, Stephanie Szostak, Sean McNamara

❖ Zašto bi trebalo da gledate:

Kada devetogodišnji Džon O'Liri doživi gotovo fatalnu nesreću, lekari mu ne daju nikakve šanse za preživljavanje. Ali zahvaljujući veri, porodici, zajednici i snažnoj vezi sa svojim bejzbol idolom Džekom Bakom, uspeva da prevaziđe nezamislive prepreke. Zasnovan na istinitoj priči, Soul on Fire je putovanje kroz isceljenje, zahvalnost i sposobnost ljudskog duha da se uzdigne iz tragedije.

LJUBIMCI U VOZU (PETS ON A TRAIN)

Žanr: Animirana Avantura / Porodični film

Glasove pozajmili: Damien Ferrette, Hervé Jolly, Kaycie Chase

❖ Zašto bi trebalo da gledate:

Šta se dešava kada se odmetnici životinja slučajno nađu usred pljačke visokotehnološkog voza? Haos, komedija i timski rad! „Ljubimci u vozu“ prikazuje Falkona, pametnog lopova rakuna, i Reksa, lojalnog policijskog psa, dok pokušavaju da spase svoje saputnike. Puna energije i srca, ova animirana priča je brzi porodični favorit u nastajanju.





SREĆNA SUDBINA (GOOD FORTUNE)

Žanr: Fantastična komedija

U glavnim ulogama: Aziz Ansari, Keanu Reeves, Seth Rogen

❗ Zašto bi trebalo da gledate:

Nebo se susreće sa haosom u filmu Good Fortune, komediji koja podiže raspoloženje i prati trapavog anđela po imenu Gabrijel, koji pokušava da „popravi“ dva života, ali na kraju sve okrene naglavačke. Uz urnebesne posledice i pravu dozu emocija, ovaj film nas podseća da druge šanse dolaze na najneочеkivanije načine.

MORTAL KOMBAT II

Žanr: Akcija / Fantazija

U glavnim ulogama: Lewis Tan, Hiroyuki Sanada, Jessica McNamee

❗ Zašto bi trebalo da gledate:

Brutalni turnir se vraća u ovom eksplozivnom nastavku hita iz 2021. godine. Zemljini ratnici se ponovo suočavaju sa silama Spoljnog sveta, a u bitku se uključuje još više legendarnih boraca. Očekujte zapanjujuću koreografiju borbi, kultne smrtno slučajeve i mračniji ton dok sudbina kraljevstva visi o koncu.



TOP OCTOBER RELEASES

October promises to offer movie lovers everything from true crime and legendary sports drama to animated chaos and futuristic adventures. Whether you are heading to the theater or streaming from your sofa, this month's lineup delivers something for every taste: suspense, heart, humor, and action. Here are seven exciting new releases you will not want to miss:

ROOFMAN

Genre: Crime Drama

Starring: Channing Tatum, Kirsten Dunst

❗ Why you should watch:

Based on a wild true story, Roofman follows Jeffrey Manchester (Channing Tatum), a former Army Ranger who turned fast-food burglar. Nicknamed “Roofman” for cutting through restaurant roofs to commit his heists, Manchester becomes a media mystery. After escaping prison, he hides out in a toy store for months, until love complicates everything.

THE SMASHING MACHINE

Genre: Sports Drama / Biopic

Starring: Dwayne “The Rock” Johnson, Emily Blunt

❗ Why you should watch:

Get ready to step into the ring with The Smashing Machine, the gripping story of MMA legend Mark Kerr. From childhood wrestling dreams in Ohio to becoming one of the most feared fighters in UFC history, Kerr's life was filled with brutal victories and painful personal battles. Dwayne Johnson delivers a powerful performance in this emotional and physical journey.

TRON: ARES

Genre: Sci-fi Action

Starring: Jared Leto

❗ Why you should watch:

The digital frontier expands again in Tron: Ares, a stunning new chapter in the legendary franchise. Jared Leto stars as Ares, a sentient program who escapes the grid and enters the real world. With dazzling visuals and a thought-provoking story about AI, identity, and control, this high-tech thriller is set to excite fans of both science fiction and action.

SOUL ON FIRE

Genre: Inspirational Drama

Starring: William H. Macy, Stephanie Szostak, Sean McNamara

❗ Why you should watch:

When nine-year-old John O'Leary suffers a near-fatal accident, doctors give him

no chance of survival. But through faith, family, community, and a powerful connection with his baseball idol Jack Buck, he overcomes unimaginable odds. Based on a true story, Soul on Fire is an inspiring journey of healing, gratitude, and the human spirit's ability to rise from tragedy.

PETS ON A TRAIN

Genre: Animated Adventure / Family

Voice Cast: Damien Ferrette, Hervé Jolly, Kaycie Chase

❗ Why you should watch:

What happens when animal outlaws accidentally end up in the middle of a high-tech train heist? Chaos, comedy, and teamwork! Pets on a Train features Falcon, a clever raccoon thief, and Rex, a loyal police dog, as they try to save their fellow passengers. Bursting with energy and heart, this animated tale is a fast-paced family favorite in the making.

GOOD FORTUNE

Genre: Fantasy Comedy

Starring: Aziz Ansari, Keanu Reeves, Seth Rogen

❗ Why you should watch:

Heaven meets chaos in Good Fortune, a feel-good comedy about a bumbling angel named Gabriel who tries to “fix” two lives but ends up turning everything upside down. With hilarious consequences and just the right dose of heart, this film reminds us that second chances come in unexpected ways.

MORTAL KOMBAT II

Genre: Action / Fantasy

Starring: Lewis Tan, Hiroyuki Sanada, Jessica McNamee

❗ Why you should watch:

The brutal tournament returns in this explosive sequel to the 2021 hit. Earth's warriors face off once again against the forces of Outworld, with even more legendary fighters joining the battle. Expect stunning fight choreography, iconic fatalities, and a darker tone as the fate of the realms hangs in the balance.

ŽAO SINTONG

ZVEZDA SNUKERA KOJA JE PROMENILA IGRU

Da li ste ikada čuli za snuker? To je kul sport koji pomalo liči na bilijar, ali pravila su drugačija i zahteva puno veštine i koncentracije. Pa, postoji jedan igrač koji je nedavno ispisao istoriju snukera: Žao Sintong (Zhao Xintong) iz Kine. Postao je prvi igrač iz kontinentalne Kine i cele Azije koji je osvojio Svetsko prvenstvo u snukeru! To je velika stvar, a njegova priča je zaista inspirativna.

8 Počeci: Mladi ljubitelj snukera

Žao je rođen 3. aprila 1997. godine u užurbanom gradu Šenženu u Kini. Kada je imao samo 8 godina, počeo je da igra snuker. Zamislite da ste tako mladi, a već volite igru koju mnogi odrasli smatraju teškom! Njegovi roditelji su ga izuzetno podržavali i čak su mu napravili malu sobu za vežbanje kod kuće. Na taj način, Žao je mogao da igra kad god je pozeleo.

Naporno je radio, mnogo je vežbao, i 2016. godine, kada je imao devetnaest godina, Žao je postao profesionalac. To znači da je počeo da igra snuker kao svoj posao. Od samog početka, ljudi su primetili da je drugačiji. Njegov stil je bio brz i uzbudljiv, a fanovi su mu dali nadimak „Ciklon“ zbog brzine i snage njegovih udaraca.

🏆 Napredak u karijeri: Prve velike pobe

Žao nije postao šampion preko noći. Morao je da pobedi u mnogim mečevima i turnirima pre velikog trenutka. U sezoni



2021-2022, osvojio je svoj prvi veliki turnir, Prvenstvo Velike Britanije. U finalu je pobedio Luku Bresela rezultatom 10-5. Ova pobjeda je navela ljude da se usmere na njega. Žao je dokazivao da može da pobedi neke od najboljih igrača na svetu!

Onda, 2022. godine, dogodio se još jedan neverovatan trenutak. Na nemačkom mastersu, Žao je pobedio u finalnom meču, a da nije dozvolio protivniku da osvoji nijedan frejm. To je kao da je pobedio u svakoj rundi u igri, a da nije izgubio nijedan put! Ovo je bilo izuzetno retko i pokazalo je koliko je postajao dobar. Do maja 2022. godine, Žao je bio šesti na svetu. Za nekoga tako mladog, to je bilo zaista impresivno..

🚧 Prepreka na putu: Suspendacija i povratak

Život nije uvek lak, čak ni za zvezde. Početkom 2023. godine, Žao se suočio sa velikim problemom. Suspendovan je iz profesionalnog snukera na 20 meseci zbog skandala sa nameštanjem mečeva. Nameštanje mečeva znači pokušaj varanja odlučivanjem ko pobeđuje ili gubi pre nego što se utakmica odigra. Žao nije bio direktno umešan u varanje, ali je znao za to i nije

to odmah prijavio. To je značilo da je morao da se na neko vreme povuče iz svog omiljenog sporta.

Ali evo onog sjajnog dela: Žao nije odustao. Kada mu je suspendacija istekla u septembru 2024. godine, ponovo je počeo da igra, ali ovog puta kao amater (što znači da u tom trenutku nije bio profesionalni igrač). Radio je više nego ikad, osvojivši četiri događaja zaredom na QTour-u, što mu je donelo šansu da se vrati kao profesionalac za sezonu 2025-2026.

🌟 Ispisivanje istorije: SVETSKI ŠAMPION!

Najbolji deo Žaoove priče dogodio se 2025. godine. Uprkos tome što je bio amater, kvalifikovao se za Svetsko prvenstvo u snukeru pobjedom u četiri teška kvalifikaciona meča. U polufinalu se suočio sa jednim od najvećih igrača svih vremena, Ronijem O'Sullivanom, koji je pre toga sedam puta osvajao šampionat.

Žao nije samo dobro igrao, već je i uništio Ronija rezultatom 17-7! Zatim je u finalu Žao pobedio Marka Vilijamsa rezultatom 18-12, postavši prvi igrač iz kontinentalne Kine i cele Azije koji je osvojio Svetsko prvenstvo u snukeru. Ovo je bila ogromna vest! Zamislite radost Žaoa, njegove porodice i ljubitelja snukera širom Kine i Azije..





★ Zašto je Žaoova pobjeda važna?

Žaoova pobjeda je više od samo jednog čoveka koji je osvojio trofej. To pokazuje da snuker raste u Kini i Aziji, gde mnogi mladi ljudi počinju da vole ovaj sport. Žao je postao uzor mnogima koji žele da igraju snuker i sanjaju velike snove. Njegova priča nas takođe uči da bez obzira na izazove koji vam se nađu na putu, čak i one velike poput suspenzije, ako vredno radite, ostanete fokusirani i verujete u sebe, možete se vratiti jači..

🌐 Šta je sledeće za Žaoa?

Sada kada se Žao vratio na profesionalnu turneju kao svetski šampion, svi su uzbuđeni da vide šta će sledeće uraditi. Hoće li osvojiti još šampionata? Može li nastaviti da iznenađuje svet snukera svojim brzim i uzbuđljivim stilom? Jedno je sigurno: Žao Sintong je igrač koga treba gledati!



⚡ Zanimljive činjenice
Žaoa zovu „Ciklon“ zbog brzine i snage koju igra. Možda sledeći put kada gledate snuker, obratite pažnju na njegove munjevite udarce!

ZHAO XINTONG

THE SNOOKER STAR WHO CHANGED THE GAME

Have you ever heard of snooker? It's a cool sport that looks a bit like pool, but the rules are different, and it takes lots of skill and focus. Well, there's one player who has made snooker history recently: Zhao Xintong from China. He became the first player from mainland China and all of Asia to win the World Snooker Championship! That's a huge deal, and his story is really inspiring.

🕒 Early days: A young snooker fan

Zhao was born on April 3, 1997, in a busy city called Shenzhen in China. When he was just 8 years old, he started playing snooker. Imagine being so young and already loving a game that many adults find tricky! His parents were super supportive and even built a small practice room at home for him. This way, Zhao could play anytime he wanted.

He worked hard, practiced a lot, and in 2016, when he was nineteen, Zhao turned professional. That means he started playing snooker as his job. From the start, people noticed he was different. His style was fast and exciting, and fans gave him the nickname "The Cyclone" because of how quick and strong his shots were.

🏆 Climbing the ladder: First big wins

Zhao didn't become a champion overnight. He had to win many matches and tournaments before the big moment. In the 2021-2022 season, he won his first major tournament, the UK Championship. He beat Luca Brecel in the final with a score of 10-5. This win made people sit up and take notice. Zhao was proving he could beat some of the best players in the world!

Then, in 2022, came another amazing moment. At the German Masters, Zhao won a final match without letting his opponent win a single frame. That is like winning every single round in a game without losing once! This was super rare and showed just how good he was getting. By May 2022, Zhao was ranked sixth in the world. For someone so young, that was really impressive.

📉 A bump on the road: Suspension and comeback

Life isn't always easy, even for stars. In early 2023, Zhao faced a big problem. He was suspended from professional snooker for 20 months because of a match-fixing scandal. Match-fixing means trying to cheat by deciding who wins or loses before the game is played. Zhao wasn't directly involved in cheating but knew about it and didn't report it right away. This meant he had to step away from his favorite sport for a while.

But here's the cool part: Zhao didn't give up. When his suspension ended in September 2024, he started playing again, but this time

as an amateur (which means he wasn't a professional player at that moment). He worked harder than ever, winning four events in a row on the QTour, which earned him a chance to come back as a professional for the 2025-2026 season.

🏆 Making history: WORLD CHAMPION!

The best part of Zhao's story came in 2025. Despite being an amateur, he qualified for the World Snooker Championship by winning four tough qualifying matches. In the semifinals, he faced one of the greatest players ever, Ronnie O'Sullivan, who had won the championship seven times before.

Zhao didn't just play well, he crushed Ronnie with a score of 17-7! Then in the final, Zhao beat Mark Williams 18-12, becoming the first player from mainland China and all of Asia to win the World Snooker Championship. This was huge news! Imagine the joy for Zhao, his family, and snooker fans all over China and Asia.

⚡ Why Zhao's win matters?

Zhao's victory is more than just one man winning a trophy. It shows that snooker is growing in China and Asia, where lots of young people are starting to love the sport. Zhao has become a role model for many kids who want to play snooker and dream big. His story also teaches us that no matter what challenges come your way, even big ones like being suspended, if you work hard, stay focused, and believe in yourself, you can come back stronger.

🌐 What's next for Zhao?

Now that Zhao is back on the professional tour as the World Champion, everyone is excited to see what he does next. Will he win more championships? Can he keep surprising the snooker world with his fast and exciting style? One thing's for sure: Zhao Xintong is a player to watch!

⚡ Fun fact
Zhao is called "The Cyclone" because of how fast and powerful he plays. Maybe next time you watch snooker, keep an eye out for his lightning shots!

NOTIFIKACIJE MALI OMETAČI PAŽNJE

Koliko puta ti se desilo da uzmeš telefon „samo na minut“, jer je stigla neka notifikacija, i odjednom shvatiš da je prošlo pola sata? Notifikacije su postale kao mali ometači pažnje, zvuk, treperenje ekrana ili mala crvena tačkica i odmah se stvara potreba da proverite šta se dešava. Na prvi pogled, čini se da je sve to bezazleno. Nekome stigne poruka na Instagramu, drugome video na TikToku, neko dobije lajk na Snapu... Ali problem nastaje kada shvatiš koliko često nas ta obaveštenja prekidaju dok učimo, dok se družimo sa porodicom ili čak dok odmaramo.



Šta možete da uradite?

- Ne morate da bacite telefon u fioku i zaboravite na njega. Samo ga malo „ukrotite“.
- Isključite nepotrebna obaveštenja. Ostavite uključen samo Viber ili SMS ako vam roditelji šalju poruke.
- „Do not disturb“, dok učite ili spavate, uključite opciju koja blokira sve notifikacije.
- Telefon u drugoj sobi - kad želite da završite neki zadatak ili da se odmorite, ostavite ga na par metara od sebe. Videćete koliko ste brži i mirniji.
- Odredite vreme za mreže - na primer, odlučite se da proveravate društvene mreže posle škole i uveče, a ne stalno tokom dana.

Kako notifikacije „krađu koncentraciju?

Svaki put kad ti „zvrcne“ telefon, tvoj mozak se prebaci na drugi zadatak. Čak i ako odgovoriš za pet sekundi, potrebno je dosta vremena da se vratiš na ono što si radio. Naučnici kažu da je mozgu potrebno i do 20 minuta da ponovo uđe u fokus nakon prekida. Zamisli da sediš i pokušavaš da naučiš lekciju iz biologije. Kreneš da pamtiš nešto i taman kad ti sve ima smisla, stiže notifikacija. Ti pogledaš, odgovoriš i onda ti treba još desetak minuta da se vratiš u ritam. Ako ti se to desi više puta, učenje traje mnogo duže nego što bi trebalo i postaje mučenje.

Nisi prisutan ni kad si tu

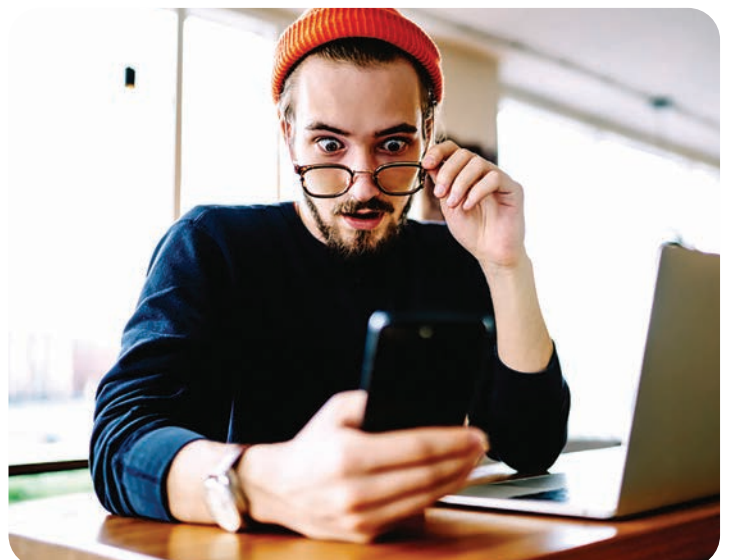
Notifikacije ne utiču samo na školu. Koliko puta ste bili u društvu, a da ste svi u isto vreme gledali u telefone? Kao da ste fizički zajedno, ali je svako u svom digitalnom svetu. Umesto da se smežete

i pričate, svako proverava ko je šta lajkovao ili objavio. Telefon nam krađe trenutke koji bi mogli da budu zabavni i nezaboravni.

Aplikacije rade protiv tebe (namerno)

Iza svega stoji i jedan trik, aplikacije su pravljene tako da te drže što duže uz ekran. Zato ti šalju podsetnike, nove lajkove i poruke, samo da bi ti opet kliknuo. Taj osećaj „možda sam nešto propustio/la“ zapravo je planiran.

Što više vremena provodite na mreži, više reklama vidite i aplikacije tako zarađuju.





Da li nešto propuštaš kad ne pogledaš odmah?

U početku će biti čudno. Stalno ćete imati osećaj da vam nešto promiče. Ali vremenom shvatite da svet nije propao zato što niste odmah pogledali klip ili poruku. Umesto da jurimo svaku notifikaciju, možemo da naučimo da uživamo u stvarnim stvarima oko nas.

Ti si glavni, ne tvoj mobilni telefon

Zapamti, notifikacije nisu vaši gospodari. Vi odlučujete kada ćete pogledati poruke, a ne one. Kad ih isključite ili ignorišete, vraćate sebi vreme i pažnju. A to znači da možete da uradite više stvari koje vas zaista zanimaju, da se bavite sportom, gledate film, izađete s društvom ili jednostavno uživate bez osećaja da ste stalno pod pritiskom.



NOTIFICATIONS LITTLE ATTENTION BREAKERS

How often have you picked up your mobile phone "just for a moment" because a notification popped up, and suddenly half an hour has passed? Notifications have become little attention breakers: a noise, a flickering screen or a small red dot and you immediately feel the need to check what's going on. At first glance, it all seems harmless. Someone receives a message on Instagram, another person sees a TikTok video, someone gets a like on Snapchat... But the problem starts when you realise how often these notifications interrupt us, while we're studying, spending time with the family or even trying to relax.

How notifications "steal" your concentration?

Every time your phone "pings", your brain switches to a new task. Even if you answer within five seconds, it takes a long time to get back to what you were doing. Scientists say it takes up to 20 minutes for the brain to refocus after an interruption. Imagine you are sitting down and trying to learn a biology lesson. You start to memorise something and just as everything is making sense, a notification comes. You look at it, react to it, and then it takes you another ten minutes to get back on track. If this happens to you again and again, learning takes much longer than it should and becomes an ordeal.

You are not present, even if you are there

Notifications don't just affect school life. How many times have you met up with friends only to find that everyone is staring at their mobile phones at the same time? It's like being physically together, but everyone is lost in their own digital universe. Instead of laughing and talking, everyone is busy checking who likes what or who has posted something new. The mobile phone silently steals moments that could have been joyful and unforgettable.

Apps (intentionally) work against you

There's a trick behind this: apps are designed to keep you glued to the screen for as long as possible. That's why they send you reminders, new likes and messages just to keep you clicking again. The feeling of "maybe I missed something" is actually intentional. The more time you spend online, the more adverts you see, and

What can you do?

- You don't have to throw your mobile phone in a drawer and forget about it. Just "tame" it a little.
- Switch off unnecessary notifications. Only leave Viber or SMS on when your parents are messaging you.
- Switch on the "Do not disturb" option when you are studying or sleeping and block all notifications.
- Phone in another room - if you want to do a task or take a break, leave it a few meters away from you. You'll see how much faster and calmer you are
- Set a time for networking - for example, decide to check social media after school and in the evening, rather than constantly during the day.

that's how the apps make money.

Do you miss something if you don't look at it straight away?

It will be strange at first. You'll constantly feel like you're missing something. But over time, you'll realize that the world hasn't ended because you didn't watch a video or message straight away. Instead of chasing after every notification, we can learn to enjoy the real things around us.

You are in charge, not your mobile phone

Remember: notifications are not your boss. You decide when to check your messages, not them. If you switch them off or ignore them, you get your time and attention back. And that means you can do more of the things that really matter to you, such as playing basketball, watching a film, going out with friends or just having fun, without feeling like you're constantly under pressure.

ZAJEDNIČKE INSPEKCIJE BEZBEDNOSTI

KFOR I KBS - ZAJEDNO ZA BEZBEDNIJE KOSOVO

Zajedničke inspekcije bezbednosti se sprovode tokom cele godine na Kosovu kako bi se osiguralo da opasni industrijski otpad ne predstavlja rizik za ljude ili životnu sredinu. Jasan primer ove kontinuirane saradnje dogodio se nedavno u elektrani „Kosovo A“ u Obiliću i kompaniji „Euro Stil“ u Peći/Peja. Ove inspekcije su sprovele Kosovske bezbednosne snage (KBS), zajedno sa finskim specijalistima za hemijske, biološke, radiološke i nuklearne pretnje (HBRN) koji služe u KFOR-u, nastavljajući preko 25 godina saradnje.

Šta su TIM lokacije i zašto su važne?

Lokacije toksičnih industrijskih materijala (TIM) su mesta gde se skladišti hemijski i radioaktivni otpad. Na Kosovu, mnogi od ovih materijala ostali su od starih fabrika koje više ne rade. Na primer, lokacija u Peći sadrži otpad iz bivše fabrike auto-delova „Zastava“. Nakon privatizacije, kompanije koje su preuzele ove lokacije takođe su nasledile opasne materijale. Dok se ne izgradi centralno skladište, kompanije poput „Euro Stila“ moraju da obezbede bezbedno skladištenje ovih materijala, uz pomoć jedinica KBS i KFOR-a za HBRN. U vezi sa ovim, potpukovnik Darko Pupović iz KFOR-a je rekao: „Inspekcija lokacije TIM je veoma važna inicijativa koju zajednički sprovode KFOR i KBS. Ovo partnerstvo ima za cilj da obezbedi bezbednost



i zaštitu životne sredine područja pogođenih opasnim materijalima.“ Dok je poručnik Juuso iz finskog kontingenta objasnio da KFOR podržava kosovske institucije redovnim bezbednosnim proverama: „Ovi napori pomažu u izgradnji sigurnog i bezbednog okruženja za sve ljude i zajednice na Kosovu“.

Zašto je saradnja KFOR-a i KBS-a toliko važna?

KFOR i KBS rade zajedno ne samo tokom inspekcija već tokom cele godine. „Saradnja nam pomaže da brzo i koordinisano reagujemo ako se dogodi incident kao što je izlivanje hemikalija ili požar na industrijskom objektu“, rekao je Taulant Tahiraj iz KBS. „To takođe povećava našu sposobnost da delujemo profesionalno i da se pridržavamo bezbednosnih standarda NATO-a i EU.“ Prema rečima potpukovnika Pupovića, njihova saradnja pomaže u smanjenju etničkih tenzija i izgradnji poverenja između zajednica.

Zajedno štitimo ljude i životnu sredinu

Uloga KFOR-a uključuje pomoć KBS-u u izgradnji znanja i veština u rukovanju opasnim materijalima. Ovo je posebno važno jer Kosovo nastavlja da se razvija i usklađuje sa evropskim i međunarodnim standardima. Inspekcije takođe uključuju procene uticaja na životnu sredinu kako bi se osiguralo da nema rizika za obližnje zajednice. „Rizici sa kojima se suočavamo uključuju



nepoznate hemikalije, toksični otpad i radioaktivne izvore“, rekao je Tahiraj. „Upravljanje ovim materijalima je važan deo ukupnog plana bezbednosti Kosova, posebno u slučajevima civilnih vanrednih situacija.“ Nedavnim inspekcijama su prisustvovali i predstavnici Ministarstva zdravlja i prostornog planiranja, Kosovske policije i drugih agencija. Svi učesnici su se složili oko jednog: kontinuirani timski rad je ključ za bezbednost Kosova.



★ Zajednička odgovornost za budućnost

Nekoliko godina KFOR i KBS zajedno obavljaju inspekcije lokacija sa toksičnim otpadom širom Kosova. Ova saradnja se odvija u okviru četiri osnovna mandata KBS: reagovanje u vanrednim situacijama, uklanjanje eksplozivnih sredstava, upravljanje opasnim materijalima, gašenje požara i civilna zaštita. Njihovi zajednički naponi imaju za cilj sprečavanje nesreća, izgradnju poverenja i zaštitu životne sredine. Kao što je potpukovnik Pupović naglasio: „Vaše poverenje i saradnja sa ovim snagama su od vitalnog značaja za harmonično društvo.“ Bezbednost je zajednička odgovornost, a saradnja je čini jačom.



JOINT SAFETY INSPECTIONS

KFOR AND KSF WORKING TOGETHER FOR A SAFER KOSOVO

Joint safety inspections are carried out throughout the year in Kosovo to help ensure dangerous industrial waste does not pose a risk to people or the environment. A clear example of this ongoing cooperation took place recently at the “Kosova A” power plant in Obiliq and the “Euro Steel” company in Pejë/Peć. These inspections were conducted by the Kosovo Security Force (KSF), together with Finnish Chemical, Biological, Radiological, and Nuclear (CBRN) specialists serving in KFOR.

What are TIM Sites and why do they matter?

Toxic Industrial Materials (TIM) sites are places where chemical and radioactive waste is stored. In Kosovo, many of these materials were left behind by old factories that no longer operate. For example, the site in Pejë/Peć contains waste from the former car parts factory “Zastava.” After privatization, the companies that took over these sites also inherited the dangerous materials. Until a central storage facility is built, companies like Euro Steel must ensure these materials are safely stored, with the assistance of KSF and KFOR CBRN units. In relation to this Lieutenant Colonel Darko Pupovic from KFOR said: “The TIM Site Inspection is a very important initiative conducted cooperatively by KFOR and KSF. This partnership aims to ensure the safety and environmental protection of areas affected by hazardous materials.” Whereas Lieutenant Yuso from the Finnish contingent explained, that KFOR supports Kosovo’s institutions with regular safety checks: “These efforts assist in building a safe and secure environment for all people and communities in Kosovo,” he said.

Why is KFOR-KSF cooperation so important in this field?

KFOR and KSF work together not only during inspections but also throughout the year. “Cooperation helps us respond quickly and in a coordinated manner if an incident occurs such as a chemical spill or a fire at an industrial site,” said Taulant Tahiraj from the KSF. “It also increases our ability to act professionally and follow NATO and EU safety standards.” According to Lieutenant Colonel Pupovic, their cooperation helps reduce ethnic

tensions and builds trust between communities.

Protecting people and the environment together

KFOR’s role includes helping KSF build its knowledge and skills in handling dangerous materials. This is especially important as Kosovo continues to develop and align with European and international standards. The inspections also include environmental evaluations to ensure there is no risk to nearby communities. “The risks we face include unknown chemicals, toxic waste, and radioactive sources,” said Tahiraj. “Managing these materials is an important part of Kosovo’s overall safety plan, especially in cases of civil emergencies.” The recent inspections were also attended by representatives from the Ministry of Health and Spatial Planning, Kosovo Police, and other agencies. Everyone involved agreed on one thing: continued teamwork is the key to keeping Kosovo safe.

★ A shared responsibility for the future

For several years, KFOR and KSF have worked together to inspect toxic waste sites across Kosovo. This cooperation takes place within the KSF’s four core mandates: emergency response, explosive ordnance disposal, management of hazardous material, fire-fighting and civil protection. Their joint efforts aim to prevent accidents, build trust, and protect the environment. As Lieutenant Colonel Pupovic emphasized, “Your trust and cooperation with these forces are vital for a harmonious society.” Safety is a shared responsibility and cooperation makes it stronger.

Vaše mišljenje o obaveštenjima?



MARIJA RISTIĆ



Da li vam obaveštenja na telefonu pomažu da ostanete povezani ili vas samo ometaju?

Da budem iskrena, malo i jedno i drugo. Super mi je što odmah vidim kad mi neko piše ili kad se nešto zanimljivo dešava, ali ponekad me baš prekinu dok učim ili kad pokušavam da se fokusiram. Dešava mi se da krenem da proverim jedno obaveštenje i onda završim na nekoj društvenoj mreži.

Možete li provesti ceo dan bez proveravanja obaveštenja na telefonu?

Dosta teško. Mislim da sam jednom probala da isključim obaveštenja na jedan dan i stalno sam imala osećaj da nešto propuštam. Mada mislim da bih mogla bez problema ako sam negde napolju s društvom, ali kad sam kod kuće – telefon mi je uvek blizu.

Da li obaveštenja kontrolišu vaše vreme?

Možda ponekad. Na primer, kada mi neko pošalje poruku, pa onda vidim još tri nove notifikacije i na kraju zaboravim zašto sam uopšte uzela telefon. I tako ni ne primetim koliko vremena sam provela listajući telefon.

Do phone notifications help you stay connected, or do they just distract you?

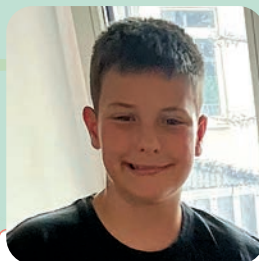
To be honest, a bit of both. I like that I can instantly see when someone writes to me or when something interesting is happening. But sometimes they interrupt me while I'm studying or trying to focus. It happens that I check one notification and then end up scrolling on a social network.

Can you spend an entire day without checking your phone notifications?

It's pretty hard. I think I once tried turning them off for a day, but I kept feeling like I was missing something. Maybe I could manage if I'm outside with friends, but when I'm at home, my phone is always close.

Do notifications control your time?

Maybe sometimes. For example, when someone sends me a message, I see three more notifications, and in the end I forget why I even picked up my phone. That's how I don't even notice how much time I spend scrolling.



LUKA PILIPOVIĆ



Da li vam obaveštenja na telefonu pomažu da ostanete povezani ili vas samo ometaju?

Pa da, ponekad mi pomognu, na primer kad mi stigne poruka od druga, onda se brzo dogovorimo za igru ili da izađemo do parka. Ali često me i nerviraju... stalno iskaču neka obaveštenja iz igrica, reklame i tako to, pa mi to smeta.

Možete li provesti ceo dan bez proveravanja obaveštenja na telefonu?

Mogu ako baš moram. Kad sam negde gde nema interneta, onda i zaboravim na telefon. Ali kad sam kod kuće, to je malo teže, jer uvek hoću da vidim šta ima novo.

Da li obaveštenja kontrolišu vaše vreme?

Kada bolje razmislim, malo da. Dešava mi se nekad da samo pogledam jedno obaveštenje, a onda završim tako što igram igricu sat vremena. I posle zaboravim šta sam hteo da uradim.

Do phone notifications help you stay connected, or do they just distract you?

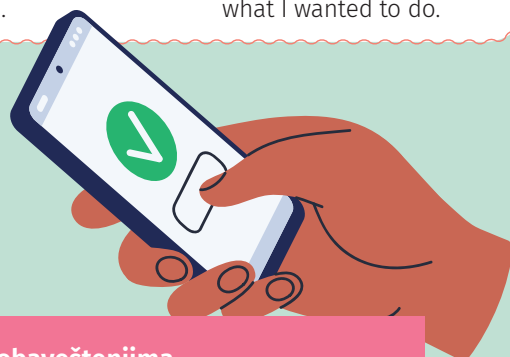
Well, yes, sometimes they help. Like when I get a message from a friend, we can quickly decide to play a game or go to the park. But they also annoy me... there are always pop-ups from games, ads, and stuff like that, and it bothers me.

Can you spend an entire day without checking your phone notifications?

I can if I really have to. When I'm somewhere without internet, I forget about my phone. But at home it's harder, because I always want to see what's new.

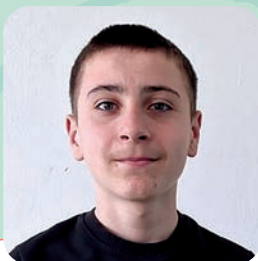
Do notifications control your time?

When I think about it, a little, yes. Sometimes I just want to check one notification, but then I end up playing a game for an hour. And then I forget what I wanted to do.



Molimo vas šaljte Vaša razmišljanja o obaveštenjima
na email: magazineforyou2003@gmail.com

Your opinion on phone notifications?



JOVAN KOVAČEVIĆ



Da li vam obaveštenja na telefonu pomažu da ostanete povezani ili vas samo ometaju?

Zavisi šta je u pitanju, da li je to notifikacija sa neke od društvenih mreža ili nešto vezano za školu. Ne volim da mi telefon stalno bude uključen, jer to me dekoncentriše kada treba da učim.

Možeš li da provedeš ceo dan bez proveravanja obaveštenja?

Mislim da mogu bez problema. Pogotovo ako sam ceo dan napolje ili negde van mog mesta stanovanja. Ponekad bacim pogled, bar iz navike, čisto da nešto ne propustim.

Da li obaveštenja kontrolišu tvoje vreme?

Trudim se da ne kontrolišu. Ali dešava se da uzmem da planiram da radim domaći, i onda mi stigne notifikacija i odvuče mi pažnju, eto nešto se dogodilo. Pokušavam da mi se ne dešava to često.

Do phone notifications help you stay connected, or do they just distract you?

It depends on what it is, whether it's from social media or something about school. I don't like keeping my phone on all the time, because it distracts me when I need to study.

Can you spend an entire day without checking your phone notifications?

I think I could without any problem. Especially if I'm outside all day or away from home. Sometimes I take a quick look, just out of habit, so I don't miss anything.

Do notifications control your time?

I try not to let them. But it happens that I sit down to do homework, and then a notification pops up and steals my attention. I try not to let that happen too often.



TIJANA PETROVIĆ



Da li vam obaveštenja na telefonu pomažu da ostanete povezani ili vas samo ometaju?

Obaveštenja na telefonu mogu da budu korisna, naročito kada čekam neku važnu poruku. Ali često me i ometaju, kada imam obaveze ili želim malo mira, pa ponekad isključim zvuk ili ih privremeno ugasim.

Možete li provesti ceo dan bez proveravanja obaveštenja na telefonu?

Mislim da bih mogla da provedem dan bez obaveštenja, ali bi mi u početku bilo čudno. Telefon je postao deo svakodnevice. Ipak, ponekad mi prija da se isključim i posvetim stvarima koje me opuštaju.

Da li obaveštenja kontrolišu vaše vreme?

Ispada tako da mi obaveštenja ponekad oduzmu više vremena nego što sam planirala. Tako da se trudim da postavim granice, ali to nije uvek lako.

Do phone notifications help you stay connected, or do they just distract you?

Phone notifications can be useful, especially when I'm waiting for an important message. But they often distract me when I have things to do or when I want some peace, so sometimes I turn off the sound or silence them for a while.

Can you spend an entire day without checking your phone notifications?

I think I could spend a day without notifications, but it would feel strange at first. The phone has become part of daily life. Still, sometimes it feels good to disconnect and focus on things that relax me.

Do notifications control your time?

It turns out they sometimes take up more of my time than I planned. That's why I try to set limits, though it's not always easy.



Please send us your thoughts on phone notifications on this email:
magazineforyou2003@gmail.com

DRUGARSTVO NA IVICI: KAKO PREŽIVETI TU DRAMU!

Hej, da li ti drama sa drugarima nekad deluje kao kraj sveta? Upravo zato pročitaj ovaj tekst, on je tvoj vodič kroz kaos prijateljstava, osećanja i odnosa u tinejdžerskom svetu.

Prvo - nisi lud/a i nisi jedini/a

Ako ti se čini da su odnosi s drugarima kao vožnja rol-erkosterom bez pojasa, nisi sam/a. Danas ste najbolji prijatelji, sutra se ne gledate, prekosutra vam se neko „umeša“ i sve ode dođavola. Dobrodošao/la u svet adolescencije, gde su emocije jake, a veze još nestabilne. Možda ti je neko okrenuo leđa, možda se osećaš isključeno, izdano ili čak poniženo pred drugima. Možda se pitaš šta si pogrešno rekao/la. Sve je to normalno. U ovom periodu svi učimo kako da budemo deo grupe, a da pri tom ne izgubimo sebe. I da, često grešimo.

Zašto se ovo dešava?

Zato što je tvoje telo u haosu (hormoni divljaju), mozak se razvija (ozbiljno, naučno dokazano), i ti pokušavaš da shvatiš ko si i kome pripadaš. Prijateljstva ti sada znače više nego ikad, i kad puknu, boli kao da ti je neko slomio srce. Jer zapravo, i jeste. U tom

miksu osećanja, male stvari postaju ogromne: poruka koja nije stigla, poziv na koji nisi bio/la uključen/a, rečenica izrečena pred svima. Sve deluje lično. I često jeste.

Šta možeš da uradiš kad drama krene?

Nemoj odmah reagovati u afektu.

Znam, hoćeš da napišeš poruku, da se odbraniš, da kažeš nešto jako. Sačekaj. Udahni.

Odgodi impuls za „instant osvetu“. Šanse su da ćeš sutra to videti drugačije.

Pokušaj da kažeš kako se osećaš.

Ne moraš da napadaš. Samo reci: „Bolelo me je kad si to uradio/la.“ Mnogi ljudi

nisu ni svesni koliko pogađa ono što rade ili kažu.

Pronađi osobe koje te razumeju.

Ako se stalno osećaš loše u društvu određene grupe, to nije društvo za tebe. Nisi dužan/na da budeš u blizini ljudi koji te ponižavaju, ogovaraju ili koriste.

Ne srami se što ti je stalo.

Biti povređen/a ne znači da si slab/a. To samo znači da ti je stalo do odnosa. I to je snaga, ne slabost.

Prijateljstva se menjaju. I to je ok!

U tinejdžerskom dobu, većina prijateljstava se formira i raspadne kao pesme na top-listama. Neka će trajati, neka neće. Neka će se vratiti. A neka





neće. I sve je to deo tvoje priče. Učiš kome da veruješ, kako da postaviš granice i kako da biraš one ljude koji te čine boljom verzijom sebe.

Kad drama postane ozbiljna

Ako osećaš da si stalno meta podsmeha, uvreda, širenja laži ili isključivanja, to više nije „obična drama“. To je emocionalno zlostavljanje. U tom slučaju, nemoj ćutati. Reci roditelju, nastavniku, pedagogu, nekome kome veruješ. Ne moraš to da prolaziš sam/a.

A sad najvažnije: tvoja vrednost nije u tome koliko si popularan/na

Znam, lako je reći, ali važno je da zapamtiš: ti nisi samo ono što drugi o tebi pričaju. Tvoja vrednost ne zavisi od toga da li te neka grupa "voli", da li si u četvrtu, na storijsku ili u pozivu za rođendan. Tvoja vrednost je u onome što nosiš u sebi, u tome koliko si veran/na sebi, iskren/a, saosećajan/na i sposoban/na da se izdigneš iznad drame.

I NA KRAJU...

Drama će uvek postojati, ali ti možeš naučiti da ne budeš njen deo, ili da iz nje izađeš jači/a. Ako danas plačeš zbog prijateljstva, sutra ćeš možda već shvatiti da si mnogo naučio/la o sebi. A to je deo odrastanja.

FRIENDSHIP ON THE EDGE: HOW TO SURVIVE THE DRAMA?

Hey, does drama with friends sometimes feel like the end of the world? That's exactly why you should read this text, it's your guide through the chaos of friendships, emotions, and relationships in the teenage world.

First - you're not crazy, and you're not the only one

If it seems to you that relationships with friends are like riding a roller coaster without a seat belt, you are not alone. Today you are best friends, tomorrow you don't see each other, the day after tomorrow someone "interferes" with you and everything goes to hell. Welcome to the world of adolescence, where emotions are strong and relationships are still unstable. Maybe someone turned their back on you, maybe you feel excluded, betrayed or even humiliated in front of others. You might be wondering what you said wrong. It's all normal. In this period, we all learn how to be part of a group without losing ourselves. And yes, we often make mistakes.

Why is this happening?

Because your body is in chaos (hormones are raging), your brain is developing (seriously, scientifically proven), and you're trying to figure out who you are and where you belong. Friendships mean more to you now than ever, and when they break, it hurts like someone broke your heart. Because actually, it is. In that mix of feelings, small things become huge: a message that didn't arrive, a call you weren't included in, a sentence said in front of everyone. Everything seems personal. And it often is.

What can you do when the drama starts?

Don't react in the heat of the moment.

I know, you want to send a message, defend yourself, say something powerful. Wait. Breathe. Resist the impulse for "instant revenge." Chances are, tomorrow you'll see it differently.

Try to express how you feel.

You don't have to attack. Just say, "It hurt when you did that." Many people are not even aware of the impact of what they do or say.

Find people who understand you.

If you constantly feel bad in the company

of a certain group, it is not the company for you. You don't have to be around people who humiliate, gossip or use you.

Don't be ashamed for caring.

Being hurt doesn't mean you're weak. It just means you care about the relationship. And that's strength, not weakness.

Friendships change. And that's okay!

In your years, most friendships form and fall apart like songs on the charts. Some will last, some won't. Some will come back. And some won't. And that's all part of your story. You're learning who to trust, how to set boundaries, and how to choose the people who bring out the best version of you.

When the drama gets serious

If you feel like you're constantly the target of mockery, insults, rumours, or exclusion, that's no longer just "typical drama." That's emotional abuse. In that case, don't stay silent. Talk to a parent, teacher, school counsellor, or someone you trust. You don't have to go through it alone.

And now the most important thing:

Your value isn't measured by how popular you are

I know, it's easy to say, but it's important to remember: you are not just what others say about you. Your value does not depend on whether a group "loves" you, whether you are in a chat, on a story or in a birthday invitation. Your value is in what you carry inside you, in how true you are, honest, compassionate and capable of rising above the drama.

AND AT THE END...

There will always be drama, but you can learn how not to be a part of it, or how to come out of it stronger. If you're crying over a friendship today, tomorrow you might realize you've learned a lot about yourself. And that's part of growing up.

5 NAČINA NA KOJE KORISTIŠ VEŠTAČKU INTELIGENCIJU SVAKOG DANA (A DA TOGA NISI NI SVESTAN!)

Skrivena tehnologija svuda oko nas

Mislite da AI koriste samo veliki tehnološki stručnjaci ili kompanije? Razmislite ponovo. Ako ste ikada gledali video, kucali poruku ili napravili selfi – već ste koristili Veštačku Inteligenciju, a da to niste ni znali! Evo 5 načina kako je AI već deo vašeg života:

1. Vaš FYP je AI mozak

TikTok i Instagram ne čitaju vaše misli, ali izgleda kao da mogu. AI analizira šta volite, koliko gledate i koga pratite, pa vam predlaže sledeći video.

2. Selfiji koriste AI

Kada kamera izglati kožu, doda filtere ili otključa telefon pomoću vašeg lica – to je AI. Čak i aplikacije koje vas pretvore u crtani lik? Da, to je AI magija.

3. Glasovni asistenti

„Hej Siri, šta je AI?“ Kada vam Siri, Alexa ili Google odgovore, to je AI koji razume i govori ljudskim jezikom.

4. Provera pravopisa i brzi odgovori

Autokorekcija koja vam ispravlja greške? Gmail koji predlaže „U redu!“ ili „Vidimo se uskoro“? To je AI koji pogađa šta želite da napišete.

5. Pametniji protivnici u igrama

Onaj „kompjuterski“ neprijatelj u igri? AI ga tera da reaguje, prilagodi se i učini igru zanimljivijom.

Treba li da brinete?

Ne baš. Ali zapamtite: ako AI prikazuje samo jednu vrstu sadržaja, možete propustiti nove ideje.



Zaključak:

AI nije naučna fantastika. Ona je već ovde oblikuje ono što gledate, govorite i igrate.

5 WAYS YOU USE AI EVERY DAY (WITHOUT EVEN REALIZING IT!)

The hidden tech all around you

Think AI is only for tech geniuses or big companies? Think again. If you've ever watched a video, typed a message, or snapped a selfie, you've already used Artificial Intelligence without even noticing! Here are five everyday ways AI is part of your life:

1. Your FYP is an AI brain

TikTok and Instagram don't "read your mind," but it feels close. AI studies what you like, how long you watch, and who you follow to suggest the next video.

2. Your selfies use AI

When your camera smooths skin, adds filters, or unlocks with your face—that's AI. Even those apps that turn you into a cartoon? Yep, AI magic.

3. Voice assistants

"Hey Siri, what's AI?" When Siri, Alexa, or Google answer you, that's AI understanding and speaking back in human language.

4. Spell-check and smart replies

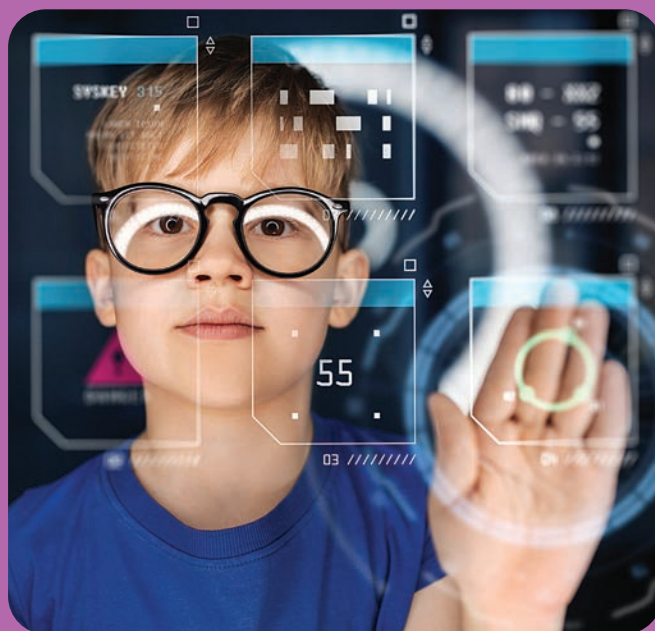
Autocorrect fixing your spelling? Gmail suggesting "Sounds good!"? AI is predicting what you want to say.

5. Smarter games

That "computer" enemy in your game? AI makes it react, adapt, and keeps the challenge fun.

Should you worry?

Not really, but remember: if AI only shows you one type of content, you might miss new ideas.



The bottom line:

AI isn't science fiction. It's already here shaping what you see, say, and play.

SKANDI UKRŠTENICA

K F O R	AMERIČKA GLUMICA NA SLICI	AMPER-METAR	ZAVARENO MESTO	NAJMANJI DELIČ JEDNOG ELEMENTA	AŽDAJA	STRUČNJAK U ARITMETICI						
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*"Drugačiji jezik je
drugačija vizija života."
- Federico Fellini*