

NEW

| ISSUE 3 |

OCTOBER 2023

BEGINNINGS

ESCAPE FROM THE CONFINING PAST

"OUR DOUBTS ARE TRAITORS, AND MAKE US LOSE THE
GOOD WE OFT MIGHT WIN, BY FEARING TO ATTEMPT"
~ MEASURE FOR MEASURE, WILLIAM SHAKESPEARE ~

Beder

YOUTH MAGAZINE



Issue 3

Beder Youth Magazine

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Beder Youth Magazine is a vibrant canvas for the artistic talents of Beder University's diverse student body. We are a kaleidoscope of voices, showcasing the best in writing, photography, and all things art, unleashing the creative spirit to train the boundless creativity that thrives within our community.

This issue of Beder Youth Magazine emphasizes 'new beginnings' to inspire youth, reminding them that failure does not define their life. It encourages them to recognize that there is always a path to reinvent themselves and grow into a better version of who they can be.

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Contents

1. NEW BEGINNINGS IN THE NEW WORLD

A journey through Columbus Day and Early American Settlements

2. AN INTERVIEW WITH THE RECTOR OF BEDER UNIVERSITY PROF. DR. GERGJ SINANI

Beder University College vision and mission in the short and long run

3. ALL ABOUT THE NOBLE PRIZE

Who invented the Noble Prize, who has won them, and how it has been continuing to the latest Noble Prize 2023?

What Else:

QUOTES AND POEMS CORNER

OCTOBER BEDER HIGHLIGHT

CROSSWORD PUZZLE

4. THE HABITS OF EXCELLENT STUDENT

Learning from the closest figure through an interview with the excellent graduates of College University Beder Bora Hasmadhi, and Eni Muca

5. THE POWER OF READING

What are the benefits of reading books, why it cannot be overthrown by social media information, what are the solutions and the book suggestions?

6. EMBRACING MENTAL HEALTH

Being aware of the importance of mental health helps us to prevent from being attacked by mental illnesses

7. THE HIJRAH JOURNEY: A PATH TO A NEW AND BETTER LIFE

The concept of 'Hijrah' and how we apply it into the journey of seeking the best version of ourselves

NEW

BEGINNINGS

ESCAPE FROM THE CONFINING PAST



America sees Columbus Day to remember Christopher Columbus' landing in the Americas on October 12, 1492. This celebration has come under fire recently, because of the controversial aspects of Columbus's legacy. Yet, it still represents the idea of starting over because it commemorates the crucial turning point when European exploration and colonization of the New World began.

Columbus was practically navigating new territory, when he arrived in the Caribbean. His expedition marked the meeting of the Old and New World, ushering in a new era in human history. This coming together of disparate worlds paved the way for America's exploration, trade, and eventually settlement. The history of European colonization of the Americas is profoundly entwined with the notion of experiencing a fresh beginning. The New World represented an opportunity for people who undertook the arduous voyage across the Atlantic to start over, to break free from previous limitations, to look for new chances, and to create a different life. The stories of the Pilgrims, who reached the new continent on the Mayflower in 1620 in search of religious freedom and a new life in the wilderness of what is now Plymouth, Massachusetts, a great example of the concept.

by: Alda Bara

A journey through Columbus Day and Early American Settlement

The early immigrants encountered several difficulties, including encounters with the native population as well as strange terrain and harsh weather. However, these challenges did not stop them. They persisted, building towns and laying the groundwork for what would eventually become the United States of America. Their dedication to starting over, motivated by their aspirations and visions, is proof of the human spirit's persistence and capacity for change.

We can make connections to our own lives as we consider Columbus Day and the greater history of European settlement in the Americas. The concept of starting over might be transported beyond the historical settings of pioneers and explorers. It is still a powerful approach which we can apply to other facets of our lives. Every day offers the chance to start over, whether it's with a new career, moving to a new location, starting a personal journey of self-improvement, or even reinventing our rel-

ationship with people. They are all new beginnings, promising improvement.

We might experience difficulties and uncertainty as Columbus and the early settlers did, when attempting our own fresh starts. However, their experiences serve as a powerful example that we can change our lives, and be reborn in our own terms, only if we show the necessary endurance, persistence, and the courage to step into the unknown.

In 2022, I had the fortune to be chosen for the Interexchange program, which gave me the chance to visit the United States for about five months. My involvement in this program represented my opportunity to venture into the unknown, much as Christopher Columbus's voyage to the Americas represented the exploration of new horizons. The program opened the door to a new beginning, by providing opportunities for personal developments, cultural exposure and redefining my own limitations. I interacted with various people and unfamiliar communities, discovered American traditions, and got the opportunity to travel the nation's stunning surroundings. These encounters enlarged my perspective and reinforced the notion that fresh starts are possible and beneficial.

In spite of the controversial historical developments that followed, Columbus Day and the first New World settlements remain a significant example that celebrates and urges people's search for fresh starts, acting as a reminder that the drive for a better life is firmly ingrained in human history. Its celebration is the celebration of hope, of inspirational historic figures that brought about enormous changes, and of the power of 'New Beginnings' that generate chances for development continuous and sustainable development.



an Interview with

THE RECTOR OF BEDER UNIVERSITY COLLEGE

PROF. DR. GJERGJ SINANI



Hello Professor! I hope you are doing well. I would like to thank you for having devoted your precious time to do this interview for the third issue of Bedër Youth Magazine that focuses on New Beginnings. And, since we have just started our academic year, I would like to first ask about your educational and professional background.

I completed my undergraduate and high school studies in Vlore. Then, I continued my studies at what was then called the Faculty of Political and Legal Sciences with a specialization in Philosophy. With the democratic changes that occurred after the 1990s, I became entirely focused on shaping education. During that time, in the fields of philosophy, sociology, and political science, I have also been focused on philosophy. I have prepared three texts for high schools, all, while teaching at the Faculty of Social Sciences of the Uni-



versity of Tirana in social sciences. I have taught various courses, such as Introduction to Philosophy as an introduction, History of Philosophy, Philosophy of Phenomenology, and the postgraduate course History of the Idea in Europe. At the same time, after the 1990s, I pursued in-depth philosophical studies at the University of Paul Valéry in Montpellier, France. Engaging through teaching in the field of human rights, I have published several articles both within and outside the country. I served as an independent expert on the Council of

Europe's Consultative Committee for the Protection of National Minorities for two consecutive mandates of four years. Later, I came here, invited by my colleagues to serve as Rector of Bedër University College, with the belief that I should also try to utilize my 40-year experience for the improvement of this institution.

Considering that you became part of this Bedër University College not long ago, how did you initially see the institution?

Great question. Certainly, I had been teaching at the public University of Tirana for over 40 years, teaching the courses I mentioned earlier. Becoming part of Beder was a great surprise for me for several reasons. First, I found here a highly skilled and dedicated team, each of them engaged in the mission of Bedër University College. I discovered an exceptionally efficient division of labor and, above all, highly motivated students, eager to delve deeper into the field of knowledge. I also found a well-equipped library. Yet what surprised me the most was that I found a university with strong international connections and, above all, foreign students, which I hadn't seen in other universities, and this was the biggest surprise for me. What impresses me the most is the ambition of the entire staff to deepen their knowledge, which is a shared characteristic of the Beder team.

In your opinion, what distinguishes Bedër University College from other institutions and what makes it recommendable for students?

As previously mentioned, the first element to distinguish Bedër University College from its counterparts is the academic staff. The administrative staff is also there to meet the needs of both academicians and students. This commitment of the administrative staff is particularly evident during the registration period at the beginning of the academic year.

Furthermore, what sets Bedër University College apart is the presence of foreign students, which is a great asset because it facilitates the exchange of ideas among students, which is a precondition for the progress of today's society.

And thirdly, what distinguishes Bedër University College is its mission, not just to impart knowledge but also to instill values. In other words, education is not simply about teaching a few formulas to enter the job market; education is also a mission to prepare individuals. As Nietzsche states: "We are human, but we must become such." To become one requires a significant commitment.



How do you see Bedër University College in the short and long run? And how does your vision and mission for the university take a role in achieving it?

I see Bedër University College in the context of further development in the transition from college to university. I see the university as an important research center that engages scholars both within and outside the country. I assure you that important international meetings have taken place at the university, and a very significant international conference is currently being prepared to be held at our university. I view Bedër University College as a major institution preparing students capable to compete not only in Albania but also on a broader scale in the European and global job market. My colleagues have informed me that many Bedër graduates have interated into the European and global job market. During this short period of nearly a year, I have had the opportunity to meet people - inside and abroad- who reflect the academic development as well as the high moral and spiritual values that characterizes Bedër.

I also see Bedër University College as a point where the academic life of students attains the dimensions necessary over time. I don't particularly like the term "job market" because it carries a very materialistic connotation and does not align with the aspirations that a university should have. Furthermore, I view the university as an important gateway in the region to bring together young researchers and faculty with the aim of addressing significant societal issues, especially in our region.



What are the brand-new breakthroughs that Bedër University College has planned to attain for the development of the university during this academic year?

There are three main pillars that Bedër University College will focus on: the development of the university staff's scientific capabilities, the further internationalization of Bedër University College, and the transformation of Beder University not only into an educational center but also into an important research hub through projects in which we are currently involved. We encourage both the academic staff and students to become more competitive in various national and international applications, with the aim of utilizing these opportunities. We also encourage you to seize these opportunities, not just by following the lead of educators but through your own initiatives, as this is how you will establish yourselves as young researchers.



Bedër University College is one of the few Albanian universities with so many international students from Asia. I am one of them. So, it shows that Bedër University College has already made a good start in terms of internationalization. What are the next steps that Bedër University College has planned to successfully go international?

Certainly, one of the main concerns of Bedër University College is not just attracting foreign students, which has already been achieved. The goal of Bedër University College is to deepen and further develop its internationalization, and of course, expanding towards Asia is a significant achievement for Bedër University College, accomplished by my predecessors. This achievement makes it possible for the exchange of stu-



dents from both Europe and Asia, as only through dialogue and the exchange of ideas can stereotypes about these two regions be dispelled. Therefore, I believe that the primary objective of Bedër University College is not merely increasing the number of students, which has been progressively increasing, but also expanding the internationalization of Bedër University College in as many directions as it has achieved thus far.

Related to the facilities in the university, we have seen some changes and improvements. What are the next facilities that the university has stated to build for achieving the vision and completing the mission within several years ahead?

The university cannot be conceived or established without the conditions that make teaching and scientific research easier. This year, Bedër University College is preparing two new laboratories, which will serve the students. Furthermore, it has created opportunities through international connections to support or establish a scholarship system, which not only encourages students' research passion but also assists students in disadvantaged social conditions.

Thirdly, Bedër University College views the enrichment of the library resources and digital connections with other libraries as one of the main points of its activities. Now, a large shipment of books that will further enrich the library is on its way. So, technology, financial support, and the enrichment of the library are the main pillars of the conditions that serve the goals mentioned above.



Lastly, in relation to New Beginnings. How does Bedër make new students feel as if this university is their new starting point, their new hope, towards their goals. What is the support they are provided with?

Every year is a fresh start. Philosophy always speaks of new beginnings. Somewhere, Plato with his theory spoke of a foundation, later Descartes talked about a new beginning, Kant discussed it through his three critiques, and in the 1930s, Husserl spoke of a new beginning. So, in human life, especially for students, every year is a new beginning. Not in vain, the Myth of Sisyphus, on which Camus wrote a beautiful philosophical essay, illustrates the fundamental condition of human existence. Therefore, even though a person may break, they must rise again and start anew to find the meaning of life. So, both for you personally and the students of Bedër University College, every year marks a new beginning that serves the mission mentioned earlier.

In other words, the preparation of modern researchers, young researchers with a passion and a desire for the pursuit of truth, but not only researchers but also individuals with high moral and spiritual values. A new beginning is always in the work of the academic and administrative staff to deepen the transmission of new knowledge that students need to build upon. And at the same time, the academic staff and the administrative staff try at all times to be as close as possible to the students' needs.

Thank you very much professor for having answered all the questions and dedicated your time this interview. I hope that those vision and mission you have mentioned will be completed very soon, so that Beder university will keep growing and will educate many more generations, to be the place that all students in every corner of the world dream to study at. Before we end this interview, I would like you to give your last message to our students.

Thank you for giving me the opportunity to speak with the students, as they remind me of the old times when I was like you. I wish for you to achieve great results and to be able to face the reality, which is filled with many challenges in your work. You will find this door open for any discussions you need to have with me. Thank you very much.

Thank you, professor! Have a good day!



Interviewer

Kim Anpas
Alda Bara

***Beder Youth
Magazine***

All about the...



by: Ana Nur Maulida



Who invented it?



Alfred Noble was born on 21 October 1833 in Stockholm. With 355 inventions during his lifetime, he made a massive wealth which he wanted to be used for the promotion of inventions and discoveries that improve the quality of human life. He then established five prizes which became known as “Noble Prizes” to be given to the ones who had contributed in the fields of physics, chemistry, medicine, literature, and peace. In 1968, economic science was also included in this prestigious award.



When did it start?

Noble Prize was first awarded on December 10, 1901, five years after the death of A. Noble. The prizes that were given to the awardees included a green gold medal plated with 24 karat gold, a diploma, and a monetary award. Among the first awardees of the Nobel Prize:



Emil Von Behring in Medicine, for his work on serum therapy. Behring investigated the treatment of diphtheria using serum therapy. Have you ever heard about diphtheria? Nowadays, it is referred to as *Corynebacterium diphtheriae*. It is a serious infection caused by strains of bacteria that make toxin. They cause difficulties in breathing and a problem with heart rhythm, especially for children under 5 and adult above 60 years old. So, Behring used this serum therapy as an alternative to vaccination, using protective agents from other people’s blood to defend a patient against disease. Behring termed those protective agents antitoxins.

Willhelm Conrad Röntgen in Physics, for the discovery of X-rays. In December 1895 after seven weeks of assiduous work during which he had studied the properties of this new type of radiation, able to go through screen of notable thickness, Röntgen made this discovery. He named it X-rays to underline the fact that they were unknown. This was immediately used to investigate the skeleton, lung and, then, the other organs. The new discovery became “viral”; it aroused an immense interest in public. It also initiated scientific revolution in the beginning of 19th, including the existence of atom, electron, its nucleus, energy, light, and so on.



1.Noble Peace Prize 2023 (Narget Mohammadi)

A STRUGGLE THAT HAS COME WITH TREMENDOUS PERSONAL COST

“This letter is not written by a free feminist in a developed, democratic society, benefiting from civil protest method and human rights, but rather by an imprisoned woman who like millions of Iranian women has been living under the authority, and oppression of a military system with ideological, patriarchal, and tyrannical foundation since the age of 6, deprived of life, youth, femininity, and motherhood”.



★ Who is she?



Narget Mohammadi is deputy director of the Defender of Human Rights Center, an organization (banned by Iran) that advocates for political prisoners. She started to be involved in activism since she was a student at university. After graduating, she moved to Tehran as a civil engineer and human rights activist.

Born on April 21st, 1972, she was raised in the city of Zanjan, where she also witnessed a major confrontation with the military. She has two childhood memories; her mother carrying a plastic bag of fruits to visit Mohammadi's uncle and her sitting on the floor to hear the name-list of prisoners executed each day. After several years, her uncle's name was also called, which led her to engage in activism.

★ What does she do?

Mohammadi's work focuses on women's equality, including the regime's violation of women's rights, and the rights of death row prisoners. She has been sentenced for 31 years (in total) in prison, with the accusation of "spreading anti-state propaganda", obviously a way to silence and punish her for her activism. But even though she was suffering from severe health problems inside prison, she managed to organize prison protests, write opinion pieces, and lead weekly workshops for female inmates about their rights.



Although she was awarded the 2023 Nobel Peace Prize, she had not yet been able to call her family or friends to talk about the prize. In a statement that her family released on her behalf, in case she won the award, she vowed to stay in Iran even if that meant spending the rest of her life in captivity. She believes change must come from within Iran, via the development of a robust civil society. On the other hand, the Iranian authorities didn't publicly announce the news of Ms. Mohammadi's award. State-affiliated media and analysts close to the government dismissed the prize, calling it a Western plot to stir further unrest.

2. Nobel Prize in Medicine 2023 (Katalin Karikó and Drew Weissman)

LONG OVERLOOKED, NO GRANT, YET NEVER WILLING TO GIVE UP

Katalin Karikó and Drew Weissman came up with a breakthrough invention, after working thousands of hours in a lab filled with frustration and hope. They were flummoxed because the mice injected became lethargic and then died one after another. Until the scientist discovered that cells protect their mRNA with a specific chemical modification, “The mRNA was taken up by cells without provoking an immune system”.



Who is Katalin Karikó and Drew Weissman?



→ Karikó is an adjunct Professor of Neurosurgery at the University of Pennsylvania as well as a Medicine researcher. She received her bachelor's degree in biology in 1978 and her doctorate in biochemistry in 1982 from the University of Szeged in her native country, Hungary. Before moving to the United States, in 1985, she was working at the Biological Research Center of Hungary's Academia of Sciences in Szeged. She began to collaborate with Weissman in 1997.

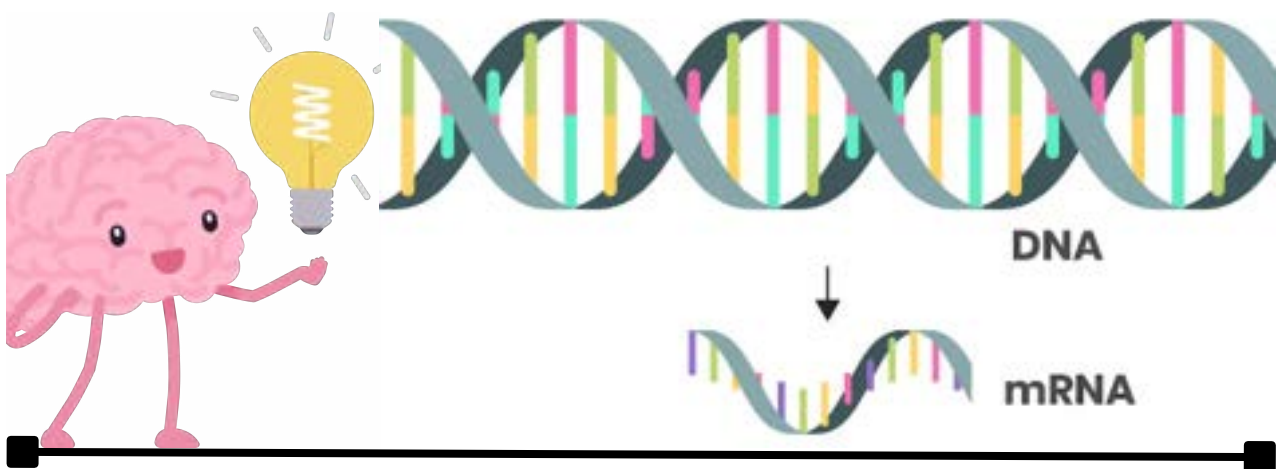
For many years, she was unable to get any grant. So much so that she was forced to retire from university a decade ago. To keep her research going, latching on more senior scientists at the University of Pennsylvania was a sure thing she could do, particularly working on mRNA since there was a lack of funds. However, she was motivated by more than not being called a quitter, “Repeat and repeat just to say, I'm not giving up” she said.

Weissman is a Professor in Vaccine Research and Medicine Physician at the University of Pennsylvania. He was a fellow at the National Institute of Health studying HIV in the lab of Dr. Anthony Fauci. His bachelor's and master's degrees were from Brandeis University and his MD and PhD were from Boston University. He completed his residency at Beth Israel Hospital.

Meanwhile, Weissman was desperate as he tried and failed for years to develop a treatment for AIDS. He wondered if he and Karikó could team up to make an HIV vaccine, which is unlikely to work. Long overlooked by other scientist in taking up a new approach to vaccination, their paper which was published in 2005 was rejected by The Journal Nature and Science. However, the study was eventually accepted by a niche publication called Immunity.

★What did they do?

Moderna in the United States, and BioNTech in Germany which studied the use of mRNA vaccines for flu, cytomegalovirus and other illnesses but none of them moved out of clinical trials for years, noticed their work. Karikó became senior vice president. They came together with several strands of disparate research to put vaccine ahead of the body in developing shots including research done in Canada that allowed fragile mRNA molecules to be safely delivered to human cells, and studies in the United States that pointed the way toward stabilizing the spike protein that coronaviruses used to invade cells. By late 2020, less than a year into a pandemic that would eventually kill at least seven million people globally, regulators had authorized strikingly effective vaccines.





Others Nobel Prize Awarded in 2023:

- 3. Nobel Prize in Physics, 2023 (Pierre Agostini, Ferenc Krausz, Anne L’Huillier)
Achievement: Experimental methods that generate attosecond pulses of light for the study of electron dynamics in matter. The laureates’ development of experimental tools has laid the foundation for a new era of quantum technology.
- 4. Nobel Prize in Chemistry, 2023 (Moungi G. Bawendi, Louis E. Brus, Alexei I. Ekimov)
Achievement: The discovery and synthesis of quantum dots are used in several other fields;
 - LED lamps to adjust the cold light of the diodes,
 - Biochemistry to biomolecules to mal cells and organs,
 - Medicine to track tumour tissue in the body,
 - Chemists to drive chemical reactions more effectively.
- 5. Noble Prize in Economy, 2023 (Claudia Goldin)
Achievement: Presenting new insights into women’s historical and contemporary roles in the labour market. In short, Goldin’s research shows that the differences between women and men in the labour market are determined by diverse factors during the various periods of societal development such as policymakers, investment in information and education, and the opportunity to plan and finance a return to the labour force after having children, or to work more flexibly.
- 6. Noble Prize in Literature, 2023 (Jon Olav Fosse)
Achievement: The entirety of his work, written in Nynorsk and spanning a variety of genres, consists of a wealth of plays, novels, poetry collections, essays, children’s books and translations.
 - The recent edition of his collected poetry, *Dikt i samling* (2021), testifies to the important role poetry has played for him over the years in providing the basis for his elementary diction and sense of the limits of language.



<https://pubmed.ncbi.nlm.nih.gov/8696882/>

<https://embryo.asu.edu/pages/emil-von-behring-1854-1917>



Nobel Prize | Definition, History, Winners, & Facts

Nobel Prize, any of the prizes (five in number until 1969, when a sixth was...

Encyclopedia Britannica / Nov 5



Nobel Prize Awarded to Covid Vaccine Pioneers

By Desuzana Masfir and Gina Kobata October 2, 2023

The physiology or medicine prize for Katalin Karikó and Drew Weissman recognized work that led to the development of vaccines



Drew Weissman, MD, PhD profile

Drew Weissman, MD, PhD is Roberts Family Professor in Vaccine Research.

pennmedicine.org



Narges Mohammadi, Iranian Rights Activist, Receives Nobel Peace Prize

By Faruq Fawzi October 6, 2023

Ms. Mohammadi, currently held in Tehran's notorious Evin Prison, has pushed for peaceful change in Iran for 30 years, with a focus on




The Habits of Excellent Student:


by: Kim Anpas

An Interview with the Excellent Graduates of College University Beder Bora Hasmadhi, and Eni Muca

It is obvious that not everyone can become an excellent student. Actually, not many students try to be one. Most are happy with being good students. They follow the class and study to some extent. Others are satisfied with being ordinary students. They merely attend classes and barely feel the need for any extra study, if it is not the exam period. But still, deep down, all students want to do better, although being an excellent student does not guarantee success in life. However, it can certainly help to get closer to achieving our goals.



Most students seem to not do better just because they don't know the steps to follow and how to get start. Indeed, they tend to plan big –often impossible – changes to achieve a degree of self-improvement, while they overlook the small things that can make a difference. James Clear, in his book *The Atomic Habits*, claims, “A slight change in your daily habits can guide your life to a very different destination,” and later on, he adds, “Success is the product of daily habits, not once-in-a-lifetime transformations.” Hence, habits are the building blocks of the systems that lead us to our set goals. In fact, the system is often more crucial than the goals themselves. Clear emphasizes, “If you want better results, then forget about setting goals. Focus on your system instead.” This does not mean that setting goals is not important; it means that after setting the goals, the focus should be shifted to the system. This step is important, because as James Clear underlines, “Your habits are shaped by the systems in your life.”



Only good habits can lead us to our desired destination. As Shonna Waters mentions in her article *50 Good Habits to Help Spur Your Mental Well-Being*, “Good habits are those repetitive actions or behaviors you want to repeat. They have positive physical, emotional, or psychological consequences.”

So, to be an excellent student, we need to make sure our daily habits are in line with our goals. The interview with two excellent students – two valuable role models – might assist some students in paving their path to success by creating their own system of habits.

First of all, thank you for your time. This interview is aimed to informing students about the habits that can make them excel in their studies and to motivating them. Would you tell us about yourself. How do you define your personality in general and some specific characteristics that you think enabled you become an excellent student?

Bora

Hi there! I, first, want to thank you for having chosen me as one of your interviewees as well as congratulate you on your hard work in setting up “Beder Youth Magazine”.

I suppose this “excellence fever” has followed me since I was very young. For many years in a row, I used to be among the top students of my class. I would participate and mostly succeed in school competitions of every type. I would (God knows why; still haven’t found the reason, really) be the favorite student of most of the teachers which, many times, would affect my relationship with my friends, making them think that my success would only come because the teachers loved me, not because I truly deserved it. I managed to finish high school with a high average which led to bigger achievements over the university years. If I were to mention the reasons of my success so far, I would say my family’s support has played a significant role in this journey, especially my mother’s. She would always make sure I finished all my homework and projects and whatever task requested by my teachers.

Later on, while growing up and starting to understand things better and deeper, I discovered that the real reason behind every success of mine was God, without the will of Whom, none of them would have happened. I would of course study and then waited for His mercy to fall upon my re-

sults, but if it hadn’t been His goodwill, I wouldn’t have been able to show enough patience and dedicate that many hours to the study process throughout these years. Then, I can say that patience, hard work, long hours on my books, persistence, teamwork, motivation to do better as you grow up, the desire to still enjoy the good taste achievements and success grant, are keys in becoming an excellent student.



Eni

I am an ambitious and dedicated person who strives for excellence in all aspects of life. I define myself as determined, disciplined, and goal-oriented. These characteristics have supported me in becoming an excellent student by allowing me to stay focused, manage my time effectively, and maintain a strong ethic.



How would you describe the role of your family? Do they typically interfere? Are they supportive of the goals you set for yourself?

How do you view formal education, specifically university as one of the stages of your career in the future? Do you think it helps?



Bora

Oh, I guess I have given some information related to this question above.

By nature, Albanian parents do not easily let their kids do whatever they want; they have a high sense of control over their children, which I think is affected by the way and the system in which they grew up (this seems to be changing somehow with the younger generation). As for my parents, I would say that they were also trying to have me under control, especially in relation to good morals and behavior. My father wanted me to do good at school but never pressured me to be the best student in the class; he wanted success that wouldn't stress me out. As for mum, she made sure I had a great performance in every grade, which, with her support, was quite easy. She would always say the famous sentence of an average Albanian parent which was: "What do you lack that makes you think you won't succeed or that you can't do well?". When I was younger, I would say that the control was quite high, which, I think, was also impacted by the worry they as parents had. When I started university, I felt somehow more independent, free and kind of ready to deal with the real life out there, just by following the tips they had tried to "install" in me all over the years.

Eni

My family has played a crucial role in life and in my education. They have been supportive and understanding, allowing me the freedom to pursue my goals while providing guidance when needed. They strike a balance between offering support and giving me the independence to explore my interests.

Bora

I would say that formal education is a "must" in building up one's career; what needs to be changed is the way it is developed, at least in our country. Until the end of high school, I used to regret every single line I learnt by heart, just to answer the questions of the teacher in class or in the exam paper. If anyone would ask me to explain the logics behind those lessons, I would barely know why they were taught since, as I said, it felt as if we were only requested to learn them for academic reasons rather than real knowledge.

Things started to change when in university. I would see that whatever theoretical framework we were taught, would be accompanied by a real example that made it easier to comprehend and take place in our memory. I can't tell much about other universities but CU Beder has helped me a lot in maturing professionally. The well-prepared academic staff with a long experience in the job market as well, their wide network of professionals and acquaintances who might be your future employers, the innovative curriculum which was constantly updated, the actual examples and case studies which were discussed in class and worked upon in different projects we undertook, the relationship with the professors who used to see us as an investment of the future whose growth and education was quite important, the internships and the discussions with field experts in the open lectures organized have always been the perfect push towards a successful career, different for each of us.

Eni

I view formal education, particularly university education, as a vital stage in shaping one's life and future career. University education has provided me with valuable knowledge, skills, and opportunities for personal and professional growth. I believe that a university education equips anyone with the necessary foundation and network to succeed in their chosen field.

4. How did you organize your day when you were a university student?

Bora

Hmm, wasn't that long ago? (sometimes it really feels so). Bachelor years were quite different compared to master studies. The first three semesters truly felt as university years. I still remember the late nights during the midterm or finals' season which were followed up by gathering with friends in the school library 2 or more hours before the exam to repeat or clarify what we had studied the previous night. A typical uni day, used to be full of lectures in the morning until 1pm most of the time. Before leaving for home, we would go to some café around school and have any snacks. The afternoons meant free time which was spent either with friends or working on any project, which were quite frequent and that required a lot of effort.

Then, boom, Covid-19 happened and the rest of university seemed nothing less than a dream. Online lectures, online homework, online projects, online exams, online discussions, online... On the one hand, that period made me understand the value of face-to-face education and human interaction, which no amount of technology could justify. On the other hand, the faced challenges made me understand that it's all about willpower, persistence and patience; then success will find you.

Master studies are utterly different. For most of the students, it's an occupation which takes place after the 8 regular job hours, when you are too tired to focus on a 3-4 hour-lecture. Yet, the knowledge acquired during the bachelor years helps you share more decent opinions with the rest of the people, whose experiences add a lot to your general knowledge. The amount of stress during exams or projects might be reduced a little bit, since you are now obliged to "share" it equally between work and school. Leaving all the difficulties behind, 5 university years are needed in each individual's career, to make him/her glow shinier.

Eni

As a university student, I managed my day by creating a structured routine. I would attend lectures, engage in discussions, and allocate dedicated time for studying and completing assignments. Additionally, I also participated in extracurricular activities to enhance my overall learning experience.

Are there any special habits that helped you become an excellent student?

Bora

I realized that I am a "night owl" - I can memorize and study better at night rather than during the day. Maybe that's because the concept of "day" itself seems more attractive to do other activities like hanging out with friends, going out for a walk and doing everything else, except studying. For me, studying at the night and revising with a group of peers in the morning turned out to be the best way of getting good grades. There is also something which does not work for many but me has worked out pretty well.

As a procrastinator, I always leave things behind and I end up finishing them under the pressure of meeting the deadline. I can't work systematically or study daily. I only open the books when I am 2 weeks away (or sometimes less) from the finals' week. Bora's golden rule so far: "No time pressure, no willpower". Yet, studying regularly is the best way to perform well, finishing things on time, with no stress.

Eni

Having a set morning routine, taking breaks to invigorate, utilizing weekends for self-study and relaxation, and establishing a consistent post-school routine were key habits that influenced my success as a student. These routines allowed me to be focused, manage stress, and find a healthy balance between academic achievement and personal well-being.

6. Do you have any role models of any successful people to keep you stay motivated and full of optimism when you were doing your studies? And does that figure also influent you in organizing your day and in managing your time?

Bora

IHmm, not really. I am the type of person who appreciates and cherishes other people's successes but not necessarily follows what they did. I believe everyone has his unique journey, whose ups and downs make it special and different from others. What might turn out successful or positive for someone right now, might be the opposite for somebody else, whose happiness will bloom later on in life. The timing might be different, but as long as hard work and the desire to succeed are within someone, he/she can and will be their own role model.

Eni

Yes, I have role models who inspired and motivated me during my studies (especially my professors). Successful individuals who achieved great things in their respective fields served as a source of inspiration for me. Their stories and accomplishments pushed me to strive for excellence, manage my time effectively, and stay optimistic throughout my educational journey.

How does social media affect university life? How do you control yourself in order not to be burned out by the many platforms, such as TikTok, Instagram, Facebook, and so on?

Bora

Interesting question! Having graduated in Marketing, has made me quite conscious of the way social media works, its impact on our life. Yet, the temptation to spend your whole day in these medias is big and sometimes uncontrollable. There were times when I would spend many hours of the day in social media, especially Instagram which is still my favorite. The number of hours spent in these digital environments used to increase in the exam period, when I wanted to avoid studying as much as I could. I guess some kind of education related to their usage is needed, either from someone who knows more about them or on your own, with some self-controlling tactics. I used to do my best to put some boundaries to myself. For example, I will be on Instagram for this long, then I will keep studying". This was a good method because I wouldn't stop doing something I enjoyed right away but I would somehow train myself and, thus, reduce the urge to stay long hours in my virtual home. Another method was to focus on why I was using it so that I wouldn't abuse. What I mean by this is that when I needed to grab some information from social media for learning purposes, I would go, get that info and go back st-

udging. When I had finished the chapter and I had the right to relax a little bit by watching some reels, I would take my time to do so. It's all in your mind; be sure that you have everything under control.

Eni

The rise of social media has undoubtedly impacted my life as a university student. While it offers numerous benefits, I recognize the need for self-control and balance. To prevent being consumed by various platforms, I set specific time limits for social media usage, prioritize my academic responsibilities, and engage in activities that promote personal growth and well-being.

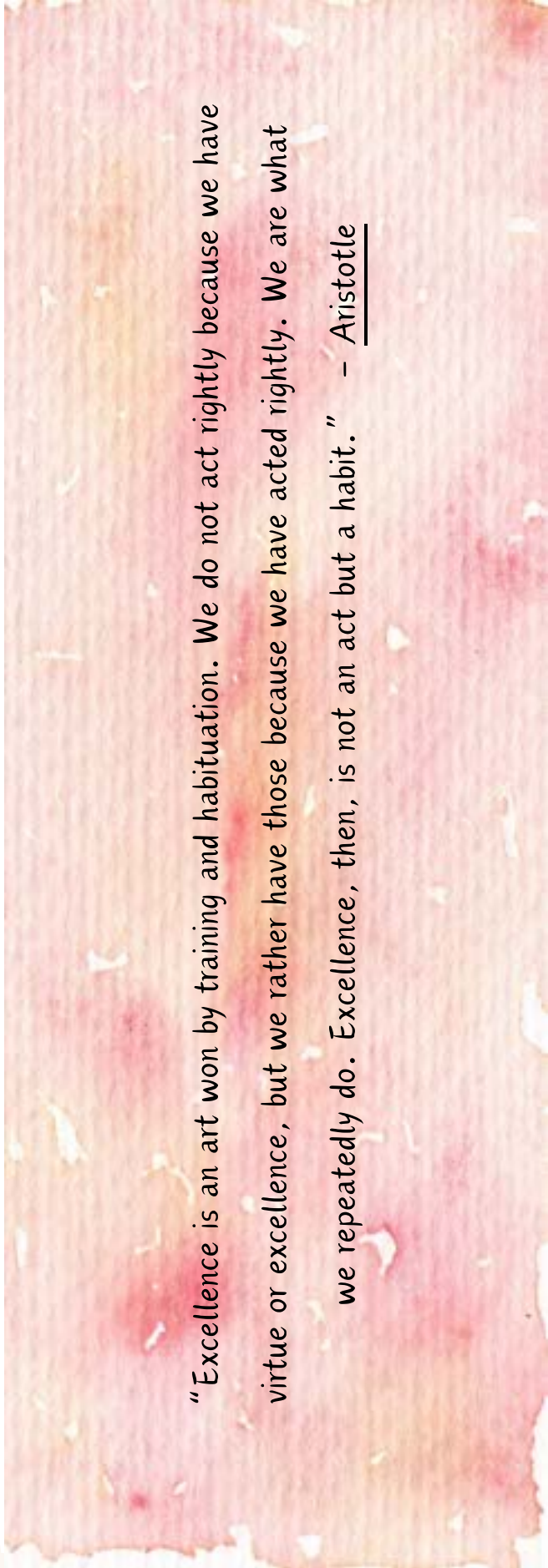
Lastly, what do you would you like to tell all university students out there?

Bora

Dream big; for it is your dreams where hope for a better future relies. Don't forget, you are in charge of this ship called life; try to navigate as good as you can to get to the destination. And don't let the storms stop you, rather remember that it is exactly after that moment that real victory lies. May the odds be forever in your favor!

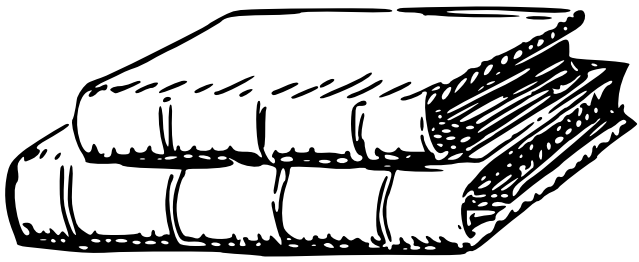
Eni

To all young students, especially those at BEDĒR, I would like to tell: prioritize your goals, be passionate about your studies, and never underestimate the power of hard work and perseverance. Embrace challenges as opportunities for growth, seek guidance when needed, and surround yourself with positive influences. Remember to find a healthy balance among academic endeavor, personal life, and self-care. Your education is a valuable investment in your future, so make the most out of it and enjoy the journey!



“Excellence is an art won by training and habituation. We do not act rightly because we have virtue or excellence, but we rather have those because we have acted rightly. We are what we repeatedly do. Excellence, then, is not an act but a habit.” – Aristotle

The Power of



READING

by: Kim Anpas

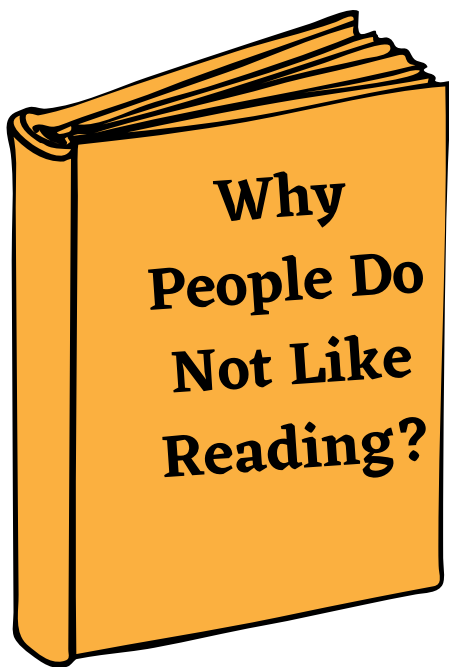
In this fast-paced world, the youth's attachment to technology has grown stronger, leading them to drift away from the reading tradition. Why should I read book if I can obtain information from social media? Why should I force myself to do things I hardly enjoy? These are the questions young people often ask to justify their detachment from reading. There is nothing wrong with acquiring information from social media. Don't get me wrong! At times, it is a pretty valuable resource. However, it can neither replace reading as an experience, nor can it be an excuse for reading less.

A book is not just a means to find information; it allows us to live with that information. As many of us may have experienced with social media, it is easy to get distracted. Instead of gathering information, we often find ourselves lost in a sea of amusement. Rarely do we remember the essential, let alone the scientific details. What tends to stick in our mind are the appearance of actors and snippets of content. Moreover, on social media, we are distinctly prone to stumbling upon fake news. These issues rarely arise when reading books. Piero Scaruffi, an Italian-American writer claims: "The cure to eliminate fake news is that people stop reading 140-character tweets and start reading 600-page books."

This strongly underscores the importance of reading in this era. I have also heard a similar sentiment from my American literature professor, who believes that social media information can never hold the same power as a book. She said, "Social media information will never have the power a book has." You might feel a connection to information shared on social media, but it is often transient and easily forgotten within days or weeks.



Many have the tendency to believe that books inundate them with unnecessary information. Yet, in reality, the gathered information builds up into knowledge, which would prove incredibly valuable in the future and in various context. Reading book does not only provide information; it molds our inner selves with it. As my English literature professor expresses, "you might sometime feel that it is too much information and it is useless, but believe me, it will help you in the future."



Reading is not an innate skill; it is cultivated through consistent habits. For those who have never finished a book, developing an affinity for reading can be challenging. The reason some people lack affection for reading might be because they have never truly read a single book. Another possibility is that they have not yet understood the power of reading books, which hinders them from even attempting to read their first one. Walt Disney, the famous American animator and film producer notes: "There is more treasure in books than in all the pirate's loot on Treasure Island." So, for those who have not yet grasped the power of reading, "take heed of these words!" George R.R. Martin, an American television producer, echoes a similar sentiment, believing that those who read live thousands lives, while those who don't, live only once.

Starting with a book that piques your interest is a gateway to falling in love with reading. A book that resonates with you can spark your interest in reading. Later on, you will find yourself relishing reading, regardless of the book's content.

Preferences for media and language are other factors to consider. Some people might not enjoy reading on screen, so opting for a hard copy could be a solution. However, in the age of technology, people are naturally inclined to adapt to advancements. The development of e-books, for instance, is actually beneficial. Books can be more easily accessed, eliminating the need to carry around heavy tomes. In my opinion, it is best to be open to both digital and physical copies. Regarding language, especially to those studying abroad, the same principle applies; acclimatization is key. My English literature professor says: "The more you read, the faster you read." This shows that regardless the language you are reading in, as long as you keep going, it will eventually become easier and more enjoyable.

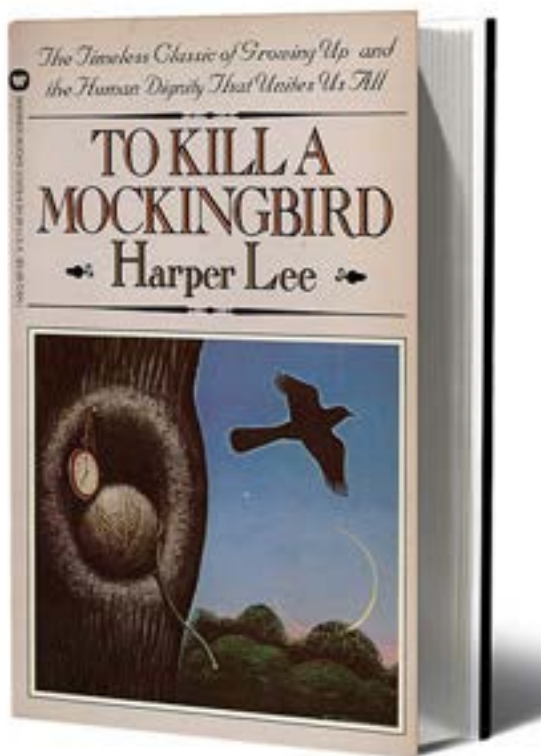
When to Start?

Embarking on this new academic year by "becoming friends with books" sounds promising, doesn't it? Let's initiate this fresh start with impactful new habits, starting with reading books. With reading, we are likely to excel in our studies. There are no truly good students who don't read. Furthermore, with reading as a habit more is achieved, such as becoming exceptional students who utilize their knowledge, allowing it to become an integral part of themselves. As American author and entrepreneur, Jim Rohn emphasizes: "Reading is essential for those who seek to rise above the ordinary."

What do you think? Are you ready? Let's do it together! Let's start this very moment. Let's rekindle the strong bond between youth and book. To aid you in this endeavor, I am providing a list of books to start with. If you can find them in your preferred language and you enjoy them more, go for it! Otherwise, try reading them in the language you find them. With the habit of reading, let's embark on our new journey toward the best versions of ourselves. Remember: "The more you read, the more things you will know. The more you learn, the more places you'll go." - Dr. Seuss

Book Suggestions

by: Kim Anpas



Classic

1.

To Kill a Mockingbird by Harper Lee

Published in 1960 and ever since has been translated into 40 languages. It has been sold for about 40 million copies spread world widely. After Deep diving into the story, you will find out how the good and the evil can exist side-by-side within a community and a solitary.

2. Jane Eyre by Charlotte Brontë

This Victorian novel will present you the realistic depiction of the life of women during the 19th century. It brings the conflict of gender equality, displaying the condition in which individual desires contradicted to their social values adhered within the times. Through the protagonist character, Jane, you will learn that being strong and independent can bring you to the best version of yourself by keeping integrity, self-respect, and perseverance.



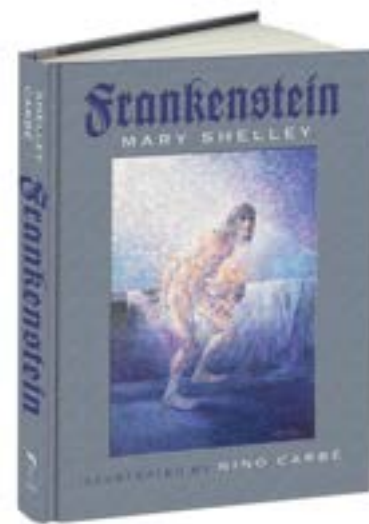
3. The Count of Monte Cristo by Alexandre Dumas

Are you type of person who often feels hard to forgive others? If so, this book must completely suit you. This adventurous novel will make you find out that the true satisfaction and healing does not come from fulfilling revenge, instead through forgiving and mercy. Throughout the story, together with the main protagonist, Edmon Dantès, you will encounter an adventure bringing you the truth of the good moral values. This book was translated from French and published in 1844 to 1846 serially.



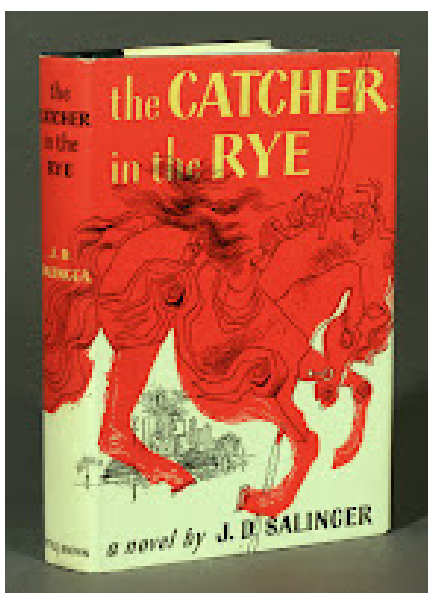
4. Frankenstein by Marry Shelley

A gothic novel published in 1818, bringing a tale of a knowledgeable scientist, Frankenstein, who had his life devastated by his own scientific creation. You will be showed how narcissism & irresponsibility and other negative values can destroy oneself; how knowledge can be the pitfalls to its owner. For those who like horror, dark, full of suspense story, this classic novel will find you stunt and entertained.



5. The Catcher in the Rye by J.D. Salinger

This novel was first published in 1945 to 1946 and being novelized in 1951. Even though this book was written long time ago, the essence of the moral teaching is applicable to us as young people of nowadays. It brings up the issue of the main protagonist, Holden Caulfield, who experiences alienation, loss, and dissatisfaction with the world around him. From the story you will learn the importance of finding the meaning and purpose of your life. It also teaches you how to stoically accept realities of life to avoid the feeling of disillusionment of your youth life.

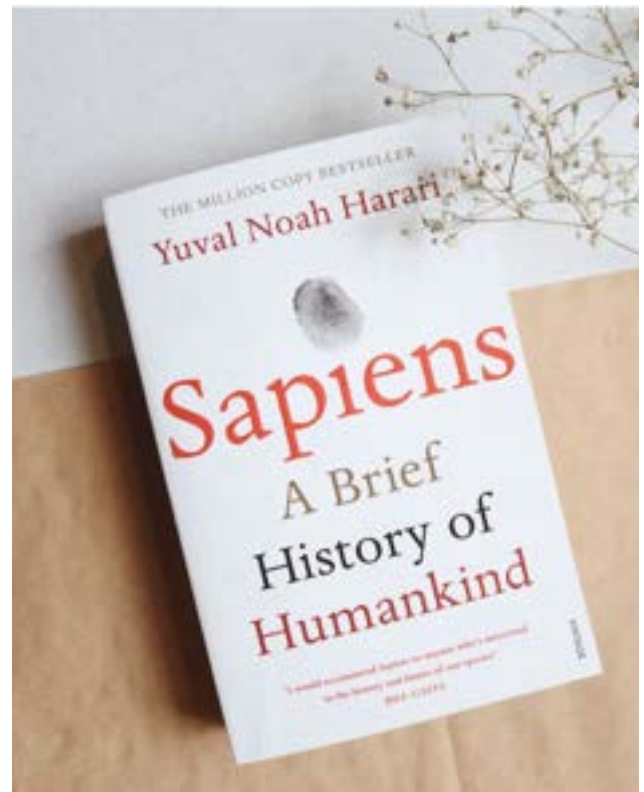


HISTORICAL

6.

Sapiens by Yuval Noah Harari

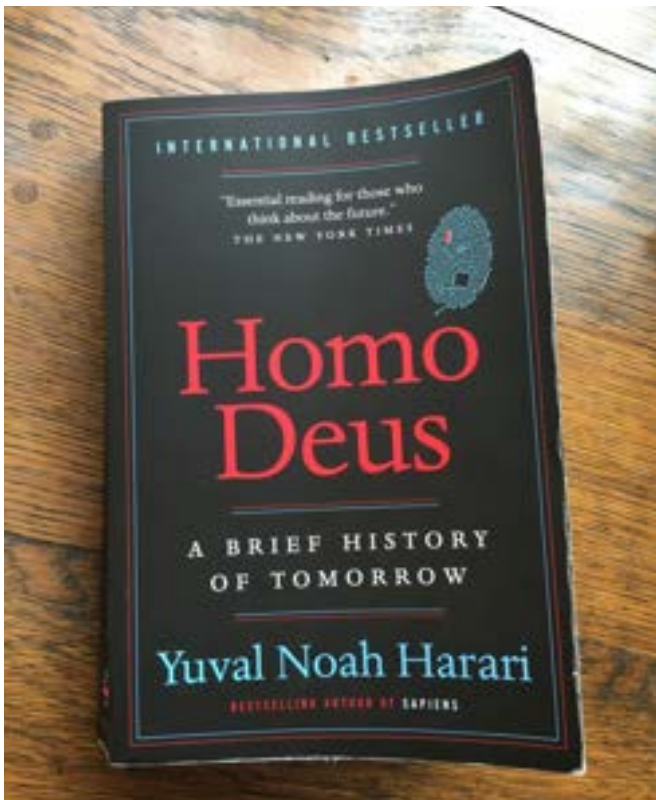
This book was first published in 2014, As it is said in the covers, This book displays the history of humankind. This book will not only suit those who like history but also those who have never liked it. This book provides an extensive overview of the human history but in a way that we can reflect ourselves in it. By understanding the human history, you can see through how the complexities within societies occur in the beginning of it. We also can understand the factors contributing to it such as technological, cultural, and social developments. With this book, you will obtain a better understanding of your own history then come to the realization of who you are supposed to be. “



7.

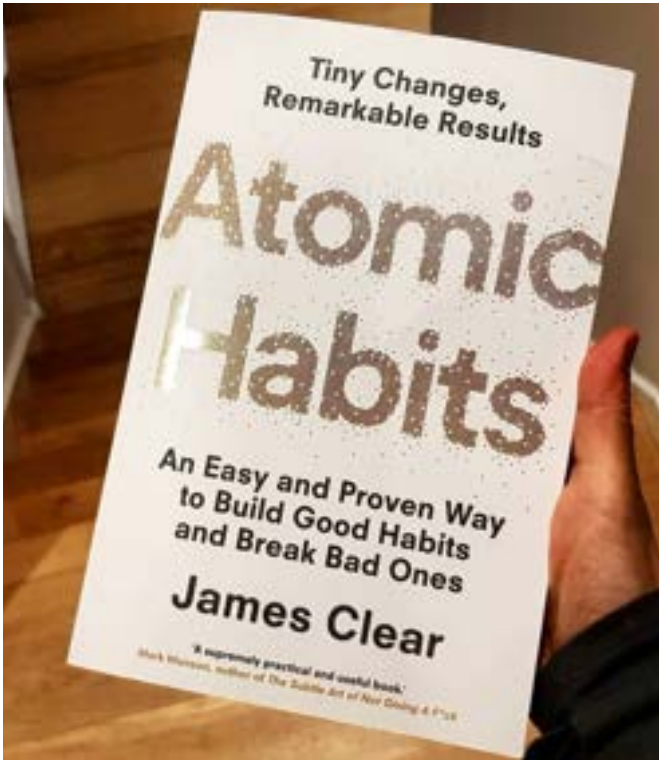
Homo Deus by Yuval Noah Harari

Written by the same author as “Sapiens,” this book also somehow brings up the notion of humankind. Interestingly, it is formed in another way. If “Sapiens” portrays predominantly the past, Homo Deus does the opposite. It focuses on the so called “Tomorrow.” It gives a concisely brief speculation of the future of humanity. It also provides us with the discussion of the impact of technology advancement such as artificial intelligent on economies, societies, and even our beliefs. In addition, it also conveys a message of what it means to be a human. Yuval published this book in 2015, a year after he published its former, “Sapiens” in 2014.



SELF-DEVELOPEMENT

Image sources: <https://hayleyplummer.co.uk/atomic-habits-lessons-from-chapter-1/>
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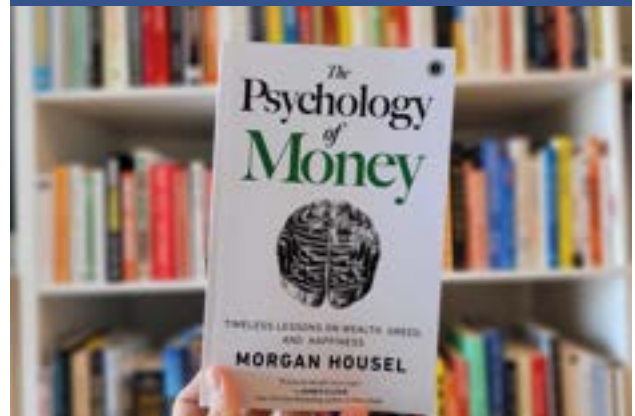


8. Atomic Habits by James Clear

Are you in the state where you feel that your life is not going anywhere and is not getting any better? If so, then this book is the answer to your wonder. From the title you can guess that the book mainly focuses on discussing habits. James Clear, the author of the book believes that even tiny changes in our habits can change the trajectory of our life, both good and bad ways. This book provides practical strategies to break free from bad habits and stick with the good ones. It also brings us the discussion of the truth about progress, goal and system settings, and three layers of behavior change, which contribute to a system called "Atomic Habits." This book was first published in 2018.

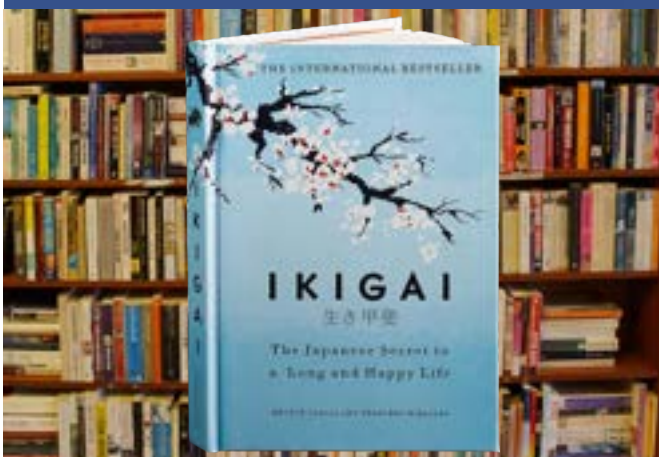
9. The Psychology of Money by Morgan Housel

This book was first published in 2020. Even though it was not a long time ago, the book has become world widely popular. There are numerous successful influencer and entrepreneur have recommended to read this book. Through reading this book, you will come to an understanding of how financial decision making is supposed to be done. It will also help you shape your emotional intelligence in finance and your long-term perspective.



10. Ikigai by Héctor García and Francesc Miralles

You must have ever heard the talk that says Japanese people live a longer and happier life, right? Are you wondering how they can do so? "Ikigai" has the answer to it. As the title "Ikigai" meaning "a reason for being" suggest, to live a happier life, an individual must find the purpose of his or her life. This book also bring about the discussion of balancing passion and proficiency.



Embracing Mental Health

by: Cut Zana Yuki Meroza



Mental health is one of the most important issues that many people grapple with in their everyday lives. In 1948, the world established the World Federation for Mental Health. With the endorsement of this federation, Mental Health Day was inaugurated on October 10, 1992. Since then, October has been recognized as a month dedicated to raising awareness for mental health.

Mental health is a vital state of well-being that enables individuals to cope with life's pressures, recognize and utilize their abilities effectively, perform well in learning or work, and contribute positively to their community and social life. Conversely, when we struggle to manage stress and things are not functioning smoothly, it indicates a challenge with mental health. If these states persist without addressing the underlying stresses and negative thoughts, they may lead to a mental disorder. Examples of such disorders include depression, anxiety disorder, eating disorder, sleep disorder, and more.

University students are at an age that is particularly susceptible to mental health issues. According to research from the American College Health Association in 2015, college students experience the following mental health concerns: anxiety (22%), stressed (30%), sleep difficulties (20%), and depression (14%). Mental health problems cannot be underestimated. They can affect a student's energy levels, concentration, dependability, mental acuity, and overall outlook. All of these factors, of course, can disrupt student performance. For instance, if you are grappling with depression, it is likely to impact your academic performance because you may find it challenging to concentrate in your lessons.

Mental illness is real and can affect anyone. Take, for instance, the life of the celebrity, Dwayne Johnson. Recently, he battled depression and openly stated "Struggle and pain are real". We often assume that men are reticent about expressing, but according to Johnson, the key to overcoming this depression was to open up. That's how Dwayne Johnson confronted and ultimately triumphed over depression.





Mental illness is undoubtedly a significant struggle for everyone, but that doesn't mean we can't fight back. If many people have triumphed there is no reason we can't do the same. Here are some tips for you to take care of your mental health. First and foremost, when you are feeling stressed, talk about it. Sharing your feelings with friends can make a significant difference. Additionally, stay active and engage in exercise. Physical activity releases dopamine, norepinephrine, and serotonin, which can help you to improve mood and concentration. Maintain a balanced and healthy diet. Ensure you get restful sleep. Refrain from smoking and alcohol consumption. Cultivate positive and supportive relationships (avoid toxic people and negative environments). Consider having a pet if you are an animal lover, engage in your hobbies. Above all, seek help if you find it challenging to manage your stress over an extended period.

Mental health issues are crucial, not only for those directly affected by mental disorders, but for everyone. We might not always observe it overtly in daily life or readily identify individuals who are struggling with mental health issues. People often keep their emotions and feelings sealed within themselves. Therefore, it is up to us to be understanding and attentive to our surroundings. We must remember that we always live amongst people who may be dealing with mental health problems, it could be your friends, your family, or even yourself, sometimes without realizing it. However we always have the opportunity for a fresh start as a new beginning. Everyone deserves good mental health because we all deserve to live happy lives.



The Hijrah journey: A path to a new and better life

by: Meryem Oumer

The Hijrah, the migration of the Prophet Muhammad from Mecca to Medina in the year 622 CE, holds profound significance in Islamic history. It was not merely a physical journey from one city to another, but a transformative event that symbolizes the pursuit of a new and better life, both individually and collectively.

1. Leaving Behind Adversity:

The Prophet Muhammad, along with his followers, embarked on the Hijrah to escape persecution and establish a society based on justice and equality. This symbolic departure signifies leaving behind adversity, embracing hope, and seeking a life free from oppression.

2. Embracing Brotherhood:

In Medina, the Prophet Muhammad united the Muhajirun (migrants from Mecca) and the Ansar (local inhabitants of Medina) under the concept of brotherhood. This unity and support network exemplify the idea that a new and better life can be built through collaboration, empathy, and mutual assistance.

3. Building a Just Society:

The Hijrah marked the beginning of the first Islamic state in Medina. The Prophet Muhammad implemented principles of justice, social welfare, and religious freedom, laying the foundation for a harmonious society. This transition underscores the potential for positive change when guided by principles of fairness and compassion.



4. Spiritual Renewal:

Hijrah is not just a physical migration but also a spiritual journey. It represents leaving behind sinful ways, embracing faith, and seeking closeness to the divine. This aspect of Hijrah highlights the transformative power of spirituality in shaping a new and meaningful life.

5. Embracing Challenges:

The challenges faced during the Hijrah journey, including the pursuit by adversaries, emphasize the resilience and determination required to forge a new path. It teaches that overcoming obstacles is an essential part of the journey to a better life, emphasizing the importance of perseverance.

6. Inspiring Positive Change:

The Hijrah serves as a timeless inspiration for individuals seeking positive change. It teaches that regardless of one's past, a new beginning is always possible through faith, determination, and the pursuit of righteous deeds. The story of Hijrah continues to motivate people worldwide to overcome challenges and create a better future.

In essence, the Hijrah journey represents the universal human aspiration for a fresh start, free from oppression, filled with unity, justice, and spiritual fulfillment. It stands as a testament to the belief that no matter how dire the circumstances, the pursuit of a new and better life is not only possible but also achievable through faith, resilience, and collective effort.

OCTOBER BEDER

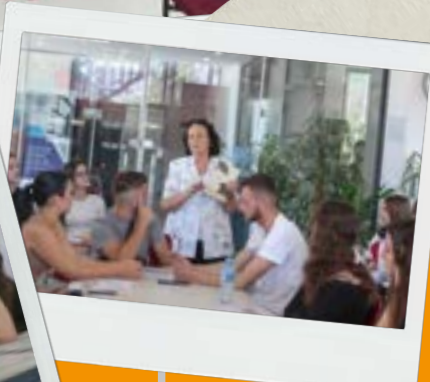
HIGHLIGHT



SMILES FOR NEW BEGINNINGS

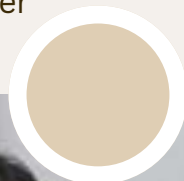
How was your October going?

Welcoming Ceremony



October 2nd, 2023

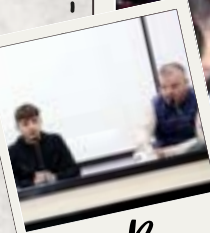
PINK *October*
Spreading
Awareness for Breast Cancer



Club President Election



Candidate Speech



Boarding the clubs



Supportiveness



Respectfulness



Togetherness

"Never doubt that a small group of thoughtful, concerned citizens can change the world. Indeed it is the only thing that ever has" ~Margaret Mead



Student Council Election



Quotes & Poems

Corner



A Rain *Game

I WAS HEARING STRIDES THAT NIGHT AND IT WAS SPRINKLING LIKE IT WAS THE LAST. IT BEGAN WHEN A BUNCH OF THOUGHTS CLOUDED MY HEAD AND A TEAR WASHED DOWN MY FACE. YOU KNOW HOW MUCH WE ADORED THE RAIN, WE DANCED IN THE RAIN, OR RATHER I DANCED IN THE RAIN SINCE I DIDN'T HAVE YOU NEAR ME, WE SANG TO THE SOUND OF THE RAIN, IN MY THOUGHTS I CRUEL SINCE THAT'S WHAT YOU AND I UTILIZED TO SAY AND ADORE. AGAIN, AND FOREVER NOW. WHY UNUSUALLY TONIGHT I DIDN'T LIKE THE SONG OF THE RAIN, PERHAPS SINCE YOU COULDN'T STAND THE SONG OF MY TEARS. NOTHING GOLD CAN STAY. I HAVE MADE NUMEROUS MISTAKES; PERHAPS MY ENTIRE LIFE IS FULL OF MISTAKES; MEMORABLE MISTAKES. "IF IT WAS HER, IT WOULDN'T BE YOU." YOU TOLD ME AFTER THESE 4 YEARS OF BEING USED WITH YOUR VOICE, EYES, SMILE, CHUCKLE, PRESENCE. WERE YOU MY FIRST MISTAKE? I DON'T KNOW SINCE YOU STILL SMILE WHILE I STILL COUNT THE RAINDROPS LIKE WE USED TO DO ...

Selda Dibrar



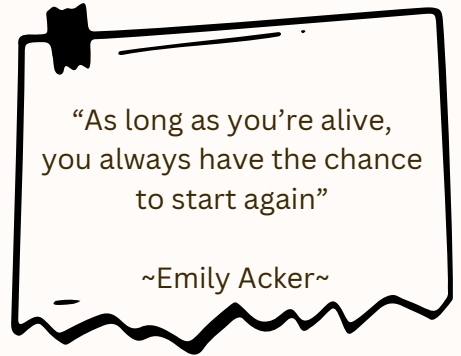
As far as you are running to sunset,
you will never see the beauty of sunshine

~Mikaela Malelli~



I never lose. I Either win or learn.

~Nelson Mandela~



"As long as you're alive,
you always have the chance
to start again"

~Emily Acker~



You are never too old
to start over.
Every day is a chance
to make changes
to create the life we want"

~Karon Waddell~





Awaken

The breeze slapping gently -
On my blood-curdling woeful right,
The dense sauntering steadily
Shelter my murk sight.
Whilst, I found the later
Lighted up - right on my side,
Under blossoming flowers pride -
Were remoted far from bright.

A Spur

No!
No defeat, nor victory -
No to me.
To me,
Settled prize, or glory -
It must be only.
Only be -
With those renouncing if snubbed,
Morose if shredded;
With those whirling in pit
Debacle remains with
Not to me!
Nor defeat, nor victory.


Do not Ask Shiftless to Fight

Do not ask Shiftless to fight!
To the battle world, never have they tried
To the war, rarely hasn't anybody died;
Since none own virtue sight

Do not compel aimless to endeavor!
If the will doesn't come from heart -
In vain whole scheme been settled in
chart;
As most needn't care nor favor


Do not raise lasting idle to vie!
Without volition or tenacity tight -
Do not ask shiftless to fight!
Neither dream nor the real can rely.

Yours Sincerely,



Janara

Kim Anpas



"God is so good to give us new days and New
Years since He knows we need so many times
to start over."

~Lacey Sturm



Beder Youth Magazine

CROSSWORD PUZZLE



by: Kim Anpas



1. The three or the four standing in one.
2. I am the light to the darkest ignorance.
3. A warrior of olden times.
4. Live in Shire with small habit.
5. The world is a thing with one leg.
6. I am a fluttering identity.
7. I move forward, but I can't go back.
8. Normally, I can be minus or plus.
9. **(Horizontal)** I am the bridge between reality and dream. **(Vertical)** I am the sun to my first lover.
10. I am a drawing thought.
11. I am a sword for authors and knowledge seekers.
12. I am wrong if it's the right.
13. **(Horizontal)** I am the two separated by the dry 7 and the wet 5. **(Vertical)** Many tics make people corrupt.
14. **(Horizontal)** I am the language of languages. **(Vertical)** Where people nowadays usually dance.

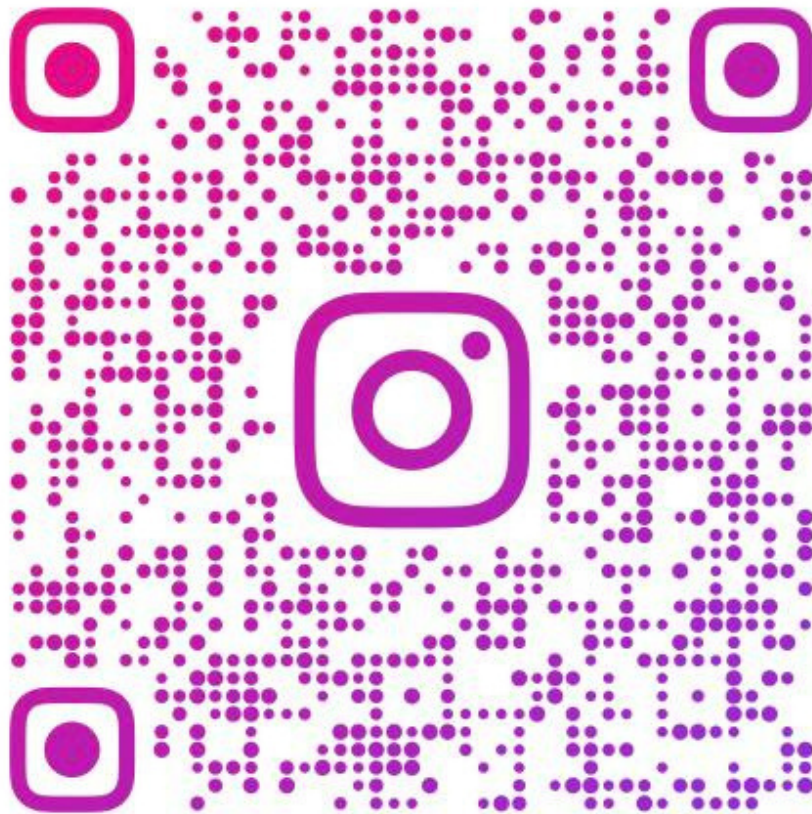


Beder Youth Magazine



"a vibrant canvas for the artistic talents of Beder University's students, a kaleidoscope of voices, showcasing the best in writing, photography, and all things art."

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Beder Youth Magazine

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Go back in time to some Beder events highlighted in our preceding issue and be ready for the next ones.

Issue 1: Purely

Issue 2: The Importance of inclusion, acceptance, and empowering diversity



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