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News & Opinion

Terrorist attacks by Al-Qaeda: Increasing?

By Armin Brückl

Several attacks from Al-Qaeda have shocked people from all over the world. Innocent humans have been killed by this terrorist organization, and their attacks are getting worse and worse.

when a suicide car bomber smashed into a hospital in Yemen. The driver was a member of Al-Qaeda. This was the second bomb attack from Al-Qaeda in the same week.

On the same day the commander of Al-Qaeda's Syrian affiliate threatened an attack on the West. He said that aerial bombardment would not defeat jihadi militants in Syria and that America and Europe would be targeted for retaliation.

In conclusion, it seems that Al-Qaeda attacks are increasing and getting worse from time to time and we don't have a way how to stop them.

of the Romans. For the first time men wore underwear which was called "subligaculum" or "capestra". In the course of time this type of underwear was replaced by the "toga", also made of wool. The old senators wore them with a purple stripe – which was rather popular. The more purple the "tunica" was, the more popular and notable was the carrier.

In the Middle Ages there was a big difference in styling between the Early, High, and Late Middle Ages. The most used fabrics were wool and linen. Dressing in these days was easy. The more rich and distinguished someone was, the more splendid he dressed. Everyone could see the status of others just by looking at their clothes.

The biggest turn happened in the beginning of the 19th century. For the first time men showed their body and enjoyed being naked while being watched. It was called naturism. Being well dressed meant less fabric. Nevertheless it was important to have a sense of knowing when it was too little. This made it very difficult to dress up.

With the change of people's lifestyle, fashion changed too, a lot. Designers were looking for uniforms and suits with expression. The hierarchy was newly arranged. No one could see how high the status of a particular person was. Clothes got more functional and cozy. Elvis Presley displayed the fashion well during his time.

While in earlier times only the cut changed, now the fabric also changed. Now the clothes were mostly made of silk, satin, taffeta and valuable fabrics like that. Also skirts for men,

called "kilts", were very popular in Scotland.

Men's fashion in the 2000's is now as identifiable as women's fashion has been for the past few years. Gone are the days when men couldn't look fashionable with those uninteresting shirts and mundane trousers. Looking good is not only a woman's privilege. Each year, trends for men's fashion are predicted, but hardly have they followed any fashion trends. Hence, they escape stylish clothing.

In my opinion men's fashion should be taken as serious as women's. Even though men have never been as interested in fashion as women, it is very important for life; like for job, love-life or perception of you seen from other people.

More nude Photos from celebrities hacked

Katharina Parzer

One nuisance in the life of celebrities is the pa-



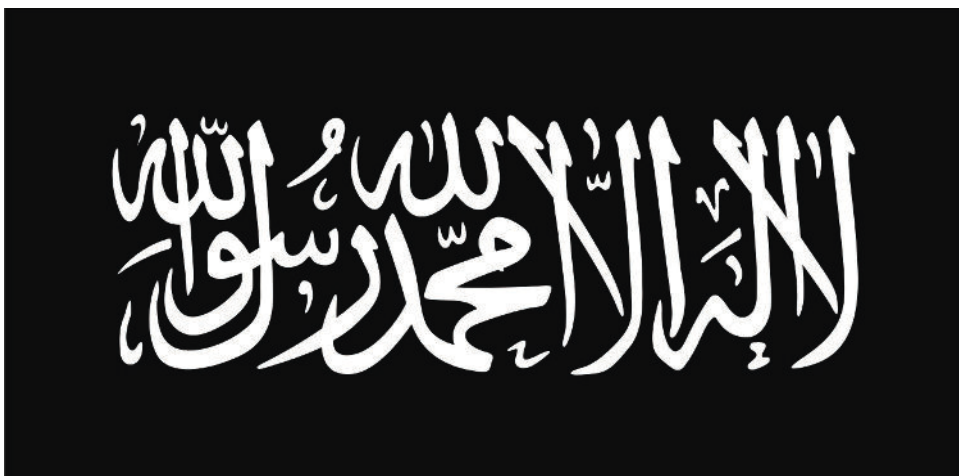
Emma Watson's response to the hacking of celeb photos. Pictured here (right) with Jennifer Lawrence

parazzi, but at least they're visible – which is not so for the hackers who have stolen nude pictures and put them online.

There's only one question: Who's next? For sure there will be a next, even though the punishment for hacking is high and it's relatively easily for the FBI to catch hackers.

For already the second time in less than a month, more intimate photos have appeared on websites (4chan, Anon-IB) targeting female celebrities like Kim Kardashian, Vanessa Hudgens, Rihanna, Jenny McCarthy, Avril Lavigne, Marie-Kate Olson and others.

Emma Watson has now been threatened: "Emma, you're next!". The hackers actually made a countdown timer until the photos get published. On the website "EmmaYouAreNext.com" the face of the "Harry Potter"-Star Emma Watson shown. Next to the picture is the countdown timer.



The "black flag of shihad" is showing the shahada and is used by Islamic organization

After the attacks on September 11th 2001 where over 3000 people died, everyone knows who Al-Qaeda is. Al-Qaeda is a terrorist organization which works all over the world especially in Islamic states. It was founded in 1988 by Osama bin Laden. They are operating as a criminal network including thousands of followers. Their target is to establish an Islamic state in which the Sharia is law. Al-Qaeda especially recruits their members in countries like Saudi-Arabia, Oman, Yemen, Iraq and other Asian states. But terrorists come also from Sudan, Egypt, Indonesia and recently sometimes from European countries.

Recent Attacks

On September 27th rebels from Al-Qaeda have attacked the house from an intelligence chief in Yemen. At the same time they attacked the house from a National Security Chief in Hadda. Shots were fired for two hours and three people died in the fight and a further 15 were wounded. President Abd-Rabbu Mansour has said Yemen may be heading for civil war. Terrorists continue to patrol many areas especially around government buildings.

On September 29th seven people were killed and many others wounded in an explosion

Fashion: just for women?

By Carmen Rothauer

Nowadays fashion is just as important in a man's world as in a woman's. Whereas most women asked say that they are interested in fashion, the most men will not admit to it. In some societies men who like fashion are judged as homosexual. In a lot of places it is really important to dress up well, for women and men, like high fashion countries and their metropolitan areas, for example Milan, Paris, Berlin, New York etc.

Men's first fashion trends were starting already in ancient Greece. The clothes were neither sewed nor weaved. They just swathed their fabrics they had around their body. Furthermore men wore a special dress called a "Doric chiton". The "chitons" were swathed and they were closed on the left shoulder and open on the right. It was made of wool which was not very valuable in those days, even though it was an indication of being wealthy.

The view of dressing changed a lot in the time



Elvis exemplifies the 60's look

“Even worse than seeing women’s privacy violated on social media is reading the accompanying comments that show such a lack of empathy,” tweeted Emma Watson just after publishing of nude photos of the other stars.

Emma Watson wrote: “That’s the secret, girls: I don’t take nude photos!” above a picture of her, why no photos of the actress appeared. Concerning the countdown she commented yet.

A marketing firm has called on people to “join us as we shut down 4Chan and prevent more private pictures from being leaked. None of these women deserve this and together we can make a change.”

But How did the hackers get these pictures?

A Vice President of Threat Intelligence at Cyber IQ Services said the most probable cause is that hackers got access to the pictures by answering security questions or reset passwords, so it’s relatively easy with a bit personal information about the celebrities.

Can the hackers be found and will they get their punishment?

They haven’t been found yet, but even though it will be difficult, it’s not impossible. One method would be to pursue who had initially posted the photos on 4chan. Of course it takes time, but probably it will work and then the hackers will get their punishment, which surely won’t be low.

Animal testing: Is it necessary?

By Sabrina Schild

Each year, more than 100 million animals are used in U.S. laboratories for chemical, drug, food, and cosmetics testing. The number of animal testing is rising all the time but you as the consumer can change it.



More than 100 million animals, including mice, rats, frogs, dogs, cats, rabbits, hamsters, guinea pigs, monkeys, fish, and birds are tested every year - poisoned, blinded, and killed. Animals in labs live stressful, monotonous, and unnatural lives of daily confinement and deprivation. They spend their lives in barren cages, unable to make choices or express natural behaviors. Most never experience fresh air or sunshine, only bars and concrete. The only changes in their lives may come from being called into a research or testing protocol—which may include an invasive experiment, or a procedure whose endpoint is death. Before their deaths, some are forced to inhale toxic fumes, some have holes drilled into their skulls, and others have their skin burned off. Within laboratory walls, what can be done to animals has no limit. Imagine spending your entire life as a hospital patient or prisoner, and this will only begin to approximate the life of an animal in a laboratory. What happens to you can range from un-

comfortable to agonizing to deadly—and you are helpless to defend yourself.

However you can do something about it! As a consumer, you have a lot of power to help put an end to animal testing. By purchasing cosmetics and other products that are not tested on animals and by supporting compassionate charities, you send a powerful message to corporations and organizations. Today—because experiments on animals are cruel, expensive, and generally inapplicable to humans—the world’s most forward-thinking scientists have moved on to develop and use methods for studying diseases and testing products that replace animals and are actually relevant to human health. These modern methods include sophisticated



A mouse which could be being tested right now in a laboratory.

tests using human cells and tissues, advanced computer-modeling techniques, and studies with human volunteers. These and other non-animal methods are not hindered by species differences that make applying animal test results to humans difficult or impossible, and they usually take less time and money to complete.

In my opinion, animal testing is no longer necessary, because nowadays there are already other and better ways to test things such as chemical, drugs, food or cosmetics, etc. Other methods can be used to avoid the torturing and killing of innocent animals.

In the Summertime, you’re neglected.

By Simone Wagner

Every year it is the same game with some pets and their heedless owners.

Some people think it is no work to keep an animal. But that is wrong. You need money to pay for their food, for vaccination and for all what keeps your pet healthy. Some people are afraid to give their pet into an animal shelter. But why?

Owners want to have a nice holiday without stress or responsibility. There are many places that can care for your pet while the holiday however there are many people who abandon their animal. They fasten it on lamps, service area or patrol stations and then leave

Animal shelters in Switzerland say they have seasonal increase, normally in the summer months but also during winter time they receive many animals. Owners don’t know what to do when they go on holiday that’s why so many animals are exposed to the weather or violated. Since the number of animals in the shelters comes not at last through the missing willingness of the people to donate money.

The exposure of animals unfortunately belong to the shocking aspect every year. The animals are waiting for days without water and food. When they found after more days they are dehydrated, emaciated and completely afraid.

Often the owners want their animals no long because of financial resources or something else. But they are not aware about the consequences of exposure. On this account the owners are ashamed to give their animals in an animal shelter. Consequences for the owners are imprisonment or an according fine through this punishment should the exposure will be prevented.

In my opinion it is irresponsible to get an animal and then you through it away like rubbish. I have heard of a specially case where an owner change place and left their cat there. The next tenant phoned the owner and asked him to take the cat. She said yes but she never fetch the cat. The next tenant would keep the cat when she haven’t got 2 cats. Every year in Germany become 300.00 to 500.000 pets exposed. That’s many animals which lived of closely space. The exposed poor animal search for a new home and the shelter keeper too. So I hope that everyone who think about an animal in the next time go first in an animal shelter and look after a new pet. They all need your help. Get a heart for pets and help the poor animals that need it urgently.

Child abuse in the 21st century

By Celina Meissl

Child abuse is a topic that is often talked about or which is often on the news nowadays. Many people don’t really know what child abuse really is or which punishments are imposed.

Child abuse is the physical, sexual or emotional maltreatment or neglect of a child or children. Statistics say that mostly the perpetrators are the parents or certain associated persons. Also child abuse is practiced by pedophiles or people with mental illnesses.

The most famous cases of child abuse in Austria are the cases of Natasha Kampusch and Josef

Fritzl. Nearly everyone has heard one of these two stories at least once in his life. But something like this happens everywhere around the world.

Natasha Kampusch was kidnapped in Vienna by Wolfgang Priklopil when she was 10 years old. 3,096 days after her abduction she had the chance to escape. After Natasha escaped, Priklopil killed himself through jumping in front of a train.

Josef Fritzl locked his daughter in a secret basement. He locked her in this basement 24 years. In this time he raped and abused her a couple of times. All in all he had with her 7 kids. 3 out of this kids he locked in the basement for some years too. The daughter and their kids were found when one of the kids got sick and Fritzl allowed her to go to the hospital.

The punishments are sometimes too soft and the people who rape children harm the children for the rest of their lives. So the penalty in the cases where kids are mentally and/or physically hurt should be very harsh because if you abuse a child you ruin his whole life, and the children have a higher risk of getting addicted to drugs.

The topic of child abuse is often seen in combination with the Catholic Church in Europe. The Catholic Church sometimes even deny it although the facts and the evidence are very overwhelming. But since the new Pope Francis is the head of the Catholic Church the child abuse regresses.

In my opinion the punishments for child abuse should be very harsh even if the kid is “only a little bit” hurt. Because the consequences for the child’s future life are so damaging. And if the committer has a mental disorder they should have a therapy and if they are no longer a danger for the outside world they should become free but they should be checked in regular intervals.



Entertainment

Does watching "Breaking Bad" make you a good criminal?

by Karl Reininger



Walter White (Bryan Cranston, right) and his partner Jesse (Aaron Paul) cooking crystal meth on the show. Source: www.breakingbad.wikia.com

One year after the final episode of the critically-acclaimed show "Breaking Bad" aired in the U.S., the popularity is still being felt by the police forces in America and even in Europe. "Breaking Bad" is about the chemistry teacher Walter White (Bryan Cranston), who starts cooking the drug crystal meth with his former student Jesse Pinkman (Aaron Paul) after being diagnosed with stage 3 lung cancer, in order for Mr. White to provide financial security for his family after his death. However being a criminal changes Walter's personality and he becomes more and more coldhearted on his way to become the biggest drug dealer in the whole of the USA.

Since the series pilot aired in 2008, there were several crimes that seemed to be inspired by the show.

The most recent copycat crime took place in the UK. Kuntal Patel, 38, tried to kill her mother Meena Patel, 60, by poisoning her with the deadly toxin ricin, similar to Walter White's actions on the show. Ms. Patel poisoned her mother's Diet Coke, because she blocked the wedding plans of her daughter due to racist opinions. The plot only failed because of miscalculations of the required dose to kill, so Meena Patel survived and her daughter had to justify herself in front of the court.

Still this is not the only real life crime inspired by "Breaking Bad".

Another famous example is the blue crystal meth that showed up in Kansas City in 2010. The crystal meth Walter White produces in the series is called "Blue Sky". In the universe of the show the blue color is a sign for its pureness, which, in fact, is not possible to achieve in real life, at least not due to pureness. But the drug that showed up in Kansas was not blue because of its pureness, it was blue because it had been dyed with food colouring. Even though it was sold with a 50 percent higher price than the

"regular", colorless crystal meth, police said that it was not any stronger but much more dangerous than the common one.

These two examples show that the popularity of "Breaking Bad" indeed has some influence on criminals, even though these people are also likely to have criminal tendencies.

Destiny - \$500 million project

By Paul Joos

Destiny. If you had to describe this game in one sentence it would be: Become Legend. This is the most descriptive sentence for Destiny. Not only because it's used by the creator, Bungie, for advertising, also because it sums up the game really well.



"Become Legend" - Destiny

The player has to fight the Darkness to save the Traveller (in the picture), a sphere hovering above the last city he can protect. During their fight against evil creatures like the Fallen, which appear first, the player, a Guardian, comes across multiple planets in our solar system and all kind of races and civilization.

Furthermore it is a FPS-MMO which means First Person Shooter-Massively Multiplayer Online. So basically it is a First Person Shooter you can play together with a lot of people. Usually you don't notice this but when you go to the Tower, which is the base for the Guardians, people all over the world are standing, walking, dancing and playing football (yes that's possible). Although it's played cooperatively you can play against people in a certain game mode called the Crucible. In addition Bungie add more to the game every week or two. It's also one of the games you can play for days and still not know the half of what's there.

500 Million Dollars. Insane, right? But that's the amount Activision spent making the game. Well not exactly Activision made the game. Bungie is the producer, some of you may know Halo, one of the most famous game series ever. The role Activision played during the process of making the game is giving Bungie money, advertising and publishing the game. But these weren't the only companies involved with making Destiny. Many other companies helped finishing this game. Furthermore Paul McCartney wrote the song "Hope" especially for the Credits of Destiny.

In Addition Activision earned more than \$500 million on the release date and after a week more than 100 million people were playing the game.

Even before the game was released it had more than 180 (!) awards and nominations. It probably was the most hyped game 2014. Therefore the pressure on Bungie was enormous. Unable to surpass the expectations of many, most reviewers were disappointed but if you compare it to other games, it would beat them easily, in my opinion. I say this because it has an incredible graphic and level design. Furthermore it's technically an open world game with four big differ-

ent stages. And each one of them is almost never ending. To summarize it, I have never in my life seen such quantity combined with quality. IGN (Imagine Games Network) for example said "It's rich in detail and crafted with such expertise and skill and love".

If I had to rate I would give it 93 points out of

100, because of the fact you require constant internet connection and it also sometimes you lose connection. Technically that wouldn't be too big of a problem but you have to start everything new and that can get on your nerves really easily. Furthermore it has rather long loading screens. Although these problems exist it's one of the best games I've ever played.

Oasis: The History and Development

By Olivia Ecker



Everybody knows the British rock band Oasis, which was made up by the two brothers Liam and Noel Gallagher. Oasis sold millions of albums and inspired the history of rock music. Besides their music the Gallagher brothers were famous for scandals and fights with other bands. But what happened to the self-appointed best band of the world?

The history of Oasis begins in 1990, when Liam Gallagher and his friends Paul Arthurs, Paul McGuigan and Tony McCarroll established the rock band "Rain". At this time Liam was only interested in pop music and didn't think very much of rock music. At a Stone Roses concert, he changed his opinion about rock music. In 1991 Liam's brother Noel was allowed to join the band, mainly due to his writing skills. They changed their band name into Oasis and played in small British clubs and bars.

In 1994, Oasis became famous with their songs "Supersonic" and "Shakermaker". Their first album "Definitely Maybe" was until 2006 the highest sold album in Great Britain. One year later, Oasis published their second album "(What's the story) Morning glory" with the songs "Don't look back in anger" and "Wonderwall", which achieved number one on the charts. The following albums were "Be here now", "Standing on the Shoulder of Giants" and "Heathen Chemistry".

In 2009, Noel Gallagher published his decision to leave the band, due to another fight with his brother Liam. Shortly after, his new album "Noel Gallagher's High Flying Birds" came out, which he created with some former band members. Liam and the rest of Oasis went on under the name "Beady Eye".

Both bands do still exist, but they never managed to reach the success they had during the prime of Oasis.

Photo Journalism



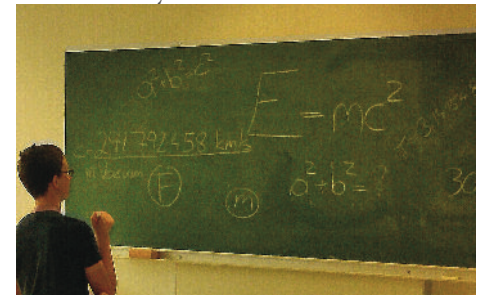
Ever decreasing. Is the lack of passion for reading the reason for bad grades at school?



Vandalism in schools, like it is shown on the picture, is a big problem nowadays



Ascending out of the locker after being locked inside for 3 days



If I'd know what I'm doing I'd be a bloody genius! said Paul



I've no idea what I'm doing says Simon after looking at the blackboard



Students don't care about the environment any more.

Health - Addiction Special

The dangers of drugs and alcohol for Teenagers

Magdalena Talboa

Experimenting with alcohol and drugs during adolescence nowadays is normal. Unfortunately, teenagers often don't see the connection between their actions today and the consequences tomorrow.

Using alcohol and drugs at a young age has serious negative health effects.

The reasons why teenagers take drugs and drink alcohol are often the same. Most of them are depressed, have low self-esteem, have problems with the family or with friends, or feel like they don't fit in or are left out.

Teenagers misapply a variety of drugs, legal and illegal. Legally available drugs, including alcohol, are as follows: prescribed medications, inhalants (fumes from glues, aerosols, and solvents) and medicine for cough, cold and sleep problems. The most frequently used illegal drugs are marijuana and stimulants for example cocaine, crack and speed, LSD, PCP, heroin and designer drugs like ecstasy.

The use of illegal drugs is increasing, especially among young teens. The average age of first marijuana use is 14, and alcohol use can start before age 12. The use of marijuana and alcohol at high school has become common. In the U.S. 17,6 million people, or one in every 12 adults, suffer from alcohol abuse or dependence. Several millions more engage in risky patterns which could lead to alcohol problems.

The consequences of using drugs is a variety of negative outcomes. It increases a risk of serious drug use later in life, school failure, and poor judgment which may put teens at risk for accidents, violence and suicide.

Parents can prevent their children from using drugs by talking to them about the issue, open communication, role modeling, helping their children when they have problems and responsible behavior.

There are different warning signs of teenage alcohol and drug use:

Physical warning signs are for example: fatigue, repeated health complaints, red and glazed eyes, and a lasting cough, in contrast, emotional signs are personality changes, sudden mood swings, irritability, irresponsible behavior, low self-esteem, poor judgment, depression, and a general lack of interest.

There can be also warning signs in the family by



Even when people know the dangers, smoking is hard to quit

starting arguments, breaking rules, or withdrawing from the family or in school by decreased interest, negative attitude, drop in grades, many absences, truancy, and discipline problems.

Most of the teenagers using drugs think that doing so solves their problems, but in the end the drugs become the problem!

Smoking, be smart, don't start!

Marlene Niggel

Everyone knows that smoking causes cancer, emphysema, and heart disease, but unknown to many is, that smoking can also shorten your life by 10 years and costs thousands of euros. But why don't people stop smoking? The answer is only one word: addiction.

People start smoking for a variety of different reasons. Some teenagers think it is cool. Others start this habit because of stress or personal issues. Some people also start smoking because their family members or friends smoke. Smoking is hard to break because tobacco contains

nicotine, which is extremely addictive. The body and mind quickly become so used to the nicotine that a smoker needs cigarettes just to feel normal.

The more cigarettes you smoke in a day, and the longer you've smoked, the higher your risk of lung cancer. Similarly, the risk rises the deeper you inhale and the earlier in life you started. For ex-smokers, it takes approximately 15 years before the risk of lung cancer drops to the same as that of a non-smoker.

Secondhand smoke refers to tobacco smoke that is passively breathed in by people in the vicinity of a person who is smoking. Secondhand smoke causes significant health problems. Children are particularly more vulnerable to secondhand smoke, developing lung infections, lung cancer and bronchitis. When a non-smoker inhales secondhand smoke, he or she is exposed to the same toxins and chemicals, including nicotine, as the smoker.

Nicotine patches are not intended to be long term permanent alternatives to cigarettes, they are intended for short term use as a cessation aid. Using nicotine patches for the rest of your life really won't do much good for your health, it would probably burn your skin. An alternative to cigarettes would be e-cigarettes or chewing tobacco. Everyone who has defeated the ad-

diction of smoking says that they feel much better. Not only physically also psychologically.

It is never too late to stop smoking, but it is even better if you don't start smoking at all.

Plastic surgery: the pros and cons

By Laura Hargaßner

The number of the people getting plastic surgery is rising massively. Just in Austria alone 40,000 people have operations in different places of the body every year. In the USA and Brazil the most operations are carried out. Both countries account for almost a third of the world's performed cosmetic surgeries. The question is, yes or no to plastic surgery?



Donatella Versace before and after excessive surgeries.

There are many pros and cons regarding plastic surgery. One pro argument is, for example, the kids who are slightly more obese than others. Nowadays nearly all teenagers are anorexic or want to be skinny, and they bully the kids who are thicker. It can be really stressful for the child or the teenager. Otherwise the patients with hypothyroidism may feel uncomfortable, and I think it's fair that they have liposuction.

Another point for example is women after pregnancy. Maybe they have very small breasts after breastfeeding or a hanging belly. People who have an car accident, for example, and then they are defaced or people who have burnings, these are all arguments why plastic surgery exists for a good purpose. No matter man or woman. Many women suffering from too big boobs and they have backaches, so they can reduce their breast size and be exempt from the pain. Not only the people with such afflictions can do it in my opinion. When for example a woman doesn't feel female because she has too little boobs, it's really ok to enlarge her breasts.

Now to the cons. Cosmetic surgery is to remove blemishes and push self-esteem. But who reserves the right to determine who or what is beautiful? We have a big problem with the media. They want to tell us, what is really beautiful. But actually we should respect how we look! Only because the nose is crooked it doesn't mean you are immediately ugly. Anyway the consequences can be really terrifying and an operation costs lots of money. Besides the people who only have one operation, there are many people who exaggerate and go too far with operations. It's terrible when nothing more is natural. Some stars in the USA, where nearly nothing on her body is still real and the worst thing is in spite of "beauty", operations can make one uglier. Unfortunately some become addicted to these operations and change more and more of their bodies. Look at Donatella Versace (photo), a good example of how people disfigure themselves.

In my own opinion, in a nutshell, it's okay to operate some places of the body when they don't feel comfortable in their own skin as well but as I said in the cons, you should avoid this operation, because less is more.

Youngsters addicted to their mobile phones!

By Tabita hoeller

About 20 years ago hardly anyone had a mobile phone. Now 20 years later most people couldn't imagine living without it.

Not only adults but also teenagers have their own phones. It has also become common to get a phone when you are still in primary school. So children can become addicted to their phones earlier and earlier and with the technology still improving someday children may only play with their phones. So they won't go outside anymore and they will get lazier and fatter.

Teenagers especially are very addicted to their mobiles. Almost every teenager nowadays owns his/her own. In the beginning they normally got mobiles only to call their parents in emergencies but now the possibilities of phones have improved so much that there is no one left who only uses their phone for calling people.

Along with the improvement of mobiles, the addiction of the teenagers to their mobiles is also growing. Now you can't just call someone



you also can write them a text messages. You also can play games or listen to music or you can go on the Internet and check something on your phone. It isn't just a phone anymore it's sort of a little computer, in my opinion.

Today we don't need computers anymore because we can do nearly anything with our mobiles. Also we are so well connected with our friends that we practically have them around all day through our mobile phone. This leads us to the problem that teenagers communicate less and less without a phone.

Also the overuse of a phone can be very expensive. For some teenagers this is a really big problem and parents are already worried. For example:

A father of one 16 year old described his problem, 'We give Emma, our daughter, £20 pocket money with extra for her school dinners. We learnt recently that all this money is being spent on text messaging her friends. She hasn't had a meal in school for the past 3 months and worst of all considers no other activity or hobby worthy of her pocket money.'

I believe, some of these teenagers feel disconnected with others all day long so they use their phones to avoid this feeling. But is it really useful to do something like that if that gets you into trouble?

So, as you can see, it can be really scary how much children are becoming addicted to their mobile phones!

More and more teenager becoming bulimic!

By Anna Hamedinger

Children and teenager are always more adversely affected by bulimia. Especially affected

are teenagers in the age between 11 and 17.

Why do teenager become more and more anorexic? I think it's because of the fashion. All the famous models are very skinny and beautiful. Maybe they also want to be like them. They don't eat anything and starve all day to be as the same as they are. To become bulimic is also very dangerous. You can finally die. For example four models die because they didn't eat anything. This happened in the years between 2006 and 2010.

How can you prevent Bulimia and what are the reasons why they become anorexia?

The most reasons by teenagers are family problems- for example the parents don't care for their children. So they don't eat anything to get attention from their parents. This you can avoid with playing with your children or go on a trip.

If you are anorexic it's very hard to recover from anorexia. This is the opinion of Daniela too. She wrote an article about her one story when she fight against bulimia: "The first sign of disease bulimia was that I lost my hair or I broke down regularly. There I've already lost 10 kilo. I also stopped drinking water, because this would show 200-300g more on the scales. A time later I wanted to start drinking again, but one glass of water was too much. My tummy was too small I felt inflated and I felt fat. Because I have drunken quite less I felt weak. Then finally I realized that something is wrong with my body. I weighed 41 kilo now, but I still was glad about every loss of weight. I've checked that I was anorexic. Then I experienced a big blow and needed to slim down to 35,5 kilo. I didn't understand why I didn't increase on weights. I ate my 3 daily meals. I was at risk of death. I went into a clinic for help. Back at home I ate more and more but I lost weights instead of increase. Ultimately the scales showed 32,5 kg. Then I saw into the mirror I was shocked. There I implement how happy I was before I was anorexic. I began to drink fat-shakes and it helped to increase. I started to eat more and more and finally I was health again." Now she is happy with her figure. But it's very

easy to relapse.

I feel everyone is beautiful how they are and don't have to starve themselves. There are hundreds of other possibilities to lose weight.



What teenagers see is not always real

Eating disorders - killing your calories, killing yourself!

By Lea Sonnberger

The number of children and teenagers seeking help for an eating disorder has risen by 110 per cent in the past three years. At a young age it can cause serious changes in eating habits that can lead to major, even life threatening health problems. There are three different main types of eating disorders:

- **Anorexia**, is more common in girls than in boys. It causes an intense and irrational fear of becoming fat or gaining weight. This means that the teenagers develop strange and often dangerous eating habits. Usually they have a distorted body image and don't realize how low their body weight is.

- **Bulimia**, is a condition in which people

Fitness & Lifestyle

eat too much at once and then, not to gain weight, they force themselves to purge the food by vomiting or using laxatives.

- **Binge eating**, is characterized by uncontrollable, excessive eating, followed by feelings of shame and guilt.

The damages of eating disorders in body and psyche are immense. At first the patients lose 45-50% of their initial weight. Based on hormonal disturbances the menstruation in girls stops and boys can become impotent and their physical progress is strongly deferred. Mood swings start, the mental balance falls apart and often depressions and suicidal thoughts happen. Other impairments are the slowing down of the heartbeat, sinking blood pressure and temperature, amyosthenia, hair loss and in the worst case kidney failure, what often leads to death.

The causes of eating disorders aren't entirely clear. However, a combination of psychological, genetic, social, and family factors are thought to be involved. For teenagers with eating disorders, there may be a difference between the way they see themselves and how they actually look.

Some research suggests that media images contribute to the rise in the incidents of eating disorders. Most celebrities in movies, TV, and sports programs are very thin, and this may lead girls to think that the ideal of beauty is extreme thinness. It doesn't only effect the girls, also the boys try to emulate a media ideal by drastically restricting their eating and compulsively exercising to build muscle mass.

To sump up, one can ascertain that eating disorders are very seriously increasing illnesses. In spite of its name recognition and its danger it's labeled as a spinning mill and imagination of the affected persons. Many underestimate the risk of these illnesses and recognize too late the need of help. Maybe that's the reason why the death rate amounts 5 to 6 percent in the first years of the illness and after 15 to 20 years 10 to 18 percent.

What is TAE BO?

By **Natalie Schild**

Tae Bo is one of the most famous fitness-sports in the world. It has elements of karate, taekwondo and boxing mixed together with music, it is a wonderful full-body workout. Itself is Tae Bo is not a martial art, it is absolutely fitness.

Every letter of the name has his own meaning:

- Total*
- Awareness*
- Excellent*
- Body*
- Obedience*

In 1989 Billy Blanks invent the fantastic sport. The film "Rocky" inspired himgreatly and in 2001, the IFAA (Academy for fitness, wellness and health sector) introduced this trend to Germany. Billy was born in Pennsylvania, USA. Despite his reading disabilities and problems with his joints, he struggled to become a sportsman and eventually became a trainer of world class athletes and star in many of martial art and feature films.

In my opinion Tae Bo is for all people in all ages. It is easy to learn provided you take part in lessons every week. I am a member of "Tae Bo-Team Schärding" and my trainings times are on Monday 7:45 p.m and Wednesday 7:30 p.m, each lesson take one hour. It introduces a Warm-up (there you are stretching and warm-up your muscles), a master class (here you are train your cadio, this includes especially 4 arm-, and 4 feet techniques) and a cool-down (there you "shake" out your body).

Back to the arm-, and feet techniques:

1. The Chab
2. The Cross-Punch
3. The Hook
4. The Uppercut this are the 4 arm techniques;
5. The Front-Kick
6. The Roundhouse-Kick
7. The Side-Kick
8. The Back-Kick this are the 4 feet techniques;

The colour of your bandages shows the grades of your skills, that involves the colours white, yellow, orange and green; the white ones are the firsts and you can buy it from your trainer, for the other grades you have to pass an exam that the trainers can see if your competence is good enough.

After the green bandages there are 2 more higher grades and this are the blue and red ones. The blues bandages shows the basic instructor and the red ones the advanced instructor. Instructor are the "teachers" who guide the lessons and teaches you the techniques.

Tae Bo is for me a great sport there I can forget all my problems for a short time and of course it is very good for my body and makes sure I stay fit and healthy.

Be Veggie

By **Anika Lindhorn**

Human nutrition is the provision to obtain the essential nutrients necessary to support life and health.

Of course, almost everybody loves to eat and it's totally normal. But on the other hand it's more important to eat healthy and not have malnutrition. There are lots of ways to have malnutrition:

The first one is a diet in which nutrients are not enough ("undernutrition"), The second, when nutrients are too much such that it causes health problems ("overnutrition"). The third one is an overconsumption of fast food.

That's why it's important to eat at least a little bit healthy. One idea to eat healthy is being a vegetarian . Sadly, lots of people think that when someone doesn't eat meat, he automati-

cally has a vitamin B12 deficiency, iron deficiency or protein deficiency. As a vegetarian can one eat nearly everything. One can eat all milk products, eggs and honey. There are four different forms of veggies:

1. Ovo-Lacto-Vegetarian (They don't eat meat and fish)
2. Lacto-Vegetarian (They don't eat meat, fish and eggs)
3. Ovo-Vegetarian (They don't eat meat, fish and millk products)
4. Vegan (They avoid all products coming from animals)

No meat, no sausages, no fish! What can one except salad and enclosures eat? Does a human need meat? Is an vegetarian nutrition better for the environment? Lots of people don't know much about vegetarianism. Vegetarian food isn't basically healthier. In accordance with scientifically findings live vegetarians a little bit longer.



Vegetarians can still eat some burgers.

Where does the vegetarian movement come from?

The vegetarianism has a long history. Pythagoras is deemed the first big veggie (570 to 500 before Christ) "Everything what a human does to the animals comes back to the human." A quite modern thought. He and his followers abhorred not only sacrifices of animals, but also had the opinion that the human shouldn't eat animals because the consumption of meat makes him aggressive.

There are three reasons why people are vegetarians.

- One of them is the ethic – moral.
- Another one is is an ecologically reason.
- And the last one is the sanitary cause.

More and more people become vegetarians, even like Brad Pitt, Bruce Springsteen and Kate Winslet.

I'm a vegeterian too and I don't have a malnutrition or any deficiencies. My favourite foods are Pizza, Pasta and veggie döner. I think nobody has to stop eating meat and fish if this is ones favourite food. Everybody should eat what one loves. Of course, not too less but not too much either. The most important thing with food is that one stop eating when one is no longer hungry.

Piercings & Tattoos, what Austrian Teenagers think

By **Alina Brandl**

I asked 10 friends of mine as well as some random people what they think about piercings and tattoos and the answers were unexpected and very honest.

My respondents were in the age from 14-17 years old. Basically piercings in Austria at the age of fourteen are allowed but you have to bring an agreement from your parents.

Nearly 60% of my asked people had no piercings. The other 40% have piercings on their belly button, on or in their mouth, nose or stretched lobes.

There are different opinions of those surveyed how find piercings on other persons the most beautiful. Teenagers say that it depends of the body part or if it looks good on the pierced person. Also many persons answered that they like piercings but sometimes it's too much, for example in the face.

I also asked some of them if they think if getting tattooed or piercing is unhealthy. Only 3 out of 20 persons think to get pierced or tattooed is unhealthy.

On what parts of the body people find piercings the most attractive is very different. But nearly all of them like a belly button piercing and think it's very beautiful. Also ear piercings are very popular in the piercing-scene. Face piercings like cheek-piercing a septum snakebites a bridge or something like that isn't that popular except people who really enjoy this lifestyle.

Every girl I've asked about has already earrings but they don't count as piercings because the most earholes are shot with an earhole pistol. That is really unhealthy and dangerous but it's the cheapest, easiest and the most painless way to get earrings, especially when kids or toddlers become their first ear hole they don't pierce it but are shot with that ear hole pistol.

Only 2 out of 20 Teenagers I've asked if they have a tattoo agreed. I've asked the two people where they have their tattoos and they were once on the forearm and the second person answered she has her tattoo on her back of the hand. And ALL of the people I've asked if they ever want to get a tattoo answered with YES!

In my opinion piercings are very beautiful but it has to match with the style of the person. I have got three piercings and I'm very happy to have them. I really don't think they are unhealthy. Someday I may want a tattoo as well, but we will see.

Technology

iPhone 6: Bigger than Bigger

By Elisabeth Heinzl

The iPhone 6 isn't simply bigger – it's better in every way. More powerful, but remarkably power efficient. Apple has done it again – it has created a new generation of iPhone, which is better in every single way.

The new iPhone 6 – the eighth generation of iPhone- was released on the 19th of September, 2014. The number of people who waited at Apple stores on the day it was released was incredible. The demand has been predictably high and Apple warned that even when you have pre-ordered, one might not get the phone until October.

The expectations for the new iPhone were quite high, and we will have to wait and see if they can be met. Apple needs to pull something very special out of the bag to come up to meet the expectations of the clients, so what does the iPhone bring?

The Positives

The most eye-catching fact about the new iPhone is probably the extremely big screen – 4.7 inches with the iPhone 6 and 5.5 inches with the iPhone 6 Plus. But on the other side it's extremely thin which makes it quite handy. Although the screen is so big, it is very good quality and scores has brilliant colours and a high contrast. Another new feature is that you can enter your phone with your fingerprint without having to enter any password.

Problems so far

Of course a few of the Owners of the iPhone 6 aren't content with it in all areas. Already a few problems have turned up.



Comparison of the current iPhone line up

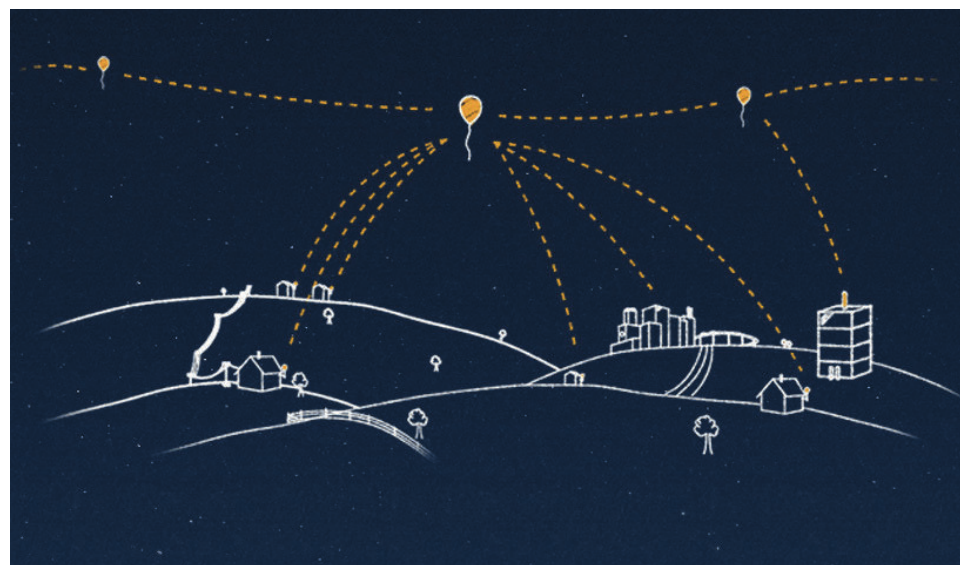
A few Users have complained about the Wifi- apparently the connection often has interruptions and the speed can decrease after a while. Also the battery is said to be very weak and the phone sometimes shuts off within only 4 hours. A more curious problem could be that you can deform it, but this also happened with phablets from other producers. A few users have also complained about the screen as well. It can be too slippery, which has the potential to be dropped easily.

Will it be worth the hype in a few months? We will see!

Internet for everyone – Another step in the right direction

By Markus Gattermeyer

With "Project Loon", Google has taken a big step forward in the area of: Internet for everyone. If the project develops as well as planned,



How the balloons spread their signal to the antennas on the bottom and receive the signals from other balloons and the internet provider station on the bottom right.

more than a third of the world's population will have access to the internet.

Nowadays the internet is a big thing in the MEDC (more economically developed countries), but in the LEDC (lower economically developed countries) almost no one has access to the "net". So Google thought it would be a great idea to bring the web to the rural and remote areas on the planet and to help people to get online after disasters.

Google invented LTE balloons filled with gas, which float in the stratosphere, twice as high as planes and the weather. In the stratosphere there are different layers of wind, which are distinguished by speed and direction. By sinking and rising into the wind layers they go, where they are needed.

Unofficial development on the project began in 2011 under the code name Google X with a series of trial runs in California's Central Valley. The project was officially announced as a Google project on 14 June 2013. On 16 June 2013, Google began a pilot experiment in New Zealand where about 30 balloons were launched in coordination with the Civil Aviation Authority from the Tekapo area in the South Island. About 50 local users in and around Christchurch and the Canterbury Region tested the internet access. After this initial trial, Google plans on sending up 300 balloons around the world at the 40th parallel south that would provide coverage to New Zealand, Australia, Chile, and Argentina. Google hopes to eventually have thousands of balloons flying in the stratosphere.

Each balloon can provide connectivity to a ground area about 40 km in diameter using a wireless communications technology called LTE. To use LTE, Project Loon partners with telecommunications companies to share cellular spectrum so that people will be able to access the Internet everywhere directly from their phones or with special antennas, which are mounted to their houses. The Balloons transmit wireless traffic from cell phones and other devices back to the global Internet using high-speed links operating in the ISM 5.8 GHz band. Google plans to take the first balloons in operation in 2015 and set on them on the southern hemisphere. The balloons are supplied with energy using solar panels.

one can have a media channel. Now you can be very close to your favourite stars, brand, photographer or "just" your real friends who show you every day what happens in their life. The photo diary of a modern star consist of about 10 pictures a day. They show you their #ootd (outfit of the day), what they just bought or pictures from the red carpet. So they show you everything of a star's daily routine.

Brands like Chanel, Burberry or Louis Vuitton share their collections with the whole world. Before the photos from the catwalks are in the magazines they are shared on Instagram. This is very good marketing.

Also normal people can use Instagram. Some of them think it's better than Facebook and a lot of Instagram users don't use Facebook anymore because all they want to do is share photos. On December 2010, 1 million people used the app by September 2013 it grew to 150 million users. And it has kept growing. Instagram tsaid on July 2011 that 100 million photos had been uploaded. In August 2014 over 2 billion were uploaded and 20 million new pictures daily

The dynamic, that Instagram is thankful for, seems to be because of the hashtags which order the pictures in certain cases. They facilitate searching and are great to show in keywords what you are doing and how you feel. You can express nearly everything with them.

Also very important on Instagram are the filters. Amaro, Mayfair, Rise, Hudson and many more. With them you can get out the best of your photo.

NEW UPDATES:

You can already make your account private that means you can configure that only your followers see what photos you upload.

You can send a picture to an account it is named "Direct" and means that you can take pictures and upload it to just one person (or two or three or more).

It's a great app and I will keep using it.

Instagram, Fashion goes 2-dimensional

By Lisa Selker

Instagram is a free photo and video sharing app. You can make up your own account and with daily posts you can make a photo diary out of it. Instagram has changed many things. Labels can advertise and designers can reveal their fashion without going to fashion shows. It was invented by Kevin Systro and Mike Krieger. In April 2012 Facebook took over Instagram.

Since the photo-app was created in 2010 every-



New "Space Taxis" for NASA

By Simon Halas

Kennedy Space Center, FL.- It's an important moment for the further future of NASA, as the commercial crew contract was signed by NASA Administrator Charles Bolden on Tuesday, 16th September.

The relief was big as the contract was signed, not only at NASA but also at SpaceX and Boeing. These two companies are building the new spacecraft's to get American astronauts up to the ISS. Since 2011, when the Space Shuttle program ended, the US- astronauts have had to fly to Russia, where they were ferried up, with a Russian Soyuz space capsule. The USA pays 70.7 Million dollars per seat to Russia and this contract runs until early 2017.

In 2017 the USA will start up the flights with



Elon Musk and the Dragon V2 spacecraft from SpaceX with room for seven astronauts in it. It will be used for flights to ISS.

the Dragon V2 and the CST- 100 space capsules, in which up to seven astronauts can be seated or capsules used for cargo transport missions. These space taxis will be launched with a Falcon 5 Rocket or an Atlas V rocket. NASA paid 6.8 Billion Dollars to Boeing, which is famous for airplanes, like Boeing 777 or Boeing 747, and SpaceX, a company of Elon Musk, the man who invented for example PayPal and Tesla Motors, for the research and the production of these space taxis.

It’s also an important day for the US- government because they finally can uncouple with Russia, not at least due to the recent incidents in the Ukraine and the friction with Russia. Another point in the Ukraine conflict are the sanctions the US government declared. But that’s not the only benefit, NASA can invest more time and money on traveling into deeper space and a manned Mars mission. Just this aim, to get a man on the mars, is now very relevant because the new spacecraft MAVEN just reached Mars’ orbit to analyze its upper atmosphere, and climate change on the “Red Planet”.

A rocket with the new capsule will be launched and fly up to a certain height, where the rocket and the actual spaceship are going to separate and the spaceship is going to dock at the ISS. When the capsule then comes back to earth it will undock and the space taxi simply falls back to earth. At a certain height parachutes will open and airbags protect the spaceship and the astronauts in it. The good thing about that is, that you can use the capsule again.

So this could be a really big step towards manned flights to the Mars and also to go in deeper space and to explore more and more of the perhaps biggest mystery of the world, the universe. As Neil Armstrong said, “It’s a small step for a man but a giant leap for mankind”, this could be also such a step in way of further manned space flight and in the discovery of the universe.

WhatsApp, how this Messenger changed our community

By Lisa Soldan

WhatsApp Messenger is a platform overlapping mobile messenger app, which allows you to write messengers without paying for SMS and is available for iPhone, BlackBerry, Windows phone, Android and Nokia. Just like SMS users

can actually communicate cross-platform WhatsApp Messenger! Because WhatsApp Messenger uses the view data that used for emails and mobile surfing on the internet. It’s free to send messages all time and everywhere you are. So you can stay in touch with friends.



Next to the normal message exchange can you send images, voice messages and videos to friends, start group chat with several contacts or share your personal location. WhatsApp works with Wi-Fi and the cellular network.

Now some pros of WhatsApp compared to the traditional SMS and MMS: SMS will be sent via the mobile phone network and receive. WhatsApp running the data transfer via the Internet. The Messenger service sends your messages via Wi-Fi or 3-G connection. WhatsApp sends next unlimited messages per month completely free. Each communicate can by WhatsApp many users at the same time, with up to 30 contacts. So does WhatsApp works: Each user of the service must enter his mobile number. WhatsApp automatically recognizes which one of your contacts in your phone book also use WhatsApp.

When your internet connection is active all the time, you get a notification for SMS right away, if you get a message from one of your contacts. Some more facts: With Android, you pay around a euro per year, with your iPhone you pay 89 cents. You also pay nothing per sent message or image or videos. However on the go without Wi-Fi over 3-G news to receive, you will need a corresponding data plan or an internet flat. Next to WhatsApp the Facebook Messenger is a good opinion.

Now a view from a WhatsApp user: “WhatsApp is actually a good thing, now free of charge and after one year you pay, I think a little bit, not more than a euro. I just have to use it with friends to write. This is stupid but you need Internet, either Wi-Fi or an internet flat. Also if one wants to use WhatsApp on the road you need a flat and in if it costs even more. A big disadvantage is, that one with an older smartphone you cannot use it anyway. But otherwise it is great app – not to mention with a large selection of smilies...;)”

Clueless in the clouds, how safe is iCloud?

By Jana Schredl

The whole world is shocked about the security hole of Apples iCloud.

During the last weeks many private pictures from celebrities have appeared on the web. This is due to a group of hackers who hacked iCloud and later published the pictures online. This incident has brought up a lot of questions about iCloud, especially regarding safety.

The iCloud service allows iOS users to store their personal music, pictures, documents and more, not just on their own personal computer but on a remote computer (the so called Cloud). This allows you to access these files wherever you are, whenever you need them. And it was this exact remote computer that got hacked.

The latest victim of the iCloud scandal is possibly Emma Watson. On the internet page “Emma You Are Next”, private nude pictures of the actress were threatened to be published after the countdown had expired.

Likewise affected have been celebrities such as Jennifer Lawrence, Kirsten Dunst and Kim Kardashian.



Questions most ordinary people have been asking are: How could somebody have access to the iCloud service? Am i affected too? Apple rejects any faults in the security system of iCloud and investigations have come to the conclusion that there is no security hole in their system.

The recommendation from Apple: “Use a strong password“, meaning the use of uppercase letters, lowercase letters and numbers.

Still, In my opinion the only possibility to avoid being hacked is not to put personal things like nude photos and similar things on your smart phone. Because as you see, big brother is watch-

ing you everywhere.

A wonderful milestone of fantasy history!

Film/Book Review: Lord of the rings trilogy:

By Celestin Poettler

This is a short review of the film Lord of the rings and the fantasy novel written by John Ronald Reuel Tolkien. It tells the story of a ring, whose destruction destroys the evil emperor Sauron. I chose this topic because this is my favourite movie.

A nice hobbit, who lives in a small town in Middle Earth is given a challenge. He must destroy the Ring of Power to prevent the forces of evil from getting a hold of it. It's Frodo's task. When he inherits the Ring, he suddenly has the fate of the world in his hand. The Ring has been forged by the Dark Lord Sauron and contains terrible powers. Frodo is lead by the wise wizard Gandalf on a dangerous journey towards the land of Mordor to unmake the ring.

On his journey he finds many friend like Gimli the dwarf, Legolas the archer, Bilbo Baggins, Aragorn the swordsman and Gandalf the wizard. Frodo can not resist the ring sometimes because the power is to strong. On the ring is engraved: *One Ring to rule them all, One Ring to find them, One Ring to bring them all and in the darkness bind them in the Land of Mordor where the Shadows lie.*

I think the autor has written a timeless story for young and old. I love the film because it is not like the ordinary fantasy films, the characters have swords and bow and arrow instead of pistols and other weapons, the normal “bad guys” are replaced by orks and dragons and generally the whole atmosphere is more magic. For example the main actor Frodo Baggins is not a regularly superhero, he is only a little hobbit who get instructed by Gandalf (a very old wizard) to annihilate the ring which contains inconceivable dark power.

It is one of the most expensive movies, the production which mostly performed in in New zealand cost 561 million dollar for the whole trilogy. After I have seen all the movies I can say it is a wonderful milestone of fantasy history, it is definitely my favorite movie.



Sport

Qatar not the place for World Championship 2022?

By Felix Engertsberger

because Qatar had the worst infrastructure of the applicant states. Russia is accused of Corruption too.

Another problem is the human rights. Workers are handled like slaves. Every month 20 laborers, most of them are from India, are dying because of hard work and the heat. They come to Qatar, because they have no work in their native country. Some of them have not been paid for a year!



Lusail Iconic stadium - Final stadium of the World Championship 2022

Is it likely that the World Soccer Championship 2022 won't be in Qatar? According to Theo Zwanziger it's possible: "Medics say that they cannot accept responsibility for a World Cup taking place under these conditions" But is FIFA allowed to withdraw the event just because of the heat?

In Qatar the temperature is about 50°. That's way too much to play football in. For this problem the desert state has developed a cooling system, with which one it's possible to reduce the temperature to pleasant 20°! "They may be able to cool the stadiums but a World Cup does not take place only there", answered Theo Zwanziger, "Fans from around the world will be coming and travelling in this heat and the first life-threatening case will trigger an investigation by a state prosecutor"

There is another possibility that the World Championship 2022 can take place in Qatar. FIFA continues to explore the opportunity of moving the tournament to the European winter to avoid the soaring summer temperatures. But the TV stations are against this plan, because of the NFL playoffs and the winter Olympic. Less people would watch the World Championship because they have to decide between the sport events. "We applied for a summer's World Cup, and the cooling technology that we have suggested already exists", Thawadi said in an interview.

Not only the heat makes Qatar a worry. They also have to resist corruption. They are accused of bribing Reynald Temarii with 305.000 euro,

FIFA has always rejected responsibility for these conditions until now. It would be up to the state and the construction companies.

All in all there are more arguments against the World Championship 2022 in Qatar, but there is one big argument, you shouldn't leave out. Everything costs money...The World Championship in Brazil cost about 11 Billion euro and Qatar won't be cheaper! There are about 50 Billion euro estimated!

So we shall see for what the FIFA will decide...



Workers in Qatar - they are treated like slaves

Is Manchester United dependent on Alex Ferguson?

By Maximilian Mayr-St.

It's not difficult to recognize that now after the Ferguson era, the once strong team lost its strength and uniqueness. In the time of Ferguson it was easy for the directors of United, because they transferred the whole authority and responsibility to one man – successfully.

The 72-year-old former United boss won 38 (!) trophies in 26 seasons. That's remarkable. Ferguson won the Premier League 13 times, which is a record. Second place, Arsene Wenger, has only 3 titles. But Alex didn't win just trophies, he also won 894 out of 1,498 games and he only lost 267. His scoring stats were also incredible. In 1,498 games his team scored more than 2,750 goals. That is 1.85 goals per game! In his games goals nearly were guaranteed. No wonder that the United fans still admire him so much.

Now that Ferguson has retired it seems like the team isn't the same anymore. The players don't play like before and consequently they aren't successful. That reflects in the Premier League too. Under Moyes they only reached 7th place in the league.

After Moyes was fired and Luis van Gaal took over Manchester United, it seemed like the club's situation would improve, but it hasn't been so. In the pre-season they had some good results, but as the Premier League began they played completely different. Even the signing of top transfers like Angel Di Maria and Radamel Falcao weren't able to better the situation. In my opinion the main problems are in the defense, particularly the sale of Nemanja Vidic, who played well last season, was not a good decision.

But how can the situation of Manchester United be improved? I think Van Gaal is not a bad manager but only time will tell if he is the right man. If not, they will have to look for a new manager. There is no question that finding the

right man will take a while, but it is the only possibility to get back to the form they once had.

New Formula One V6 hybrid engines: Revolution or simply a step in the wrong direction?

By Thomas Meindl

In the new formula 1 season the rules have totally changed. The 2.4-litre naturally aspirated V8 engine, which has been in use since 2006, has been replaced by 1.6-litre V6 turbo engine. ERS, which stands for Energy Recovery System, has been added, and the look of the car is completely different to the car of last year. It is the biggest change in formula 1 history.

Andy Cowell, director of Mercedes AMG, says: "The Rules for 2014 are innovative, because the potential of the V8 motors in the last years couldn't be bailed out. But this season this will completely change." The formula 1 engines this year will be the most efficient ever, because of two new systems: ERS-K (Energy Recovery System-Kinetic) and ERS-H (Energy Recovery System-Heat), which produces power, when the driver brakes. One other difference to 2013 is that the formula one car needs a central exhaust which has to lead below the tail plane and the maximum fuel usage has been lowered from 210 to 140 liter for a race.

But a lot of fans think that the development of formula 1 is not on the right path because they don't like the new strange and much higher sound of the car. Most of them think, the V6 turbo engines are too quiet. It is just not formula 1 racing if the car is not very noisy.

The „McLaren“ team boss Eric Boullier has defended Formula 1's new engines in the wake of complaints they have an uninspiring sound. In his point of view "You can't dismiss it if fans complain but you also have to see some positives and not focus only on the noise. This new formula has a very high torque engine, less aerodynamic downforce. It is more of a driver formula and you will see that. And even if there is a need to manage and save fuel and energy, it will be still interesting to see a really challenge for the drivers. It's true the engine sound is different but it's not very different from the turbo sound we had in the 70s and 80s. It needs a little bit of time to see what is going on and how it develops."

Mercedes executive director Toto Wolff said: "This is modern technology, this is where road cars are going. Downsizing is the motto and I think we just need to accept that the formula has changed. These cars are going to go quicker than the old ones in a couple of races, we're going to get used to the sounds and I promise next year you will not notice any difference any

more.“ Ecclestone, who was boss of Brabham when they became in 1983 the first team to win the F1 title with turbo engines, told the Daily Telegraph that he would like to see something done to the engines to make them "sound like racing cars". "We can't wait all season," Ecclestone said. "It could be too late by then. I don't know whether it's possible but we should investigate. I think let's get the first few races out of the way and then maybe look to do something."

In my opinion, the sound of a formula one car is not very important. I think the development of formula 1 is on the right path and the ERS-System is an interesting future technology, that has been never used in other racing series before.

Hamilton on the way to second championship?

By Fabian Rudel

In 2008 he was the youngest Formula 1 - world champion at that time after a thrilling race in Brazil. But he's still a hunter who wants to get the second championship in his life: Lewis Hamilton.

14 races are over and the hunt for the championship goes on. At the top it's very closely. Lewis Hamilton (Stevenage, UK) leads the Driver Championship with only 3 points ahead his teammate Nico Rosberg (Wiesbaden, Germany). Two old friends get to rivals, who both want to win. It's not easy because there can only be one winner at the end! But now it comes up the question if Hamilton is able to maintain his lead till the showdown of Abu Dhabi to get champion for the second time.

In 2008 he won it the first time in Brazil. Before the race he leads with 7 points ahead Felipe Massa (Ferrari). The Brazilian started from the pole and Hamilton was at pace 4. If Massa was winning, Hamilton had to be at least fifth. But during the race Massa maintained his position while the Briton was at sixth position. So at the end Felipe Massa won his Home Grand Prix and felt as the champion. But only for 39 seconds because Hamilton overtook Timo Glock (Toyota) in the last corner and finished the race as fifth. So he was the world champion of 2008!

Today he's on a similar way. In Singapur, the physically hardest race of the season, Lewis Hamilton won his seventh race of 2014 while his teammate Rosberg has to retire the car because of a technical problem. But that's not the only reason why he leads now. Niki Lauda, Mercedes' non-executive chairman, said: "He's worth his money I can tell you that! He won the race because he drove a sensational race – nothing more to say. Hard, hard and tough."

And he still needs to be tough because the next race in Suzuka (Japan) is already waiting for Lewis. Many grand prix have been held there, it's one of the oldest tracks and it's a traditon. Everyone of the drivers loves this race and after six years driving on this track without a victory the Briton is even more motivated to win. "Now I lead the Driver Championship but I'm still seeing me in the role of the hunter and that's a good feeling!", Hamilton said in an interview.

So then push Lewis, as a hunter. There're finally 5 races to drive and the competitors, especially Rosberg, don't sleep. Cause in the end there can only be one champion, one man, who can have reason to laugh!



Nani's return to Sporting CP

By Florentin Bachmayer



Nani celebrates one of only a few goals in 2013 against Queens Park Rangers in the Barclays Premier League.

On August 19th it was officially announced that Manchester United's winger Nani will return to his old Club Sporting CP, at least for one season. United and Sporting CP agreed to a one season loan of the Portuguese and the *Red Devils* player and also paid £16 Million to Sporting for centre-back Marcos Rojo. However, Manchester United still has to pay Nani's annual wages which amount to £4.8 Million during the loan.

After seven years of playing for the *Red devils*, Nani returned to the club that made him what he is today. In these past seven years he won four Premier League titles and also the UEFA Champions League in 2008. Overall, he won 12 titles with his club. He scored 25 goals in 147

appearances. Under Alex Ferguson he became a regular player on United's team. But Nani was often tormented by injuries and he was never able to recapture his best form. Under former coach David Moyes it was especially difficult for him. In the previous season he made only seven appearances for Manchester United..

Due to his injuries, Nani never achieved consistently high performances at Old Trafford, despite having the talent to become one of the most dangerous players in his position. With more consistent football, Sporting CP hopes that he will finally develop into the top class player he was prior to his succession of injuries from 2012 onwards. "I was having good and bad times here in Old Trafford. It's not easy for me to leave this club but I'm looking forward to face new challenges at Sporting CP", the Portuguese footballer said in an interview. A move away from United this summer was almost inevitable. A return to the *Red Devils* after the season is also not confirmed. "I know, that the last years haven't been easy for Nani, but the loan to Sporting CP was the best thing to do. He is young enough to make another career for himself apart from Manchester United and he is certainly talented enough to do so.", says United coach Louis van Gaal.

Nani has already played five games for Sporting CP and scored two goals, including a fantastic goal against NK Maribor in the UEFA Champions League. Coach Marco Silva complimented him on his performance and he is sure that Nani will play a great season for his new club.

A final Message from all the trainers

By David Gibbs, Lead Trainer
Gibbs-Britannic

I would like to take this opportunity to thank all the students in the Journalism groups for their excellent work. They have all written interesting and informative articles and I hope, you the reader, will have as much fun reading them

as the students had writing them.

During the course we wanted to cover some of the essential skills that every journalist needs. By the end of the course each student should be able to:

- Identify and prioritise "Who, What, When, Why and How" for each article.
- Use the 5Ws and 1H to write a strong and informative introduction (lead).
- Follow the inverted pyramid of article construction.
- Give and carry out interviews using open questions and selecting good quotes.
- Recognise ethical problems in journalism and ways to use journalist standards to help resolve conflicts.
- Find bias in sources and articles, understand a writer's perspective.
- Write a compelling short review of a book, film or sporting event.
- Find and then caption accompanying graphics.

Finally I would also like to apologise to any students whose pictures had to be changed or articles slightly edited. I am afraid, putting together the newspaper means that sometimes minor changes need to be made to make formatting possible. I hope you are all as happy with the newspaper as the other trainers and I were with your performance during the week.



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