



InsideR

#1218

International. Informative. InsideR.

The Art of Howard Lee
He shares his story and life philosophy with us.

Stress

Can you get **'rid'** of it?

Quidditch

Wait...

This is a real thing?

What can **Proteins** do for You?
Control your weight and more!

Jakob Pörtl

Exclusive Interview

talks Basketball, NBA and more...

We ask Jakob about his inspiration, sacrifices and what gave him the edge to become the first Austrian player in the NBA

Photo: by Talking Heads
showing Jakob Pörtl

Magazine Design: Cedric Gerkmann, Graphic Design/IT management

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A *Welcome* from our School Director

I would like to welcome all students to your new magazine!

I am delighted that we had the fantastic idea of creating our own student magazine.

Thank you to all participating students for your engagement in sharing information and articles with fellow students and the wider public.

Wishing you great success and many readers!



Hofrätin Mag.a Roswitha Errath
Director St. Martin Gymnasium
Villach, Austria

Message from the editors

With this magazine we would like to share our interests and network with schools, experts and organisations around the world. These are articles for students, by students. Therefore, tell us what you would like to read - we will have a try to write something about it.

And if you like it - share it!
We would love to make this magazine ideal - not only for us, but also for you.

So send us an email with your suggestions!

insider@jt-gymnasium.at

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Photo:
From left to right: Cedric Gerkmann, Graphic Design/IT management; Elias Pozewaunig; Max Mühlberg; Mathias Johaim; Marie-Lena Kandolf; Sophia Hudelist; Jaira Paca
Not pictured: Elena Rabitsch; Alice Wang; Rania Gärtner; Sebastian Joachim; Katharina Pinter; Hannah Krisper; Matteo Moritz; Paul Pribernik
by Ben Kreuzer



Photo: by Talking Heads; showing Jakob Pörtl (p.3-4)



Photo: pixabay.com/pexels; (p.15-16)



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Photo: Howardleeart.com; (p. 13-14)

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Photo: by Talking Heads; showing Jakob Pörtl

Jakob Pörtl

NBA Star and more...

Biniam Lora, Paul Pribernig and Max Schachner interviewed Jakob Pörtl

You are the first Austrian to play in the NBA. Who inspired you to play basketball and who helped you get to where you are?

Jakob Pörtl: *My parents were pretty good volleyball players but I started to play basketball because there was no volleyball club near our home when I was very young. I fell in love with basketball and I have got a lot of support from my family, coaches and teammates over the years.*

To play at your level you need to make many sacrifices, both personal and professional. What were the most difficult sacrifices for you on your journey into the NBA?

Jakob Pörtl: *I don't see my family and friends as often as I would like to but overall I love what I am doing so there haven't been too many difficult sacrifices.*

Any advice for aspiring athletes who are still in school?

Jakob Pörtl: *Listen to your coach, work hard, follow your dreams and enjoy.*

In your opinion what was the one key thing that gave you 'the edge' compared to the many thousands of professional NBA hopefuls you played with and competed against?

Jakob Pörtl: *I think, I made good decisions in timing the steps of my career. Surrounded by good people and I never lost the focus.*



From left to right:
Biniam Lora, Paul Pribernig, Max Schachner

You have received awards for playing centre like the Kareem Abdul-Jabbar Centre of the Year Award. Have you always wanted to play centre? Or is there another position that you would consider?

Jakob Pörtl: *I have always been among the tallest if not the tallest on my teams, I had a knack of being at the right places at the right time and used the height advantage early on. I like to play Power Forward too, but I don't care too much about a certain position, the game is becoming more and more versatile, anyway.*

How did it feel, both professionally and personally, to move from Austria to Utah and from Utah to the NBA in Toronto?

Jakob Pörtl: *Both moves were very big from a professional standpoint and were quite a challenge. But as I said, I think both steps were well timed. Personally the move to Utah was more difficult because I left home for the first time and had to get used to be away from my family.*

What are your hopes for basketball in Austria, what developments would you love to see happen here in schools and clubs over the next 10 years?

Jakob Pörtl: *I hope I can inspire a lot of young kids to start to play basketball and that I can contribute to success with our national team. I think a lot of good things are going on already, but the sport has to become more popular and I hope I can do my part in this regard.*

And finally – Kaiserschmarrn or Wienerschnitzel?

Jakob Pörtl: *This is pretty hard to decide, I guess both. :-)*

Jakob Pörtl Factfile

Number 25, San Antonio Spurs

Position: Center

League: NBA

Born: October 15, 1995 (age 23)

Vienna, Austria

Nationality: Austrian

Listed height: 2.13 m

Listed weight: 104 kg

College: Utah (2014–2016)

NBA draft: 2016 / Round: 1 /

Pick: 9th overall

Career history

2002–2006 Red Panthers

2006–2013 Vienna D.C. Timberwolves

2013–2014 Arkadia Traiskirchen Lions

2014–2016 Runnin' Utes

2016–2018 Toronto Raptors

2018–present San Antonio Spurs

Fun *Basketball Games* for In and Out of School!

Here are suggestions for self-contained little practice games that can be used to introduce basketball at school. The rules are flexible and allow many variations and levels of difficulty. They also feature a combination of technical and tactical elements.

Dice game

Two teams play against each other (up to six people per team). The interesting thing about this game is that the number of players changes after each basket is scored and there is an (almost) continuous power play situation (more players on one side than the other). The pupils sit on a long bench and roll a dice. The score on the dice indicates the number of players a team will get. If Team A rolls a 3 they get three players and if Team B rolls a 5 they get five players. The ball is thrown into the game by the teacher. After each basket, the size of the team is rescored with a roll of the dice. One exception is that if a team rolls the 1 and the opposing team is unable to score against this individual player then the defender's team gets one point.

Knock-out Game

Three players stand at the 'free throw line'. A person shoots at the basket, if they score a point they then pass the ball to their teammates. If the shooter misses the basket the players pick up the ball and the game is played according to basketball rules. Everyone plays until one of the players scores three baskets. This game can be played with several baskets and also in tournament mode.



by Prof. Max Gallob

Basketball Factfile

Who invented basketball?

The Canadian doctor and teacher, Dr. James Naismith.

Why Basketball?

The school where Dr. Naismith was teaching sought an alternative to football, that could be played in the winter, indoors. He was also interested in a contact sport which would mitigate opportunities for injury.

What were the original rules of basketball?

There were two teams with nine players each who played using 13 rules. The game lasted 2 x 15 minutes and they played using peach baskets that had a solid bottom (without a back-board). After each successful 'basket' the ball needed to be retrieved from the basket using a ladder. Players were not allowed to dribble.

When was the first game?

The game was first played in 1891, players were penalised and the game finished with a score of 1:0.

Why the name 'Basketball'?

James Naismith was not keen on his student's idea of calling the game „Naismith-Ball“. He suggested that 'we have a basket and a ball, why not basketball'?

Mat Ball

Two teams are formed. A soft floor mat is placed on each side of the playing field, in a position that allows players to move around all sides of the mat. Each team now tries to place the ball on the opponent's soft floor mat. The game is played according to basketball rules. Many variations are possible: several balls can be used, or multiple floor mats. You can play with or without dribbling or force change of possession when the ball is touched by the opposing team (Moosmann, 2009, p.115)

Tower Ball

Two teams compete against each other playing regular basketball rules. A box is set up in front of the basket. The person standing on it is the tower player. Players need to pass the ball to the tower player and only he or she can score a point (basket). After a basket is scored by the tower player there is a change of tower player. Variation of this game without dribbling: three to five passes are required before the ball may be passed to the tower players.

The references are from the dissertation of Prof. Gallob and can be accessed through the following link:
<http://unipub.uni-graz.at/urn:nbn:at:at-ubg:1-99486>



Photo: by Marie-Lena Kandolf

Team *Austria* in the Quidditch *World Cup*

Alice Wang and Emilia Pucher debate Broomsticks and Snitches with Lena Mandahus – President of the Austrian Quidditch Association.



Photo:
From left to right:
Alice Wang, Emilia Pucher



The snitch (here in yellow) needs to be neutral



'It's weird to run around without a broom actually'



Like at Hogwarts quidditch is played in mixed teams



Be careful - it can get quite rough!

So you're in Vienna, right?
Yes, I'm just packing for a tournament in Bratislava actually.

You are the president of the Austrian Quidditch Association?

Yes, we're actually planning to be a "Verein" in Austria, which gives us certain benefits and more recognition.

Do you earn money for what you do?

No, not at all, we rely heavily on volunteers and there is not much money involved in Quidditch as it's such a young sport.

When did you start playing?
That must have been autumn 2014, so I've been playing for almost four years now.

What do you do as a president, do you also play in a team or do you organise and stuff?

Both actually, I play in the UK now, but I also manage the national governing body in Austria.

What do you really like about Quidditch? And do you have any dislikes?

Well, I do really like that Quidditch is so inclusive, everyone can play, everyone is welcome and you get to know so many different people from different countries, cultures and things.

Dislikes? Uhm... I guess the reactions of people are always a bit interesting...

Did you find out about Quidditch in the UK?

No, I play in the UK now, but I started playing in Austria. I had my very first training here. I discovered it through the Facebook page and I was like "oh this looks fun, I'll just come along".

Is it hard to run around with a broom between your legs?

It is a bit difficult at first, so we have a lot of people losing their brooms at first, but you get used to it and it's already kind of natural for me to run around in a park with a broom between my legs. It's weird to run without one actually.

How many countries actually take part in the Quidditch World Cup?

This year there were 29 countries.

Team Austria went to Florence for the last tournament, is that right?

Yes, we did, that was the Quidditch World Cup and it was the second time Austria took part in the World Cup, so it was quite exciting.

We watched the introduction video on the Internet and there's this guy, the Snitch and he just runs around, is he hired to do that and how do you make sure they're not biased towards one team?

Snitch runners are basically like an extra referee and they come in after 18 minutes. They're supposed to stay sort of in the middle, should try and be unbiased and they usually don't want to be caught themselves.

How many people are there in one team?

In my team in the UK we actually have two teams per club, so there's about 50 to 60 people in the club. In Vienna they have about 40 members. For a tournament you need at least 7 people.

Is the setup of the game exactly like in the book?

There are some differences, for example we use volleyballs; and we don't use bats because that would be quite dangerous. Also we're only allowed to use plastic brooms but other than that it's pretty similar.

If you tell people about your job, do they take you seriously?

It depends, sometimes they're like "huh Quidditch, what?" And ideally you show them a video where someone tackles someone else to the ground. Usually they laugh at first but then they actually find it quite cool. Mixed reactions I'd say.

Do you have any advice for young people who want to try Quidditch?

I would say just go and try, don't take yourself too seriously, it is really fun and you're always welcome. There are actually four teams in Austria now, so yeah, just go for it I'd say.

For more information about playing Quidditch or information about the Austrian National Quidditch team please visit their website or Facebook page:
<https://quidditch.at>
<https://www.facebook.com/quidditchAT/> email the team at: info@quidditch.at

QUIDDITCH

in school a Guide for Muggles



by HANNAH KRISPER and SOPHIA HUDELIST

Quidditch is the sport played in the popular book series *Harry Potter*. But did you know that it is also played in the real life?

That's right, people also play Quidditch in real life.

We even play it in school!

The rules are simple

1. There are seven players per team and one person pretends to be the snitch, which when caught, signals the end of the game and grants the team that caught it 30 points.

2. Each team has three chasers, two beaters, one keeper and a seeker.

3. The chasers' job is to get the quaffle, which resembles a volley ball, into a goal. The keeper acts as a goalie and tries to block the incoming ball.

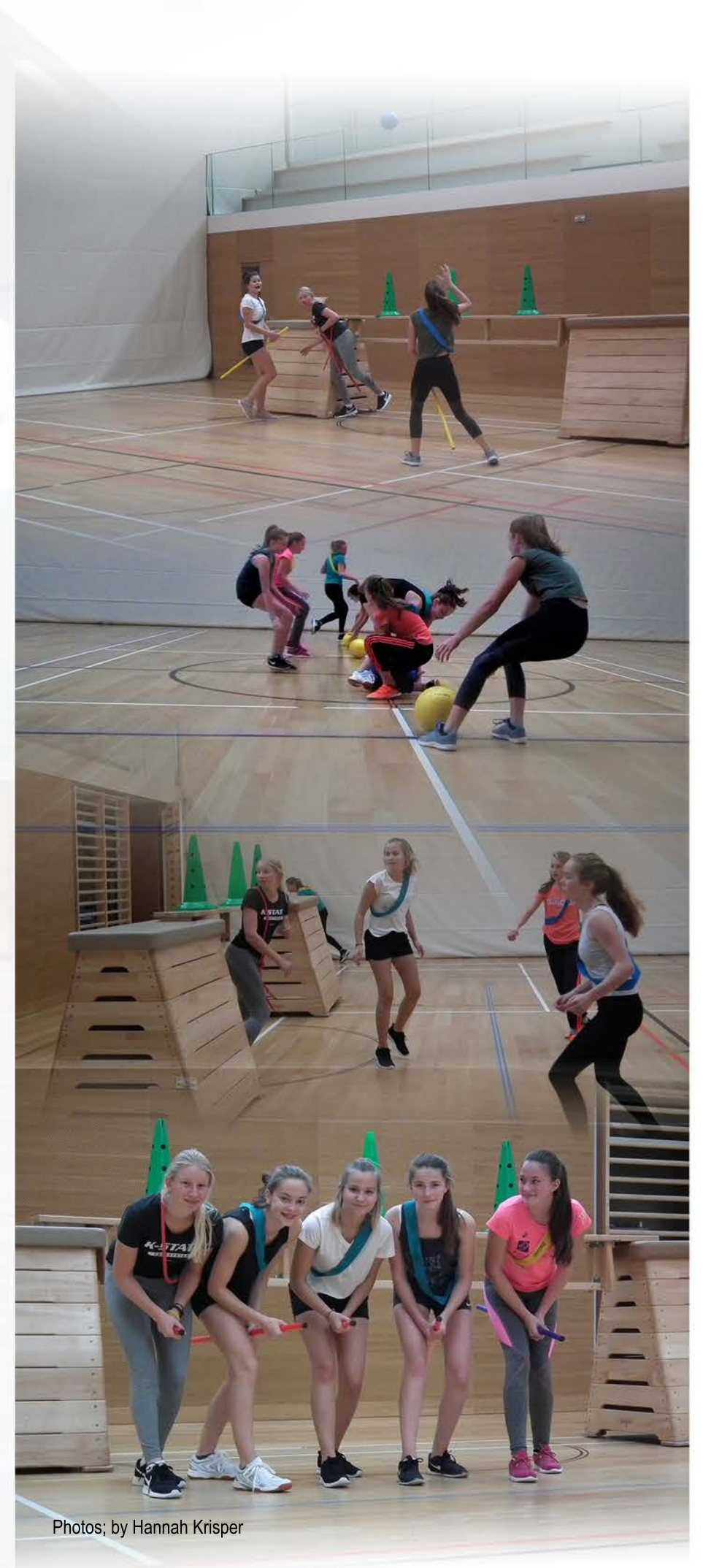
4. Ten points are awarded per scored goal.

5. During all of this, the two beaters use a pair of softballs to try and hit the chasers in order to disqualify them. To get back into the game, they must run a lap around the field.

6. As long as the keeper stays inside of a designated area near the goal, they are immune to any attempts to suspend them from the game.

7. The seeker is expected to look for the snitch. This can either be a person or an object. In the case of an object, the teacher must hide it at the beginning of the game. Otherwise, the person posing as the snitch must try to evade the seekers.

8. If they are caught, the game ends and the team that captured the snitch is given 30 points.



Photos; by Hannah Krisper

Stress

Can you get 'rid' of it?

Are you stressed or want to help someone who is?
Dr. Rappaport has got advice for you!

You have set up a mentoring programme for teachers and students – any advice on how teachers could support teens with stress management?

There are programs that provide classroom teachers how to teach skills but otherwise it is important to develop supportive relationships and to not only focus on performance, but also to show an interest in who the person is. A large survey of students found that this makes a big difference in student engagement (Quaglia and Corso, 2014).

What advice would you give our parents? Which early stress symptoms should they be identifying in their children and how can parents and children work together to solve this problem?

Parents want to monitor how realistic their expectations are and when are they pushing students to meet their own milestones vs. when is it out of their own fear. Parents need to also be reflective about how they manage their own anxiety and practice self-care.



Max Mühlberg

Mathias Johaim

If we have friends who are stressed what advice should we give and what definitely not?

“
Try to listen sometimes without solving the problem.
”

Accepting how someone feels doesn't mean you always agree. Also see if a distraction can help – finding music that may change their mood or getting them outside. Also set appropriate boundaries, as sometimes it can be overwhelming to be someone's sounding board.

Max and Mathias interviewed

Nancy Rappaport, MD
Associate Professor of
Psychiatry at
Harvard Medical School

nancy@nancyrappaport.com
http://www.nancyrappaport.com/

Can stress lead to depression? When should teens seek professional medical advice? Are there particular symptoms that we should look out for?

YES! Stress can lead to depression. If there is a family history of depression and if there are symptoms that are interfering with the teen's ability to function, it is key for them to get help. If there is any suicidality, get help urgently. Other symptoms are decreased energy, trouble concentrating with slipping grades, difficulty sleeping and waking up exhausted, decreasing presence on internet and dropping weight (particularly with boys), crying all the time, and decreased interests.

You have supported the Teen Health Centre at Cambridge Rindge and Latin School. Do you think that teens are more vulnerable to stress than adults? If so, what kind of advice would you offer teens?

Teens are more resilient than adults, as there is the opportunity to learn how to be reflective and practice skills early on. I would say teens want to focus on how they may have tough expectations of themselves and how they can be more compassionate with themselves. Learning how to recognize “negative self talk” and how to make positive comments and encouragement is key. Also recognizing and cultivating an awareness of different sides of teenagers, as is talked about in dialectical behavioural therapy: wise mind, emotional mind, and rational mind (<https://childmind.org/article/dbt-dialectical-behavior-therapy/>) and how to cultivate an ability to recognize the wisdom of each of us. An ability for “self regulation” which first

comes from having strong relationships with people you trust. Any kind of practice: yoga, meditation, exercise, etc., can be useful so that we are not bossed around by anxiety. (Dbtselfhelp.com is also an interesting site)

You have attended and taught at some of the best universities in the world. Has that been stressful? How do you personally deal with stress? Any particular stress busting strategies that you use?

I love this question. Fortunately, I love to work out so I make sure I get that done first thing in the morning. I also meditate. I use an application called **Insight Timer** - because I am **type A** (see **Note** on the right side), I love that it keeps track of how many days I have meditated! I had a wonderful dog that died last month, but she (Penny) was a therapy dog and I loved working with her. I have good friends and a supportive husband.

Information about depression for parents:

<https://psychcentral.com/blog/kids-and-depression-parents-call-toaction-part-1/>

<https://psychcentral.com/blog/kids-and-depression-parents-call-toaction-part-2/>

<https://psychcentral.com/blog/kids-and-depression-parents-call-toaction-part-3/>

Suicide Hotline - Austria:
017133374

Note:

The author is referring to **Type A** and **Type B Personality Hypothesis**, whereby a **Type A** person is more competitive, highly organised, impatient and **Type B** is more relaxed, patient and easy going.

For more information:
<https://www.simplypsychology.org/personality-a.html>

Photo:
by Hanah Krisper
showing Sophia Hudelist



Don't Believe what you See

an Interview with Artist Howard Lee

Howard Lee's often destructive art work is wildly popular and he has had countless millions of views the world over. He shares his story and life philosophy with us.



Interview by Matteo Moritz and Alice Wang

When did you start drawing?
As a child I would sit at my Grandad's kitchen table and draw using his materials. He made artwork and gave it away or sold it to raise money for charities.

Do you have any advice for people who want to draw like you?
Practice. Like any success in life it's about 10% talent and 90% self-discipline to keep doing the thing you enjoy for a few hours a day, even when you don't want to. I read a book about writing a novel that said, 'What if you took the hours you spent watching TV and wrote your book instead?'. This made me think about how to use my time better and I've always tried to apply this to creative pursuits - everyone has time and everyone can learn the discipline to use it properly.

“Don't believe. Don't believe what you see online. Don't believe the lives of your friends on social media. Don't believe the articles you read. Don't believe the images you see every day. Most of all, don't believe your eyes when you see an artwork by Howard Lee. They lie.”

Did you go to an art school or are your skills self-taught?
I did go to University, Aberystwyth Art School, University of Wales - but the skills I have were not really learned there. Perhaps I learned some of the skills during my time there but in a largely self-taught way. I did have an excellent tutor who introduced me to the idea of time lapse recording of my artwork long before I made YouTube videos.

Is drawing your full-time job?
It certainly takes most of my time! I currently also teach some art courses part time, mostly photography.

Which tools do you use to draw?
Mostly Prismacolor pencil, it is a soft pencil that is easy to blend with rich colours. I also use quite a bit of acrylic paint and some pen/pastel.

When did you start drawing realistically and why do you like it so much?
I first got to grips with how to draw in a realistic way at school. I had a very 'old school' Art teacher with a dry sense of humour and a passion for the subject - he was keen on realism and it meant a lot when he spoke favourably of my work.

Where do you get your ideas for your drawings from?
I get a lot of suggestions but really my ideas come from walking through a supermarket or even watching a video by a realistic artist online (Marcello Barenghi was a big inspiration to me when I started making videos).

How long do you need in average for a drawing?
It varies, shortest one hour to longest twenty hours or more. Average is probably five to ten hours.

Do you draw other things as well?
I draw a range of different things in collaboration with different brands and I also try to experiment with new or different ideas on YouTube.

Did you have another art style before?
I have been through many artistic phases! Before doing what I do now, I was making digital artwork that incorporated hand painted images and before that I made canvas paintings and sold them at a local Art market.

What was the most challenging drawing you ever did and how long did it take you to finish it?
I'm currently working on my biggest challenge. I can't tell you what it is, and I haven't finished it yet! Of my published work I'd say the Horizon game cover I drew for Playstation France was pretty detailed or the Nike shoes box video.

Which one is real?



Photo: Howardleeart.com

What Can *Proteins* Do for You?

Before you decide to simply skip this page because it includes a term you have heard in biology class, you should listen to a little tip that can make your goal of having an aesthetic body come true. There is nothing that gets your body as good-looking as protein and in the next paragraphs, I am going to show you how and why that works.

What is protein?

Basically, and I am already sparing you the biology-lesson-knowledge, protein is one of the three main parts of our diet, along with carbohydrates and fats. Protein is present in almost all foods, although most of the products we eat do not have a very high amount of it. You can have a look at the label on the back of the products you eat, it will tell you how much protein is included.

What does protein do?

I could give you a long list about the great effects of protein, but a rather short list will do as well: First off, protein seems to be the only macronutrient that sates us. Scientists from Oxford University set up an experiment which showed that you eat 38% fewer calories if you only eat protein-rich foods as opposed to protein-poor foods. The main advantage of protein is that it is the only macro-nutrient our body can build muscle with. And all this is not only a good thing for boys, girls might also benefit! Furthermore, muscles are also consuming energy all the time, which means you burn more calories, and that could lose you a lot of fat, while you are not even exercising. And do not worry, nothing of what I am saying here will instantly

make you look like a bodybuilder. And as if that hasn't been enough, protein will also send a signal that will convert deposited body fat into energy and transfer it into your blood stream, so it can be burned up. I think you can understand my fascination with this nutrient now. If something that does not come straight out of a lab will get you looking good, then it is protein. Fitness models, both male and female, have a very high protein intake with 40% of their diet coming from this nutrient (but still, they don't sit on the couch and wait for protein to make them look better). The average person, in comparison, eats about 12% to 20% of their total energy in the form of protein.

How can I get more protein into my diet?

In almost all non-vegan foods there is a lot of protein. Eggs, cheese, yoghurt and any kind of meat have very high amounts of it (70% of chicken breast calories come from protein!). Even as a vegan, there are a lot of other possibilities to get protein into your diet. Nuts, mushrooms, spinach, broccoli and quinoa as well as legumes all have good amounts in them, making these the foods you should eat regularly. No matter whether you are



by Max Mühlberg

vegan or not, I would recommend staying away from processed meat, like sausages, and too many animal-based sources, as they often have saturated fats in them, which you should not eat too frequently. Manufacturers also like to reduce the amount of protein to a minimum in their foods, so you can keep eating without getting sated. Therefore, you should try eating products that have not been treated industrially.



Photos: 1) by jé shoots/pexels
2) by Frans Van Herden/pexels

Are there any negative effects of protein?

Sadly, I must admit, there are disadvantages, which come with consuming a lot of protein. First off it can indirectly dehydrate your body, so make sure to drink enough when changing your diet. Also, you should not overeat protein beyond your hunger feeling, as your body will simply store the excess amount of energy as fat, which could get you serious problems with your kidneys. Next, you must keep the rest of your diet balanced; as a diet that is high in protein, but also high in sugar and too many saturated- or trans-fats will damage your organs, especially your heart (that's not a good look either).

Conclusion

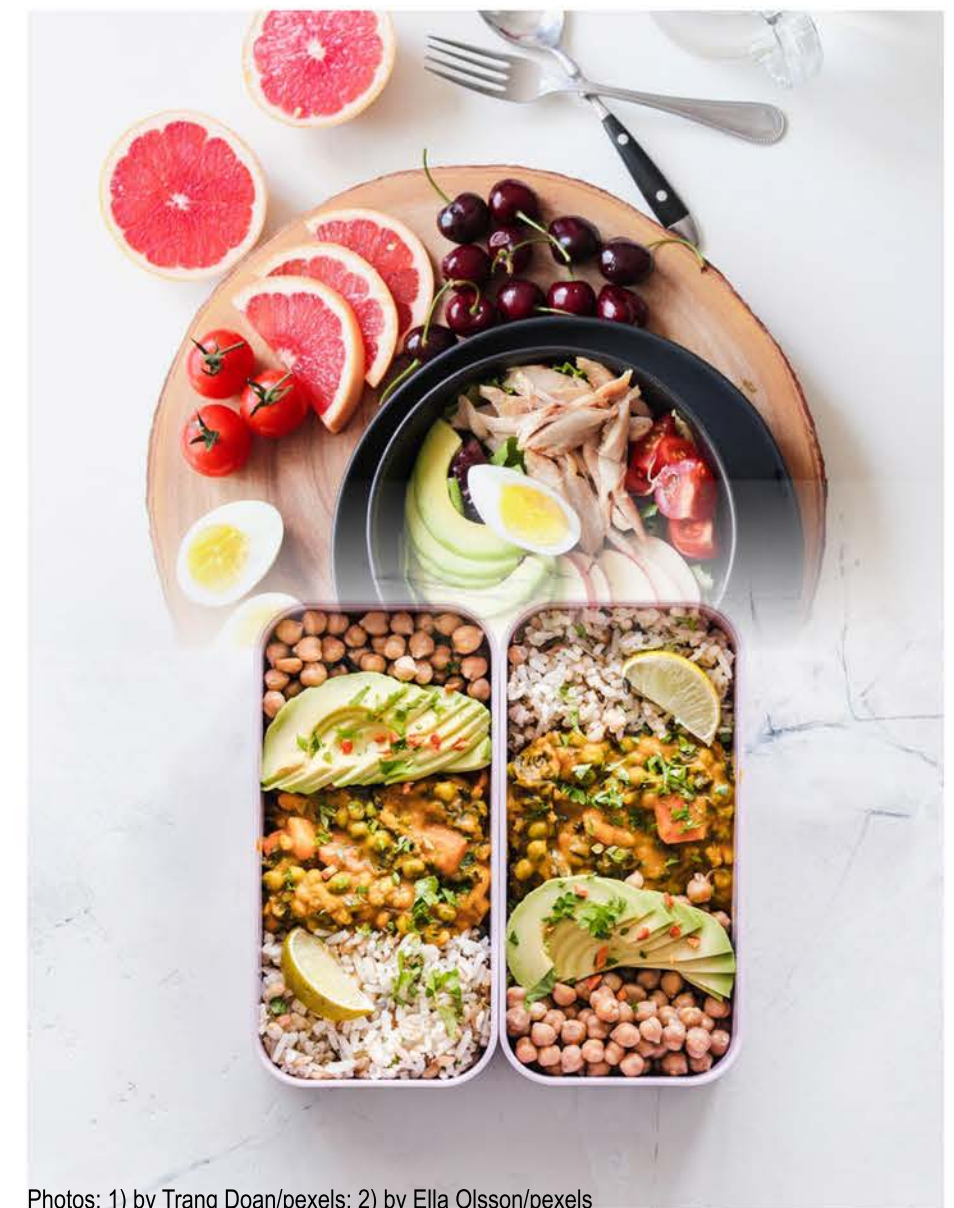
Proteins are great! Especially if you exercise regularly, they can make your body look even more aesthetic. They are even more effective if combined with exercise, especially anaerobic training (Weightlifting; Google can help you further here). But do not blindly eat something in great masses just because there is protein in it. A good idea is to not completely change your diet but to replace some foods with others. And a final tip is a 'hard-to-swallow-pill': Look at the rest of your diet; proteins do not help you a lot if you are still eating chocolate and crisps all the time. But do not get discouraged, changing your diet has great effects on your brain and your body, even models say that 80% of their body shape is

because of good nutrition. But please, don't get me wrong; I don't want to make you guys think that you are supposed to look like athletes! Yet, I think that people, who want to get rid of their insecurities concerning their body shape, should receive a little more information on how to healthily look better and not starve themselves for the sake of results.

Eat right whilst having fun doing it, this will make you feel exceptionally good. Enjoy the feel-good factor once you start improving your diet!

Sources:

- Kraftstoff – Mark Lauren (Book)
- Der Ernährungskompass – Bas Kast (Book)
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- www.efsa.europa.eu/sites/default/files/2017_09_DRVs_summary_report.pdf
- www.bodybuilding.com/content/30-days-to-a-fitness-model-body.html
- https://journals.plos.org/plosone/article?id=10.1371/journal.pone.0025929
- www.sciencedirect.com/science/article/pii/S1550413106002713#bib39



Photos: 1) by Trang Doan/pexels; 2) by Ella Olsson/pexels

What are you reading?

The two article authors interview each other about their favourite book



Edna Habibovic



Kristina Wolf

Harry Potter by J.K. Rowling

K: What is one of your favourite books, Edna?

E: One of my favourite books is Harry Potter.

K: Why do you like it?

E: I think, the story is really exciting. You can't stop reading it!

K: Who are the main characters?

E: Harry Potter, is a boy who finds out that he is a wizard. His life becomes much more exciting and he goes to Hogwarts, the school for Witchcraft and Wizardry. He faces many dangers and challenges, Ronald Weasley and Hermione Granger (fellow wizards) are his best friends and help him whenever they can.

K: What is it about?

E: Harry Potter is a boy wizard who has to fight against the powerful Lord Voldemort, his biggest enemy.

K: Ah, interesting! How many books are there?

E: There are eight books.

K: Which is your favourite book?

E: My favourite book is Harry Potter and the Half-Blood Prince, because Dumbledore, the head master of Hogwarts School of Witchcraft and Wizardry shows him how to win the fight.

K: What do you not like about Harry Potter?

E: The only thing I really don't like about this book is that it is too dramatic.

Blackthorn Key by Kevin Sands

E: What is your favourite book, Kristina?

K: My favourite book is from the 'Blackthorn Key' series.

E: Why do you like the book series?

K: Because it is about chemistry. And I like chemistry a lot.

E: Who are the main characters?

K: Christopher Rowe is a student of Benedict Blackthorn, who works in a pharmacy (he is an apothecary). Tom and Sally are his best friends. The story takes place in medieval London.

E: What are the books all about?

K: The main destiny is to save the Kingdom. There are altogether four books and to find out more, you have to read them.

E: Sounds like a great story! Which book of the series do you like best?

K: I think the second one, but I have not read the last two ones yet.

What are you reading?

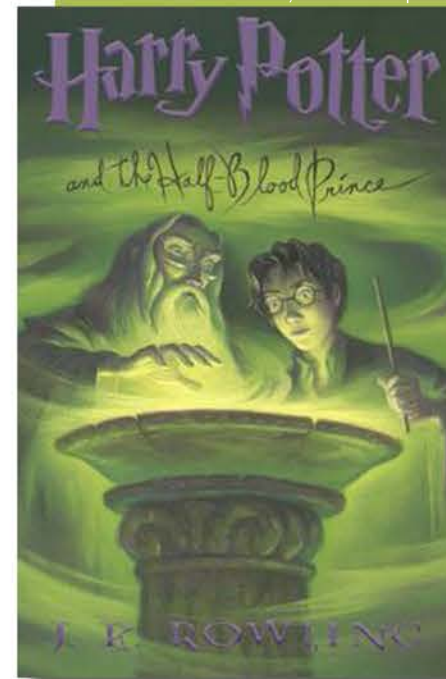
If you are really enjoying a good book let us know! We want to feature books that you are really loving and want to share with others. And it does not need to be fiction....

Or, if you have 'picked up the pen' and written a short story yourself, share it with us too! Maybe it will be the start of a career as an author.

About the book

Harry Potter is a series of fantasy novels written by J. K. Rowling. The novels are about the life of a young wizard, Harry Potter, and his friends Hermione Granger and Ron Weasley, all of whom are students at Hogwarts School of Witchcraft and Wizardry. The main story is about Harry's struggle against Lord Voldemort, a dark wizard who wants to become immortal and control the wizard governing body known as the Ministry of Magic, and subjugate all wizards and muggles (non-magical people).

ISBN: 9780439785969, Scholastic Paperbacks

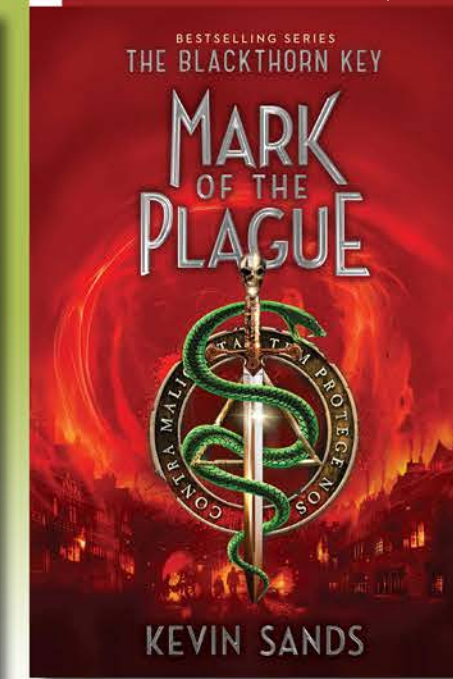


About the book

Following a series of murders, an apothecary's apprentice must solve puzzles and decipher codes in pursuit of a secret that could destroy the world. Christopher Rowe, apprentice to Master Apothecary Benedict Blackthorn, is learning all his master's secrets—like how to decipher complex codes and puzzles, and how to transform simple ingredients into powerful medicines, potions and weapons.

For more reviews read Kevin Sands website: www.kevinsandsbooks.com

ISBN: 9781481446747, Aladdin Paperbacks



An Interview with
Kevin Sands,
author of the
Blackthorn Key
series on the next
page!

Photo: Janko Ferlic/pexels



Behind the Book

an Interview with Kevin Sands

Author of the Popular Book Series Blackthorn Key

Kristina interviews the author of her favourite book:

Were you a big reader when you were in school? Is that why you became an author?

I was definitely a big reader - I would read for hours most days - but I had no interest in becoming an author until I got much older.

What were your favourite books when you were in Highschool?

My favourite books were all fantasy books. My most favourite was the Belgariad series by David Eddings.

I began to write a book, but I don't know what to do next. Any advice for young writers?

Just keep practicing your own writing. It doesn't matter if your first story is very good, because we all make mistakes. I wrote three different manuscripts that never got published before I wrote The Blackthorn Key. So keep at it and maybe one day I'll be reading your books!



Kristina Wolf

When and where did you get the first idea of the story?

The idea for the story came from doing my research, and imagining a secret apothecary might have that people would be willing to kill for.

What inspired you to create the character of Christopher Rowe, and did you enjoy chemistry in school? I don't have chemistry yet, but I am really looking forward to it, because of your book.

I created Christopher because it occurred to me that apothecaries were pretty cool: they used potions, poisons, secret codes, etc. and I thought that would make a good idea for a story. I did enjoy chemistry at school, though I liked mathematics the best.

Your books are set in medieval London, did you need to do a lot of research to get the setting right? Are you interested in history too?

Yes, I needed to do a lot of research. Each of my books took about five weeks of full-time research before I started writing. Fortunately, I do enjoy history as well!

Are you working on a book now? What is it about and when will we be able to buy it?

I am working on a new series, a fantasy series about a band of young thieves. I hope it will be out in 2020.

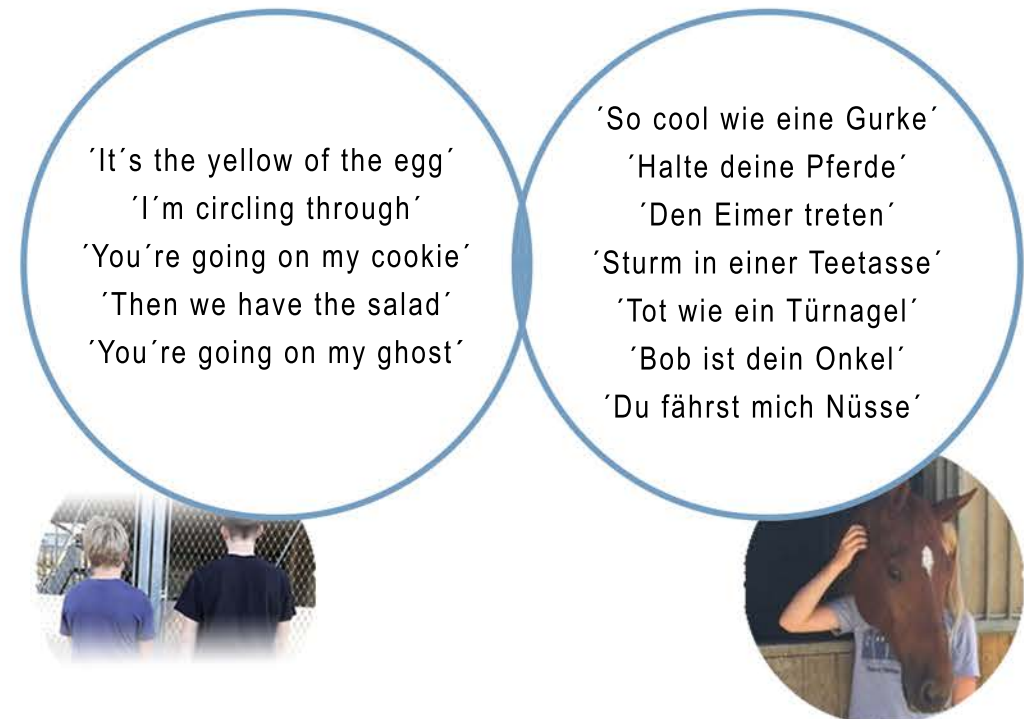
And finally - do you have any special message for St. Martin Gymnasium students? If you could give us one piece of advice, what would it be?

My message to St. Martin Gymnasium is: Thank you so much for reading! My advice is to read as much as you can - not just for school, but for fun, because nothing prepares you for the world as much as being well-read.

Just for laughs!

Translate these German and English expressions for a laugh. Some of our students use them to great effect – in the opposite language!

Can you translate these common expressions back into their original language, but more importantly can you figure out what they mean?



by Nicholas Fischer and Simon Rieger

by Sophia Hudelist

Rib ticklers to make you laugh! They say you really understand a new language when you can laugh at their jokes. The fun way of testing this, is reading 'Best classroom jokes: because some of us never grow up' written by Mike Haskins... Let's see if we can give you a rib-tickling example here ->

Best classroom jokes: because some of us never grow up written by Mike Haskins published by Pavilion Books (09/07/2015) ISBN 9781910232019

The science teacher is giving his class a lesson in biology. He holds up a jar of yellow liquid. „To be a good scientist, you have to be very observant“, says the teacher.

“When you look at a jar of bodily fluid like this you have to observe its colour, smell and appearance. And that's not all...”

And then, to the class's horror, the teacher dips into the jar and puts his finger in his mouth. „Now I want you all to do the same“, says the teacher.

The pupils screw their faces up as they pass round the jar and they each dip their finger in and taste it.

„Very good“, says the teacher,

“Except you all fail on basic observation. None of you noticed that I dipped my second finger into the jar and then put my first finger into my mouth”

The making of the InsideR

an easy 'how to' guide

1 It all began towards the end of the last school year, when Sylvia Campbell wanted to start a new, more attractive optional subject for bilingual students. After talking to some students, the idea of a bilingual student magazine was born. Lists were put up in classes for students to sign up if they were interested in contributing to the magazine. At the end of the semester Mrs. Campbell announced breaking news: Over 100 students had indicated interest and willingness to participate on the magazine!

2 The first challenge we encountered was finding a suitable name for the English magazine. Students proposed several different names, ranging from "The Voice" to "der Schlapf" (slipper). Every volunteer could then vote for one name. With over 140 votes counted the "InsideR" won with a huge majority.

3 We contacted some celebrities including NBA-star Jakob Pörtl, world class academics such as Harvard Professor Dr. Nancy Rappaport, internationally renowned artist Howard Lee and many other professionals and organisations who agreed to be interviewed.

4 We also needed an editing team, which would discuss organisational matters, create the look of the magazine, supervise article progress and correct finished ones. In the end, 15 students volunteered, which is the perfect size for the group (the editorial team photo can be viewed on the first page).

5 After the summer holidays the InsideR had started to take shape. The "Kärntner Monat", a professional Carinthian magazine, agreed to support us and help with the design and layout.

6 Most of the collaboration is done via Moodle, in which current topics are organised into forums and every member of the editing team can contribute ideas and self-assign an article. The editing team meets up every second Wednesday in order to have face to face discussions and see the latest changes on the design. These meetings are



Photo(s): by the InsideR; Editing team meeting

especially important for the workflow, as most of the task management and further article suggestions happen there. In addition, there are drop-in meetings every Tuesday, where collaborators can join in and propose new articles, share ideas and get the latest news on the InsideR's progress.

7 Another important step for us was visiting the "Kärntner Monat" office. A design expert guided us through the whole process of putting a magazine together from our many articles and still getting it to look professional. It definitely saved us from the long journey of just having to try things out – over and over again until it looks right. During the visit we also gathered knowledge about the overall problems that today's magazines have to face and were provided with many useful tips that supported us in developing the end product, that you are looking at right now!



Photo: Members of InsideR editing team with Herr Rader from Kärntner Monat, getting a magazine 'master-seminar'.

8 Running such an incredible project is surely a lot of work, not only for the reporters and the editing team, but also for the teachers who volunteer to assist us in the making of the InsideR. We are also very thankful to the Kärntner Monat for supporting us. At this point I would like to mention fellow student Cedric Gerkmann who designed our logo, initiating a look for the front cover and designed/layouted the whole magazine on the inside. I'm really looking forward to a year full of fun, thrilling stories and enlightening articles.



by Elias Pozewaunig

9 But the most important point is that it is YOUR magazine – so please make suggestions about articles you would like to read, topics you think are important or how you would like to participate. If you have any questions or remarks feel free to contact us at

insider@it-gymnasium.at

A huge thanks to the 'Kärntner Monat'!



Photo: our editors meet the Kärntner Monat team

From left to right: Madona Abdalla, Mag. Norbert Sternad (CEO), Elisabeth Ressi, Cedric Gerkmann (InsideR Graphic Design/IT management), Max Mühlberg, Elias Pozewaunig, Christian Rader, Alexander Suppantitsch.



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