

THE IB TIMES

JUNE 2021



FROM STUDENTS,
FOR STUDENTS

IB WORD SCHOOL
NO. 6159



EDITORIAL

This school year was challenging for all of us. However, it has passed in the blink of an eye. Not so long ago we were shy students, without the confidence to ask a teacher for advice. We were lurking in the shadows, trying to find our own place in school. That was the beginning of our journey. The journey that shaped who we are today. Undoubtedly, the pandemic was the time of forlornness, anxiety and fear, a time when we have suffered a lot. But it was a challenge that we had to overcome, and we did :)

As a Chief Editor and an IB student, I would like to say - don't regret anything in life, even if it's wrong or embarrassing. We all started from scratch and had to make tough choices but it ALL shaped our characters. Thus, I encourage you to take every opportunity that you have and try new things in life. Don't get discouraged by failure, risk or challenge, it will only make you stronger. Treat everything as a lesson and draw your own conclusions.

I really am proud to be a part of The IB Times and I hope that the next team will give that magazine even more love than we did. It was pure pleasure to create something that you could enjoy and which cheered you up on rainy afternoons (I hope so, at least). I believe that we are passing the management to strong, young, brave people who will allow The IB Times to flourish :)

I'm not going to repeat the common phrase that this year was difficult, 'let's not get caught up in the past, reflect on what we have gained or learned throughout it and focus on what is ahead of us, instead. I want to thank the entire The IB Times team for their hard work and perseverance and on the behalf of our team I wanted to thank our readers for the support. I'm really grateful for the opportunity to be a part of such an amazing community.

Let's look forward to what The IB Times is going to look like in the future, together.

Aurelia Adamczak
Julia Chwatko



CONTENT

3 FOREWORD AND AFTERWORD

**4 'ARE THEY MAD OR IS MY BRAIN
BEING MEAN?', AKA, THE ART OF
MENTALIZATION**

5 COMPLETE GUIDE TO ASTROLOGY

8 GET ENTERTAINED!

11 THE (GRAND)FATHER OF WISDOM

13 POEM

FOREWORD AND AFTERWORD



It was the best of times, it was the worst of times, it was the age of wisdom, it was the age of foolishness, it was the epoch of belief, it was the epoch of incredulity, it was the season of Light, it was the season of Darkness, it was the spring of hope, it was the winter of despair, we had everything before us, we had nothing before us, we were all going direct to Heaven, we were all going direct the other way.

-Charles Dickens

It's just one of those professional writer things - saying something vague but universal to make it quotable. Old Charlie was onto something here, though. The most striking thing about these times is the ambivalence of it all. School is, for both students and teachers, a place (or an institution, if you will) with a nearly 50:50 good to bad ratio. We, as teachers, like to think that number is skewed toward the positive but my realistic hope is that sometimes at least the good outweighs the bad.

I think I'm doing the Dickens vague thing again.

Let's be more precise, then. There have been seven issues of the zine published this year (counting this one) and a very special edition for the Open School Days. The feedback document that we use, collecting all the articles and corrections, is over 170 pages and 70,000 words long. Nearly 400,000 symbols have been input, some of those were smileys or weird diacritics, but mostly it's been words of wisdom, hope, upliftment and general weirdness.

What I'm trying to express is that I really appreciate the amount and the quality of the work that went towards the IB Times. In the first zine issue I edited, back in September, I said that its character is the perfect depiction of what the IB Programme is about and I stand by that, even more staunchly than before. Fantastic work, couldn't be happier with the result. Even in these, the best and the worst of times.

MAREK SAWICKI

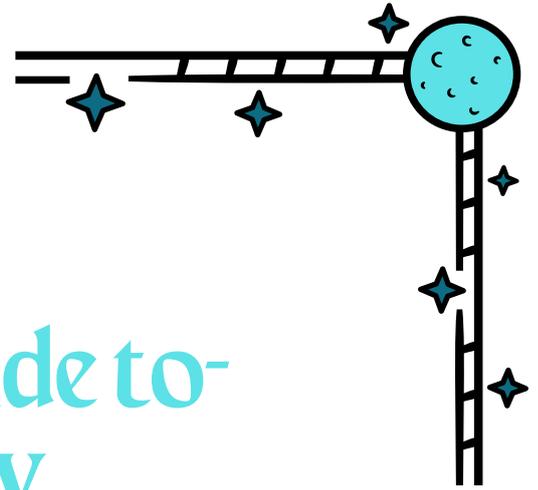
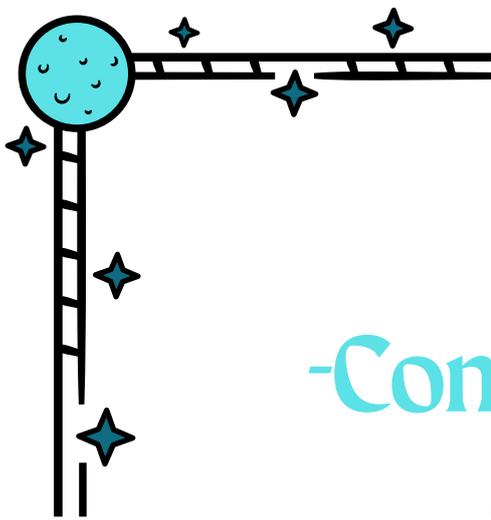
‘ARE THEY MAD OR IS MY BRAIN BEING MEAN?’, AKA, THE ART OF MENTALIZATION

PERCEPTION OF OTHERS AND INTERPRETATION OF THEIR BEHAVIOUR ALSO KNOWN AS MENTALIZING, IS ONE OF THE TECHNIQUES USED IN PSYCHOLOGY. IT'S AN ART OF PREDICTING WHAT ARE WE, THE PERSON WE'RE SPEAKING TO, OR LOOKING AT, FEELING AT ANY GIVEN MOMENT. SO, THINK ABOUT THE LAST CONVERSATION YOU'VE HAD WITH ANY INDIVIDUAL YOU HAVE STUMBLED UPON RECENTLY. HAVE YOU FOUND YOURSELF NOTICING DIFFERENT SPEECH PATTERNS OF THEIRS OR MAYBE YOU ANALYSED THEIR BODY LANGUAGE. MAYBE SOMEONE TOLD YOU THAT YOU'RE OVERTHINKING THINGS AND THAT THE WHOLE IDEA OF THEIR EMOTIONS IS SOMETHING THAT YOU YOURSELF FABRICATED. WELL, YOU SEE, IT'S NOT AS UNCOMMON AS YOU MAY THINK FOR IT TO BE.

MENTALIZATION IS A COMMON TECHNIQUE USED IN PEOPLE WHO HAVE PROBLEMS WITH FIGURING OUT THEIR OR OTHER'S EMOTIONS. SUCH A COPING SKILL IS VERY USEFUL IN THERAPY AND IT IS ESSENTIAL IN EMOTIONAL REGULATION WHICH PEOPLE WITH PERSONALITY DISORDERS STRUGGLE WITH. IT IS THOUGHT THAT PEOPLE WHO HAVE NOT RECEIVED PROPER FEELING OF SECURITY AS CHILDREN FROM THEIR PARENTS OR GUARDIANS STRUGGLE WITH READING AND UNDERSTANDING THE EMOTIONS AND THE BASE OF THEIR CREATION. THE SITUATIONAL AND OBSERVATIONAL AWARENESS IS THEREFORE DISTURBED AND FLAWED TO A CERTAIN EXTENT, INFLUENCING THE WAY IN WHICH THE CHILD IS ABLE TO READ AND PROCESS EMOTIONS. THIS FURTHER IMPACTS THE EMPATHY AND EMOTIONAL INTELLIGENCE, LEAVING THE CHILD IN A SOMEHOW DEEPLY FLAWED MODEL OF BEING UNABLE TO HANDLE SOCIAL INTERACTIONS WITHOUT CAUSING HARM TO THEMSELVES OR OTHERS.

THE MISINTERPRETATION, OR SIMPLY, A FAILED MENTALIZATION RESULTS IN A VARIETY OF CONFLICTS AND MISUNDERSTANDINGS AMONG HUMANS. PERSONALLY, I BELIEVE THAT POOR MENTALIZATION CAN BE A ROOT OF MANY FIGHTS IN INTERPERSONAL RELATIONSHIPS, ESPECIALLY FOR PEOPLE WITH ANXIOUS ATTACHMENT STYLE, WHO ARE, IN SHORT, OVERTHINKERS. IF YOU WANT A MORE DETAILED DESCRIPTION, GOOGLE IT. WHO KNOWS, MAYBE YOU'LL FIND OUT SOMETHING ABOUT YOURSELF. IT CAUSES US TO READ EMOTIONS THE WRONG WAY, WHILE WE'RE BEING INFLUENCED BY OUR OWN FEELINGS AND LED BY IMPULSES THAT CLOUD OUR JUDGEMENT, WHICH MAKES THE MENTALIZATION PROCESS MALFUNCTION.

AS YOU, DEAR READER, CAN SEE MENTALIZATION IS A PROCESS USED IN OUR EVERYDAY LIFE THAT YOU ONLY GOT TO FIND OUT THE NAME OF NOW. DON'T STRESS YOURSELF OUT, THOUGH. MANY PEOPLE STILL STRUGGLE WITH CORRECT INTERPRETATION OF OTHERS' FEELINGS AS WELL AS UNDERSTANDING THEIR OWN. IT'S A WILD ROAD AND IT MOST LIKELY WILL LEAD YOU TO SOME EMBARRASSMENT. MENTALIZATION HAS IT'S PROS AND CONS, BUT REMEMBER THAT LIFE IS SOMETIMES ABOUT ENJOYING MOMENTS, NOT ANALYZING OTHERS.

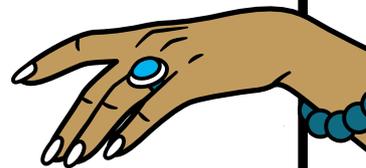
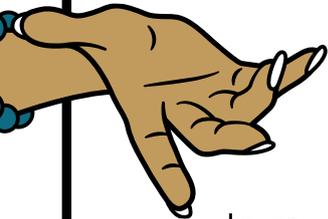


-Complete Guide to- Astrology

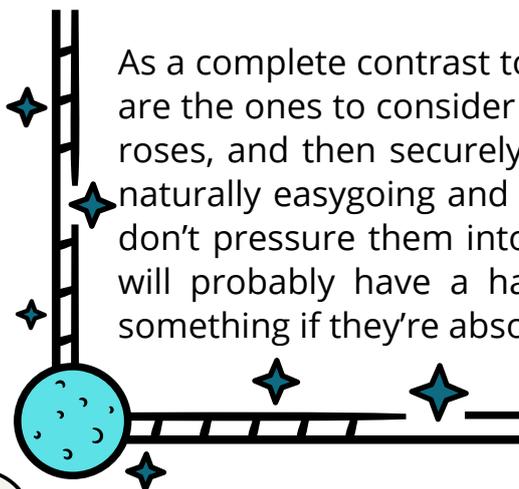
By Aleksander Skutnik
Part 7: Placements' Meaning - Mars

Hey all, welcome to the next issue of the IB Times and another dose of astrological fun! I'm Alex and today I will be describing the Mars placements.

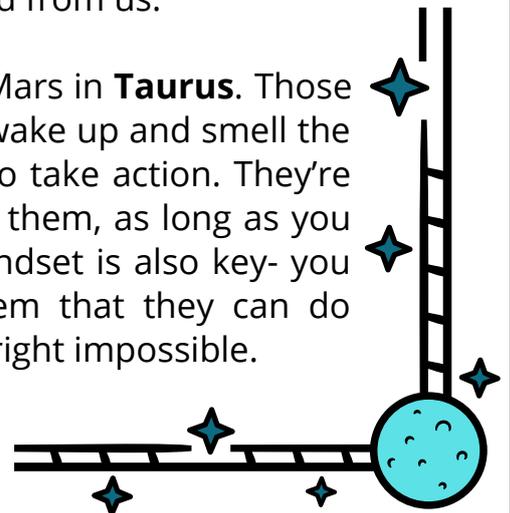
In astrology, Mars is all about ambition, action, desire and our masculine side in general. It determines our attitude, anger and the way of acting- that's why it is one of the placements in the Great Six. Below you'll find each sign's meaning for Mars.

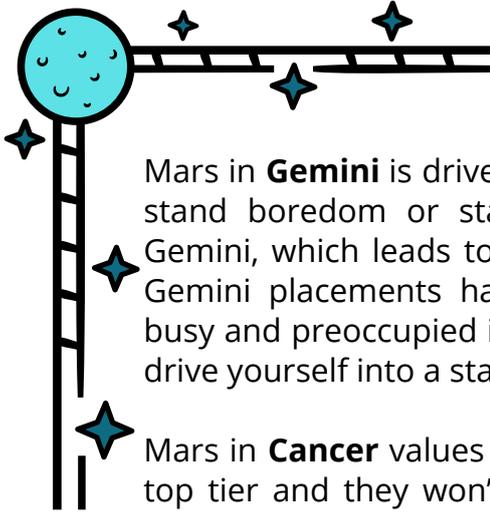


In my opinion, Mars in **Aries** is probably one of the best placements one could have. It's all about living the present, taking action, and simplicity. If you want to get things done quickly and well, these people will help you with that. They don't like getting held up by others, as they are already thinking of what the next step should be. And most of the time they're already a step ahead from us.



As a complete contrast to Mars in Aries, there's Mars in **Taurus**. Those are the ones to consider all of the aspects first, wake up and smell the roses, and then securely and steadily proceed to take action. They're naturally easygoing and you'll love working with them, as long as you don't pressure them into working fast. Their mindset is also key- you will probably have a hard time convincing them that they can do something if they're absolutely sure that it is outright impossible.





Mars in **Gemini** is driven by fast pace, fresh content and change. They can't stand boredom or stalemate. That's because of the curious nature of Gemini, which leads to taking up many challenges at once. Many of these Gemini placements have workaholic tendencies and keeping their mind busy and preoccupied is the key. It's all fun and games, as long as you don't drive yourself into a state of constant stress and worry!

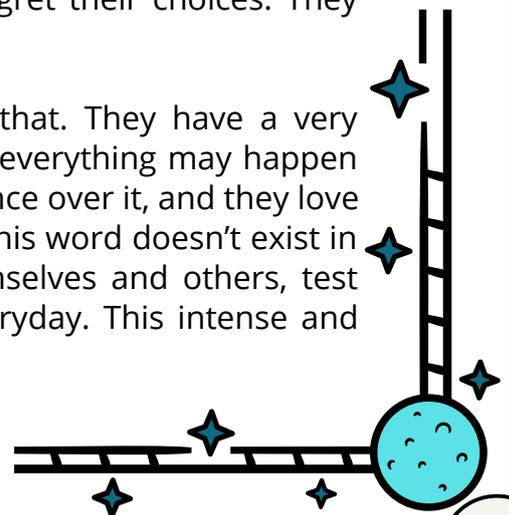
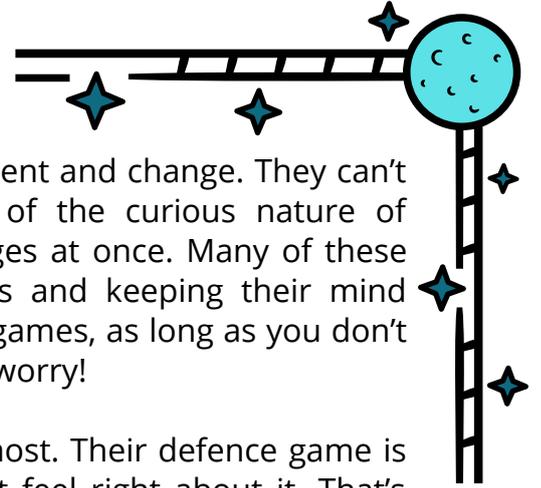
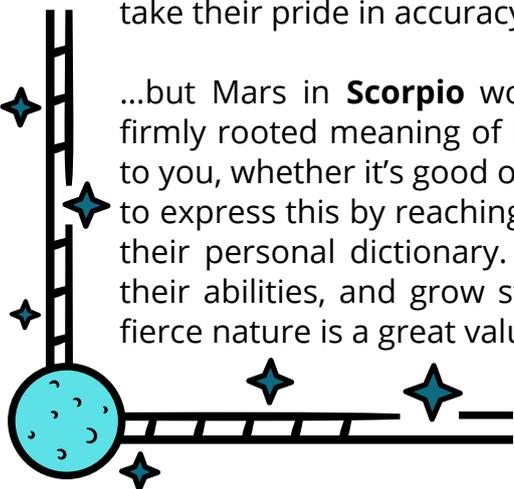
Mars in **Cancer** values the sense of safety the most. Their defence game is top tier and they won't take action if they don't feel right about it. That's because A. Cancer is ruled by emotions and care, and B. they usually are afraid of sudden change. They are very protective over the things they care the most, and their decisions (even though they're not the quickest or the most efficient) will usually leave everyone feeling happy and appreciated.

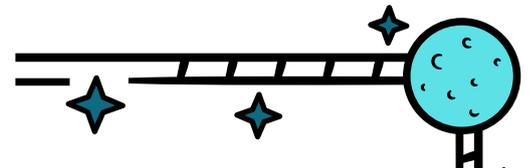
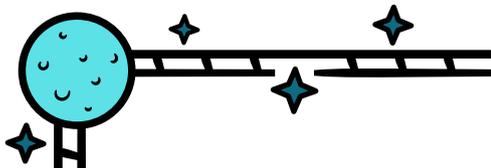
Mars in **Leo** is a really significant placement, as these people are driven by ambitions and the desire for their lives to have *significant* meaning. Their ego is strongly tied with their heart, and they feel the need to create, pursue, develop and make it all the best they can. They dislike any very basic and down-to-earth activities, as they fly to the skies and try to grasp the glow of the limelights. If you're up for great projects of great significance, Mars in Leo people are the best for that.

Very different from the aforementioned Leo, Mars in **Virgo** takes pride in organising their daily life perfectly and getting things off their checklist. Those are the ones with the best work ethic and they are the best people to ask for advice. As an earth sign, they also prefer the steady and secure way of doing things, and you shouldn't get in their way, they will prove you wrong.

Do you remember the kid from American high school movies who upon any decision brings all of his friends in a circle and analyses every pro and con of each choice? Yeah, that's Mars in **Libra**. Their symbol is the scales for an important reason- they prefer to take some time to make a perfectly weighted decision, than to act rapidly and then regret their choices. They take their pride in accuracy and fairness...

...but Mars in **Scorpio** wouldn't really agree with that. They have a very firmly rooted meaning of life and they believe that everything may happen to you, whether it's good or bad. You have no influence over it, and they love to express this by reaching out for the impossible- this word doesn't exist in their personal dictionary. They constantly try themselves and others, test their abilities, and grow stronger and stronger everyday. This intense and fierce nature is a great value of theirs.





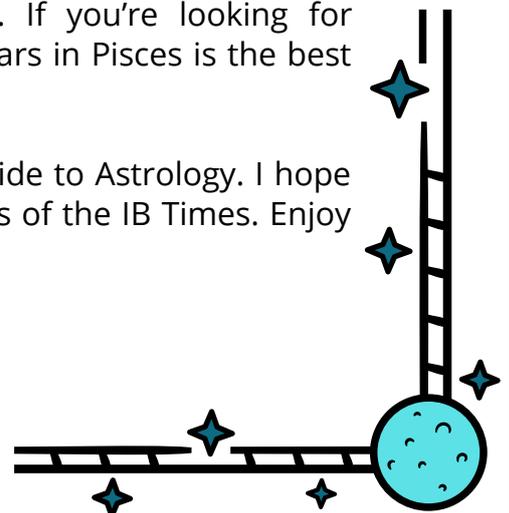
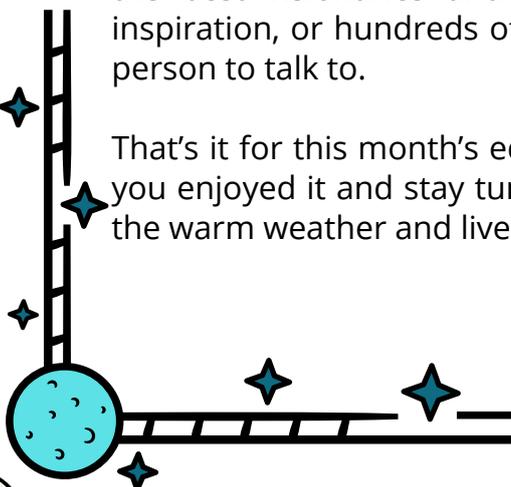
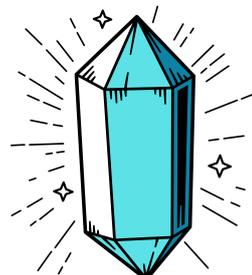
And here comes Mars in **Sagittarius**, which is really similar to Mars in Gemini. Those two are sister signs after all, and they share a lot in common. Mars in Sagittarius also has a lot of projects running at once, and they love the freedom and the choice in them. If something doesn't go their way, their natural response is to escape- this may lead to some stressful situations. This avoidant nature of theirs might work perfectly in the short run, but sooner or later they might feel the need to leave it all behind.

Mars in **Capricorn** is very strictly goal-oriented and they love to be in charge of things. They take pride in showing that they are responsible and that they CAN get everything done in a proper and responsible manner. Sometimes they are a bit distant or cold, but in return they make the best people when it comes to working on big things. They might sometimes be a bit harsh on themselves and others, but it isn't their intention to hurt anyone.

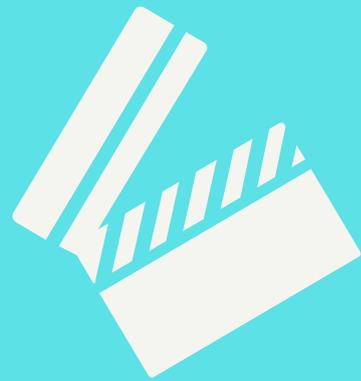
And the first place for the best placement to work in a team goes to... Mars in **Aquarius**!!! Their greatest and most important value is independence. They need to feel the individuality, but they will also let others be the way they want to be, and that's a great aspect of them. Their quirky and intellectual nature usually leads them to some unconventional and truly original solutions to problems, and they love to look at things from many perspectives.

I started this article with Mars in Aries saying that this is, in my opinion, the best placement to have, and I'm ending this article by saying that Mars in **Pisces** is the worst placement to have - worse for the person having it, and not necessarily for the people around them. Pisces is ruled by emotions and intuition, and they never want to hurt anyone, which makes Mars (as a planet of ambition and aggression) very selfless and weak. Symptoms include crying during an argument or feelings of guilt after standing up for themselves. But, after sorting their emotions out, Mars in Pisces people are the best visionaries and their ideas are endless. If you're looking for inspiration, or hundreds of potential inspirations, Mars in Pisces is the best person to talk to.

That's it for this month's edition of my Complete Guide to Astrology. I hope you enjoyed it and stay tuned for the future releases of the IB Times. Enjoy the warm weather and live your best life! :)



Get Entertained



BLIZZARD OF SOULS

Dzintars Dreiberģs, 2019 Latvia

MOVIE - WAR, DRAMA, TRUE STORY

IMDB 7.7/10 - AVAILABLE ON HBO MAX

Arturs, still a teenager, gets forced to join the Latvian army during the First World War. The protagonist survives but has to live with the costs of his fights. The war is nothing like the boy imagined. Instead of glory, he found only pain and suffering. The director did a terrific job picturing the realities of the war. It should be noted that this particular movie is not suited for people who have issues with blood and violence. During the war, Arturs loses his family and gets badly wounded. What differentiates this feature from the rest of propaganda flicks is the twist when Arturs starts to reconsider if all what he has done had any point.



ELLING

Petter Næss, 2001 Norway

MOVIE - COMEDY, DRAMA

IMDB 7.5/10 - AVAILABLE ON NETFLIX

Elling was sheltered by his mother for all 40 years of his life. After she passes away, the man has to learn how to live all over again. Soon, he finds out about his great sensitivity and love for poetry (side note: Check our poetry section). Movie is full of sadness and feeling of being lost but somehow, the director got to include some of the finest Scandinavian humor. The viewer is constantly being inspired to confront the reality and undermine the basic principles throughout the whole film. Apart from great reflection, the viewer will experience great music and marvelous scenarios of Oslo.

A WHISKER AWAY

Junichi Sato, 2020 Japan

MOVIE - ANIME, FANTASY, ROMANCE
IMDB 6.7/10 - AVAILABLE ON NETFLIX

If I were to choose one reason for which I absolutely love anime it probably would be how the viewer is thrown into a whirlwind of events and you are left to figure out what is going on by yourself. That's exactly what "A Whisker Away" does and much more. The movie gives us a wonderful story of a teenage girl who falls in love with a guy who doesn't reciprocate it ~ let's be honest who doesn't know that feeling... She finds a way to turn herself into a cat, but as every spell, it comes with a cost. Throughout the story, she learns that every person has their own problems to deal with. The movie really teaches the viewer how to be considerate and think about how our actions influence others. The other aspect that shouldn't go unnoticed is the perfect animation and marvelous choice of soundtrack which helped it get the score of 93% of viewers reviews on Rotten Tomatoes - everyone's favorite review site :).



A CAT WITH A DOG

Janusz Kondratiuk, 2018 Poland

MOVIE - COMEDY, DRAMA, TRUE STORY
IMDB 6.5/10 - AVAILABLE ON NETFLIX

The story of how family matters can change in two shakes of a lamb's tail. Two brothers, both film directors, have a rather complicated relationship with one another and lose touch when the years pass. When the younger brother finds out about his sibling's terminal illness, he decides to do everything in his capabilities to help him live life to its fullest in his last days. Not only can we see the problem of caretaking of a dying relative but also the struggle of trying to forget the past, in order to focus on what's now. The actors have a great chemistry which is only emphasized by beautiful shots of Polish cities and forests. The depiction is full of irony, dark humor and real emotions which definitely makes it worthwhile.

AFTER LIFE

Ricky Gervais, 2019- USA

TV SERIES - DARK HUMOR, COMEDY-DRAMA

IMDb 8.4/10 - AVAILABLE ON NETFLIX

After the OG version of "The Office", Ricky Gervais became a recognizable persona among international comedians and screenwriters. Luckily for us, in 2018, Netflix presented the Brit with a possibility of creating his own TV Series. Gervais took the bull by the horns and created a masterpiece. The director decided to play the lead role by himself creating a very memorable character. He features as a journalist who has recently lost his beloved wife. The man copes with suicidal thoughts and depression, taking care of his elderly father in the meantime. Apart from creating a depressive aura, Gervais decided to include his hilarious humor in the series. If you (just like me) are a huge fan of dark humor and comedy mixed with drama, you definitely should watch AT LEAST the pilot episode. I've seen both seasons three times already and I think that now is as good a time as any to do a rewatch.



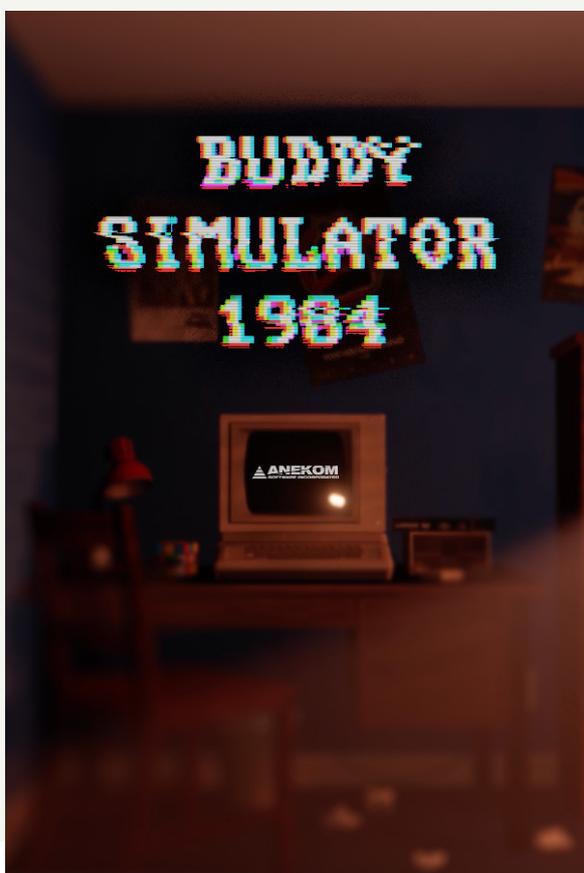
BUDDY SIMULATOR 1984

Not a Sailor Studios, 2021 USA

GAME- INDIE, RETRO RPG, SINGLE-PLAYER HORROR

METACRITIC 96/100 - AVAILABLE ON STEAM

Quite an interesting take on creating old school games, especially by using a well developed IA. In the beginning the game resembles an old time text game where the player is to type in the answer and perform a quick conversation with our IA. Later, the IA uses the answers in order to develop a really good horror story line with multiple eerie twists and magnificent subplots. The whole game maintains 16-bit graphics and is accompanied by great tunes. The main part of the game is a 2D, RPG game. If you enjoy this type of entertainment I highly recommend Buddy Sim, but if you don't really feel like playing it yourself, you should definitely check out a playthrough - I can suggest the one done by Gab Smolders.

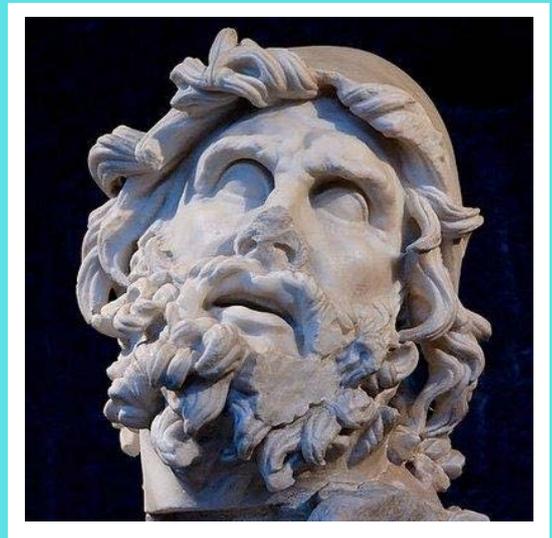


THE (GRAND)FATHER OF WISDOM

There are many figures in Greek mythology associated with knowledge, certainly the most recognisable being Athena, goddess of wisdom, handicraft and warfare. However, there came another god before her who, arguably, had even more impact on Ancient Greeks' lives and beliefs than the renowned daughter of Zeus.

Coeus (also spelled as Koios) was a Titan, one of the twelve children of Uranus (Sky) and Gaea (Earth). Alongside his brothers – Hyperion, Iapetus, and Crius – he represented the four pillars that held heaven and earth apart, which earned him the title of 'Titan God of the North'. Apart from that, he was also renowned for his wisdom, inquisitive mind, and reflectiveness (it is said that he possessed the gift of foresight as well).

The four pillar brothers took part in the overthrowing of their father as they held him down so that Cronus could dethrone him. However, just as his own sons rebelled against Uranus, so would Cronus' children rebel against him. Zeus and his siblings waged a war against the Titans, later called Titanomachy. After a ten-year-long series of battles the Olympians emerged victorious and the Titans were imprisoned in Tartarus, where they would spend the rest of eternity.



Coeus' importance, however, does not lie in the role he played in the war, but his part in the gods' family tree. He married Phoebe – the Titaness of radiance and prophecy. Together, the couple represented all knowledge in the universe. Phoebe bore him two daughters – Leto (goddess of motherhood) and Asteria (goddess of stars and astrology). Leto later became a mother to none other than the twins Apollo and Artemis. Coeus's grandson inherited his prophetic abilities and became the deity of the Delphic Oracle, as well as the god of arts, truth, and education.

The Titan did not get to share any more of his knowledge with the world, as he met his end in Tartarus. After centuries of imprisonment, he had gone mad and attempted to escape, managing to break the chains binding him. According to different versions of the myth, he was either re-captured or killed by Cerberus, the three-headed dog guardian of the Underworld.

Dead as Coeus may be, his legacy lives on with the Oracle of Delphi. Inherited by his grandson Apollo, the Oracle played a major role in the lives of Ancient Greeks. The remains of the sacred place are still to this day standing on the side of Mount Parnassus in central Greece.



OLGA RYCZKOWSKA

**AS MY FINGERTIPS BRUSH THE COVERS
AND MY EYES SHUT CLOSE
I CAN'T HELP BUT CATCH
THE LULLABY OF YOUR VOICE
THE ADRENALINE IT SENDS
RUSHING THROUGH MY VEINS
THE WIRING OF YOUR FACE
AND HOW IT OVERFLOWS WHEN YOU SMILE
BITTER WORDS THAT LEAVE YOUR MOUTH
I KNOW THEY'LL ALWAYS MAKE ME DOUBT
THE BULLETS THAT SHOT THROUGH MY HEART
HOW YOU MANAGED TO KNOCK DOWN MY WALLS
WITH WORDS THAT MOVED ME FROM THE START
YOU INVALIDATED EVERY WAKING BONE WITHIN
YOU'RE THE VOID AND WITH EVERY GLANCE
I FOUND MYSELF LEANING IN**

L.P.

