

The Paw Print

Yoga

Well-being
at BBIS

Cooper Test

Royal Wedding

Music and Movies

Teacher Quotation of the Month

Featuring
Ms. M-K

What is K-Pop and
Why is it Popular?

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Review

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Wolf Howls & Withered
Flowers

Risa: Is it Worth a Visit?



Editors Note

Dear BBIS Community,

It's been a busy year for us on the 2018 Paw Print newspaper team! We've published articles covering the whole gamut of BBIS life, from recaps of school events, to opinion pieces on science and politics, to food reviews and creative-writing pieces. On the topic of creative writing, this month we'll be continuing the short story *Withered Flowers* by 11th-grader Friso Althuis, and beginning the short story *Wolf Howls* by 4th-grader Moana Kammerer. Make sure to read our upcoming issues after summer break to see how these stories end! We on the newspaper team wish you all a relaxing and productive summer vacation, and we'll see you again when we get back!

Enjoy!

Sincerely,

Luca Pistor and Chantal Materne
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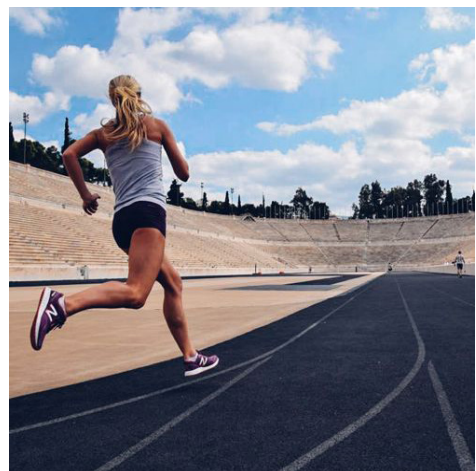
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YOGA



By Barbara Scheer

Dr. Elke Paul is a wellbeing consultant at our school. She has been offering yoga for teenagers, as an extracurricular activity (ECA), since the beginning of this school year, as well as relaxation sessions during lunchtime.

She kindly agreed to sit down with me for an interview, so that I could ask her some questions about what yoga is actually about, and why we should all take some time to relax.

What is the yoga ECA that you offer at school about?

What I normally tend to do with teenagers is that I take care of their bodies in a way that relieves stress through yoga practice. I also pick topics that the teenagers choose themselves at the beginning of the course, where they say “these are things that are on our minds and we would like to have a chat about that or get an insight on that.”

For example, parental expectations is a topic that often comes up with year twelve or eleven students. I incorporate this in my yoga sessions by looking at it from different points of view, such as psychology, sociology and anthropology.

Later, I also pick it up when I do the relaxation sessions, which is actually another important part of yoga. It is especially important for teenagers to have sufficient time for relaxation, because they need to learn techniques to wind down.

Who can attend yoga at our school?

I normally have about 30% boys and 70% girls. You don't have to have had any prior experience with yoga. The one thing that people often tell me which makes me smile a bit is “oh my God, I'm not flexible” or “I can't do yoga”. You do yoga because you want to do something good for your body, and when you do it, step by step, you will naturally become more flexible.

But that's not even the aim of yoga. The aim of yoga is for you to get the energy levels of your body right and to feel better about yourself.

If there were one main goal of this ECA, what would it be?

To help you destress and to help you feel better about yourself.

For whom is yoga advisable in particular?

Yoga is beneficial in particular for people who work towards a deadline like the IB or the Abitur, where you are stressing out about a lot of things and if you think about that it is the end of your high-school life, there is a lot on your mind. Not only school, stresses but also college-related stresses can come up.

Yoga is especially good, in comparison to, for example soccer or other sports activities, because it combines the breath with the movement. That's why people often ask me at the end of a yoga session “Why do I feel so much better?” It's because I alert them to look at their breathing, and the combination of breath, movement and relaxation is the magic trick that yoga offers.

How would you describe a yoga student in 3 words?

Inquiring. Knowledgeable about their body. More joyful.

WHY DO WE HAVE TO SUFFER FROM THE *Cooper Test* ?

by Julius Behner

Every school year, numerous students at BBIS undergo the Cooper Test in Physical Education class. They are pushed to their limits by running at a steady pace for a dozen minutes. And it's running, not walking, not jogging, not really choosing your own pace, it's pure. Running. Do students know why they're doing it?

In 1968 Dr. Kenneth Cooper, a former Air Force Colonel, designed the infamous test which was created for military use.

It is until this day still used to monitor the cardiovascular endurance of individuals in boot camps. Like at school, a large group of people run around a track for 12 minutes at a constant speed. The only difference is that prior to taking their test, these already physically trained people practice for it for a very long time.

The test is not considered to be useful for untrained pupils at all. To get reliable results, the test should only be performed between temperatures of 10°C to 25°C with a maximum humidity of 75% on a standard 400m tartan track. The runner needs to be healthy to achieve a meaningful assessment. At school there is

a chart that uses age and the total length covered to rate a student's physical condition, which is not at all sufficient to draw meaningful data from the Test.

Unfortunately, the prevailing consensus is that the Cooper Test is based on metabolism, running technique, tactics in the form of establishing a strategy, and finally motivation.

Did anyone ever ask you whether you're healthy or suffer from any respiratory problems such as hay fever before asking you to run the Cooper Test? Did anyone evaluate your metabolism? Did you check the external temperature and humidity before starting to run? Did you start practicing three months before doing the Cooper Test at least three times a week?

In summary, while the Cooper Test is suitable for ascertainment of physical fitness in the military, the rigour of training which is required to improve on the Cooper Test is unreasonable to expect in a school environment.

Well-being

we

MS.

By Liza Rogova

Last week I was fully and completely caught unawares by the enormous amount of assignments that I had due. The EE deadline, my IAs, the TOK presentation, et cetera. I am positive that many of you fellow IB students perceived these same feelings at some point. You pulled an all-nighter, stayed home from school, or did not go out with friends because of work. If that sounds more or less familiar, then be sure to read on. Recently I went to sit down with our school's well-being counselor Ms. Paul, whom I have to thank for her valuable time and advice she gave me with regards to well-being. We spoke about the correlation between students' well-being and their performance at school in their academics. Here is the advice that Ms. Paul gave me and others willing to improve their well-being.

HOW WOULD YOU DESCRIBE OUR SCHOOL SPIRIT IN THREE ADJECTIVES?

The school spirit of BBIS is determined, thriving, and energetic, because we have a good sense of community and people like to help each other out.

TO WHAT EXTENT DO YOU THINK THAT SCHOOL SPIRIT AND PERSONAL WELL-BEING ARE CONNECTED?

Research shows that if you have a sense of strong social belonging to a community, especially to a school community, you are much more likely to

succeed in your academics. If you feel like you walk into a school and you are seen and heard by people like you, you feel much more part of a community. One of the biggest jobs that I find myself having here at the school is to create a very strong sense of social belonging, so that people feel that this is part of a really caring community, so that they can give their best.

WHAT IS WELL-BEING AT SCHOOL DETERMINED BY?

By relationships, positive relationships that help you go further and do not bring you down. From these, you draw a level of engagement that makes you want to commit beyond just doing your work. You want to give something more, you want to give back to the community, and you have a sense of accomplishment. People celebrate with you when you have successes, and are not jealous, but actually go through the positive emotions with you. I want you to get a lot of laughter at school and I want people to be resilient. Because we do go through tremendously stressful times, I want you to develop coping skills, and build relationships with the good friends, and good teachers that will help to pull you through.

HOW CAN WE AS STUDENTS IMPROVE OUR PERSONAL AND COLLECTIVE WELL-BEING?

g in BBIS

ith

PAUL

We need to focus more on what is good instead of on what is not, but we are focusing too much on stress and we don't do enough teaching about stress levels and stress relief, and what you can do to keep yourself up and running in a positive way. The hype, the general energy that IB creates. If you look at social media and the support groups that exist, you will start to think that IB is a killer and that in order to survive you have to stay up until four o'clock in the morning and you have the all-nighters and you pull them and people are almost proud of it, and I would like to reverse that. People should put their well-being first and then you see that you actually have got more capacity to do your stuff if you put yourself first.

DO YOU THINK TEACHERS SHOULD ENCOURAGE THAT OR STUDENTS, SHOULD PROMOTE THAT AND MAKE TEACHERS AWARE?

I think it really is on both ends. We have teachers who perpetuate stress, because that's often they, you often hear something like "Oh year twelve is really tough!", and with that they push that notion forward, and then we have students saying the same thing, but although I am aware that it is tough and demanding I also know that it gives you leeways if you know how to use it well. I try to put students in a position where they are really confident about themselves, and can carry themselves with a straight back and they know that they can win this by having a strategy in place.

WHAT PIECE OF ADVICE COULD YOU GIVE TO 11 AND 12 GRADERS WHO ARE STRUGGLING WITH THE DEADLINES BUT WANTING TO SUCCEED?

I would like to teach those kids a couple of skills and it sounds really boring but there are a couple of breathing techniques you can do to calm your body down, and an old lame approach of looking after your physical health and nutrition. The first thing that I see over my last 12 years working with teenagers in the IB program is that exercise is the first thing that is sacrificed to make time. Exercise is known to prevent depressive spirals, so make sure to keep up at least one form of exercise, and don't become a junk food junkie. You don't have to completely forego junk food, but add in the positive, nutritious stuff as well, and don't buy in to the myth that you have to pull all-nighters, because research shows that by having one all-nighter thirty percent of your academic capacities are gone, so it is actually detrimental to what you want to achieve. The main thing that I'd suggest, though, would be to make sure that you look at the little joys that you have in your daily life, because you have to learn to see them if you want to keep floating. Most of us tend to get so focused on academic tunnel vision that we don't pick up the little things in our lives that are purely good.

What is K-Pop and Why is it Popular?

Jessica Yun

Korean pop music, or 'K-Pop', has been ballooning in popularity on the internet recently. BTS, one of the most known Korean boy bands, has been on a path of global success, reaching #1 on Billboard Album Chart with its latest album, Love Yourself. This is a significant accomplishment in K-Pop history and even in pop history, as it shows how the range of music is broadening in the US and in the world. For example, Despacito, a song sung in Spanish, has recently become the most-viewed video on Youtube. It seems as though language is no longer a barrier preventing cultures from enjoying. As many say, music may truly be the universal language.

What is it about K-Pop that so many people around the world love?

K-Pop is an interesting mix of amazing choreography, catchy music, and great visuals. Many fans say that watching a K-Pop video is like opening up a present box full of surprise because you don't know what to expect from different music videos. The way that the synchronization of movements between 5-10 different singers blends perfectly with the music is very satisfying to watch. This new concept of visual music -- that is, music that you can both listen to and watch -- became a genre that many people find fresh and original.

The freshness of this genre seems to have brought about a new era of music. Music has become a community capable of unifying its fans. One powerful source of K-Pop's appeal is the idea of a 'fandom'. By involving yourself with the K-Pop group that you enjoy, you're immediately a part of that group's fandom. Yes, while many went through the phase of being in the One Direction and Justin Bieber fandoms, K-Pop offers a far broader range of selection.

Music is truly quickly evolving into a language, and one that connects rather than separates people. With K-Pop, you can learn about a group and their music as though you were learning a language, and you can use that to communicate with other people around the world.

If you look up some K-Pop music videos and go to the comments sections, you will be surprised by firstly the number of comments, and secondly the wide variety of countries and cultures that truly enjoy the music and the group's performance.

So. This is K-Pop.

There's much more to say, but as this brief page could hardly do justice to a music genre as diverse and dynamic as K-Pop, I'll leave the other details for you to discover yourself.

Lady Bird Movie Review

By Nelli Molfenter

The 17 year old Christine McPherson who nicknamed herself “Lady Bird” is in her senior year of highschool, at a Catholic private school located in Sacramento, California. Christine strives for greatness and dreams of going to an ivy league school, and even though she might not have the best grades, her confidence and determination allow her to achieve these goals. LADYBIRD is an autobiographical coming-of-age film based on the personal experiences of the actress Greta Gerwig, played by Saoirse Ronan. Greta Gerwig herself wrote and directed the film, and framed her story with witty humor, touching characters, and thoughtful cinematography. The movie showcases the complexities of the mother-daughter relationship dynamic, new experiences with sex and drugs, and the struggle to find one's

own identity. Visually, the movie is truly unique because of its subtle performance, careful framing, and nostalgic color scheme, adding to its memory-like look. The dialogue is hilarious, not least because the main character Christine isn't afraid of speaking her mind and taking risks, but also because of her mother (Laurie Metcalf), who is an equally strong and stubborn personality, causing conflict between the two. I would recommend this movie to anyone who enjoys romantic movies that aren't your typical, rom-com-Adam-Sandler-gag movies because it does not only feature boy-meets-girl scenarios, but actual teenage problems that BBIS students might also face themselves. If you enjoy action-filled blockbusters, however, I suggest that you go to see STARWARS- HAN SOLO.

GOLDEN GLOBE® WINNER BEST PICTURE **BEST ACTRESS**
 SAOIRSE RONAN
 MUSICAL OR COMEDY

'LIVES UP TO THE HYPE'
 GLAMOUR

'FUNNY, MOVING AND PROFOUND'
 TOTAL FILM

'STUNNING & SUPERB'
 BAZ BAMIGBOYE, DAILY MAIL

'HEARTBREAKING AND UTTERLY ORIGINAL'
 VOGUE

'FUNNY & FRESH'
 STYLIST

'A PERFECT MOVIE'
 ROLLING STONE

Written & Directed by GRETA GERWIG

Lady Bird
 Fly Away Home.

AP24 and IFC FILMS PRESENT GEORGE CLOONEY LAURIE METCALFE TRACY LETTS LUCYAS NEUBERG TIMOTHÉE CHALAMET DEANNE FEUSTELIN STEPHEN WALKINLEY HENDERSON LOIS SMITH
 "LADY BIRD" WRITTEN BY ALLISON JONES JORDAN TRALEER ED & HEED BRETTIGUS COX PRODUCED BY JONATHAN BRONSTEIN PRODUCED BY GREGG GIBBS JONES PRODUCED BY SAM LEVY
 COSTUME DESIGNER LILLY YANCOFF EXECUTIVE PRODUCERS SCOTT BLOOM JEFF LEIBERMAN JEFF EVELYN O'NEILL
 EDITOR GREGG GIBBS EXECUTIVE PRODUCERS JAC Films A24 FOCUS

IN CINEMAS FEBRUARY 15

The Royal Wedding



By Douglas Macon

On May 19, 2018 the world celebrated the 'Royal Wedding' between Prince Harry and actress Meghan Markle. Prince Harry, full title Duke of Sussex, Earl of Dumbarton and Baron Kilkeel, married Meghan Markle, known now as Her Royal Highness the Duchess of Sussex.

The marriage took place at 12PM, at St George's Chapel at Windsor Castle. The marriage marked the 16th Royal couple to wed at Windsor Castle since 1863. The service in the castle that seated approximately 800 people was held by the Dean of Windsor and officiated by the Archbishop of Canterbury. The wedding included performances by Karen Gibson and The Kingdom Choir. They performed "Stand by Me," and the gospel choir performed

Etta James's "Amen/This Little Light of Mine." Following the wedding, "Bread of Heaven" was played as the couple left the chapel.

Such a high-profile wedding would not be complete without equally high-profile guests. Outside of the millions watching live streams of the wedding, the list of present guests included injured soldier Philip Gillespie, David Beckham and his wife, Edris Elba, and George Clooney. As would be expected, guests were clothed in outfits ranging from full Gucci to fully fitted and custom-made gowns.

The couple broke many traditions during the wedding, such as holding the wedding on a Wednesday, and the use of non-traditional vows. The most heartfelt

and honest break from custom was the request by the couple for donations to be made to charity in the place of wedding gifts. These charities included, among others, the Children's HIV Association, the UK homelessness charity Crisis, and The Wilderness Foundation UK.

The expenditures on the wedding, including the choir and the lemon elderflower cake designed by Violet Bakery's Claire Ptak, were all paid for by the royal family. What was the full price of the Royal Wedding? A conservative estimate places the total cost of the Wedding at around 32 million British pounds. We hope that Harry and Meghan will have a happy-forever-a

Risa

IS IT WORTH A VISIT?

By Meila Heidt

Many of you may be unfamiliar with the name of this fast food shop and some of you may not, but anyone who thinks themselves a true chicken lover, ought to listen up.

I had personally never heard of this place until recently, when my friend told me that there is this amazing chicken restaurant in the center of Berlin. Instantly, I agreed to go to check it out; after all, who doesn't want to try a new place with good chicken?

Though I was excited to go, I wasn't really sure what to expect; most fast food restaurants are either of very poor poor quality, or situated in an insanely crowded area. Some people even dared to tell me not to go there because there were often many people from different cultures eating there, and that the place was simply "disgusting".

Though, would you really trust some spoiled teenagers who grew up eating in fancy restaurants and strolling through Gucci and Louis Vuitton on a shopping day? Word of advice: always go to experience something yourself. Why? It turns out that the place that was so brought-down below average by the words of some people ended up becoming the only place I'd go to if I wanted a wrap

with chicken, a chicken hamburger or even special fries.

This place -- Risa Chicken -- is simply different. If you're not a fan of meat or fish in your burger, I recommend going here, as there is a huge variety of chicken-related choices starting all the way from a regular hamburger to a double-decker cheeseburger with chicken. The best part? Aside from the burger and the chicken in your menu, you even get a box of about six chicken wings as part of your meal. Another advantage? If you're more a fan of sweet potatoes than regular potatoes, guess what: they serve fresh, crispy sweet potatoes!

One more thing, before I'm done convincing you that Risa is NOT a terrible idea: although some may be prejudiced against the fact that the customers there are mainly from Turkey or Middle Eastern countries, these customers are truly the kindest people and not in any way unsettling. Risa Chicken has a seriously different atmosphere, and it's a great escape from the spoiled diners present in many Berlin diners. If you're a fan of the international atmosphere, don't hesitate to make a stop at Risa Chicken while you are near Ku'damm.

Wolf Howls

By Moana Kammerer

Chapter 1

One wolf howl is followed by another, then another, and another...

Their steamy breath white in the cold air, the crunch of paws breaking through the first snow. The first snow it may be - but it was deep, deep, deep.

At a glance from the lead pair, Oldgrey and Darkfur, the rest of the pack sticks their muzzles into the snow [a trick to make the prey think that they are far when they are close].

The elk before them was a mighty creature that could kill a lone wolf with a kick, but a pack of wolves together is a threat even for a bear.

The pack approached silently, golden eyes shining, tensing to leap, waiting for the signal of the lead pair.

A glance of an eye, a heart beat, the wolves spread out, chasing the elk to where Oldgrey and Darkfur lay in wait to bring it down with the swipe of mighty paws.

The whites of the elk's eyes were showing, and its terrified panting threw a screen of mist into the air. A powerful bite, and it was over.

The wolves slunk back respectfully to let the lead pair feed.

Then the next, and then the next, until the almost-cubs could have their turn to feed.

The pack dragged back the carcass, padding silently after the successful hunt, and they curled up in the den.

Days passed until the beginning of deep winter.

And deep winter is deep...

Withered Flowers

By Friso Althuis

Short Story Continued

Once the birds had left him alone on the hill, Robert stood to start the return journey. He had the three flowers in his right hand. The way down seemed even steeper than before but he started anyway. It would take him the same amount of time as the first journey, and he hoped he'd get back before full-dark. His house was on the edge of a ghost town; where he lived before. The way too the hill had been full of thoughts, the way back was silent.

When he re-entered the settlement, Robert noticed something was off. His home was no longer entirely abandoned. "Raiders," he muttered under his breath. The word referred to the large wild groups of stranglers that tore apart everything. "I better get home before the bastards find me." He muttered again. Then he froze in his step. "Now, who are you?" A voice asked from behind him. "You the hermit?" A younger voice questioned, as though he were in an interrogation. "The hermit?" he asked them as he turned around. He also reached for his make-shift clasp. "I wouldn't do that," Someone behind him warned, "or I'll test my new knife out." Robert now had a man his age and a younger one in front of him, and a wild woman's voice behind him. He spoke cautiously, "I only got a bit of food on me, and that's in the pack. You can have the bat too, as long as I can go." The older man thought about it. The younger one looked around. The woman was staring at her knife. Robert looked at the way they were dressed. The older one wore long, clean khaki pants and a coat that was too small. The younger one wore torn black pants with a long blue coat. The woman wore grey jogging pants and a green parka that had a few rips in it. Finally, she got tired of standing around. "Does it matter if we take it? Henry wanted to see everyone we'd find." This caught Robert's attention. "Henry?" He asked the three. "You're with Henry?" Now the older one looked up, and the other two looked at him. "You've met Henry before?" Robert looked down, and nodded. The younger man said "So he is the hermit."

They'd put a blindfold on him, but he knew the whole town by heart, and recognized the building they'd brought him to as the old library. The years had pushed over the massive shelves, and parts of the roof had fallen through. It was a good location for a party of forty nonetheless. The three sat him down in a chair and one of them left for a moment to return with Henry himself. Henry wore a different coloured parka with no rips in it and a pair of jeans. With a belt, Robert noticed.

The leader had green eyes, a nose that wasn't quite massive, and a short beard. Robert's own eyes were brown, his face slightly scarred, and clean-shaven. He wore a very dark grey jacket and lighter grey trousers.

"Here we are again Rob. How long has it been?" Henry's voice was not very deep, but there was no missing the sincere seriousness. He was sizing up the person sitting in front of him, possibly comparing him to their previous encounter. Robert didn't reply; both knew that it had been just a year ago. "My men took to calling you the 'hermit' after that, but you aren't the only one of your type." Last year, the raiders found his secret and he attacked them, but they didn't kill him. Two of his scars were from the fight he put up. "What do you want from me this time?" He asked, looking p at the leader. Henry brushed the question off. He smiled.

"Would you like me to tell you how this group came to be, Rob?" Robert never liked raiders. "We banded together because we couldn't start a farm or set up some new way of living normally like the folks over in the city. We survive by looting and stealing from places that were abandoned after what happened. That's what we do. We don't burn things down or keep crazy traditions like the other knucklehead leaders of their 'war-bands.'" He paused and stared at Robert. They were about the same age. Robert looked around. "How very interesting. But I want to know how you here got this band on a leash." Through the holes in the roof, it was getting to full-dark.

"How nice of you to ask." Henry said. "After what happened, I just wandered with my family, trying to survive like the rest. For almost two years, it must have been. Then we lived in the city, they turned sick, we were kicked, and they died out here in this wasteland." Pain showed on his face. "It was beautiful here once. I was about to do what the sickness hadn't done to me until I ran into two families, both of which had five people. They're sitting over there." He pointed to a different section of the building. "They had supplies, they had shelter, they had each other. They saved me, and I decided to protect them and tell them what to do. To live, or stay alive." He added. "Most of the stragglers we've picked up since then are people that have been kicked like my family was. We're about forty strong." Robert now looked up to Henry with respect. He hadn't been given the speech last time, and he wondered if Henry had lead his people here just to give it.

He thought for a moment and said, "That's a moving story, but I'd like to ask why you had me brought here. I offered to give these three my bag to get away. You could have taken it. And I'd like to get home; I've got a meal to get to." Henry nodded as he listened, and beckoned one of his followers to give him something. "That's true enough, Rob. I just wanted you to know you're welcome to eat with us. We're moving out in four days. And I believe these are yours." He said, handing Robert the flowers.

Next issue will feature the next episode!

TEACHER QUOTATION OF THE MONTH

Parent: Can you email me my child's homework everyday?

Ms. M-K: Your kid is in 12th grade.

MEMES



*LAST WEEK OF SCHOOL:
SPIRIT WEEK!*

MONDAY:



**TWIN
DAY**

MON: TWIN DAY
TUE: FESTIVAL DAY
WED: CELEBRITY DAY
THU: BEACH DAY
FRI: WORLD CUP DAY