

# LISA 4 U

Newsletter for Students, Parents, Staff and Friends of Linz International School Auhof Spring 2018

## THE VICE of our Generation

Procrastination. This is a word you may or may not (if you were lucky enough) have encountered before. Procrastination is defined as 'the act of delaying or postponing a task or set of tasks.' This 'behaviour' has been a part of our

society for so long that ancient Greek philosophers Socrates and Aristotle developed a word to describe this type of behavior: Akrasia i.e. the state of acting against your better judgment. More p. 3



The IB Arts Exhibition 2018

## The IB Arts Exhibition 2018

Like every year, the eighth grades' art students had to create an exhibition, consisting of pieces they've created over the course of 2 years during their arts HL and SL classes, took place on the 14<sup>th</sup> of March at 6:00pm.

This year's works represented a big variety of themes like time and atmosphere, colour and its influences on perception, different types of media and many more, but there was also a really

diverse range of techniques and materials present. The opening ceremony might have taken a little long, but this only increased curiosity to finally get a look at the artworks. In my opinion, all the students did a fantastic job in representing their own personalities through their pieces and they all chose great works to exhibit even though the space was limited, as this year there were 15 students partaking in the gallery, which is more than the usual! I want to congratulate the whole arts department on a very successful exhibition!

■ ELSA HROSS, 7M1

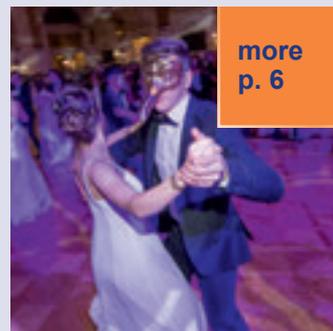
### What's Inside

#### Runtastic



Four LISA students went to the PlusCity in Pasching, to visit Florian Gschwandtner, boss and entrepreneur of Runtastic

#### "Glittering ball night!"



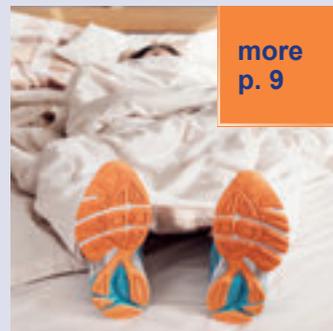
Our school's 2018 Matura Ball - a special motto for outstanding graduating classes, who organized a glittery ball night.

#### Exciting, fresh and unique



... the Auhof Musikfest showcased an impressive spectrum of genres performed by our very own LISA bands.

#### Lazy couch potato!



The difficulties of being able to exercise - "Hurry up! My time is limited!", I snapped at him. Didn't he realize that I was stressed?



## An odyssey comes to an end- We have our FESTSAAL!

Odyssey means a long and eventual journey and that is certainly what we have experienced in the wait for an extension to our school building.

On the 29th of November 2017 Mr. Jachs, our headmaster, celebrated the inauguration of our new auditorium at school with many special guests and friends of the LISA! After years of planning and negotiating with the politicians responsible even I have to admit that I only believed that we were really getting the extension once I saw the building trucks in the school's garden- we have finally got brand- new classrooms, a science room, an art room, a new after-school care area including a kitchen and, last but not least, our new auditorium.

Former headmaster Klaus Hötzenecker asked for the extension long ago because our school was growing very fast and it still is. We offer excellent academic education for about 1300 students at the Europagymnasium, 460 of them are students at the LISA. Currently we have 21 LISA classes and 58 classes altogether in the grammar school. Needless to say, we are currently the largest grammar school in Austria.

"We" are still growing, though. An interesting fact is that when the construction work started, it appeared that the extension would be too small again! At the moment we have 3 classes in the neighbouring school and have many interested students for the next school year 2018/19, which speaks for the quality of the education offered.

Thanks go to Mag. Gotfried Jachs for his patience during the building period. A big thank you also goes to all colleagues who helped with the planning and to our students who had tough times being next to the building site but still did extremely well in exams and performances. Many thanks to our caretaker Mr. Erhardt, who worked most of the summer holidays and spent countless days with worksmen, tradesmen and builders to get everything done perfectly. The builders were great, too, as they were understanding when it came to lesson times and tests.

We are very proud to have the new building and grateful for the equipment it houses. We have a wonderful stage for the Drama team and great equipment for music performances as we could see at the "Spring Gala" on the 1st of March, where many students and parents of the LISA celebrated the new building with a fabulous performance by the Drama, Art and Music departments! Thanks to teachers and parents who made this possible!

Overall it has to be said that change takes time at school (= an odyssey), but once the journey is started one can see a school blossom! I wish all students and staff joyful moments with the new facility. The hardest bit after all actually seemed to be in finding a name for the "Mehrzwecksaal" or auditorium and.... so we finally decided to call it the "Festsaal"!

■ MAG. DR. ASTRID WANSCH

# PROCRASTINATION

## THE VICE OF GENERATION

A common challenge we all face.



**Procrastination. This is a word you may or may not (if you were lucky enough) have encountered before. Procrastination is defined as 'the act of delaying or postponing a task or set of tasks.' This 'behaviour' has been a part of our society for so long that ancient Greek philosophers Socrates and Aristotle developed a word to describe this type of behavior: Akrasia i.e. the state of acting against your better judgment.**

You might be wondering, "Now why on (God's green) earth do we procrastinate in the first place?". Behavioral psychology research has revealed a phenomenon called 'time inconsistency'. Time inconsistency refers to our tendency to value immediate rewards more highly than future rewards. This means we, subconsciously, prefer immediate 'rewards' such as binge watching a new series on Netflix rather than future, long-term 'rewards' like sitting down and finishing an assignment or maybe even reaching fitness goals for the summer.

This is one reason why you might go to bed feeling motivated (to make a change in your life), but when you wake up you find yourself falling back into old patterns. Your brain acknowledges long-term benefits when they are in the future (tomorrow), but it values immediate satisfaction when it comes to the present moment (today).

**There are a variety of strategies we can employ to stop procrastinating:**

- 1. Reward yourself for taking action more desirable and immediate.** One of the best ways to bring future rewards into the present moment is with a strategy known as temptation bundling. Simply put, the strategy suggests that you bundle a behavior that is good for you in the long-run with a behavior that feels good in the short-run. The basic format is:

Only do [THING YOU LOVE] while doing [THING YOU PROCRASTINATE ON].

- 2. Make the consequence of procrastination more immediate.** This strategy forces you to pay the price for procrastination.



tinating, thus making you more conscious about your actions. You could 'fine' yourself by handing your mobile phone to your parents for an agreed amount of time or reducing your allowance until you complete your goal. I find this strategy difficult, but effective.

- 3. Set believable and more achievable goals.** This strategy is most reliable when trying to create and reach weight-loss goals, it can, however, be used in different areas. For example, instead of saying 'I will lose 10 kgs in a month', which would make you more likely to give up and procrastinate, set a goal of losing at least 3-5 kgs in 4 weeks. This makes the goal much more achievable now. Furthermore, you can also use this tactic in completing an assignment or making a presentation. Instead of doing it all in one day, you can divide the work over a span of time. You will find this especially helpful in the future when assigned numerous assignments.
- 4. Organise yourself.** This may sound obvious, but there are a lot of us who tend to forget about or ignore this strategy. By organising your time, you are making yourself aware of what your schedule looks like and what activity has priority in the present. You can buy yourself a journal, which you can use to note down upcoming deadlines and so on, or use the calendar app on your phone to set reminders and alerts for assignments or future tests. (I personally use the second option as it's quicker and reliable - you won't be able to ignore constant notifications on your phone.)

Procrastination is an issue we all deal with at some point in life. It is part of what makes us human, what makes us unique. For that reason, we must not keep blaming ourselves for trying to seek pleasure in what is effortless. Instead, we should all forgive ourselves for our actions and strive to improve ourselves to become the best possible 'versions' of us. To seek perfection of character.

■ DEEPESH K. PARSAN CHAND, 7N

# Positive Thinking

Interview with Mrs Marilyn Bowers, School Counselor

## Which personal goals do you have?

My personal goals are to continue to spend as much time with my kids and family as possible. My daughter is 22 and my son is 21, so it has gotten more difficult to find time to be together, so I cherish the times when we make this happen. I would also like to continue to learn new things and expand my horizons in terms of new experiences and knowledge.

## What makes you especially happy?

By nature, I am a homebody, so I am happiest when I'm at home with family. Our home is in Northern Wisconsin, on a beautiful lake, so I enjoy sitting by the water reading a book and listening to nature.

## What can get on your nerves?

It gets on my nerves when people complain a lot. I like to solve problems, so when people complain but don't change, it gets on my nerves.

## What are your hobbies?

I enjoy cooking, reading, crossword puzzles, and taking long walks.

## Which personal items do you value the most?

Items from my childhood, pictures, gifts from my parents and kids.

## Which tasks do you prefer, which ones do you dislike?

I like tasks that involve talking and interacting with people. I enjoy hands-on activities and things that result in an end product, so I enjoy making things (baking, knitting). I dislike tasks that involve paperwork, like filing and organizing.

## What was your most difficult problem during your career and how did you solve it?

The most difficult problem during my career has been system change and how to develop a system that address the needs of underserved or disengaged students. Within a school setting, there was a small percentage of students who were disengaged, causing the majority of behavioral issues. I developed a daily check-in system where teachers provided hourly feedback on student behavior. At the end of the day, students checked in with me to review their daily chart and could earn a daily reward of 20 minutes of basketball in the gym.

## How would you describe your job?

My job as a School Counselor is to help students develop in the areas of personal, social/emotional and career. I work with students individually, in small groups, and

teach classroom lessons. Additionally, I strategize with teachers and administrators to develop programs to help students be successful in all areas of school. I consult with parents to help guide them in supporting their kids.

## Who or what made you chose to hold presentations at the LISA?

When I arrived in Austria in the fall, someone told me about the LISA and I contacted them to see if there would be any opportunities for me. I was looking for a way to connect with others in Linz and to continue to do the job that I love. After meeting with Dr. Wansch, we developed a plan for me to teach the workshops to grades 3 and 4 and to focus on respect and empathy.

## Why, from your point of view, are these presentations important for schools?

It is important to directly teach students about respect, empathy, compassion, and inclusion because these are skills that are not explicitly taught through other curricula. Additionally, these are skills that are not necessarily inherent and need direct teaching and repetition to become part of a student's skill set.

## Where do you see your limits?

I see my limits not so much in teaching the material as in managing students who do not want to learn the material or who do not care to change. It is very difficult to have a student in class who sabotages the lesson or who is disrespectful and takes no responsibility for his/her actions.

## Please formulate a small conclusion to your presentations

My presentations focus on empathy, respect, emotional management, and positive thinking. I feel that the students who took part in these presentations benefited from them and would have enjoyed more frequent presentations. I look forward to the potential for further workshops in the future.

■ ELSA HROSS, 7M1



Marilyn Bowers I have 21 years experience working with middle school students. The role of a School Counselor is to provide support to students, teachers, and parents in the areas of academic, personal/social, and career development. The Workshops at the LISA were to grades 3-4 and focused on empathy, respect, emotion management, positive thinking, and relaxation.

# RUNTASTIC

## Interviewee: Florian Gschwandtner

On the 02/11/17 four LISA students, accompanied by Mrs. Wansch, went to the Plus City in Pasching. However, instead of doing some shopping or watching a movie, they took the elevator to the third floor to the Runtastic office.

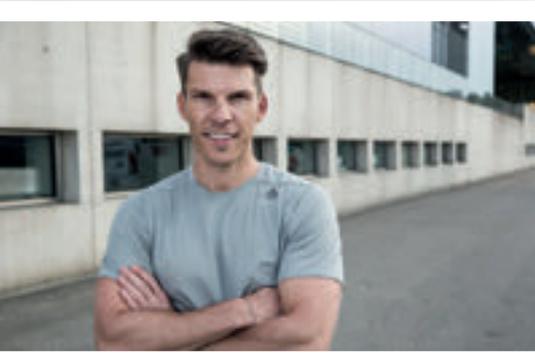


foto: www.wikipedia.at

We got to see the people who helped develop the world famous app “Runtastic” which has been downloaded tens of millions of times and which has inspired countless people to start doing sports. After taking a look and seeing the modern office, equipped with the newest technology and even a slide to replace the boring stairs, we got to sit down with the CEO and founder of the company Florian Gschwandtner.

**What do you think are the main qualities which are required to be a successful entrepreneur?**

In school you learn a lot of basic information, however you need to be able to put it all together in the real world. You also have to have the motivation so that even if you often fail, you can get back up and try again. It is also important to say thanks. In Austria people are not used to hearing these words, so if you want to inspire your team, always make sure they know you value them.

**What is your motivation in life?**

I am very motivated by learning. I also enjoy meeting new people and experiencing new things. However, it is also the little things which keep me going. Even though I have a few very big goals, it is the everyday experiences which I appreciate the most and where I get the best feedback.

**Do you think the Austrian government has to do more to support entrepreneurs?**

In general, I would say yes. But I would also say that quite a lot has happened in the last few years. We started our company eight years ago and there was practically nothing for start ups. Right now there is more, however it is still very difficult. That is also one

of the reasons I try to support over 15 companies as an investor. But overall there is something in Austria, and I feel like sometimes the Austrian people like to complain a bit too much, instead of valuing the educated people or infrastructure we have to work with.

**What do you think about the current Start-Up Hype?**

Even though I am very supporting of was not that good at the time. Many of the start-ups will fail and the media falsely promotes the entire story. That is also why I am trying to support politicians in helping them understand what I see and perhaps what has to be done.

**What made you decide to become politically active?**

First of all, I would like to say that this is all hyped up by the media. No matter what political party would have asked me to support the government on the topic digital innovation, I would have said yes. I feel like this is a duty of mine and I consider it as an honor. I really like that the politicians realize that they are not experts everywhere and that they are getting ideas from the outside who can offer valuable input. Other than that, I am and don't want to be politically active. However, I really encourage the idea of our system becoming more digital and stopping all this bureaucracy to get things done.

**Was it important for you to stay in control, even after Adidas bought the company for over 220 million dollars?**

Yes. Companies like Adidas would not buy a young company without the management as well. We agreed if they let us stay independent and not killing us by coming over with processes, then everything will work out fine. So I wouldn't say it was important, I would say it was essential, because otherwise we wouldn't even have made the deal.

**What makes your product “Runtastic” stand out?**

I would answer many things, but to keep it short we always explored different areas and were always innovative. We have a running app, a bodyweight app, we now have a calorie app and many others. We basically diversify our product portfolio very early

and always make sure that our products are available in many different languages so that we can attract a large target audience. We also tried to get a good connection to the “Apples” and “Googles” of the world, who are the distributors of our product. I flew over to America very often, and after many tries we set up a good connection, which still helps us today. This is also what you guys should never forget: it is always about people, connections and communication.

**When did you get the idea to create Runtastic? Why?**

Early 2009 I got the idea and we founded the company in October of the same year. I was always doing sports. I started mobile computing and when I saw the first mobile phone coming out, I wanted to combine sports with this new technology. We asked many experts about their opinions and most of them said it was stupid. So don't always trust the experts!

**How long did that process take?**

Over eight years. We started working on the product in February of 2009, and we launched the first app in November. My partners and I got together each weekend for many months and did the coding. It was a very hard and challenging process, but this is the nice thing about life. If it was so easy everyone would do it. I feel like we need both the good and bad times, because this is when we grow so I think it is very important to be challenged. I am glad that there is bad weather so I can enjoy the sun even more!

**You did not develop the app alone. Who helped you?**

We are four founders, otherwise the app would not be where it is now. I am not the



fotos: www.runtastic.com

best software developer but I have two great guys, Christian and René, who were always the best in the class. We all balance each other out and make sure that we all work with our strengths. This taught me a very important life lesson because we could have never

created this company without each other. You need the team and you need the mix. It is not always about the best grades or being the best because success is defined by yourself!

**How did you advertise your product?**

The first three years we did not spend any money on advertising because we just did not have the financial capacity. We mainly used mouth to mouth communication and social media like Facebook. Now we focus more on marketing and advertise in different countries like China, Japan and Brazil.

**When the Apple Watch first came out, Runtastic was one of the few Apps that was available. What effect did this have?**

There were both positive and negative effects. The good thing was that Apple showcased us at their big Keynote and that the media wrote a lot about us. The con was that the Apple Watch was not that good at time. There were many failures on the watch. People thought these failures had something to do with our app, however it was out of our control since it was the watch that was causing the issues.

**Is it easy for you to find new employees?**

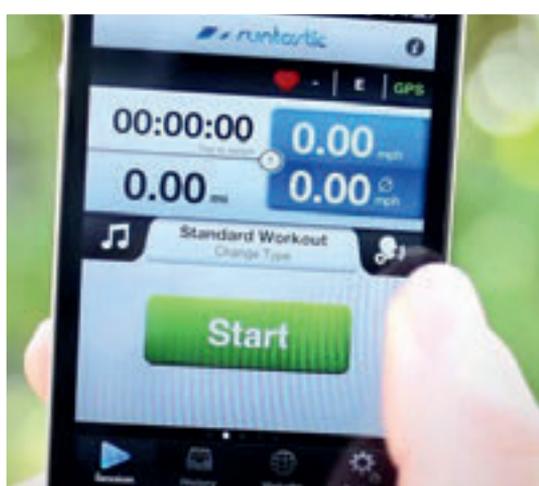
No, it is never easy to find new employees, no matter where you are in the world. People think that in the Silicon Valley there are so many good tech people, but there are also thousands of companies who are competing for the workers. However, since we are working mainly on computers, I can hire people from all over the world so that we have the best people working on our app.

**Do you need English speaking people? Is English important for you?**

Definitely! English is our company language. It is also extremely important for business since you need to communicate with other people about your product. This is also why I urge the government to make English as a second language from Kindergarten already. It would be so helpful. You guys have a huge benefit in life by speaking English at such a high level.

**Are you planning to expand your company?**

We are continuously doing so. In the last couple of months, we have hired 40 new employees so this is an ongoing process. However, at some point it is also important to stop growing and to optimize the company. If you just keep on growing, you stop being efficient. We continuously need to adapt to the new market and to the new generation of people who are coming. This is also why it is so important to have good research and development.



**How do you know when you reach this point?**

I think you have to have a strong management because then you will see it. If you can no longer control things, this is where you should stop and rethink. We ourselves are at a tipping point right now so this is where we will slow down our growth and focus on optimization. "The CEO once said to the CFO: what if we invest in our people and they leave? The CFO replied: What if we don't invest and they stay? So this is also why I think it is so important to build up a strong team.

**How do you hope the development of your company will continue in the future?**

I hope we will continue being successful in terms of financial numbers. I also think that learning and evolving is important so that everyone is proud of being part of Runtastic. It is also important that our mother company Adidas stays successful. We support them when it comes to digital aspects so if we work well together, we will be successful.

**Are you happy with the amount of time the company takes away from your life?**

At the beginning when you are an entrepreneur, you don't distinguish between work time and free time because it is all the same. You are always thinking about the company or product. Now I wish I had a bit more time since time is the only thing we can't buy or get back but it is compared to the early stages. For me it is important that when I come to work I am happy and don't feel like I am forced. If my employees say that on Sunday evening they are glad to go to work on the next day, we are doing something right.

**What was your education?**

My education was very basic. I went to the Hauptschule and after that I went to an agricultural collage. My parents pushed me a bit, since I was a farmer, but then I decided to do mobile computing. I did my Master Degree in Hagenberg and in the last years I finished my second degree for Applied Science in Chain Management. I knew that software development was not enough since I was never the best, so I decided to also study e-business.

**Who is your role model?**

My parents are my role models since they are always relaxed and never had much, yet they are still happy. One friend is a role model since he always enjoys life and then I would have a few entrepreneurs such as Dietrich Mateschitz. I really admire the way he chooses to invest and also spend his money in Austria.

**If you had three wishes, what would they be?**

First of all, it is a good thing that I can't answer immediately. But one wish would be to have more time with my friends and family. Another wish is to stay healthy since as long as I am healthy nothing bad can really happen. Lastly I would wish that the next generations have the possibility to achieve great things and that I can influence this a little bit.

**Do you have any regrets?**

There are no regrets, since things worked out very well. Every challenge or downturn we had just made us stronger and taught us a new lesson.

**Do you feel a lot of pressure?**

I wouldn't say pressure but rather responsibly. As long as I know that I am doing and trying my best, I feel good.

**The new theme for our school for the new year will be "Education and Sports". Do you have any advice?**

It is very important to get children and teens to understand why sports is important. It helps build connections, teaches you discipline and of course helps you become healthier. Just look at the top managers today. They all do sports because they know that they can gain many benefits from it.

You should also make some sort of competition to motivate each other. You can download all the Runtastic apps for free and you can make a group where you can motivate each other. I am a strong believer that the fitter you are the easier life is. Smoking is becoming less attractive, people are living healthier and we are starting to live more balanced lives.

There are 168 hours in the week. Some people say they don't have time for sports. This is a just a lie. You always have time to go running for 4-5 hours a week or do some other sports.

**In the next 5-10 years where do yourself and the company?**

I never plan that far ahead because you can just never know.

■ JONAS 7M1, ELSA 7M1, HANNI 7M1 AND DEEPESH 7N



# Matura- ball18



The Matura Ball 2018 of our school was themed “Masquer-eight” and took place on the 16th February 2018 in the Palais Kaufmännischer Verein located in the center of the city. A special motto for outstanding graduating classes, who organized a glittery ball night.

The ball started at 8 o'clock with the introduction of the different homeroom teachers of our graduates and a speech by our principal which was then followed by an opening scene by our eight-graders. The waltz in combination with the black suits, white dresses and the masks fitted perfectly to the theme of the event. As a spectator you could enjoy a show with all elements you imagine in a traditional ball-opening scene. Starting with a waltz and finishing with an spectacular pose, you really noticed that the audience was simply amazed by this part of the program. After the opening scene, the Linz-AG-Ballorchester played music to which the ball-guests could dance to until ten o'clock when the teachers had their dance-performance.

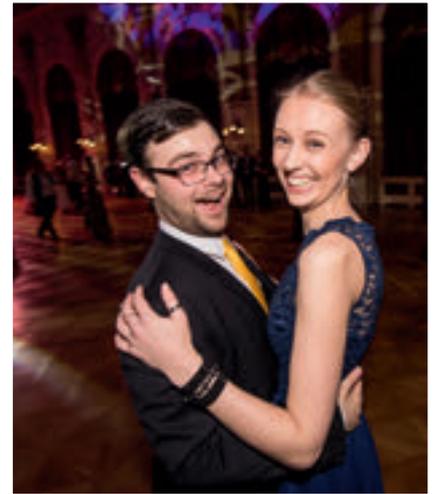
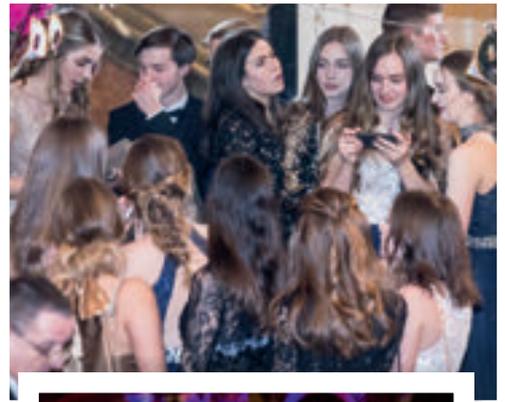
After last year's great performance by our teachers, they managed it once again to surprise their students with an amazing performance, which was perfectly fitting to the theme Masquerade and stole the show. On top of this, the “Not Today Dance Group” presented their great show with K-pop playing in the background. This added a modern element to the rather formal event.

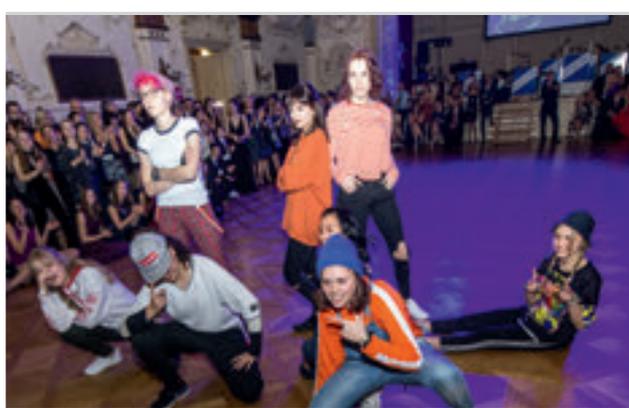
The third and last performance was the midnight performance by the different 8th grades inter alia with their respective teachers. All of the performances were unique and included an element which amazed the audience. For many guests and students, these performances were seen as the highlight of the event.

In addition to this program, there were many opportunities to grab something to eat or have a glass of wine while chatting with friends, students or teachers. There was also a stage for our school-bands, where you could spectate breathtaking performances. What is more, you could buy tombola tickets and win great prizes or if you still had enough energy at the end of the night, you could visit the rave-cave newly introduced this year.

We would like to thank our sponsors, the ball committee, the graduates of our school, as well as our professors for this very special night.

■ STEVIE BATES, 7M1





## The 'Not Today' dancegroup

Over the past few months, a few students from the 3<sup>rd</sup>, 7<sup>th</sup> and 8<sup>th</sup> grade decided to work together to learn choreographies because we thought it would be a fun idea and we could perform at school events. The first song we did, 'Not Today' by BTS, was performed at the LISA 25 event and was only 45 seconds long but very intense. But for our second performance at this year's Maturaball, we decided on doing a whole song.

The song choice fell upon 'Go Go', also by BTS. We started rehearsing in the autumn of 2017 as we realized that learning the choreography to a whole song would take us much longer than the last performance. We met

weekly in free periods to rehearse and we faced some difficulties as often, people were missing or didn't know their parts yet which would've been essential for doing the formation. But in the last week, we met nearly every day and thus had some really successful rehearsals.

On the Wednesday before the Maturaball on Friday, the costumes were chosen and we all had a positive attitude towards our performance. In the end, the Maturaball went well and everyone had a lot of fun. Even the name of our group that was accidentally published wrong didn't matter at last.

■ ELSA HROSS 7M1



**Oberbank**  
3 Banken Gruppe

**Individuell wohnen.  
Individuell finanzieren.**

Die Oberbank plant die Finanzierung,  
die zu Ihnen passt.

Oberbank. Nicht wie jede Bank.

## Exciting, fresh and unique



photos: Brian Lindner, 7m2

**From well-loved classics of music history to the newest hits or never-heard-before creations, the Auhof Musikfest showcased an impressive spectrum of genres performed by our very own LISA bands.**

decided to organise the Auhof Musikfest as our CAS project (which is one of the required criteria for the IB diploma). With the Auhof Musikfest we wanted to give students the opportunity to showcase their talents by giving them the chance to perform at an event, solely dedicated to them. Although only the LISA branch has the subject “band”, we wanted this project to involve everyone in school and make an event where all branches could spend time with each other. Musik connects people, right?

With the sweet cover of “Riptide” by Vance Joy and the catchy summer hit of 2017 “Havana” by Camilla Cabello among other tunes, the fifth graders opened the Auhof Musikfest. Although this was their first performance, the young performers certainly won the hearts of their audience in an instant. We will be looking forward to hearing more from them over the next years! The audience of the Auhof Musik was certainly not packed, but still more than what we had anticipated. This might have been a key factor for the comfortable laid-back atmosphere of the concert.

With a rocking bang, the first band of the sixth form made their mark of the evening.

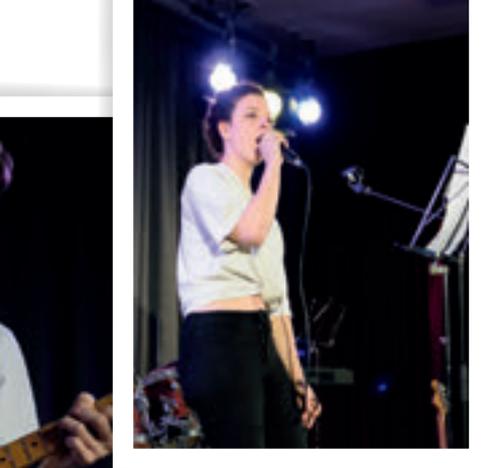
Starting with a powerful cover of the Rolling Stone’s “(Can’t get no) Satisfaction” and the guitar legend Jimmi Hedrick’s Purple Haze, they shook the house. While covering an array of international music, they did not forget about the gems of Austrian music. First they performed “Mashin” by Bilderbuch – one of the most prominent Austrian band in the alternative scene. Later on they smashed out an amazing cover of “Kommisar” by Austria’s one and only Falco, which got students (as well as some teachers) up and dancing along.

If you thought this was the last thing you’ve heard from the sixth form, you are far off, as this grade hasn’t only got one, but has two amazing bands. Fronted by two lovely singers with amazing vocals, they performed an impressibly long and diverse setlist. Combining different genres of music from the trending

On the 1<sup>st</sup> of February 2018 the first ever Auhof Musikfest took place in our school. Since the fifth grade the subject “band” is offered to our students as an alternative to drama and choir, there is a unique opportunity for creative students to connect with each other,

exchange ideas and work together to form bands under the guidance of Mr. Steiner. Although the bands are given the chance to perform at many school events like the Matu-raball, it is a pity that there aren’t more occasions for them to perform. Julia Fabris, Sebastian Lang, Anna Louis and I had exactly these thoughts. Inspired by our friends’ bands and our love for music we





song “Gemini” to “The Beatles” an ethereal fundamental band in music history. While adapting to the different styles, they stayed true to their easy going and upbeat way and enthralled the audience with everything they chose to play.

Three bands later and the first (and only) band of the evening with a name made their appearance. After going through several name changes from “The New Sound Drug” to finally “Private Ambassadors” the seventh-grade band was finally properly established and made their first debut under the new name at the Auhof Musikfest. First off they started with “Cake by the Ocean” by DNCE and elicited nostalgia of the summer of 2016, while “Dani California” animated the crowd. They ended their setlist with the classic rock song “Sultans of Swing” by the Dire Straights and it became apparent that Private Ambassadors became the Sultans of the Auhof Musikfest.

Last but definitely not least, the closing act of the Auhof Musikfest was graced by the unique, bizarre but ultimately amazing trap act of the eighth grade. Two members of well known band Trubel, decided to switch things up and grace us with their other musical talent: trap. Well, all I can say is that, they without a doubt captured the attention of everyone in the room and that it was highly entertaining. Whether you like Kebabs or you’re a vegetarian, this act certainly was a hit for the crowd.

In conclusion, the Auhof Musikfest was an incredible experience, for the bands participating, as well as for all the students. However without the help of all the teachers (Shout out here to: Ms. Browne, Ms. Jenner-Braunschmied, Mr. Steiner and Ms. Jelinek) and all those amazing bands, none of this would have been possible. So there is a special thank you for everybody who participated, from those who donated cakes, to the catering, to those who connected the loudspeakers. Although this experience was only short lived, I hope that maybe this concert will be repeated next year and some day will become a part of our legacy to this school.

■ ARYA HAAGER, 7L

## Anecdote:

# The difficulties of being able to exercise

taken from 6L’s English class.  
(humorous anecdote à la Bill Bryson)

“Lazy couch potato! How dare you even ask for payment! You probably thought that I wouldn’t notice if you only walked two kilometres instead of five with my poor Filou. Ha, I knew that the GPS tracker inside his collar would come in handy. Next time, I’m hiring a dog sitter from a different agency. This will have consequences!” With these words I slammed the door and slouched on the couch. “These dog sitters are becoming lazier and lazier!”, I grumbled.

Just as I was about to continue reading my fitness magazine “Fit for Fun”, my phone rang. Slightly irritated, I reached for it, had a look and realized that I had arranged to go to the fitness studio with a friend. Both of us were in need of exercise. Since we loved sports, we had agreed to go there once a week, as we simply didn’t have the chance to include physical activity into our daily routine otherwise.

When I looked at the time, I nearly had a heart attack. We had agreed to meet at 3:15 pm and now it was already 3 o’clock! Hastily I called a taxi. How lucky that the gym was only a 2-minute drive away from my house! Impatiently I waited for the elevator to take me to the garage, where I had deposited my sports bag. Inconveniently, the automatic garage door opened very slowly. Just my luck! I kept glancing at my wrist watch.

Finally, the garage door was open. I grabbed my sports bag as quickly as I could and started walking towards the street to wait for the taxi. But when I was crossing the lawn, I suddenly tripped and fell. I had overlooked the robotic lawn mower. AngriIy I shook my fist at it. Now I had managed to get grass stains on my new Nike fitness outfit, which cost \$ 80. Great!

The taxi was already waiting for me. I got in carefully, making sure not to crumple my outfit while sitting down. “To the

fitness studio “Superfit”, please!”, I ordered the driver. He looked at me strangely. I noticed him surveying my outfit. “But that’s only three blocks away! Are you sure you want to go by car?” What was his problem? “Didn’t you hear what I said?”, I asked indignantly. The man simply raised an eyebrow, gave me another odd look and turned around. “Hurry up! My time is limited!”, I snapped at him. Didn’t he realize that I was stressed? After all, one has so few chances to do exercise nowadays, that ever minute of it is precious.

Unfortunately, there was so much traffic on the road, that it took me half an hour to reach the fitness studio. It was located on the second floor of a high-rise building. Of course, the elevator took ages until it finally stopped to let me enter. At this point I couldn’t wait to enter the studio. My body



was practically aching for some physical activity. What a pity that there are so few opportunities to keep fit!

At last, the elevator stopped on the second floor and I jumped out, eager to meet my friend. However, when I reached the entrance to the gym, there was a sign reading: “Closed due to renovations. We are looking forward to seeing you soon!” I couldn’t believe my eyes. For a few minutes I stood speechless in front of the door. Now I didn’t have any possibility at all to do exercise!

“Oh well, if the elevator hurries up, maybe I can still catch the taxi driver and tell him to bring me back home.”, I thought, regretting that I hadn’t been able to do something good for my body.

■ RONJA STADLER, 6L

# DINOSAUR BICYCLE

What is a *Dinosaur Bicycle*? Is it a bike for dinosaurs? A dinosaur for bikes? A dinosaur made from bikes, or a bike made from dinosaurs? It's none of them. It's a catchy headline and has nothing to do with the contents of this writing. Instead, this writing is about three skills we have trouble with – *focus, listening, and remembering* – and writing about them might do something to help us. Linked to a memorable title, they might stick in our memory.

Recently, I travelled to the Linz Archives and the Archives of the Austrian Republic in Vienna. I went as part of a larger research project about Viktor Löwenfeld: Linzer and Art Education chap-a-roony. Löwenfeldean Art Education aimed to sensitize individuals

we need the answer to a question that only a new generation can ask. I believe the skills mentioned in this article could help. I could be wrong – we might actually need those dinosaur bicycles.

Below, are the three skills taken from three articles in the New York Times.

### Focus

There are three things we need when we focus. First, a secure social base. We need somewhere we feel safe. What does that look like? According to psychologist Adam Phillips, this type of security is best understood when we focus on work with someone else in the room. We are not encroached upon by their needs, or their need for us to impinge upon them. We work independently and, when we need to ask a question, take a second to think a little more on the problem. The best form of focus training, to me, is reading a book.

Second, we understand what frightens us. We are frightened to fail. No one wants to fail. On the other hand, we can be frightened of success. *What if I try with all my energies and still fail?* We can think people will feel disappointed, and it's easier to do nothing and fail anyway. But, then we never do anything – and doing things is the point of being alive. When it comes to failing, think of Samuel Beckett,

**“Ever tried, ever failed, no matter. Try again, fail again, fail better.”**

to themselves and others around them. It's how we listen to ourselves, and others, and reflect on what we hear. According to Löwenfeld, sensitization made us and society better. It's important that students understand they inherit knowledge – they develop what we know and pass it on. This is their role in shaping the futures. What does a sensitive future look like? What are the alternatives?

I've held incredible documents these last few weeks and been profoundly affected. Our cultural failures do not bear repeating, nor do our successes; otherwise we wouldn't be in the state we're in today. We need something more –



Third, be self-conscious about self-consciousness. How often do we witness anything without taking a photograph or video? Usually, we don't. Do we watch them again? Rarely. And how much do we prepare ourselves for other people's photographs? It's a strange thought to want to look good as the background actor to someone else's life ...



### Listening

There's an African parable about why human beings have two ears but only one tongue; so that we listen twice as much as we speak. There's an art to it. The art of listening involves silence, because silence means something.

Instead, we listen to a certain point, form a question in our minds and stop listening, then wait for our turn to speak. Everyone does this, its competitive talking. When listening, we take in all that was said, wait a moment to chew the sounds, then respond. The former can seem unhelpful, and the latter seems wasteful. But then, it seems polite to think about something, then respond.

When we listen to others we tell them we have time for them. We have time to focus all our attention on them – to be there. When we won't take the time to listen we tell them we only have time for ourselves.

### Remembering

In San Diego, between 2014 and 2016, there was the Extreme Memory Tournament

(XMT). The tournament featured 16 world class “memory athletes” who competed for tens of thousands of dollars. These athletes memorized words, numbers, cards, etc in sequence. All the athletes utilized the “memory palace” technique, made famous by fictional detective Sherlock Holmes.

The memory palace technique has worked for ages, and been demonstrated with extreme recitations of pi, exceptionally long poetic and prose, etc. To do this, individuals associate information with places



they have memorized (such as their home, or a particularly long street), then mentally place objects and people within their memory – an object plus person in a certain place is a point of cross-reference. To recall the information, they simply walk through

their memory. At the 2014 Extreme Memory Tournament Henry L. Roediger III, a psychologist researching the athletes, said,

**“We found that one of the biggest differences between memory athletes and the rest of us is in a cognitive ability that’s not a direct measure of memory at all but of attention.”**

This means memory athletes are, in fact, focus athletes. Their athletic muscle is the ability to focus. Therefore, remembering as a skill is part of a focused mind.

#### Conclusion

This article provided three ideas to develop sensitivity in the individual. At their core,

these ideas are simple yet demanding. You will notice the three topics are, in fact, two; focus and listening. We can further argue listening is a form of focus. But, the three topics allow us to distinguish their uses. We



require focus in its many forms to encourage many different skillsets. These skills develop our unique individual abilities – the things that make us who we are – and that is what sensitivity is: you are you so I am me. So, read more books.

Giraffe Monocles.

■ PAUL SLOAN



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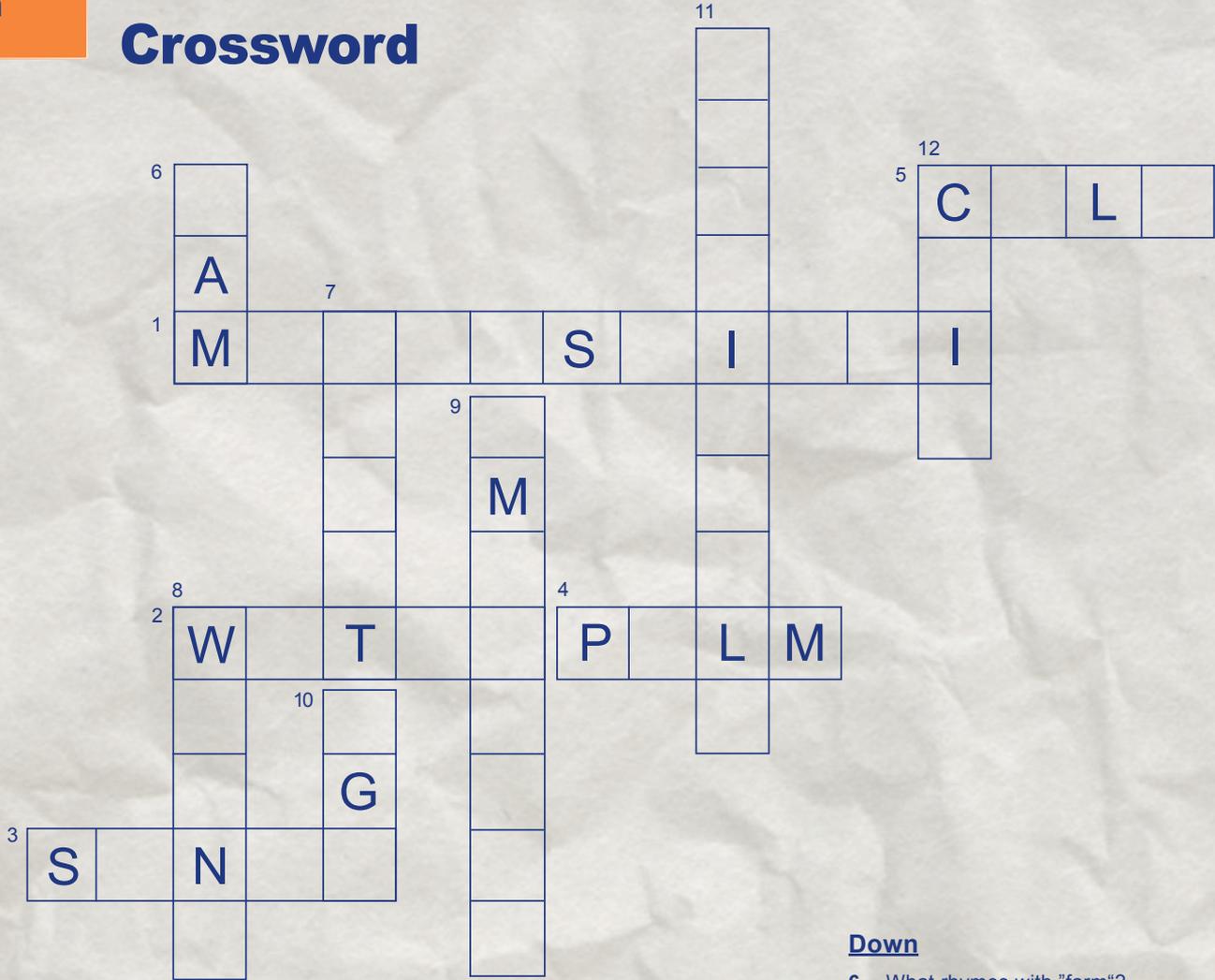
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## Crossword



### Across

1. What has 4 eyes but can't see?
2. What runs without legs?
3. What's full of roles but still holds water?
4. What kind of tree can you carry in your hand?
5. What can you catch but not throw?

### Down

6. What rhymes with "farm"?
7. What 5-letter word becomes shorter, when you add two letters to it?
8. What is always pronounced wrong?
9. What goes up when the rain comes down?
10. What goes up but never goes down?
11. You serve me, but can't eat me. What am I?
12. I have a head and a tail but no body?

**Answers:** Mississippi, Water, Sparge, Palm, Cold, ham, short, wrong, Umbrella, Age, Tennisball, Coin

## the gossip column

**R**eliable sources have told me that nobody has signed up to perform at the LISA faces event. The entertainment situation is looking a little grim at the moment, and we will face a very boring afternoon, should nobody perform something.

**M**any have heard whispers in our school corridors talking about a possible new football table, at a cost of only 20 cents per game ... The referendum in the Schülerparlament showed that most people were in favour.

**A**llegedly some students of the 7m1 are going to organise a chess tournament for one of the project days in summer. Should you be board in the next few weeks you could start practicing, and bring along your best mate to come and check it out!

**R**umour has it that Elene Kutsia is the best pirate you've ever seen. Talk to your local meme-lord for a look at the treasure.

■ JAN ADEY, 7M1





## Photography COMPETITION

**Deadline:** Fri. 4. Mai

**What you can contribute:**

**theme – soft skills**

**Where to contribute:**

**info@lisa-support.at**

**Prize: cineplexx voucher € 10,-**

Over the past years, there have always been attempts to establish a photography competition. This time, you can contribute your individual pictures regarding the theme "soft skills" (respect, tolerance, fairness, kindness, communication). Simply send your submissions to [info@lisa-support.at](mailto:info@lisa-support.at) by the 20<sup>th</sup> of April 2018 and the best contribution will be awarded with a prize.

## „Submerge“

by Sonam Kunga Naphu Simkang, 3L



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Series  
**DESIGNATED SURVIVOR**

“Fascinatingly interesting and once you start watching it impossible to stop”. Those are the perfect words to describe the new hit series *Designated Survivor* starring stars such as Kiefer Sutherland.

The series’ captivating plot looks at the minister of Housing and Urban Development Tom Kirkman, whose career is going down the drain and who faces a demotion from the President himself. However, during a state of the union address the unthinkable happens and the capital is bombed during the President’s speech. The entire government of the United States is wiped out and Tom Kirkman, who was not present, becomes the Designated Survivor: the chosen individual who must take on the presidency and save America from anarchy, economical recession and further crippling acts of terror.

However, *Designated Survivor* does not just look at the political side of things but also gives insight into Kirkman’s family who are struggling to adapt to their new life inside of the White House as well as FBI Agent



Hannah Wells, who is trying to uncover the truth behind the bombing.

But what truly makes the show such a success must be the fact that everything is portrayed in a completely realistic manner. Especially with the current state of global politics, where nuclear threats are being tweeted and there are more political scandals than sand grains on the beach, it is not too hard to imagine the mayhem going on as Kirkman tries to negotiate and fight for peace and prosperity. With 10 episodes left in the second sea-



son we, the viewers, ask ourselves: why was Kirkman chosen to be the only survivor, is he up to the job, who has the means to bomb the capital and most importantly is America and the World really safe?

**Rating: 4.2/5**

■ JONAS KAGER 7M1

Movie  
**THOR RAGNAROK**

After months of anticipation the hammer wielding Asgardian is finally back on the screen and his performance is better than ever before.

*Thor Ragnarok*, directed by Taika Waititi, was released on October the 17<sup>th</sup> 2017 to the delight of millions of fans. Once again Liam Hemsworth plays the beloved superhero

who is facing his biggest struggle yet: trapped on the other side of the galaxy without his hammer he must race

against time to prevent his evil sister from destroying the Asgardian civilization and therefore everything that Thor loves.

However, the main reason why *Thor Ragnarok* has been crowned by many as the best superhero film so far is the director’s unique combination of typical action-packed superhero scenes and outrageously hilarious humor. Not one scene passes where the viewer isn’t crying of laughter, especially when Thor finds time during his fight scenes to make some hysterical remark.

Special appearance from Dr. Strange as well as Thor’s beloved nemesis brother Loki make the film even more exciting as one realizes how closely connected the Marvel universe really is. However, the part which proves that this is perhaps Marvel’s greatest masterpiece yet is when the Norse god finds himself forced into an alien gladiator fight for life or death. The only problem: his opponent is everyone’s favorite green superhero the Hulk and somehow Thor manages to lose his hammer.

Now the only questions that remains is: will Thor’s godly powers be enough to defeat his former co-worker, and will he be able to save the Asgardian civilization from the evil grips of his sister?

**Rating: 4.8/5 (Must Watch)**

■ JONAS KAGER, 7M1



Music  
**KÄPT’N PENG – Das Nullte Kapitel**

*Käpt’n Peng* is a strong newcomer in the direction of German rap, filling his songs with philosophy and twisted words which in the end often amaze or make you laugh.

But listeners quickly realize that the lyrics are about topics other than those in mainstream songs. Compared to the last record, the lyrics are no longer designed to purely represent the inner thoughts. Many topics are about how you experience something, which speaks for the dreamy, free-spirited style *Käpt’n Peng* goes by. His lyrics encourage reflection, but still have the element of humour.

**Rating: 4.5/5**

■ HANNA HROSS, 7M1



## Movie

**BLACK  
PANTHER**

**Exhilarating, beautiful and thought provoking. The new Marvel movie "Black Panther" certainly diverges from the typical Marvel movie. Although almost all Marvel movies bring inquisitive and unique characters to life and give us strong characters to look up to in their inspiring movies, Black Panther surely stands out. Every year Marvel produces, like a machine, at least one movie, churning out blockbuster by blockbuster. But never has a Marvel movie or superhero movie diverged so much from the traditional formula and to this extent of commercial and critical success.**

After his father King T'Chaka (John Kani) was killed in a terrorist attack in the United Nations building in Vienna (as seen in the previous Marvel movie "Civil War"), T'Challa (Chadwick Boseman) has to pass a traditional ceremony to crown himself King of Wakanda. He is deprived of his special Black Panther powers and is left with only his human abilities to defend himself against the challenger of another tribe, who aspires to become king in his place. Meanwhile, arms trader Ulysses Klaue (Andy Serkis) with the help of ex-secret agent Erik Killmonger (Michael B. Jordan) steal an Wakandan artifact from a London museum, made of vibranium. After they get a lead, King T'Challa, his bodyguard Okoye (Danai Gurira), and ex-girlfriend Nakia (Lupita Nyong'o) try their best to recover the artifact from a planned transfer in South Korea. Although this storyline seems like the main plot, things take a turn as Killmonger takes charge and his past is revealed sending Wakanda into a frenzy.

The movie is set in the most advanced country in the world, Wakanda which situated in East Africa. Centuries ago, a meteorite struck here, leaving large amounts of the alien metal Vibranium, which remains the source of Wakanda's technological advances and wealth to this day. It is one of the main elements of the movie, which connects all the plot points and plays an integral role in the development and rule of their country. In the Western world Vibranium is an incredibly rare and priceless resource and unbeknownst to them Wakanda has an unlimited supply of it. It is this valuable resource that made it such a highly technologically advanced country and used it to create modern weapons, but also an advanced transportation system and bulletproof clothes. How-

ever the modern city of Wakanda is hidden from the rest of the world under an invisible force field in the east of the continent. The country's monarchist leadership, notably King T'Challa aka Black Panther, prefers to keep to keep the country's riches to themselves and leaves the rest of the world in the belief that the country has only a few goats and picturesque wooded hills.

This is a cause for the conflict between Killmonger and T'Challa. T'Challa is still recovering from his father's death, and he's torn between the duty to carry on Wakanda's traditions, and the growing realization that he may need to examine some of them in a different light if he's to be the kind of ruler he aspires to be. Following his father footsteps he decides to cut off the rest of world from Wakanda, however Killmonger makes him



question his decision and makes him test the borders between tradition and innovation. This makes Killmonger not a typical villain, there is not a clear black and white answer as to who is right and wrong. As Wakanda cuts itself off, they neglected all the abuse black people faced in the rest of the world, despite having the power to intervene. While the diverse traditional African culture is celebrated throughout Wakanda, the people of colour had to face enslavement, colonialism, and racism, while being shamed of their heritage and being forced to assimilate to the western ideals.

Through all of the struggles black people had to face history, the people of Wakanda turned a blind eye. Although Killmonger is the villain, the struggles and hardships he had to survive as a child and other issues makes the viewers empathise with him. In any case, the politics of the film threw me off course in a pleasant way (because it forced me to think about the moral ethics of the situation). In any case the power struggle was the perfect basis for a melodramatic royal

tragedy, during which I did not know who I was actually was rooting for to take the throne.

Another specialty of this movie, besides the incredible plot, is that this movie has an almost all black cast and is the first superhero movie of its kind. Of course there are black superheroes like Storm from the X-Men and Falcon from the Avengers, however they rarely play any pivotal roles crucial to the plot of the movie and their lines could be counted with my fingers. This movie breaks out of the typical White narrative and opens up the superhero universe, and even movie universe to another cultural perspective. Representation of all races in media is important, as the media should portray not only one part of society, but all. Children should be able to switch on the TV and find role models or anyone at all who looks like them and represents them. Black panther is a strong, powerful, kind and smart black superhero, someone for kids to look up to and say that some day they would like to be like him. And it also gains notability for its celebration of the African culture, which is combined with the modern future, Afrofuturism so to say. It might be faint echo of what Africa could have been if it had not been exploited by the West in the era of colonialism.

Also to continue with representation, the movie passes the Bechtel test and showcases strong female characters, who aren't bound to stereotypes. Like for example Shuri, the younger nerdy sister of Black Panther reminiscent to a quirkier feminine version of James Bond's Q. She is the leading scientist and wins the heart of the audience with her puns and warm caring love for her brother. Another impressive female character is the female warrior Okoye and her fellow teammates of killer assassins, a sort of body guard to the king.

Although this movie certainly also follows the trademark formula of action, suspense, humour with a love story thrown in for good measure, it stands out from all the Marvel movies. The movie also shines, with its unbelievably breathtaking visuals and costume design, which makes it in any case a very aesthetically pleasing movie to watch. Another remarkable part of the movie was the chart topping soundtrack written especially for the movie by Kendrick Lamar. In any case I highly recommend anyone to watch the movie, it is a truly breathtaking experience and I would dare to say it is one of the best Marvel movies to date and even those who do not enjoy superhero movies will enjoy it.

■ ARYA HAAGER, 7L

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**Thank you**

Many thanks to all staff, parents and students, who have provided photos, articles and advice.

**Your opinion counts**

Please submit any comments on the magazine, content or photos to info@lisa-support.com.

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has one open book  
 revision next week



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„Wir schützen unsere Welt, damit sie auch für Generationen nach uns lebenswert bleibt.“

Cecilia Johnsson, Environmental Manager, Schweden

Für eine Welt, in der wir auch morgen noch gerne leben, übernehmen wir mit ganzem Herzen die Verantwortung. Es ist diese Überzeugung, diese Freude an der Herausforderung, die uns alle ausmacht. **Wir nehmen die Zukunft in die Hand.**