

VOICES

MAGAZINE FOR ALL YOUNG PEOPLE AROUND THE WORLD

july 2026





There are days when everything feels too fast. Hours blur into one another, faces pass like shadows, and we forget that life isn't measured by what we accomplish, but by what we truly experience. In this rush, slowing down becomes an act of quiet rebellion, a way to reclaim the rhythm of our own heartbeat.

We've learned to run before we've learned to walk, to produce before we've learned to feel. Yet the beauty of the world doesn't lie in performance, but in presence. It hides in the small gestures the warmth of a morning coffee, the way sunlight touches a wall, the silence shared between two people who understand each other without words.

Writing an editorial is, in a way, a pause, a chance to look around. It's not about having all the answers, but about daring to ask the right questions. To think is not to distance oneself from life; it's to dive deeper into it, to feel its texture, its contradictions, its pulse.

So this editorial is an invitation. To breathe slower. To look closer. To rediscover the beauty of simple things, words that connect, gestures that heal, silences that speak.

Because in the end, both writing and living are about searching for light, even when it hides behind the clouds.

Paul Goumault

Има денови кога сè изгледа толку брзо. Часовите се заматуваат еден во друг, лицата минуваат како сенки и забораваме дека животот не се мери според она што го постигнуваме, туку според она што навистина го доживуваме. Во ова брзање, забавувањето станува чин на тивок бунт, начин да го вратиме ритмот на сопственото чукање на срцето.

Научивме да трчаеме пред да научиме да одиме, да произведуваме пред да научиме да чувствуваме. Сепак, убавината на светот не лежи во изведбата, туку во присуството. Во малите гестови се крие топлината на утринското кафе, начинот на кој сончевата светлина допира ѕид, тишината што ја делат двајца луѓе кои се разбираат без зборови.

Пишувањето уреднички текст е, на некој начин, пауза, шанса да се погледне наоколу. Не станува збор за тоа да ги имате сите одговори, туку за храброст да ги поставите вистинските прашања. Да се размислува не значи да се дистанцираме од животот; туку да се нурнеме подлабоко во него, да ја почувствуваме неговата текстура, неговите контрадикции, неговиот пулс.

Значи, овој уреднички текст е покана. Да дишеме побавно. Да погледнеме поблиску. Да ја откриеме повторно убавината на едноставните нешта, зборовите што поврзуваат, гестовите што лекуваат, тишините што зборуваат. Затоа што на крајот на краиштата, и пишувањето и живеењето се однесуваат на барање светлина, дури и кога таа се крие зад облаците.

Пол Гумо

VCS Director

Nikola Stankoski

Coordinators

Andrej Naumovski
Goran Adamovski
Goran Galabov
Ewelina Chańska
Jolanta Ciopcińska

Volunteers

Lea Schwegmann
Nelli Winzer
Arthur Bonhoure--Tolfo
Paul Goumault
Adrien Gravereaux
Emrecan Sargin
Sophia Ali
Loïc Printemps

External writers

Elisa Ryschkow

Translators

Martina Danilovska
Dora Arifi

Cover:

kari alfonso | pexels

Back cover:

jonathanborba | pexels

Designers

Lea Schwegmann
Nelli Winzer
Arthur Bonhoure--Tolfo
Paul Goumault
Adrien Gravereaux
Emrecan Sargin
Sophia Ali
Loïc Printemps
Ewelina Chańska
Jolanta Ciopcińska

Contact

Volunteers Centre Skopje
Emil Zola 3/3-1, 1000, Skopje
+389 75 243 726
vcs_contact@yahoo.com
www.vcs.org.mk



topic of the month

- 4 **What Sleep Deprivation Does to You, Stage by Stage**
Arthur Bonhoure-Tolfo
- 20 **Што ви прави недостатокот на сон: фаза по фаза**
Артур Бонур-Толфо

opinion

- 6 **When the sky forgets**
Paul Goumault
- 8 **In your twenties, go home**
Lea Schwegmann
- 12 **"I never got to see him enjoy life as is"**
Emrecan Sargin

culture

- 10 **The Story of One of the Greatest Mangaka**
Loïc Printemps
- 26 **Historia e njërit prej mangakave më të mëdhenj**
Loïc Printemps

poetry

- 14 **May Seem Strange**
Elisa Ryschkow

reportage

- 16 **DO NOT THINK**
Nelli Winzer

music

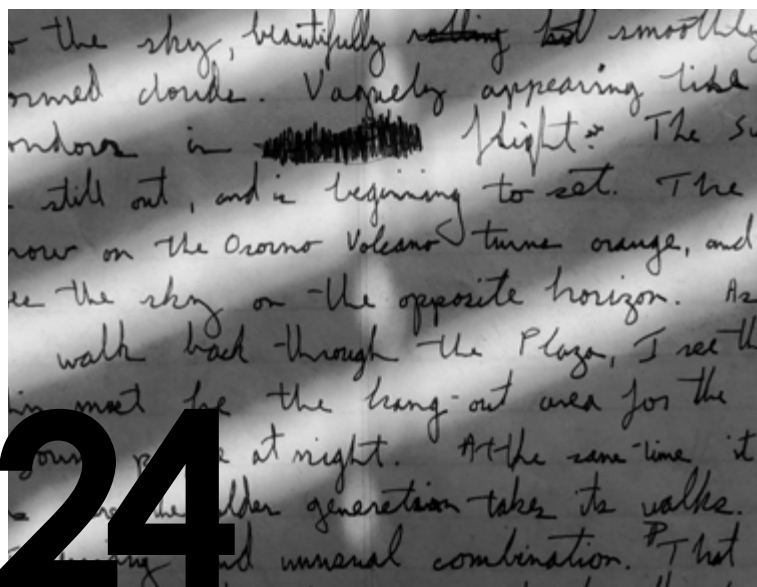
- 18 **Aya Nakamura's Road From Criticism to Triumph**
Sophia Ali

sport

- 22 **The culmination of one's dream - the Olympics**
Adrien Gravereaux

history

- 24 **What do you say to your lover the eve of your execution?**
Arthur Bonhoure-Tolfo



What Sleep Deprivation Does to You, Stage by Stage



You probably don't think of missing sleep as a form of injury, but that's exactly what it is. Or even that sleeping is a task that you can postpone, absolutely not! Within 24 hours, your brain begins to fail in measurable ways. Within a week, your body enters a state of low-grade inflammation. And the more time passes the bigger the damages are. Here is what happens, stage by stage.

Short-term (1 to 3 nights): Your brain starts to malfunction. After just one night of less than six hours of sleep, your prefrontal cortex, the part of your brain that controls impulse, focus, and decision-making slows down significantly. Brain scans show a 30–50% drop in glucose use in this region. That means your brain is literally running on less fuel.

What you feel: You forget simple things. You lose your train of thought mid-sentence. Small frustrations feel enormous. **What you don't feel:** Your reaction time has slowed to the level of a drunk driver. But unlike alcohol, sleep loss removes your awareness of being impaired. You think you're fine. You are not.

By the second night, your amygdala (the brain's fear center) becomes overactive. Neutral things, a text message, a glance from a coworker start to feel threatening. Your body releases cortisol as if you are in danger, even when you are safe. You are not anxious because something is wrong. You are anxious because your brain has lost the ability to tell the difference between a real threat and a normal moment.

Medium-term (1 to 2 weeks): Your body starts to attack itself. If you continue sleeping six hours or less per night for more than a week, the problem stops being "in your head". It becomes systemic.

Your immune system releases inflammatory chemicals called IL-6 and TNF-alpha. These are useful for fighting infections, but when they stay elevated for days, they begin damaging healthy tissue. Your blood pressure, which should drop by 10–20% while you sleep, stays high all night. Your cells become less responsive to insulin, the first step toward diabetes.

The most dangerous change is invisible: you start having microsleeps. These are one- to three-second blackouts where your brain briefly shuts down while your eyes remain open. You will not notice them. But if you are driving, crossing the street, or operating any machinery, those two seconds can kill you. Studies show that after two weeks of restricted sleep, your risk of a car accident is roughly equal to driving with a blood alcohol level of 0.10%.

By this stage, your brain also loses its ability to monitor its own errors. You will rate your performance as "fine" while objective tests place you in the bottom 10% of all people. This is not stubbornness. It is a neurological fact: the sleep-deprived brain cannot see its own failure.

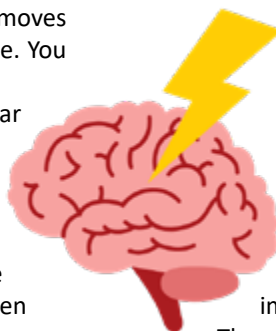
Long-term (months to years): The damage becomes permanent. Chronic sleep deprivation, meaning six hours or less per night for a year or more, does not just make you tired. It physically shrinks your brain.

Long-term MRI studies show that people who chronically undersleep lose gray matter in the hippocampus, the region responsible for memory. The loss ranges from 8–12% over five years. This shrinkage directly correlates with a significantly higher risk of Alzheimer's disease. In fact, each year of short sleep accelerates amyloid plaque accumulation (a hallmark of Alzheimer's) by the equivalent of two to three extra years of aging.



Your heart pays a permanent price as well. Normally, blood pressure drops at night. In chronic short sleepers, that drop disappears. Over years, this forces the heart to work continuously at high pressure, leading to thickened heart muscle and a threefold higher risk of stroke.

But the most frightening long-term effect is on your immune system. Natural killer cells, your body's first defense against both viruses and early-stage cancers, are produced almost exclusively during deep sleep. After months of sleep loss, natural killer cell activity drops by 50–70%. Large-scale studies have tracked the result: chronic short sleepers have a 40% higher risk of colorectal cancer, and a 50% higher risk of breast cancer. Sleep loss does not cause cancer by itself. But it silences the very cells whose job is to destroy cancerous cells before they form tumors.



The cruelest part: You won't believe you're damaged. At every stage, sleep deprivation impairs your ability to recognize sleep deprivation.

The more sleep you lose, the more confident you become that you are functioning normally. This is why people who sleep five hours a night often insist they "don't need more". They are not lying. They are neurologically incapable of feeling their own deficit.

Some damage can be reversed. After a few bad nights, two or three full nights of sleep will bring most functions back.

After weeks of restriction, recovery takes longer, up to ten days, and some inflammation may linger. But after years of chronic short sleep, certain changes appear to be permanent: the shrunken hippocampus, the silenced natural killer cells, the heart muscle that has thickened from years of midnight pressure.

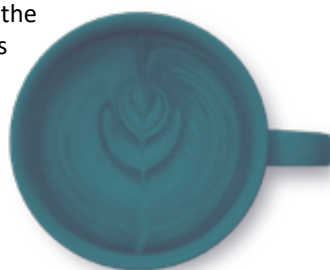
You cannot bank sleep. You cannot "catch up" on weekends in any meaningful way that reverses long-term structural damage. The only intervention that works is prevention: a consistent seven to eight hours per night, night after night.

In a nutshell, sleep deprivation is not a badge of honor. It is not a productivity hack. It is a progressive, cumulative injury that begins with forgetfulness, escalates to systemic inflammation, and ends with permanent brain shrinkage and a dramatically elevated risk of cancer, heart disease, and dementia. The person you become after months of poor sleep is not a tougher version of you. It is a slower, sicker, more anxious version, one who lacks the insight to understand what has been lost.

The question is not whether you can function on less sleep. The question is what kind of future you are building, one short night at a time.



Arthur Bonhoure–Tolfo



Sources:
 cambridge: Neural basis of alertness and cognitive performance impairments during sleepiness II. Effects of 48 and 72 h of sleep deprivation on waking human regional brain activity
 ScienceDirect: Chronic sleep loss alters the inflammatory response and BDNF expression in C57BL/6J mice
 science.gov: Sample records for alcohol-impaired driving crashes
 PubMed: Sleep deprivation as a risk factor for cortical gray matter reduction in new medical residents
 NeurologyToday: New Animal Study Suggests Sleep Deprivation May Promote Alzheimer Disease Pathology
 Module 2. Sleep and the Immune System | NIOSH | CDC
 PMC: Bidirectional predictors between baseline and recovery sleep measures and cardiovascular measures during sleep deprivation and psychological stress
 societyLabs: Chronic Sleep Deprivation as a Neuroinflammatory Trigger: Clinical Evidence and Theoretical Framework for the Peripheral-Central Amplification Loop

*When
the
sky*

*f
o
r
g
e
t
s*



Since the beginning, humanity has searched to understand what it sees above itself. Before telescopes, before maps, even before words, there was simply the emptiness of the sky. The stars, tiny yet infinite, seemed to form a sort of language. The first humans wanted to decipher it: they connected the points, told stories, invented figures. That is how the constellations were born. Some myths suspended in the darkness of the night, some fragments of human memory into eternity.

But the sky has never been a permanent image. Each civilization has drawn its own borders, its own stories. The Greeks drew heroes and monsters, the Chinese, dragons and palaces; the Arabs—people, spiritual symbols and instruments of navigation. The sky was a way to express our beliefs. Yet, over the centuries, certain constellations have disappeared. Erased, renamed, forgotten as if the sky had undergone a form of censorship.

During the 17th and 18th centuries, European astronomers invented new constellations to fill empty spaces. Those creations had strange names: Pneumatic Machine, The Fox chasing the Goose, the Cat, the Unicorn... they reflected the obsessions of their time: science, mechanics, curiosity of the natural world. The sky was just becoming a museum of human spirit. In 1922, the International Astronomical Union fixed an official list of 88 constellations. The sky became more universal but at the same time less dreamlike.

Even the constellations that we know today have been remodeled. Argo Navis, the immense ship of the Argonauts, has been divided into three parts: the Carina, the Puppis and the Vela. This division, motivated by the need for precision, fragmented a millennial myth. What was once a single heroic boat became



three technical parts, easier to put on a map but deprived of its poetic unity. This gesture reveals something deeper: our need to impose order to chaos, to make infinity measurable even if that means losing a bit of wonder.

The forgotten constellations remind us that the sky is a work of art. It changes with us. It transforms according to our dreams, our fears, our discoveries. When machines fascinated the Age of Enlightenment, it appeared in the sky. When myths ruled, gods and monsters could be seen. When the navigation dominated, constellations became tools to guide sailors. The sky is a mirror of humanity: it reflects our progress, our beliefs, our desires.

But there is a certain melancholy in these disappearances. The Cat doesn't run in the sky; the Fox no longer carries his Goose; the Pneumatic Machine has gone silent. These figures exist only in the margins of old atlases, in forgotten libraries, in the notes of astronomers from the past. Their erasure is not merely a science matter; it's a loss of poetry.

Yet, the sky is still speaking to us. Every night, it tells us a different story. Stars as we see them nowadays are the same as the ancients were looking at; we simply name them differently. We changed, and the sky followed us. It is no longer only about tracing figures, but about feeling their absence. Understanding that behind every forgotten star lies a human thought, a dream, an attempt to give meaning to infinity.

Today, some artists and poets are searching to reinvent this lost cartography. They imagine modern



constellations: broken hearts, human silhouettes, hope or revolt symbols. The sky becomes an open canvas, a space where everyone can inscribe their own myth. In a world saturated by artificial lights, where the stars are disappearing slowly from our cities, this gesture becomes a form of resistance: give back its Wto the sky, its memory, its part of mystery.

The mapping of forgotten stars is a metaphor for our time. It reminds us that knowledge alone cannot fill the void. We must also preserve beauty, curiosity, and wonder.

Each vanished constellation is a ghost of human imagination, a relic of our need to tell stories. Looking at the sky is contemplating the history of our desire to understand but also to create.

And perhaps, when we lift our eyes to the sky, we should think about those erased constellations. They are not dead; they are sleeping, somewhere, in the memory of the cosmos. They are whispering to us that the sky is not only a light map, but also a memory map.

.....
Paul Goumault



What do people dream of after finishing high school or university? For many, the answer is: freedom. To see the world. Do something completely unknown.

But there is something we tend to forget about. At some point, you will wake up from this dream. Which often means going back to your country. What happens then?

After my graduation from high school, I also followed this calling to see the world. To spread my wings and try to fly into new experiences. And honestly, I did not spend too much time thinking about moving back after. Adventure was awaiting, not annoying realism. Now, 8 months later, I will soon fold my wings back in again, and go back home. Am I super excited to be back? Yes. Is the thought of settling back in my hometown scary? My god, yes.

And I am starting to think if after all this, there is a new realization waiting on the other side of my journey. What if it is not all about the travel itself? But also about coming home?

Last weekend, I already got a small taste of what this moving back will be like. For the first time in 6 months I took a plane and touched German ground. I have to say, I was more than excited to go. So happy. But at the same time, there was a big amount of fear boarding the plane in Skopje with me. What would it be like to see my friends? My family? To be home? Would they still recognize me the way that they used to?

When the plane crossed the clouds over Dortmund, it finally gave way to see my home, Germany. There it was, grey and rainy, on a day in the middle of June.



IN YOUR TWENTIES,

GO HOME

Despite the lack of sun and light, I felt happiness flowing through my whole body. I left the plane and almost kissed the wet and cold ground. Only to realize after a few meters that in all this excitement, I had forgotten my passport in the plane. Stressed, I ran back. Asked the ground staff if I could just go back inside and get my passport. "My god, if you have to" was the grumpy German answer. "Welcome home", I thought.

I left the airport. By the sight of a bakery filled with all my favorite pastries, I almost jumped out of the bus window.

I arrived in one of my favorite cities to make a short stop. While walking into the city, I heard a woman on a bicycle talking to her husband. "Schatz, we have to stop driving from here on. In this area, only pedestrians are allowed." I could not defeat my loud laughter.

At first I just enjoyed these funny moments. I laughed about the ways people behaved that used to be just normal, but now seemed so out of place.

But I also felt something different in the way I interacted with people, and saw all this.

In the train, I noticed a man with his dog. People were glancing at him.

Normally, I would have noticed him for a second, and then continued with my life. This time, something inside me happened. We started to talk.

We spoke about his dog and how cute she was. I told him about my excitement to go back. And I think we both made our day shine a little brighter.

Even though seeing my friends and family felt like home, and none of my fears in this regard were confirmed, I still felt a bit different wandering through the streets I always used to take. Just not how I had expected it to be.

Maybe that is the biggest chance of going abroad. Not only the time itself. But also coming back after.

I hope I will keep some of these new ways to see my environment. And always feel a bit weird when I step off my bicycle after entering a pedestrian zone.

Lea Schwegmann



血
牙
刀
舌
牙
牙
牙
牙

THE
STORY
OF
ONE
OF
THE
GREATEST

In 1978, a manga artist began his career, becoming famous with two manga: *Dr. Slump* and the second, the renowned *Dragon Ball*. Yes, you may have guessed it: it's the great Akira Toriyama. We will recount his story to pay tribute to him, as it has sadly been two years since his passing.

Akira Toriyama was born on April 5, 1955, in Nagoya (more precisely, in Kiyosu), Japan. From a very young age, he was passionate about drawing. He was captivated by the 1961 film *101 Dalmatians*, which further fueled his desire to draw. During his elementary school years, the young boy was fascinated by the manga collection of the older brother of one of his classmates, and again by watching *Astro Boy* on television at his neighbor's house. Surprisingly, in middle school, he moved away from manga to focus on films and television series. In high school, he enrolled in an art school, but he no longer wanted to pursue higher education and wanted to enter the workforce, ready to launch his career as an illustrator. Despite his parents' objections, he worked for a time as an illustrator in an advertising agency, but he quickly resigned, disgusted by the environment.

At 23, he was unemployed and penniless. His parents gave him money so he could buy cigarettes and drinks at a café. One day, in one of his regular cafés, he entered a manga competition, creating a humorous story. He didn't win a prize several times, but he remained motivated to continue. After numerous setbacks, he published a manga called *Dr. Slump*, which became a success, selling 35 million copies. Six months after the success of *Dr. Slump*, he was tired of the pace, so he decided to take a break from that manga. He then created, inspired by Jackie Chan and Wu Cheng'en's *Journey to the West*, which initially resulted in *Dragon Boy* (a short story with gags and martial arts fights). He would eventually go on to write the famous *Dragon Ball* series, which ran from 1984 to 1995 (a total of 42 volumes). In total, it sold between 250 and 300 million copies, an even greater success than *Dr. Slump*.

He would continue to work for a very long time, especially for character design or as a proofreader (*Dragon Ball GT*, *Dragon Ball Super*, *Dragon Ball Daima* and for video games), and unfortunately on March 1, 2024, he would succumb to a subdural hematoma. Despite the death of this great man, his work continues to endure in the best and the worst, and what is even more beautiful is that he was able to transmit his message with *Dragon Ball*, which is empathy, surpassing oneself every day, and protecting what one loves.

Loïc Printemps

Sources:
 Wikipedia - Akira Toriyama
 Dodon.media - Dragon Ball : les œuvres qui ont inspiré Akira Toriyama
 Gameblog.fr - Dragon Ball partagent un trait de caractère que leurs parents n'ont jamais compris

Graphic: Loïc Printemps



I NEVER
GOT TO SEE
HIM ENJOY
LIFE AS IS





"I never got to see Italy in summertime, I never got to hike on that mountain, I never got to be him" the promises that you make to yourself that will be put into work when you have money or time to do all of them. There will be a time that you will have time and money but the courage will be long gone. Standing in front of the crowd of people enjoying their time and living their life to their full extent and you are there at your very private corner sulking in the shadows trying to figure out what will happen when you hit 30. Instead of enjoying what you have you try to sabotage your chances of being at peace of mind. More and more and more and more. What you want is more, but what you get is not feeding your soul does it? At the coast of a magnificent lake, a breeze that smells fresh is hitting the back of your neck but nothing to remind yourself of that ecstatic feeling. The money you didn't spend while picking a beaded bracelet is now used for something that doesn't reflect your soul at all. There are chances hanging around for you to pick them up. All opportunities eventually come to you. These opportunities are looking into your very being, waiting for you to wisely seize one of them. But for some reason, you think that when better ones come along, the old ones will patiently wait for you. You are mistaken.

If you could stop the time, how much more could you enjoy this life? If you had tons of time, how many places could you travel? You keep asking yourself these questions. The fear of not being able to finance yourself adequately at a young age, or of being stuck in a stable cycle as you get older, grips your body from both sides. Your mind is overflowing with things you constantly postpone, making excuses instead. And then you say, "What if this happens,

what if that happens" ,but what if nothing happens? What if the years slip through your fingers like a chore, and you're just standing there, muttering incoherently? When you look down, you see a lot of wasted potential beneath your feet. It's now past ankle level and is pulling you down into the earth with it. These unfortunate events stem from your inability to feel the sun beating down on your back while you question why you're caught between bad and worse options.

How about that two old traditional minded couple? Save that money for ages and be that man in a government job and all your dreams might be true in 40 years. A car and a house? Why would you wait for that to happen right? Same old stuff you see on a daily basis piling up day by day. But look at that one more time the pile isn't visible when you squint. You want to know why? That's what happens when you don't get to experience your life in a new, fresh way. The same mindset that tells you that the only path to happiness is having a stable life on a static land. Yes rush no fuss. Or maybe more hush no fuss. The things that you put off for longer than you imagine but will it be worth it in 20 years? You aren't even sure about that. And what is worse that you will never know. All that materialistic dreams that keep you awake at night will fade away and the little meaning that you attached to those concrete dreams will lose if they have. You postponed it, you thought you were safe, but when you tried to do it, it backfired. You are losing the battle against your feelings, is this what is up with your frustrated soul?

While you hesitate to make a decision and follow a path, love is getting postponed unexpectedly. Everything is about you? There are lots of people

that you should be thinking about. For one, the person who is touching your soul right now. You fear to be seen or heard without sparkle. Your fear that they will catch you when you aren't impressive. Or do you fear they will truly know you before you figure yourself out? When all things are said and done' now you missed another feeling leaving from your cold beam door. Nearly a decade of stolen moments and now you had to let it all out at once. Before you let the night take you, at least give him a chance to enlighten your shadows.

Love only exists when you are alive. Don't hold any feelings back or don't try to ignore what you sense at your heart. Let go of the stuff that doesn't serve you even though you feel like you have to clench onto it. It is what weighs you down. There is that voice behind your ears that keeps telling you to do it when you feel ready. Waiting for the moments that can be swept away easily. The moments that are right for you can be the best choice in your mind, however what you lose is the moments with something or someone that you love. You have to let the people you know that you love them even if it causes you a great deal of pain. Does that sound awful? It would feel awful if you weren't alive.

Making difficult choices seems like the easy way out until you turn around and life hits harder with all the problems you let piled up. While not letting yourself be free, changing who you are or how you feel should be off the table. So my words to him:

Don't be late to your own party.

Emrecan Sargin

May Seem Strange

Perhaps it's grief and sorrow wrapped around your frame
I do not know just how - yet feel it all the same.
I wish that I were closer, so you'd let me see,
And trust me with the burden that has captured thee.

Such longing may seem strange, perhaps it truly may,
Yet it still walks beside me every passing day.

I want to warm your spirit, shelter you from pain,
And know the hidden places where your wounds remain.

I watch, and all the images begin to fade away,
They slip away like grains of sand through open hands and stray.
And you, and you, and you are vanishing from view,
Not even dreams are left to carry traces of you.

Elisa Ryschko



DO NOT

Did you know that Cwmbran has the most roundabouts per square kilometre?

It even got recognised by the Guinness World Records. At least that is what Google's A.I. tool is trying to make you believe and all of that is just based on one article written by Ben Black, as an April Fools' joke, as BBC reports.

Even though the article is marked as an April Fools' joke, A.I. is taking it literally, it being known for having a notoriously rocky relationship with jokes and sarcasm. Humans design the construction of A.I. and a training algorithm by which the A.I. is supposed to learn through analyzing massive datasets and mathematical patterns how to generate answers. But not even A.I.-labs really understand how it is connecting all this data and come to conclusions, showing a huge flaw: the Black Box problem. This becomes especially problematic when solving mistakes in A.I. like A.I. hallucinations.

A.I. hallucinations are factually incorrect or completely fabricated outputs. These errors occur because these systems generate text by predicting statistical patterns in their training data without actively fact-checking or being able to comprehend the real world.

Since they often sound plausible, they can lead to a wide spread of misinformation easily and fast.

When you are looking something up on google you first get a nice AI summarization, let's be honest: how often do we actually fact check those? That is where media literacy comes in handy, the ability to critically access, analyse and evaluate any form of information we receive. Especially when considering that A.I. just takes what it can find in its datasets no matter if they are facts or stereotypes. This is worrying organisations like Reporting Diversity Network, a group of civil society and media organisations, established with the goal of promoting diverse media representation across the Western Balkans. Executive Director, Ivana Jelaca stated about how A.I. generated content is distributing harmful narratives that:

"AI relies on what humans have already produced, and there is sexism, misogyny, GBV [gender based violence], homophobia or transphobia out there. It is easy to check how likely AI is to reproduce prejudices and stereotypes, unless one is really precise in giving prompts that will avoid using those, which implies that we are well MIL

literate and sensitised to the issue of stereotypes and hate speech. AI is so young, but it develops faster than we can learn how to use it, so we are likely to see this still being perpetuated."

She mentions that it is also on us how we consume media. A skill despite getting more and more important is left behind, media literacy, the ability to critically access, analyse and evaluate any form of information we receive. Actually we can even see a decline in critical thinking skills related to A.I., specifically with the use of Large Language Models (LLM) like ChatGPT.

A study from researchers at MIT's Media Lab searched for the cognitive cost of using LLMs. They divided 54 participants, consisting of 18 to 39 year-olds, into three groups. They were requested to write an essay where each participant depending on the group used a Large Language Model, a Search Engine or just their brain. During this process the brain activity of the participants got measured with an EEG. This revealed that the group using LLM exhibited the lowest brain activity and they performed worse in neural, linguistic, and behavioral levels. After several months LLM users got lazier per essay and often ended up in just copying and pasting the given answers. But the sample size of the study is quite small and yet to be peer checked.

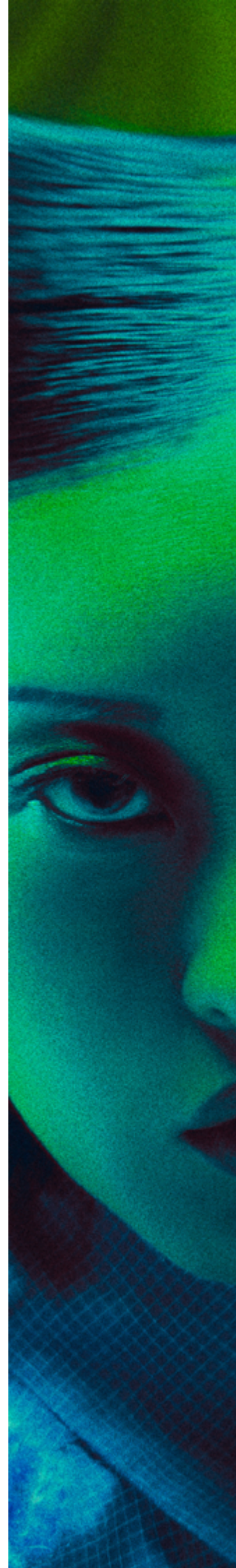
Like everything, media literacy can be learned but rarely gets taught at schools. Becoming obvious in the Media literacy index from 2026 published by the Open Society Institute – Sofia, where Macedonia is ranked on the penultimate place before Kosovo.

Nevertheless, there are simple things we can do to improve our way of analyzing news, for example by questioning our media experience more often. Platforms like NAMLE, a leading organisation in the US for advancing media literacy education, lists key questions on their website to help review the media consumed on their website. Questions like "Who made this?", "Why was this made?" and "Who paid for this?" are simple but help understanding the intentions behind the media published.

"However, it is not all about education. We have to recognise that some tools are problematic in their making. Grok was an example of a tool that one can use to generate a close to naked image of whoever one wants. Such tools help GBV thrive online, and so little was done to prevent this." She also differentiates and brings up the topic of A.I. generated images. Seeming harmless at first especially deepfakes can turn dangerous easily. Those are A.I. generated or manipulated images, videos or audios based on existing people.

That can be you editing yourself in your favorite video game for fun but also pornographic videos generated of people non consensually. It is estimated that in 2023 of 100.000 deepfake videos that were published on the internet, 96% were deepfake pornography.

A huge scandal now erupted in Germany as well after TV Star Collien Fernandes accused her ex husband of spreading non consensual deepfake



pornography online, showing loopholes in German laws that lead to most deepfake publishers never facing any consequences. But this is nothing new, in 2017 a reddit user called “deepfake” was publishing pornos with the faces of actresses and a Deep Learning Algorithm on how to create such videos yourself easily as well. Before 2015, Noelle Martin found pictures of herself edited into nudes with the help of photoshop on accident through reverse image search. After suing did not lead to anything, she became a leading activist for criminalising image based sexual abuse. Specifically her case shows those videos are not just of public figures, one picture is already enough to create a deepfake video of someone with the advanced technology we have today.

Despite this the main fear in social debates about deepfakes is political manipulation and disinformation being spread easily and undetected by most people specifically with elections. This leads to a general distrust of the media which is becoming obvious in the annual Edelman Trust Barometer as well. It shows that in the 28 participating countries the fear of leaders lying to us is at an all time high in its 25 years of the inception of this survey.

In particular for journalists and reporters the percentage of people who worry about disinformation rose from 59% to 70% from the year 2021 to 2025.

Specifically A.I. has a huge impact in the spread of misinformation since it lowers the time and skills necessary to create and spread convincing lies drastically.

The malicious misuse of generative tools got obvious through the example of deepfakes but also flooding the internet with convincing fake articles can erode the trust in verifiable facts and be used for manipulation. Which is especially dangerous in politically uncertain times where people tend to fall for polarisation easier. That would mean that proper journalism should be sustained and encouraged, instead we see that the situation for journalists worldwide has deteriorated again year after year. As the World Press Freedom Index from Reporters Without Borders (RSF) shows, it is the first time in its 25-year history that more than half of all countries fall in the two worst categories, an alarming development.

Despite all of that fearing and demonizing A.I. now will not help either. More so we need to be aware of its unreliability and question its output.

With that improving our way of handling news critically becomes increasingly important especially with the fast improvement of making it harder to divide A.I. generated content from fact checked ones. So next time we read the news, let’s ask ourselves “Who made this?”, “Why was this made?” and “Who paid for this?”

Nelli Winzer

Sources:

‘Google AI presented my April Fools’ story as real news’ | BBC
 Who we are | Reporting Diversity Network
 Your Brain on ChatGPT: Accumulation of Cognitive Debt when Using an AI Assistant for Essay Writing Task | arxiv
 The Media Literacy Index | Open Society Institute – Sofia
 Key Questions for Analyzing Media | NAML
 Deepfake-Pornografie Sexualisierte Gewalt durch KI | Deutschlandfunk
 Deepfake-Skandal um Collien Fernandes zeigt Lücke im Strafrecht | SWR
 Die Entstehung von Deep Fakes auf Reddit und ihre Verbreitung | Online Sicherheit
 Pornografie | Wenn der Schein trügt – Deepfakes und die politische Realität | bpb.de
 2025 Edelman Trust Barometer Global Report
 Rangliste im Detail - Reporter ohne Grenzen

Aya Nakamura's Road From Criticism to Triumph



Sources:
rtl.fr: Aya Nakamura "brûle" une banderole raciste d'un groupe identitaire lors de son concert au Stade de France
Le Monde: Aya Nakamura returns to the stage to claim her crown as the queen of the Stade de France
gentsu.fr: On a vécu le concert d'Aya Nakamura au Stade de France grâce aux Ray-Ban Meta, et c'était dingue
Le Parisien: « Au niveau d'un show à la Beyoncé » : Aya Nakamura dompte le Stade de France et réunit 220 000 spectateurs en trois jours

Aya Nakamura will be remembered after filling the Stade de France three times, on May 29, 30 and 31, 2026. In front of thousands of spectators, the singer delivered an ambitious show combining music, dance and visual effects. With these concerts, she took an important step in her career and confirmed her rank among the most popular Francophone artists of her generation.

On stage, Aya Nakamura showed on the big screen the critics who accompanied her journey before turning them into a sensational moment. This scene was talked about a lot, because it seemed to be the revenge of an artist regularly criticized, but who is now experiencing great success.

Since her debut, Aya Nakamura has been regularly criticized. It is certain that her musical style, her language and her artistic universe have sometimes aroused mixed reactions. However, these controversies did not hinder the progression of the singer's popularity, both in France and internationally.

Over the years, her career has been troubled by several controversies. One of the most covered events was when she was cited as a potential singer who will represent France for the Paris Olympics. This position had aroused many reactions on social networks and in the press. This difficult period also highlighted the essential role of the artist in the French cultural landscape.

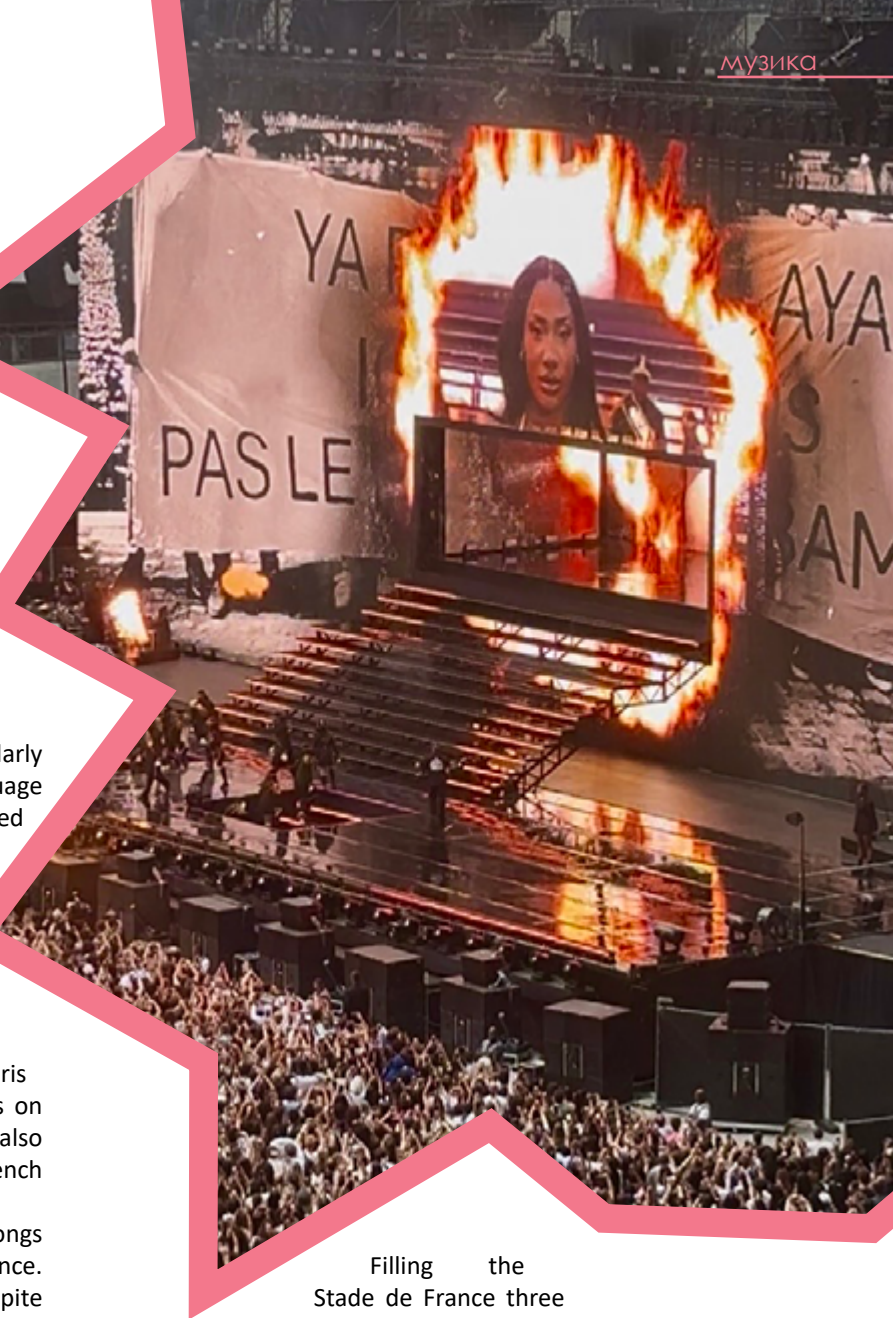
These critics did not stop her series of success. Her songs reach millions of listeners, and she keeps a loyal audience. Her career proves that we can continue the career despite the controversies.

The Stade de France concert was not a simple succession of songs. Aya Nakamura chose to share part of her journey thanks to the scenography and images broadcast on large screens.

In a particularly striking passage, the show incorporated various allusions to the criticism she received during her career. Then, in a stage show, these elements were symbolically destroyed in front of the audience. The moment provoked a strong reaction from the spectators who welcomed this original way of reviewing her story.

And this artistic choice is strong because it shows that Aya Nakamura does not seek to hide the difficulties she has encountered. Instead, she integrates them into her show to show the distance travelled. The stage then becomes a space to express her confidence and evolution as an artist.

The sequence also makes the concert more intimate. It helps the audience understand the singer's journey better and strengthens the show's message of perseverance. This moment will forever change the public perception of Aya Nakamura. She has often been controversial for some of her interventions or artistic positions, but today she is established as a success and her influence is recognized in the musical field.



Filling the Stade de France three times is an extraordinary feat. Few French artists have achieved such success. This victory shows how popular she is, and that her fans are loyal. The concert also gives the impression that Aya Nakamura has taken a step back from the critics who have marked her journey. By transforming them into a show element, she shows that they no longer define her image. It is now her performance and success that are in the spotlight.

Through these concerts, the artist appears more confident than ever. She is no longer content to respond to criticism: she surpasses it by highlighting her work and success. The event at the Stade de France goes far beyond the dimension of a simple visual effect. It is the story of an artist who, after suffering many criticisms, finally obtained exceptional recognition.

By transforming these episodes into an artistic moment, Aya Nakamura demonstrates how you can regain control of your image. Her triumph at the Stade de France thus illustrates a musical success, but also the ability of an artist to strengthen her career.

Sophia Ali

Што ви прави недостатокот на сон: фаза по фаза

Најверојатно не мислите дека недостатокот на сон е некаков вид на повреда, но всушност е токму тоа. Или мислите дека спиењето е обврска која може да ја одложите, секако дека не можете! Во рок од 24 часа, вашиот мозок почнува да откажува на мерливи начини. Во рок од една недела, вашето тело влегува во состојба на воспаление од низок степен. И колку повеќе време поминува, толку поголеми се штетите. Еве што се случува, фаза по фаза.

Извори:

cambridge: Neural basis of alertness and cognitive performance impairments during sleepiness II. Effects of 48 and 72 h of sleep deprivation on waking human regional brain activity

ScienceDirect: Chronic sleep loss alters the inflammatory response and BDNF expression in C57BL/6J mice

science.gov: Sample records for alcohol-impaired driving crashes

PubMed: Sleep deprivation as a risk factor for cortical gray matter reduction in new medical residents

NeurologyToday: New Animal Study Suggests Sleep Deprivation May Promote Alzheimer Disease Pathology

Module 2. Sleep and the Immune System | NIOSH | CDC

PMC: Bidirectional predictors between baseline and recovery sleep measures and cardiovascular measures during sleep deprivation and psychological stress

societyLabs: Chronic Sleep Deprivation as a Neuroinflammatory Trigger: Clinical Evidence and Theoretical Framework for the Peripheral-Central Amplification Loop

Краткотраен недостаток (1 до 3 ноќи): Вашиот мозок почнува да не функционира правилно. По само една ноќ со помалку од шест часа сон, вашиот префронтален кортекс, делот од мозокот што ги контролира импулсите, фокусот и донесувањето одлуки, значително забавува. Скенирањето на мозокот покажува пад од 30-50% во употребата на гликоза во овој регион. Тоа значи дека вашиот мозок буквално работи со помалку гориво.

Што чувствувате: Почнувате да заборавете едноставни работи. Ви бега мислата сред реченица. Малите фрустрации делуваат огромно.

Што не чувствувате: Времето на вашите реакции е успорено до ниво на алкохолизиран возач. Но за разлика од алкохолот, недостатокот на сон ја отстранува свесноста за тоа дека сте оневозможени. Мислите дека сте во ред. Но не сте.

Веќе втората вечер, вашата амигдала (центарот на мозокот) станува преактивна. Неутралните нешта, СМС порака, поглед од колега почнуваат да делуваат заканувачки. Вашето тело лачи кортизол како да се наоѓате во опасност, иако сте безбедни. Не сте анксиозни затоа што нешто не во ред. Анксиозни сте затоа што вашиот мозок ја изгубил вештината да ја препознае разликата меѓу реална закана и обична случка.

Среднорочен недостаток (1 до 2 недели): Вашето тело почнува да се напаѓа себеси. Ако продолжите да спиете 6 часа или помалку секоја ноќ, подолго од една недела, проблемот престанува да биде само „во вашата глава“. Станува системски.

Вашиот имунолошки систем испушта воспалителни хемикалии наречени IL-6 и TNF-alpha. Тие се корисни против инфекции, но кога се испуштаат со денови, почнуваат да го оштетуваат здравото ткиво. Вашиот крвен притисок, кој би требало да се намали за 10-20% додека спиете, останува висок во текот на ноќта. Вашите ќелии стануваат помалку респонзивни на инсулин, првиот чекор до дијабетес. Најопасната промена е невидлива: ќе почнете да имате микро-спиења. Тие се моменти на губење на свеста кои траат до секунди каде вашиот мозок накратко се исклучува додека очите ви остануваат отворени. Нема да ги забележите. Но доколку возите или преминувате улица, или работите со некаква машинерија, тие две секунди можат да ве убијат.

Истражувањата покажуваат дека после 2 недели недостаток на сон, ризикот од сообраќајна незгода е скоро еднаков на возењето со 0.10% алкохол во крвта.

Во оваа фаза, вашиот мозок ја губи способноста да ги следи сопствените грешки. Ќе ги оцените вашите перформанси како „добри“, додека објективните тестови ве ставаат во најслабите 10% од сите луѓе. Ова не е тврдоглавост. Тоа е невролошки факт: мозокот лишен од сон не може да го види сопствениот неуспех.

Долготраен недостаток (месеци до години): Штетата станува трајна. Хроничното лишување од сон, што значи шест часа или помалку навечер во текот на една година или повеќе, не само што ве прави уморни. Таа физички го намалува вашиот мозок.

Долгорочните истражувања од МР (магнетни резонанци) покажуваат дека луѓето кои хронично не спијат губат сива материја во хипокампусот, регионот одговорен за меморијата. Загубата се движи од 8-12% во текот на пет години. Ова намалување директно корелира со значително поголем ризик од Алцхајмерова болест. Всушност, секоја година краток сон го забрзува акумулацијата на амилоидни плаки (белег на Алцхајмеровата болест) за еквивалент на две до три дополнителни години стареење.

Вашето срце, исто така, плаќа трајна цена. Нормално, крвниот притисок паѓа ноќе. Кај луѓето кои хронично кратко спијат, тој пад исчезнува. Со текот на годините, ова го принудува срцето континуирано да работи под висок притисок, што доведува до задебелување на срцевиот мускул и три пати поголем ризик од мозочен удар.

Но, најстрашниот долгорочен ефект е врз вашиот имунолошки систем. Природните клетки убијци, првата одбрана на вашето тело и од вируси и од рак во рана фаза, се произведуваат речиси исклучиво за време на длабок сон. По месеци губење на сон, активноста на природните клетки убијци се намалува за 50-70%. Големи студии го следеа резултатот: хроничните лица со краток сон имаат 40% поголем ризик од колоректален карцином и 50% поголем ризик од карцином на дојка. Губењето на сон само по себе не предизвикува рак. Но, ги замолчува токму клетките чија

работа е да ги уништат канцерогените клетки пред да формираат тумори.

Најсуровиот дел: Нема да верувате дека сте оштетени. Во секоја фаза, недостатокот од сон ја нарушува вашата способност да го препознаете недостатокот од сон. Колку повеќе сон губите, толку повеќе станувате сигурни дека функционираат нормално. Затоа луѓето кои спијат пет часа навечер честопати инсистираат дека „не им треба повеќе“. Тие не лажат. Тие се невролошки неспособни да го почувствуваат сопствениот дефицит.

Некоја штета може да се поправи. По неколку лоши ноќи, две или три целосни ноќи сон ќе ги вратат повеќето функции. По недели ограничување, закрепнувањето трае подолго, до десет дена, а може да се задржи и одредено воспаление. Но, по години хроничен краток сон, одредени промени се чини дека се трајни: намалениот хипокампус, замолчените природни клетки убијци, срцевиот мускул кој се згуснал од години полноќен притисок.

Не можете да резервирате сон. Не можете да „надоместите“ за време на викендите на никаков значаен начин што ќе ја поништи долгорочната структурна штета. Единствената интервенција што функционира е превенцијата: конзистентни седум до осум часа навечер, ноќ по ноќ.

Накратко, лишувањето од сон не е значајна на честа. Тоа не е трик за продуктивност. Тоа е прогресивна, кумулативна повреда што започнува со забораеност, ескалира во системско воспаление и завршува со трајно намалување на мозокот и драматично зголемен ризик од рак, срцеви заболувања и деменција. Личноста во која станувате по месеци лош сон не е поцврста верзија од вас. Тоа е побавна, поболна, поанксиозна верзија, онаа на која ѝ недостасува увид да разбере што е изгубено. Прашањето не е дали можете да функционираат со помалку сон. Прашањето е каква иднина градите, една кратка ноќ одеднаш.

Артур Бонур-Толфо

Превод: Мартина Даниловска



The culmination of one's dream - the Olympics

While the eyes of the entire sports community are on the finale of the World Cup, thousands of athletes are preparing for their most important event: the Olympic Games. The Games, which once had the slogan "what matters is participation," have long been focused on fame, power and business.

The origins of the Olympic Games date back to ancient Greece, where they were held in honor of the god Zeus. The modern Games were revived in 1896 thanks to Pierre de Coubertin, a French educator who wanted to promote sport and friendship among nations.

Today, the Olympic Games bring together thousands of athletes representing more than 200 countries. They participate in sports such as athletics, swimming, football (soccer), basketball, and gymnastics. Competitors strive to win gold, silver, and bronze medals.

Beyond the competition, the Olympic Games promote important values such as respect, excellence, friendship, and solidarity. They also help to bring nations closer together and celebrate the world's cultural diversity.

One of the most important symbols of the Olympic Games is the Olympic flame. It is lit in Greece and carried by torchbearers to the host city. The flame represents peace, unity, and the connection between the ancient and modern Olympic Games. Another important symbol is the Olympic flag, which features five interlocking rings. These rings represent the five inhabited continents of the world and symbolize the unity of athletes from different countries.

Each edition of the Olympic Games is hosted by a different city. The host city prepares stadiums, transportation, and accommodations for athletes and visitors. Hosting the Games can bring economic benefits and international recognition to a country.

The Olympic Games also include the Paralympic Games, where athletes with disabilities compete at a high level. These competitions demonstrate courage, determination, and the power of sport to inspire people around the world.

The Olympic Games encourage young people to participate in sports and adopt a healthy lifestyle. Millions of spectators around the world watch the Games and support their favorite athletes and teams. Thanks to the Olympic Games, people from different cultures can meet, share experiences, and build mutual understanding. The Olympic Games then are much more than a sporting event. They unite people from different cultures, encourage fair play, and inspire millions of people to pursue their dreams through sport.

Since their inception in the late 19th century, the Olympic Games have undergone numerous transformations. While some disciplines, such as athletics, swimming, and gymnastics, have been present for a long time, other sports appear or disappear depending on the era. The International Olympic Committee (IOC) regularly seeks to modernize the Olympic program to maintain public interest and reflect the evolution of sporting practices worldwide. Recent editions of the Olympic Games perfectly illustrate this desire for change, notably with the introduction of new sports in Paris in 2024 and Los Angeles in 2028.

The Paris 2024 Olympic Games marked a significant milestone in this evolution. Several relatively new disciplines were highlighted to attract a younger audience and reflect new sporting trends. Among these sports were skateboarding, surfing, and sport climbing, which had already made their debut at the Tokyo 2021 Games. These disciplines enjoyed great success thanks to their spectacular nature and their popularity with younger generations.

The main novelty of Paris 2024, however, was breakdancing. This discipline originated from hip-hop culture, which emerged in the 1970s in the United States. Breakdancing competitions pit dancers against each other, showcasing acrobatic moves, strength maneuvers, and artistic performances judged by a panel of judges. Its inclusion in the Olympic program demonstrated the International Olympic Committee's commitment to embracing more modern and urban sports. While this experiment sparked considerable debate, it also demonstrated the Olympic Games' ability to evolve with the times.

The next Olympic Games will be held in Los Angeles in 2028. This edition will also bring several significant changes. The American organizers secured the addition of five sports to the official program: cricket, flag football, squash, lacrosse, and baseball/softball.

Cricket is one of the most popular sports in the world. Widely played in countries like India, Pakistan, Australia, and England, it boasts hundreds of millions of fans. Its inclusion in the Olympic Games therefore, represents an opportunity to reach a vast audience. Although cricket was already on the Olympic program in 1900, its return after more than a century is a major event.

Squash will also make its Olympic debut. This racquet sport, played in an enclosed space, has been practiced in many countries for several decades. Despite its international popularity and numerous requests from its federations, it had never been accepted into the Olympic Games. Its inclusion in Los Angeles 2028 is therefore considered a significant recognition for athletes in this discipline. Flag football is a simplified version of American football. Unlike traditional American football, physical contact is limited. Players must pull a flag attached

to their opponents' waists rather than tackling them to the ground. This sport is particularly popular in the United States and is experiencing rapid growth in several parts of the world. Its inclusion in the Olympic Games will introduce this sport to an international audience.

Lacrosse will also make a comeback. This team sport, whose origins date back to the Indigenous peoples of North America, is played with a stick used to carry and throw a ball. Already featured in some Olympic Games in the early 20th century, it returns in a modern form called "Lacrosse Sixes," which offers a faster and more dynamic game.

Finally, baseball and softball will be reinstated to the Olympic program. These two sports have been included in several editions of the Games before being removed and then reintroduced on certain occasions. Their return to Los Angeles is largely due to their immense popularity in the United States, as well as in several countries in Asia and Latin America.

The evolution of the Olympic program demonstrates that the Games are not static. Organizers constantly strive to balance tradition and modernity. Traditional sports retain their central place, but new disciplines are added to reflect contemporary tastes and the evolution of sporting practices worldwide. This strategy also makes the Games more attractive to younger generations and to countries where certain sports are particularly popular.

The Paris 2024 and Los Angeles 2028 editions perfectly illustrate the Olympic Games' capacity for renewal. The introduction of breakdancing in Paris and the arrival of cricket, squash, flag football, lacrosse, and baseball/softball in Los Angeles demonstrate the Olympic movement's commitment to adapting to societal changes. These changes allow the Games to remain one of the most-watched and important sporting events in the world while opening their doors to new disciplines and athletes.

At the Olympic Games, to participate or to win: which should you really prioritize?

The Olympic Games are one of the most important sporting events in the world. Every four years, thousands of athletes

from different countries come together to compete in numerous disciplines. For a long time, one phrase has been associated with the Games:

"It's the taking part that counts."

Yet, many believe that winning is the main objective. So, which should you really prioritize: participating or winning?

Participating in the Olympic Games is already a tremendous achievement. Athletes must train for years to reach a sufficiently high level. They dedicate a great deal of time and energy to their preparation. For some athletes, being present at the Games represents the culmination of a dream. They have the opportunity to represent their country and compete against the best athletes in the world.

However, it's normal to want to win. Athletes don't participate just to be there: they also strive to achieve the best possible results. An Olympic medal rewards the efforts, sacrifices, and determination demonstrated throughout their careers. Victory is often the result of hard work and great perseverance.

But the Olympic Games are more than just medals. They also convey important values such as respect, fair play, courage, and pushing beyond one's limits. Some athletes remain famous not for their victories, but for their exemplary behavior or their ability to never give up despite difficulties.

In my opinion, participating and winning are two complementary goals. Winning is important because it rewards the athletes' efforts. However, participating remains essential, as it allows one to live a unique experience and represent their country with pride. Ultimately, what matters most is giving your best while respecting the values of sport.

Adrien Gravereaux

Sources:
 Olympics.com
 Britannica.com - Olympic Games
 Britannica.com - Pierre de Coubertin
 Paralympic.com



**WHAT
DO YOU SAY
TO YOUR LOVER
THE EVE OF
YOUR**

EXECUTION?

wanted to share with you a translation of the last letter from Missak Manouchian to his lover, both of them were Armenian resisters in France during WW2.

The letter that he wrote to Mélinée, his beloved companion, on the eve of his execution, February 21, 1944, is both deeply moving and unshakably resolute. He penned it only hours before his death at Mont-Valérien. Theirs was a shared fate: childhoods shattered by the Armenian genocide, the long road of exile to France, and a common devotion within the Communist Party. Then came the call of the Resistance.

On February 21, 1944, Missak Manouchian entered the Panthéon, not alone, but alongside Mélinée and the other members of his group who fell on that same tragic day, February 21, 1944. Though never bound by marriage in life, Missak and Mélinée Manouchian will now rest together for eternity. Until now, they lay side by side in the cemetery of Ivry-sur-Seine, in the Val-de-Marne, two souls finally brought to the nation's highest honor, united at last in the silence of stone and memory.

21, 1944, Fresnes

*My dear Mélinée, my beloved little orphan.
In a few hours, I will no longer be of this world. We are to be shot this afternoon at three o'clock. This comes upon me like an accident in my life, I cannot believe it, and yet I know I shall never see you again.*

What can I write to you? Everything is confused within me, and yet everything is perfectly clear.

I enlisted in the army of Liberation as a volunteer soldier, and I am dying within two fingers' reach of victory and of our goal. Happiness to those who will survive us and taste the sweetness of the freedom and peace of tomorrow. I am certain that the French people and all who fight for liberty will know how to honor our memory with dignity. At the hour of my death, I declare that I bear no hatred toward the German people nor toward anyone at all, each will receive what they deserve, be it punishment or reward. The German people and all other peoples will live in peace and brotherhood after this war, which will not last much longer. Happiness to all!

*My deepest regret is not having made you happy.
I would have so dearly loved to have a child with you, as you always wished. I beg you, then, after the war, to marry, without fail, and to have a child in my honor, to fulfill my last will. Marry someone who can make you happy.*

All my possessions and all my affairs, I leave them to you and to your sister, and to my nephews.

After the war, you will be able to claim your right to a war pension as my wife, for I die as a regular soldier of the French army of Liberation.

With the help of my friends who will wish to honor me, you will have my poems and writings published, they are worth reading. You will carry my memories, if possible, to my parents in Armenia. I am about to die with twenty-three comrades, with the courage and serenity of a man whose conscience is entirely at peace, because I personally have done no harm to anyone; and if I have, I have done so without hatred.

Today, the sun is shining. It is while looking toward the sun and the beautiful nature that I have loved so much that I will bid farewell to life and to all of you, my dearest wife and my dear friends. I forgive all those who have done me wrong or who wished to do me wrong, except for the one who betrayed us to save his own skin, and those who sold us out. I kiss you very, very tightly, as well as your sister and all the friends who know me from near or far, I hold all of you to my heart.

Farewell. Your friend, your comrade, your husband.

Manouchian Michel (Note of the translation, it's the French version of his name)

P.S.: I have fifteen thousand francs in the suitcase at the Rue de Plaisance. If you can get them, pay my debts and give the rest to Armène. M.M.

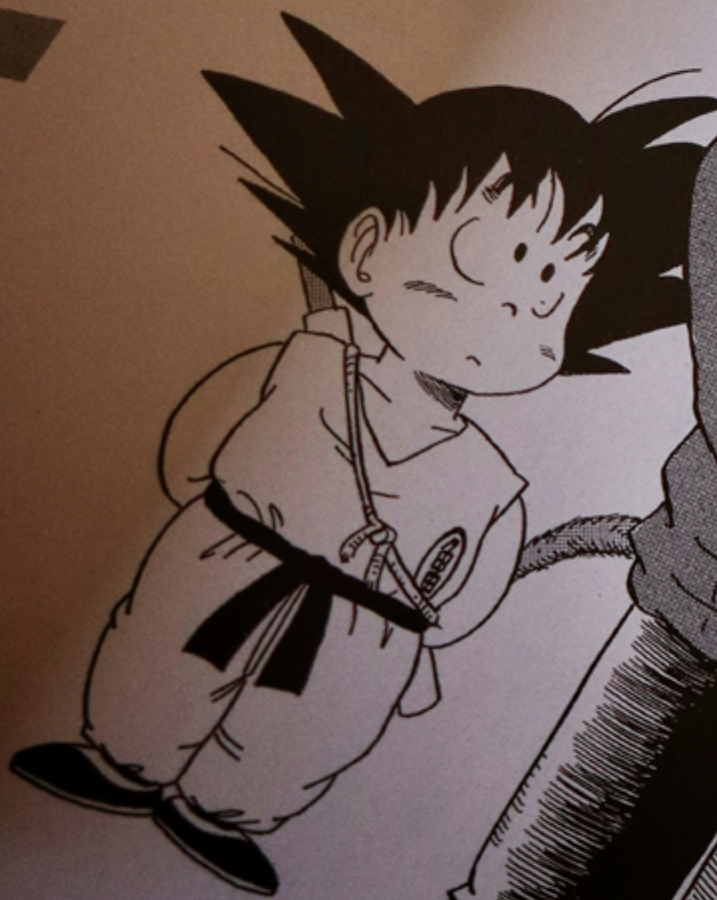
Original text from Missak Manouchian (1909-1944)
Collège DES FLANDRES: Dernière Lettre de Missak Manouchian

Translation: Arthur Bonhoure–Tolfo

Photos: Pantheon archives



Historia e njërit prej mangakave më të mëdhenj



Në vitin 1978, një artist mangash filloi karrierën e tij, duke u bërë i famshëm me dy manga: *Dr. Slump* dhe të dytën, të njohurën *Dragon Ball*. Po, mund ta kenë gjetur se për kë bëhet fjalë: është i madhi Akira Toriyama. Do të rrëfejme historinë e tij për t'i bërë homazh, pasi për fat të keq kanë kaluar dy vjet që nga ndarja e tij nga jeta.

Akira Toriyama lindi më 5 prill 1955, në Nagoya (më saktë, në Kiyosu), Japoni. Që në moshë shumë të re, ai ishte i apasionuar pas vizatimit. Ai u magjeps nga filmi i vitit 1961 "*101 Dalmatët*", i cili ia ushqeu më tej dëshirën për të vizatuar. Gjatë viteve të shkollës fillore, djali i vogël u magjeps nga koleksioni i mangave të vëllait të madh të njërit prej shokëve të tij të klasës, dhe duke parë *Astro Boy* në televizor në shtëpinë e fqinjtit të tij. Çuditërisht, në shkollën e mesme, ai u largua nga manga për t'u përqendruar në filma dhe seriale televizive. Në shkollën e mesme, ai u regjistrua në një shkollë arti, por nuk donte më të ndiqte arsim të lartë dhe donte të hynte në fuqinë punëtore, gati për të nisur karrierën e tij si ilustrues. Pavarësisht kundërshtimeve të prindërve të tij, ai punoi për një kohë si ilustrues në një agjenci reklamash, por shpejt dha dorëheqjen, i neveritur nga mjedisi.

Në moshën 23 vjeç, ai ishte i papunë dhe pa para. Prindërit e tij i jepshin para që të blinte cigare dhe pije në kafene. Një ditë, në një nga kafenetë e tij të rregullta, ai mori pjesë në një konkurs mangash, duke krijuar një histori humoristike. Ai disa herë nuk fitoi çmim, por mbeti i motivuar për të vazhduar. Pas shumë pengesave, ai botoi një manga të quajtur *Dr. Slump*, e cila u bë një sukses, duke shitur 35 milionë kopje. Gjashtë muaj pas suksesit të *Dr. Slump*, ai ishte i lodhur nga ritmi, kështu që vendosi të merrte një pushim nga ajo manga. Pastaj ai krijoi, i frymëzuar nga Udhëtimi në Perëndim i Jackie Chan dhe Wu Cheng'en, i cili fillimisht rezultoi në *Dragon Boy* (një histori e shkurtër me shaka dhe luftime artesh marciale). Ai përfundimisht do të vazhdonte të shkruante serinë e famshme *Dragon Ball*, e cila u zhvillua

nga viti 1984 deri në vitin 1995 (gjithsej 42 vëllime). Në total, shiti midis 250 dhe 300 milionë kopje, një sukses edhe më i madh se *Dr. Slump*.

Ai do të vazhdonte të punonte për një kohë shumë të gjatë, veçanërisht për dizajnin e personazheve ose si korrektor (*Dragon Ball GT*, *Dragon Ball Super*, *Dragon Ball Daima* dhe për videolojëra), dhe për fat të keq më 1 mars 2024, ai do të ndërronte jetë nga një hematoma subdurale. Pavarësisht vdekjes së këtij njeriu të madh, puna e tij vazhdon të qëndrojë në të mirën dhe të keqen, dhe ajo që është edhe më e bukur është se ai arriti të përcillte mesazhin e tij me *Dragon Ball*, që është empatia, sfidimi i vazhdueshëm i vetes dhe mbrojtja e asaj që do.

Loïc Printemps
Përktheu: Dora Arifi

Burimet:
Wikipédia - Akira Toriyama
dondon.media - Dragon Ball : les œuvres qui ont inspiré Akira Toriyama
gameblog.fr - Dragon Ball partagent un trait de caractère que leurs parents n'ont jamais compris

Foto: Unsplash



HOW TO WRITE ARTICLES FOR VOICES



TOPIC

Anything, except politics or hate speech

Think of topics that would interest **our audience** (youth)

Maybe a **current event or trend** that you could write about?

RESEARCH

Use **credible sources** when researching your topic

Double-check any information you include in your article to ensure **accuracy**

Don't plagiarize

Link the sources at the end of your article

STRUCTURE

Use **short, attention-grabbing headline**

Write an **introduction** at the beginning (what, who, when, why, how)

Include **body** and **conclusion** in your article, maintain a logical flow

Write your **full name** at the end

WRITING

Use **clear and concise language** that your audience will understand

Avoid too technical terms and **hard language** unless necessary

Be engaging and try to make your article interesting to read

FEW RULES

The article should be around 500 - 1000 words

Don't include images or illustrations in the document

Send possible **photos separately** (with sources and assured they're **free of copyrights**)

Edit and revise (clarity, grammar, and spelling error)

WHAT ELSE?

You can write in **English, Macedonian and Albanian**

You don't need to be pro, **VOICES is open for everyone!**

Writing to the magazine is **voluntary**

We can provide you with a **certificate** if you become a writer for VOICES magazine





Our monthly magazine has a very simple, yet powerful, mission - to be the voice of youth. And how do we do that?

We encourage young people to take an active part in today's society through journalism and designing by giving them a platform to express themselves. VOICES is produced in Skopje, Macedonia, and published online every month and four times per year as a printed edition.

Join VOICES team!

Contact us in our social media pages or write us an e-mail. What would you be interested in doing?



Writing articles

VOICES accepts articles about anything, except politics or hate speech. Brainstorm your ideas with us and write articles once, twice, or every month!



Translating articles

VOICES is published in three languages: English, Macedonian and Albanian. If you are a native speaker or fluent in these languages, join our translation team!



Featuring your work

If you are an artist, photographer, designer or other, your work can be presented in the magazine. Send us your method of art and a short bio of yourself!




www.voiceskopje.org  <https://vcs.org.mk/>

voiceskopje  vcs.skopje

voiceskopje  vcs.skopje

vcs.sending@gmail.com  vcs_contact@yahoo.com

VOICES to Hear  vcs.skopje

 vcs.skopje

