

GAHS JOURNAL



Science
Technology
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Psychology
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History
News

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Issue 1



GAHS JOURNAL

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GAHS GUESTS

INTERVIEW WITH NINO KASRADZE

Author:Qristi Nafetvaridze

Nino Kasradze has a special place in Georgian culture - in theater, cinema, and television. She has an outstanding appearance, intelligence, a clear and lively mind, and most importantly, limitless talent. We decided to invite her to GAHS and ask her a few questions.

Interviewer: -At what age did you become interested in acting?

-I became interested in acting around the age of fifteen or sixteen.

Interviewer: -Do you have a favorite role?

-All the roles I have played are favorites for me.

Interviewer: -Which of these do you prefer, theater, cinema, or TV series?

-I would say theater, cinema and TV series in this order.

Interviewer: -If it weren't for acting, what profession would you choose?

-I would choose something close to literature, which I am very interested in. Also, in medicine, I think I would be a good doctor.

Interviewer: -Do you have a favorite book?

-I can't remember my favorite book right now, because I can list twenty of my favorite books.

Interviewer: -What advice would you give to young actors and everyone else?

-Believe in yourself and don't be afraid!



INTERVIEW WITH DIANA ANPHIMIADI

Author:Qristi Nafetvaridze

Diana Anphimiadi - poet and linguist, is the author of 5 books. We decided to invite her to GAHS and ask her a few questions.

Interviewer: –When did you realize you wanted to be a writer?
–Since childhood. I started writing as soon as I learned to read and write, around the age of five. I began with poetry. I didn't consider any other path; writing was something I could do and something I always wanted to do. So, I can't say exactly when I realized it—it just happened naturally.

Interviewer: – Can you tell us about your favorite book?
–I have so many favorite books! But for now, let's go with *The Knight in the Panther's Skin*—I know it's a classic choice, but I truly love it. I read a lot, and many books are dear to me.

Interviewer: – What is your favorite part of being a writer?
– My favorite part is when a new idea comes to me. And the second favorite part is seeing the readers' reactions—meeting them and finding out whether I was able to convey what I wanted.

Interviewer: – What is the most important thing you have learned from writing? – The most important thing I've learned is that you must read a lot. Reading other writers' works and learning from their experiences is crucial.

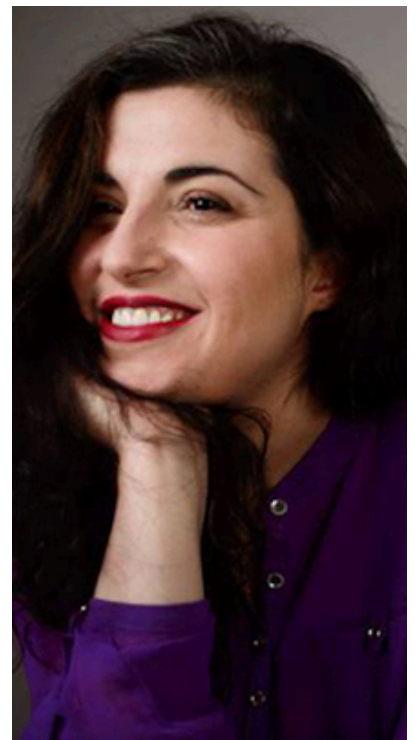
Interviewer: – If not writing, what profession would you choose?
– I don't know... If I had to choose something else, I'd probably be an artist. But unfortunately, I can't draw.

Interviewer: – What advice would you give to aspiring writers?
– Read. Read a lot and read good literature.

Interviewer: – What is the hardest part of writing a book?
– The hardest part is when the plot gets stuck—when you feel like you can't move forward, as if there's no way to overcome a particular point. But eventually, with a lot of effort, you manage to get through it.

Interviewer: – What is the hardest part of writing a book?
– Every book has its own story. Sometimes, a single word can inspire a book. Other times, it could be a painting or even a person you meet who sparks an idea.

Interviewer: – What time of day do you prefer to write?
– The time of day when no one else is around, and I can focus completely.



INTERVIEW WITH JABA KILADZE

Author:Qristi Nafetvaridze

Jaba Kiladze has been an actor of Marjanishvili Theater since 2009. He gained great popularity in the TV series "In the Middle City". He has performed many roles on the stage of Marjanishvili Theater. We decided to invite him to GAHS and ask him a few questions.



Interviewer: - What is your favorite feature in Sandro?

- The favorite feature is that he is Sandro himself.

Interviewer: - What do you recommend to aspiring actors?

- Work tirelessly from morning to night, never be satisfied with what you have achieved, and always think more and more that this should never happen.

Interviewer: - What is your favorite subject at school?

- History, Georgian literature and I also loved geography very much.

Interviewer: - Who is your favorite actor?

- I have many favorite actors, I can't list them now, there are so many.

Interviewer: - Do you prefer theater, cinema, or TV series?

-It's almost the same whether you love your mother more or your father, but the theater was, is, and always will be a favorite. Everything has its place.

INTERVIEW WITH LASHA SHAVDATUASHVILI

Author:Qeti Baghdavadze

Lasha Shavdatuashvili is a Georgian judoka. He is one of the most successful judokas of the early 21st century, having won Olympic medals at the 2012, 2016, and 2020 Summer Olympics as well as a dozen medals on the IJF World Tour. Georgian American High School hosted the judo champion, Lasha Shavdatuashvili. We asked him interesting questions. Lasha talked about his achievements, years of life, difficulties, etc. The children personally had a short interview with Lasha Shavdatuashvili where he answered the questions personally.



Interviewer: What was your childhood dream? - My childhood dream was to become a champion.

Interviewer: How old were you when you started doing sport? - I started doing sport when I was 12 years old.

Interviewer: Who is your favorite athlete? - I will not answer that question, as I do not want to hurt someone's feelings. **Interviewer:**

- What would you recommend to today's generation? - I will recommend them to love their work and whatever they do.

Interviewer: What were your feelings when you became a champion?

-It is an amazing feeling to be a champion.

Interviewer: Apart from judo, what is your hobby that many people don't know of?

- I love hunting as my hobby. We would like to thank Lasha Shavdatuashvili for his visit. We wish him success!

GAHS GRADUATES

INTERVIEW WITH NINI GIORGADZE FROM GEORGIAN-AMERICAN HIGH SCHOOL TO STANFORD UNIVERSITY

Author: Mariam Jalaghonia



In this article, I wanted to share the story of a former Georgian-American High School student, Nini Giorgadze, who went on to study at Stanford University. She graduated from our High School in 2018 and has become a great example for those students who want to attend top universities. In this interview Nini will talk about how our High School helped her get ready for Stanford, the challenges she faced after moving there, and her advice for students who want to follow in her footsteps.

Interviewer: What year did you graduate from the Georgian-American High School?

Nini: I graduated in 2018, and we had one of the best graduations.

Interviewer: What were your favorite subjects in high school, and why?

Nini: My favorite subjects were math, English, and geography. I loved math because it challenged me to think logically and solve problems, English because it helped me improve my communication and express ideas, and geography because I was always curious about different cultures and how the world works.

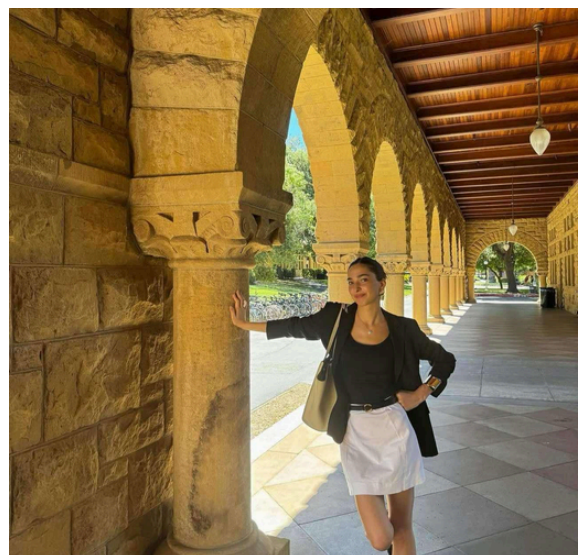
Interviewer: Did you have a specific goal or dream career in mind while you were in high school?

Nini: I didn't know exactly what my future career would be, but the one thing I was sure of was that I wanted to be successful in whatever profession I chose. My focus was on working hard and excelling, no matter where I ended up.

Interviewer: How did you manage your time between schoolwork, activities, and preparing for college applications?

Nini: I focused on strong time management by setting priorities and creating a clear schedule.

Sometimes I was able to stick to it, and sometimes I wasn't. Honestly, most of the time I found myself primarily focused on preparing for college applications, but I tried to balance schoolwork and activities as best as I could



INTERVIEW WITH NINI GIORGADZE FROM GEORGIAN-AMERICAN HIGH SCHOOL TO STANFORD UNIVERSITY

Interviewer: Did you have any other universities in mind before deciding on Stanford?

Nini: Yes, I applied to about 10 universities in total, and I was accepted to most of them. But when I got accepted to Stanford, I accepted the offer the same day! It was the best decision of my life! **Interviewer:** When did you first start thinking about applying to Stanford and what inspired you to choose it?

Nini: I didn't tell anyone I was applying to Stanford because I was embarrassed to say it at the time. But my personality of always wanting to try everything and aiming for something big drove me to apply. Stanford was the number one university I was dreaming of back then, and I wanted to give it my best shot.

Interviewer: How did our school help you get ready for a university like Stanford? **Nini:** My high school helped me build a strong foundation for success at Stanford. The challenging coursework pushed me to think critically and manage my time effectively, while the supportive teachers and diverse extracurriculars helped me grow as both a student and a leader. I was well-prepared academically and felt confident stepping into a competitive environment like Stanford.

Interviewer: What was the biggest change/surprise when you moved from high school in Georgia to life at Stanford? **Nini:** The biggest change was probably the shift in independence and responsibility. At Stanford, I had to take full ownership of my schedule, academics, and even balancing extracurriculars, which was a big adjustment from the more structured environment in high school. I also found the diversity of perspectives and experiences at Stanford eye-opening—it was exciting but also a bit overwhelming at first!

Interviewer: What's your favorite thing about being a student at Stanford University?

Nini: There are so many things I can list but maybe I will choose the diversity of people and ideas that Stanford offers. I'm constantly inspired by my peers, who come from all over the world and have such unique perspectives. It's amazing to be part of a community that encourages innovation and collaboration, and where you're always learning something new, both inside and outside the classroom. Plus, the campus itself is incredibly beautiful and full of opportunities to explore and grow!

Interviewer: Are there any skills/habits you learned in high school that are useful at Stanford?

Nini: I remember we had those semester competitions in math, English, and life science, and I was always motivated to get into the Top 6 students. It made me quite competitive, which turned out to be useful at Stanford. That competitive drive pushed me to stay disciplined and constantly improve, helping me handle the intense academic challenges and thrive in a high-performing environment.

Interviewer: What advice would you give to students here who want to go to top universities like Stanford?

Nini: Just believe in yourself!

Failures are more valuable than staying in your comfort zone—they help you grow and build resilience. Anything is possible if you aim for it!



INTERVIEW WITH NIKITA TRIPATHI FROM GEORGIAN-AMERICAN HIGH SCHOOL

Author:Gvanca Kurkumuli, Natalia Tchubabria

Nikita Tripathi is one of the many successful graduates of our school. He's currently studying abroad in Canada and is planning on returning to Georgia soon. We decided to reach out to him and ask him a few questions that most of the students at GAHS are wondering.

Interviewer: How was your experience at GAHS?

- Attending GAHS was truly formative for me. The school gave me a strong academic foundation and a supportive environment that encouraged both personal and intellectual growth. The teachers were (and still are) amazing, and they helped me prepare for challenges beyond high school.

Interviewer: Why did you choose Canada?

- I chose Canada for several reasons. Canada is known for its high-quality education system, especially in terms of research. There are plenty of opportunities for personal and career growth. Moreover, the nature in Canada is beautiful. Alberta, my province, is famous for its mountains - it reminds me of Georgia.



Interviewer: What university are you studying at right now, and how did GAHS help you get there?

-I am currently studying at the University of Calgary. GAHS played a crucial role in helping me get here. The school helped me build skills like critical thinking, problem-solving, and collaboration. GAHS gave me many opportunities to grow and to prove myself. To this day, I have fond memories of participating in ICYS 2016 under our principal's (Dr. Mamuka Meskhishvili) supervision. This was one of the many doors my school opened for me.

Interviewer: What's your major and what made you interested in it?

- For my bachelor's degree, I studied computer science. The more I learned about it, the more I realized that this was the path I wanted to follow in my academic and professional life. I'm currently wrapping up my master's degree in cybersecurity.

Interviewer: If any, what problems did you face after graduating?

- What advice would you give to people who want to study abroad? One of the challenges I faced was adapting to a new educational system and living in a different culture, but over time, I learned to adjust. My advice to those wanting to study abroad is to find a community of Georgians. Preserving your cultural heritage is impossible when you're alone. Find an Orthodox Church and/or a Georgian diaspora and become an active member.

Interviewer: How's life as a student abroad? Has it changed you or the way you see things?

- Life as a student abroad is great but comes with its own set of challenges. It has changed me. I've become more independent and resilient. Living in a new environment has shown me how much I love and miss Georgia.

Interviewer: Are you planning on returning to Georgia?

- I am. Canada has given me a lot, both academically and personally. But I came here for a reason - it is my dream to take everything I've learned and bring it back to my motherland.

GAHS GIFTED STUDENTS

INTERVIEW WITH ELENE UROTADZE

Author: Nini Okropiridze

Elene, a 16-year-old student in the 11th grade at our school, has been passionate about painting since she was just 4 years old. Recently, she showcased her talent by holding her art exhibition in Batumi, a collaborative effort with her grandfather



-Interviewer: How did the idea of doing a joint exhibition with your grandfather come about?

-When my grandfather saw my work at my previous exhibition, he liked it and wanted to collaborate with me. My grandfather is a well-known artist in Batumi. So, the Adjara Museum of Arts was pleased to host this exhibition.

Interviewer: What was it like preparing for the exhibition together?

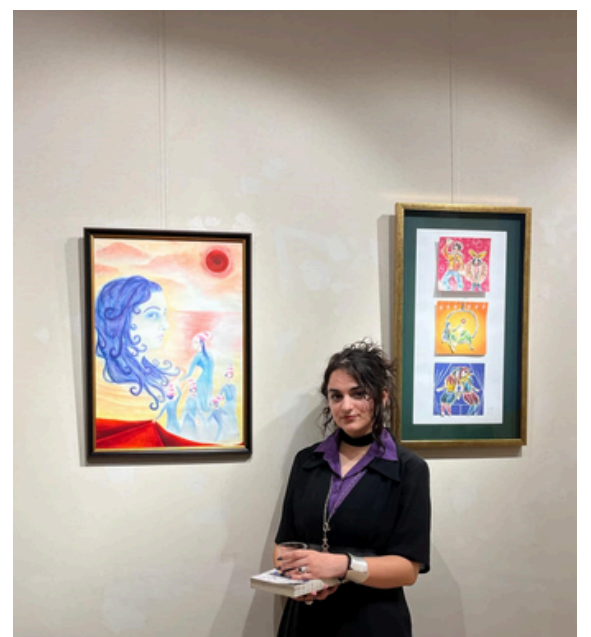
-It was stressful because both of us have different views on art, so there were some things that we did not agree on. Still, it was also fun and interesting to see how we collaborated and came up with the title of the exhibition, which was called "Generation."

Interviewer: How do you feel your painting style differs from your grandfather's?

-He is more traditional than I am and prefers darker colors. His paintings are full of realism and mystery. While I prefer more non-traditional art. I mostly use mixed media, while he uses only oil paints. My style is close to surrealism. But I don't have a particular style, because I prefer freedom over proper rules, which certain styles have.

Interviewer: Do you have a favorite painting from the exhibition? If so, why is it special to you?

-I liked my grandpa's painting named "Key.". If I had to describe that painting, I would say that there was this void of black capturing the whole canvas, but in the middle, there hung a silver key, a key that opened something that no one knew. But if you looked closer near the key, you could see a paper boat, which was halfway sinking.



INTERVIEW WITH ELENE UROTADZE

-How did your friends and family react to the exhibition?

-At first, they were all so surprised and happy, but then sadness came when they realized the exhibition was going to be held in Batumi, and they weren't able to come. but everyone was so supportive.

-What emotions did you experience on the opening day of the exhibition?

-I was as nervous as one could get. It was not my first exhibition. I have participated in many exhibitions in my life, but this was different because it was held in another city and also in the Adjara Museum of Fine Arts, which is way more serious than any art gallery that I have been to before.

-How has your grandfather influenced your artistic journey?

-He always tells me that I should never give up and just be free. If you look at my recent works, you will see that he had a big influence on my color palette.

-What advice did your grandfather give you during the exhibition process? -

to not worry and just be myself!

-Do you imagine yourself working again with your grandfather in the future?

-Yes, of course! But right now I'm planning to have solo exhibitions in Tbilisi and also in Batumi. So maybe in like a year or two, we will collaborate again.

-How do you balance school and art, especially with such a big project like an exhibition?

-It is really hard; I am not going to lie, there were many nights when I could not even sleep, but I still tried my best to manage schoolwork and art.

-What inspired you to host a painting exhibition at such a young age?

-I wanted my country to get to know me; I also wanted to give other artists more courage to not be scared of the public.

-What emotions did you experience when you saw your artwork displayed for the first time?

-It made me feel extremely proud and happy; somehow I was really relieved that all my work had paid off. and I was even happier when two of my paintings were bought, and both of them are in China right now!

-What kind of themes or subjects do you want to explore in your future artwork?

-I really want to explore the concepts of emotions, time, and life.

-What advice would you give to other young artists who want to share their work?

-Don't worry, be yourselves, and most importantly, be free.



INTERVIEW WITH ANASTASIA CHKHARTISHVILI, TABLE TENNIS PLAYER FROM GEORGIAN-AMERICAN HIGH SCHOOL

Author:Lizi Loladze, Mari Kobaladze

interviewer: Hi Anastasia! Can you tell us how your table tennis career started?

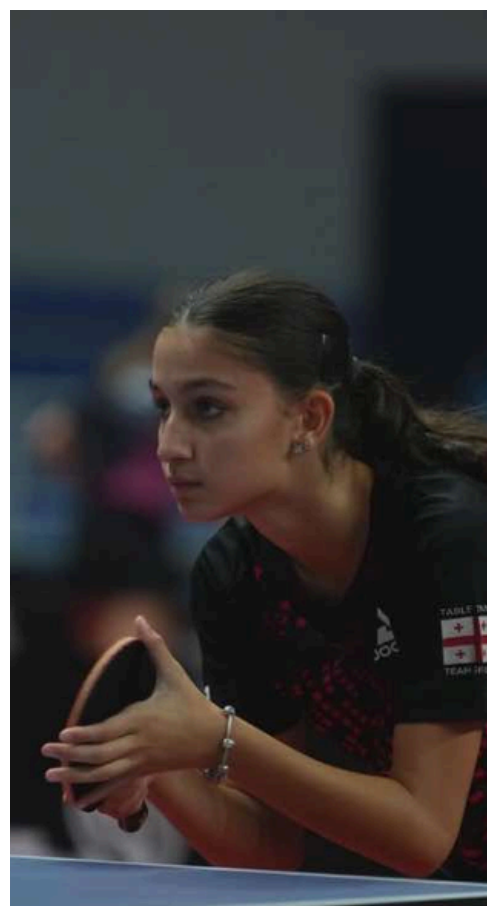
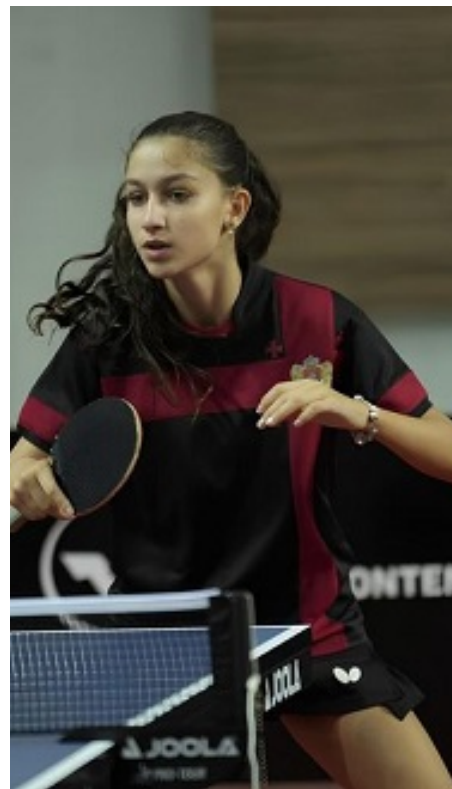
Anastasia: Before table tennis, I tried many sports, but I started playing table tennis just for fun. However, I liked it so I decided to play professionally. Also, my father recommended it because he enjoyed the sport as well.

Interviewer: What are the biggest challenges you have faced?

Anastasia: Probably the biggest challenges were psychological pressure, maintaining the results and accepting losses, balancing personal life and sports, and physical injuries.

Interviewer: Can you explain the feeling of winning for the first time?

Anastasia: When I first achieved success, I was very happy because my hard work paid off. At that time, I was young and after that victory, I became more and more motivated to win higher-level tournaments. Believe in yourself, never give up, follow discipline, and be confident



Interviewer: Tell us shortly about your achievements.

Anastasia: I have many accomplishments, but I will say few: multiple-time Georgian champion in different categories, woman's league champion, European youth series winner, and WTT contender prize winner.

Interviewer: How do you manage studies and sports together?

Anastasia: Education and sports are equally important to me. Education will help me shape my future and sport helps me to be physically and mentally developed. Also, to be confident and follow discipline. However, when I have a tournament, I must focus on my competition, and that naturally leaves me with less time for my studies. But after the tournament, I make every effort to catch up and study as much as possible to cover all the material. And if I can manage my teachers are supportive and always help me.

Interviewer: And lastly what advice would you give younger athletes?

Anastasia: I would advise people to set their goals, believe in themselves, never give up, follow discipline, and be confident.

FROM DREAMS TO REALITY: HOW TO STUDY IN THE US AS A HIGH-SCHOOL STUDENT

Author: Ana Botchoridze

Thinking about studying abroad and making your dreams come true? Let me tell you how to study in the US as a high school student.

Studying abroad is the dream for many students, and the United States is often the top destination for kids who want to receive a top-tier education. When we imagine education in the US, we automatically think of our favorite movies and dream about experiencing such life.

However, you are still probably thinking “Why should I go to a whole different continent just to learn about mitochondria which is the powerhouse of the cell?” But studying abroad is more about learning how to live independently, meeting new people, sharing your culture, gaining new skills, adapting to a new environment, and most importantly gaining more experience. There are a few ways to study abroad as a high-school student, but the most popular free option is the FLEX exchange program.



FLEX is a highly competitive program that helps kids from 22 countries to study for one fully funded exchange year in the US with the host family. Through this program, students gain leadership and problem-solving skills, learn more about American culture, and gain new and unforgettable experiences. Students act as ambassadors for their country and teach others about their culture and values. It is easy to dream about winning the scholarship but in reality, the flex program is highly selective. It consists of 3 main rounds.

The first round

The application for the first round usually opens in August and closes in September. The first application is your way to the semifinalist round. Anyone from 9th to 11th grade can apply. Once you open the application, they will ask you for your consent. After that, you will see sections you must fill out thoroughly in the next 10 days. I know it looks scary at first, but don't get overwhelmed! Filling out your school name, English level, and personal information is easy, but as you do more, you will reach the 8th section where it gets a little more serious.

Each applicant has different essay topics. For each of the 3 questions, you will have 300 words maximum to show yourself. Take your time and don't rush, you have 10 days to complete the application. Once you are done send it and wait for the second round.

Second round

After you send the application for the first round, in 24 hours you will receive an email for the second round. Now don't get nervous this is where they check your English level. An email will have a link and code for the test. The test is short and easy i am sure you can ace it!

Third round

The third round is different from the other rounds. That is when they start selecting the finalists. If you get a call or an email from the FLEX program then congrats you are now the semifinalist for the program.

Now we can break down the third round into a few steps.

FROM DREAMS TO REALITY: HOW TO STUDY IN THE US AS A HIGH-SCHOOL STUDENT



Second step

before you submit an application you will be asked to go to a place to write another three essays but this time you are not alone and you only have 40 minutes. Don't get scared the questions they ask are really easy and you can get it all done faster than you think. But instead of getting nervous and writing it fast calm down, take your time, and once you have an idea in your mind start writing it.

Third step

A few days later you will receive an email for an interview. This is where they get to know you personally. Once you go to the room they will ask you the easiest questions. No need to get nervous They are easy, just be yourself and don't lie because they will notice.

And this is where it ends. If you receive an email a few months later then congrats, you won the scholarship. Get ready for the most unforgettable experience. Last year our school's 11th grader Luka Gobejshvili won the FLEX program so I decided to interview him this is how it went:

-What tips would you give to kids who also want to study abroad?

-My advice for students who want to study abroad would be to live an active life and participate in both in-school and outside-of-school extracurricular activities.

-What are the differences between schools in the US and Georgia?

-Schools in the US and Georgia differ in many aspects. For example, the way classes are and how the school system operates.

-What are your plans after you are done with your exchange program?

-After I return from my exchange year I plan to study abroad either in Europe or in the United States.

-What opportunities did you take advantage of while in the US that you didn't have in Georgia?

-I took some classes that aren't available in Georgia and also became part of some other organizations.

-How do you balance your academic life with extracurriculars?

-I just try to participate in activities that I know will benefit me.

See? Every year lots of students from Georgia get sent to the United States for free. So what stops you? Don't be afraid and send your application!

PSYCHOLOGY AND HEALTHY LIFESTYLE

MASTERING TIME MANAGEMENT

Author:Elene Bazaleli

In today's fast-paced world, being good at managing your time is super important for students. If you can handle your time well, you'll get more done. Just like energy and money, time is something we can't get back, so we need to use it wisely. Time management means figuring out how to plan and control how much time you spend on different tasks.

In this article, we'll discuss five steps that will help you improve how you handle your time.

AREAS OF IMPROVEMENT

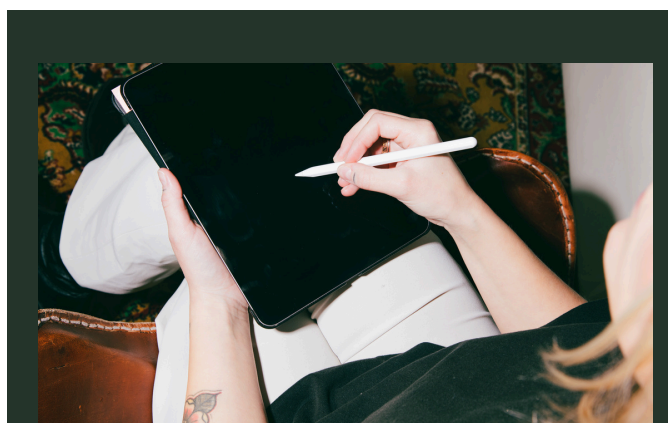
The first step to managing your time better is to figure out where you're having trouble. Take a moment to think: do you often feel overwhelmed, miss deadlines, or have a hard time deciding what tasks to prioritize? It can really help to track how you spend your time for a week. You might find out that you're wasting more time on distractions than you thought or that some projects are taking way longer than you expected.

SET GOALS

Setting goals is super important for managing your time effectively. To avoid feeling overwhelmed, break big goals into smaller, manageable tasks. It's also a good idea to check in on your progress regularly and make changes if you need to. Having clear goals helps you create a solid plan that keeps you focused and motivated during your studies.

MAKE TO-DO LIST

A great way to manage your time is by using a to-do list. It helps you keep track of what you need to do and figure out what's most important. Start by writing down everything you need to get done and then sort it by priority. Try to check and update your list regularly, crossing off tasks as you finish them to feel that sense of accomplishment. Using a to-do list can really help you stay focused on what matters and boost your productivity!



MINIMIZING DISTRACTIONS

In today's technological era, distractions are all around us. It's key to identify what pulls you away from your work, like social media, constant notifications, or a messy workspace. To help stay focused, create a tidy workspace, and consider using website blockers or turning off notifications to cut down on digital interruptions.

SCHEDULE BREAKS

Regular breaks can renew your thoughts and reduce the desire to seek distractions. Stretching, drinking water, or going for a short walk during this period will help you concentrate better when you get back to work

Learning how to manage your time better can make you more productive, less stressed, and help you find a better balance in a world that moves so fast. By focusing on self-care, cutting down on distractions, using tools like to-do lists, and setting clear goals, anyone can take control of their time and reach their full potential. Remember, getting good at time management takes practice and won't happen overnight. So, just keep in mind to work smarter, not harder!

PSYCHOLOGY

Author:Liza Gejadze

What is Psychology?

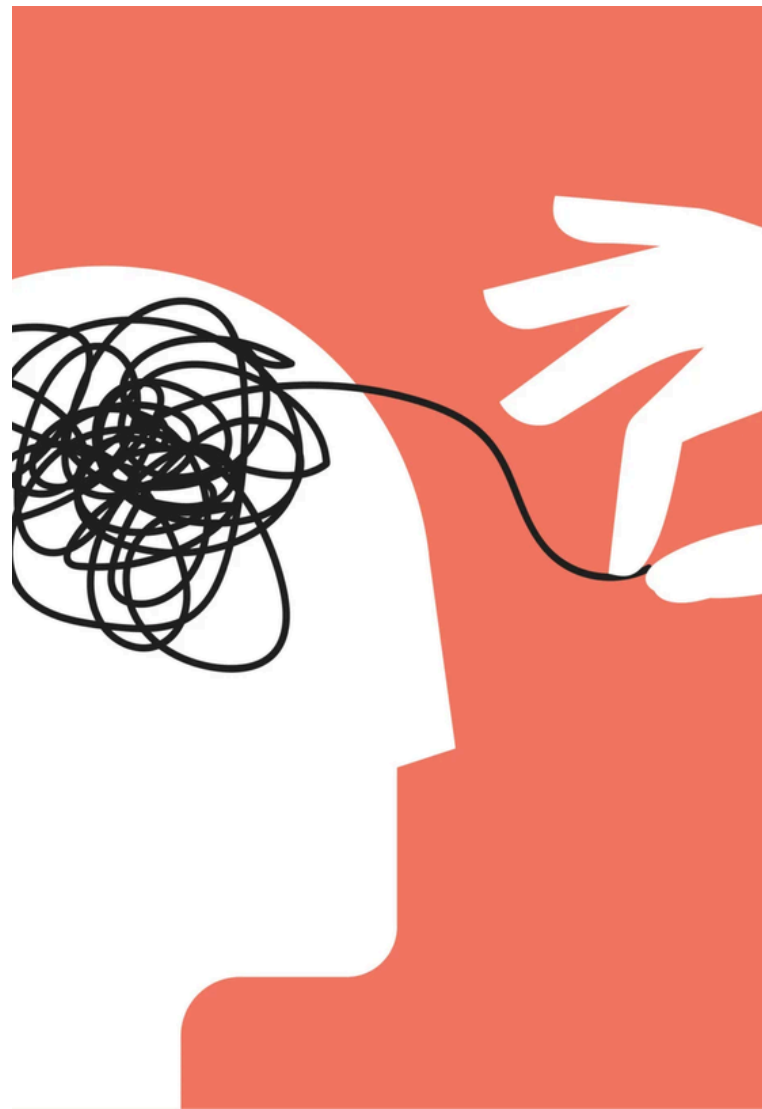
According to the American Psychological Association (APA), psychology is defined as “the scientific study of the mind and behavior.” Psychologists investigate various dimensions of human behavior and mental processes, including areas such as perception, cognition, emotion, attention, intelligence, brain function, human interaction, personality, and motivation.

Psychology not only seeks to explain human behavior but also offers insight into why we behave the way we do. It enhances our understanding of human experiences and provides tools to connect with others on a deeper level. In many ways, psychology can be “the key to a fulfilling life.” The scope of psychology is broad, with benefits ranging from improving mental health to fostering self-improvement or overcoming challenges like addiction. Furthermore, the field plays a critical role in enhancing communication and empathy, thus improving our relationships with others. Psychologists are trained in understanding how people feel, think, and behave. Their work often addresses issues like anxiety, depression, stress, and eating disorders. Although psychologists typically do not prescribe medications, they rely on scientifically supported assessments to evaluate mental health and offer appropriate interventions.

Here are some of the primary areas where psychologists concentrate their research and practice:

- Mental health issues, including depression, anxiety, and phobias.
- Neurological, genetic, psychological, and social factors that influence behavior.
- Psychological aspects of health, illness, and disease management.
- The role of psychology in disease prevention and health promotion.
- Rehabilitation and adaptation to chronic illness and disability.
- Brain injuries and degenerative brain diseases.
- Pain perception and management.
- The interaction between psychological and physical health (e.g., diabetes, heart disease, stroke).
- Managing the psychological components of terminal illnesses and end-of-life care.
- Cognitive functions like learning, memory, problem-solving, and intellectual ability.
- Developmental and behavioral issues across the lifespan.
- Criminal behavior, crime prevention, and services for victims and offenders.
- Addiction and substance abuse, including smoking, alcohol, and drugs.
- Stress and anger management, along with other lifestyle-related concerns.
- Psychological factors in legal matters, including accidents, parental capacity, and competency.
- Workplace psychology, focusing on motivation, leadership, productivity, and workplace well-being.
- Marital and family relationships.
- Social and cultural behaviors and attitudes.
- The relationship between individuals and the groups they are part of (e.g., family, society, workplace).
- Psychological factors that influence performance in work, school, sports, and recreational activities.

As our understanding of the human mind has grown, psychology has developed into a vast and complex field. New specialized branches continue to emerge, including clinical psychology, social psychology, and developmental psychology, each focusing on specific aspects of human behavior and mental processes.



MENTAL HEALTH

Author:Tika Sulkhanishvili

MENTAL HEALTH:

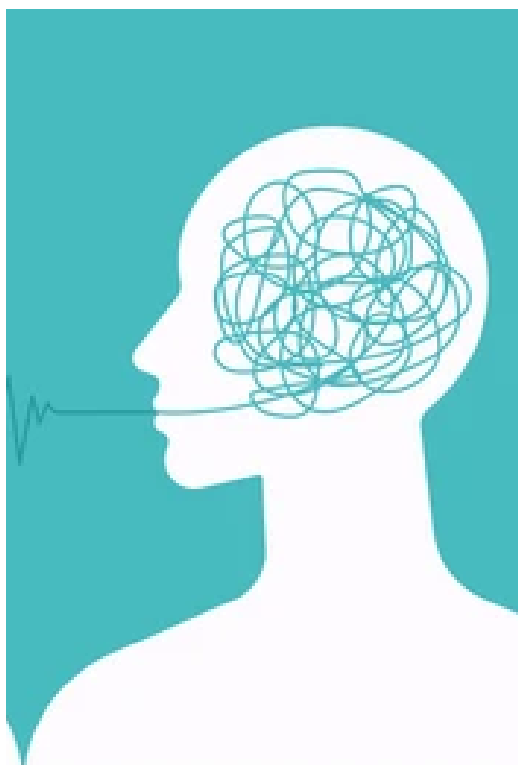
Mental health, or psychological well-being, refers to a person's inner stability and sense of comfort, which significantly influences physical, emotional, and social functioning. A mentally healthy person is capable of managing stress, making decisions, and building relationships in a way that maintains their well-being and that of others around them.

WHAT IS MENTAL HEALTH?

Mental health encompasses our emotional, psychological, and social well-being. It affects how we think, feel, and act, especially when dealing with stress, relating to others, and making choices. It's essential throughout every stage of life, from childhood through adulthood.

WHY MENTAL HEALTH MATTERS

1. **Daily Functioning:** Mental health influences our energy, motivation, and overall ability to function each day. People with good mental health can handle the challenges of life more effectively and are likely to be more productive.
2. **Physical Health Connection:** Mental health impacts physical health, as stress and emotional strain can lead to issues such as high blood pressure, heart disease, and weakened immunity.
3. **Relationships and Social Life:** Mental well-being supports healthier relationships and better communication, enhancing personal connections and reducing feelings of loneliness.
4. **Self-Esteem and Fulfillment:** A balanced mental state promotes self-acceptance, confidence, and a sense of purpose, all of which contribute to a more fulfilling life.



HOW TO SUPPORT MENTAL HEALTH

- **Regular Physical Activity:** Exercise can help reduce stress, improve mood, and boost energy levels.
- **Balanced Diet:** Nutrition directly impacts brain health, so a balanced diet can improve mental well-being.
- **Healthy Relationships:** Spending time with supportive friends and family can strengthen our mental resilience.
- **Seeking Help When Needed:** Consulting a mental health professional is vital when facing overwhelming emotions or persistent stress, as therapy and counseling can provide guidance and support.

FINAL THOUGHTS

Taking care of mental health is just as crucial as physical health, as both aspects are interdependent. By prioritizing mental well-being, we can improve our quality of life, resilience, and relationships, making it easier to navigate life's challenges with a positive outlook.

Author:Qristi Nafetvaridze

Understanding Ecology

The meaning of the word ecology was given by the German biologist Hackel in 1869. "Logos" means science.

Ecology is a branch of biology that studies the relationship between organisms and their environment. It investigates how plants, animals, and humans interact with each other and their environment to create the complex systems that sustain life on Earth. Ecology studies these interactions to understand how ecosystems function, maintain balance, and sustain biodiversity. All organisms, from the smallest bacteria to the largest animals and plants, play an important role in their ecosystems by helping with natural processes such as pollination, soil formation, and management. Respect the weather.



The importance of ecology in how we protect and support the natural world. By studying ecosystems and environmental health, we gain information that can help solve problems such as climate change, deforestation, pollution, and biodiversity loss. Protecting ecosystems ensures that we have all the resources necessary for human survival: clean air, water, and fertile soil. Balanced ecosystems also help improve health and stability, support agriculture, reduce natural disasters, and manage the climate. By understanding and protecting ecosystems, we can create a better future for ourselves and future generations.

At GAHS, the eco club organises various activities to increase students' awareness and develop their responsibilities. For example, they invite guests to discuss topics such as the health and environmental hazards of smoking. They also offer ecology classes and Earth Day presentations to give students ideas about protecting the environment. Through these activities, the GAHS Eco Club actively encourages students to make a positive impact on the environment.



A special visit from young European ambassadors

Author:Nutsi Qatamashvili



Last week, a Georgian-American high school welcomed guests from Young European Ambassadors, a group of passionate people who strive for better opportunities for Georgian teenagers and young adults in Europe. The event was both informative and engaging – first, the guests presented and gave us a general idea about what they do, and what this organization is, and then proceeded to answer the questions, leaving students motivated and curious about the opportunities this organization offers to young people like us.

During their visit, the ambassadors spoke about many cultural, educational, leadership, and social opportunities available for Georgians through their program, highlighting ERASMUS+, an organization that allows you to gain knowledge and experience abroad, in many different ways. One of the ways, that the guest mentioned, was going abroad to teach, which they had tried themselves. Hearing about the possibilities was exciting, as it showed so many possibilities to connect with peers all around the world.

The ambassadors also emphasized the values that their organizations stand on – cooperation, leadership, and progress. They encouraged us to think outside the box and challenge ourselves, to try out their program. Through stories of their individual experiences, they demonstrated how EU-supported programs help you strive for more and grow, as a person and as a student. They talked about many opportunities we could take, to become a part of the group they once started their career in.

One of the sweetest and most memorable parts of their visit was when they gave us a selection of gifts, that were by the way, eco-friendly. The selection included pens and pencils with sprouts, stickers, pop-sockets, card slots for phone cases, etc.

The visit by the Young European Ambassadors was more than just a presentation, it was a call for action. Many of us left the event feeling determined and inspired to explore the opportunities shared by them. Who knows? Maybe one day, one of us will be part of this incredible network, representing Georgia and many more countries.

We are grateful to the Young European Ambassadors for visiting our school and giving us such an informative meeting of what is possible, even at such a young age. Their message of hope and opportunity will surely stay with us for a long time.

LITERATURE

The Rise of Dystopian Fiction

Author: Salome Sebiskveradze

WHY TEENS ARE DRAWN TO WORLDS FALLING APART

Dystopian fiction has become very popular among teens, with books like *The Hunger Games*, *Divergent*, and *The Maze Runner* flying off bookstore shelves. But what is it about these stories—where societies are broken, governments are harsh, and the main character is always on the verge of death—that attracts so many young readers? It's fascinating to see how these novels resonate with the real emotions and challenges teens face as they grow up.



Is it the thrilling narrative that helps you escape from reality or the rebellious spirit of the main character that makes readers feel connected to the story? One of the biggest reasons dystopian stories connect with teens is their focus on rebellion against authority. The young characters in these books often stand up against unfair systems or cruel leaders, reflecting the natural teenage urge to challenge rules and question the status quo. Think about Katniss Everdeen in *The Hunger Games* or Tris in *Divergent*—both fight against powerful forces. Many teens see parts of themselves in these characters as they explore their identities and figure out where they fit in the world.

These books also hit close to home regarding teens' fears about the future. With big issues like climate change, political unrest, and social inequality constantly in the news, it's no wonder that dystopian fiction serves as a way for young people to process those anxieties. In *The Maze Runner*, for example, the characters find themselves trapped in a constantly changing maze, which can feel a lot like how overwhelming and confusing the future seems. Watching them navigate danger and find their way can inspire hope and resilience in teens, reminding them that they can face challenges.

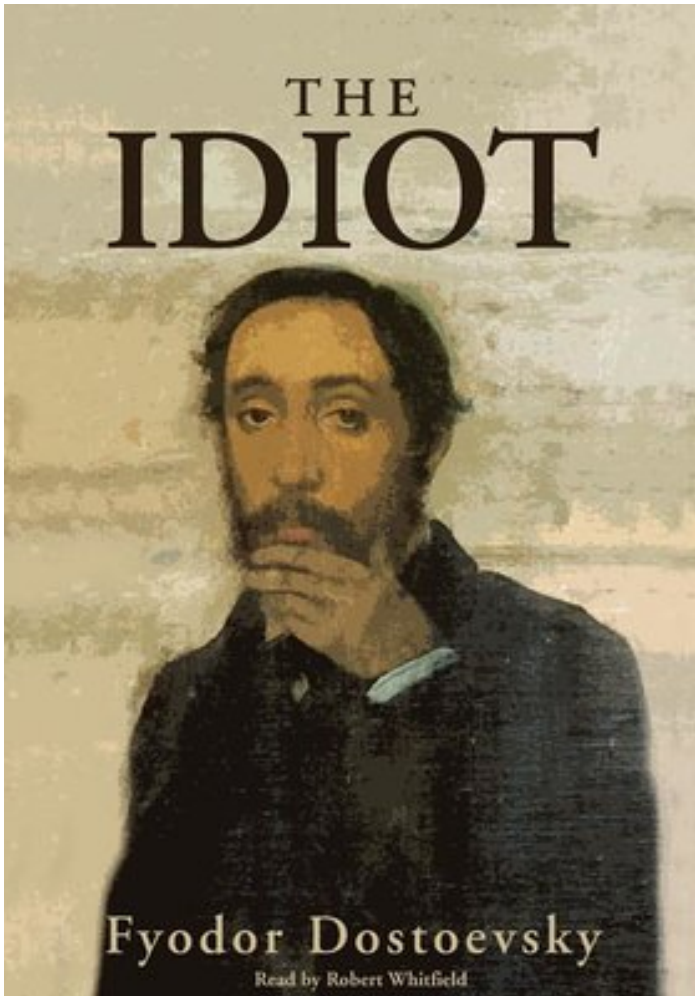


Another reason dystopian fiction is so relatable is its exploration of identity and belonging. The main characters often struggle to understand who they are in societies that try to limit them. In *Divergent*, Tris lives in a world that categorizes people based on traits like bravery or intelligence, but she doesn't fit neatly into any one group. This struggle mirrors what many teens experience as they try to define themselves in a world full of expectations. Dystopian novels highlight the importance of being true to oneself, even when it feels like society is pushing you to conform and the world is falling apart.

Ultimately, dystopian fiction offers more than just a break from reality; it provides a space for teens to understand their feelings and experiences. The worlds in these stories may be chaotic and uncertain, but the journeys of the characters toward freedom, justice, and self-discovery resonate deeply with young readers. These stories encourage teens to question the world around them, stand up for what they believe in, and remind them that, even in tough times, there's always a way forward. And who knows? Maybe one day we will thank the authors of these books for raising an exemplary generation.

FYODOR DOSTOEVSKY'S NOVEL THE IDIOT

Author: Deniz Bardak



Fyodor Dostoevsky's novel *The Idiot*, first published in 1869, is one of his most complex and thought-provoking works. The novel follows Prince Lev Nikolayevich Myshkin, who returns to Russia after spending many years in a Swiss sanatorium. Myshkin, the protagonist, is often referred to as the "idiot" in the novel, though the title is ironic and does not fully capture his character. While Myshkin is not intellectually challenged, he is viewed as naïve and innocent, which leads others to believe that he is foolish or out of place in society. This work explores themes such as innocence, the nature of good and evil, social corruption, and the complexity of human relationships.

The novel begins with Prince Myshkin returning to Russia after a long stay in Switzerland to treat his epilepsy. Myshkin's health issues and his time away from Russia make him a stranger in his own country. He has a deep sense of compassion, which is evident in how he interacts with others, even those who look down on him. Myshkin's innocence and honesty set him apart from the rest of the characters in the story, many of whom are consumed by selfishness and societal expectations.

The story revolves around Myshkin's interactions with several characters, most notably Nastasya Filippovna, a beautiful but troubled woman, and Aglaya Epanchin, a young woman from a respected family.

Myshkin's relationship with these two women forms the emotional heart of the novel. Nastasya, who has a tragic past, is torn between her love for Myshkin and her destructive relationship with the wealthy and immoral Rogozhin. Aglaya, on the other hand, falls in love with Myshkin but is unsure whether to marry him due to his unconventional behavior and his connection with Nastasya.

The love triangle between Myshkin, Nastasya, and Rogozhin is a key plot element in the novel. Rogozhin is a passionate and obsessive man who represents the darker, more destructive side of love. He becomes consumed by his desire for Nastasya and is willing to go to extreme lengths to possess her. Myshkin, however, represents a more pure form of love, one that is selfless and compassionate. His love for Nastasya and his desire to help her lead him to make decisions that are often seen as foolish by those around him. This contrast between Myshkin and Rogozhin highlights the theme of innocence versus corruption, which is central to the novel.

One of the novel's most important themes is the nature of good and evil. Throughout the book, Myshkin is portrayed as a Christ-like figure, someone who sees the goodness in people and seeks to help them. However, his goodness is often misunderstood and manipulated. Myshkin's innocence and his belief in the goodness of others make him vulnerable to the cruelty of those around him. He is often seen as naïve, and his attempts to help others are sometimes met with betrayal or indifference. Despite his attempts to spread kindness and understanding, Myshkin is unable to change the darker nature of the world he inhabits.

The novel also explores the idea of societal expectations and the way in which people are judged based on their outward appearances and social status. Myshkin's simple and unpretentious nature stands in stark contrast to the pretentiousness and vanity of the aristocratic society he encounters. Many of the characters in the novel are obsessed with wealth, status, and appearances, and they often judge Myshkin for his lack of these qualities. This conflict between Myshkin's genuine humility and the superficiality of the society around him is a key theme in the novel and speaks to the broader issues of social corruption and the emptiness of materialism.

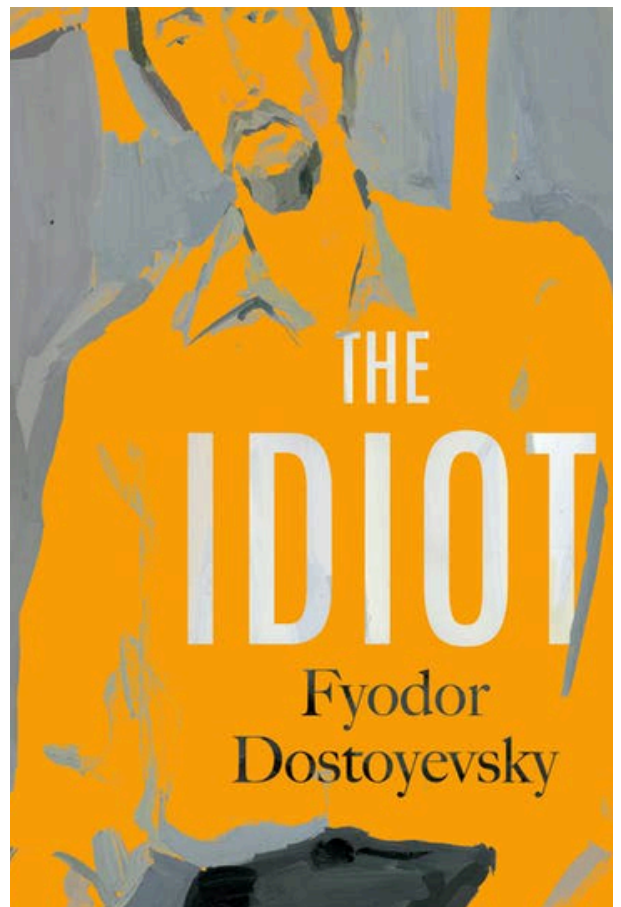
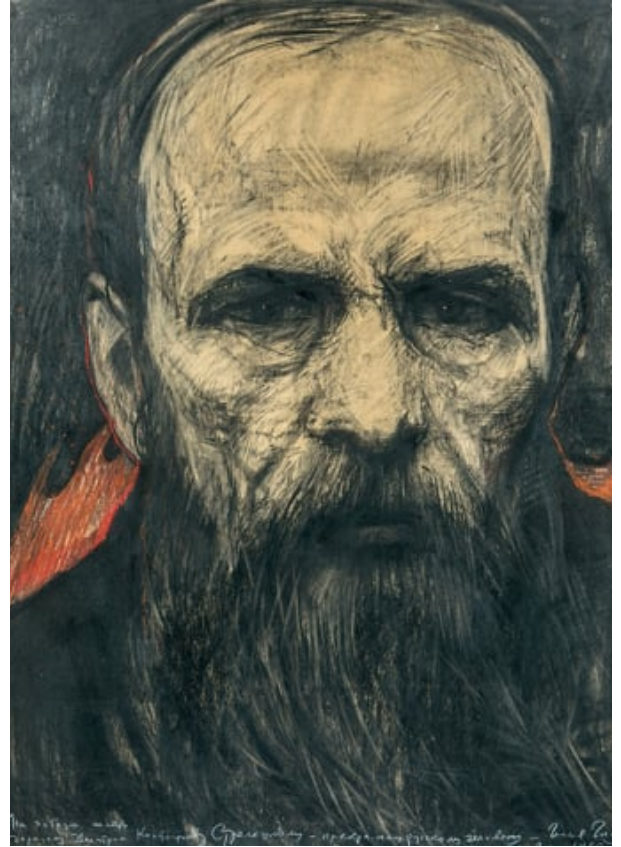
FYODOR DOSTOEVSKY'S NOVEL THE IDIOT

At the same time, Dostoevsky presents a complex view of human nature. Myshkin's purity and innocence are not enough to protect him from the harsh realities of the world. His inability to fully understand the complexities of human emotions and motivations leads to tragic consequences. Myshkin's attempts to bring good into the world often end in failure, and his interactions with others are filled with misunderstandings and heartbreak. This reflects Dostoevsky's belief that human nature is flawed and that even the most well-meaning individuals cannot escape the darker aspects of life.

The novel also addresses the idea of fate and the role it plays in the lives of the characters. Myshkin's journey throughout the story is marked by a series of events that seem beyond his control. His encounters with Nastasya and Aglaya, as well as his interactions with the other characters, seem destined to lead to tragedy. Despite his best efforts, Myshkin is unable to change the course of events, and the novel ends in a tragic and inevitable way. This sense of fatalism is a key aspect of Dostoevsky's worldview, and it highlights the futility of human efforts to escape the larger forces of life.

In addition to these themes, *The Idiot* also delves into the psychological complexity of its characters. Dostoevsky was known for his deep exploration of the human mind, and this novel is no exception. The characters in *The Idiot* are all deeply flawed, and their actions are driven by a mixture of personal desires, social pressures, and psychological struggles. Myshkin's epilepsy, for example, is often linked to his spiritual and emotional struggles, and his experiences in the sanatorium have shaped his view of the world. The other characters, such as Rogozhin and Nastasya, are also portrayed with great psychological depth, making them more than just simple archetypes.

The novel ends on a somber note, with Myshkin returning to the sanatorium after a series of tragic events. His idealism and innocence have been shattered by the cruelty and complexity of the world around him. His fate is a tragic commentary on the difficulties of living a life guided by pure goodness in a society that values power, wealth, and manipulation. Despite his suffering, Myshkin's character remains a symbol of hope and purity in a world filled with corruption and despair. In conclusion, Fyodor Dostoevsky's *The Idiot* is a deeply philosophical and psychological novel that explores the nature of innocence, love, and the complexities of human relationships. Through the character of Prince Myshkin, Dostoevsky examines the tension between idealism and the harsh realities of the world. The novel's exploration of good and evil, social corruption, and the complexities of human nature make it a powerful and thought-provoking work. Although Myshkin's innocence ultimately leads to his downfall, his character serves as a reminder of the importance of compassion and the enduring power of goodness, even in a world filled with suffering.



IN THE SHADOW OF WAR: THE STRUGGLES OF THE SIMONIAN FAMILY IN BUNKER

BOOK TITLE: BUNKER
AUTHOR: IVA PEZUASHVILI
GENRE: FICTION

Author: Anano Kristesiasvili

Iva Pezuashvili's novel *Bunker* is a gripping story that encourages deep reflection on life. It follows the Simonian family, who flee to Tbilisi during the Artsakh war, hoping to find safety. Instead of peace, they encounter corruption, violence, and dirty politics. What's fascinating about the book is that it all happens in just 24 hours, creating a fast-paced experience that makes it hard to put down. The family's fate unfolds minute by minute, pulling readers into their world of fear, hope, and survival. The way Pezuashvili writes about this family is incredibly powerful; it's not just a war story—it's about how real people like us struggle to survive when everything around them falls apart.



Also, I have to mention that the "Vaso Abashidze New Theatre" in Georgia has done an amazing job adapting

Bunker into a play, featuring some famous actors. Their performances bring the story to life and make it even more powerful. It's cool to see how the adaptation captures the struggles and resilience of the characters, making it resonate with the audience. People are impressed by how the theater is sharing these important messages through such a creative format, showing just how impactful the story can be beyond the pages of a book.

What sets *Bunker* apart is that it doesn't only focus on one family's fight for survival; it also captures the bigger picture of life during such a chaotic period in history. The effects of war, corrupt politics, and the breakdown of society all play crucial roles in shaping the characters' experiences. The Simonian family's struggle reflects the challenges faced by an entire generation. Pezuashvili brilliantly illustrates how ordinary families are affected by larger societal issues. An interesting metaphor in the book is the bunker itself. On the one hand, it serves as a shelter from danger, while on the other, it represents the emotional and psychological barriers that the characters build around themselves. Each character, in some way, is trapped in their own "bunker," filled with fear, regret, or loss. The novel explores breaking free from those inner prisons just as much as it delves into finding physical safety.

The bond between the Simonian family is at the heart of *Bunker*. Their love for each other is strong, but at times, it becomes a burden as their choices and responsibilities clash under pressure. In *Bunker*, Pezuashvili portrays the emotional turmoil faced by the Simonian family during the Artsakh war. One powerful line states, "War didn't just change landscapes; it changed hearts, leaving scars that time could never erase." It shows how deeply conflict impacts people beyond just physical destruction. The bunker symbolizes their emotional confinement, where "the shadows of their past loomed larger than the walls that surrounded them." Even in this dark space, they cling to their humanity, like "a candle flickering in the wind," reminding us that hope can still shine through, no matter how tough things get. Windows, on the other hand, symbolize both opportunity and danger. They give the characters a chance to gaze out at the world and imagine a better life, but at the same time, they expose them to various risks. This combination of hope and danger makes their struggle for safety and freedom even more intense.

BUNKER

What I found especially striking is how Pezuashvili shows that even in deep despair, “hope becomes an act of rebellion.” The characters constantly battle not just the war outside but their own fears and regrets, making their struggle feel incredibly real.

Animals, especially birds, highlight the theme of longing for freedom. When the characters see birds flying, it stirs a deep desire to escape their confinement and reminds them of what they are missing in such an uncertain world. Lastly, mirrors symbolize self-reflection and the challenge of facing one’s identity amid chaos. Characters often look into mirrors and see more than just their appearance; they confront the emotional scars left by their experiences. These symbols—candles, windows, animals, and mirrors—add depth to *Bunker*, making the characters’ struggles feel real and relatable as they navigate hope, freedom, and self-discovery in difficult times.

would recommend *Bunker* by Iva Pezuashvili to Georgian teenagers and all Georgians because it vividly portrays the feelings and struggles of people during hard times. It isn’t just a novel; it’s a piece of our modern history that every Georgian should read. It goes beyond just literature, touching on real experiences and emotions that many of us can relate to. It’s a story that reminds us of our past while encouraging us to look toward a hopeful future.

However, this book isn’t just for Georgians; it offers valuable lessons for people all over the world. It explores universal themes such as the longing for freedom, the effects of war on families, and the significance of hope, making it relevant for readers everywhere. The vivid characters and their journeys encourage people from various backgrounds to reflect on their own lives. No matter where we come from, we all share the same human spirit when facing challenges. It’s a must-read for anyone who appreciates stories that speak to the heart and make you think about the world in a new way.



Iva Pezuashvili



Poetry and Life of Sylvia Plath

Author: Nana Gagua

Abstract: Sylvia Plath was one of the most influential and charismatic poets of 20th-century America. Her poetry belongs to the Confessional poetry movement which is characterized by describing the poet's personal life stories and creating poetry from that. In her two main poetry collections *The Colossus* and *Ariel* she wrote about her relationships with her father, mother, and her husband famous British poet Ted Hughes. The first collection *The Colossus* describes her hopeful stage of life and the other *Ariel* which she finished before her tragic suicide act, tells about her fears, depression, disappointment, and feeling betrayed. This article is trying to show the connection and art of Sylvia Plath's life and her works.

Keywords: Sylvia Plath, American Poetry, Ariel, The Colossus, Confessional poetry

Introduction

Sylvia, born in Boston in 1932, was the daughter of a German immigrant college professor Otto Plath, and his former student Aurelia Schober. The life of the poet drastically changed after her father's death. Some of her poems, including the famous poem "Daddy", are about the poet's complicated relationship with her strict dad. Sylvia had a strange reaction to her dad's death, she took it as a betrayal, an escape. Which finally ended their difficult contradictory relationship and it became Plath's property. Financial problems made the Plath family move to another state. Sylvia was a gifted student, she had received many awards and scholarships. She studied at Smith College with a scholarship. A successful period lasted with her winning a scholarship in the literature competition of the magazine *Mademoiselle*, where she got a prestigious guest title on the magazine board. During her final years of studying at University, the symptoms of heavy depression started, which finally led to her death. At the age of 19, she tried to commit suicide with sleeping pills. Luckily, she survived. The experience of depressive attacks and recovery was the base of her novel *The Bell Jar*. Her famous two poetry collections "The Colossus" and "Ariel" describe her personal and writing development.

Main Text

The poetry collection *The Colossus* by American poet Sylvia Plath was first published in 1960 by the publishing house Heinemann. *Ariel* was published by the company Knopf and ten new poems were added. Plath's poems caught attention briefly and were applauded by the literary critics. In 1963 when the shocking news about her suicide spread people started reading more intensively, her recent extraordinary poems that were published in her poetry book *Ariel* in 1965. Many of Plath's poems are haunted by feelings of fear, and her empathy toward the animals is growing. Suicide is evaluated as a pervasive act. The poetry collection *Ariel* was a new direction for the poet herself. It was a realization of her ceaseless search for the poet, who was looking for her way in the beginning.

Perhaps, the poetry collection *The Colossus*, from the fictional point of view, is on the same level as *Ariel* but *Ariel* has a glimpse of Sylvia Plath's end of life, some foreshadowing. This is clear in her poem "Two Views of a Cadaver Room, in her terrible echo of T.S. Eliot's *The Love Song of J. Alfred Prufrock*: "On their jars, the snails-nosed babies moon and glow". (Plath, 1998, p. 5) The same idea is seen in that whole poem. The first two parts are dedicated to a girl's visit to a morgue where she sees how the boys are working on the corpse. In the second part, there is a description of a war scene. The poet is showing us a conflict between love and death. She is trying to connect her personal life experience to the picture seen in the morgue or generally to the war topic. In the poem "Suicide off Egg Rock" Sylvia Plath is doing a reconstruction of protagonist's feeling in the moment of drowning and when her body becomes like a lifeless object.



Poetry and Life of Sylvia Plath

A much more characteristic poem is "Hardcastle Crags". It shows an absolute distance from the city and urban landscape, without any self-pity or sentiments. But the same concrete and motionless as a rock, as in the poem "The Stones". The word "vision" when used in connection with Sylvia Plath's poems should not be understood literally but in its philosophical sense. Her works' positive side is discovered in her fascination with nature. It is well described in the light passages of her poems. A brilliant moment of such fascination is seen in the beginning of the poem "The Eye-Mote":

Blameless as daylight I stood looking
At a field of horses, necks bent, manes blown,
Tails streaming against the green
Backdrop of sycamores... (Plath, 1998, p. 12)

The first poem of *The Colossus* is dedicated to her late father. It is about contempt toward her father and the feeling of death. *The Colossus* expresses the author's daily routine work: editing texts and fragments, collecting pieces, and creating something as a whole. The poems from *The Colossus* are read as one, whole and are inseparable. As for the second poetry collection *Ariel*, it tells us about how Plath is trying to reconcile with crime, and mortality history (of personal and humanity). Earth was destroyed by human ignorance when they depended on it, manslaughter in Auschwitz, Birkenau, and Dachau, threats with nuclear bombs and radioactive fossils, and cruel destruction of Hiroshima and Nagasaki—Sylvia was worried about all these issues. This was a reflection in her mirror. With age, she became worried about the discovery of her irrational hatred toward her father Otto Emil Plath. Otto was an etymologist of German origins. Plath felt resentment toward her husband, British poet Ted Hughes. She was angry at her forced role as a housewife:

A living doll, everywhere you look.

It can sew, it can cook,

It can talk, talk, talk (Plath, 2004. p.11)

The US poets of the 1950s have some common characteristics. The best ones write with a perfect technique, intellectually and sensibly. But after reading their books, some readers are left dissatisfied, especially the ones whose minds are still in the process of formation. For the young poets, who shared the conceptual framework of the 1920-30s, rational approaches were not useful. Quite often in their poetry, the universe is substantial unity without thinking and poetry. Where there is not a stream of thoughts that would take objects in one direction. In the world of poetry, there are many good poems that describe everyday life. Those poems are written by means of metaphysical and psychological observations. There are some poems seen from immigrants' or tourists' perspectives (especially by American poets on Rome, Florence, etc.) Those poems are personal characteristic poems and do not represent any importance for poetry. Many poets feel that protest against our sensitive condition is nonsense and it is better to write about what you feel.

In *The Colossus* almost all poems are perfect. A poet is mastering, controlling of a poem's form and intonation, keeping rhythmical variation relevance, using vocabulary correctly and observing on events that often causes astonishment but is always exact:

the waves

spewed relics clicker masses in the wind, or (the place in laboratory),

In their jars the snail-nosed babies moon and glow. (Plath, 1998. P.5)

"Poem for a Birthday" describes a pregnant women's feeling. The author had learned about pregnant women's colorful dreams and was writing bravely about it. In "Metaphor" a focus is on pregnant women's experienced emotions, visual accent is expressed and noticeable. A poet describes perspective, paints her future life where we see her as a spinster, a whore or being a suicidal. The early poetry of Sylvia Plath is full of such phobias.



Poetry and Life of Sylvia Plath

Sylvia Plath was influenced by Theodor Roethke and Ted Hughes. It is important to compare her poetry to these great poets' works. The Colossus is an important book for people who are interested in literature topics. As if a reader repeatedly wants to reread. This book made Sylvia Plath one of the best poets whose strong feminine voice has been heard for many years.

A labour of love, and that labour lost.

Steadily the sea

Eats at Point Shirley. (Plath, 1998, p. 56)

The book title says a lot, a poet meets the expectation of the reader even with the title. Sylvia Plath's mind is dominated by grandiosity and continuity. She adores nature and is afraid of it at the same time. The hidden danger of her poetry makes humans stronger rather than causes joy. In the endless, fierce fight against the rock cliffs, wind and sea, you can gain "temporary banal heroism" as one can see in her poems "Point Shirley" and "The Hermit at Outermost House" but eventually nature defeats humanity and wins.

A labour of love, and that labour lost.

Steadily the sea

Eats at Point Shirley? (Plath, 1998, p. 56)

Landscapes altered by humans become unimportant and uninteresting for Sylvia Plath. She is attracted by wild, uninhabited, intact nature. When feeling nostalgia for Cambridge, while walking in Grantchester Meadow, she noticed that". Birds are like thumb fingers, swans are tamed, water rat feels funny when it feels inhospitality of nature towards the humans." For a poet, the wind and the sea are those natural forces that can conquer humanity or wait for them patiently before they become extinct and then take their place.

In the poem "Thin People" the danger comes from Sylvia herself, the poet perceives weak people as a danger. She is afraid that "Their talent to persevere/ in thinness, to come, later,/ into our bad dreams.". The poem "Mushroom" is an omen as a cancer-spreading virus. In the poem "Sculptor" are shown the forms that the sculptor should create soon, bodiless realities are felt, which are becoming not pieces of work but dwarfs.

His chisel bequeaths

Their life is livelier than ours.

All The Dead Dears. (Plath, 1998. P.78)

In the epigraph of the poem we read as a note: "In the Cambridge Archeology Museum, in a fourth century stone coffin is put skull and bones of a mouse. A woman's ankle bones are a bit gnarled". This fact was the source of inspiration for her poem:

These three, unmasked now, bear

Dry witness

To the gross eating game

How they grip us through thick and thin,

Their barnacle is dead!

This lady here's no kin

Of mine, yet kin she is: she'll suck

Blood and whistle my marrow clean

To prove it... (Plath, 1998. p.29)



The closeness that Sylvia feels towards any victim is not an expression of sympathy towards the stranger, but a relative (close) feeling toward anything that exists and does not exist. However, omen dangerous mood is constantly felt. For example, in the poem "Blue Moles" she expresses sympathy to the outsiders, outcasts. She pays attention to the poem "Beggars". One of the concepts that is felt in Sylvia Plath's poems is annoyance caused by the existence of a better world. In her early poems "Black Rook In "Rainy Weather" Plath describes her talent half philosophically or half ironically. She is waiting not for a miracle but a little truth to make everyday life more interesting.

To seize my sense, haul

My eyelids are up, and grant

A brief respite from fear

Of total neutralit.

Poetry and Life of Sylvia Plath

Conclusion

Sylvia Plath was one of the distinguished poets of the 20th century. Even before her suicide, she already had many admirers in literature circles. In the following years, her works attracted a lot of readers, who in her verses saw a poet trying to talk about despair, strong emotions, and obsession with death. In *The New York Times Book Review*, Joyce Carol Oats described Plath as “one of the most famous and controversial, postwar poets, who wrote in English”. Plath’s extremely autobiographical poems describe her rational sadness, complicated marriage with Ted Hughes, and the author’s unresolved conflict with her parents, herself, and her views.

Socialist Margaret Ritz points out that it does not matter whether Plath writes about nature or a person’s social inequality, she removes “a frame of politeness” from any topic, and she is swimming against the tide. The poet in her writing described primitive forces and primary fears. With this, she clearly and openly addressed the tense situation that was floating on the surface of American life after the war.

Some feminists described Plath as a woman who was sacrificed to her strict father, treacherous husband, and unplanned motherhood. Some poets consider her a confessional poet who speaks about chaotic, noncontrollable subjects that are needed by our conscience. With the book *Ariel* Sylvia became a popular American poet whose categorization in a narrow literature frame was not so simple.

English poet and critic, Alfred Alvarez in his book *The Savage God* wrote that with the poems of *Ariel*, collected and published by Ted Hughes, Plath made poetry and death inseparable notions. One could not exist without the other. Interestingly, the majority of the poems are read as if they were written after the poet’s death. Robert Warren called *Ariel* a unique book: “It is more than that book, it is like a wind’s cruel blowing like someone broke windowsills in the wonderful evening”. *Ariel* would not have been written without *The Colossus*. The latter paved the way for the next poetry collection of the American poet.

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THE COAT MAN

"Welcome," said the man that was standing behind the counter.

"Hello."

A customer just had entered a Victorian home-turned-hotel. He was wearing a coat with a classic pant and a black hat. The man behind the counter almost hesitated to let the customer in, but he needed the money.

"What can I help you with?" said the man behind the counter.

"Well, you can start by getting me a room." The coated man said with a frustrated voice.

The worker started filing the 15-page long document. Come to think of it, that document was probably the reason the hotel doesn't have any customers.

"SLOWER PLEASE." The coated man now started yelling.

Finally, the worker gave the customer the key to access the room. The coated man starts pacing toward the room and after 30 minutes he goes out into the city. He comes back at exactly 12 am.

The next day the coat man looks relaxed. He attends breakfast and lunch at the dining hall, but he misses dinner.

Same as yesterday he goes out of the city and comes back at exactly 12 am. This goes on for two days, and since the worker has nothing to do; he decides to spy on the man. So, the next day when the coat man leaves, the worker follows him. Come to find out the coat man wasn't just going out to have a drink, he was following a woman, in the dark shadow. To investigate the worker follows him into the shadow. After a while, screams were heard. The worker hurries towards the frightened sound. Come to find out, the customer that was welcomed with open hands, was a murder. The frightened worker hurries back to the hotel. When he goes into the hotel he sees that the customer's hotel room door is open. He hesitated to go in but curiosity got the best of him, so he went in. He enters the room, to find bags filled with weapons mostly knives. The clock hits 12 am. The door to enter the hotel opens. Footsteps are heard until the door opens. A man with a knife now stands among the workers.

The worker starts running for his life, but he was stopped by the coat man. Suddenly the hotels power goes out. Now the worker has to escape this hell with no help from the light.

A loud pop, and the power cut out, plunging the hotel into complete darkness. The worker's heart was pounding against his chest as he tried to steady his breath; footsteps of the coat man echoed in the now silent hall. The cold chill of the night began seeping in, and the silence was deafening except for the creaks of the old building settling.

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In desperation, he flung himself behind an old heavy wardrobe in the room, his back against the wall, and strained his ears for any sound that would give a hint of the coat man's next move. He heard the soft shuffling of feet-following, slow, deliberate. The coat man was enjoying the game.

His mind was racing, and he needed to get out of here, but every exit he saw just seemed blocked. Going back into the hall, he knew for a fact the man with the coat would surely be able to catch him. He had one option-open to find something in the room to defend himself with.

His fingers touched something cold and metallic behind the wardrobe-a crowbar left by a maintenance worker ages ago, probably. He grasped it tightly, his first sense of hope since he had fallen into darkness. With the weapon in his hand, he felt his way inch by inch along the wall toward the doorway and listened to the coat man's movements.

Then the footsteps stopped. The worker stood stock-still, holding his breath.

"I know you're in here," a low, chilling voice sliced through the dead silence spoken by the coat man. "There's no use hiding."

He tightened his hold on the crowbar. He didn't have a plan, but he knew he would never survive another instant being in this position. Something had to be done. He took a deep breath, easing out into the hall; the wooden floorboards creaked noisily beneath his feet as the silence was finally broken. By now, his eyes had grown accustomed to the dark, but the shadows thrown by the Victorian hotel were dense, distorting shapes and playing tricks with his sight.

He could hardly see the coat man, standing near the reception desk at the far end of the hall, back turned to him. The heart of the worker was racing while he crept closer, step by agonizing step, his hand reaching out for the door, hoping to get out before the killer realized it.

But just as he reached for the handle of the front door, it creaked under his weight. The coat man's head snapped toward him; eyes gleaming in the dim light from outside.

Going somewhere?" the coat man asked mockingly. In a flash, he lashed out - his knife flashing for an instant in that dim moonlight filtering through the window. The worker jerked just in time to avoid the knife's glinting edge that cut through the space where he had been standing a second before.

In one swift, reflexive strike, the worker swung the crowbar down and around, catching the coat man on the side of his arm. The man doubled back with a grunt, but the blow wasn't solid enough to knock the knife loose. He snarled in anger and wiped the corner of his mouth with the back of his hand.

"You're making this more difficult than it needs to be," the coat man said in a low menacing tone.

THE COAT MAN

The worker said nothing. His mind was fully set on survival now. He spun and ran down the hall, deeper into the hotel. If he couldn't get out through the front door, maybe there was another exit somewhere upstairs or in the back.

He ran up the great staircase, every creak of the wooden steps beneath his feet sounding to him like some sort of thunderous warning. Behind him, the coat man followed, footsteps quickening as he pursued his prey.

He burst into the first room he could find and slammed the door shut behind him, locking it. His chest was heaving, and he fought to catch his breath, the pounding of his heart loud in his ears. He pressed his ear against the door and listened.

Silence.

Perhaps the coat man had lost him? Perhaps he'd bought himself a few minutes to find another way out. He hurried toward the window, frantically tugging at the frame, but it refused to budge. Years of neglect had swollen the wood, rendering it impossible to open.

A loud bang echoed from the door, and the worker jumped, stumbling back. Another bang followed; the coat man was trying to break down the door.

"Let me in!" the coat man hissed through the crack of the door. The lock rattled while the worker stepped backward, fearing the worst. There was no way out. He was trapped.

Suddenly, a thought flashed through his mind. He remembered all those bags full of weaponry in the coat man's room. The knives. He could use one. But how would he get back to the room with the coat man so close?

The door started to splinter, and the worker knew he had only seconds before the coat man burst through. He needed something to distract. His eyes scoured the room, alighting on an old, dusty oil lamp in the corner. As a last-ditch measure, he knocked it over, the lamp crashing onto the floor. The oil spilled across the wooden floorboards.

The laborer scampered to the door and jammed the crowbar in it as well as he could before running again to the window. He snatched the rest of the oil from the lamp and spilled it over the floor, fully realizing the danger of this but having little other choice. He struck a match off the bedside table and slung it onto the oiled wood.

In an instant, the fire erupted, and the floor was bathed in a blaze. The worker ran towards the balcony door, hoping the flames would slow down the coat man enough for him to get away.

The coat man burst through the door just as the flames reached him. He snarled in rage as the fire caught his coat, but he barely flinched, advancing on the worker with murderous intent.

The worker climbed the side of the building up to the balcony. He clung to the trellis, inching down towards the ground as the heat of the flames on his back was hot. The fire was moving faster now, moving throughout the hotel in its path.

As he hit the ground, the worker turned and watched as the building began to blaze, the coat man still inside. The fire blazed to life now-the orange glow illuminating the dark street as the worker stumbled away, his body shaking with adrenaline and exhaustion.

He had survived. But as he looked upon the burning hotel, one chill thought flashed suddenly through his mind: Was the coat man defeated? Or would he return - emerging from the shadows to hunt again?

SCIENCE

MARIE CURIE: THE MOTHER OF RADIUM

Author: Elene Khizanishvili



MARIE CURIE

Marie Curie was an extraordinary woman whose inventions and discoveries made a huge impact on the world of science. She pioneered women in academic affairs and changed the role of women in science over the past century. Marie Curie was the first woman to win the Nobel Prize and remains the only person who won the Nobel Prize in two scientific fields, Physics (1903) and Chemistry (1911). Her life offers examples of many ways in which scientists can work to improve their educational opportunities, available to those who choose to follow in her footsteps.

"Life is not easy for any of us. But what of that? We must have perseverance and above all confidence in ourselves. We must believe that we are gifted for something and that this thing must be attained.

MARIE CURIE



BACKGROUND

Marie Curie was born in Warsaw, Poland, in 1867. She came from a family that highly valued education, her father was a mathematics and physics instructor, while her mother managed a prestigious boarding school. By that time, Poland was under the authority of Russia, so financial struggles were tough and it was hard to get a proper education. Despite the fact that her country was in the middle of political mess, her strong desire for studying got her to study at the University of Paris (Sorbonne), where she excelled and got a degree in physics and mathematics. After graduating, she adopted the name Marie and met her future husband and a colleague, Pierre Curie.

DISCOVERY OF RADIOACTIVITY

The discovery of radioactivity, which was made by Henri Becquerel in 1896, had left Marie Curie fascinated, so Marie and her husband, Pierre began investigating the phenomenon. Marie coined the term "radioactivity". Alongside research, the Curies discovered two new elements: Radium and Polonium. Their work was thorough and detailed, frequently involving long hours of work at the laboratory because at that time, the dangers of radiation exposure were not well known and they often handled these substances without fully understanding the risks. This lack of awareness highlights the dedication and courageousness they showed while working on their scientific discovery. Unfortunately their braveness did have consequences, working with radiation for a long time led to health issues for Marie.

MARIE CURIE NOBILE PRIZE

Marie and Pierre were awarded the Nobel Prize for Physics in 1903, on behalf of their discovery of radioactivity. Her strength of will and remarkable attempts led to the second Nobile prize in 1911, in chemistry, for creating means of measuring radioactivity.

ACHIEVEMENTS

Her discoveries of Radium and Polonium cleared the path in medicine for using radiation for medical treatments. She demonstrated that radium could kill cancer cells, making it a vital tool for fighting the disease. Marie Curie's dedication to cancer treatment was sincere and influential. The methods she pioneered, are a primary part of cancer treatment nowadays and her work inspired many medical professionals to pursue research in oncology.

During World War I, Marie developed mobile X-ray units, known as "Petit curies" with a help of her daughter. This invention made it a lot easier for doctors to diagnose injured soldiers. This alternation saved numerous lives and showed how dedicated she was to using her scientific knowledge to help people.

Marie also founded the Curie institute in Warsaw and Paris. These institutes are one of the top research institutes today and are mainly focused on biophysics, cell biology and oncology.

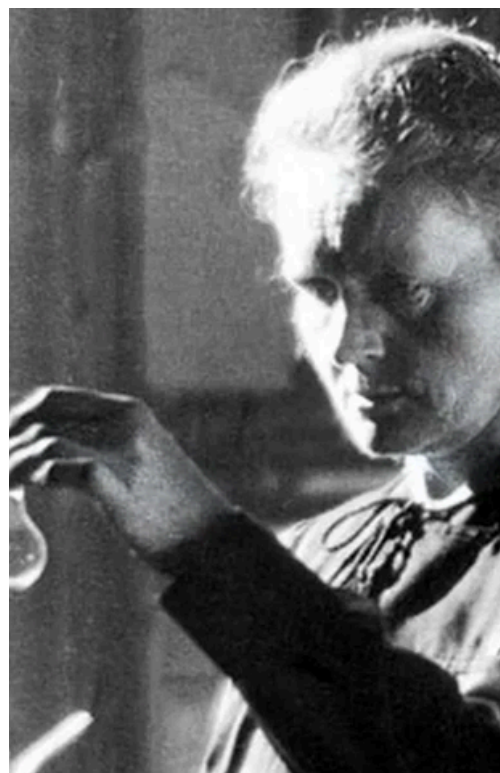


OVERCOMING OBSTACLES

Marie faced many challenges through her personal and professional life. She was often looked down on because she was a successful female in the men-dominated field and often was a victim of skepticism. Those factors never made an impact on her, her commitment to her job made her even more self-assured and inspired countless women to stand up for themselves and get a proper education.

Throughout their eleven years of marriage, Pierre was killed in the Paris street accident and Marie was left alone with her daughter, Irene. She had a really tough time but managed to overcome it with her job on her side.

Marie Curie died on July 4, 1934, from aplastic Anemia, a condition which was caused by her long-lasting interactions with radiation. She devoted her life to science and made indelible changes in the world of Physics and Chemistry.



LASTING IMPACT

Marie Curie was not only a scientist, she was a public figure who broke barriers for women, Marie was a woman who changed science and saved countless amount of lives. She is a symbol of dedication and resilience and shows us how hard work always pays off. With her on our minds, we can believe that every person on earth can follow their dreams, regardless of gender and financial resources, just like she did.

VOLCANOES IN GEORGIA

Author:Barbare Pitskhelauri

The Republic of Georgia, located at the border of Eastern Europe and Western Asia, has incredibly diverse landscapes. In this article , we will explore Georgia's landscapes, specifically its volcanoes. Georgia is located in a tectonically active region and is affected by the collision of the Eurasian and Arabian tectonic plates. This setting has directly contributed to the formation of many volcanic structures.



DIFFERENT TYPES OF VOLCANOES:

The most common types of volcanoes in Georgia are stratovolcanoes and volcanic domes.

Stratovolcanoes are characterized by their steepness and explosiveness, they are formed by the crashing of tectonic plates and are usually found in the Greater Caucasus region, whereas Volcanic domes are, as the name suggests, characterized by the dome-like shape at their peaks. Volcanic domes are formed by the slow extrusion of viscous lava and are seen in the remaining parts of the Caucasus.

VOLCANIC SITES IN GEORGIA:

Kazbek: Kazbek is one of the highest peaks in the Caucasus. It is a dormant stratovolcano that last erupted around 3000 years ago. It has a glacial surface and is surrounded by breathtaking landscapes which naturally attracts many tourists every year.

Didi Abuli: Didi Abuli is a volcanic massif with various types of geological formations, It is located in the Lesser Caucasus region and features different lava flows and pyroclastic deposits.

SAFETY

Despite the low volcanic activity in Georgia compared to the rest of the Caucasus, the possibility of future eruptions still remains. Volcanic eruptions have a significant impact on the surrounding ecosystems and local settlers. To avoid any disasters, volcanoes must be strictly monitored in case of emergencies.

Although volcanic eruptions are quite destructive, there's also a good side to them. For example, ash clouds caused by the eruptions have the ability to enrich the soil in the affected area, leading to overall better agriculture.

In conclusion, the volcanoes in Georgia provide valuable insight into the country landscapes. Monitoring the volcanoes is essential for safety purposes, but despite its destructive nature, it can provide help to the flora surrounding it.

A NEW LOOK AT THE FUTURE: META GLASSES

BY MARK ZUCKERBERG

Author: Anano Kristesiashvili



In the ever-evolving world of technology, Mark Zuckerberg, the CEO of Meta (formerly known as Facebook), continues to push the boundaries of innovation. Recently, Mark Zuckerberg unveiled a new product that could totally change the way we interact with the digital world—Meta Glasses. These smart glasses are a key component of Zuckerberg's ambition for a truly immersive digital experience.

These aren't ordinary glasses; they're like wearing a miniature computer on your face, bringing the digital world to life in front of you. Imagine walking about and seeing directions appear in front of you, or receiving a notification from a friend directly in your line of sight without ever touching your phone.

Meta Glasses have a sleek and stylish design that resembles trendy sunglasses, making them appealing to wear. They're lightweight and comfortable, ensuring you can wear them for long periods without discomfort.

One of the key features of the Meta Glasses is their ability to connect with the Meta ecosystem, particularly the metaverse—Zuckerberg's vision of a virtual space where people can socialize, work, and play. With Meta Glasses, you could technically be chilling in your room but also “be” in the same space as your friends who are miles away. The line between real life and virtual life is definitely starting to blur.

However, while the potential of Meta Glasses is exciting, there are also concerns. Privacy is a big issue that critics have raised. The idea that these glasses could constantly record and process what we see and do raises important questions about how much of our personal information will be stored and who will have access to it. Zuckerberg says privacy is important to Meta and that they're working on making sure our personal info is safe, but I'm not sure everyone will be totally comfortable with that.

There's also the question of whether people will actually want to wear these glasses. They are still new to the market, and people may be hesitant to embrace them at first. The price will also play a significant role in determining whether these glasses become a mainstream product or remain a luxury item for tech enthusiasts.

In conclusion, Meta Glasses are definitely a huge step forward in tech. Would you feel comfortable wearing glasses that could potentially record your every move? This is definitely something to keep an eye on. It might take a while for everyone to get used to the idea, but once they do, we could be looking at a future where the digital world is just as real as the one we live in every day.



HISTORY

Author:Lizi Loladze

THE JAZZ AGE



Introduction

The Roaring Twenties was a period in American history of dramatic social, economic and political change. For the first time, more Americans lived in cities than on farms. Many Americans were swept into an affluent “consumer culture” in which people nationwide saw the same advertisements, bought the same goods, listened to the same music and did the same dances. The Jazz Age of the 1920s roared loud and long. In 1925 The Jazz Age was in full swing.

Flappers: the new woman

The most familiar symbol of the “Roaring Twenties” is probably the flapper: a young woman with bobbed hair and short skirts who drank, smoked and said “unladylike” things, in addition to being more sexually “free” than previous generations.

They could vote at last: The 19th Amendment to the Constitution had guaranteed that right in 1920, though it would be decades before Black women in the South could fully exercise their right to vote.



Fashion, fads and film stars

During the 1920s, many Americans had extra money to spend—and spend it they did, on movies, fashion and consumer goods such as ready-to-wear clothing and home appliances like electric refrigerators. By the end of the 1920s, there were radios in more than 12 million households.

People also swarmed to see Hollywood movies: Historians estimate that, by the end of the decade, three-quarters of the American population visited a movie theater every week, and actors like Charlie Chaplin became household names. But the most important consumer product of the 1920s was the automobile. Generous credit made cars affordable luxuries at the beginning of the decade; by the end, they were practical necessities. By 1929 there was one car on the road for every five Americans.

Jazz

The Jazz Age glorified city life. Americans, including many African American sharecroppers from the South, were leaving their farms in record numbers to live and work in places like Chicago and New York City. Scott Fitzgerald called it a time when “the parties were bigger, the pace was faster, the buildings were higher, the morals looser.”

THE JAZZ AGE



In 1925, the Jazz Age was in full swing. It was the year Louis Armstrong and Duke Ellington made their first recordings. *The Phantom of the Opera* opened at movie theaters. The Ku Klux Klan marched on Washington, D. C. People sat on flagpoles, danced the Charleston, read a new novel called *The Great Gatsby*.

Jazz bands played at venues like the Savoy and the Cotton Club in New York City and the Aragon in Chicago; radio stations and phonograph records (100 million of which were sold in 1927 alone) carried their tunes to listeners across the nation. Some older people objected to jazz music's "vulgarity" and "depravity" (and the "moral disasters" it supposedly inspired), but many in the younger generation loved the freedom they felt on the dance floor.

Fitzgerald once claimed that the 1920s were "the most expensive orgy in history."

Prohibition, immigration and racism in the 1920s

During the 1920s, some freedoms were expanded while others were curtailed. The manufacture and sale of "intoxicating liquors," were banned and at 12 a.m. on January 16, 1920, the federal Volstead Act closed every tavern, bar and saloon in the United States. From then on, it was illegal to sell any "intoxication beverages" with more than 0.5 percent alcohol.

This drove the liquor trade underground—now, instead of ordinary bars, people simply went to nominally illegal speakeasies, where liquor was controlled by bootleggers, racketeers and other organized crime figures such as Chicago gangster Al Capone.

Prohibition was not the only source of social tension during the 1920s. An anti-Communist "Red Scare" in 1919 and 1920 encouraged a widespread nativist and anti-immigrant hysteria.

The "Great Migration" of Black Americans from the rural South to Northern cities and the increasing visibility of Black culture—jazz and blues music—discomfited some white Americans. Millions of people, not just in the South but across the country, joined the Ku Klux Klan in the 1920s.

Conclusion

The Roaring Twenties ushered in several demographic shifts, or what one historian called a "cultural Civil War" between city dwellers and small-town residents, Protestants and Catholics, Blacks and whites, "New Women" and advocates of old-fashioned family values.

But coming immediately after the hardships of World War 1 and the Spanish Flu Epidemic, the Roaring Twenties also gave many middle-class Americans an unprecedented taste of freedom, unbridled fun and upward economic mobility unsurpassed in U.S. history.

Looking back on the 20s Kavin Rayburn wrote: "It was the first truly modern decade and, for the better or worse, it created the model for society that all the world follows today."

WOMEN'S SUFFRAGE MOVEMENT AND THE BRAVERY OF WOMEN IN GEORGIA

Author:Nutsa Meskhi

In 1920, the 19th Amendment to the U.S. Constitution was ratified, enfranchising American women and declaring for the first time that they, like men, deserved all the rights and responsibilities of citizenship. This was a monumental victory in the global fight for gender equality, but it was far from the beginning—or the end—of women's struggle for rights and recognition.

The Pioneers of Women's Rights

Throughout history, women have fought tirelessly to claim their rightful place in society. Pioneers such as Lucretia Coffin Mott, the first president of the American Equal Rights Association, and Elizabeth Cady Stanton, president of the National Woman Suffrage Association from 1869 to 1883, spearheaded the suffrage movement in the United States. Stanton, alongside Mott, recognized the parallels between women's rights and the antislavery movement, emphasizing the need for systemic change.



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Lucy Stone, another trailblazer, was among the first women to register to vote in Massachusetts in 1879. Despite being removed from the rolls for refusing to use her husband's surname, her defiance became a symbol of resistance against patriarchal norms.

The International Council of Women (ICW), established in 1888, and the International Women Suffrage Alliance (IWSA), founded in 1904, further amplified the global feminist movement. Women like Carrie Chapman Catt from the United States and Millicent Fawcett from the United Kingdom were instrumental in these organizations, advocating for women's suffrage worldwide.



The Roots of Feminism in Georgia

The history of feminism in Georgia is rich and complex. In the late 19th and early 20th centuries, Georgian women began organizing to demand education, labor rights, and political representation. Figures like Anastasia Tumanishvili-Tsereteli played a vital role in advancing feminist thought in Georgia. As a writer and educator, she advocated for women's literacy and broader societal participation.

By the early 20th century, women's activism had begun to bear fruit. The 1919 elections of the Democratic Republic of Georgia marked a turning point when five women—Ana Soloogashvili, Eleonora Makhviladze, Elizabeth Nakashidze-Bolkvadze, Minadora Orjonikidze-Toroshelidze, and Kristine Sharashidze—secured seats in the Georgian parliament. Their election was a bold statement against patriarchal dominance, as they worked to secure greater rights for women in a fledgling democracy that would soon face external threats.

Anastasia Gedevanishvili, another prominent figure, was instrumental in fighting for gender equality and accessible education for women. Her efforts to uplift Georgian women from socio-economic constraints resonate to this day, symbolizing the enduring struggle for equality.



Civil Rights and Women's Rights

In the United States, the women's rights movement gained traction during the 19th century but faced setbacks during the Civil War. The aftermath of the war saw the ratification of the 14th and 15th Amendments, which addressed citizenship and suffrage for Black men but excluded women. This division led to the formation of two distinct suffrage organizations: the National Woman Suffrage Association (NWSA), led by Elizabeth Cady Stanton and Susan B. Anthony, and the American Woman Suffrage Association (AWSA), founded by Lucy Stone and others. The split highlighted strategic disagreements but ultimately propelled the movement forward.

The contributions of women during World War I further emphasized their capabilities and patriotism, bolstering the argument for suffrage. By 1920, the 19th Amendment was ratified, marking a historic milestone as over 8 million women cast their votes in the presidential election that year.



Women's Role in Protests: A Legacy of Courage

Women have historically been at the forefront of protests, using their voices and presence to demand justice. From the suffrage movement to modern-day demonstrations, women's contributions are indispensable. They bring resilience, empathy, and unwavering determination to the fight for equality and human rights.

Women in Today's Georgia Protests

In the face of contemporary challenges, Georgian women are once again proving their bravery. Whether advocating for political reforms, standing against oppression, or calling for social justice, women are leading the charge. Their participation is not only vital but inspiring, as they challenge societal norms and demand accountability.

For instance, women have played a critical role in recent protests addressing issues such as political transparency, environmental protection, and gender-based violence. Their presence and leadership highlight their unwavering commitment to justice and equality, often facing threats and societal pushback with remarkable courage.

These modern protests highlight the enduring legacy of Georgia's trailblazing women. Their stories of resilience—past and present—continue to shape the country's path toward equality and justice.



Carrying Their Stories Forward

The stories of women who fought for suffrage, equality, and justice are not just historical anecdotes; they are living legacies. They inspire me to continue advocating for a better world. As I reflect on their courage and determination, I carry these women's stories with me always, like a torch lighting the path forward.

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