

# STAR

2025

# GAZER

STARGAZER IS THE INAUGURAL EDITION OF THE UACS STUDENT MAGAZINE, CREATED BY A GROUP OF STUDENTS FROM ACROSS DEPARTMENTS WHO WANTED TO OFFER SOMETHING NEW – A SPACE TO SHARE OPINIONS, EXPLORE RELEVANT ISSUES, AND SHOWCASE STUDENT CREATIVITY. THIS FIRST ISSUE BRINGS TOGETHER A VARIETY OF TOPICS, FROM MENTAL HEALTH AND FASHION TO HISTORY, FOOD, AND UNIVERSITY LIFE, REFLECTING THE DIVERSITY OF INTERESTS WITHIN OUR ACADEMIC COMMUNITY.

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## **FROM THE EDITOR'S DESK JUNE 2025 EDITION**

Dear Readers,

As the academic year draws to a close and the summer air begins to linger, we find ourselves reflecting on a year marked by both achievement and adversity. It has been a time of memorable milestones for UACS — a year of toil, perseverance, and unwavering dedication. Yet, it was also a year touched by sorrow, particularly with the tragic events in Kocani. In a spirit of solidarity and compassion for our fellow citizens and colleagues affected by this loss, we dedicate this inaugural edition of our newspaper to them.

Inside, you'll find a rich variety of articles, stories, hypothetical scenarios, reviews, and even recipes — all creative products of our collaborative effort as a team. Our primary goal has been to create a platform where students can freely express their imagination and voice their unique perspectives. While the range of topics may seem eclectic at first glance, they serve a dual purpose: to lay the groundwork for the development of distinct sections in future editions, and to reflect the diverse interests across our university's faculties by addressing themes that resonate with each student community.

In line with this vision, the newspaper will continue to represent and advocate for the interests of UACS students. That's why we've begun reviewing restaurants, sharing original recipes, recounting compelling personal experiences (such as "One Month Without Spending Money"), and launching serialized features like The Courtroom of Human History. We also felt it was fitting that our inaugural edition include an interview with our Rector — a symbol of charismatic leadership at the heart of our university.

As Mark Twain once said, "The secret of getting ahead is getting started." This first edition marks our beginning — a foundation we hope to build upon with each new issue. The future of this newspaper depends not only on those who create it, but just as much on those who read it. Active readers give purpose to every word, and with your support, we look forward to growing this platform into something even greater, together.

Until next time,  
Jovan Nashoku  
Editor-in-Chief

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# 01 Celebrating 20 Years of UACS Jubilee

## A COMMUNITY UNITED IN CITY PARK SKOPJE

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In a heartwarming gathering held at Skopje City Park, the University American College Skopje marked its 20th anniversary—not just as a milestone, but as a living story shaped by the dedication and spirit of its people. The celebration, attended by students, faculty, staff, alumni, and their families, reflected everything UACS stands for: community, connection, and continuity.

The event brought together generations of UACS members in an atmosphere of joy and reflection. It was not simply a celebration of years gone by, but of the individuals who have contributed to the university's growth and character over the past two decades. The sense of togetherness, strengthened by warm reunions and shared laughter, highlighted what truly defines UACS—not only its academic achievements, but the people behind them.

From the energizing performance by the American High School Skopje (AHSS) band that set the tone for the day, to the many expressions of gratitude and pride exchanged among guests, the celebration was a vivid reminder of the values that continue to shape the university: care, respect, and shared success.

One of the most touching moments came during the tribute to the university's longest-serving employees. These individuals, who have walked alongside UACS through its most transformative years, were honored for their lasting commitment and quiet leadership. Their impact, though often behind the scenes, has been immeasurable in shaping both the institution and the lives of those within it.

“This gesture is small compared to the impact they have made,” said Vice Rector Prof. Venera Krlju, who led the appreciation ceremony. “But it is full of heart. These are the people who have carried the vision of UACS every day, with integrity and care.”

As the university continues its jubilee year, the memory of this celebration—of music, gratitude, and unity—will serve as a lasting symbol of what UACS has always been: more than a university, a place to grow, connect, and belong.



### "WHAT IF THE KEY TO TRANSFORMING YOUR MENTAL HEALTH WASN'T BURIED IN YOUR PAST, BUT HIDDEN IN YOUR EVERYDAY THOUGHTS?"

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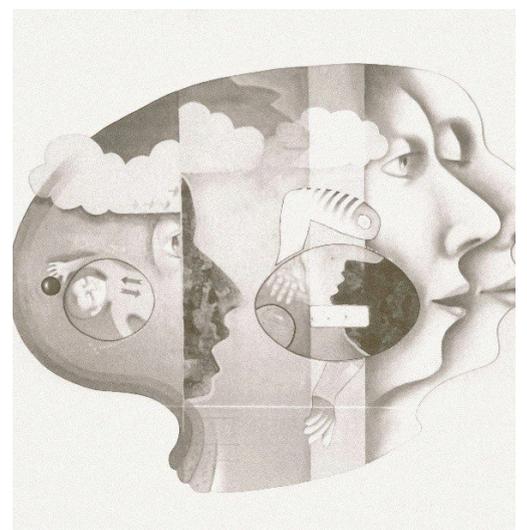
Every day, we think thousands of thoughts—many of them automatic, and often unnoticed. Yet some of these thoughts quietly distort our reality, influencing how we feel, how we behave, and how we see ourselves. Cognitive Behavioral Therapy (CBT) empowers individuals to uncover these patterns and reshape them, offering a practical and proven path toward emotional resilience and mental well-being.

Cognitive Behavioral Therapy (CBT) has emerged as one of the most well-researched and effective approaches to mental health treatment in modern psychology. This therapeutic method offers a practical, structured approach to addressing mental health challenges by focusing on the powerful connection between our thoughts, feelings, and behaviors.

At its foundation, CBT is built on the understanding that our mental well-being is shaped by how we interpret and respond to the world around us. The therapy recognizes that it's not events themselves that cause distress, but rather our perceptions and thoughts about these events that influence our emotional responses and subsequent behaviors.

The process of CBT typically begins with helping individuals identify problematic thought patterns that may be contributing to their difficulties. These patterns, known as cognitive distortions, can take many forms. Someone might engage in catastrophic thinking, where they automatically assume the worst possible outcome. Others might practice black-and-white thinking, viewing situations in extreme terms without acknowledging the nuanced middle ground. Overgeneralization is another common distortion, where someone might take one negative experience and conclude that everything in their life will follow the same pattern. The cognitive distortions that CBT addresses are systematic patterns of biased thinking that can significantly impact mental health. These distortions act like an inaccurate lens through which people view their experiences, often leading to unnecessary emotional distress and maladaptive behaviors.

Common cognitive distortions include filtering, where individuals focus solely on negative aspects while ignoring positives, and personalization, where they inappropriately take responsibility for external events. Fortune telling involves predicting negative outcomes without evidence, while emotional reasoning leads people to treat their feelings as proof of reality – for example, "I feel like a failure, therefore I must be one." What if statements create rigid rules about how things ought to be, generating guilt and frustration when these unrealistic standards aren't met.



CBT works systematically to address these distortions through a process called cognitive restructuring. First, clients learn to identify their distorted thoughts in real-time, often using thought records to document situations that trigger emotional distress. They note their automatic thoughts, emotional reactions, and any cognitive distortions present. Next, they learn to evaluate these thoughts objectively, gathering evidence for and against them. Finally, they practice developing more balanced, realistic alternative thoughts based on this evidence.

For example, someone experiencing the catastrophizing distortion might have the thought "If I make a mistake in my presentation, my grade will be ruined." Through CBT, they would learn to challenge this thought by examining past experiences, considering alternative outcomes, and developing a more realistic perspective like "While mistakes can be uncomfortable, they're normal and unlikely to have severe long-term consequences."

In practice, CBT sessions are structured and goal oriented. A typical session might begin with setting an agenda, reviewing homework from the previous week, and working on specific skills or challenges. The therapist and client work collaboratively to identify problematic thoughts and develop more balanced, realistic alternatives. This isn't simply positive thinking – it's about developing accurate, evidence-based ways of viewing situations.

The therapeutic process often involves several key components. Thought recording is a fundamental technique where clients learn to document their automatic thoughts, emotions, and behaviors in challenging situations. This helps identify patterns and provides material for developing more balanced perspectives. Behavioral activation is another crucial element, where individuals gradually engage in activities they might be avoiding due to anxiety or depression, helping to break cycles of isolation and inactivity.

CBT also emphasizes the development of practical coping skills. These might include relaxation techniques, mindfulness, problem-solving strategies, and methods for managing stress and anxiety. Clients learn to use these tools both during therapy sessions and in their daily lives, gradually building confidence in their ability to handle challenging situations.

One of CBT's unique strengths is its structured approach to exposure therapy, particularly beneficial for anxiety-related conditions. Through carefully planned and gradual exposure to feared situations, individuals learn that their anxiety naturally decreases over time and that their worst fears rarely materialize. This might involve creating a "fear hierarchy" and systematically working through it, from least to most challenging scenarios.

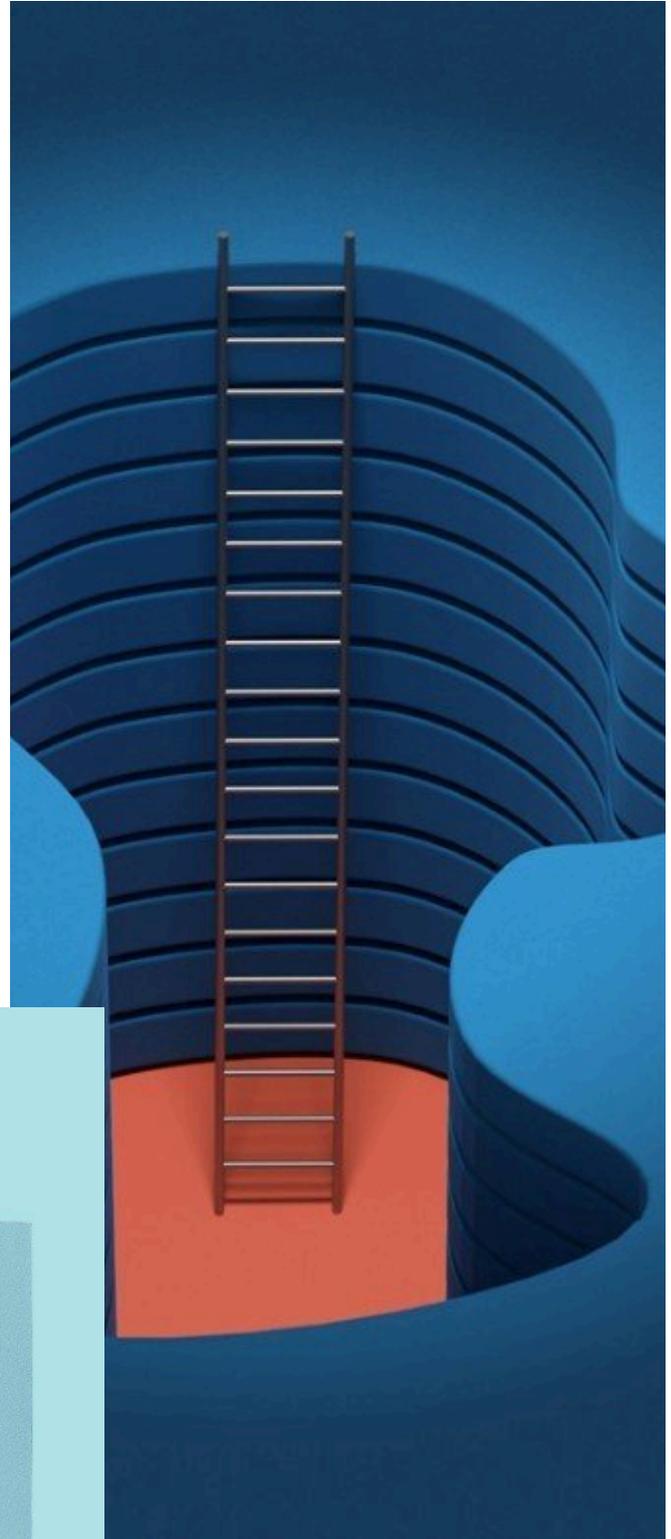
The applications of CBT are remarkably diverse. Research has demonstrated its effectiveness in treating a wide range of conditions, including depression, anxiety disorders, eating disorders, insomnia, and post-traumatic stress disorder. It's also proven valuable for managing chronic pain, psychosomatic symptoms, relationship difficulties, and general life stress.

What makes CBT particularly distinctive is its emphasis on skill-building and practical application. Unlike some forms of therapy that might focus primarily on insight or past experiences, CBT concentrates on developing concrete strategies for managing current challenges. Clients typically receive homework assignments between sessions, such as practicing new coping skills, challenging negative thoughts, or gradually facing feared situations. The time-limited nature of CBT is another advantage. While the duration can vary based on individual needs, a typical course might range from 12 to 20 sessions. This focused approach helps clients develop independence in applying the skills they learn, rather than creating long-term dependency on therapy.

While highly effective, it's important to note that CBT requires active participation and commitment. Success often depends on regular practice of techniques between sessions and a willingness to challenge long-held beliefs and patterns. It is of key importance that the client is willing to practice what they are taught on a daily basis. The therapy can be challenging at times, as it involves facing difficult thoughts and situations rather than avoiding them.

Today, CBT is more accessible than ever, available through traditional in-person sessions, group therapy formats, and increasingly through digital platforms and telehealth services. Some people even use CBT principles through self-help books and online resources, though working with a trained professional yields the best results - such tools are in no way a replacement of a psychotherapist.

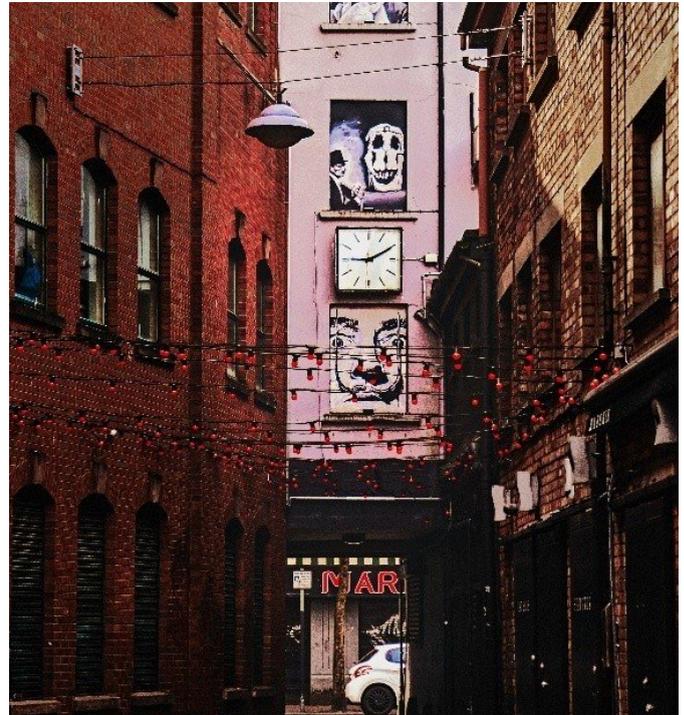
As our understanding of mental health continues to evolve, CBT remains at the forefront of evidence-based treatment approaches, offering practical tools and strategies for those seeking to improve their mental well-being and build resilience for life's challenges.



### “HAVE NO FEAR OF PERFECTION - YOU’LL NEVER REACH IT.” -SALVADOR DALI

Occasionally and across conversion I often hear the sentence “I’m a perfectionist”. I’m sure you have heard the famous “I’ll do it myself, no one else will do it as well as I can.” Or “I just want everything to be exactly as it should be.” Maybe a couple of “If you can’t do it perfectly, why do it at all”. But do we really know what being a perfectionist means or we throw the word around just to fit into a box?

I’m here to tell you that Perfectionists strive to be better than perfect, they will go above and beyond to think, feel and act as they perceive that exquisite individuals should think, feel and act. They often have these unrealistic high expectations for themselves that may stem from the belief “I’m not good enough, so I will do anything and everything to prove myself”.



Often driven by internal fear of failure, feelings of unworthiness, low self-esteem perfectionists tend to be critical of themselves, they may say things like “I’m stupid for making such a small mistake” and engage in all-or-nothing thinking like “I didn’t say everything during the presentation, it must’ve been bad.”

When failure does occur, they tend to be judgemental and hard on themselves, and when given constructive criticism they get defensive and stuck on what is wrong instead of what is right. When success arrives, even though they place their value based on “wins”, they tend to fixate on the imperfections of a certain project or work, despite its validation as a job-well done. They operate on the “achievement treadmill” where once something is accomplished, they hurry up to ask “What’s next?” without fully acknowledging the present accomplishment.

When it comes to starting an activity, perfectionists put a great deal of pressure on themselves because they feel like whatever they do must be flawless, that’s usually the reason they procrastinate. The thought that the next project they do “Must be the greatest work ever”, leads them to feel overwhelmed, tired and even depressed.

People with a perfectionist trait have this need to be better than others and that's why they engage in frequent comparison with friends, co-workers and peers they feel uneasy when someone might be doing better than them because often, non-consciously it triggers fear, insecurities and doubts about oneself. Dealing with Perfectionism is not easy, the good news is that perfectionism can be challenged.

Here are some tips:

Setting small achievable and realistic goals instead of large overly demanding ones, can alleviate the pressure from doing everything perfectly all at once.

Sometimes, waiting until you are "ready" can be an excuse, so instead of waiting and overthinking your work, focus on the progress you made and submit your product early.

The truth is that it will never be perfect, take a chance despite your doubts. Who knows you might discover that "unfinished" is the new "perfect."

Avoid comparing yourself, acknowledge the fact that there is no one like you on this planet, and remember that this is your journey, and your journey only.

Try to celebrate your wins, no matter how small they seem. For a brief moment, do something enjoy and celebrate what you have accomplished without dismissing it.

# 03 WORDS IN OTHER LANGUAGES

## Culture & Society

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Language is one of the most powerful tools we possess. It is more than just a means of communication; it reflects diverse cultures, evokes intense emotions, and conveys unique perspectives. Despite being one of the most widely spoken languages in the world and boasting a rich vocabulary, English does not always capture the full beauty of certain concepts expressed in other languages. Across the globe, different languages have specific words to describe emotions, moments, or ideas that English simply cannot convey with a single term. Here is a glimpse at some of these remarkable words:

### 1. Ya'aburnee (Levantine Arabic)

The direct translation to this is “you bury me!”. However, the meaning to this saying is quite the opposite of morbid. Ironically enough, it is meant to sound romantic! By saying ya'aburnee, you are actually telling others that you cannot live without them. What you are wishing for is others to live longer than you, just so you do not see them being buried. Hence, bury me.

### 2. Yuánfèn (Mandarin)

How magical it is when people fall in love. It feels as though the universe itself has orchestrated the meeting of two souls. Yuánfèn captures this poetic idea—the spontaneous destiny that brings people together, especially in love.

### 3. Fernweh (German)

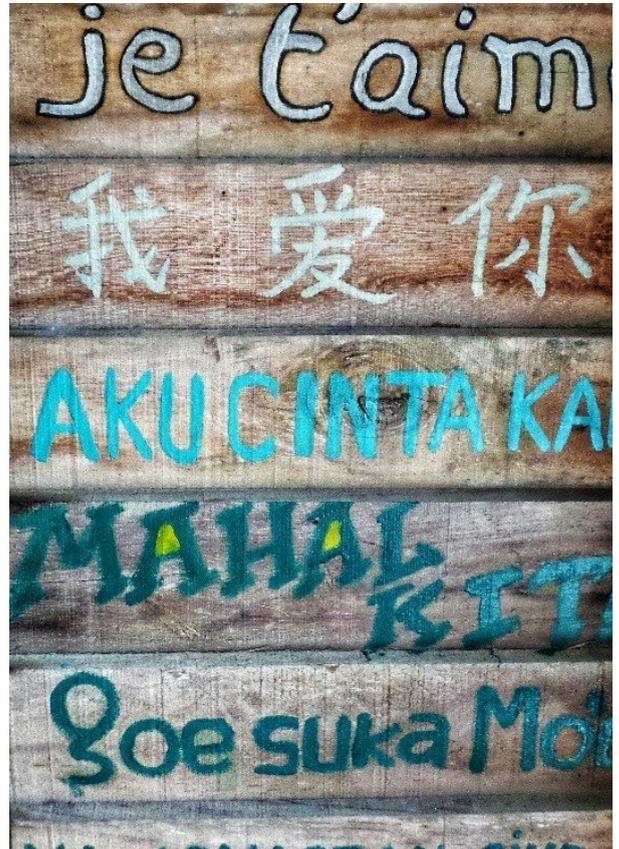
Have you ever wondered what the opposite word of homesickness is? Well, the answer lies in this German word! It translates to the deep longing of faraway places you have never visited before. An intense craving for new horizons.

### 4. Gigil (Tagalog)

This is a more professional way of saying cuteness overload. We have all found ourselves in a situation where words cannot explain how adorable something is and how that makes us feel. That overwhelming sense of content you get when surrounded by something ridiculously cute can be explained by simply saying – gigil.

### 5. Zhaghzhagh (Persian)

The meaning of this word is exactly as it sounds! You know how teeth chatter whenever you get too cold, or when rage fills up your entire body that you start to clench your jaw? Then you are zhaghzhagh-ing.

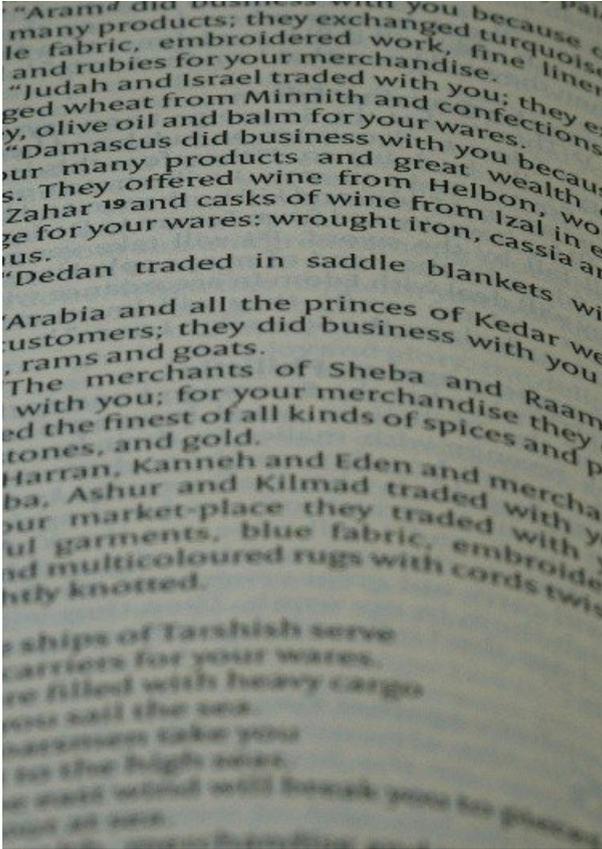


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# WORDS IN OTHER LANGUAGES

## Culture & Society

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### 6. Cafuné (Brazilian Portuguese)

This word carries innocence and romance, capturing the tender, affectionate act of running your fingers through someone's hair. It perfectly embodies the softness and intimacy of this simple yet profound gesture, evoking a sense of warmth and connection.

### 7. Komorebi (Japanese)

Imagine yourself walking through a forest filled with towering trees. As you venture deeper, the atmosphere grows eerier, yet strangely calming. All your worries seem to dissolve as the sun's rays peek through the leaves, gently touching your skin. This serene interplay of light and nature is beautifully captured by the Japanese word komorebi.

### 8. Почемучка/Pochemuchka (Russian)

Have you ever come across someone that just keep asking questions? Translating literally to "why-er", this word perfectly captures the insatiable curiosity of those who always seek answers and are driven by an endless stream of inquiries.

### 9. Bothántaíocht (Irish)

Gossip Girl – but make it Irish! It is the art of dropping by a friend's house just to catch up on the latest gossip. There is no malice in it, just a healthy dose of nosiness. Think you are above such things? Well, if you have ever found yourself texting or tweeting someone just to catch the latest drama, congratulations, you have got a bit of the bothánach in you.

### 10. Gökotta (Swedish)

This refers to the peaceful act of waking up early to step outside and listen to the birds sing. It is a beautiful reminder to appreciate nature's simple joys. English lacks a single word for this serene moment, when the world is still and the first sounds of the day are the birds welcoming the dawn.

These words from different languages highlight the beauty and depth that language can offer. While English is versatile, it often lacks words that perfectly capture specific emotions and moments. From the longing in ya'aburnee to the calm in gökotta, these terms remind us of the rich diversity of human experience and the power of language to connect us to the world.

# 03 FAST FASHION AND MICROTRENDS

## Culture & Society

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What if the secret to being well dressed wasn't succumbing to every micro trend— but creating your own unique style. In a time where fast fashion and micro trends try to distill the concept of authenticity, it's important that we cultivate our own noteworthy style. Among these pages we'll be exploring how brands use greenwashing to seem more sustainable, the path to curating personal style, and the negative effects of fast fashion. Would you continue being a pawn in every corporation's game despite knowing how damaging it is to our environment?

Clothes enable us to portray a certain image of ourselves. Think of the different types of styles you see every day. How does your wardrobe reflect your personality? We're constantly displaying parts of our character through clothing, but the more pertinent question is: do you dress to attract other people or to represent your true self? We can all gauge someone's disposition by what they're wearing. If you see someone wearing Doc Martens and a rock band t-shirt, you might think of the grunge aesthetic, rebel rocker, or maybe someone who's into thrifting. And the girl in your class with the glasses and the pastel blue cardigan wearing a pearl necklace? She most likely has a Pinterest board titled "coastal grandma aesthetic." It's not only about the garments— it's about the message they're giving out to the world.



Expression through clothing can be considered a form of communication. A woman wearing a pinstripe blazer exudes "I know what I'm doing, I've got it all together" energy, whereas a man in a baggy sweatshirt and trainers might give you the impression that he's all about being comfortable and couldn't be any more disinterested in the trends. But surprise, surprise: people can (and do) mess with this visual metaphor. For instance, a person with tattoos and piercings wearing a leather jacket might appear unfriendly or intimidating, but the truth is, strike up a conversation with them, and they'll probably tell you about the latest romantic comedy they've binged or how they can't wait for season two of "Nobody Wants This" on Netflix.

What's interesting about this? It's fun playing detective. Trying to work out why someone decided to wear a certain outfit today is like trying to crack a code or decipher a message. Are they wearing a specific outfit to fit in with a group, like matching Adidas Sambas with their friends? Or maybe they're showing authentic parts of their personality to the world.

Here's a fun proposal. Next time you're out and about, play a game of investigation. Pay attention to what other people are wearing and try to decipher the message they're trying to convey. But keep in mind, you're doing the same thing as well! The oversized jacket, the vintage tee, and the funky jewelry you're wearing all play a part in the message that you're conveying about yourself through your personal style.

# 03 FAST FASHION AND MICROTRENDS

## Culture & Society

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There's nothing wrong with showing authenticity through clothes. All is right when it comes to personal style, but let's give prominence to fast fashion. Is fast fashion really contributing to your form of self-expression? Fast fashion brands like ASOS, Zara, Topshop are major contributors to environmental problems arising from mass production of cheap, poor-quality, disposable clothing. The fashion industry produces 80 billion garments each year, which amounts to more than 10 items for every person on the planet. Over the past two decades, production has surged by more than 400%. Additionally, due to modern production techniques, the average garment is worn only about 10 times before being discarded. Usually, these clothes are either incinerated or sent to landfills if they aren't recycled or donated. As prices for these items continue to drop and fashion trends change rapidly, the quality of production has suffered significantly, meaning we're inevitably purchasing garments made from poor quality and aren't positively impacting our environment. Have you considered the detrimental effects of fast fashion on the environment? The environmental consequences of these practices include excessive water usage, the release of microfibers, greenhouse gas emissions, deforestation, and harmful toxins.



So, what happens when brands use this to their advantage to promote “sustainable” clothing? Nowadays, a lot of brands are responding to the negative effects fast fashion has on our environment using a strategy called “Greenwashing”, which is a deliberate, misguided attempt to market their products as sustainable even though they aren't. Brands stress how environmentally friendly their products are without actively regenerating the environment. We all experience greenwashing every day through advertisements, clothing brands, company announcements, etc. As our society is globally moving towards more sustainable approaches and solutions, greenwashing will be occurring even more than now. Therefore, it's important to be skeptical of claims from brands that their manufacturing processes are more sustainable or ethical unless they have data to back that up. Correspondingly, it's important to preserve our habitat instead of destroying it because ultimately, it's not environmental protection, it's human protection.

The issues of fast fashion and greenwashing not only illustrate how industries respond to the growing demand for sustainability, but they also shed light on the rapid speed at which trends evolve. This leads us to the idea of micro trends. The fashion micro trends are fleeting, short-lived trends that can be exhausting and financially draining as everything can be turned into an aesthetic, and it feels like the trends are changing every 5 seconds. Brands constantly impose trends on the internet. Influencers and brands spur the public to jump on the bandwagon for the latest trends and strategically propel their audience to create a “want” or a desire for a piece of clothing or a product that they don't need. As a result, people have started wondering if it's worth splurging on something that's bound to go out of style when the new trend kicks off. It's important to be cognizant of the fact that consumers should avoid unnecessary consumption. Oftentimes, in fast fashion, clothes are worn a handful of times and then they get disposed of. Do you really need one more sweater? What about the one stored away in the depths of your closet that you keep forgetting to wear?

Instead of funneling hard-earned money to corporations, we should be asking ourselves whether our buying habits are satisfying needs or wants. So, how can you be sustainable and well-dressed simultaneously? The most sustainable way to buy and wear clothing is to pick items and styles that really speak to you and fit into your style and wardrobe as opposed to falling into the trap of every micro trend. It's all about creating your own unique, distinctive style, externalizing your authenticity, and expressing your true self to the world.

2024 has been a spectacular year for movies, and if you're in need of something to help unwind after studying, there are plenty of films to get excited about. From epic sci-fi to powerful musicals and action-packed sequels, there's something for every mood.

If you're looking for an immersive experience, *Dune: Part Two* is definitely worth checking out. This sequel expands on the world-building and political intrigue of the first film while delivering even more intense action. Timothée Chalamet and Zendaya continue to bring their characters to life in a visually stunning way, and the whole movie is just gripping from start to finish. If you're into grand sci-fi that feels both epic and personal, this is a must-watch.

For those who need a musical pick-me-up, *Wicked* delivers in every way. Based on the iconic Broadway show, this bright and colorful adaptation brings the beloved characters of Elphaba and Glinda to life on screen, with standout performances from Cynthia Erivo and Ariana Grande. The movie captures all the magic of the stage version, and the visuals and music are just as captivating. Whether you're a fan of the show, *The Wizard of Oz*, or just in the mood for something heartwarming, *Wicked* is guaranteed to hit the right notes.

If you're in the mood for something with more action and drama, *Gladiator 2* has everything you're looking for. The sequel picks up years after the original and dives right back into the intense battles and political drama of ancient Rome. Ridley Scott nails the epic scope of the story while also exploring deeper themes of power and revenge. The action sequences are intense, and the characters are as complex as ever. If you want a movie that keeps you on the edge of your seat, this one's a great choice.



2024 has delivered a range of films that'll keep you entertained, whether you're looking to escape into a new world, enjoy some great music, or dive into a compelling story. These films are perfect for when you need a break from the grind and want to just sit back and enjoy.

### Intro

Marjan Bojadziev's journey to his current role as Rector at University American College and educator was far from conventional. In fact, his career began in a small, private firm in Macedonia, where he was quickly thrown into the world of business. At just 26 years old, he found himself selling apples from Kriva Palanka to Croatia, a task that left him questioning his future. A phone call from a Croatian buyer asking about prices in gross versus net was the catalyst for his realization: he knew nothing about business.

Frustrated, Bojadziev even considered quitting, convinced that he was meant for a different path—a more intellectual one. On a snowy February day in Skopje, he confided in his girlfriend (now wife), saying he felt out of place. “This is not for me. I'm a philosopher - poet. What am I doing selling apples from Kriva Palanka to Croatia?”, he thought. But she encouraged him to stick with it for a little longer, and he did. One month later, his life took a new turn when he was sent on a business trip to Bulgaria with his boss. It was a turbulent time, with Macedonia not yet recognized as a country and the region grappling with political and economic instability. Yet, his boss handed him an unexpected challenge: “We have the money, we have the goods, everything else is your creation.”

This moment was a revelation for Bojadziev. At first he thought “creating is in music, not in business”. But then he realized that everything in life, even business, requires creativity.”In life everything is creation”, he added. Over the next several years, he immersed himself in the banking world, eventually becoming the first licensed CEO in the Macedonian banking industry. But despite his success in business, Bojadziev never lost sight of his true passion—education. Coming from a family of medical doctors and university professors, he was immersed in academia from a young age. His home was filled with discussions on committees, promotions, and university affairs, which shaped his understanding of the world.



At American College, Marjan Bojadziev teaches subjects like entrepreneurship and leadership, his teachings are centered around participant-centered learning, which encourages students to engage with the material and challenge ideas. This teaching method is a core aspect of his educational philosophy, as he believes in fostering critical thinking, judgment, and decision-making skills rather than memorization. I took the opportunity to observe Marjan Bojadziev's class, and it was a unique experience. The atmosphere in the classroom was comfortable and interactive, which stood out to me. Bojadziev created an environment where students felt at ease to ask questions and share their thoughts. Reflecting on the interview and class observation, I would say it went slightly differently than I had envisioned. I was expecting a more formal, structured approach, but instead, it was more about curiosity and dialogue. Bojadziev does not just deliver content, he engages with students, encourages creative thinking and conversation.

# 04

# SPOTLIGHT: MARJAN BOJADZIEV

## MARJAN BOJADZIEV

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When asked about the importance of balancing authority with approachability as a professor, Bojadziev made it clear: “Professors shouldn’t be authoritative. They should be only authoritative in terms of knowledge, expertise and skills”. They should build a rapport with students, treat them with equity, and encourage open debate. The emphasis is on open criticism and participative decision-making. Bojadziev advocates for an environment where students feel empowered to question ideas and engage in meaningful discussions.

As technology continues to evolve at an accelerated pace, Bojadziev recognizes the changing landscape of education. He believes that the most important skills to impart to students are not textbook knowledge, but decision-making abilities, critical thinking, and the capacity to adapt. The jobs that exist today may not be around in five or ten years, and students must be prepared to navigate this uncertainty.

Bojadziev’s love for music, while not directly influencing his leadership style, provides a personal outlet for creativity and relaxation. Music, like business, is a form of creation. He’s passionate about fostering creativity in all areas of life, whether through entrepreneurship or teaching. Music helps him unwind and shift from one world to another, but it also serves as a reminder of the importance of innovation.

Looking toward the future, Bojadziev is open to integrating more arts-related initiatives into the university. Though the market potential for a fine arts college may be uncertain, he remains hopeful that creative approaches will find their place in higher education. Despite the challenges, he believes that creativity, in all forms, is vital to shaping the next generation of leaders. Throughout the interview, Marjan Bojadziev’s passion for education, creativity, and his commitment to helping students thrive were evident. He’s not only preparing students for the academic challenges ahead but also for the unpredictable future of work and society.

# CHERRY BAR REVIEW

## Food & Lifestyle

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Cherry Bar is a cozy spot nestled in the heart of Skopje. Its inviting atmosphere appeals to locals as well as tourists. It's a great place to enjoy a casual lunch or a drink. The bar offers an eclectic menu consisting of creative cocktails, wine, warm drinks, and various food options from snacks, salads, finger foods such as crispy mozzarella sticks, to light desserts.



Cherry Bar exudes welcoming energy with its rustic and contemporary retro decor, and soft lighting, making it a modern yet intimate place. It's perfect for every season with its big terrace great for warm weather, and an indoor space with a relaxed atmosphere for cold weather.

A cozy laid-back spot for students, as well as for people of different ages to grab a drink and enjoy a conversation, ideal for an afternoon with friends and casual catchups. Cherry Bar is a homely place that's worth checking out for its unique charm and coziness. It deserves a visit for its wide variety of cocktails, whether you're a tourist or from the neighborhood.

# 05

# MEALS ON A BUDGET

## Food & Lifestyle

Welcome to our cooking corner, where we provide you with tasty, budget – friendly recipes! As students, we all know how hectic college life can be – early classes, late-night study sessions, and everything in between. However, even with a packed schedule, we deserve meals that are tasty, quick, and will not drain our wallets. These easy recipes will give you the energy to tackle your day without spending hours in the kitchen. Whether you're craving something hearty, healthy, or just plain tasty, these dishes will have you covered in minutes!

Breakfast: Avocado Toast with Fried Eggs and Arugula

Ingredients:

- 2 slices of whole-grain bread
- 1 ripe avocado
- 2 eggs
- Handful of arugula
- Optional: red pepper flakes, salt, pepper, olive oil

Instructions:

1. Toast the bread to your liking.
2. Mash the avocado and spread it over the toast. Sprinkle with a pinch of salt and pepper.
3. Heat a small pan with a bit of olive oil, and fry the eggs sunny-side-up or to your preference.
4. Top the avocado toast with the fried eggs and a handful of arugula.
5. Garnish with red pepper flakes or a drizzle of olive oil if desired. Serve immediately.



Lunch: 5-Minute Chickpea Salad Wraps

Ingredients:

- 1 can chickpeas, drained and rinsed
- 2 tbsp mayonnaise or Greek yogurt
- 1 tsp mustard
- 1/2 cup diced veggies (cucumber, celery, or carrots)
- Handful of lettuce or spinach
- 2 large tortillas or pita bread

Instructions:

1. In a bowl, mash chickpeas with a fork. Stir in mayonnaise, mustard, and veggies.
2. Spread the chickpea mixture onto a tortilla, add lettuce, and roll it up tightly.
3. Slice in half and serve.

Dinner: One-Pan Baked Chicken with Veggies

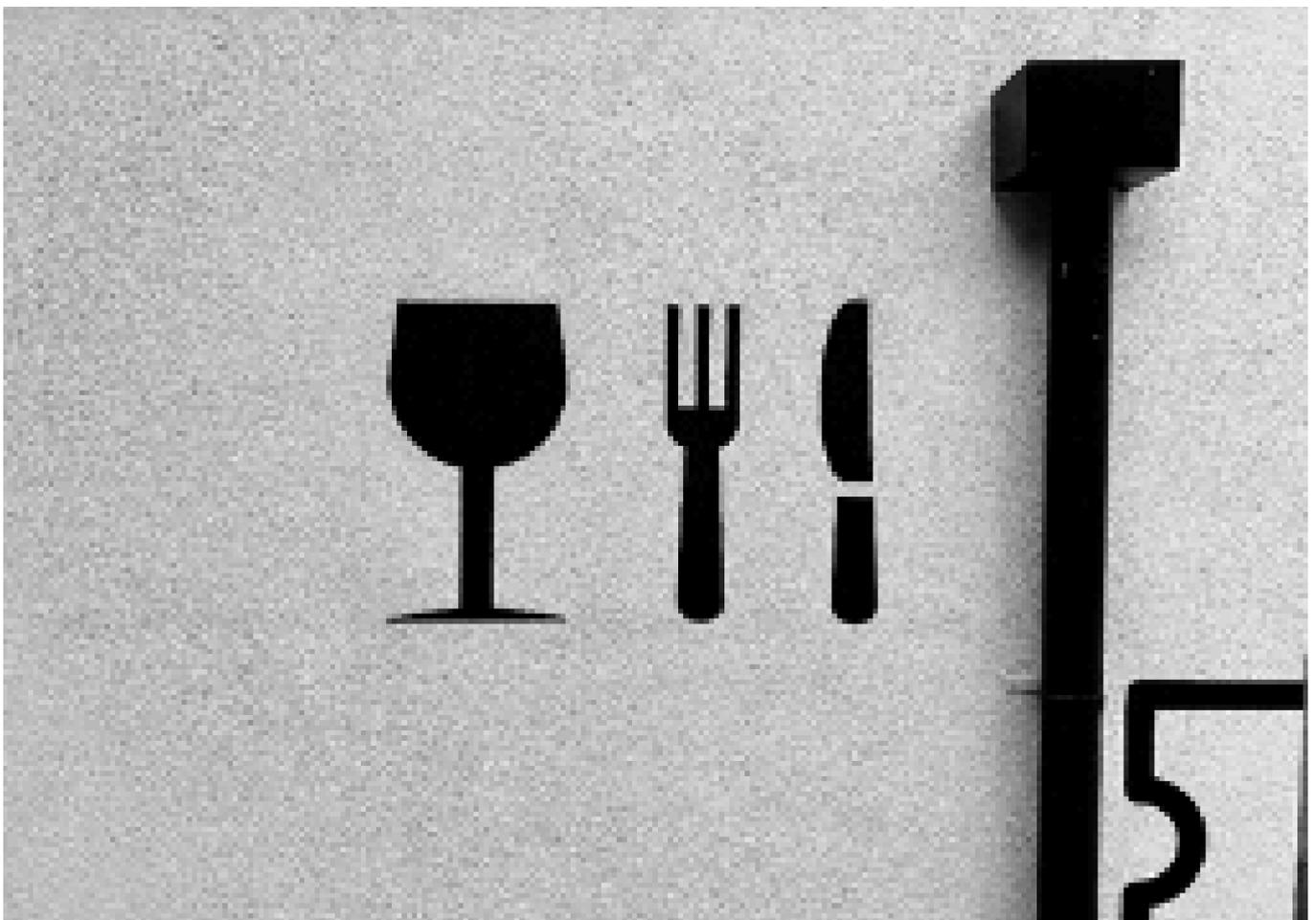
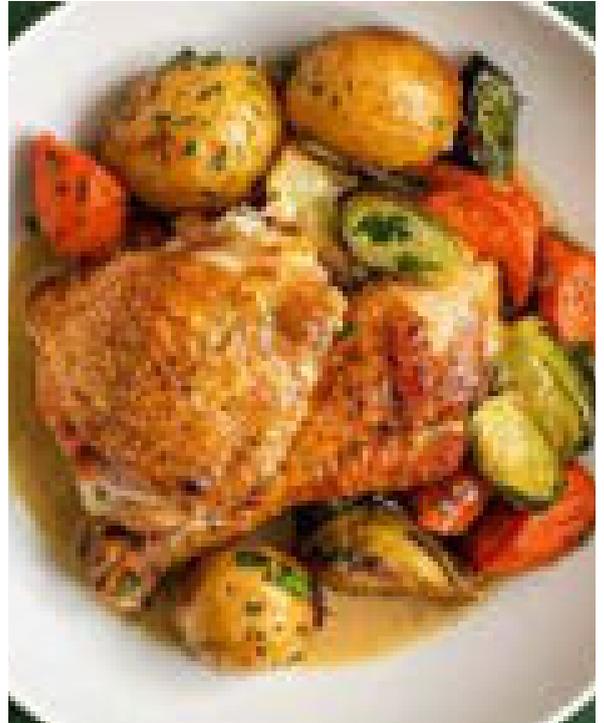
Ingredients:

- 1 chicken breast or thigh (or any affordable cut)
- 1-2 cups of veggies (e.g., potatoes, carrots, bell peppers, zucchini)
- 1 tbsp olive oil
- 1 tsp garlic powder, paprika, salt, and pepper (or any spices you like) •

Optional: Fresh herbs like rosemary or thyme

Instructions:

1. Preheat your oven to 400°F (200°C).
2. Place the chicken and chopped veggies on a baking sheet.
3. Drizzle everything with olive oil and sprinkle with the spices. Toss to coat evenly.
4. Bake for 25-30 minutes, until the chicken is fully cooked and the veggies are tender.
5. Optional: Garnish with fresh herbs for extra flavor.



# 05 A MONTH OF NOT SPENDING MONEY

## Food & Lifestyle

When I first decided to take on a no-spending challenge, I was excited but also a bit nervous. The rules were simple: for an entire month, I had to avoid spending money on anything unnecessary. Of course, the essentials were allowed, but buying clothes or using sales as an excuse to shop were strictly off-limits.

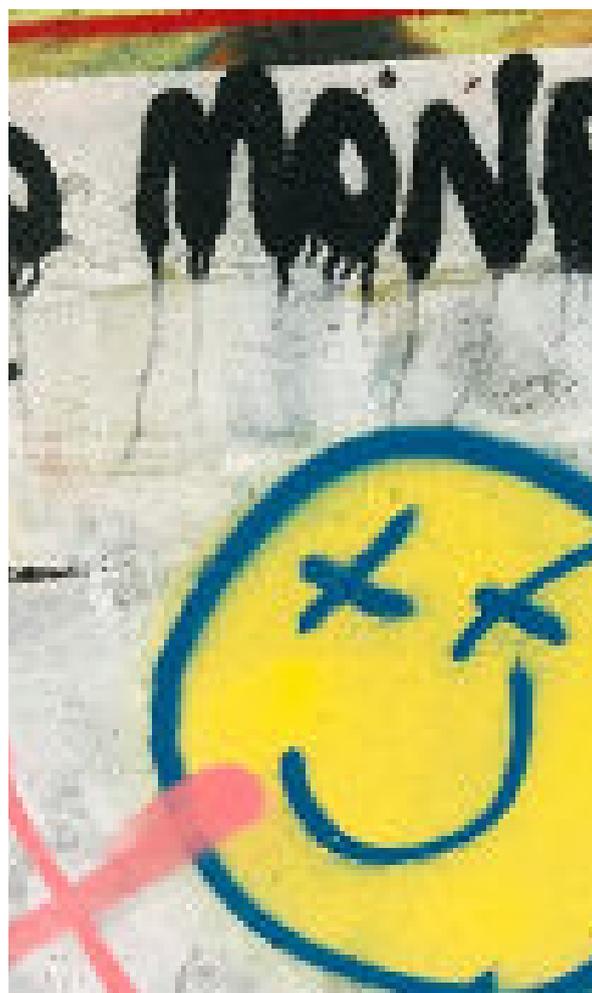
What started as an interesting experiment quickly became a journey of self-discovery, teaching me important lessons about my relationship with money, time, and happiness. The first week was the hardest. I had no idea just how many small, mindless purchases filled up my day. A quick coffee at the college cafeteria, a snack from the vending machine, or browsing online sales—it all added up. Saying “no” to these habits made me realize how ingrained spending had become in my routine. I had to resist temptation, whether it was ignoring limited-time gadget deals or walking past stores with enticing displays.



As the weeks went by, I started to rethink what I really considered “essential.” Did I actually need that new sweater I had my eye on? Was eating out really a must? To my surprise, I found joy in cooking at home, using the ingredients I already had and getting creative with my meals. Instead of buying new books, I promised myself to read the ones I already owned. I realized that many of the things I used to spend money on were luxuries, not necessities, and cutting them out didn’t diminish my quality of life.

Without the constant pull of consumerism, I began to appreciate what I already owned. That half-used coloring book in my drawer? It became my new favorite pastime. The jigsaw puzzle that had been gathering dust on my shelf? It turned into a mindful way to spend my evenings. By using what I already had, I discovered a sense of gratitude and awareness that was missing from my life before.

At the end of the month, I was amazed at how much money I had saved. But the challenge wasn’t just about the money—it was about much more than that. I realized that spending money had often been my way of distracting myself from boredom or stress. Without that safety net, I was forced to face those feelings directly. Instead, I started finding healthier ways to cope, like journaling, exercising, or simply going for a walk.



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The no-spending challenge taught me that I don't need to buy things to feel fulfilled. While I won't keep up a strict no-spending routine forever, I've become much more intentional about where I spend my money. Now, before making a purchase, I ask myself, "Do I really need this?" or "Will this bring lasting value to my life?"

Would I recommend this challenge? Absolutely. It's not just about saving money—it's a chance to reflect on your habits, redefine your priorities, and discover what truly makes you happy. Whether you try it for a week or a month, I guarantee it will change your perspective on spending. This challenge showed me that simplicity doesn't mean sacrifice. In fact, it opened up a path to a richer life—and that's worth far more than anything money could buy.



# 06

# THE TRIAL OF JOSIP BROZ TITO

## History & Politics

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Today, in the courtroom of human history stands one of the most prominent historical figures of the 20th century, the leader of Yugoslavia – Josip Broz Tito. He was a charismatic leader that united a struggling nation with a diverse population under one banner. But was he a benevolent father figure to the Yugoslavs or a brutal and selfish dictator? Ladies and gentlemen, find out in this episode of “The Stargazer Tribunal of Time”.

Our actors today are Judge Justinski, Prosecutor Vinov and Defense Attorney Spirshejkovski.

Judge Justinski: Order, order in the courtroom! Who stands trial before me today?

Defense attorney Spirshejkovski: Your honor – this is Josip Broz Tito. He was the leader of Yugoslavia after World War Two. Throughout the years of his Presidency, he united the people of Yugoslavia, promoting brotherhood and unity among all 6 federative republics.

Prosecutor Vinov: Objection Your Honor! We all know what Tito’s artificial unification led to – a bloody nationalist civil war in the 1990s and almost ten years of suffering for the people of Yugoslavia.

Defense attorney Spirshejkovski: It is quite bold to say that Tito’s actions resulted in the breakup of Yugoslavia. The state existed and functioned even after Tito’s death – with quite progressive and democratic principles of rotating the Presidency among all 6 republics – including our own country getting the first Presidency. On the contrary – Tito’s cult of personality bonded together all people from every corner of the state.

Prosecutor Vinov: Well yes – through terror! During his brutal reign he conducted waves of purges, just like his idol –Stalin! And not just among the administration, but the ordinary citizens as well! He locked them all up in his infamous prison of Goli Otok, where he tortured them!



Defense attorney Spirshejkovski: Your Honor, Tito's actions were driven by the necessity of securing stability and prosperity in an infant state. Those imprisoned were not innocent victims but individuals deemed threats to national security—corrupt officials, foreign agents, and subversives working against Yugoslavia's unity. Furthermore, the claim that Tito idolized Stalin is entirely false. In reality, the two were bitter rivals. Stalin despised Tito's defiance to his hegemony, even sending assassins to eliminate him on multiple occasions—all of whom failed. Tito, in response, famously warned Stalin to stop, declaring that if another attempt were made, he would only need to send one assassin in return.

Judge Justinski: Wow this Tito guy must have been a real badass!

Prosecutor Vinov: Depends on how you define "badass" Your Honor. Tito had many mistresses during the war – even though it was strictly forbidden for partisans to have affairs within the party's cadres. His "badassness" did not end there – on multiple occasions during his early days in the Comintern and CPY, he betrayed his comrades for personal credit and promotion, even condemning them to be exiled from communist circles.

Defense attorney Spirshejkovski: This is based on blunt rumors. Tito was a moral bulwark, and it is highly unlikely that he mixed professional and private affairs during his leadership. In fact, his administration and officials were so competent that Yugoslavia's symmetrical federal system was considered one of the best in Europe. Considering that Yugoslavia was under a socialist regime, this praise was very unusual coming from the West, as it usually brought condemnation. "Titoism" had many liberal features, including freedom of movement (both internal and external, bolstered by Yugoslavia's strong passport) and market socialism (with worker self-management).

Prosecutor Vinov: The expenditure for these over extensive methods of governance were unfortunately paid by citizens after "his majesty's" death. Tito's system left millions in poverty – Yugoslavia was left bankrupt and severely indebted which was reflected by its massive inflation in the 1980s. People were not able to buy kitchen appliances, fuel for their vehicles and even bread without waiting in a queue for several hours per day!

Defense attorney Spirshejkovski: Your Honor, this was not specifically Tito's fault – but his successors'. The political destabilization of Yugoslavia after his death, as well as poor leadership were the main factors at stake here. His economic policies of self-management certainly relied upon borrowing from the rest, but they kept Yugoslavia united in solidarity, especially seen when the devastating earthquake in 1963 hit Skopje.

Prosecutor Vinov: Shall we also mention his "solidarity" and "tolerance" for the people of Istria, who were so unfortunate to be annexed by Yugoslavia after World War Two? While Tito lied to the general public, his men conducted massacres of Italian fascists, anticommunists and even civilians in the peninsula! Italians' property was confiscated and they were forced and pressured to emigrate!

Defense attorney Spirshejkovski: While his methods were harsh at the beginning, this was not the case after order was restored in Istria. Tito promoted a multiethnic and socialist state that provided equally for every ethnicity! If this was not the case, no one would have mourned his death in 1980, but on the contrary, his funeral was one of the largest ever recorded in human history, 700 000 people mourned his death on the streets of Belgrade, including many famous people and leaders. Today every Yugoslavian remembers where they were and what they were doing when Tito's heart stopped beating on May 4th 1980.

Judge Justinski: You gentlemen have left me quite irresolute! This fiery debate has made me hungry... but I am still curious how the Balkan and Yugoslavia would have been without Tito.

Prosecutor Vinov and Defense attorney Spirshejkovski (overlapping): Much better/worse

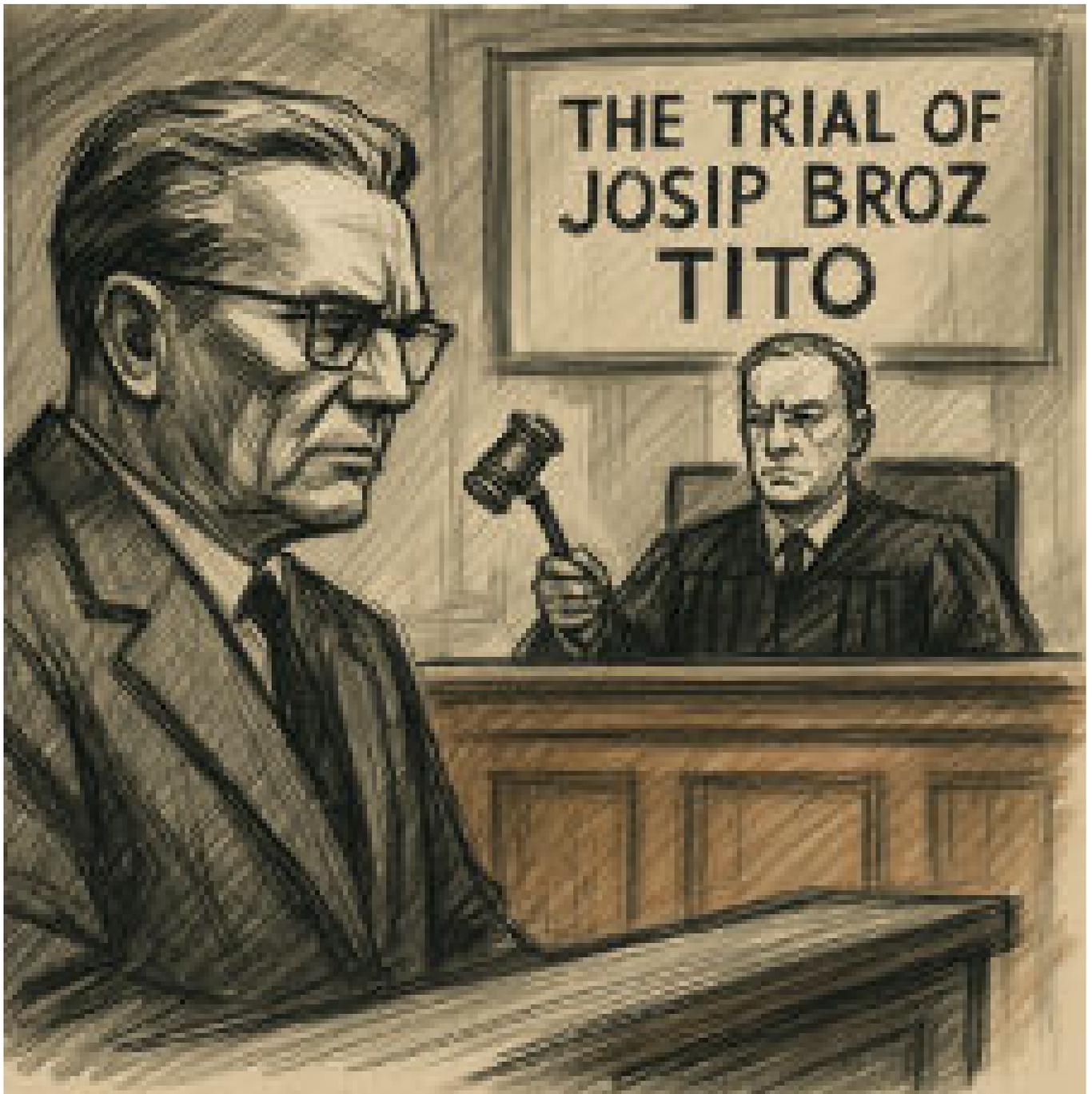
# 06

## THE TRIAL OF JOSIP BROZ TITO History & Politics

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Judge Justinski: Well, the time has come to conclude our trial about one of the most famous characters, exceptionally prominent in the 20th century's political landscape. But, before giving the final verdict, we must ask the opinion of the jury, the people who personally have felt the final results of his reforms and actions. As one folk saying states: "Bez publika, nema republika!" ("without the public, there is no republic").

After that Judge Justinski declared a 30-minute recess in which the jury, that is, the people, should decide on which side of history the Marshal of the South Slavs will find himself. What will be the outcome? Will emotions or reason prevail, subjectivity or objectivity, or will the case remain unresolved until it completely becomes obsolete and disappears into the whirlpool of history... You should decide!



# STAR

2025

# GAZER

THIS FIRST EDITION OF STARGAZER IS THE RESULT OF MONTHS OF PLANNING, WRITING, EDITING, AND COLLABORATION BETWEEN STUDENTS FROM DIFFERENT SCHOOLS WITHIN UACS. OUR AIM WAS SIMPLE: TO BUILD A PUBLICATION THAT REPRESENTS STUDENT VOICES, ENCOURAGES DIALOGUE, AND BRINGS ATTENTION TO IDEAS WORTH DISCUSSING. WE'RE PROUD OF WHAT WE'VE STARTED AND EXCITED TO CONTINUE DEVELOPING THIS PLATFORM WITH FUTURE EDITIONS. THANK YOU FOR READING AND SUPPORTING THIS INITIATIVE.

# STAR

# GAZER



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Thank you for reading.