

SEREN

MAGAZINE

ETHIOPIAN GIRL SKATERS

empowering spreading love and giving
exposure to all Ethiopian girl skaters

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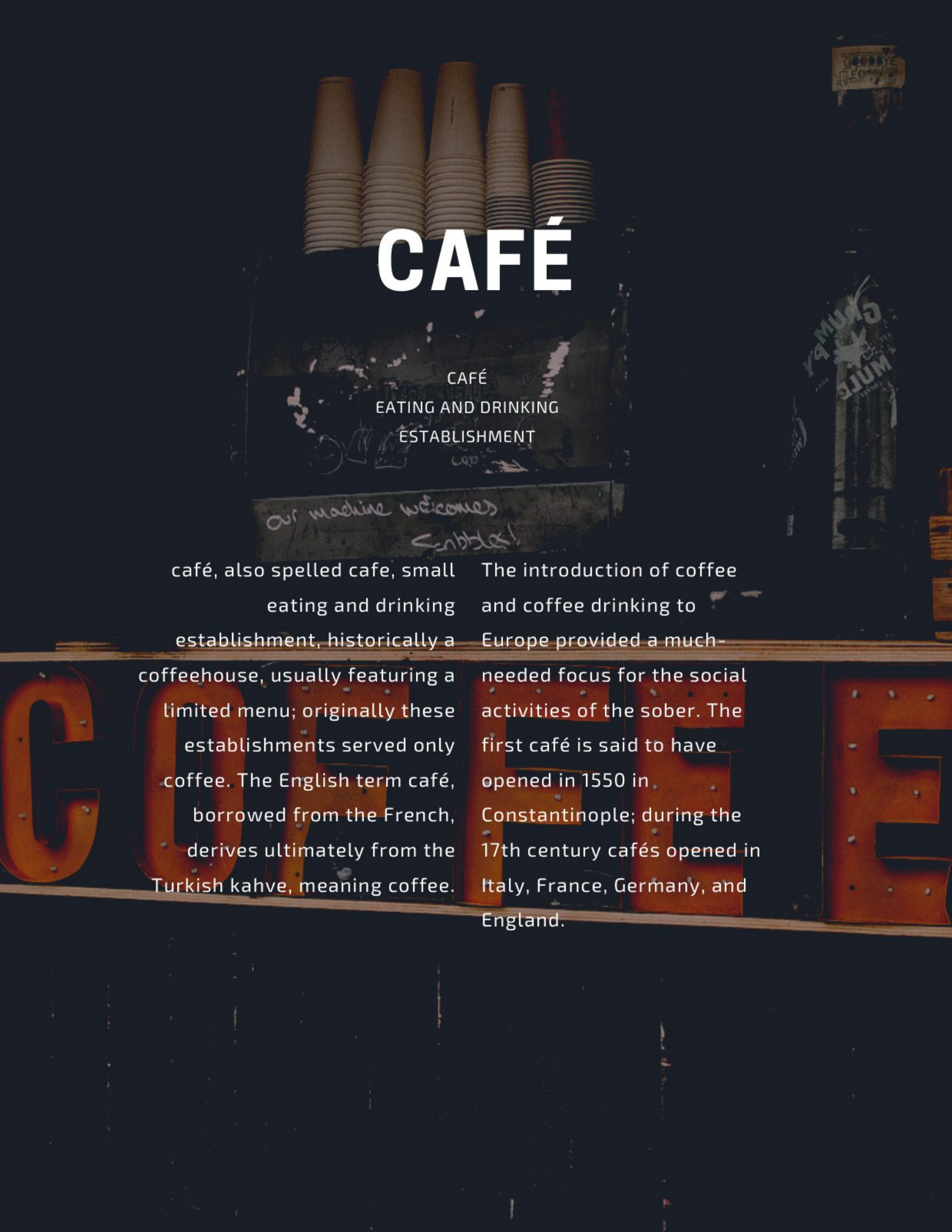
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THE HISTORY OF

CAFÉ

COFFEE AND COFFEE DRINKING



CAFÉ

CAFÉ
EATING AND DRINKING
ESTABLISHMENT

café, also spelled cafe, small eating and drinking establishment, historically a coffeehouse, usually featuring a limited menu; originally these establishments served only coffee. The English term café, borrowed from the French, derives ultimately from the Turkish kahve, meaning coffee.

The introduction of coffee and coffee drinking to Europe provided a much-needed focus for the social activities of the sober. The first café is said to have opened in 1550 in Constantinople; during the 17th century cafés opened in Italy, France, Germany, and England.



During the 200 years after the mid-17th century, the most famous coffeehouses of Europe flourished in London as ready points for news, discussion, and faction. Coffeehouse proprietors competed with each other for supplies of both Whig and Tory newspapers; during this time the business of buying and selling insurance, ships, stocks, commodities, and occasionally even slaves was disposed of in coffeehouses; a man of letters, an actor, or an artist might perform or declaim for his coterie in his favourite coffeehouse; and coffeehouses became informal stations for the collection and distribution of packets and letters. By the 19th century, the daily newspaper and the home post had displaced these functions.

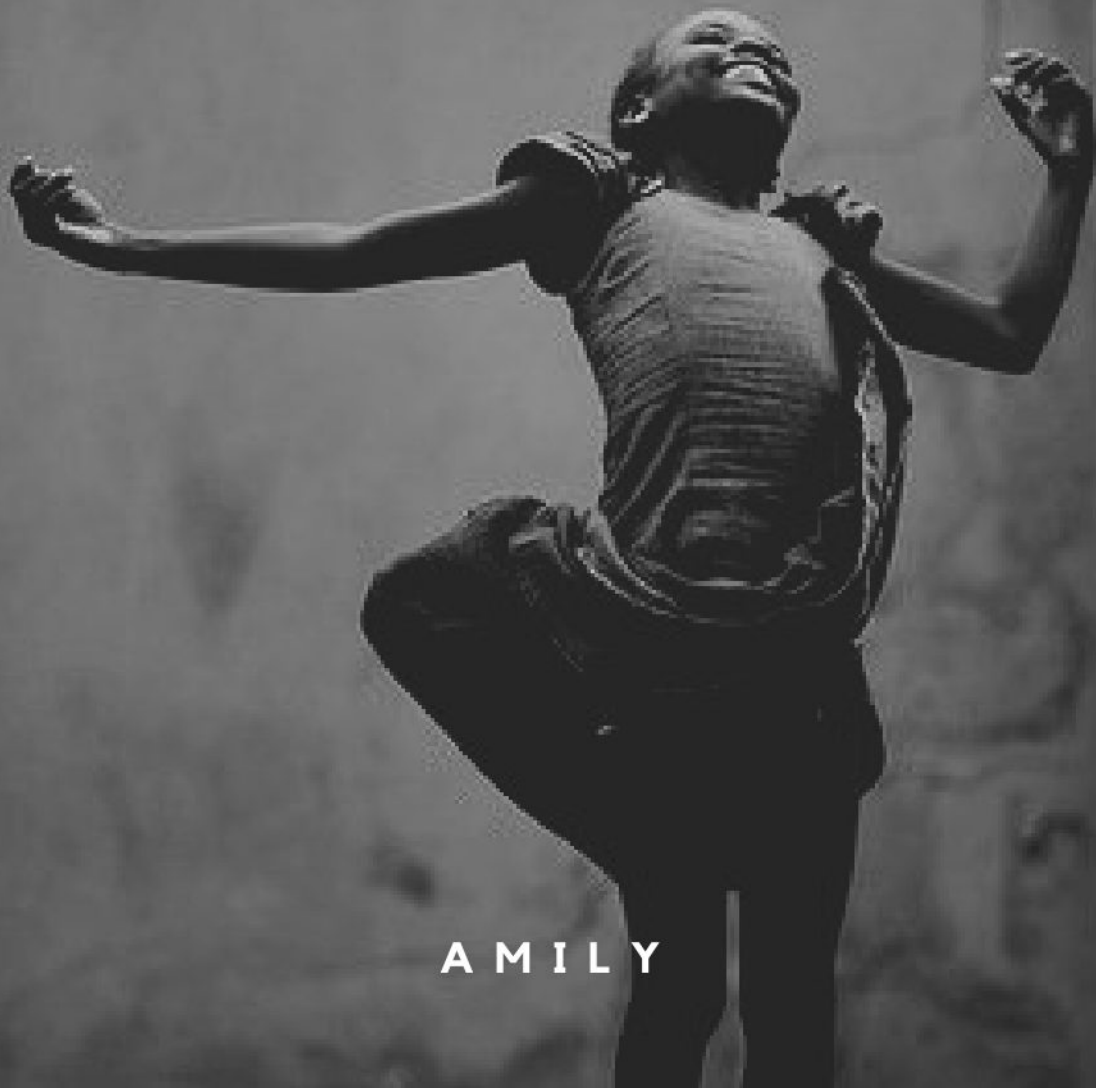
About the same time, as painting and literature attest, the French café and restaurant were at their zenith as gathering places for intellectuals and artists. The wealthier gourmands among the intelligentsia might dine in Paris's high-toned restaurants, as Honoré de Balzac dined at the Véry, while the more modest café or bistro harboured the "Bohemian" artists. The café continued to be an important social institution in France throughout the 20th and early 21st centuries.

During the late 20th century, as espresso and other specialty coffees became popular in the United States, many restaurants specializing in coffee opened. In the 1990s and early 2000s, some cafés began to offer Internet access to the public, giving rise to the so-called Internet café.

OMNIA

MEANING; "EVERYTHING" IN LATIN

JUST LIKE THE TITLE, THIS IS WHERE WE TRY TO TALK ABOUT EVERYTHING, STARTING FROM BIZARRE HISTORIES, LIFE ADVICES, SELF-CARE, AND LIKE.



AMILY

//

**I AM SURE THAT
YOU HEARD THE
SAYING, LAUGHING
IS MEDICINE.
HOWEVER, I BET
THAT YOU DIDN'T
KNOW THE
INFAMOUS LAUGHING
PLAGUE OF
TANGANYIKA, ONE
OF THE STRANGE
EVENTS THAT
OCCURRED IN
AFRICA.**

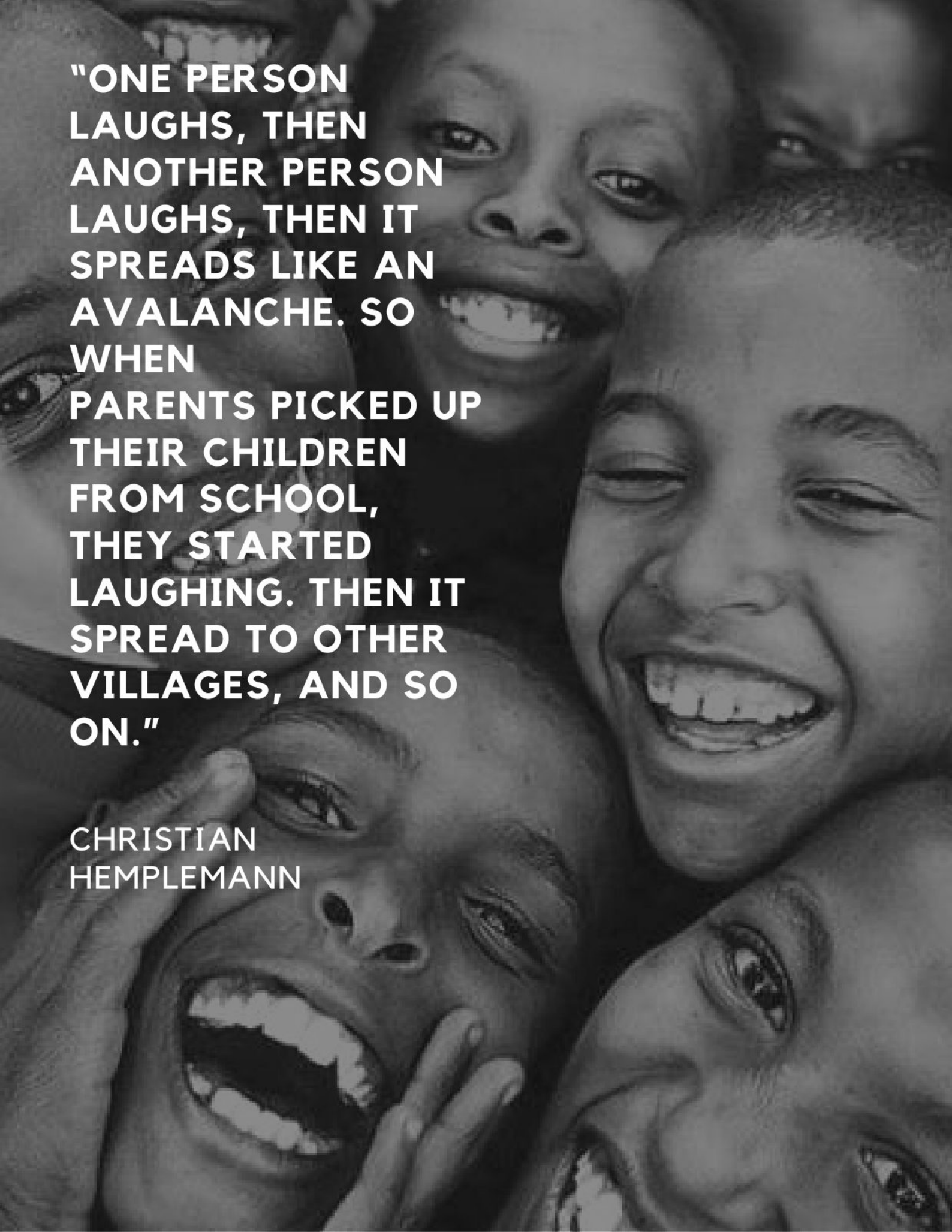
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In a rural missionary-run boarding school of Tanganyika, girls started to laugh and cry uncontrollably. It started with three and spread to half of the school. The teachers were unaffected, but they found it very difficult to teach the students with these breakouts. Thus they had to send everyone home. The girls took the behavior to their homes and passed it on through their villages and surrounding areas.

According to most researches, 1000 were affected by this plague yet no one was utterly sure because the laughing would pass from one person to another in a repeating cycle. There was also no accurate record of the time that the plague lasted. Most say that it is between six to eighteen months. The cause was mass hysteria known today as MPI, Mass psychogenic illness. MPI, caused by shared stress.

In the case of the laughing epidemic, the students were facing different expectations and a lot of uncertainty due to Tanganyika's recent independence. Even though the cause is known, the question how the disease was easily transmitted remains a mystery.





**"ONE PERSON
LAUGHS, THEN
ANOTHER PERSON
LAUGHS, THEN IT
SPREADS LIKE AN
AVALANCHE. SO
WHEN
PARENTS PICKED UP
THEIR CHILDREN
FROM SCHOOL,
THEY STARTED
LAUGHING. THEN IT
SPREAD TO OTHER
VILLAGES, AND SO
ON."**

**CHRISTIAN
HEMPLEMAN**

ETHIOPIAN GIRL SKATERS



NONPROFIT ORGANIZATION THAT
EMPOWER YOUNG WOMEN

empowering, spreading love and
giving exposure to all ethiopian female skaters

A group of about ten Ethiopian girls are sitting on their skateboards in front of a large, weathered concrete wall covered in graffiti. The girls are dressed in casual streetwear like t-shirts, jeans, and sneakers. Some are looking at the camera, while others are looking away. The scene is outdoors in bright daylight.

AN
INTERVIEW
WITH

ETHIOPIAN GIRL SKATERS

WHO ARE "ETH GIRL SKATERS?" AND HOW IT STARTED?

We are group of women and girls who has been skating for 2 years in Addis Ethiopia.

It has been 10 years since skateboarding started in Ethiopia But Tere was no organization that focus on female skaters until I started this organization. Even if skateboarding was growing and expanding as a well-known sport in the city there were no female skaters on the streets

Before I started this program I used to face harvestments and assaults from many people on the streets.

And as most of my partners were boys. So it was a bit hard for me to upgrade myself. **THEN I CAME UP WITH**

**AN IDEA OF
ORGANIZING A
PROGRAM TO TEACH
AND TRAIN OTHER
GIRLS**

SOSINA CHALA
founder of ETH Girl Skaters

and with my two female partners we started to run the program on social media. after a year we officially started giving a permanent free skateboarding lesson.



how do you see skating as a women?

as Skateboarding isn't that familiar sport in Ethiopia plus it's a bit risky, the society refuse to be related with it. And it is usually seen as a boy sport, Which makes it a hard for girls to skate.

And as an African and Ethiopian skater it is really hard because our culture pressures woman and we brought up a different thing so the society sometimes can't accept it.

what do you say about skating in Addis and Ethiopia in general?

It is better in Addis than in other cities. at the beginning also in Addis people used to refuse to skating but now it is more better. is not that tight as it used to be. I used to skate in some cities and in hawassa even the police won't let skateboarding on the streets and the people get confused on what I do.

some adults and old people still are not welcoming towards skateboarding.

Is there someone you're thankful for achieving this status?

The first person I wanted to thank is **Mikiyas Asfaw** from the Desta skateboard. He's the founder of **Desta skateboard**. I really want to say thank you very much. Mickey was like there all the time he helped us with the teaching lessons, skateboards and safety materials. Also **Sean Stromso, Ethiopia skate** supported our program to show up to others and let us to use their skating park.

in general Mickey and the Desta skateboard are our biggest supporters. And we want to say thank you **Jason schmaltz** he's a Canadian person who's been there for us. I want to say thank you to this three persons and other women around me.



Skateboarding feels different

People build themselves, their confidence and ease their anger, sadness and other feelings in different ways.

For me skateboarding is a metaphor, a meditation to build my different side of different me.

And I advise girls to come and enjoy how fun skateboarding is.

We are trying to build a community that can help empower and inspire other people.

It's not only about skateboarding, it's more than that. we empower women help girls you who can't afford to learn and other works too.

As a community and as a woman we're happy to see any woman, any girl joining our community. skateboarding is also a place where you build different kinds of friendships with different people with different background so come join the fun.

ETHIOPIAN
GIRL SKATERS



**SKATEBOARDING
IS A
POETRY
OF MOTION**



DESTA, means "happy"
Desta skateboard is our
sponsor not because I am a
co-founder of Destā
skateboard but also mickey
and I named Destā because
skateboarding springs from
happiness.

Every Saturday from morning 8:00
to 1:00 local time. and we started
new class times on Monday and
Wednesday after class lessons.

Address : Laphto youth center
backside of Laphto Mall

click here to see on
google map



follow them

Love like in the movies



LOVE IS NEVER LIKE IT IS IN THE MOVIES BECAUSE LIFE ISN'T ALWAYS A ROM-COM. In fact, if I had to categorize my love life into a genre, it would be uncomfortable thriller. Not because I'm killing anyone, just because it's scary how awkward it can be

from elite daily
by kelley lord

love isn't like in the MOVIES



E Everything is more awkward without movie music. Watch any kind of movie -- comedy, horror, action -- and imagine it without music. Those really heart-wrenching scenes don't seem as dramatic anymore; in fact, they seem pretty strange. Well, that is real life dating. A first date in a movie may seem really cute and fun with playful symphonies setting the scene, but in real life, you're in a loud crowded bar, trying to hear your Tinder date talk about what they studied in college.

Dramatic reconnections at the airport aren't realistic. There are so many components I don't understand about these type of love scenes. First of all, if someone is fleeing to another country to end a relationship that's a little dramatic.

Second, the other person really doesn't realize he or she loves that other person until the plane is boarding? That seems terribly inconvenient.

Thirdly, once you get there you have to buy a ticket, again very inconvenient, then rush through security (not a thing) and find that person's gate just in the nick of time.

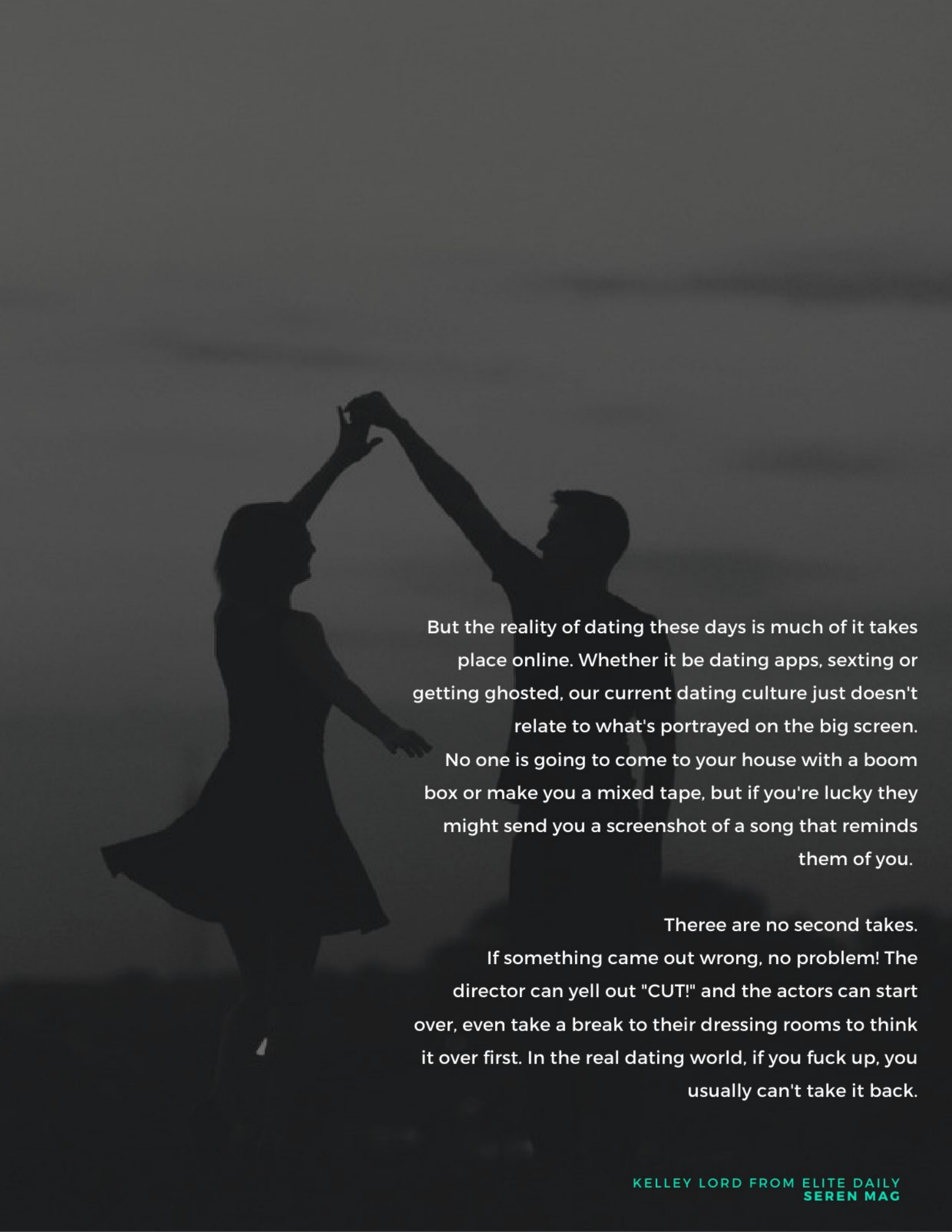
Actors aren't supposed to drink or do drugs on set to ease the tension.

Real life dating usually involves lots of these things.

There is way more relationship happening through texting in real life.

It's obvious why movies would stray away from a lot of the correspondence on phones and computers because they want you to watch the action in real time.

You pay to see a movie to get off your phone -- not to watch someone else do it.

A silhouette of a man and a woman dancing against a sunset background. The woman is on the left, wearing a dress, and the man is on the right, wearing a t-shirt. They are both smiling and looking at each other. The background is a soft, hazy orange and yellow sky with a dark horizon line.

But the reality of dating these days is much of it takes place online. Whether it be dating apps, sexting or getting ghosted, our current dating culture just doesn't relate to what's portrayed on the big screen. No one is going to come to your house with a boom box or make you a mixed tape, but if you're lucky they might send you a screenshot of a song that reminds them of you.

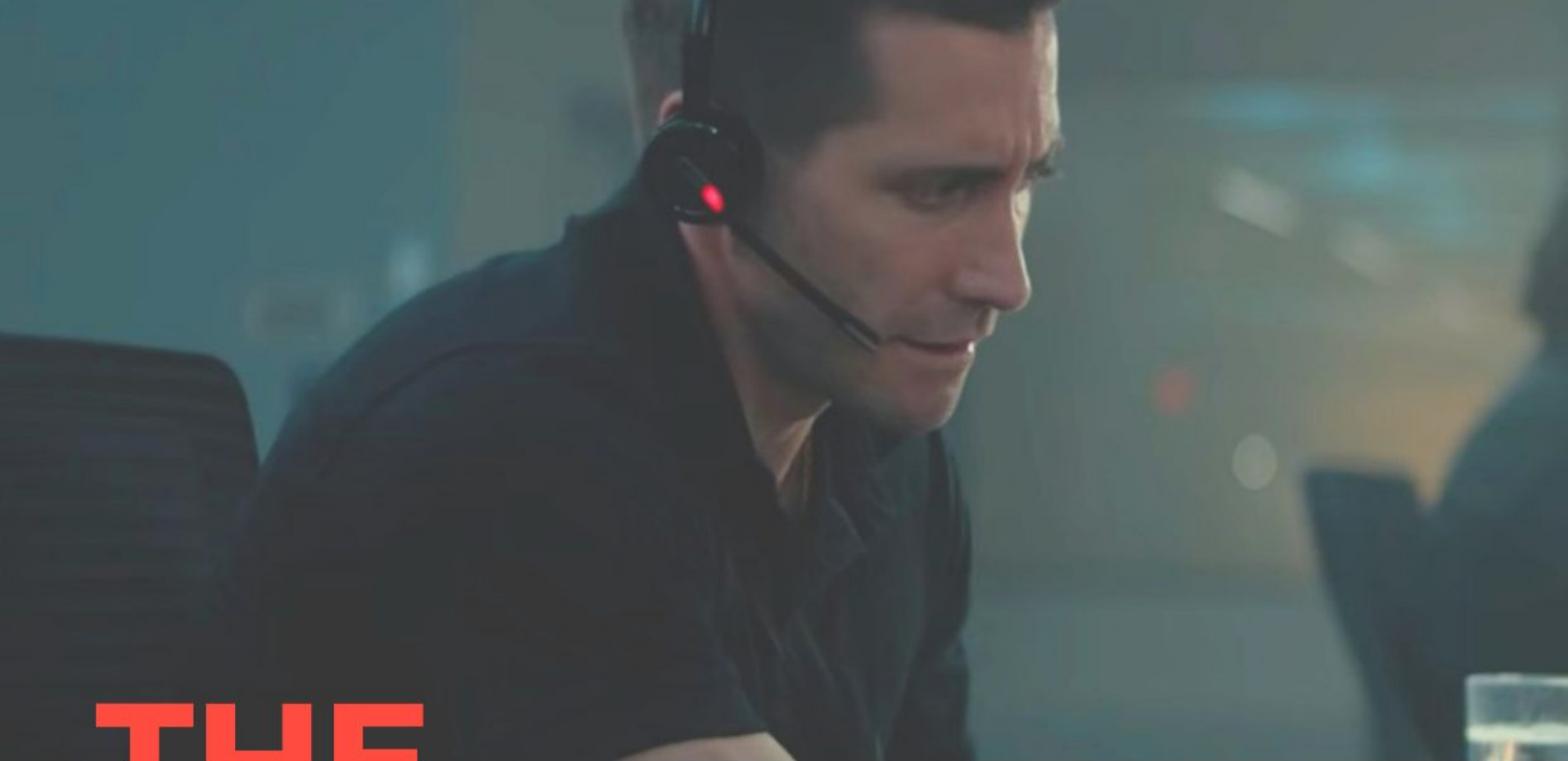
There are no second takes. If something came out wrong, no problem! The director can yell out "CUT!" and the actors can start over, even take a break to their dressing rooms to think it over first. In the real dating world, if you fuck up, you usually can't take it back.



WHAT TO WATCH

THE GUILTY

a single morning in a 911 dispatch call center. Call operator Joe Baylor tries to save a caller in grave danger-but he soon discovers that nothing is as it seems, and facing the truth is the only way out.



THE GUILTY

The Guilty follows Joe Baylor (Gyllenhaal), a police detective put on desk duty as a 911 operator. One night, during a late shift, Joe answers a call from an abducted woman (Riley Keough), whom he becomes obsessed with saving. As the case unravels, so does Joe's mental state as his past quickly catches up with him.

The acting is where this film lives or dies, as Gyllenhaal's character is the only real character we see on screen, the only other developed characters being heard exclusively through phone calls.

Thankfully, Gyllenhaal kills it, as he often does. Even if his character is often unlikable and brash, Gyllenhaal makes the film watchable purely because of his presence and poise. A sometimes unlikable lead character in a film with only that one real character would be a death nail in pretty much any other situation. This isn't the case here because the man knows what he's doing; he has for a long time and can comfortably lead any film.

The Guilty also struggles with breaking the film's cardinal rule of showing and not telling, as the film almost exclusively tells the audience everything outright. There's no subtlety. It may leave you in the dark for a bit, but the film will answer literally every possible question you may have while watching it by the end of its exceedingly brief sub-90-minute runtime.

*facing the truth is
the only way out.*



A hand is shown holding a wire clothes hanger, with the hanger's hook positioned over a modern cable-stayed bridge. The bridge is silhouetted against a bright sunset sky, with its reflection visible in the water below. Several people are walking and cycling across the bridge. The overall scene suggests a metaphorical connection between the act of adjusting a hanger and the concept of adjustment in general.

**AD
JU
ST
ME
NT**

ADJUSTMENT

SLIGHT ADJUSTMENTS



THE BEST TIME TO DRINK

coffee



We rely on coffee for that daily boost of energy. But did you know there's a better time to brew your morning cup of joe to get the biggest jolt?

A close-up, low-angle shot of a person's hand holding a white ceramic mug filled with coffee. The person is wearing a dark, textured sweater. The background is a warm, golden-brown color, possibly a wall or a lamp, creating a cozy atmosphere. The lighting is soft and directional, coming from the left, casting a gentle shadow of the mug and hand onto the background.

COFFEE

COFFEE SHOULDN'T BE

THE FIRST THING IN THE MORNING

We love coffee. And what's not to love? It perks us up in the morning, tastes heavenly and even has health benefits. But as much as we love a hot cuppa as soon as we roll out of bed, it turns out that might not be the best time to take advantage of all coffee has to offer. In fact, scientists have found that there's a better time to get your morning caffeine fix.

Turns out the best time to drink coffee might not be first thing in the morning, but an hour after you wake up. This is because in the hour after you wake up, your body's production of cortisol is at one of its three daily peaks, according to researchers who published a small but intriguing clinical study. We tend to think of cortisol as the "stress hormone" because it's secreted in higher amounts when feeling strain or tension from circumstances we perceive as demanding and decreases when we eat chocolate.

But another way of thinking of cortisol is as the “alertness hormone,” because the reason our bodies produce more cortisol when we’re under stress is that it increases alertness, which supports our “fight or flight” response when we’re faced with stressful situations.



Why you should wait

Consuming caffeine while our bodies are already at peak cortisol-production teaches the body to produce less cortisol, according to chronopharmacologists who study the way drugs (such as caffeine) interact with our body’s natural biological rhythms.

Not only does this undermine the effect of the caffeine, it also works against cortisol’s alertness effect. Perhaps even worse, it may contribute to developing a tolerance for coffee (meaning that it takes more and more just to get to the same place—yikes)!

So to get the biggest jolt from your morning coffee, try to wait an hour after waking to brew that first cup. And when you’re looking to follow up with another caffeine fix, try to do it outside the other peak cortisol production times. This will definitely help you kick any of those afternoon lull feelings and will power you into a productive evening.





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It is not late too late to say happy new year! may this year be the year that you keep your new year resolution more than a week

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it is also not too late to say marry Christmas! for Ethiopians specifically, but i know you all are still in Christmas spirit so, merry Christmas to all.

SEREN

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