

A brief history of Metal

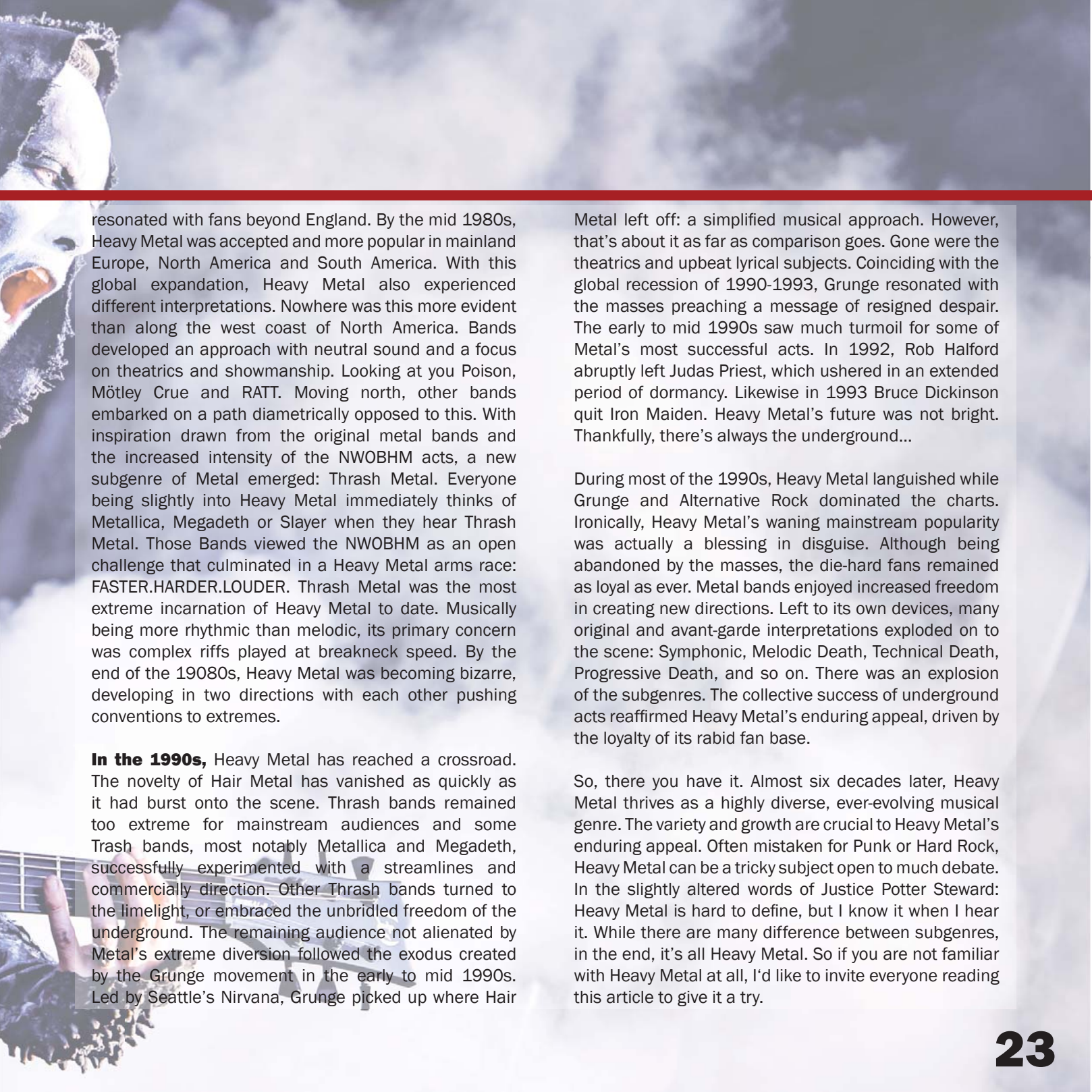
And on the seventh day God finished the work that he had done, and he rested on the seventh day from all the work he had done. And while God rested, the devil created Heavy Metal...

Unlike the creation of, well, creation, which only took six days, Heavy Metal took a slightly longer bath in the primordial stew before making its grand entrance onto the world stage. For the sake of brevity, we begin our journey in the 1960's. The early half of the decade witnessed an explosion of popular music with vanguard acts, such as The Beatles, The Rolling Stones or The Who, which contributed to the creation of the "rock band" archetype. The latter half of the 1960's bears the next generation of "rock stars" by sowing first seeds of prototypical Heavy Metal. Bands like Led Zeppelin or The Jimi Hendrix Experience started to rise and provided the soundtrack for a generation disaffected by social injustice and the Vietnam war. But when was the exact moment and location when Heavy Metal burst forth onto the scene? In Birmingham, in England, 1968, Black Sabbath was born. In a small town, economically depressed, it was predestined for the quartet to forge a sound which would dominate the whole landscape of their hometown. Black Sabbath forged an entirely new and unique music style, with it being starkly dark and ominous, often addressing socially taboo subjects, such as political corruption or drug use and standing in a big contradiction with the "flower power" movement and its music. It is safe to say that Black Sabbath set the standard as the first proper Heavy Metal band.

Meanwhile in the north of London, another storm was brewing. Deep Purple, a quintet of professional musicians, each highly skilled and coveted for their instrumental prowess. This resulted in a hard-driving, highly musical form of prototypical Heavy Metal, enforced with

pyrotechnics and mean vocals. The songs being equally intense as Deep Purple helped establish and define Heavy Metal as a genre. With this foundation being laid by those bands, it was only a matter of time for someone synthesizing Heavy Metal into a complete ethos. Judas Priest. Hailing from Birmingham – coincidence? I don't think so – Judas Priest sounded every bit the part yet incorporated many elements which we have seen before. Their success did not wait for long as they combined darkness and intensity with musicality and complexity. The famous twin-guitar of Glenn Tipton and Rob Halford's unworldly vocal ability ushered Judas Priest into uncharted territory. The lasting legacy of Judas Priest was not only because of their rhythmical and melodic style, but also of the introduction of the indelible image of Heavy Metal: leather and studs. Co-opted from London's Soho gay club scene, Rob Halford (openly gay) incorporated the fashion into the late 1970s. Finally, Heavy Metal had a look that matched the power and intensity of its sound.

With the dawn of the 1980s came the birth of Heavy Metal's second generation. Primarily centered in England, this collection of bands soon had the appellation of the "New Wave of British Heavy Metal" (NWOBHM). Vanguard acts like Iron Maiden, Motörhead, Saxon or Diamond Head developed a new brand of Heavy Metal. The music of these new acts effectively incorporated elements of the late 1970s British punk and eliminated the sounds of blues. The result of this was a faster and aggressively sound. Lyrically, the NWOBHM bands ventured into new territory, with songs exploring the realms of fantasy and mythology, yet also maintaining the social ire of their predecessors. Building on this exploration, bands, especially Iron Maiden, commenced on creating theatrical stage shows that complemented their music, e.g. Powerslave. With these new elements



resonated with fans beyond England. By the mid 1980s, Heavy Metal was accepted and more popular in mainland Europe, North America and South America. With this global expansion, Heavy Metal also experienced different interpretations. Nowhere was this more evident than along the west coast of North America. Bands developed an approach with neutral sound and a focus on theatrics and showmanship. Looking at you Poison, Mötley Crue and RATT. Moving north, other bands embarked on a path diametrically opposed to this. With inspiration drawn from the original metal bands and the increased intensity of the NWOBHM acts, a new subgenre of Metal emerged: Thrash Metal. Everyone being slightly into Heavy Metal immediately thinks of Metallica, Megadeth or Slayer when they hear Thrash Metal. Those Bands viewed the NWOBHM as an open challenge that culminated in a Heavy Metal arms race: FASTER.HARDER.LOUDER. Thrash Metal was the most extreme incarnation of Heavy Metal to date. Musically being more rhythmic than melodic, its primary concern was complex riffs played at breakneck speed. By the end of the 1980s, Heavy Metal was becoming bizarre, developing in two directions with each other pushing conventions to extremes.

In the 1990s, Heavy Metal has reached a crossroad. The novelty of Hair Metal has vanished as quickly as it had burst onto the scene. Thrash bands remained too extreme for mainstream audiences and some Trash bands, most notably Metallica and Megadeth, successfully experimented with a streamlines and commercially direction. Other Thrash bands turned to the limelight, or embraced the unbridled freedom of the underground. The remaining audience not alienated by Metal's extreme diversion followed the exodus created by the Grunge movement in the early to mid 1990s. Led by Seattle's Nirvana, Grunge picked up where Hair

Metal left off: a simplified musical approach. However, that's about it as far as comparison goes. Gone were the theatrics and upbeat lyrical subjects. Coinciding with the global recession of 1990-1993, Grunge resonated with the masses preaching a message of resigned despair. The early to mid 1990s saw much turmoil for some of Metal's most successful acts. In 1992, Rob Halford abruptly left Judas Priest, which ushered in an extended period of dormancy. Likewise in 1993 Bruce Dickinson quit Iron Maiden. Heavy Metal's future was not bright. Thankfully, there's always the underground...

During most of the 1990s, Heavy Metal languished while Grunge and Alternative Rock dominated the charts. Ironically, Heavy Metal's waning mainstream popularity was actually a blessing in disguise. Although being abandoned by the masses, the die-hard fans remained as loyal as ever. Metal bands enjoyed increased freedom in creating new directions. Left to its own devices, many original and avant-garde interpretations exploded on to the scene: Symphonic, Melodic Death, Technical Death, Progressive Death, and so on. There was an explosion of the subgenres. The collective success of underground acts reaffirmed Heavy Metal's enduring appeal, driven by the loyalty of its rabid fan base.

So, there you have it. Almost six decades later, Heavy Metal thrives as a highly diverse, ever-evolving musical genre. The variety and growth are crucial to Heavy Metal's enduring appeal. Often mistaken for Punk or Hard Rock, Heavy Metal can be a tricky subject open to much debate. In the slightly altered words of Justice Potter Stewart: Heavy Metal is hard to define, but I know it when I hear it. While there are many difference between subgenres, in the end, it's all Heavy Metal. So if you are not familiar with Heavy Metal at all, I'd like to invite everyone reading this article to give it a try.

Faster Harder Louder

The Mecca of Heavy Metal

What started as a small get-together in 1990 is now considered to be the biggest metal festival in the entire world. With roughly 75,000 annual visitors from over 80 different countries making their way to this village in northern Germany, that doesn't come as a surprise. As of today, the Wacken Open Air has hosted more than 1,500 bands, including Slayer, Anthrax, Megadeth and Iron Maiden. With the festival's total area being around seven square kilometres in size, it only makes sense that it is divided into several sections dedicated to certain themes.

Wherever I May Roam

The most important one is called 'the infield', but often just referred to as 'the holy land'. The infield is where you can find the three main stages of the festival: the double stage Faster and Harder, as well as the Louder Stage, which were formerly known as Black, True Metal and Party Stage. If you're looking for the biggest acts and the most famous bands, you'll definitely find them here.

Fans of medieval rock or pagan metal feel right at home in the Wackinger Village. When the Wackinger Stage is not busy, you might want to wash down your 'Barbarenspieß' with a delicious cup of mead while watching armoured knights fight each other. Located right aside, the Wasteland serves those who prefer a more hard-hitting sound, like thrash or industrial metal. Both places are venues for fights and shows that are thematically related. It's basically 'Middle Ages meet Post-Apocalypse'.

Last but not least, the Wacken Plaza does not only serve as the main entrance between the campsite and stage area, but it also provides a comparatively quiet and relaxed zone with lots of seating possibilities in front of the so-called Beergarden Stage. This name should give you at least a vague idea of what it looks like. Near there you can find a huge tent that is the home of W.E.T. and Headbangers Stage. While these two are not committed to specific genres, they host metal battles of unknown upcoming bands. In case you ever find yourself wondering what to check out that day, you can always have a look at the festival newspaper for information about everything that's going on and the line-up of the bands that are playing.

Stranger in a Strange Land

One more thing you absolutely shouldn't miss out on is paying a visit to the village itself, outside the festival venue. You encounter merch stands at every corner of the street, the residents sell drinks or snacks like home-made muffins right out of their front yards and the supermarkets have taken a liking to their 'special' customers as well. Concerts and festivals are the places where you don't have to worry about anything or be self-conscious. It is a gathering of a huge family, connected simply through music, where everyone wants to have a good time and escape everyday life for a while. Wacken has assembled an incredibly loyal fan base, some returning every year, and the festival is usually completely sold out within hours.

To sum it up: you'll never get tired of Wacken, there is something to be found for every metalhead! In that sense – rock on!

The big, bad motorcycle clubs...

... and who you should actually be scared of

I think all of us have a certain picture in their head when we think about members of motorcycle clubs. Tattoos, long hair and rings. And then there's the way they behave: antisocial, aggressive and criminal, right? But on what facts are these assumptions based? Why do so many people think badly about members of motorcycle clubs, such as the Hells Angels MC? (MC is the abbreviation of motorcycle club)

Unfortunately, it is not merely the media that has started an attack on motorcycle clubs. There are also the police, those who have sworn to protect this country and all its citizens, whether they are a member of an MC or not. But are they though? An example of all these prejudices against bikers could be witnessed on March 17, 2010. Karl-Heinz Becker is woken up by strange sound coming from his front door. He's a member of the Hells Angels MC, one of the biggest and most notorious MCs in the world. He recognizes outlines of men standing in front of his door, trying to force their way inside.

Mr. Becker is an average, law-abiding citizen. No priors. He founded a café, which he later sold for good money, before starting to work as a real estate agent. Nonetheless, a small fight between two prostitutes brought Mr. Becker to the attention of the police. Karl-Heinz Becker actually visited the two women to clear the air between them, as one of them was another biker's girlfriend. His visit kick-started a police investigation, which resulted in a raid on his house by the special forces unit of the German police.

This raid happened after months of investigations,

listening in on his phone calls and reading his mail, which had not produced any conclusive evidence. But the police were so hell-bent on finding dirt on this dangerous rocker that they came to the conclusion there had to be something in his house. So the district attorney signed off on a raid - funnily enough, when he was asked why he did that in court, he couldn't remember anymore. When Mr. Becker heard and saw several men violently trying to gain access to his house, he reckoned they were members of a hostile MC. In fear of his own and of his wife's life, he fired at the door twice. The second bullet lethally hit a member of the police unit, which had failed to identify itself as the police up to that point.

After that, Mr. Becker was taken to his cellar. What happened there is unclear. The neighbours and his wife heard screams. The policemen cannot recall what happened. Considering they are highly trained professionals, they seem to have a bad memory. What is clear is the state in which Mr. Becker arrived at prison. Beaten to a pulp. Bruises on his face, bruises on his body, bruises on his genitalia. Mr. Becker ended up in prison, while the officers who took part in the raid were allowed to go on raiding and, I dare say, torturing other citizens of this allegedly free country in which all citizens are equal. Whether you think that "outlaw" clubs like the Hells Angels MC should be prohibited or not, we should be upset that such incidents can occur in Germany. Police brutality is absolutely unacceptable. Big, bad Hells Angel today, small-time crook tomorrow. No doubt, this is a topic worth paying attention to.

All lights on YOU

What we really need in life

Last semester, in a seminar on human development we asked ourselves: “What do we need to live a happy and fulfilled life?” In a room of thirty people, silence was the answer. Probably because most of us thought about the ‘fulfilled’ part of the question more than about the ‘need’ part of that question. It might sound trivial, but we’re so caught up in our everyday lives that I feel like many people forget to take care of themselves. So what do we actually need? A possible answer to that question is Maslow’s hierarchy of needs, which organizes human needs hierarchically and follows the idea that when a lower need is met, the focus shifts to a need higher up the hierarchy. I will roughly follow this structure.

Basic needs

Most important for us and our bodies to work properly are water, food and sleep – basic needs that, unfortunately, many people on this planet cannot fulfill. But as you are reading this, you probably are in the position of having the privilege to fulfill those basic needs. But instead of caring, we fill our bodies with coffee, alcohol, fast food or other drugs to stay up all night. Are we listening to our bodies anymore? Do we cover those basic needs to a satisfactory degree? The human body is marvelous – it recovers over and over again, but maybe it shouldn’t be our goal to treat it this way.

Needs of love and belonging

For the most part of our lives we are surrounded by people (unless we intentionally cut ourselves off or are stranded on a deserted island). As a result, we get into all kinds of relationships with people – loose, intimate and everything in between. It’s our contemporaries that make us laugh, cry, feel content or who are the ones we can trust. A quote from ‘Into the Wild’ says: “Happiness is only real when shared”. We do not only need people around to fulfill our need for belonging, but also to be sure that everything we perceive is real and not just our imagination. But what people tend to forget is that love for others is just as important as love for ourselves. In the end, you might be the only person you’re going to be with for the rest of your life.

On top of the pyramid: Self-fulfillment

What is it that gives us the feeling of self-fulfillment? We might be looking for that answer our entire lives. The problem is that finding meaning in life is closely connected to that question, I guess. Meaning that it’s easier to live a fulfilled life when you have a purpose. So, what we need depends on our situation in the hierarchy. But some people think they need to focus only on self-fulfillment, when more basic needs are not even satisfied. So when you’re feeling down, consider the question: What is it I really need? A glass of water, a nap or a purpose in life?

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Getting up is literally the worst...

...and I should be allowed to say that!

„Dude, last night was crazy! I literally couldn't get out of bed this morning.“ – „Literally? You literally couldn't get out of bed? Looks like you're here to me, haha! I think you mean ,metaphorically', right?“ Screams. Violence. Bloodshed. Civilian casualties. In the distance: sirens.

First off, we're never hanging out again.

To a cool, non-prescriptive linguistics student (like myself), it can be surprising how many people still try to evaluate other people's language use by re-creating the categories of „right“ and „wrong“. What's even more surprising is how some people (still!) seem to find examples for „correct“ language use in a few scenes from *How I Met Your Mother* and *Word Crimes*, that one Weird Al song from 2014. Let's just ignore one's a Sitcom that ended five years ago and one's, well, a weird guy with an accordion: „You ,literally couldn't get out of bed.' (What?) / That really makes me wanna literally / Smack a crowbar upside your stupid head.“ I mean, why not take that song quote as (literal) advice? After all, it fulfils all three criteria of objective, empirical science: rhymes, metrical format, sung over the melody of *Blurred Lines*. Straight facts, duh!

On top of that, you don't really have a point.

Ted Mosby and Weird Al argue something like

this: since you are out of bed now, you must have got up at some prior point. Ergo, claiming you „literally“ couldn't get up is a lie. Not being able to get up is a figure of speech, more precisely: a metaphor. It's not a literal fact, and by using the word ,literally', you're claiming it is. However, there are two problems with that line of argumentation: one, figurative speech is either always a lie, or never. There's no in-between. And two, one word can have multiple meanings.

Now, if „I literally couldn't get out of bed.“ is a lie, then „I couldn't get out of bed.“ must be a lie, as well. Even without the adverb, you're still claiming you didn't get up when we all know you did. Same goes for any metaphorical expression: life isn't a journey, time isn't a thief, and it's never rained cats and dogs (I hope). All lies! These sentences only make sense to us because we're used to them and are able to understand them by reading between the lines. A computer programme or an inexperienced speaker might struggle, but hey: we are neither, are we? So have we ruined sayings by using the term „literally“? Nope – they were lies all along. And none of us gave a (hopefully metaphorical) shit.

Now you might say: I can understand metaphors, but people should stop presenting them as literal facts. Well, bucko, nobody did. And you needn't be a connoisseur of 21st century slang

to figure that out, either. Even the Cambridge dictionary will tell you: „[l]iterally is also used to emphasize a statement and suggest that it is surprising.“ Nobody claims any given metaphor's true in a literal sense. We're just being emotional, because getting up is literally the worst. And you know what Cambridge offers as a synonym? The word „really“. If you think about it, that word is also kind of misleading, since metaphoric speech does not reflect cold, hard reality. Only nobody's complaining this time, probably because Weird Al didn't find any good rhymes. In that sense: great criticism! You're really on to something.

Oh, and please: don't fix it for me.

One more thing – you (you know who you are) said: „I think you mean ,metaphorically', not ,literally'.“ As in, „I metaphorically couldn't get up this morning.“ I mean, sure: if you have to use a stylistic device, why not just point it out like you're talking to a complete moron? Just what we need (irony): trigger warnings (neologism) for metaphors! Why don't you call your girlfriend (sarcasm) and tell her how your love for her is metaphorically an ocean? Maybe point out how her lips are metaphorically cherries and her

eyes purest metaphorical chocolate while you're at it. What? She asks if you're having a stroke? That's all her fault. She just hasn't reached your level of linguistic perfection yet. But she'll get there. And until then, enjoy being literally top of the world. You go, Glen Coco!



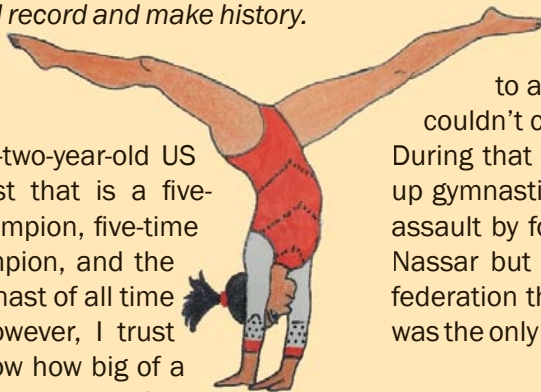
1.18 seconds to go down in history –

Why the name Simone Biles should be kept in mind

While it takes approximately one second for 4.3 people to be born (how it would work to give birth to one-third of a person does seem strange, however, is not the topic of this article), one airplane to take off and 75 fast-food-chain burgers to be sold. One second also leaves plenty of options for something great to happen, as 1.18 seconds is enough for Simone Biles to set a world record and make history.

Who is Simone Biles?

Simone Biles is a twenty-two-year-old US American artistic gymnast that is a five-time World all-around champion, five-time World floor exercise champion, and the third-most decorated gymnast of all time and the list goes on. However, I trust you to have realized by now how big of a deal the 4'8" tall gymnast is, even if you yourself didn't master a flic-flac by the age of four.



What is the deal?

The athlete reinvents gymnastics at the moment as she is the first to have ever successfully landed a triple twisting double flip, more commonly known as a triple-double, within 1.18 seconds. So far, the moves performed in gymnastics were classified in an alphabetical scale up to I. The International Gymnastics Federation, however, now had to introduce a new category J to put the triple-double, now referred to as Biles II, in perspective. Even experts, when asked, struggle to explain

how she, as a short woman is able to master this element when women are said to be disadvantaged in the sport. Me catching a Black Hole on a Kodak Fun Saver disposable camera would probably be an equally impressive achievement to her successfully landing a triple-double.

Moreover, Simone Biles is a strong woman that was adopted as a young girl by her grandparents, whom she now refers to as Mom and Dad since her birth-mother couldn't care for neither her children nor herself. During that time, the World Champion also picked up gymnastics. She also not only survived sexual assault by former USA Gymnastics team physician Nassar but still manages to be a member of the federation that failed to protect its athletes when it was the only job to do, as Simone herself denounces.

Why are her story and career relevant?

Simone Biles is more than a world-record-setting gymnast. The twenty-two-year-old athlete is an inspiration that promotes strength by openly sharing her story and fighting back. She gives hope to those who find themselves in similar situations - to those who are in need of a way out. The gymnast herself is an example of the importance for anyone to be passionate about something in life. Whatever that may be - music, art, pottery, or sports- it should meet the criteria of being something in which you yourself find the ability to be the inspiration and example for strength for others in need thereof.

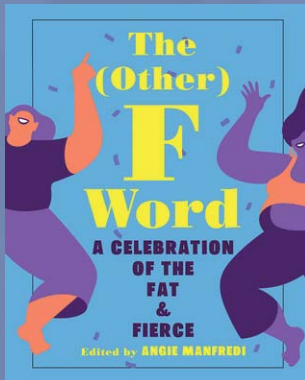
WATCH: Jumanji III

If you liked the general setting of Jumanji II but the thought of the jungle was to monotonous, then Jumanji III is here to save you. Not only will this adventure lead you through deserts but also mountains. None the less it follows the tried and true structure of the previous movies. A few people get dragged into a videogame in which their goal becomes to save the island of Jumanji through deadly levels. New weaknesses and strengths give the movie a new flavour compared to the old ones which means if you were a fan of those you should definately go and watch the latest release.



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READ: The (Other) F Word



© Amulet Books

“Your body is perfect. Yes, yours. Exactly the way it is, right now in this second.” This is the first sentence you’ll read in THE (OTHER) F WORD, and it’s the core message of the book. Bodies come in all shapes and sizes, and THE (OTHER) F WORD celebrates those bodies that are celebrated least in our society. Over 30 fat authors and artists from all walks of life come together in this collection of essays and illustrations to show that every body is a good body. Whether you need to learn to show your own body the love it deserves or to respect that the people around you don’t owe it to you to make their bodies fit your standards of acceptability, this is a book you don’t want to miss out on.

IMPRESSUM

Herausgeber

Sprachenzentrum der Universität Augsburg
Abteilung English I
Universität Augsburg D-86135 Augsburg
Tel.: +49 / 821/598-5189
Email: emag@sz.uni-augsburg.de

Redaktion(verantwortlich)

Tobias Lorenz, Dr. Günter Jehle

Druck:

Druckerei Joh. Walch GmbH & Co. KG
Im Gries 6
86179 Augsburg
kontakt@walchdruck.de
www.walchdruck.de
Telefon +49 (0)821 80858-0
Telefax +49 (0)821 80858-39

Auflage: 1500

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All lights OFF

How to crack cell phone addiction

Ever get nervous because you were nearly about to drop your phone? When you leave the house, you ALWAYS have your smartphone with you and you feel ill-at-ease or at least uncomfortable when you leave your smartphone somewhere, or you even panic having no service? Do you often find yourself mindlessly checking your phone even though it didn't vibrate or ring?

In fact most of you would admit to having caught yourself passing time on a regular basis by just staring at your smartphone. Regretfully I have to tell you then, that there is an increasing, initially subliminal problem with the relationship to your displayed-sidekick. Anything that anyone likes too much he's in danger of developing an „addiction.“ So if you also can't stop yourself from repeatedly checking texts, emails, or apps it may be time to reassess your technology use.

Tracking for Cracking

For most people, getting control over their smartphone use isn't a case of quitting cold turkey. Think of it more like going on a diet. Just as you still need to eat, you probably still need to use your phone for work, school, or to stay in touch with friends. Your goal should be to cut back to more healthy levels of use. The essence is definitely to create consciousness and increase awareness throughout your daily life. Most of us are rarely ever more than five feet from our smartphones away. Stop having a fear of missing out, otherwise you will miss the real life happening around you.

As a piece of advice start with recognizing the triggers that make you reach for it. After all, it's rarely the device itself that creates the compulsion, but rather the games, apps, and online world it connects us to. However it needn't to absorb so much of your time, that you neglect your face-to-face relationships, or it starts causing you trouble completing tasks at work or home.

To help you **identify your problem** areas, keep a log of when and how often you turn on your smartphone screen for non-essential activities. There are also specific apps that can help you with **tracking**. The more you **understand** your smartphone use, the easier it will be to curb your habits and regain **control** of your time, online and offline.

Set goals for when you can use your smartphone and **set limits** when your display should stay off for example like “no phone usage at mealtimes”. When you feel the urge to check your phone by every sign of an incoming message, try to mute your group chats. I know the temptation to reply right away is great, but you can **resist**. What about turning off notifications completely?

Special advice: Wear a watch so you don't need to check your phone for the time. You'll definitely feel less compelled to use your phone, if you train a bit of self-assessment for a better balance in your life.

Further, try to recognize any underlying problems that may support your compulsive behaviour. Heavy smartphone use can often be symptomatic of other underlying problems, such as stress, anxiety, depression, or loneliness. Don't use your phone as a “security blanket”!