

IN THE BLINK
OF AN EYE



BEE3 is the from students to students magazine of the European School of Brussels III.

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Printing Belgium

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VOILÀ POURQUOI JE N'AI PLUS FAIM

ANONYMOUS

Je regarde mon cookie. J'en ai envie, mais d'un autre côté, je n'en ai pas envie. Je le range dans ma boîte. Ellie me regarde, me demandant si je n'avais pas faim. Je lui réponds que non, je le mangerai plus tard.

Quelques heures plus tard...

Je prends une bouchée de mon cookie. « Non mais après on s'étonne », me balance ma sœur. « Tu ne veux pas manger une pomme au lieu de ces cochonneries ? »

Je laisse passer, encore une fois. Je m'enferme dans ma chambre et je n'ai pas l'intention d'en sortir.

A l'école je retrouve Ellie. Je lui en parle parce qu'elle sait tout. Je ne lui cache rien. On est à la cantine et on va s'asseoir.

Je prends une petite louche de purée, quelques carottes. Ellie m'observe du coin de l'œil, mais ne dit rien. On mange, et quand je finis mon assiette, elle me propose de me resservir un peu. Après quelques secondes d'hésitation, j'accepte. Je n'arrive pas à finir mon assiette. J'ai toujours cette phrase en tête.

Faites attention. Les commentaires sur ce que mange l'autre, ou même sur le poids du corps d'une personne peuvent faire énormément de dégâts, sans même que vous vous en rendiez compte.



PUBLISH A SCIENTIFIC ARTICLE RELATED TO SUSTAINABILITY IN AN INTERNATIONAL PAPER

<https://www.eeb3.eu/fr/sustainology/>



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Covers/Layout by Reagan Verschelde
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New year, new stuff, new editor-in-chief, same magazine!

Hello everyone, hi beehive! It's nice to write to you again! First issue huh? I'm very excited to have been appointed editor-in-chief of our lovely magazine, taking over from Charlotte. As I'm writing this, I'm sitting in bed, my bed sheets a light pink, the chamomile tea I'm holding in my left hand mildly burning me. And I'm thinking about the theme of this issue: In the blink of an eye. It's a very interesting theme really, as it concerns every little part of our lives. Everything changes. All the time. A flower wilts, second by second, and no matter what you do, you can't stop that. And even though we would all love some things to stay the same forever, that's simply not possible. We need change. Because while yes, perhaps living in the same building forever has its charms, politics staying the same forever really doesn't.

Too long without change is unhealthy, therefore, maybe you could change up some of the stuff you read? How about an article about why you should probably be asleep right now, which you can find on page 14? Or perhaps you'd like to dive deeper into the topic of books and get some recommendations on page 11 from our writer Alex? If not that, how about you check out an article by Veronica on the next page? She's really talented (like everyone here)! There's also a nice article on climate change (p.16), a suggestion for your next trip (p.7) and I heard some mumbling about Sci-Fi (p.12)! Feel free to take a look at any and every page, because

sometimes fate is the best matchmaker.

Now, about fate. I believe fate is the mother of all changes, as no matter what we decide to do, it tends to always somehow work out. So, don't be afraid to change things up! No matter what, listen to your heart. Make of that what you will, but I really believe that the heart sometimes outsmarts the brain (side note: this does not apply to tests or other academic things, you can't get around that one). Life is charming, but of dynamic nature, and that's what we aim to explore with this issue. While that is part of its beauty, it can sometimes get in the way. Rapid changes are dangerous, they can make us lose control and hit us like a train.

We, the world, must always stay aware of the consequences of change, but never be too afraid of them. While living life in constant planning might be the safer option, it's also the idle one. If Tesla was afraid of change, I wouldn't be able to write this article. Sure, perhaps it would have been an easier life for him, but change is the essence of humanity. People get sick of some things after a while. We need to change things up occasionally. (I mean imagine eating the same food every day. Ugh.) And that's okay. Because even bad change has its value. We learn from it. We try not to repeat it. And that's what matters. Even though we as humans really do mess up a lot, that's really okay. So don't blame yourself too much and go read this issue.

Toodaloo, Ema and the beehive

In The Blink Of An Eye

VERONICA JARA GÓMEZ

Yes burnt bright, like embers in chestnut fire. A trail of melancholy in his wake. A cape that fell on his body, on his bare bones, darker than night itself. A scythe, that only the one who brings the end can use, to help say goodbye. He walked, with the dignity of an old man resigned to his fate, only so much older. You've never truly seen him, and you'll only ever meet him once. At least, that's what usually happens.

There are, and always will be, those who think they can win his impossible game of chess, but they all dance in the end. They all die. The tide comes, and the tide wanes, time and time again. This is the routine he is used to. The pathetic condition of his endless existence. Every year, when the flowers are born, they bloom ever so brightly. And then, next thing you know, the petals fall, one by one, until there is flower no more. Only a corpse in its wake, only a shadow of what it used to be, void of the meaning and emotion that only a

life can give. Warm breeze turns chill, and he is the one to reap it. Always, and forever. Oh, he'd seen so many flowers, but none lasts forever. Not the kings and queens, not the writers, not the politicians, not the warriors or the poets. The ones who are not forgotten are dust, just like the rest. Whether or not they are truly dead is another debate, one Death would love to lose, if you dare.

Yet, on those not-so-busy nights like this one, Death strolled. He had been everywhere, a million times. From London to Hong Kong to the highest of mountains and most magical of forests. Death missed forests. It had been ever so nice to feel the moonlight on his bones, hear the birds chirping in his wake, and allow himself to believe in fairy tales of old. Wherever there Life had shone, Death had a shadow. And through it all, he had always had a soft spot for Kyoto. For those blossoming avenues, ever so pink, and for the people at peace that walked through them. It had been like that ever since he had come to pay a visit to Emperor Kammu, founder of the city, and found the old man waiting for him

with a warm cup of tea. Death considers him to be the closest thing to a friend he ever had. Pathetic, really. He'd been drawn there by a Pulling, only to find he had to retrieve a kitty and her cubs, run over. Foolish humans, they never seemed to know right from wrong. I would have done better, Death said to himself, I would have saved you. Maybe that was true, and maybe it wasn't, but Death found sorrow in every drop of rain that day.

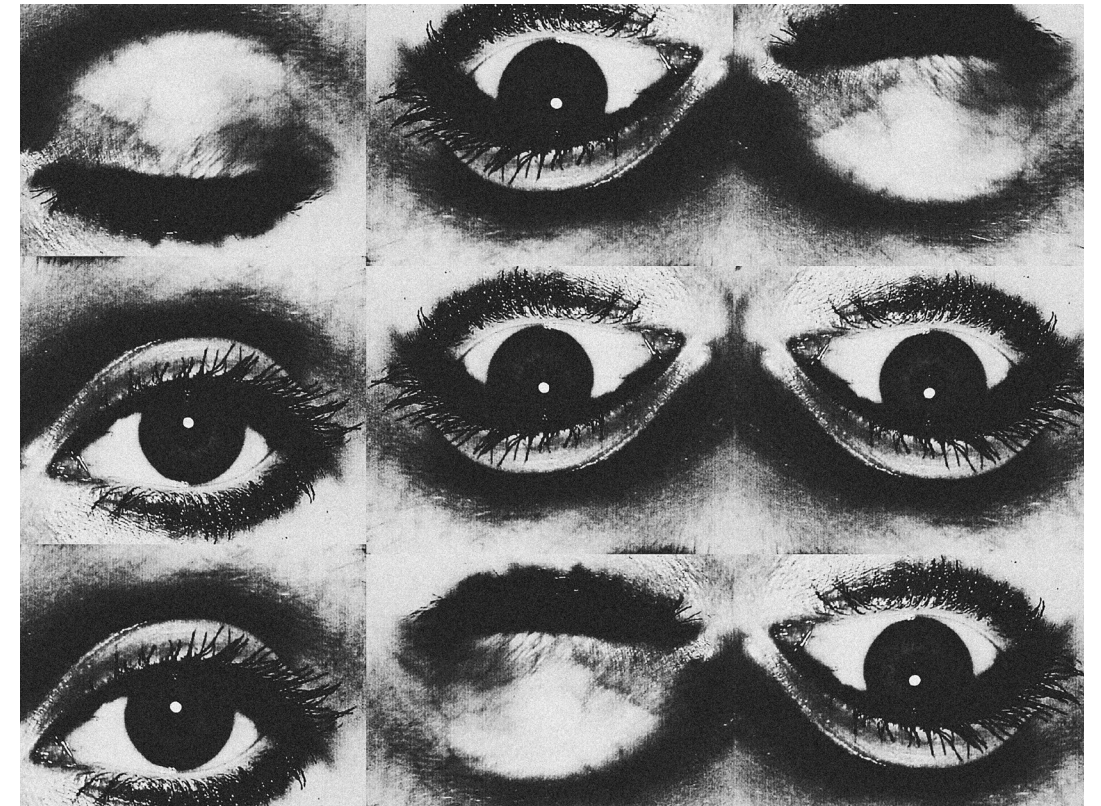
Life would always tell him, upon the few times they met, "We are two sides of the same coin, futile without one another". Yet it didn't feel like that, it felt as if he was the ugliest shadow to the most beautiful light, as if he was to bear the pain of the world on his shoulders, bound to only those who left, but never those who came. She hadn't witnessed the same injustice he had. The tears of sorrow and the cries of pain. The withering memories that would never be recovered. They say rain is Death's mourn, but it doesn't rain nearly enough.

And so, Death strolled down the beautiful streets of Kyoto, trying to forget. He had learned how a long time ago. The Reaper

was rather good at that, forgetting. As those eyes were drawn to the playing children, his lips drew a tired smile. He could smell, although he lacked a nose, a home cooked dinner not far away. He Drew upon it. The feel of love emanated, taking over his entire body. He could see it! Laughter, hugs, and tender kisses, all of it. This was the world, he thought. The true beauty of existence. For a moment, it was all there was. Warmth. Until he felt a Pulling. Someone was about to die. And so it all faded, the smell no more. Death was Death, once again. As always when the tide came, he let himself be Pulled. He Felt, to see how long there was. About an hour, at most. More than enough time to get there. Rain trickled down his cold bones as he was resigned to his everlasting duty, this time in the streets of... Paris. Ah, la ville de l'amour. If only that was all. He looked around, at the rain, at the cars passing by, at the people bustling around in the night. It was strange to think Death could roam in a place with such Life. She was everywhere. Whether what he felt was jealousy or relief, love or hate, no one truly knows. If only that could be him, even if for only a day. An hour, a minute, anything to stop being the worst of truths. He imagined breathing life into everything around him, instead of taking it. Not feared, but loved. Not avoided, but wanted. Got to go, he reminded himself. The moment was almost there, and he had to be ready.

Most universal entities don't walk where they must go, yet Death and Life did. Maybe that's why poets wrote upon them so much. Death would let himself be Pulled, to a certain extent. Yet he would also follow his Pull. He enjoyed it. Walking, strolling, using his feet, just like everyone else. Shakespeare himself had told him that's what made him the perfect subject for melancholic poetry. He wished, as he always did, for the walk to last forever, for there not to be a job to do, when there always was. This time, it lied at 228 Rue du Pâtissier, 1^oB. A poetic building, like the ones of years and years ago, meant for romantics, much like him. He quite liked it, really.

Resigned, the Reaper stepped in the house.



It smelled like parchment and ink. The old furniture was falling apart, yet the apartment seemed nothing if not alive. Lined with books upon books upon books. On the floor, the walls, everywhere they could be. Open and closed, new and old. Books that reeked of long lost memories gifted to a charity, others new, yet well read. None were abandoned. They looked... beautiful. Even those in a detrimental state looked like they had been infused with a purpose. Strange, Death thought. Following the Pull, Death arrived at the door of a dark room. This was it. 5 minutes to show time. He breathed in, and took forward.

Marie had spent her life feeling. Ever since she was a child, it was the thing she did most. Her feelings came and went like the biggest waves of the sea, taking everything in their path. When her parents shouted at her, when they struck her, she wasn't able to speak for weeks. She just felt. She felt for herself and for them, she felt pity, compassion and pain like no child should bear. She hadn't been a child for very long—certainly not long enough. That was how she carried out the mundane task she called living. By just being. By just walking, and working. The only times Marie truly lived were in books. She loved them, more than anything. Books were the world. Heck, they

were multiple worlds. Whole universes built on the same 24 letters! And she could fly through them all. Dance under the rain, and travel to the farthest sea, fall in love and break someone's heart in one day. Books gave her Life, if just for a bit. The life never thought she'd live, the life she never thought she deserved to have. Yet, she always had to come back. Back to her crappy, good-for-nothing job, back to her abusive parents, back to the suffering this world felt, day after day. The toll she carried got heavier and heavier. Escaping got harder and harder.

Like the sick monster does to many, desperation got a hold of her like a shadow in the night. She became trapped in her own head. Her thoughts would ramble about for hours, even days, and no one could tell when, or how she'd come out. And slowly, she stopped having hope. That hope that she had always come back to, that had always waited for her, been there when no one was. She lost the little light in her heart, lost sight of it. She thought that as there was no beauty in the future, it wasn't one worth living.

Her hands shook like frail old lady's as she held the pills to her mouth, but she swallowed them



Illustration by Mathilda D'cunha



still. For a million reasons, or maybe only one. You can never know. And when they went down her throat, when there was no way back, Marie felt scared.

Scared to death. Scared to life.

She realized only when it was too late, what she had given up. That she'd never listen to music again, or shower, or get dressed. That all the flowers that were to bloom in spring weren't hers to see. That they could never be hers to smell. That a life that wasn't worth living only meant that it wasn't over yet. That her tombstone would read only 22 years. That she had done nothing. That she wanted to do everything. That no one would remember her.

Tick, tock. Death could feel it all.

They say, when Death is near, the past flashes before your eyes. In Marie's case, she saw what could have been. She saw a future full of light and hope, a world of possibilities in her wake. And she felt regret. For every moment lost until now, and all the moments that she had just given up. She called an ambulance.

Tick, tock. Death should have already pulled out his scythe.

She prayed to all the Gods, to all the universe, to all that would hear her, to give her another chance. Her time wasn't up yet, it couldn't be. It had only been a blink of an eye.

Tick, tock. Why didn't Death move?

Marie Dubois had only known she wanted Life when Death was near. She had only seen the light when the darkness said hello. Just like Death could feel, Marie could feel. She had felt it, emanating from

somewhere, hope, like a breath of fresh air. Where did it come from?

Tick, tock. Time was up.

Death was the one to see the worst, yet his heart was pure. He loved like no other. He was the protector of the old, of the remembered, of the forgotten, of those who left us too soon. All those lovers gone with time. All those epic memories. He held, within himself, all of it. The history of human existence. The beauty that lies in living. Even if it's just for the blink of an eye. He gifted it to Marie Dubois.

Tick, tock. Just once, Death gave Life.

Innsbruck

Innsbruck, the capital of Tyrol, is a stunning city located in the heart of the Austrian Alps. It's famous for its mountain views, rich history, and vibrant culture.

The ski Jump:

One of the most iconic landmarks in Innsbruck is the Bergisel Ski Jump, a renowned ski jumping hill that offers spectacular views of the city and the surrounding Alps. Designed by the famous architect Zaha Hadid, the ski jump is not only an impressive piece of engineering but also a venue for major international competitions, including the Winter Olympics. Visitors can take an elevator to the viewing platform for a panorama with exhibitions about the history of ski jumping. The site is a must for sports enthusiasts and offers a glimpse into the thrill of winter sports.

Culture:

For those interested in culture, Innsbruck is home to interesting sites like the Golden Roof, a famous landmark covered in gold tiles, and the Imperial Palace, where you can learn more about the city's

IDAIRA LIEBGARD WÖBKING GONZALES

Food:

When you visit Innsbruck, you can enjoy delicious Tyrolean food. One popular dish is Tiroler Gröstl, which is a tasty mix of potatoes, meat, and onions cooked together. This meal is perfect after a day of walking in the mountains or a day of snowboarding! My personal favorite is Kaiserschmarrn, a fluffy pancake that's served with fruit. There are also many cozy cafés where you can enjoy a slice of warm Apfelstrudel with a hot drink while taking in the beautiful scenery.

What to do:

Innsbruck offers plenty of activities for tourists throughout the year. In winter, skiing and snowboarding are must-do activities at nearby resorts like the Nordkette and the Stubai Glacier, where you can find slopes for all skill levels. In summer, the city transforms into a paradise for hikers and mountain bikers with many trails to see and walk. You can also take a cable car up to enjoy breathtaking panoramas of the surrounding peaks. Cable cars are very common in Austria and are used a lot because of the many mountains.

history. Another beautiful historical place is the old town, filled with colorful buildings and lively shops.

Christmas Market:

In winter, the Innsbruck Christmas Market features local musicians playing traditional Tyrolean folk music, creating a warm and festive atmosphere. The market is a wonderful place to experience the holiday spirit, with beautifully decorated stalls offering handmade crafts, delicious food and, of course, mulled wine.

Music:

The city also has a lively music scene, with various festivals and events throughout the year. In summer, you might catch outdoor concerts in the parks, where local bands perform a mix of classical and modern music.



Photo by James Cridland

Blinks - Blackpink in your area

EMA KONJEVOD

I doubt there are many young people left that are still living in blissful ignorance of the existence of the Korean girl group Blackpink. I am sure many of those that have heard the name instantly roll their eyes at the mention of it. Trust me – at first, I did too. Little girls telling you how great they are yet being unable to name more than three songs. Ugh. K-Pop in general: Ugh.

Don't think like this. Sure, everybody has their own music taste, but I still don't understand why K-Pop is such a hated one. Is it because you dislike the sub-culture that comes with it? But you don't mind Justin Bieber or One Direction? You don't like the fact that they are not from the west? Now maybe that's just xenophobic. Truly,

I understand people are sometimes not fond of certain music styles, but why don't you give K-Pop a shot before labeling it as terrible and cringe. (Side note: I'm not saying that it never is, but please don't forget this applies to pretty much any artist or genre.)

I believe you don't have the right to dislike something before properly finding out what it is. So why don't you read on to find out more about a group that might be good way of exploring the diverse music genre we know as K-Pop.

Blackpink is a girl group with only around 35 songs as a group (excluding different versions of the same song) if we add to this around 15 songs from the members as individual artists and around 5 songs featuring the girls, we get a total of 55 songs. This is a surprisingly small number for a group that headlined Coachella and is the artist with the most subscribers on YouTube. These girls really did a lot and while there are a lot more people behind the success of these four

girls, they remain the most relevant.

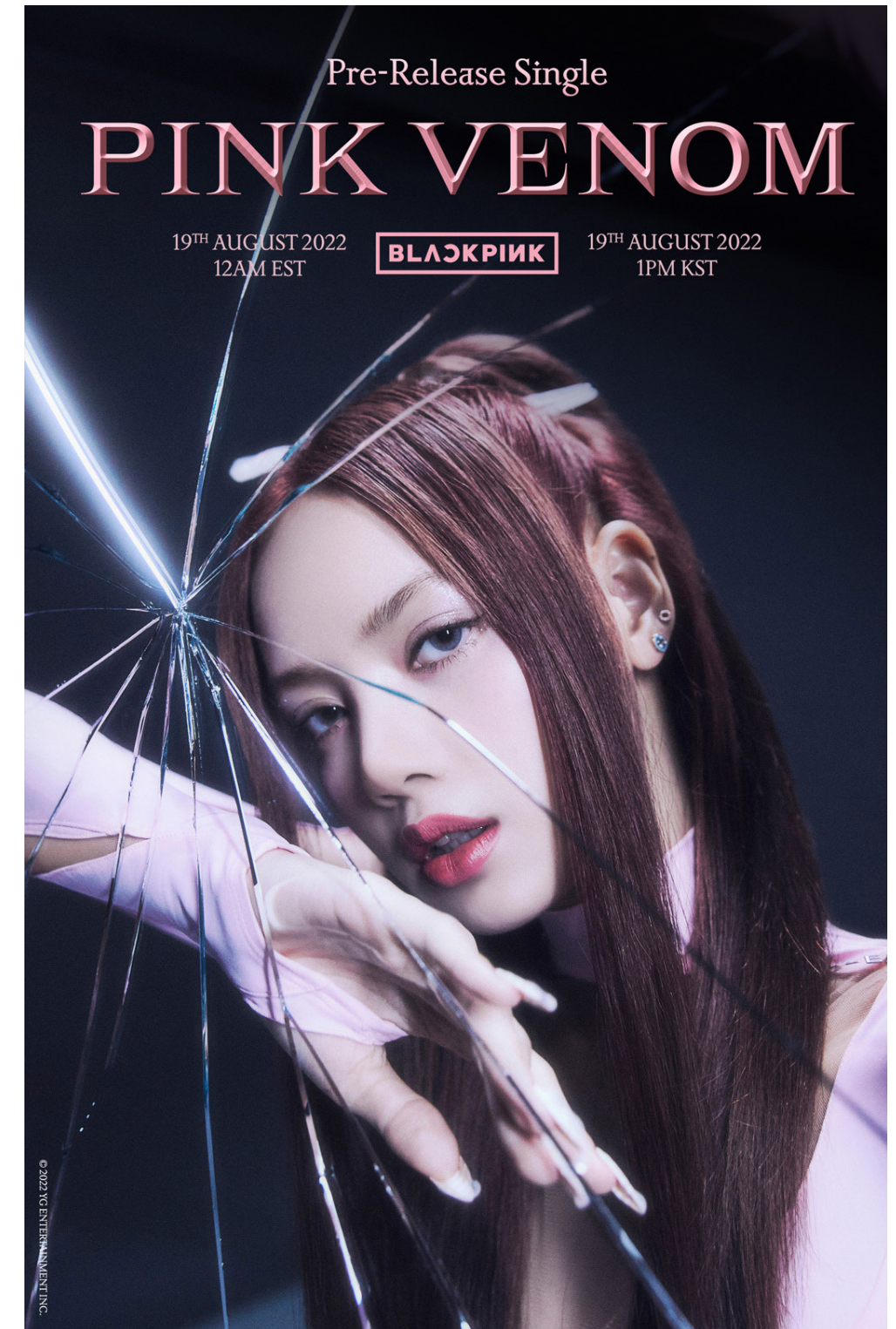
Now wouldn't be a bad time to interduce them: Jisoo, the oldest of the members is the visual of the group, holding a special position unique to K-Pop: being pretty. But that beautiful face of hers is not the only thing with which she enriches Blackpink, because she was also blessed with a beautiful voice. She is the oldest of the members, followed by Jennie. She too, like Jisoo, is Korean, but partially grew up in New Zealand. She is the main rapper of the group, but also delivers great vocal performances when needed. The next member would then be Rosé. While ethnically Korean, Roseanne Chae-young Park grew up in Australia. There at a young age, she started showing interest in music. She is considered to be the golden voice of Blackpink. The youngest, and perhaps most popular Blackpink member is Lisa. Born in Thailand as Pranpriya Manobal,

now Lalisa Manobal, she is the only non-Korean member of Blackpink. She is the group's main dancer, and for good reason. She is also an excellent rapper, releasing hits like Money and Rockstar. Racking up over 100 million Instagram followers, she is the most followed of the girls.

All the members show great talent, which is appreciated by many. Headlining Coachella and BST Hyde Park in 2023, having multiple sold-out tours and receiving honorary Member of the Order of the British Empire medals from King Charles. They also have multiple billion views on their music videos. The girls as individual artists also achieved great things, like Lisa performing at the recent Victoria's Secret Show, Rosé having a collaboration with Bruno Mars, Jisoo being the lead in a K-Drama and Jennie having too many brand deals to mention.

So now, knowing more about the girls, how about you take a listen? Popular songs include "Ddu-Du Ddu-Du", "How You Like That", "Shut Down", "Pink Venom" and "Kill This Love", but I personally think, some of their less popular releases, like "Hard to Love" and "Really" are way better (even though popular songs are popular for a reason) Some of their music videos have billions of views. Of course, this has led to their fanbase growing. It is estimated that there are currently around 50 million Blinks (the official name of their fandom) in the world.

And yes, a part of those 50 million people is cringe little girls. But that should be no reason that completely normal K-Pop fans get treated like they are weird and cringe. Just because a part of a community behaves in a certain way, it doesn't give you the right to hate it in its entirety. Whether you like Blackpink's music, I leave up to you. Everyone has the right to their own music taste, but before labeling a genre as cringe and terrible, check for yourself. We as K-Pop fans don't judge people for not listening to it. You shouldn't judge either.



Top 15 Tips for S1s starting secondary

GEORGINA IRIS DIMOPOULOU VANTSIOURI

All change can be difficult and some new S1 students may find it challenging to get used to how things work in secondary.

I have interviewed S2s and S3s and I asked them about the top 15 things that made their transition to secondary easier. Here is what I found out:

1. You don't want to feel like you are carrying rocks around, so you go to the lockers in between classes, but you end up being late for said classes? Go to the lockers first thing in the morning and at the beginning of breaks! And make sure that you leave all the books that you don't need for the day in your locker, or at home.

2. Are you still concerned about being late? Try to avoid the bridge when you are walking from one class to another.

3. If you are ever lost without a timetable do not get stressed! Simply go to your advisor (conseiller) (Mr. Kaisidis) and he can look at your timetable for you! This is a good trick especially if you get lost easily.

4. If older students are annoying you, simply ignore them! That will annoy them even more! ;)

5. Your buddy partner is here to help you. They were S1s too once, so they can easily get in your shoes. You need to remember that buddy partners are not there to chat. They are there to give you some helpful tips.

6. If you are subjected to bullying, talk to your adviser (conseiller) (Mr. Kaisidis), to your class teacher, or to a trusted adult... For example, the coolest of your two parents

7. Reach out to students from other sections! It's a great opportunity to make new friends! Plus, you get to practice your L2, and why not, even your L3.

8. Chatting online with your classmates can be fun but try to use Teams mostly for homework. Do not forget to check Teams and SMS every night!

9. Do you find yourself panicking about deadlines? Are you doing your homework on the night before it is due? Then simply make a weekly homework schedule and adapt it according to your workload!

10. To avoid having an unhealthy diet and to save some pocket money, do not visit the cafeteria every day!

11. If you have a free period, and you have the choice, go to Cervantes. If you get bored there, then the library is right next to you!

12. Spend a fair amount of your time in the library! Reading is cool...!

13. You may find it hard to find your friends at break time. Do not worry, all you need to do is to arrange a meeting point for you to meet!

14. Make the most out of your breaks, feel free and have lots of fun! (You can chat or play games like football or even advance on homework so you can have more free time at home!)

15. Don't overthink any difficulties you faced in your transition to secondary! Eventually everyone adapts!

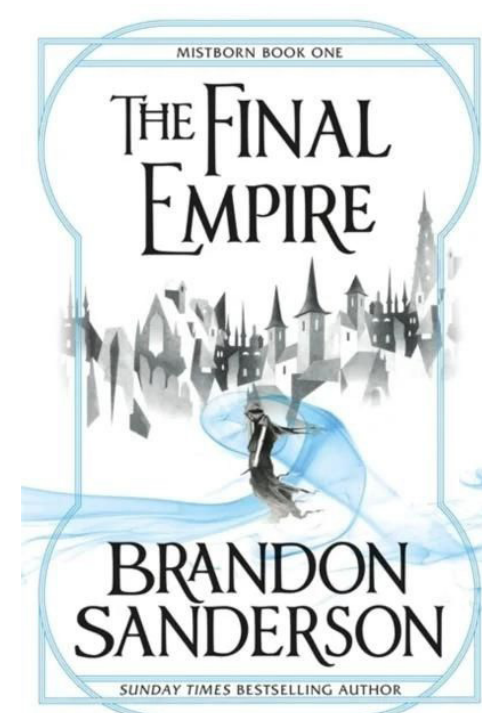
I hope you found these tips helpful! You are all set for seven stress free years at EEBIII! :)



Buy these books! (or borrow them) by Alexandros Meimaridis

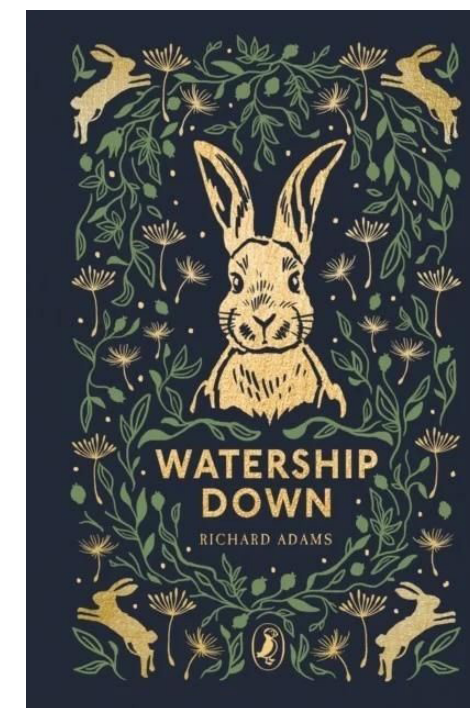
Hello, and welcome to this issue's book recommendation page! Emma Freytag has now graduated, so I have been charged with this section from now on. In the future, I will be collaborating with the librarians to provide some statistics on the most borrowed library books of past months.

This time, we have some rabbit xenofiction, some dark fantasy monster hunting, and a high fantasy dystopia. So, without further ado, let's get cracking!



Mistborn Book One: The Final Empire – Brandon Sanderson

Ah, The Final Empire. Where, oh, where to begin? Mistborn Book One is a Brandon Sanderson book. Brandon Sanderson is a brilliant writer. Are we connecting the dots? Good. All jokes aside, The Final Empire is a fantastic story about a secret rebellion against the divine Lord Ruler of the Final Empire. Sanderson's talents for action scenes, as well as lore-writing and worldbuilding, shine through in this brilliant work, and despite the slightly clunky dialogue this is a wonderful read. What I'm saying is, read this, okay? This is some good stuff, especially if you want a brief escape from typical Tolkien-esque fantasy worlds.



Watership Down – Richard Adams

What if rabbits had a language, a religion, a shared culture? How would these rabbits see the modern world of the 1960s, and how would they react to human activities? Richard Adams, inspired by a book on rabbit biology and ethology titled The Private Life of the Rabbit, and greatly encouraged by his two daughters, decided to write this beautiful novel about a group of rabbits who leave their warren to escape a terrible catastrophe. The story follows the difficulties that these rabbits must face in their quest to find a place to establish their new warren. Although it took me a long time to finish it (believe me, this is a slow read), it was one of the most beautiful stories I have ever read. I would recommend it to anyone who is willing to spend their time on it.



Witcher: The Last Wish – Andrzej Sapkowski

Many of you may be familiar with the character of Geralt of Rivia thanks to the Netflix series or the popular video games. I myself have not watched or played it yet, but the books are absolutely magnificent! Geralt of Rivia is a Witcher, a man trained from a young age to fight monsters... for the right price. Geralt roams the lands in search of people in need of his services, and who are willing to pay for them. "But not all monsters are evil. And not everything fair is good." Sapkowski brings us a blend of Slavic mythology and classic high fantasy, and believe me, this world does not disappoint. I would recommend it to anyone who doesn't know where to start with The Witcher, as this is probably the best way to dive into the series.

The History of Science Fiction, Part II – The Golden Age

ALEXANDROS MEIMARIDIS

In the previous article of this series, we looked at the origins of science-fiction and how the genre found its footing in the 19th and early 20th centuries. Now, however, we have reached a new era, known as the Golden Age, or the Pulp Era (~late 1930s – early 1960s).

It is important to note that in the history of literature, it is much more difficult to set exact dates for the beginning or the end of an “era”. It can be argued that Sci-Fi’s infancy continued well past the 1940s, and in general it is easy to see smaller eras running in parallel to and within the major ones. However, it is generally accepted that the Golden Age of Science-Fiction began in 1938, when John W. Campbell took charge of the magazine *Astounding Stories* and renamed it *Astounding Science-Fiction*. This is a time when authors of the likes of Ray Bradbury, John Wyndham, and C. L. Moore emerged, changing the feel of the entire genre.

The influence of this Golden era can still

be seen in today’s modern works of science fiction. Concepts such as semi-feudal galaxy-spanning empires; histories of a future humanity going on for thousands upon thousands of years; explorations of the concept of immortality or a greatly extended human lifespan; machines turning on their creators! These and many more concepts are staples of the genre even now, a hundred years later.

Unarguably the three most important authors of this era, known as the “Big Three” of Science-Fiction, are none other than the human typewriter Isaac Asimov, the Dean of science fiction writers Robert A. Heinlein, and the Prophet of the Space Age Arthur C. Clarke.

Isaac Asimov was one of the first great, for want of a better term, “toilet thought” writers. What if the stars only came out once every thousand years? You’ll find out in his novel “Nightfall”, though you might not like the answer (spoilers: insanity ensues). What if there were time travellers trying to maintain a version of the timeline where their organisation is founded? What are the implications of that? Look no further than “The End of Eternity”, a fascinating take on the causal loop paradox.

It is thanks to Asimov that we have the Laws of Robotics. These “Laws” were devised for his Robot

series, set in a future where sentient “positronic robots” serve humanity and must follow three “Laws” that they are programmed with:

The First Law: A robot may not injure a human being or, through inaction, allow a human being to come to harm.

The Second Law: A robot must obey the orders given to it by human beings except where such orders would conflict with the First Law.

The Third Law: A robot must protect its own existence as long as such protection does not conflict with the First or Second Law.

Is it ethical to have sentient robots serve humanity? What happens when something goes wrong with one or all of the Laws? Asimov plays around with these concepts a lot in many of his stories.

His Foundation series is equally influential. Inspired by “The Decline and Fall of the Roman Empire”, Asimov wrote “The Encyclopedist”, which introduced a space empire 50,000 years in humanity’s future. However, rather than simply using this time gap as an excuse to justify the existence of impossible technology, Isaac Asimov created a loose, implied historical outline that provided readers with some

level of context as to how humanity reached this level of advancement.

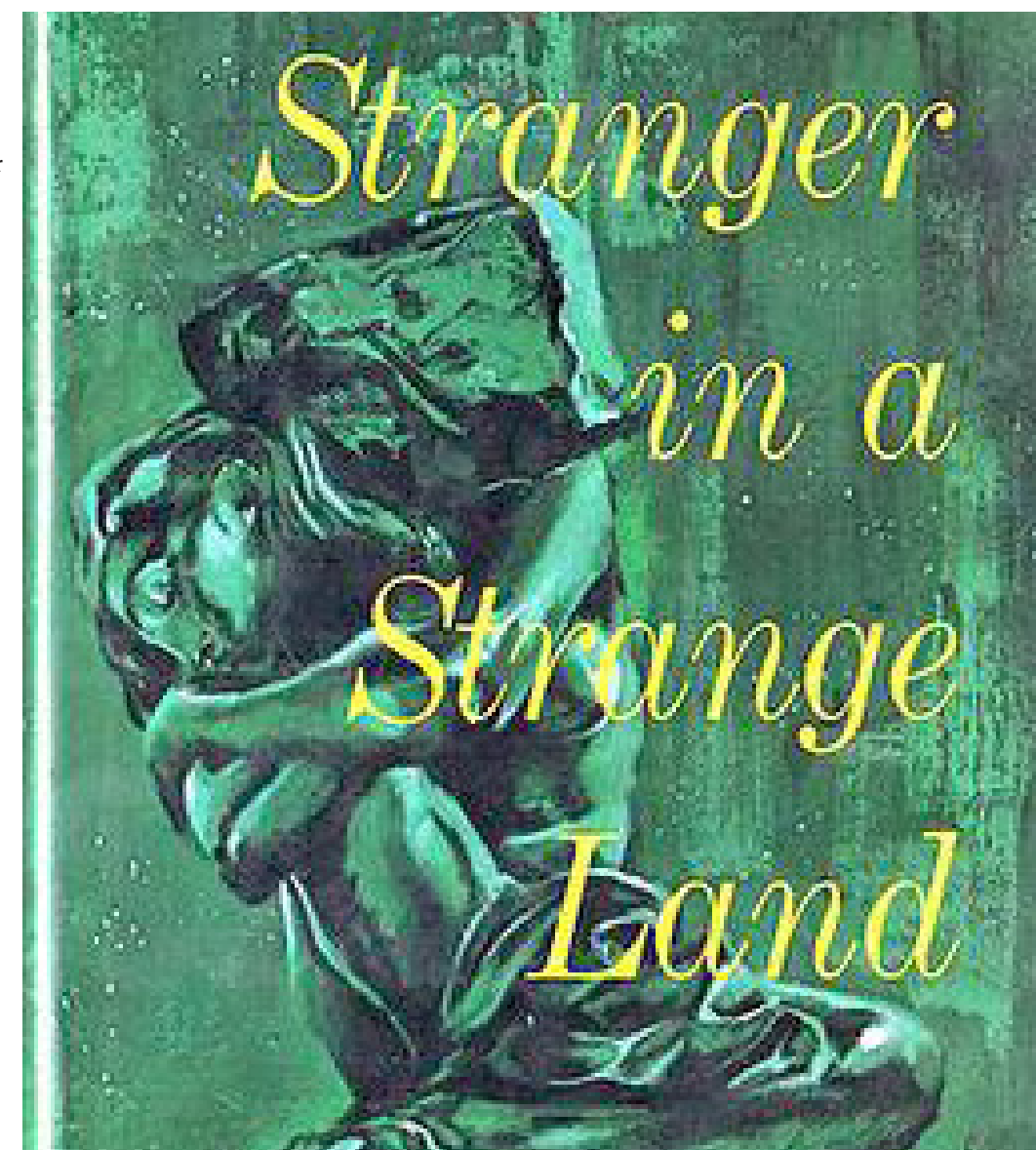
So you can understand just how important this work is, in 1966 it won the only Hugo Award for Best All-Time Series, beating even *The Lord of the Rings*.

Robert Heinlein is quite possibly the most controversial science-fiction author of all time. Was he fascist? Libertarian? Hippie? I don’t think even he knew! Regardless of his political beliefs, Heinlein is without a doubt a very important figure in the history of the genre. He was the first modern sci-fi writer to get his stories published in the press (*The Saturday Evening Post*) with “The Green Hills of Earth” after starting his career in pulp magazines.

“Starship Troopers” may very well be one of Robert Heinlein’s most crucial works. Up to that point, Heinlein had been writing mainly for younger readers, but all that changed in 1958 when the Eisenhower Administration announced that it would stop nuclear testing. Heinlein decided to write a response to this ridiculous notion, in the form of his new book for adults: *Starship Troopers*. This novel brought a lot to the table, including space marines and “power armour”, though it’s about a lot more than that. In many ways, the world of *Starship Troopers* is dystopian, regardless of the author’s intent. But don’t take my word for it; read it for yourself, and you’ll get what I mean.

Heinlein went on to write more books in this extreme format, such as “Stranger in a Strange Land”, a story about a human born on Mars who returns to Earth and witnesses human society for the first time. “The Moon is a Harsh Mistress” is another major novel of his, about a penal colony on the moon that declares independence from Earth and how their society develops from there.

As Heinlein’s health declined, so did the quality and the content of his writing. I will not address this here, as this is a family magazine, so feel free to research this yourself. Overall, despite his incredibly contradictory and oftentimes perverse works, Heinlein is without a doubt one of the most influential authors of the



Golden Age.

Arthur C. Clarke, the Wordsmith, the Prophet of the Space Age, began his career like most of the sci-fi authors of that era: publishing stories in *Astounding Science-Fiction*. His first novel, “Against the Night”, which he later rewrote as “The City and the Stars”, is a story that explores the concepts of immortality and contentment, and brings spiritual elements back into sci-fi.

It is also the beginning of Clarke’s theme of finding the purpose of life, not on an individual, but a cosmic level. One of his greatest works, “Childhood’s End”, is such a story, about mankind reaching a higher form of exis-

tence thanks to the arrival of the Overlords, the servants of a cosmic intelligence who wish to help humanity reach the next stage of evolution.

I could write a lot more about this era, about John Wyndham, Ray Bradbury, Frank Herbert, the rise of dystopian fiction and the road to the Modern Age. In the next part of this series, I will address this transition from the Golden to the Modern Age of sci-fi; who were the most important authors, what their most influential works were, and how they set the stage for the next era of science fiction to take root.



The Benefits of Sleep - The Dangers of Sleep Deprivation

YASMIN ROOS

We all feel a bit tired sometimes, but do you know the consequences of sleep deprivation? How much sleep do I really need? What even happens to me while I sleep?

That's precisely what we'll discuss in this article, starting with the basics:

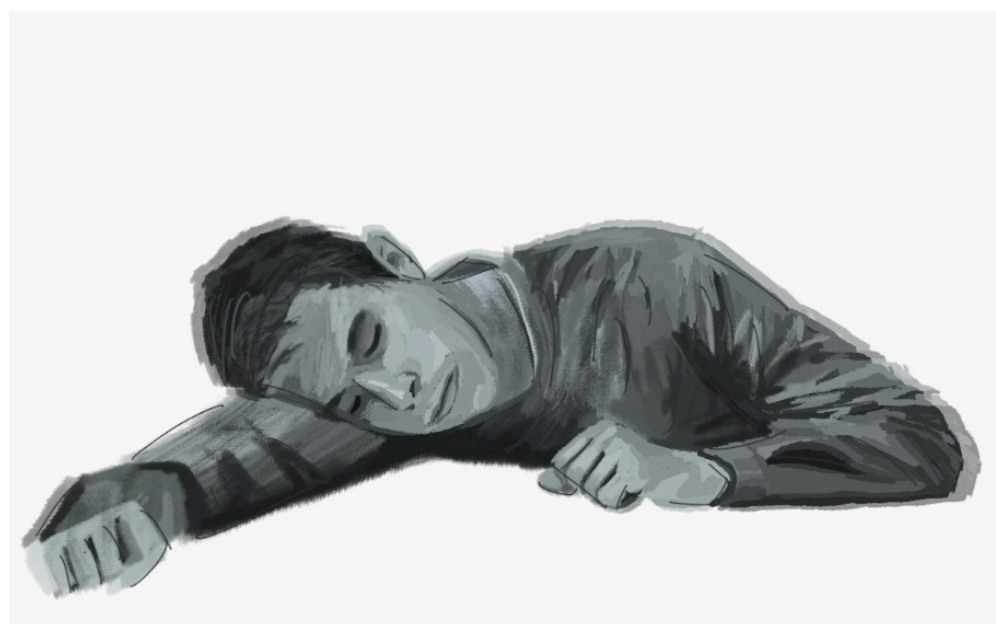


Illustration by Aidan Hudson Brain

What happens to my body while I sleep?

Firstly, let us speak about the different sleeping stages. There are 4 stages of sleep which occur multiple times throughout the night, varying in length. These include 2 major phases of sleep: the non-rapid eye movement (non-REM) sleep and rapid eye movement (REM) sleep. The four stages of sleep consist of three non-REM sleeping stages and one REM sleeping stage. The non-REM sleep features an absence of eye movement, while the REM sleep features dreams and rapid eye movements.

Stage 1 (non-REM): Stage 1 happens when you first fall asleep. Your body enters a light sleep, your brain waves, heart rate, and eye movements slow down. This phase lasts for about 7 minutes.

Stage 2 (non-REM): This stage involves light sleep just before deep sleep. Your body temperature decreases, your eye movements stop, and your heart rate and muscles continue to relax. Your brain waves accelerate and slow down. During a night of sleep, you spend most of the time in stage 2.

Stage 3 (non-REM): In stages 3 and 4, deep sleep

begins. Your eyes and muscles do not move, and your brain waves slow down even more.

Stage 4 (REM): REM sleep first happens around 90 minutes after you fall asleep. During this stage, your eyes move quickly from side to side. Your brain waves and eye movements increase. Your heart rate and breathing also speed up. In this stage dreams can appear.

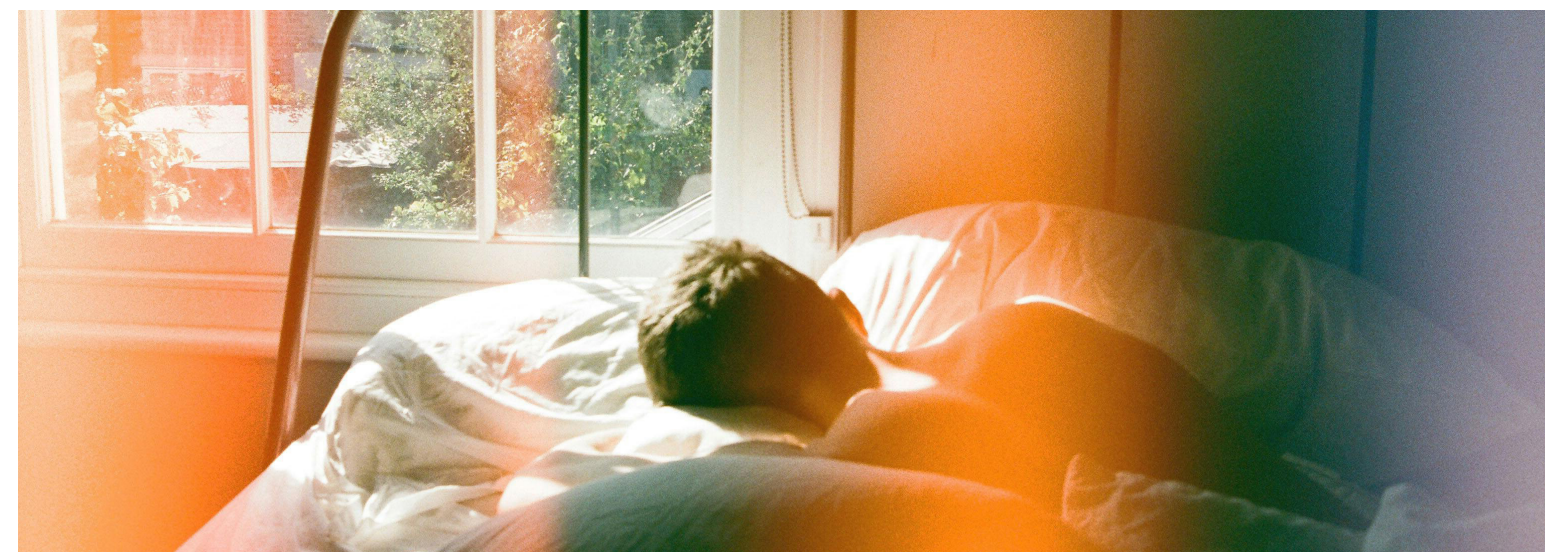
I am also sure we all know sleeping is an important part of our daily life like eating and drinking, but sleeping is not just giving a rest to our body. There is a lot more going on in our bodies than we think while we are asleep, including energy conservation, weight maintenance etc. Since our body functions at a lower metabolism while we are asleep this allows us to reduce our need for calories. This leads to research finding out that 8 hours of sleep can save up to 35% of energy per 24-hour cycle. Cellular restoration also happens while we sleep, which means that our body uses the time we sleep to repair and regrow cells. There are also other important processes like muscle repair, tissue growth and hormone releases. We may be sleeping, but our brain is not; in fact, our brain is busy with reorganizing our nerve cells, clearing out waste from our central nervous system and also removes toxic products that built up throughout the day. Sleep also strengthens brain functioning aspects, including learning, memory, problem solving skills, creativity, decision making, focus, and concentration.

Our weight maintenance is also connected to sleep. Sleep controls the hunger hormones ghrelin, which increases appetite, and leptin, which makes us feel full after eating. Since we are sleeping and need less energy, ghrelin decreases while we sleep. Due to lack of sleep, it can happen that ghrelin suppresses leptin. This causes you to feel hungrier and to potentially eating more calories, which results in you gaining weight.

How much sleep do I really need?

Depending on your age your body needs a different amount of rest and reset. It also varies from person to person, but here are the suggestions of the CDC (Centers for Disease Control and Prevention)

Birth to 3 months: 14 to 17 hours



4 to 12 months: 12 to 16 hours per 24 hours, including naps

1 to 2 years: 11 to 14 hours per 24 hours, including naps

3 to 5 years: 10 to 13 hours per 24 hours, including naps

6 to 12 years: 9 to 12 hours

13 to 18 years: 8 to 10 hours

18 to 60 years: 7 or more hours

61 to 64 years: 7 to 9 hours

65 years and older: 7 to 8 hours

What happens if I don't sleep enough?

People that don't sleep enough or often wake up during the night are more likely to get coronary heart disease, high blood pressure, obesity and strokes. A 2021 study has found that sleep deprivation can affect your sense of balance and coordination which can lead to accidents, falls and injuries.

Lack of sleep doesn't only affect your physical health, but also your mental health. Studies also show that people with insomnia are twice as likely to get depression and that 80% of

people with depression have insomnia too. Insomnia can also lead to anxiety and other mental issues.

Not getting enough sleep can affect your memory and your ability to react. An example of that are students who pull all-nighters. In fact, it is proven that even though they spent more time studying, they didn't get better results because they didn't leave enough time for their brain to establish the memories in their brains. Neurological disturbances like blurred vision can also appear. Even though it may sound rude when someone says you look tired, not sleeping enough can show up on your face. For example, you could get dark under-eye circles, drooping eyelids, pale skin, red eyes and swollen eyes. Your immune system could also get damaged because while you are sleeping your body produces cytokines, proteins that tell other cells to keep your immune system functioning, but when you don't sleep, they don't get produced. This can cause a weaker immune system over time and get you more prone to illnesses and make it harder to recover from viruses like the cold or flu. Not sleeping will also cause you more stress which will cause you to not be able to sleep because of the built-up stress, this will eventually turn into a vicious circle. Sleep deprivation also raises the risk for dementia because your brain accumulates too many toxins that lead to Alzheimer.

This doesn't only affect adults, kids and teenagers can also get problems such as: behavior problems, impaired learning, poor concentration and decreased school performance. In the worst cases sleep deprivation can even cause death.

What can I do to fight against my sleep deprivation?

Turn your bedtime back. Try to go to bed 15-20 minutes earlier. Then after some time add another 20 minutes until you are satisfied with your bedtime. Create a nighttime routine. Sometimes creating a nighttime routine can help normalize your sleep schedule.

Drop your bad habits such as being on your phone before going to bed or drinking alcohol, because these things can damage your sleep more than you think.

If nothing is working, consider going to a doctor, since they are professionals, they will hopefully be able to help you.

Here are also 5 fun facts about sleep:

1. There are over 100 recognized sleep disorders.
2. Many people experience hallucinations before or after their sleep.
3. Genetics can affect how you sleep; it can also determine how you can function with only a few hours of sleep.
4. Everybody dreams, even if they don't remember it.
5. Sweet snacks before bed can cause nightmares or bizarre dreams.

Climate Change ; Profound Approach

CHRYSOULA PIPERI

Climate change is a matter of deep reflection based on the power dynamics and geopolitical complexities underlining global environmental policies. While lifestyles must be changed at the individual level, and regulations are required by governments, real leverage lies in the hands of the most influential nations and economic alliances. These players hold positions of power that could enact meaningful reform but are bereft of the challenge to summon political will to put environmental sustainability above short-term economic interests. A solution requires deeper transformation in how the global community looks at and responds to the crisis of climate change—beyond what superficial solutions propose and dig into the deeper structural causes of environmental devastation. We can only hope to make the far-reaching changes that will save the planet for future generations by confronting root causes and marshaling the cumulative power of the world's leading powers.

The Limitations of Conventional Solutions

While the focus on changing individual behaviors and lifestyles is notable, with an emphasis on eco-friendliness, it is unfortunately shallow in terms of resolving the deeper systemic drivers of climate change. Simply exhorting people to consume less or greener neither addresses nor even makes any pretense to the structural roots of the problems causing the degradation of the biosphere. If anything, solutions like these expose the naked chasm between themselves and the dominant politico-economic structures shaping global emissions and resource trends. True progress will entail bold, systemic interventions, forcing a turning point from the status quo, demanding far more than piecemeal changes in superficial behaviors.

Deeper Roots of Exploring Climate Change

While addressing climate change may seem achievable through changes in behavior and national policies, the deeper historical and systemic causes of the current crisis must be investigated. In a nutshell, climate change is essentially about colonial legacies and uneven global power structures, wherein environmental degradation is passed on to the Global South while benefits accrued from industrialization remain with the Global North. Powerful entrenched political and economic interests, often linked to fossil fuel industries, have likewise obstructed meaningful climate action in favor of short-term profits at the expense of the long-term well-being of the planet. We must brace ourselves for tackling the deeper root causes of this crisis, confronting entrenched interests that have perpetuated an environmentally unsustainable and economically unjust world order.

Rethinking Nation-State Relationships

The imperative in dealing with climate change tests the pure nation-state approach to the limit. In this global crisis where the boundaries between nations and the greater international arena are so blurred, the traditional view of national sovereignty goes up against the urgent needs of international cooperation. The tension exists between looking out for the nation-state itself and recognizing interdependence with the rest of the world. Dealing with climate change does need a transnational and collaborative mindset that goes beyond narrow self-interest. No longer can a nation-state afford to act unilaterally without anything else in mind because the consequences from such actions reverberate well beyond its borders. The way forward must radically rethink the role of national governments, who will be forced to adopt a far more holistic and globally sensitive approach, paying a far greater attention to humanity's interests, rather than fragmented interests.

Climate Change: Inequality and Injustice

Not all communities share the effects of climate change equally. Rather, the poorest and most vulnerable people—frequently those who have contributed the least—bear the disproportionate brunt. Low-income neighborhoods, Indigenous communities, and communities of color face increased risks from



extreme weather, resource scarcity, and other climate-related impacts. These are areas where climate change overlaps with existing social inequalities, which must be prioritized in any comprehensive solution. It is the voices and experiences of those on the front lines—the elderly, the disabled, the impoverished—which provide the core truths necessary for crafting just, equitable, and effective policies. Addressing systemic injustices at their core and working to empower those communities that bear the most significant brunt is not just an important but integral part in the wake of truly sustainable modeling in trying to deal with the climate crisis.

Reimagining Economic and Development Models

A brisk pace of economic growth has deeply brought about negative impacts on the world's environment and damage to the well-being of many communities around the planet. We must now question this previously dominant model and find a more sustainable and equitable alternative. We need holistic indicators of progress that capture the health of the planet, equity in our societies, and higher quality of life, rather than just GDP as the sacrosanct metric of progress. The transition requires a fundamental rethink of how we structure our economies, incentivize businesses, and measure success. By abandoning the ideology of limitless growth and investing in the development of healthy, resilient, and equitable communities, we will be able to forge a path toward an environmentally sustainable and socially inclusive future.

Fomenting a Transformative Mindset

To think seriously about the complex question of climate change, we must let go of the fearful and despairing frame and turn towards one of hope and agency. We need not be overwhelmed by the paralysis of those overwhelming problems; rather, we should acknowledge the inherent complexity of the situation and adopt a systemic holistic approach. This, in turn, requires broadening our perspective toward the interplay among factors of a social, economic, and environmental nature. Only then can we unlock these fundamental solutions for healing our planet. It is with a spirit of creativity, resilience, and deep reverence for the natural world that this mindset will be developed to meet this challenge head-on.

Not an introvert like an extravert or so-called 16 personalities

ANNA VRANOVA

We live in a world full of unique creatures we call people – humans. Each person differs from others because they all have something within themselves, it is called a personality. And every single one of us has an incredibly special and individual characteristics that describes them.

But some people might struggle to put into words their personality, although that might help them understand themselves much better. Even I sometimes don't know if I am more like that person, or the other one. Because it is not clear who we are until we let us express ourselves freely. All lifelong we seek our true identities. We are looking for something hidden yet so clear at once.

For instance, two women from the United States interested in psychological types as are introverts, extraverts and ambiverts created something we now might know as MBTI. It is the so-called Myers-Briggs Type Indicator. They created the indicator for the very first time during the Second World War, to help other women to identify the most comfortable and effective position in the industrial workforce suitable for them.

Myers and Briggs sorted out four

Illustration by Piperi Chrysoula



categories which would later come as a personality type. The first one we call introversion or extraversion, the second intuition or sensing, third one is thinking or feeling, and the last one is judging or perceiving. As the result of the MBTI, one letter from each of the four traits has been taken to represent a four-letter test result like ISTP or ENFJ.

For this reason, there came to exist sixteen types of personalities, in the end encompassing every type of result. These results were sorted into roles based on the similarity between the four of the MBTI types.

Let us first talk about so-called Analysts. Under this title belong Architects (INTJ), Logicians (INTP), Commanders (ENTJ) and Debaters (ENTP). They share personality traits that describe them as intuitive thinkers. Known for their desire for intellectuality and wisdom, they decide with their heads rather than their hearts. But that does not mean that their creativity is lower – their intuitive personality gives energy to their imaginations and motivates them to develop innovative ideas and strategies.

They pursue their interests with great determination, often driven by action to accomplish something. Analysts tend to become

leaders in solving problems and learning new subjects or skills.

Analysts might sometimes seem antisocial due to their choice to be alone or be around a few good friends. Because they want to surround themselves with people that share the same interests, not any random ones they would meet on the street. Do you think you are an Analyst?

The column of Diplomats is represented by kindhearted Advocates (INFJ), Mediators (INFP), Protagonists (ENFJ) and Campaigners (ENFP). They care and connect with others so much that it might seem that they can read their minds. They aim to create a kinder and fairer world - they are normally empathetic but are overly sensitive when not following justice. People with these personality traits pursue their passions often inspired by theater, writing or cuisine, but that does not mean that they are very ambitious. If they must choose between spending time alone or with a few friends, they choose friends, even if they often fear that they do not belong there because Diplomats set extremely high standards for themselves.

As third role comes Sentinels, with Logicians (ISTJ), Defenders (ISFJ), Executives (ESTJ) and Consuls (ESFJ) all of whom share the ability of sensing and judging. But they do not judge themselves, they are com-

pletely comfortable with who they are, preceded by their good reputation. They tend to get things done and be productive, thanks to a firm belief in hard-earned success. This leads to their desire to make plans and do things right. They always want everything to work correctly, never make a mess, and try to make their loved ones' lives easier.

And the last role is Explorer which indicates the shared sensing and perceiving between Virtuosos (ISTP), Adventurers (ISFP), Entrepreneurs (ESTP) and Entertainers (ESFP). These types of people like to explore and enjoy learning new skills and techniques, though they quickly move from the new things to the newest very often. And because of just that, they leave things unfinished, no matter if they are compulsory. Explorers are dynamic if it comes to social life and love risky, adrenaline-full situations, just for the fun of it. The result of their pride in new things brings them many topics by which they can entertain their friends and family.

These two American women did an amazing job when they published their work. They offered help to many people who sought an understanding of them or others. And now, you can try and find which personality type you are. All information and tests are available for everyone interested on the website of 16personalities.com.

Les avantages d'avoir un hobby

IDAIRA LIEBGARD WOEBKING GONZALES

La plupart des personnes pratiquent des hobbies, des passe-temps. Vous probablement aussi. Mais vous êtes-vous déjà demandé en quoi cela vous aide, quelle est la raison d'avoir un loisir ?

Un hobby est une passion, un loisir, quelque chose qu'on aime, parfois même quelque chose dont on ne pourrait pas s'imaginer vivre sans, quelque chose qui nous remplit de joie, qui nous fait nous sentir mieux. Un hobby rend une personne heureuse.

Certaines personnes ont une passion qu'elles pratiquent très souvent, car elles l'aiment beaucoup. Quelquefois, ces passions deviennent leur profession. Certaines en ont plein et adorent en explorer de nouvelles. Il y a une grande diversité de hobbies : des hobbies sportifs, artistiques, musicaux... Il peut être difficile de trouver un hobby qui nous convienne, qui soit fait pour nous. Une fois qu'on sait ce qu'on aime réellement, cela nous fera nous sentir plus accompli.

Profitons de la vie

Nous ne vivons qu'une vie, et il est important d'en profiter le plus possible. Un hobby ou un loisir doit nous donner envie de vivre. C'est pourquoi votre passion doit vous faire vibrer, vous faire apprécier la vie telle qu'elle est.

Peut-être que votre hobby est vraiment votre raison de vivre, qu'il vous mène vers ce que vous voulez devenir plus tard. Ou peut-être l'abordez-vous simplement comme un plaisir, une détente. Mais sachiez-vous qu'un hobby a beaucoup d'avantages ?

Un hobby nous fait nous sentir mieux

Un hobby, quel qu'il soit, nous fait devenir une personne plus agréable, nous rend heureux, sereins, euphoriques. Grâce à eux, nous sommes de meilleure humeur, nous vivons une vie plus joyeuse.

Il est aussi prouvé qu'un loisir réduit le stress. Après de longues heures passées à l'école, cela

nous fait du bien de prendre du temps pour soi et de faire une activité qu'on aime. Nous pensons moins à nos problèmes, notre cerveau se recharge et nous avons plus d'énergie.

Un hobby nous aide dans la confiance en soi. Lorsqu'on apprend quelque chose de nouveau, qu'on progresse dans nos talents, notre confiance en soi augmente. Avoir des passions et savoir-faire de nouvelles choses nous rend fiers de nous-mêmes.

Un temps qui n'est pas perdu

Il peut arriver qu'on s'ennuie. Dans ce cas, un hobby est une aide pour trouver de quoi intéresser notre cerveau et ainsi faire face à l'ennui.

Un temps consacré à une passion n'est pas une perte de temps. Notre organisme est actif, nous sommes heureux et passons de bons moments, créons des souvenirs. De nos jours, la plupart des ados passent leur temps libre sur leur téléphone, ce qui est très mauvais pour leur développement. Se trouver un hobby est une manière de faire une pause des écrans et de profiter d'autre chose.

Une bonne santé physique et mentale

S'engager dans une activité intéressante améliore notre humeur mais aussi notre santé mentale. Cela nous fait sentir plus calme, apaisé. Un hobby est un très bon moyen de combattre la dépression.

Les hobbies sportifs ou actifs améliorent notre santé physique. Passer du temps dehors ou effectuer des exercices nous aide avec notre forme

physique.

Un bon moyen d'apprentissage et un lien de connexion

Quand on trouve notre passion, on essaie de progresser et d'apprendre de nouvelles choses. Parfois, essayer un nouveau hobby nous rend fiers d'avoir appris quelque chose et peut créer un nouveau passe-temps. Il est bien d'essayer ce qu'on ne connaît pas, c'est aussi une façon de découvrir ce qui nous convient ou pas.

En partageant des loisirs avec nos proches, on se sent plus connecté, plus lié. On peut aussi rencontrer de nouvelles personnes, et aussi se faire des amis. Connaître leurs loisirs nous permet de mieux connaître les autres.

Une aide pour prendre des décisions

En fonction de ce qu'on aime faire, on peut en déduire ce qui pourra nous plaire plus tard. Les loisirs sont alors une aide pour les choix d'études et de profession.

Un hobby a donc beaucoup d'avantages. Un hobby a le pouvoir de transformer une vie. Notre vie est beaucoup trop courte pour faire ce qu'on n'aime pas. Il faut profiter de chaque instant. Nos passions nous donnent une nouvelle perspective sur la vie. Faisons ce que nous aimons et aimons ce que nous faisons.



13 Weird Facts about Halloween

by Emilia Rynkowska

Halloween time has passed, so here are 13 weird facts about Halloween you probably didn't know.

1. Halloween didn't start in a candy factory. It is believed to have originated in Ireland 2,000 years ago!

2. Costumes have a spooky history. During the Celtic harvest festival of "Samhain" (the celebration of the end of the harvest season) the Gaels believed that on the 31st of October the boundaries between the worlds of the living and the dead got blurry, and that the dead would come back to life. To scare away the ghosts, people started wearing costumes and masks.

3. After Christmas, Halloween is the second most commercial holiday, with Americans spending billions on costumes, candy, and decorations each year.

5. The average American person eats 1.542 kg of candy every Halloween.

6. That's the weight of a small

chihuahua! Kids alone consume around 7000 calories, the equivalent of eating 66 bananas.

6. Trick-or-Treating originates from ancient practices. In medieval Britain, "souling" involved people going door-to-door offering prayers for the dead in exchange for "soul cakes", which was a type of pastry.

7. Wearing costumes on Halloween dates back to the Celts, who wore animal skins and heads to disguise themselves from ghosts. Today, people dress up as anything from witches and ghosts to superheroes and celebrities.

8. The fear of Halloween is called Samhainophobia.

9. According to tradition, if you wear your clothes inside out and walk backwards on Halloween, you will see a witch at midnight.

10. The world's heaviest pumpkin, grown in Switzerland, weighed a massive 950.72kg!

11. Carving pumpkins (or jack-o'-lanterns) is believed to ward off evil spirits. This tradition comes from an Irish myth about "Stingy Jack," a man who tricked the devil and was doomed to roam the Earth with only a burning coal in a carved-out turnip for light.

12. Some cities in the US have banned trick or treating for children over the age of 12.

13. It is believed that if you see a spider on Halloween, it is the spirit of a deceased loved one who is watching over you.



Illustration by Isabel Michaud

