

The Pupils' Voice

Your Right to Know

Your Right to Know

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ESLII's LGBTQ+ group

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2021 saw the introduction of an LGBTQ+ support group to our school. Though being something long asked for, it is still ambiguous whether this group has had the required support to be considered as a part of our school life. Its lack of promotion has led some people to believe that though existing...

Die Geschichte des Skifahrens

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Ein majestätischer Anblick: Hoch über Baumwipfeln und Dächern thronen die Gipfel der Alpen, gleissend weiss, scheinbar unberührt vor Menschenhand. Eine leichte Brise streicht über das Gesicht, der Blick ist auf den Abhang gerichtet. Und dann Bewegung, ein federleichtes Gleiten Richtung Wolkenmeer, nur Fliegen ist schöner. Skifahren zu beschreiben ist, als müsse man ein...

D'où vient le conflit russo-ukrainien ?

Aux origines de la guerre

Le 24 février, à l'aube, Vladimir Poutine annonce une guerre qui porte le nom d'« opération militaire spéciale » pour lutter contre les néo-nazis et le « génocide » des russophones en Ukraine. Dans la foulée, l'Union européenne annonce des sanctions économiques pendant que le monde a des frissons en voyant la situation humanitaire à Marioupol. Cette nouvelle guerre est peut-être le commencement d'une nouvelle ère pour nous. Pour l'histoire de l'Ukraine, c'est juste l'éclatement d'un nouveau conflit même si celui-ci s'annonce particulièrement destructeur et met réellement en danger la souveraineté du peuple ukrainien. Dans les paragraphes suivants, nous allons tenter d'expliquer les origines de la guerre et de faire l'historique des relations russo-ukrainiennes pour mieux comprendre le début du conflit.

Naissance de la nation russe

Pendant le IX^e siècle, les Varègues (des vikings venant de Scandinavie), soumis à la concurrence commerciale de l'empire byzantin, vont essayer de s'étendre en descendant les fleuves, notamment le Dniepr (qui passe par Kiev). Rapidement, ils vont coloniser le territoire et former autour de la capitale ukrainienne la Rus' de Kiev. À partir de cette base territoriale, la Russie kiévienne va commencer à s'étendre et va vite devenir chrétienne. Ceci est le début de la nation russe et ukrainienne. C'est à cause du commencement conjoint de cette principauté que Vladimir Poutine dit qu'ils forment un seul ensemble.

Entre le XVII^e siècle et le XVIII^e siècle, la Russie tsariste va annexer une partie de l'Est de l'Ukraine - qui était propriété de la Lituanie, et le sud de l'Ukraine - qui lui était entre les mains de l'Empire ottoman. Après l'annexion de ces territoires, la Russie tsariste va instaurer une colonie de peuplement. Malgré cela et même si les bases du russe et de l'ukrainien viennent du même endroit, le Tsar aura beaucoup de mal à imposer la culture russe. Une lutte pour le maintien de la culture ukrainienne va commencer et être symbolisée notamment par Taras Chevtchenko (1814-1861) durant le XIX^e siècle.

L'Ukraine sous l'URSS

Après la révolution de Février en 1917 qui met fin au régime tsariste, l'Ukraine (terme banni par le Tsar) proclame sa première indépendance qui durera jusqu'en 1922 avant d'être mise sous emprise soviétique. Peu après, l'Holodomor ("extermination par la faim" en ukrainien, 1931-1933), épisode de grande famine qui touche particulièrement l'Ukraine et fait des millions de victimes, est déclenché par les politiques réformatrices soviétiques de Staline. Le terme de génocide est encore aujourd'hui débattu par les historiens. L'État soviétique est soupçonné d'avoir voulu briser le nationalisme ukrainien qui avait été très vif durant cette période. En outre, plusieurs millions d'Ukrainiens sont déportés ou exécutés durant les purges staliniennes (1937-1939) car ils sont accusés de nationalisme (« chose bourgeoise » selon les Soviétiques). Cet épisode va durablement cristalliser les relations entre les deux nations.

Pendant la Seconde Guerre mondiale, une partie de l'actuelle Ukraine appartenant à la Pologne est annexé par l'URSS. Peu après, l'Allemagne nazie, suivant l'opération Barbarossa, va occuper l'Ukraine. Cet épisode est encore utilisé par la rhétorique du Kremlin, car une division de SS contenant 220 000 ukrainiens est créé en Galicie. Une certaine forme de collaboration est instaurée en Ukraine comme dans beaucoup d'autres pays en Europe. La guerre la plus meurtrière de l'histoire aura fait en Ukraine plus de 8 millions de morts.

En 1954, durant l'époque soviétique, la Crimée - zone à majorité russophone et stratégique par son emplacement géographique - va être transférée par Khrouchtchev (1894-1971) à la République socialiste

d'Ukraine. Cette région va être un point de tension dans la future relation entre les deux nations. De plus, pendant l'occupation soviétique, les dirigeants habitant le Kremlin vont continuer à vouloir coloniser culturellement l'Ukraine même si le rapport démographique va leur empêcher d'entendre leur influence.



Indépendance de l'Ukraine

Après l'éclatement du camp soviétique symbolisé par la chute du mur de Berlin en 1989, l'Ukraine va demander un référendum pour se libérer du joug russe. 92% des électeurs vont y être favorable. En 1994, l'Ukraine va transférer son arsenal nucléaire à la Russie en échange de son intégrité territoriale. En 1997, un traité d'amitié entre les deux nations va être signé. Malgré cela, avec la guerre en Tchétchénie, la Russie montre qu'elle ne veut pas perdre son influence dans les ex-territoires soviétiques.

2004, l'année du basculement

La révolution orange éclate et le premier refus de l'influence russe de l'après-guerre froide est prononcé. Des énormes épisodes de désobéissance civile et de manifestations éclatent en Ukraine après l'élection fallacieuse du pro-russe Ianoukovytch et mènent le peuple ukrainien à un nouveau scrutin remporté cette fois-ci par le pro-européen Louchtchenko. Les années qui vont suivre vont être marquées par la corruption, une volonté croissante d'Europe et par la crainte d'une intervention militaire russe comme celle intervenue en Géorgie en 2008. En 2010, Ianoukovytch va reprendre le pouvoir, la crevasse de la paix reste à venir.

Le président Ianoukovytch décide en 2013 de se retirer des négociations avec l'Union européenne et renforce les liens diplomatiques avec la Russie. À la suite de cette décision, un mouvement appelé l'Euromaïdan déambule dans les rues de Kiev et crée d'énormes émeutes qui finissent par contraindre Ianoukovytch à l'exil. Durant les manifestations, le parti d'extrême-droite Svoboda prend de l'ampleur. Il est soupçonné d'avoir des liens avec le nazisme. La vague antirusse et prodémocratie traverse toute l'Ukraine et inquiète Moscou. Vladimir Poutine décide entre temps d'annexer la Crimée et d'organiser un référendum contesté par la communauté internationale. Les pro-russes du Donbass se proclament indépendants et une interminable guerre civile contre le gouvernement ukrainien commence. 13.000 morts sont comptabilisés. La présence de milices russes telles que Wagner est détectée.

Finalement, en 2022 après des mois de négociations avec les puissances occidentales et d'accumulations de troupes aux frontières de l'Ukraine, l'offensive est lancée, les européens font front-uni, un comédien appelle à l'aide, la guerre est de retour en Europe et les machines de propagande sont lancées dans le monde. Actuellement, selon les spécialistes militaires, l'annexion de l'Ukraine prendra de 3 à 4 semaines même s'ils pensent que la résilience du peuple ukrainien fera la différence. En plus des volontés de restauration de la Russie impériale, des enjeux démocratiques, énergétiques et diplomatiques sont en jeu en Ukraine.

It Was Not Supposed to Happen Ever Again...

Our twentieth century was going to improve on the others.

[...]

Too many things have happened,
that weren't supposed to happen
and what was supposed to come out
has not.

Wisława Szymborska, The Century's Decline

Translated by Stanisław Barańczak and Clare Cavanagh

I recently came across this poem written by a Polish poet, 1996 literature Nobel Prize laureate Wisława Szymborska. She wrote it in 1986 to express her disappointment with the condition of mankind during the 20th century. Today, after more than 20 years of the new millennium, I find her verses more pertinent than ever.

Undeniably, our times are incredibly fascinating. On one hand, we witness unimaginable discoveries, spectacular development of science, slow, but steady improvement in the overall quality of life...

On the other hand, however, the turn of the century brought us suffering, misery and death. This article is written in early March of 2022, on the 10th day of the Russian invasion of Ukraine, in the 3rd year of global COVID 19 pandemics, after several humanitarian crises and unparalleled natural disasters - all marked by the death and suffering of innocent people.

After two world wars of the 20th century and tens of smaller-scale conflicts, one would assume that mankind has learned its lesson and would not allow war to repeat again. The League of Nations, created in 1920 to prevent the recurrence of atrocities of the First World War, failed miserably when in 1939 Hitler started the Second World War. It surpassed anything known to mankind in terms of terror and human suffering. Successor of the League of Nations, the United Nations, created in 1945, aimed at maintaining world peace and security.

While researching for this article, I counted over 20 major wars which took place since the end of World War II, out of which at least 7 started in the new millennium. The last, on this much-too long list is Putin's war- commenced only 10 days ago, when the Russian army invaded Ukraine. As I am writing this article, we are all witnessing extraordinary courage of Ukrainian soldiers and unimaginable suffering of the civilian population inflicted by the aggressor's troops.

Illustration by Zerena Dutta-Nielsen



Have we not learned anything from the past? Weren't wars for the control of the land and its people the thing which we were supposed to read about only in history books? Clearly not! This is happening right here, and right now. On our doorstep! Yet, a spark of hope is lit by the people of goodwill from all around Europe and beyond, who voice their opposition to this inhumane war and bring help and comfort to its victims. I take much reassurance in the attitude of many of us, young and old, who came together to manifest solidarity and invaluable assistance to the refugees who were forced to flee their homes.

Now is the time for us to come together and act.

When reflecting on the 21st century, it is also essential to mention the long-lasting climate change and degradation of the natural environment. Both are causing numerous disasters, fires, floods, and pollution on an unimaginable scale.

Already at this stage, the effects of a long-term calamitous human impact on the environment and planet preservation are evident - forest fires in Australia lasting for several months, destruction of Amazonian forests, horrible droughts across all continents or ravaging storms are just a couple of many examples, which show the scale and the gravity of the current climate debacle.

Watching the world leaders gathering during climate summits, one could have been hopeful for a revolutionary outcome. However so far, they have not been entirely successful in agreeing on drastic measures to save the Earth. For certain heads of most powerful states, short-term economic gains seem more important than prospects of long-term survival of our planet and humanity.

Every day, all around the world, people die of hunger, diseases (let's not forget over 6 million victims of COVID-19 alone!), poverty and injustice. These are also the plagues of our times. We hoped for many of them to be gone and never come back. Alas, we were wrong!

I realize that I am painting a rather gruesome picture of the state of mankind during the third decade of the 21st century. Yet, I think there is always hope. There are those who wage wars, but there are also those who come to the rescue of victims.

There are those who pollute, but also those who do everything to save the planet. Those who exploit and discriminate and those who carry the beacon of freedom and equality. Let me conclude by recalling a stanza from another poem by Szymborska "Nothing Twice":

Why do we treat the fleeting day
with so much needless fear and sorrow?

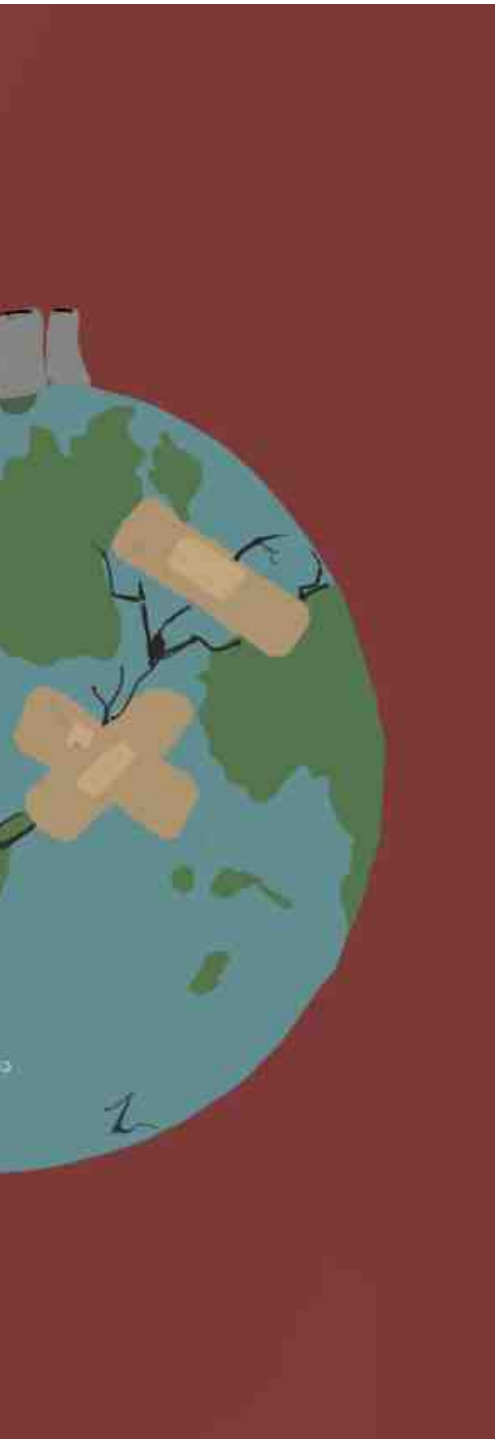
It's in its nature not to stay:

Today is always gone tomorrow.

Translation by Stanisław Barańczak

Julia Dec (S2EN)

Ed. Alexia Cosmatchi (S6EN)



ESLII's LGBTQ+ support group

A struggle for recognition

2021 saw the introduction of an LGBTQ+ support group to our school. Though being something long asked for, it is still ambiguous whether this group has had the required support to be considered as a part of our school life. Its lack of promotion has led some people to believe that though existing, this group is not wanted by our administration -an opinion shared by many participants of the group. The tedious bureaucratic processes or the obvious lack of public image are only a handful of the problems that the group has had to deal with.

What started in 2019 as a safe space for students, has become a group that developed a triangular approach of educating, supporting, and advocating to help other students understand the difficulties faced by LGBTQ+ people at our school, as well as realise what being an ally entail. According to Mrs Dimmock, the supervisor of the group and link between the students and the administration, "support, educate and advocate are a very sensible set of aims to have". Morale teachers have also approached members of the group to raise awareness about LGBTQ+ students at our school.

This approach by the group has led to a few changes being made to be more inclusive. The implementation of one gender-neutral bathroom was made possible due to the club pushing our school to make the change so that people who were not comfortable using the regular bathrooms could have an intimate place for themselves.

Frustration is a feeling shared by many supporters and members of the group. Mrs Dimmock believes that, despite the slow pace of progress, we

should not be discouraged as any improvement will be in small steps rather than one big leap. She hopes that they can hold regular face-to-face meetings and continue to collaborate with the school on certain projects. "We need to move towards being a much more democratic school. It is very anachronistic that our activities are chosen by tradition and any new ideas are suppressed".

Though COVID regulations have forced the multi-aged group to organise its internal meetings on Teams, these have not prevented the group from having its very first meeting in February with our school's management, parents, and students. COVID regulations were the group's biggest challenge so far, as their meetings could not be held face-to-face. Being forced to meet on Teams has also led to a decrease in membership.

The lack of a proper mechanism for student-initiated clubs at our school is also a factor that has led to a lack of promotion of the group. This has not only prevented the LGBTQ+ support group from being properly



Illustration by Riona Rushe

recognised but has also closed the door for other student-run clubs. "Some of the norms that I would have taken for granted in other schools are simply not here," said Mrs Dimmock.

If our school wishes to be aligned with modern-day norms, much more effort must be made towards supporting these student-led initiatives. Despite the best efforts of our school's administration, we, as students, must do our best to make anyone, no matter their gender or sexual identity, feel accepted. The LGBTQ+ support group is a perfect example to illustrate our school's lack of support towards the students and the detachment that is widely felt between the two parties. It is not only logical but also needed, to build a solid school spirit and this feat can only be achieved if the students are a priority.

Tobias Rault (S6FR)

Ed. Léa Neumeister (S6FR)

Stations vel'OH à proximité de l'EELII

Comptant déjà 116 stations vel'OH au Luxembourg, la LLS (location en libre-service) de vélos devient de plus en plus intéressante pour les élèves de l'École Européenne Luxembourg II, car de nouvelles stations ont été installées à Mamer récemment.

Si on ajoute les nouvelles stations à celles situées à Bertrange et à Strassen, on peut constater qu'elles créent une réelle alternative en termes de mobilité. De plus, elles renforcent le lien avec les 88 stations de la ville de Luxembourg.

De plus, les transports routiers ont un grand impact sur le changement climatique puisqu'ils jouent un grand rôle dans l'émission des gaz à effet de serre.

C'est pour cela que nous devons opter pour des options durables telles que le transport public ou les vélos.

D'ailleurs, avec la mobilité transfrontalière, un grand nombre d'heures sont souvent gaspillées dans les transports publics ou derrière le volant.

La location de vélos pourrait être une solution simple et efficace pour circuler à Luxembourg.

La LLS pourrait être aussi une alternative à la voiture ou aux transports publics pour les élèves de l'école n'habitant pas à Mamer ou Bertrange mais dans des communes périphériques ayant une station vel'OH à proximité.



Pour ces élèves, les vélos pourraient être utilisés et déposés à une station à Mamer comme celle du Hall sportif Nicolas Frantz dans la rue de Bertrange. Le reste du chemin pourrait être effectué à pied ou en bus puisque pour l'instant, il n'y a pas de station vel'OH à l'école européenne, même si cela serait très pratique. La création d'une station encore plus proche de l'établissement scolaire serait préférable, car le nombre de voitures présentes à l'entrée et à la sortie d'école en serait réduit et par conséquent, les embouteillages et les retards aussi.

Comment louer un vélo ?

La première étape est de créer un compte et choisir une des formules proposées. La première est un abonnement de longue durée qui offre pendant un an l'accès illimité aux vélos. En 2021, 20 000 personnes ont choisi cette option. Sinon, il y a le choix entre un ticket 1 jour ou 3 jours ou encore une formule liée aux institutions européennes. Le site web et l'application servent à choisir son vélo et le rendre.

On peut également y trouver une carte interactive qui permet de localiser les autres stations vel'OH et il est possible de laisser un commentaire sur le vélo loué, ou même de lire les commentaires d'autres abonnés vel'OH avant de choisir son vélo. Une description plus détaillée de la location de vélos ainsi que celle des formules est accessible sur leur site web ou sur l'application vel'OH.

Katja Skylv (S6DA) *Ed. Téo Verchère (S7ES)*

Say No to War

As you all know, on the 24th of February Vladimir Putin launched a war against Ukraine. Innocent Ukrainians are losing their lives, their homes are ruined. The world is shocked and fears for what will happen next. It is hard to believe that there is a real war going on right now, so close to our countries and inside Europe.

Ordinary people from all around the world are trying to help in any way they can, by sending food, medication and clothes. Others help by welcoming Ukrainian families into their homes.

Today, I read a story about an 11-year-old boy who left Ukraine and managed to get to the Slovakian borders all alone. The boy's mother had to send him by train all by himself to Slovakia, because she had to stay and take care of her handicapped mother. This boy is my age. This makes me realise how hard this must be for him and what a hero he is. I hope that this story will inspire and give courage, faith and hope to Ukrainian people.

Illustration by Brina Gulic



Today is the 7th of March, eleven days after the beginning of the war and my family and I are gathering blankets, sleeping bags and first aid equipment to send to Ukraine on the initiative of our school. This is the least we can do, and I hope it is the last time it is needed.

Maximos Sortikos (S1EL) *Ed. Ioana Hárátau (S6EN)*

How to support Ukrainians and Ukraine

1. Boycotting Russian products, companies and services, because buying Russian products equals supporting Ukrainians' deaths and the destruction of their country. Check the Instagram account @boycott_russia_official, to see which brands' products you should stop buying.

2. Taking part in manifestations to show your support. Manifestations take place every Saturday in the city center of Luxembourg. More information can be found on Facebook : @ukraine.lu

3. Participating to any charity event our school organizes for Ukraine.

4. Donate to people who are helping directly, for example the Ukrainian School Arlon

IBAN: BE17 1030 3883 4121 BIC: NICABEBB

Communication: HELP Ukraine

Thank you for your support!

Ukraine will win, Ukraine defends Europe!

Test your Harry Potter skills!

You think you are a true Potterhead? Let's check with this quiz!

With this article, I would like to mark the 20th anniversary of the first Harry Potter movie where these past 20 years, delighting all magic fans.

Answers are at the end! Watch out: spoilers ahead!

1. How many Horcruxes are there?

- a) 6
- b) 7
- c) None of the above

2. Who killed Dobby?

- a) Narcissa Malfoy
- b) Barty Crouch Jr
- c) Bellatrix Lestrange

3. What is the name of the girl Hermione wanted to take the appearance of to spy on Draco in "Harry Potter and the Chamber of Secrets"?

- a) Hannah Abbot
- b) Pansy Parkinson
- c) Padma Patil

4. What is Hermione's cat named?

- a) Crookshanks
- b) Scabbers
- c) Kneazle

5. Who killed Fred Weasley?

- a) Lucius Malfoy
- b) Fenrir Greyback
- c) Augustus Rookwood

6. Who of those did not die during the Battle of Hogwarts?

- a) Parvati Patil
- b) Lavender Brown
- c) Colin Creevey

7. What part of Peter Pettigrow's body is "made of silver"?

- a) His left hand
- b) His right hand
- c) His left eye

8. Where is the entrance to the Hufflepuff common room?

- a) In the West Tower, near the astronomy room
- b) In a cupboard on the second floor
- c) In the basement, next to the kitchen

9. What is the real full name of Nearly Headless Nick?

- a) Nick de Mimsy-Porpington
- b) Sir Nicholas de Mimsy-Porpington
- c) Sir Nicolas de Mimsi-Porpington

10. Who was Harry's first crush?

- a) Hermione Granger
- b) Ginny Weasley
- c) Cho Chang

Now, check your answers and compare your results to those of your friends! You may find some new fellow Potterheads...



1.b - There are seven Horcruxes, of which four were destroyed during the Battle of Hogwarts.

2.c - Bellatrix killed Dobby in the Malfoy Manor with a dagger.

3.b - She wanted to take the appearance of Pansy Parkinson, Draco's friend.

4.a - Hermione's cat is named Crookshanks.

5.c - The Death Eater Augustus Rookwood killed Fred during the Battle of Hogwarts.

6.a - Lavender Brown and Colin Creevey died during the Battle of Hogwarts, but Parvati Patil survived.

7.b - Peter sacrificed his right hand for Voldemort's comeback, and you-know-who gave him a silver one to replace it with.

8.c - The entrance to the Hufflepuff's common room is in the basement, near the kitchen.

9.b - The real full name of Nearly Headless Nick is Sir Nicholas de Mimsy-Porpington.

10.c - Cho Chang is known for being Harry's first crush and kiss.

I sincerely hope that this brief moment of magic allowed you to forget for a few minutes the sad situation Europe is currently living through.

Inés Peyró (S2ES)

Ed. Aimée Dhonte (S4FR)

Illustration by Malvina Lilieholm

Rating popular books

Telling you which ones are worth the read and which ones are not

Over the past 2 years, a lot of Young Adult and New Adult books have gained a significant amount of popularity, more so than in previous years.

This is largely due to social media and to the fact that several reading communities have emerged on these platforms - Bookstagram, Booktok and BookTube. These communities have grown an impressive amount over the past 2 years due to the pandemic and they have begun to have a major effect on the publishing industry. The creators of these communities mainly recommend YA and NA books which are not always worth reading. In this article, I have decided to read some of these popular books and give you my opinion on whether or not they are worth reading.



Malibu Rising by Taylor Jenkins-Reid

Rating: 2/5

This book was a fan-favorite over the summer in the BookTok community. The book follows 4 siblings in the 12 hours that precede their annual summer party. This book follows several plotlines but only one of them is remotely interesting, the rest of them are not anything special. The reason I gave this book such a low rating was the writing style. For me, personally, this author's writing style is very forced and unpleasant. The characters are not well developed and the descriptions are quite lazy. Overall, this book was not worth the time it took me to read it.

Ioana Hárátu (S6EN)

Illustration by Friede Feil

The Invisible Life of Addie LaRue by V.E. Schwab

Rating: 2.5/5

This book was really popular on YouTube over the summer. It tells the story of a young girl who is seemingly traveling through history and slipping through time. This book fell flat for me. The writing was really basic and overly simple. The main idea that the book was based on, immortality and the ability to travel through history, has been done much better. The main reason I was drawn to this book was the fact that Addie, the main character, has been alive for centuries and has, therefore, witnessed several major historical moments. Unfortunately, the book doesn't touch upon those at all and the historical elements are left out completely. Overall, given the mediocre writing and the almost non-existent plot, this book is definitely not worth reading.

The Seven Husbands of Evelyn Hugo by Taylor Jenkins-Reid

Rating: 3/5

This book was incredibly popular and it was raved about for a long time. This is a sapphic love story, which is what drew my interest. It is not often that these books go viral so I was so happy when I heard about this book. Unfortunately, this book was not very good. The characters were incredibly unlikable but the love story is at times, exciting and well-written. There were several important topics that could've been addressed throughout the book but were not. The writing style was again, not particularly pleasant. There were several social issues that were left undiscussed and the writing and plotlines were incredibly two-dimensional.

Overall, none of these books were mind-blowing or, in my opinion, worth reading. However, these are only my opinions and some people may enjoy these books and these writing styles. I think that there are much better YA and NA book out there and we shouldn't limit ourselves to the books which are popular on social media.

BookTok 2020-2022

BookTok is the Tiktok subcommunity that took the Covid-19 world by storm.

During the 2020 and early 2021 lockdowns, not-as-busy people picked up a book for the first time in years. Due to the increasing restrictions in many countries, however, most were unable to browse the endless bookshop shelves. This led to a unanimous problem: picking the right book.

The young adults who were currently dominating the celebrity world through TikTok, took up the opportunity to share and advertise their favourite books online.

From picks they thought were overrated, to underrated stories and in desperate need of further telling, more and more users began to add videos to the subcommunity we now call BookTok.

On BookTok, teenagers and adults alike post videos reviewing, discussing, and processing books they have read or have yet to read. Stories range from genre to genre—some diving into darker topics such as addiction and depression, others exploring the tooth-decaying sweetness of young adult romance. No reader was left unsatisfied by the new community's posts.

This overnight phenomenon became a platform of inclusivity, as well as just fun and advertising. Books written by LGBTQ+ authors, people of colour and of all religions and backgrounds began to get the



attention they deserved and had before struggled to receive.

By 2021, publishers reached out to popular BookTokers, sending previews or advanced copies of their books to be reviewed on public accounts. In doing so, many books became extremely popular, several even rising into the New York Times Bestseller rankings.

Some popular BookTokers include: Jaysen Headley (@ezeekat), Ayman Chaudhary (@aymansbooks), Selene Velez (@moongirlreads_), Cait Jacobs (@caitsbooks), Pauline Juan (@thebooksiveloved), Mireille and Elodie Lee (@alifeofliterature) and Abby Parker (@abbysbooks).

Cailin Reiff (S3EN) *Ed. Alexia Cosmatchi (S6EN)*

Music and its effects on people

While music is usually used as a form of entertainment, it has many positive effects on your health. A beat can affect our heart rate and breathing, and even change the way we look at things; listening to 'happy' music can change our perception of a neutral expression on someones face and turn into a content one. These effects are not as shocking when we realise that music affects our auditory cortex, and our memory and emotion.

As our brain responds to external stimuli, the sound of music causes a reaction. We often choose music to evoke certain reactions, such as going to the gym and putting on energetic



music that gives motivation to work out or listening to calm and relaxing music while studying to stay focused. Music stimulates the part of the brain that produces dopamine, which is a type of neurotransmitter that your nervous system uses to send messages. It plays a role in how we feel pleasure, and affects our behaviour and mood. It is also the reason music is used in movies: to make you feel happy, angry, sad or scared, or all! Although music can be used to influence our mood, our mood can also influence the kind of music we listen to, such as listening to sad music about depression, heartbreak or loss to relate and deal with your emotions.

Music also helps with reducing stress and helps with pain relief. It may also lower blood pressure and heart rate after exercise, and lessen anxiety. By releasing dopamine, music is considered to be a natural antidepressant, and it helps regain memories and stimulate new neural connections. As an alternative to traditional therapy, music can be used to help mental health patients address issues in a different way and can be used as a creative outlet as it allows others to express their feelings by writing to music to convey certain messages. The positive responses of musical therapy are partly because music helps keep your cardiovascular system in tune. Music, whether you are listening to it or performing it, affects your heartbeat by slowing it down or speeding it up, depending on the beats of the song you are listening to or performing.

Understanding the significance and impacts of music is important as it can improve your health and mental stability. It influences us in multiple ways and we must be careful to keep it balanced to avoid negative effects such as hearing loss.

Melissa Mir (S6EN) *Ed. Ioana Háratau (S6EN)* *Illustration by Brina Gulic*

The Horror Genre and its evolution

Terrifying people through stories?

With an ever-growing reputation of scaring, startling, shocking and even repulsing the audience, the horror genre has a tendency of focusing on evoking a sense of dread through frightening images, themes, and situations.

Rumor has it, the concept of 'horror' as a literary 'genre' could well date back to Ancient Greece and Ancient Rome where the ancient, modern and anthropological conceptions of beliefs in/or related to death, demons, evil spirits and even the afterlife were explored through horror stories. As you may know, in the ancient world, superstitious beliefs were an important part of everyday life, and a serious concern for members of society. Therefore, supermundane narratives weren't as uncanny as they are now.

Undeniably, horror films have dominated the box-office for decades, but what makes the horror genre so terrifying? In most cases, the horror media consists of real-life anxieties manifested on screen/paper and tapped into the instinctual fears that reside deep inside our psyche. The first horror film is believed to be Georges Méliès's 1896 "Le Manoir du Diable" (known in English as both "The House of the Devil" or "The Haunted Castle"), an early supernatural-based work of 3 mute minutes, exploring an encounter with the Devil and various phantoms. However, this short film was intended to evoke amusement from its audience rather than fear. Nevertheless, it was classified as horror for its themes and characters. In the years that followed, horror films adapted gothic literature like Mary Shelley's "Frankenstein" (1818),

Edgar Allen Poe's poem "The Haunted Palace" (1839) and Bram Stoker's "Dracula" (1897).

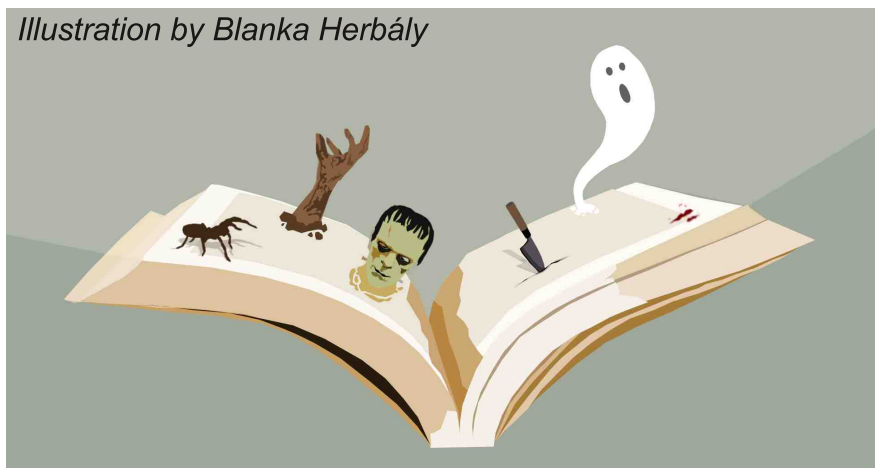
From then on, the horror genre began to ascend dramatically. Between the 1930s and 1950s, a series of horror movies with monsters as the driving force were released. And the inspiration? Social anxieties. For example, let's take "Frankenstein". Released during the height of the depression, Frankenstein's monster, abandoned by his creator, may be the embodiment of the mutilated and depressed soldiers returning from the war only to find an economy in crisis.

Furthermore, between the 1950s and 1960s, the aftermath of World War II and the Red Scare (widespread fear of a potential rise of communism or other leftist ideology by society or state) was terrifying Americans which manifested through the monsters they saw on screen.

Shortly after, motion-picture director Alfred Hitchcock changed the industry forever by releasing suspenseful films and programs which gained immense popularity and critical acclaim throughout his career. The rattle of shower curtain rings followed by a shot of a deliberate blade taking aim at a naked woman introduced the film industry to 'manipulation of perception through perspective'. In other words, Hitchcock deliberately manipulates what his audience perceives from the film from what he shows them and how he shows it to them.

In addition to becoming more gory and explicit, the horror genre explored sexuality, particularly among teenagers. This can be picked up in notorious films like

Illustration by Blanka Herbály



Carpenter's 1978 "Halloween," a virginal suburban 'good girl' whose purity would be her saving grace. The subliminal message? Sex leads to falling prey to bad things.

Although the horror genre evolved plenty throughout the years, the 80s was undoubtedly the peak of the genre. Contemporary themes like serial killers and slasher stories were introduced, blowing up the box-office. On top of this, book authors saw their work adapted to the big screen, predominantly Stephen King. The 80s was a busy decade for King as many of his novels made their debuts like one of his all time greatest, "The Shining," released on screen only 3 years after its publication on paper.

As sub-genres evolved with time, so did psychological horror which focused on what truly made a killer tick. The emerging popularity of true crime revealed the scariest monsters, the ones rooted deep in society. The popularity of psychological horror films continued into the 2000s, but parallelly to the growing trend of reality shows displayed on television, a new sub-genre emerged and changed viewer experiences.

This sub-genre is known as found footage films. For instance, "The Blair witch project" (1999) paved the way for a shift to horror minimalism; think low budget, high thrills. These low quality effects gave the audience the impression that the events playing out on screen could happen to anyone at any time. Furthermore, I'm sure you've heard of Jordan Peele's 2017 film "Get out," an oscar-winning proof that horror in both movies and real life can take many different forms. These forms could examine issues and traumas of modern day society like institutionalised racism.

The horror genre has come a long way; from terrifying people through monsters like vampires and werewolves to mass murderers to psychopathic killers. While horror has been influenced by socio-political issues of their time, the genre now provides a mass of horror sub-genres ready to crawl under your skin.

Eleonore Andre (S6EN) *Ed. Mia Tuason (S6EN)*

Mad Men does not promote toxic masculinity, rather it exposes its flaws

If toxic masculinity is a subject of the matter, the term will often be associated with and linked to the iconic fictional character Don Draper from the famous drama series "Mad Men". In an old world where white men are dominant, the charismatic and "charming" Don flourishes in a lifestyle of consistent alcohol and tobacco consumption, being the best there is in his profession, advertising, and is successful in getting in the pants of practically any lady he sets his eyes on. You might just be able to compare the similarities of this character with that of the earlier James Bond figures, portrayed by the likes of Sean Connery and Roger Moore. Surprise surprise, they are both figures men tend to have fantasies about being.

The successful, charming, witty and testosterone charged powerful ideal macho male. Girls want him and boys want to be him. Mad Men will in various ways show how this way of life can lead to happiness and quick gratification, but usually only in the short term, which is why many short-sighted people tend to analyze this show incorrectly. Because, what it also so desperately tries to convey to you, is that this lifestyle is in fact unsustainable and immoral, that you will not be able to maintain it because your sins will always turn around to bite back at you.

In accordance with the show itself, Mad Men was a term coined in the 1950's to describe advertisers working on Madison Avenue, Mad being short for, you guessed it, Madison. It depicts post-war America, focusing a great deal on highlighting the gender, sexual and racial inequalities and issues that plagued the country then and still today. Basically, anyone not a straight white male was suppressed in some form or another.

As the series progresses throughout time however, you see various characters once thought unfit and unqualified for a certain position in the firm, simply due to the color of their skin or sex, being promoted up to them, as the generation of baby boomers spark the counterculture movement.

Set in the time period starting in early 1960 to late 1970, the show includes reactions and responses to major events that happened in the West, such as the Cuban missile crisis,

the presidential elections and the assassinations of JFK, RFK, MLK and Malcom X (a lot of shooting happened in the 60s). It is considered one of the greatest television shows of all time and I myself loved the fun characters as much as how fascinating I found the historical timeline of the show.

Donald Draper is a very complex and mysterious character, something I concluded myself as I was getting interested in psychology, reading about it both in school and in my spare time, realizing that he makes a great case for psychoanalysis. He has survived childhood trauma, being an illegitimate child of a prostitute who died in childbirth and growing up on a brothel in Pennsylvania, experiencing regular abuse and the constant atmosphere of alcohol and sex surrounding him. When the show starts off, it portrays Don as a man who has it all: a beautiful wife, a well-paid job with a big house and car along with two



Illustration by Friede Feil

adorable children. But as soon as it kicks off, his flaws also reveal themselves, as we (or at least some of us) realize that he is merely a desperate alcoholic, womanizer, adulterer and liar.

A child in a man's body attempting to escape his responsibilities and deep-rooted pain through the overconsumption of quick unsustainable gratifications. His arrogance and distant facade are mistaken by many for genuine confidence. His toxic and shortsighted way of handling problems within the firm and his personal life are all seen as toughness and bravery, when in fact they are all symptoms of an emotionally damaged man who truly needs to seek therapeutical help. Growing up with no one to care for him, he was unable to voice his hardships meaning he forced himself to suppress and block out these negative emotions. As an adult, to prevent his experience of painful emotions, he drinks and womanizes, indulging himself in the pleasurable sides of life.

He uses sex as a substitute for emotional comfort, even questioning in one episode why the belief is that sex is the definition of being close to one another, his physical needs are fulfilled by sleeping with many, but always ensures that there is an emotional distance between them, in order to feel safe and protected. It might appear to himself and the viewer that he is doing whatever he pleases, when in reality he is subconsciously engaging in comfort mechanisms to downplay life's issues.



So, what can I conclude, that contrary to popular belief, *Mad Men* does not promote toxic masculinity or hyper masculinity as an ideal lifestyle, but rather depicts just how fragile it is and what consequences can come with that sort of behavior. It disappoints me a lot today when I see popular speakers such as Jordan Peterson on the rise, because even if there are some points, I can agree with him on, he is an easily misanalysed figure and gets used as a justification for rudeness, arrogance and other toxic behavioral patterns found today.

Humans, especially boys, need to learn to independently consider ideas and critically evaluate themselves, whether they agree with them or not. You should be assertive, but also compassionate and considerate of others. You can be charming and romantic, but you must respect people's boundaries.

And you most certainly should indulge yourself in life's pleasures, but you should not over-consume or use it as a coping mechanism for suppressed suffering. If you can take

away one thing from this article, I think that it is vital for everyone to know it is alright to be vulnerable, that it is completely fine to want, need and seek help.

That you should not necessarily follow the popular flow just because of its reputation of "working", but rather challenge it and seek your own values within.

Do not be like Don Draper, besides, if you like committing adultery, disrespecting others and lying to get out of any situation regardless of the severity, are you that much of a man left? You need to be who you want to be.

Steven Lee (S7DA)

Les Mortires

Je suis un Mortires, un tyranid pour être plus précis. Je ne suis pour l'instant qu'un éclaireur mais j'espère un jour devenir le chef de la meute. Pour l'instant, le chef est marcadios une créature volante portant une carapace à toutes épreuves qui est le membre le plus puissant de la meute. La meute se constitue d'éclaireurs, de gargouille, de garde tyranid sans oublier un chef.

Le chef de la meute devient automatiquement une puissante créature volante. Nous muons au fur et à mesure que nous grimpons dans la hiérarchie.

Nous sommes en guerre contre deux autres meutes et les plus hauts gradés se réunissent pour trouver une stratégie adaptée. Notre base était fortifiée par des hautes murailles en fer. Nous devons rester sur nos gardes et je me portais volontaire pour être de guet. J'étais la seule sentinelle surveillant de ce côté du camp.

Soudain, j'entendis un petit bruit, un craquement de branche ou un pas dans les broussailles. L'oreille tendue, je scrutais à proximité du bruit et, entendant un petit cliquetis, je me baissai précipitamment. Je reconnaissais ce bruit, c'était le son d'une gâchette. La balle fusa au-dessus de ma tête et je descendis d'un étage pour regarder par une meurtrière.

J'aperçus qui avait tiré : l'ombre portait une armure bleu marine alors que nous étions recouverts par une armure spéciale rouge et noire. C'était un ennemi. Il y en a certainement plus, me dis-je. Je regardais aux alentours et repérais quatre autres éclaireurs et tireurs. Pas le temps de prévenir les autres unités, ils auraient le temps de passer et nous serions débordés. Il vaut mieux engager le combat en espérant que d'autres unités l'entendent.

Devant cette urgence, je dus prendre l'initiative, je décidais d'attendre un peu d'être sûr de l'emplacement des ennemis avant de m'y mettre. Une fois leur emplacement détecté, je décidais de me cacher derrière les arbres pour m'approcher d'eux. Ayant une longue griffe recourbée et longue comme une épée dans chaque main, je me décidais que c'était la meilleure chose à faire et je me préparai à y aller.

Je fis attention à faire le moins de bruit possible pour ne pas être localisé. Sautant d'arbre en arbre je m'approchais sans difficulté d'eux. C'est maintenant que ça allait être difficile... Je sautais à la gorge du premier sans crier gare et lui coupais les



cordes vocales pour qu'il se taise à jamais. Je fis de même avec le deuxième, qui eut malheureusement le temps de crier avant de mourir et les trois éclaireurs restants se réunirent.

J'évaluais la situation et me décidais à faire le plus de dégâts possibles. Je sautais à la tête des deux les plus proches et la leur coupa. Malheureusement, le troisième fût plus rapide et me toucha à l'estomac avec son couteau. Je n'avais plus aucune chance. Je me résignai à mourir quand mon assaillant s'écroulât. Je jetai un coup d'œil vers la forteresse où se tenait une sentinelle un pistolet fumant dans la main. Exténué je me trainai dans ma tente et m'endormi.

Je fus tiré de mon sommeil par un soldat qui me dit mot pour mot : "Réveillez-vous, vous êtes convoqué chez le chef." Sur le chemin, je me demandais ce qu'il pouvait bien me vouloir.

- Bonjour chef, pardonnez la maladresse de ma question, mais qu'est-ce qu'un éclaireur comme moi peut-il faire pour vous ?
- C'est toi qui as défendu notre camp au péril de ta vie ?
- Oui, répondis-je non sans une certaine fierté. Le chef suprême avait entendu parler de moi !
- Raconte-moi ce qu'il s'est passé en détails.

Après avoir entendu toute l'histoire et après un court silence, il me dit :

- Montre-moi ta blessure.
- Je lui montrais et il me dit de ne pas bouger.
- Bon, me dit-il, je vais refermer ta blessure.

Après quelques minutes, il me dit d'aller au lit.

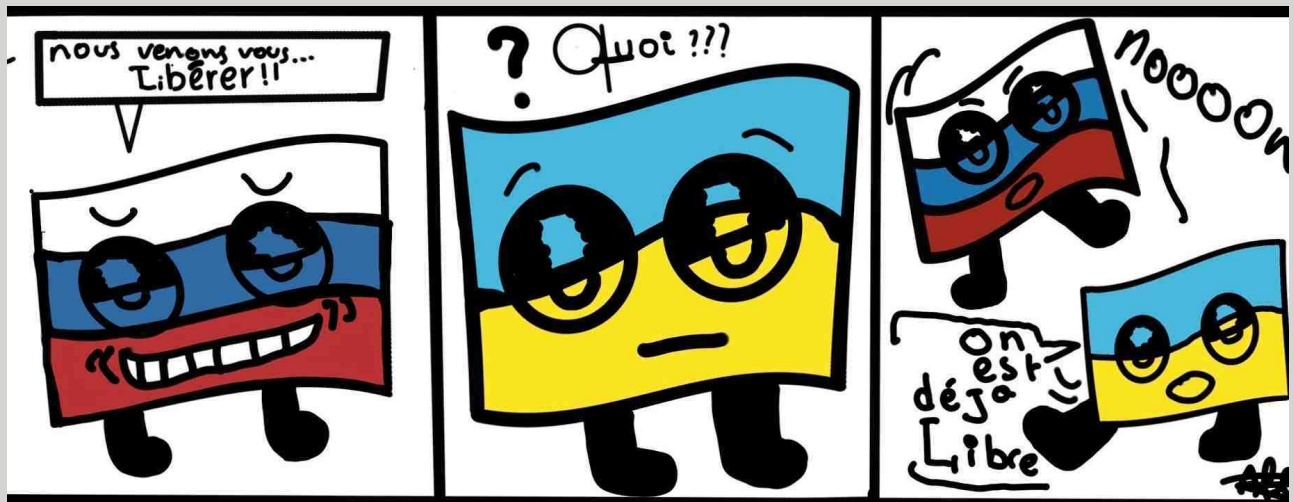
- Tu dois te reposer, me dit-il, tu as besoin de repos.
- Oui chef.
- Et ...
- Mmh ?
- Non, oublie, va te coucher.

Je me connaissais, je savais bien que sa phrase inachevée allait me trotter dans la tête.

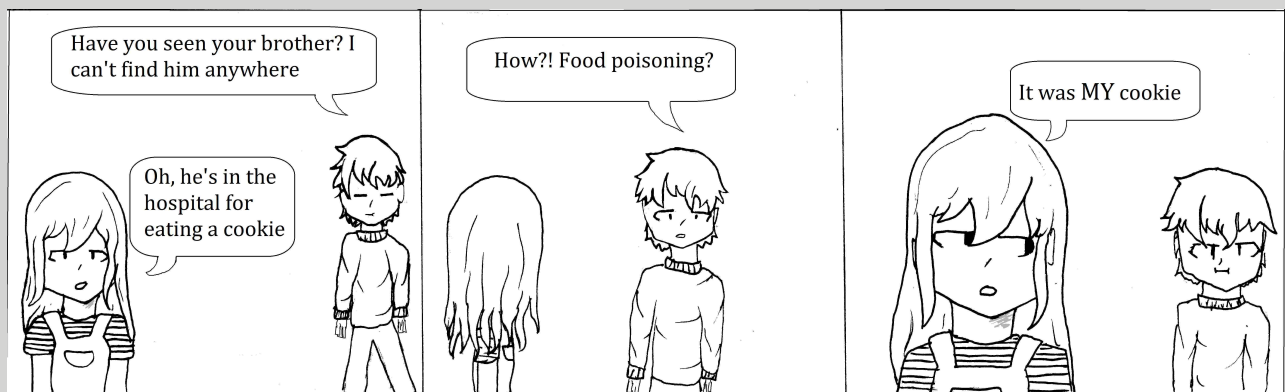
J'allais me recoucher quand je vis une ombre furtive passer entre les tentes. Je m'approchais doucement et je vis une ombre se glisser hors du camp. Je la suivis à travers les branches en sautant par-dessus les cadavres et les racines des arbres tout en me méfiant de ce qui pouvait surgir de derrière les arbres... Je sentis un regard sur ma nuque et me retournais précipitamment, mais ne voyant personne, je continuais la poursuite.

Quand je finis par rattraper le fuyard, lui sautant dessus et, en voyant son visage, ma surprise n'était pas feinte en constatant que c'était un des gardes du chef. Soudain, un bruit se fit entendre derrière moi et je me retournais en sursaut. C'était le chef qui applaudissait. Il me dit que j'avais réussi l'épreuve et que je méritais de le succéder plus tard.

Pleurant de joie, je rentrais dans ma tente.



Alexandru Zeicu



Dana Hlaváčová

Dad Jokes **We're sorry...**

Why do seagulls fly over the ocean?
Because if they flew over the bay,
we'd call them bagels.

I only know 25 letters of the alphabet.
I don't know y.

What did Baby Corn say to Mama Corn?
Where's Pop Corn?

I don't trust those trees. They seem
kind of shady.

My wife is really mad at the fact that
I have no sense of direction. So I
packed up my stuff and right!

I don't trust stairs. They're always up
to something.

We'll maybe pay for therapy

Aimée Dhonte (S4FR)

Fake News

What have Adam Sandler and Hillary Clinton got in common?

Did you hear that Adam Sandler died in a car accident? Or maybe you heard the stories about Hillary Clinton being involved in child trafficking? If so, then you have been a victim of fake news!

Misinformation is defined as false or misleading information that is not intended to cause harm. Disinformation is misinformation spread with the intent to cause harm. Mal-information is factual but is meant to cause harm e.g., revenge porn. Misinformation and disinformation fall under the umbrella of fake news.

Fake news has the power to influence elections and polarize people. When individuals of different political viewpoints are unable to agree on objective facts, there is no room for healthy debate or understanding. The best example is the U.S. political climate where Republicans and Democrats inhabit different realities. Fake news can sometimes be even more sinister. For example, Russian state media is presenting the brutal and illegal invasion of Ukraine as a “peacekeeping mission” to prevent genocide against Russian speaking communities, even though there is zero objective evidence to back up these claims. Very often, medical misinformation can cause people to delay or entirely neglect important medical treatment. For, instance, people choosing unproven alternative medicine over conventional cancer treatment. More recently, there have been widely spread views that Covid-19 was a hoax and that vaccines were unsafe.

There are many political and financial motivations for fake news that are often quite sinister as well. Facebook is the biggest social media platform, with 2.9 billion active monthly users. It is considered to be the biggest conduit for fake news spreaders compared to other social media platforms. 37 % of Europeans



see fake news every day, and over two thirds see it once a week. One of the main reasons is because Facebook has a dedicated news feed section, disseminating articles or TV news style videos, which can easily be used to spread misinformation.

Although they can be used to some extent for fake news, platforms such as Tik Tok or Instagram aren't generally used as news sources, and therefore are less useful to misinformation spreaders. Recent research has shown that people are willing to share articles even if they do not strongly believe them to be true. Interestingly, this means that interactions with fake news articles do not necessarily indicate a high level of belief.

On Facebook, the average fake news article gets 3199 interactions i.e., shares, likes, comments. During the 2020 U.S. election, legitimate news received six times less engagement than fake news. As those who engage with fake news spend a lot of time on their platforms, social media companies are likely to ignore the problem.

The more time users spend on the platform the more advertising and data revenue the company earns. Most of the

time, articles that have been found to be false by Facebook's third-party fact checkers will not be removed from the platform but will simply be marked with a warning. If an article is shared with a user before it has been labeled as untrue, they won't be able to see the warning.

Facebook and other social media platforms are not doing nearly enough to address the problem of fake news. For example, 90 % of Facebook's user base lives outside the United States and Canada, however, only 13% of their time is spent moderating content from outside the United States. The Facebook algorithm supports 110 languages, and 30 other languages are not officially supported. However, Facebook's moderators only operate in 50 languages. These facts speak for themselves.

Misinformation is not a Facebook-only problem. False information is also spread on other platforms such as TikTok and Instagram. The bizarre "Pizzagate" conspiracy theory, claiming that Hillary Clinton and other prominent Democrats were running a child trafficking ring from the basement of a pizza restaurant in Washington D.C., was widely spread on TikTok. This is why it's important for our generation to think critically about what we see online. Schools too should support this by helping students develop media literacy skills.

A balance between fighting fake news and press freedom can be hard to find. In many countries such as North Korea, Eritrea, China, Iran and Syria, it is illegal to criticize the government, and the only authorized media is forced to present government propaganda and lies as news. To preserve the press freedom that we enjoy in functioning democracies, we need to hold those who mislead and manipulate people for profit accountable. If traditional media (newspapers, radio, TV news) is caught spreading lies, they can be sued and punished for doing so. The same should apply to online media and the platforms promoting it. Platforms cannot continue to claim that "they're just a platform" while they are the ones making millions from the advertising and data revenue fake news creates.

Cliona Hickey (S4EN) Ed. Maeve Bouchez (S4FR) Illustration by Laura Fioretti

The Wrong Idea of Feminism

Why it is often viewed as negative

Have you ever wondered why boys roll their eyes when a girl speaks her opinion with a feminist approach to it? Or why feminist politicians are usually the most criticized whenever speaking up during events? While feminism is a very popular and important subject, there is a side to it that nobody addresses, which is the concept of why feminism is often viewed as something negative or discriminating. Even though I'm sure many people know what I'm talking about, I find it important to address the issue as I realise it is widely overlooked. But first, let's start with the basics.

What does feminism really mean? Everyone is familiar with the word, yet many people don't know the actual meaning behind it or even chose to ignore it. On the contrary to what one might believe, the start of feminism is quite old and takes us back to the mid-1800s. At the time, women's place in society wasn't even close to what it is today and has evolved a lot since then (thankfully). Back then, what is known to be called feminism started with women wanting to get the same opportunities as men, such as the right to vote or being able to work in the same field as them.

Although these are still important issues discussed today, feminism had the chance to evolve into something much more complex and detailed all throughout the 20th century. Nuances have been added to the term while still staying true to its original meaning. For instance, the basic definition of feminism is that women should be treated equally to men, but that doesn't do the whole feminist movement justice; the concept of feminism includes things like fighting a constant battle against all microaggressions directed

towards women that have been putting them down for so many years.

Although feminism is a much more widely accepted concept today, a lot of people view it as something negative and discriminating. It seems to be an issue that doesn't get a lot of attention, yet it exists almost everywhere. The reason for the hate it gets, in my opinion, because the feminist movement is something that has been created and mainly fought for by women, which is why it is easy for everyone else to mistake it as something completely against men.

So, not only is the whole concept misunderstood, but this reaction causes a lot of men not to want to take part of the movement - which is ironic, because the whole reason for why it started was because of them in the first place.

But what is a more specific reason for the issue? It is a subtle yet important one - when speaking about feminism, people sometimes unintentionally take quite a radical approach to it which, I have noticed, is what puts people off the most from learning about the movement.

Because, sadly, whenever projecting your feminist opinions, it isn't enough to just express them the way you want to. The key is to find a way to do it that makes people truly want to listen to you. This may be in different ways, but the most important part of it is to not "ambush" people with feminist principles - as I have realised that it is the main reason why people view feminist people in negative ways.

Having said that, I can't deny the fact that some people, specifically women, do happen to have very extreme points of view regarding feminism. These people - sometimes referred to as "feminazis" - are in favour of being completely anti-men, which, not only does it defeat the whole purpose of feminism, but it also gives non-feminists the wrong idea of it. Although this isn't talked about very much, it is still an ongoing issue in our society.

To summarise, one of the many problems in our society is that a lot of people are still against the idea of feminism, purely because they have the wrong idea of it - which is very unfortunate.

Because feminism is such a prominent topic in our lives, that makes it very easy to mistake it as some sort of anti-men movement, when it is and has always been the complete opposite.



Illustration by Vasileios Viannis

Feminism's most basic meaning (that everyone is familiar with) is of women fighting to being treated equally to men - but, as I said earlier, the concept has evolved over the years into something much stronger than that: a big part of it - that is often ignored - is simply about empowering women and allowing them to express themselves in a society that wouldn't let them and has maltreated them for so long. So, before wasting time on criticising feminism, it is important to keep in mind that it doesn't discriminate anyone - its entire purpose is to uplift and empower the ones who have been put down by society for so long.

How to Fall Asleep Easier

Tips to make your sleeping schedule better and healthier

A good night's sleep is very important, especially for students: they have to wake up quite early every morning and often don't meet their required amount of sleep, which is 8-10 hours for people between the ages 13-18. Not getting enough sleep can have different consequences, such as a higher risk of poor mental health, obesity, injuries, behaviour and attention problems. Your performance in school can also be badly influenced by lack of sleep. So here are some useful tips and tricks you can try to improve your sleeping routine.

Lower the temperature in your room

It is important to have a cool temperature in your room at night, as your body temperature changes when you sleep. If your room is too warm, sleep might not come as easily. Try out what temperature works best for you. Also, taking a hot bath or shower before going to bed could improve your sleep, because when your body cools down, it signals to the brain to become tired.

Stick to a regular sleeping schedule

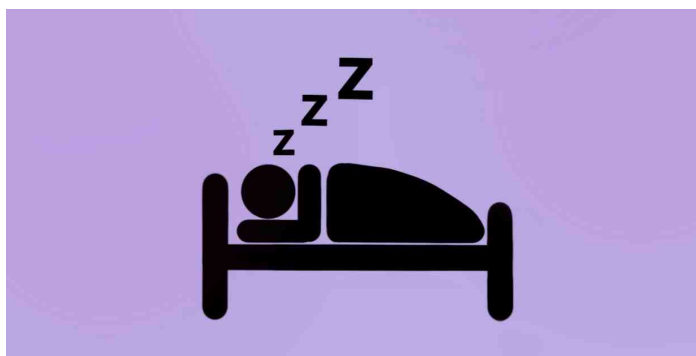
Setting a sleep schedule could prove to be beneficial. Your body has its own internal clock, which signals it to feel alert during the day and tired during the night. If you have a regular schedule, it will be easier to fall asleep and wake up around the same time every day. Remember to give your body at least 30-45 minutes to wind down before getting into bed. This allows your body and mind to relax and prepare for sleep.

Exercise during the day

Physical activity is considered beneficial for a healthy night's sleep. Exercise can increase the duration and the quality of sleep, as it boosts the production of serotonin in the brain and can reduce stress. But don't overdo it: excessive training can be linked to poor sleep. In general, it is better to exercise in the mornings rather than later in the day.

Turn off electronic devices

Using your electronics late at night can be horrible for your sleep. It can make it harder for you to fall and stay asleep, since phones and tablets emit blue light which suppresses melatonin (sleep hormone). Electronic devices also keep your mind active and awake, so try to disconnect them an hour before bed. Instead, try reading or writing.



Limit caffeine

Caffeine is mostly used to fight fatigue and stimulate alertness. It can be found in foods and beverages, such as chocolate, coffee, energy drinks and sodas and can have horrible effects on both sleep duration and quality. It is recommended to stop consuming caffeine at least 6 hours before going to sleep. A better alternative is to drink a soothing beverage, such as chamomile tea, which promotes sleep and relaxation.

Visualise things that make you happy

It is much easier to fall asleep whilst thinking of something that makes you happy and calm, rather than something that stresses you. In fact, this has been shown by multiple studies. So, instead of worrying about your maths test, try to visualise a place you feel calm and relaxed in. You could also try some breathing exercises that help calm your mind.

Try sleep-enhancing supplements

If you've tried all these tips and still can't seem to fall asleep, you can always look into using supplements that can help you fall asleep, as they either boost the production of sleep-promoting hormones or calm your brain activity. Some examples are magnesium, melatonin and 5-HTP. However, if it gets too bad, try talking to a doctor about your sleeping problems, as they only can give you the professional help you need.

Fast Fashion

There is one sector of fashion that is extremely popular amongst young people and that is fast fashion. Fast fashion means that the rate of production, the delivery, the time worn, and the changes of clothes are all fast. And not only fast, but cheap. So cheap, that young people (who do not make a ton of money) often choose to buy fast fashion instead of slow fashion. And the fact that a lot of people buy fast fashion is bad, not only for humans, but also for the earth.

The price of the clothes may be very cheap, but with that comes a heavy environmental price. Each year fast fashion requires a large amount of water. That amount is enough to hydrate five million people and is to blame for 20% of the "industrial water pollution". The sector is also responsible for 10% of the carbon emissions in the world, and that percentage is only increasing. An extensive amount of carbon emissions leads to global warming, which leads to climate change.

Besides that, this clothing industry also causes a lot of textile waste. The number of fabrics produced per person has increased by 7.1 kg from 1975 to 2018. But why is there so much waste of textiles? When it comes to cheap clothing, the quality is not always great.

"Fashion shouldn't cost the earth."

This makes the piece of clothing only wearable for a few weeks, which makes people tend to throw it away and go directly online in search of a new item to buy. Then what happens to the clothing that is thrown away? It gets burnt or goes to a landfill site (a site for the disposal of garbage).

Those landfill sites produce leachate, which is a toxic liquid that can threaten both surface and ground water, contaminating water supplies and the local environment. If there are a bunch of those landfill sites, people in those areas might not have water and the environment there is threatened, which makes fast fashion a big problem for people and for earth.

Some brands have come up with campaigns or ways to make their clothing more sustainable for the earth. To help the earth a bit, you could check out a few brands, such as: Patagonia, Levi's, Ninety percent or Zara (who is becoming more sustainable with their campaign "join life").

Josephine Brassey (S3NL)

Ed. Alexia Cosmatchi (S6EN)

Illustration by Zerena Dutta-Nielsen



Third Gender In History

The history of non-binary

The term "non-binary" is probably familiar to most of us, we may even know people who do not fit into the binary categories of male and female. They are agender, genderfluid, demiboy, demigirl, or simply non-binary. They/them or neopronouns are common pronouns for non-binary people.

People who are hostile to the LGBTQ+ community, particularly to genderqueer people, have denied these gender identities, claiming that they are unnatural or just a phase. Many people who haven't done their research on this subject rationalize their ignorance by claiming that it's a new concept.

They have no idea that a third gender, or genders that are not defined by the gender binary, have been existing since antiquity. The Hijras, Mahu and Nadleeh genders, as well as the Fa'afafines and Sekratas, are examples of this. People of the third gender, known as Hijra in ancient Mesopotamia, were accepted and even worshipped as priests of the gods. From Hijra priests to eunuchs and virgins in the temple of Artemis, holiness has transcended gender in various cultures throughout history.

Polynesian culture includes a third-gender called Mahu, who does not identify as a man or a woman. Because they are believed to have the souls of both a male and a female, they are more genderfluid than non-binary. They were the keepers of history, traditions and folklore in Hawaii and Tahiti, and they were highly respected members of society. Because of their uniqueness and understanding of the world, they were teachers, healers, artists and preachers. The Mahu people continue to play an important role in Hawaiian queer culture today.

He Nadleeh was a third gender recognized by the Navajo (Native Americans of the Southwest United States). This term refers to transgender people who have



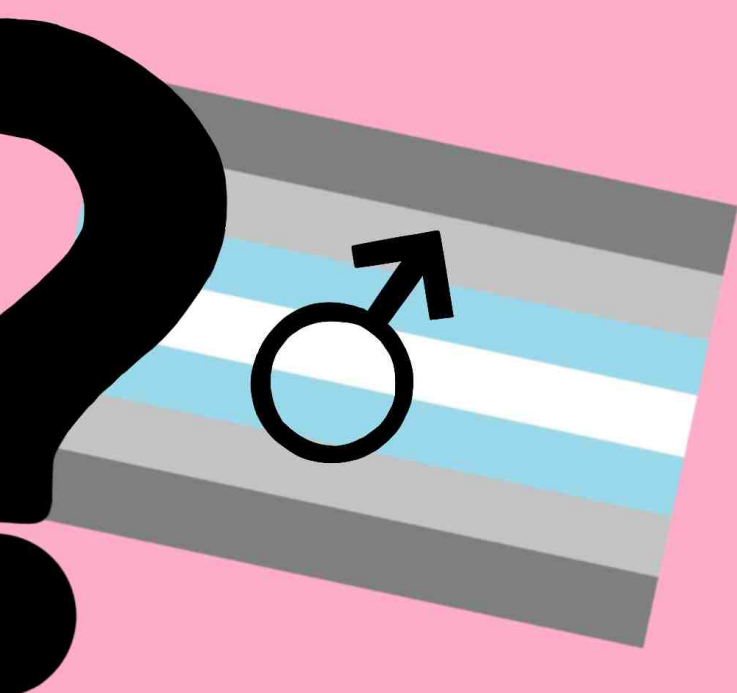
transitioned from one gender to another (people who have transitioned from male to female, female to male, gender-fluid people and, of course, those whose gender presentation falls "outside" of society's gender identity norms). They were well respected tribal members who served a spiritual purpose in the tribe.

In Samoan culture, Fa'afafines are people born

Non-binary people and the third gender

...identify as male or female. These individuals fall under the non-binary umbrella, whether they ... are commonly used by these people to indicate that they do not belong in the "girl" or "boy"

Illustration by Emma Balogh



...into male bodies but who identify as female, similar to trans women. They are completely accepted in their homeland and play an important role in Samoan culture.

The Saklava have long recognized a third gender known as the Sekrata. These are males who were raised to be feminine and act in the manner of a "woman". They are either thought to be Sekrata or fully looked at as a woman.

Sexual preference is irrelevant for Saklava people, and raising a child in this third gender is completely natural. These are just a few examples of cultures that have accepted the concept of a third gender. There are numerous others.

So, if it was such a popular thing, why don't we hear about it more frequently? When Western societies, arrived in Hawaii, America, India and other places, they usually forced these people to abandon their beliefs and religion. They put them in institutions to teach them about their culture, and they usually tried to persuade them to change their minds about their beliefs. This was still a time when Christianity was the "holy religion" and there was no such thing as religious freedom. However, because it was said in Western religions that God created two genders, man and woman, the idea of a third gender did not appeal to the travelers, and they tried to erase this idea.

Now that being genderqueer is more socially acceptable, these priceless relics of ancient cultures are being rediscovered, and many people in Western societies have begun to accept the concept of a gender other than what's in the gender-binary. There are still transphobes and people who are hostile to genderqueer people, but with the LGBTQ+ community's allies, there is less and less gender discrimination.

Száva Gereben (S3FR)

Ed. Inés Peyró (S2ES)

Kernfusion

Die Energie der Zukunft ?

Wäre es nicht super, wenn wir eine unerschöpfliche, grüne Energiequelle hätten, eine, die all unsere Energieprobleme mit einem Schlag lösen würde? Kernfusion würde dies können - wenn sie schon funktionieren würde.

Doch was ist Kernfusion? Seit Milliarden von Jahren leuchtet unsere Sonne - weil in ihrem Inneren die Kernfusion stattfindet. Man sieht es ihr zwar nicht an, aber die Masse der Sonne wird kleiner. Jede Sekunde verschmelzen in ihrem Inneren etwa 600 Millionen Tonnen Wasserstoff zu 596 Millionen Tonnen Helium.

Dieser Vorgang läuft seit etwa 4,6 Milliarden Jahren ab. Jene Massendifferenz von 4 Millionen Tonnen pro Sekunde sorgt dafür, dass unsere Sonne leuchtet, denn sie wird als Energie freigesetzt. Die Grundlage dafür bildet Einsteins berühmte Formel $E = mc^2$, welche die Äquivalenz von Energie und Masse beschreibt. Die Massendifferenz wird also in Energie umgewandelt.

Kernfusion ist also die ultimative Energiequelle in unserem Sonnensystem, die das Leben auf der Erde überhaupt erst möglich macht.

Nachdem Wissenschaftler in den 1920er Jahren diesen Prozess verstanden hatten, wurde schnell klar: Wenn es uns gelänge, Kernfusion auf der Erde durchzuführen, stünde uns eine praktisch unendliche Energiequelle zur Verfügung. Schätzungen zufolge würde ein Gramm Brennstoff in einem hypothetischen Kernfusionsreaktor so viel Energie erzeugen wie die Verbrennungswärme von elf Tonnen Kohle.

Nun stellt sich natürlich die Frage, wenn es wirklich funktioniert, warum haben wir dann noch keine Kernfusionsreaktoren?

Im Inneren der Sonne herrschen Temperaturen von 15 Millionen Grad Celsius und ein Druck von 200 Milliarden Atmosphären. Damit Kernfusion funktioniert, müssten wir diese extremen Bedingungen auf der Erde nachstellen. Dies liegt daran, dass beide Atomkerne positiv geladen sind und sich deswegen abstoßen.



Illustration by Emily Miklas

Auch hat die Kernfusion viele Vorteile gegenüber anderen Energiequellen. Erstens, wie bereits gesagt, kann man mit sehr wenig Brennstoff, sehr viel Energie erzeugen.

Zudem sind Kettenreaktionen nicht möglich, weswegen im Fall eines Unfalls die Reaktion einfach abbricht und nicht, wie bei Atomkraftwerken, potenziell in einer Katastrophe endet.

Des Weiteren sind die Edukte in den Ozeanen in praktisch unbegrenzter Menge vorhanden und müssen nicht erst aufwändig abgebaut werden.

Ein weiterer Vorteil ist, dass als Endprodukt ausschließlich Helium entsteht, ein Edelgas, das nicht radioaktiv ist, weswegen sich die Frage nach dem Endlager nicht stellt. Es entsteht kein Gramm CO_2 oder andere Schadstoffe. Kernfusion ist also eine wirklich grüne Energie.

Doch obwohl wir es schon geschafft haben Wasserstoffkerne zu verschmelzen, ist es uns noch nicht gelungen mehr Energie aus dem Reaktor herauszuholen, als reingesteckt wurde. Ein funktionierendes und zuverlässiges Fusionskraftwerk liegt deshalb noch weit in der Ferne. Es dürfte noch bis in die zweite Hälfte dieses Jahrhunderts dauern, bis die ersten fertiggestellt sein werden.

Marc Küster (S7DE)

Ed. Melinda Koch (S5DE)

Moving to Luxembourg

It's fascinating how one's life could change in the blink of an eye. Growing up in the Philippines, I never would have expected to leave the country, let alone move to Europe.

Back in 2018, my family had the unexpected opportunity to move to Luxembourg. As a 13-year-old, moving to the other side of the world was both exciting and daunting. For years, I'd lived in this little protective bubble, and then, suddenly, everything changed. Moving meant stepping out of my comfort zone, like writing this article. It also meant having a new house, new school, and new routines. Of course, leaving my family, friends, and my old life was quite emotional and difficult, but I was eager to gain a different perspective of the world.

Coming to Luxembourg, there were a few shocks that got me asking, "Why isn't tap water free in restaurants?" or "Why is the weather like this?" I come from a tropical country where the temperatures are high all year round and I was excited to finally experience a temperate climate with 4 seasons. Although adjusting to a new climate took some time, these changes were all part of the experience of moving to a new place.

I was in S3 when I first started school in Luxembourg. Coming from an all-girls school, this school was a big change for me. My previous school required all students to wear uniforms while this one doesn't. The dramatic change in school systems was something that took some time to adapt to. On the first day of school, I instantly made some friends. Despite missing my life back in the Philippines and occasionally feeling homesick, I was eager to experience new things and learn about other countries' cultures.

Illustration by Brina Gulic

I also had to adapt to the languages. It was a surprise when I found out that foreign languages are important in the school system. Back then, I only spoke my mother tongue, Tagalog, and English. I struggled at first since I had no prior knowledge of neither French nor German. Most of my classmates spoke their second language quite well, which meant that I had a lot to catch up on.

For about a year, I had to go to a language tutor to learn the basics of French and German and to keep up with the class. My teachers in school helped me a lot as well. Towards the end of S3, I could already, more or less, participate in class and understand most things. I felt a sense of accomplishment knowing that I learned to speak other languages besides my mother tongue and English.

Although I am currently living in a diverse and international country, my Filipino traditions remain unchanged. At home, I speak Tagalog with my family, and I eat Filipino food pretty much all the time. I keep in touch with my relatives and friends in the Philippines, because they are a huge part of my life. Moving to a new country is undoubtedly a life-changing experience that can help you grow and widen your horizons. Yet, sometimes, I can't help but wonder which country I consider as "home": the Philippines, where I spent my entire childhood, or Luxembourg? I consider both as "home." My life in the Philippines will always be a huge part of my life, but the same goes for Luxembourg, and wherever I'll be in the future.

Mia Tuason (S6EN) Ed. Ioana Hárátu (S6EN)

When Love Meets Hatred

A dive into literature and cinema

Friendship is one of the strongest bonds that can link people, just like hatred, especially when it was fuelled for a long time. In some literary and cinematographic works, hatred and friendship are separated by a fine line that can easily be broken and therefore allow friendship to emerge from a hate relationship or vice versa. The reason why this subject was so often depicted is that it nourishes art by the tension that surrounds it and the fact that it is very much universal.

Firstly, some friendships can be based on a love-hate relationship. These are usually toxic relationships that end up badly and lead to hatred and deterioration. Indeed, there usually is a battle of will between two persons in this type of relationship where, most of the time, one is dominating the other. Most of the time, one person is dominating the other. This situation is depicted in many different works like in the novel *Cat's Eye* by Margaret Atwood or in the movie *Thirteen* directed by Catherine Hardwicke. *Cat's Eye* explores the consequences of a toxic friendship. The novel tells the story of Elaine who was bullied in her early adolescence by Cordelia, a 'friend' of her. Years later, the two girls meet again and we can see and understand how deeply Elaine is hurt and how this past-relationship affected her behaviour. *Thirteen* tells the story of a thirteen-year-old girl, Tracy, who becomes friends with Evie, the most popular girl in her school. Evie introduces her to her world made of hard drugs, sexy outfits, piercings and tattoos. But this lifestyle leads the two girls into a vicious cycle that slowly destroys them. At the end of the film, the close friendship between the two girls falls apart; the only remaining bond is hate.

These two stories occur during a 'coming of age' time, a period when many people must deal with their insecurities, vulnerabilities, and traumas. This can lead them to either reassure themselves by bullying or trying to control people around them or to let themselves be dominated by others.

Illustration by Riona Rushe



However, teenage is a time of change. Therefore, if the people in the relationship are willing to correct their toxic behaviours, the hate toxic relationship can become a healthy loving one.

This can for example be witnessed in *The Interlopers* by Saki. This short story describes the end of a feud that was fuelled for centuries between two families, the Gadwitz and the Znaeym. Two men from these families meet in a forest that is the source of the conflict. There, in a situation of distress, they decide to end the feud and become friends. In this situation, it is the fact that the men are facing real dangers that make them realise the absurdity of their hatred towards one another. Indeed, it was not based on a real conflict between two persons but between what they represented for the other. Reconciliation is possible, especially when a conflict is not based on rational reasons. It can be argued that this friendship was born only

because of the dramatic and extreme situation in which the characters of the story were. Sometimes, these situations reveal the absurdity of the conflicts, and it can be hard to get out of enmity without them. Indeed, whilst staying in our comfort zone, we are usually neither able, nor willing to understand the other's point of view; we stay in conflictual relationships that could become friendships with a bit more empathy and a bit less ego.

In conclusion, there is a fine line between friendship and enmity that can be crossed both ways. These relationships depend a lot on circumstances and the nature of the people involved. Indeed, as the relationship evolves, the true personalities of the persons emerge and can transform the relationship either positively or negatively.

Raphaëlle Lallemand (S7FR)
Ed. Léa Neumeister (S6FR)

April 2022 Horoscope



Aries: This month you might want to raise money for a foreign party, or you might donate money to someone far away. It's possible that somebody will give you money.



Taurus: You will enjoy socializing with others, because you have lots of energy this month. Likewise, you will attract people, especially those that you're not very close with at the moment.



Gemini: You're excited to show the world what you can do this month. People will listen to your clever, innovative ideas, which are bubbling forth from your mind today.



Cancer: It's a playful month. Enjoy sports events, socializing with others, romantic dates and playful times with children. Slip away on a vacation. Have fun.



Leo: You have ambitious ideas about making changes at home – changes for the better. An unusual idea might come from one of your friends.



Virgo: You are bubbling with enthusiasm this month, which is why you will love talking with others, meeting new faces and sharing news with everyone. Something unusual on the home front makes you excited.



Libra: It's easy to think outside of the box this month, which is why you're full of clever ideas. Meanwhile, you're prepared to spend a lot to invest or to buy stuff.



Scorpio: You're full of moneymaking ideas, and you're not afraid to tell everyone what you think. You feel confident, bold and energetic this month. Yes, you look like a winner.



Sagittarius: You have a good feeling about things this month, because things are going your way. In part, that's because you are full of inventive, original ideas. People are impressed.



Capricorn: Research of any kind will go well this month, because you know how to go for the jugular. Relationships with a group will be upbeat and will feel good.



Aquarius: Your ambition is aroused in a major way this month, which is why you are confident when dealing with people around you. Your ideas rock their boat.



Pisces: You are so keen to travel this month. However, you are just as keen to explore opportunities in your social, educational and spiritual life. You rock.

Die Geschichte des Skifahrens

Skifoan !

Ein majestätischer Anblick: Hoch über Baumwipfeln und Dächern thronen die Gipfel der Alpen, gleißend weiß, scheinbar unberührt von Menschenhand. Eine leichte Brise streicht über das Gesicht, der Blick ist auf den Abhang gerichtet. Und dann Bewegung, ein federleichtes Gleiten Richtung Wolkenmeer, nur Fliegen ist schöner. Skifahren zu beschreiben ist, als müsse man ein Picasso-Gemälde erklären oder einen Roman tanzen. Momente grenzenloser Freiheit. Und es ist dieses Gefühl der Freiheit, das Skipioniere von einst und Urlauber von heute verbindet. Doch wem haben wir das Skifahren zu verdanken?

Der Ski ist älter als das Rad. Einige Experten vermuten, dass Cro-Magnon-Menschen bereits vor 20.000 Jahren lange Holzbretter nutzten, um gefrorene Moore und Feuchtgebiete zu überwinden. Gesichert ist, dass das Volk der Samen im Jahre 8.000 v.Chr. bereits rudimentäre Ski entwickelt hatte. Vor einigen Jahren konnte im Nordwesten Russlands sogar ein Skifragment aus dieser Zeit geborgen werden. Archäologen gehen allerdings davon aus, dass Ski über Jahrtausende auf der ganzen Welt als Fortbewegungsmittel zum Einsatz kamen. Schneeschuhe verhinderten das Einsinken im tiefen Schnee, waren ein günstiges Transportmittel und vereinfachten die (Rentier)jagd. Es gab Tausende Skivarianten; manche bis zu vier Meter lang: Gleitski, Birken-, Eschen- und Kieferski, häufig mit offenen Lederschlaufen als Bindung.

Der nächste Schritt in der Entwicklung des Skis war seine Eingliederung in die Heeresausrüstung. Vorreiter waren erneut die Skandinavier, diesmal die Norweger, bei denen der Schneeschuh am weitesten verbreitet war. Ab den 1780er-Jahren gehörten Skiübungen, die aus rasanten Abfahrten, dem Umkurven von Bäumen und dem Schießen auf Ski bestanden, zur militärischen Grundausbildung. Mit ein wenig Fantasie lassen sich hierin unschwer die Vorläufer der olympischen Disziplinen Abfahrtslauf, Slalom und Biathlon erkennen. Die militärische Verwendung von Ski trug maßgeblich zur Popularisierung des Skisports bei. 1905 gründete sich der Deutsche Skiverband mit dem Ziel,

brauchbare Skifahrer für die Armee heranzubilden. Italienische, französische und österreichische Soldaten, die zuvor nie auf die Idee gekommen wären, weite Ebenen zu durchqueren oder sich Hänge hinabzustürzen, lernten nun das „Skifoan“ kennen und schätzen. Die Begeisterung für das Skifahren in der Kriegsführung befeuerte auch die Entwicklung neuer Fahrtechniken. Es war die Zeit der großen Skipioniere.

Innerhalb von 60 Jahren entwickelten Tüftler und Erfinder die Grundlagen des heutigen Skilaufs. In der idyllischen norwegischen Provinz Telemark entwickelte Sondre Norheim 1868 die weltweit erste Seilzug-Bindung. Seine Konstruktion war ebenso einfach wie genial: Er verband Stiefel und Ski mithilfe einer



Jan Hübel (S7DE) Ed. Melinda Koch (S5DE)

Weidenrute, was Kurven und Sprünge möglich machte. Bis heute ist die unverkennbare Telemark-Skitechnik mit ihren Ausfallschritten auf der Piste zu sehen. Norheims Erfindung erlaubte irrwitzige Skiexpeditionen. Fridtjof Nanson durchquerte 1888 Grönland auf Ski und verfasste einen Reisebericht, der europaweit zum Bestseller wurde. Junge Nachahmer versuchten verzweifelt, ein norwegisches Paar Ski zu ergattern. Der Fortschrittsgedanke des Zeitalters, der Fabrikschlote rauchen ließ, hatte auch den Blick auf die Natur verändert. Man fürchtete sich nicht mehr vor den Bergen, man wollte sie erklimmen, bezwingen, einnehmen. Und zu diesem Zwecke baute der Lilienfelder Mathias Zdarsky den perfekten Ski. Er kappte die

für die Alpen viel zu sperrigen Ski auf 1,80 Meter und versah sie mit der „Lilienfelder“ Fersenbindung. Der Alpinski war geboren.

Die Arlbergtechnik führte letztlich zum Bruch zwischen den alpinen und nordischen Skidisziplinen. Der weltweit erste Skilehrer Hannes Schneider bündelte in St. Anton am Arlberg das Wissen anderer Pioniere und passte es an das alpine Terrain an. Seine Arlbergtechnik, die in den 1930er-Jahren um den Parallelschwung erweitert wurde, läutete die Ära des Skitourismus ein. Bereits 1907 nahm in Zürs am Arlberg der erste Schlepplift den Betrieb auf, ihm folgten ab den 1930er-Jahren Großraumbahnen, die eigens für Skifahrer errichtet wurden.

Der Nachkriegsboom in vielen europäischen Staaten erschloss den Skisport für breite Bevölkerungsschichten. Die Anzahl der Skifahrer weltweit stieg von 5 Millionen im Jahr 1950 auf 35 Millionen im Jahr 1975. Die Skiindustrie stellte auf Massenproduktion um, um der rasant wachsenden Nachfrage gerecht zu werden. Ein letztes Mal wurde das Skifahren revolutioniert, als sich ab den 1990er-Jahren extrem taillierte Carvingski auf dem Markt durchsetzten. Die Radien wurden immer enger, Bänderrisse häuften sich jedoch im selben Maße.

Seit einigen Jahren stößt der Skisport aber an seine Grenzen. Die Zahl der Skifahrer stagniert bei etwa 100 Millionen, was dramatischen Einkommensbußen für die Skiindustrie bedeutet. Die Absatzzahlen für Alpinski sanken

von über 8 Millionen (1978) auf 3 Millionen Paar (2010). Auch angesichts des Klimawandels und dem Massensterben von kleinen Skigebieten erscheint die Zukunft des Skifahrens ungewiss.

Pioniere und Erfinder haben die Geschichte des Skifahrens mit ihren Innovationen geprägt. Kreativität ist gefragt, um das Skifahren in Zeiten von schmelzenden Gletschern und kurzen Wintern nachhaltiger zu machen. Die gesamte Skiindustrie muss sich wandeln, um die Natur, den Kern des Skisports, zu schützen. Es gibt keine Alternative. Wäre es nicht schade, wenn die Geschichte des Skisports mit dieser Generation enden würde? Es ist Zeit zu handeln, damit auch künftige Generationen noch diese unbeschreibliche Freiheit oben auf dem Berg spüren werden können.



Illustration by Malvina Lilieholm

Gladiators

The reality behind the icons

When thinking about ancient Rome, the first thing coming to mind is often gladiators. They are one of the more widely represented aspects of Roman life in art, and especially in film. Along with their popularity, however, there are widespread myths, from their origins to their careers. Still, the reality of gladiators is just as interesting, which you will learn more about in this article.

The origin of gladiators is little discussed, but it is surprising. The first records show them as being part of nobilities' funerals in which slaves or prisoners were made to fight until death. The first mention of this was in 263 B.C.E., at the funeral of aristocrat Decimus Julius Brutus Pera. While this was partly done to display the deceased's wealth and power, it was also believed that blood could appease gods and purify souls.

As gladiators moved away from funerals and into arenas, their origin shifted as well. While they were largely slaves and prisoners forced into it, gladiators became a potential career for freeborn men. Some did it for money, but nobility and emperors could also participate. The most famous of these is Commodus, though he only fought much weaker, sometimes injured men and lacked actual gladiatorial training.

Regarding their social position, gladiators were technically of the lowest class. Any freeborn man who chose to become one was stripped of his rights. Nonetheless, good fighters were highly respected, and slaves and prisoners could win freedom, along with fame and money, if they fought well. The most successful fighters became celebrities, complete with clay memorabilia, fans, and, according to some sources, product endorsements. In Pompeii, an anonymous graffiti states that the gladiator Celadus the Thracian was "the sigh of the girls." While Celadus wasn't the only famous gladiator, he seemed to have been particularly popular, also being described as "the girls' idol" and "heart-throb of the girls".

When thinking about gladiators, a popular image is an unprepared underdog, matching off against

the towering opponent with several other fights going on simultaneously. This is how they were portrayed in the film 'Gladiator' (2000), which is not entirely accurate despite being hugely influential on people's perception of gladiators. Fights were mostly done one-on-one, or in small groups. They were held between fighters of similar size and skill-level, with strict rules and referees on the side to make sure those rules were being followed.

Gladiators were divided into categories, determined by their skill-level and fighting style. These included the 'murmillo,' who fought with a sword and shield, the 'thraex' with a curved sword and shield, the 'hoplomachus' with a spear and a small, circular shield and the 'retiarius,' who fought with a net and trident. There were also 'equites,' who fought on horseback, and 'essendarii,' who fought in chariots. They were paired based on the compatibility of the fighting styles. For example, murmillos usually fought thraexes and essendarii other essedarii. There were also some female gladiators, called gladiatrices, who fought each other. However, it seems they were not as respected, being marketed as curiosities rather than serious fighters.

Another misconception is that gladiators fought against animals. In truth, there were only two categories of people -both below gladiators in status- who did this. The first group was the 'venatores,' who participated in 'venatios' or 'animal hunts.' They were trained to kill animals, which took place in the openings or half-times of gladiatorial games. Venatios showcased exotic animals like tigers, elephants and ostriches, and were extremely gruesome. This can be seen in Emperor Trajan's 123-day

festival, in 2 A.D., where around 11,000 animals died. The other group was the 'bestiarii' or 'animal fighters.' These were criminals, sentenced to 'damnatio ad bestias' -death by animals. They were released into arenas without weapons, to be executed by dogs, bears, or big cats.

Probably the biggest misunderstanding of gladiatorial fights is that they always ended in death. This is hardly true, as estimations show that one in 5 or even 10 games ended in a gladiator dying and for which there are several reasons. Firstly, training gladiators was expensive and 'lanistas' or gladiatorial managers would have been loath to see their, often very profitable fighters die. Gladiators frequently fought their training mates, whom they would rather wound than kill. Many gladiators viewed themselves as a brotherhood and even organized themselves into trade unions, called 'collegias.' These unions had their own leaders and ensured their fallen members had honorable funerals.

Gladiators were a significant part of ancient Roman culture, so it is not surprising to see how complex the system was. Aspects of gladiatorial shows, such as the damnatio ad bestias, represent the famous bloodthirst of ancient Romans and could be dangerous. They could also end quite well for the fighters and generally left audiences happy, since the shows were entertaining. Anybody interested can relieve this entertainment in gladiator re-enactments, such as the one in Arles, France. Seeing their exceptional lives, the lasting fascination in gladiators is unsurprising. Even so, it is important to make sure this

Anni Myllymäki (S6FI) Ed. Mia Tuason (S6EN)

Illustration by Blanka Herbaly



Pupils' Committee ESL2

Any suggestions?
Straight to our letterbox next to A201!



The Pupils' Committee is a non-profit organization that represents the interests of all students within the administration. We are working to improve our daily life at the European School of Luxembourg II. This year, we can be proud of having succeeded in creating such a close link with the various bodies of the school administration. Indeed, this link allows us to carry out various projects, which we will tell you about in this article.

First, let's start talking about one of our greatest projects since the beginning of the year: the feminine hygiene products' project. As you may already know, feminine hygiene products have been put in the girls' toilets at the school, so that they do not have to go to the nursery in case of need. This gesture was greatly appreciated, and we had a lot of positive feedbacks, which means that this project can be funded by the parents' association or directly by the school, allowing us to have even more products of better quality.

Secondly and as always, let's talk about... Water fountains! The project is, like every year, discussed by members of the school's administration. This year, the canteen committee is thinking about putting some water fountains in the cafeteria. If

they manage to do this, we will surely be able to have water fountains in the whole school!

Now, let's talk FUN! How annoying would the school be without all those spirit days, lawn mowers (Spirit Day: bring anything but a backpack to school (theme respected by the way)) and parties? Well, we don't want to find out, so we will organise monthly spirit days! After some problems with the spirit days, we are still able to do them if the school rules are respected during those (i.e.: do NOT bring a lawn mower to school!). We are also looking forward to seeing all of you at our different parties: S1 to S3 Disco – S4 to S5 Prom – 16+ Event, if we have the possibility to organise them!

I know you are sad that it's already the end of this article and that you can't read through other amazing ideas, but no worries, if you want you can read all our meeting minutes on our website and please, contact us if you have any good ideas! Love you all <3

Best regards,
Your Pupils' Committee
Written by Siméon Peltier S6FR



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Pupils' Committee ESL1

Welcome to the 2021-2022 school year!

This year's Pupil's Committee of Kirchberg is excited to represent our school and the students.

We are currently working on bringing back our annual events such as the S1-S3 disco, 16+ parties, LuxFactor and Euronight in cooperation with CoSup. Our team has lots of ideas that are going to make this year another great one! For example, we have started posting on our new TikTok account, where you can find fun videos about our school and the Committee.



Of course, we will be selling our school hoodies again this year as usual. The school merch brings us together, and this year we have added more options to choose from! In addition to the hoodies, a school sweater and a tote bag are now available as well.

Interview with Léo, our President

What do you do as the president?

One thing I like about being the President of the PC is that you get to be involved in so many different topics – and that's exactly what I do. Together with the whole group, we're working on turning raw ideas into concrete actions. A big part of being President is to steer and organise the work of the Pupils' Committee. From representing students' opinions and meeting with various stakeholders of the school to chairing the weekly PC meetings or organising a merch sale, there's always something going on. Trust me, if you become President, you won't be bored – for sure.

What motivated you to join the Pupil's Committee?

Definitely the fact that within the PC, you get to see and be a part of the inner workings of the school and also contribute to improvements. You get to meet so many people around here, whether they are other fellow students, parents, teachers, directors or other staff members. At first, having to make a speech to join the PC may sound terrifying, but in reality it really isn't that bad and the efforts we are all making are absolutely worth it!

What are you most looking forward to in the PC this year?

We have many exciting projects and plans coming up! At each of our events – such as the S1-S3 discos, the LuxFactor talent show, 16+ parties and Euronight, which we are working on together with CoSup – it is truly satisfying to reach the day of the event after a long preparation. We're also looking into the possibility of having an S4-S5 event this year.

What achievement of ours are you most proud of?

This school year is still quite at the start and one of our achievements so far is having introduced brand new school merch products. I'm also really happy that we managed to have fully in situ PC elections and Class Rep meetings, which was not possible last year. On top of that, we have already managed to plan a S1-S3 disco under safe sanitary circumstances!

Wishing you all a very enjoyable and successful school year!

The Pupils' Committee

Any suggestions?
Straight to our letterbox next to B001
(Lux 1)!



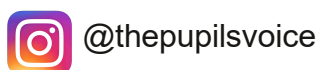
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