

THE DUAL DIPLOMA TIMES

WRITTEN BY STUDENTS AROUND THE WORLD

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Gen Z: The Future is Bright

by Victoria Prado Ibáñez

Generation Z, or “Zoomers” is the term used to refer to those born between 1997 and 2012, among which I am included. Many are terrified by the idea of not knowing anything about the younger members of society; the digital natives who master technology like no other generation could have dreamt of. This dread might be one of the reasons why they would much rather keep the “kids” silent. But if the last years have taught us anything, it is that Gen Z is not willing to remain silent and turn a blind eye to all the challenges and problems that surround us.

It is noteworthy that teenagers and young adults face challenges that no generation has ever faced before, hence the anguish parents feel when they see their son or daughter in emotional distress for a reason they don’t even understand. These challenges are very diverse and include social isolation, economic issues, global warming, technology addiction, lack of motivation, social media, mental health... Many people have dismissed us as the lost generation, comparing us to the generation of the Great War referring to what Ernest Hemingway, quoting Gertrude Stein said “All of you young people who served in the war. You are all a lost generation.” Yet we are the ones expected to solve every problem that we encounter. Gen Z is known (or labeled) as lazy, cynical, absent, ignorant, and many more stereotypes that could not be further from reality, this criticism is the way older generations have to understand how different we are.

Our parents and grandparents witnessed how difficult it was to achieve change in issues like race discrimination or gender inequality, and, although these are far from been solved, we have been born in a different time. Technology has allowed us to be educated in such matters from a very young age, the most significant advances have happened while we were children or before we were born. The first black president of the USA, Barack Obama, came into office in 2009, so many of us grew up without even noticing that was uncommon. And even this year, when Kamala Harris assumed her duties as Vice President becoming not only the first woman being in that rank, the highest-ranking female official, but also the first African-American and first Asian-American Vice President, we weren’t surprised because we know neither gender nor race is a limitation or an obstacle.

Another remarkable change is that same-sex marriage has been legal in many countries for years (2005 in Canada and Spain, 2013 in UK and France, 2015 in the USA, 2016 in Italy...) and LGBTQ+ rights are more protected than ever, this is only one more example of how Gen Z is being raised in such an accepting environment, that some day, even though it seems far, true equality among every member of society will be achieved. Nowadays everyone has the power to make their voice heard, social media has enabled us to start social movements regardless of our age, for example, Greta Thunberg’s activism on climate change.

Briefly, Gen Z is under construction, we have been given the tools to make the world a better place, and just like Voltaire said: “With great power comes great responsibility,” therefore, it is in our hands to use them properly and keep going forward. So next time you hear Gen Z, instead of thinking it is just a kid talking, remember, that kid is capable of starting an entire social movement at a click of a finger.



Thousands of protesters look at a rally following a march in favor of gun control at the Seattle Center Saturday, March 24, 2018, in Seattle, WA. USA (AP Photo/Elaine Thompson)

Should Kids be Punished for Suffering Abuse from Their Parents?

by Valeria Rodríguez Zúñiga

Two brothers accused of first-degree murder for killing their parents in the 90's have spent 31 years in prison, sentenced without parole. Currently, their case has been brought to the spotlight because of an incredibly powerful force: Gen Z.

These two brothers are Lyle and Erik Menendez, both grew up surrounded by the privilege of Beverly Hills with their parents: José and Mary (Kitty) Menendez. José was an immigrant that worked his way to the top, from Cuba to the United States, and became a successful businessman. Kitty was a pageant queen that married José.

They both were found with multiple shots, José was shot in the head and Kitty in the chest and face, leaving her unrecognizable.

At first, authorities thought it was made by the mafia because of the numerous shots, but it was found later on, by confession of one of the boys that it was them that shot them with a 12 gauge. The brothers were the ones that called 911 in the first place and made it seem as if they had just arrived home and they found their parents dead.

The days after the murder took place, both brothers went on with their lives, not feeling at all as if their parents has just died, which was an aspect of interest. Both Lyle and Erik were sent to see a psychologist, which was whom Lyle confessed the crime to.



Lyle and Erik Menendez on their first trial, this picture made Gen Z fall in love with them.

This case was a revolution and a good subject to gossip about in the 90s because of the relevance of the father, who was a big fish, but also because of the emotional trial that occurred. Once both brothers were potential suspects of the crime, they had a trial. The first trial was almost 4 hours long and that is where the confession was made. Both Lyle and Erik admitted to killing their parents and said they had a logical reason to do so. They claimed they had been under sexual and mental abuse throughout their whole childhood. There are videos on YouTube about the trial, they are extremely emotional. Lyle had to explain everything his father made him do while Erik reported that his mother made sit inside her closet for hours, as a way to punish him for his grades or homework. At the end of the 4 hours, zero conclusions were made, just a credible, emotional testimony of two boys that made the entire world think the worst of those parents, and the question remains: were these two kids responsible for the murder of their parents?

The Menendez Brothers had a second trial, where they were found guilty of first-degree murder and sentenced to life in prison without parole. Nowadays, 31 years have passed and they are still in prison. Some people think that prison is where they should be, as they are murderers and could be dangerous in society. But weren't José and Kitty dangerous in society too? These two people raised two boys capable of ending their suffering and "the horror of living in that house" by violence. Weren't they supposed to be in jail too? As the *Psychodynamic Theory* elaborated by Sigmund Freud explains: "children that have suffered abuse while growing up, had an abnormal childhood and didn't learn how to control or express aggression in healthy ways, this would lead to acts of violence as an adult".

"With all of the mitigating evidence, with all of the family history that was presented in the first trial, one can understand, as did half of the jurors, that this should have been a resolution of manslaughter and not murder." Said Robert Rand, a reporter that covered the Menendez trial in 1996. As the brothers said during the first trial, their parents abused them and created what they are. Rand said that the Menendez brothers should have been charged with manslaughter, and not murder, which should have been stated in the second trial. Involuntary homicide would have been a reasonable ending to this story, but it wasn't. This is where Gen Z comes in.

This miscarriage of justice took place 31 years ago. And Lyle and Erik Menendez have had to suffer it since then.

As a member of Gen Z, I must add that the power we have with social media nowadays is unimaginable.

Recently, a movement started in TikTok where people posted videos about "the sexiest murderers" along with the song "Criminal" from Britney Spears, using the part: "But mama I'm in love with a criminal". It may have started as a joke to everyone that posted. But teens started to get interested in the topic and looked the case out to find out more about these two handsome brothers circulating all over TikTok and Instagram. In less than a couple of weeks, these videos had millions of views and people that were not even on TikTok started talking about it.

With social media in today's society, we as teenagers have an incredible power to make things relevant and start movements such as this one.

These new groups of supporters have been sending letters to Governor Gavin Nesom and the Los Angeles County DA, Geoge Gascón, to try and get them to take a second look at the Menendez case and free the brothers.

Will there be a third trial? Will these brothers have an actual life without their parents now? So many questions remain. But one thing is clear: Erik and Lyle Menendez killed their parents because they were actually afraid of them, something terrible to say when your parents are supposed to be the ones you feel secure with.

So should they continue in prison after 31 years? Will the Menendez Brothers movement stop before getting the third trial?

What if *Anonymous* is One of Us?

Internet Footprint

by Marta Marco Laguna

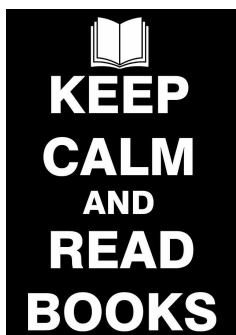
How many times have you signed a contract as a 14 year old? Most people would say never, but that is not true. Nowadays, you enter into a contract every single time you create an account in social media, and even every time you accept cookies on the web. Technologies are part of our lives, and although we do not need to be alarmed, it is important to be aware of the personal security and privacy problems that we may face with new technologies. As BACP said in 2019; “*Anyone working online for any aspect of their work needs to take account of the relevant law concerning data protection.*”



Anonymous is a group of people formed by an assortment of individuals ready to act together to sabotage the net. What if I were one of them? How would you be able to recognize me? I have never come across any *Anonymous* in my life, have you? At least, he was not wearing his mask and this is what I thought. And... the most important issue is: what individuals form part of *Anonymous*? *Anonymous* is a decentralized international activist/hacktivist collective and movement widely known for its various cyberattacks against several governments, government institutions and government agencies, and corporations (Wikipedia).

Anonymous' massive attacks affect our everyday living. Thus, cybersecurity is not a matter of governments and enterprises but our responsibility. These days we have been told about our carbon footprint and how to reduce it but, what about our Internet footprint? Do we want to leave any tracks on the net? “Had I known I was going to lose that job, I would not have uploaded that scandalous photo of mine”. I heard from one of my relatives...Is it worth broadcasting our lives on social media just to lose a job in some years' time?

It is up to you. It is up to me. Life is not made of likes. It is much more than that. Let's consider our thoughts before immediately posting. It is important to consistently monitor our digital footprint.



SOS Books in Need

by Ane López-Zuazo



Have you ever had a book that you couldn't finish? That you were just stuck with? When this happens, it is common to fall into a reading slump, which affects your reading, and therefore, switches off the excitement that books should bring you. If that is the case, the most advisable action to be taken is the one of simply changing the book. Nevertheless, this is a liberty that High-School students can't afford when they get into a reading slump because they are assigned a book in their course. Students always complain about students losing interest in reading, however, have we ever considered how the educational system could help improve the situation?

To begin with, as a student and an engaged reader, I have to admit that even I have had a tendency to nod off during the time I have spent reading some of my required-read books. For reference, these are some of the books that students have generally considered boring or hard to read: Shakespeare's Romeo and Juliet. We have all heard this beautiful love story based on the star-crossed lovers of Verona, however, as the vast majority of Shakespeare's works, it is difficult to understand given its use of old English, which leads students to think it is rather dull.

Robinson Crusoe, this is one that I can account for, in fact, I have never had such a hard time finishing a book and of course, after that, I ended up hating it. The Crucible, I am personally in two minds about this one. On one hand, I think that if the play were to be watched, the story might come through as interesting and appealing. Nevertheless, the book has, as most of the classics do, an ancient and complicated type of English.

So, what can we do to change this? Well, perhaps letting students choose their own book might be going a bit too far, although it could have positive results. Yet the simple act of revising the curriculum and adding some current books could make the students more interested in reading. Moreover, the famous platform “Good Reads” could help with the selection, given that the most popular books nowadays are listed on this site, along with different reviews of several books. We should start thinking about the students rather than only thinking about what would be beneficial to teach in certain classes. I personally think we should start stepping away from the idea that only the classics are the ones that should be read.

I believe that high-school should first allow the students to read some books about the topics they love that might spark their interest. For instance, here are some famous well liked books that could be of the student's liking: The Secret History, The Song of Achilles, The Midnight Library, the Invisible Life of Addie Larue... I consider it would be a great idea to mix these kinds of books with the classics, in order to make it lighter. This hobby is being lost, but there is still hope. Time is running out and high-schools can help, let's rescue reading like it has rescued many of us.

The Lost and Forgotten

by Abril Castillo Camacho

The United Nations, or UN, defines a refugee as someone who "owing to a well-founded fear of being persecuted for reasons of race, religion, nationality, membership of a particular social group or political opinion, is outside the country of his nationality and is unable or, owing to such fear, is unwilling to avail himself of the protection of that country; or who, not having a nationality and being outside the country of his former habitual residence, is unable or, owing to such fear, is unwilling to return to it."

The UN also estimates that there were 79.5 million people forcibly displaced worldwide at the end of 2019. Among them, 26 million are considered refugees and half of them are minors. Even more alarming, the number of refugees who return to their country each year is now at 385,000. In the 1990s, however, this number was an estimated 1.5 million.

Sixty-eight percent of all refugees come from just five countries: Syria, Venezuela, Afghanistan, South Sudan, and Myanmar, and thirty-nine percent are hosted in five countries: Turkey, Colombia, Uganda, Pakistan, and Germany. Children are some of the most impacted by the refugee crisis as forty-two percent, an estimated thirty-five million, of the eighty-two million people forcibly displaced from their country were under 18 in mid-2021. There are also an estimated one million children born with refugee status.

But refugees are much more than numbers in statistics. Refugees are people suffering from being displaced from their countries due to violence, war, prejudice, poverty, hunger, or discrimination. Often a combination of these circumstances. They are forced to leave their communities, cultures, friends, and family behind, everything they have known so far, to venture into the unknown. Then, they are met with intolerance and xenophobia in the places they seek shelter.

Twenty-two percent of the world's refugee population lives in refugee camps, temporary facilities built to provide immediate protection and assistance to people forced to flee. They are not meant to become permanent solutions, but the difficulty with entering countries and crossing borders is making more and more people stay in them for extended periods of time.

Refugee camps offer shelter, water and sanitation, food, healthcare and counseling, emergency relief items (such as blankets, mosquito nets, sleeping mats, or clothing), registration, and legal aid to assist them in their legal entry to the country. Some long-time refugee camps have even expanded to include services such as education or livelihood opportunities as they have hosted refugees for decades, providing asylum to several generations in a family. These conditions, however, are often insufficient, as refugee camps are underfinanced and understaffed.

Climate change and its effects are worsening refugee and asylum-seekers communities worldwide. It is causing more people to be forcibly displaced due to natural disasters –like floods, fires, or hurricanes and tropical storms–, and aggravating the situations of those that are in a host country and hamper their possibilities of returning to their country of origin.

The refugee crisis is a long-standing crisis that international politics keeps undermining and delaying its resolution as its impact is mainly in developing countries. In some developed countries, refugees are used as a political tool between political parties or even nations. The media should work towards amplifying the voices of refugees and stop the spread of misinformation that may fuel hate towards them. Additionally, while helping NGOs dedicated to bettering the living conditions of refugees worldwide is crucial short-term, long-term structure and solutions depending on governments and international organizations are needed.

We ought to hear the stories of millions and push our governments to seek an answer to their needs that is sustainable with our countries' resources and possibilities.



Refugees from Kosovo arrive in Blace, North Macedonia in 1999. UNHCR/Roger LeMoyné

The Story of the Woman’s Symbol in Society

by Janiss Zaroni

We all know that a woman's role in society has changed a lot through the decades, as well as their mindset.

Starting in the Middle Ages, a woman’s main role was to help her husband with the work, which could’ve been running an inn, production of textiles, or any other sort of craft. Throughout this period, the place of women in society was often dictated by biblical text. The Bible attributed the “original sin” to women and people believed they were inferior to men, that they were morally weaker and likely to tempt men into sin.

Women were then considered in society as a “second class citizen.” They were either held to be completely deceitful, sexual, innocent, or incompetent. Some terms used to refer to women were “the virgin” to indicate purity, “the mother” because having children was a priority and “the witch,” which was used for especially intelligent and powerful women.

If we focus on women in the 18th Century, we can spot a big difference. In this period of time, powerful women were ruling. Women born in rich families had more freedom. Major proponents of the Enlightenment developed the concept of being an individual, dividing men and women. Women were no longer considered as “wrong men,” but as different and mysterious creatures.

Major changes happened at the end of the 19th century, with the emancipation of women who wanted equality and more rights. The most famous and important movement is the suffragettes, which started around the 1860s when people were discussing whether women’s suffrage and universal suffrage were legal.

Emmeline Pankhurst (1858-1928) became involved in women’s suffrage in 1880. Her figure is really important as she accelerated the movement for women’s votes. In 1905 she was imprisoned for asking to discuss the right to vote for women during the meeting of the liberal party. Before the imprisonment, in 1903, she and others, annoyed by the lack of progress, decided to found the Women’s Social and Political Union (WSPU) with the motto 'Deeds not words’. The purpose of the group was to take direct action in order to get equality. Under Emmeline’s leadership, the WSPU was a highly organized group and like other members, she was imprisoned and went on hunger strike protests. The group became more and more militant as the years went on and the British government refused to support women’s suffrage. The movement attracted a lot of attention, most of it unfavourable, as its members staged huge marches and outdoor demonstrations, interrupted political meetings, chained themselves to the railings outside Parliament, and battled with the police. The British government decided to give women after the age of 30 the right to vote in the People Act of 1918.

Women’s Suffrage Movement

Women’s symbols changed again with the first world war. Women were celebrated as mothers, represented family life, home, and stability. They could support the military effort in uniform as female military auxiliaries, nurses, farmworkers, ambulance drivers, and factory laborers as well as in many other occupations. Women were important because they kept the home intact while their husbands were absent.

Yet, women’s full participation in political life remained limited, and some states did not enfranchise their female inhabitants until much later (1944 in France). Imperial subjects and racial minorities, such as those in the United States, continued to be unable to exercise their full political rights. Women did not gain or retain access to all professions, and they did not come close to gaining equal pay for comparable work.

During the Second World War, women proved that they could do "men's work, and do it well. With men away to serve in the military and demands for war material increasing, manufacturing jobs opened up to women and upped their earning power. Yet women's employment was only encouraged as long as the war was ongoing. Women worked in factories or laundries. Another popular work for women during this time was domestic help.



Suffragette demonstration to claim the right to vote for women, 1908, London, United Kingdom

Women's role continued to change through the decades. They became more relevant in politics and in a lot of countries they are finally considered equal to men. Unfortunately, in some places around the world women still have to submit to men, they have no rights and no political representation.

It’s difficult to define the women’s figure nowadays because it changes from place to place.

In the United States, there are women in political representation, for example, Vice President Kamala Harris. Women are equal to men in front of the law. But it’s not the same for society, which continues to think about the men as strong and powerful and the women as weak creatures who need protection and are economically dependent on their husbands. Women find difficulty finding jobs that include their images, such as being an actress or a television host because they need to have the “ideal perfect body,” a pretty face, and feminine voice. If a woman becomes relevant and powerful she is called with shameful names. People refuse to believe that she might have worked really hard to become who she is, they always think that if she has an important place in work she’s been helped by a man. Other issues that exist between men and women are the gender pay gap, with men having higher income and salary than women, even though they do the same job, or have the same experience and career.

In conclusion, has the situation improved from the past? In most countries the situation has gotten better from the past. Women are no longer tortured and killed unfairly. They achieve important human rights, such as the right to vote, or the right to divorce an abusive husband. Today women can achieve the same accomplishments as men.

A Journey Towards Equality

by Irene Salas

10% of the population falls into the LGBTQ+ spectrum, meaning that that odds are 1 in every 10 people you know are part of this ever-growing community. This is a fact that many people have no issue with, but years ago, it would have been unspeakable. This is because even if these people have always existed, they haven't always been accepted by society or by law. At some points in history they were (unfortunately in some places still are) killed, imprisoned or tortured. Nowadays in first world countries, this situation is rare, but there are some other ways that society gives hardships to this group. This is due to the fact that this community has had a long run and it still needs to run a few more miles. But to be able to keep going forward is important to know the history of the rights that the community has already acquired throughout history, in this particular case during the 1900s in America.

In order to better understand the history of the LGBTQ+ community, it is important to understand the basics and some concepts, for instance, sexual/romantic attraction and gender identity. Sexual attraction is defined as "attraction that makes people desire sexual contact or shows sexual interest in another person" whilst romantic attraction is defined as "attraction that makes people desire romantic contact or interaction with another person or persons." And, in order to dive into the right evolution it is necessary to be able to tell the difference between the two. Gender identity is defined as "One's innermost concept of self as male, female, a blend of both or neither – how individuals perceive themselves and what they call themselves. One's gender identity can be the same or different from their sex assigned at birth."

More significant advancements have been made towards the side of the attraction, both socially and legally. Many people, especially within the community, argue that the main reason for this is that it is more relatable for some of the people who might disagree with it in the beginning. It's easier to understand that a woman loves another than to understand that someone you preceded as a man -or whose gender assigned at birth was male- turns out to be a woman because people can understand love easier than they understand gender dysphoria. It's also true that the attraction side has been working on their rights for longer than the other side has.

The American Gay Rights Movement was officially initiated by a German immigrant, Henry Gerber, in Chicago in 1942 by funding the first documented organization directed towards gay rights in the U.S: the Society for Human Rights. This -fairly small- group, published some articles in "Friendship and Freedom" the first registered gay-interest newsletter in the country. The police dismantled the group barely a year after it was formed.

During World War II Nazis held the homosexual men in concentration camps with pink triangles on their uniforms -the same pink triangles worn by sexual offenders-. On the other side of the war, LGBTQ+ people were helping the Allies.

Alan Turing was a British mathematician and scientist who is not only the father of modern computers but also the man who cracked the code that Germany was using to communicate to its military all around the world. All of this, though, did not help his case in 1952, when he was arrested by the British because of the "offense" of being gay. He committed suicide two years later.

Henry Hay took the next major step towards gay rights by founding the Mattachine Foundation which used the term haemophilia instead of homosexuality in hopes of lessening the reference to sexual attraction. It sought to improve the lives of gay men through focus groups and related activities, grew after founding member Dale Jennings was arrested in 1952 for solicitation, then released due to a deadlocked jury. At the end of the year, Jennings formed another organization called One, Inc., which welcomed women and published ONE, the country's first pro-gay magazine. Jennings was ousted from One, Inc for being a communist along with Harry Hay. Post Office, which in 1954 declared the magazine "obscene" and refused to deliver it.



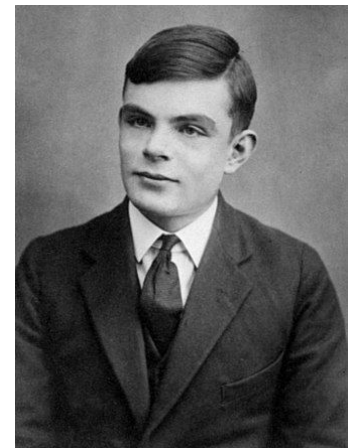
In 1960 the state of Illinois passed some anti-laws and aired on TV their first documentary about homosexuality called "The Rejected" which didn't have an exactly warm welcome, socially the LGBT people still faced a lot of discrimination, per instance at bars or restaurants. A movement dedicated to stopping this discrimination was "Sip-in" A reference to the sit-ins made by black people in the 60s. They entered bars and declared themselves homosexuals so when they were turned away they could sue.

In 1969, a now-famous event catalyzed the gay rights movement: The Stonewall Riots. June 28, 1969, New York City police raided the Stonewall Inn. After many years of police harassment, patrons and neighborhood residents began throwing objects at police as they loaded the arrested into police vans. This eventually exploded into a riot, with following protests during the next five days

The AIDS epidemic in the United States made most of the struggle for gay rights in the 1980s and early 1990s. By 1984, researchers had identified the cause of AIDS - the human immunodeficiency virus, or HIV - and the Food and Drug Administration authorized the first commercial blood test for HIV in 1985. Gay rights activists group ACT UP organized the second national march in Washington for lesbians and gays rights in 1987 in hopes of making the research quicker, which is one of the main reasons this group wasn't exclusively beneficial for LGBTQ+ people, but to everyone, as they did speed up the process of investigation.



Henry Hay



Alan Turing when he was 16
(from his passport)

Continued from **A Journey Towards Equality**

by Irene Salas

In 2003, President Bush enacted what can be considered the most consequential program of his presidency: the President's Emergency Plan for AIDS Relief, which buys and distributes life-saving HIV medications to poor people around the world, seen as this sickness had been curable if you had the money for it 15 years back.

This same year gay rights advocates have more good news: the United States Supreme Court, in *Lawrence v. Texas*, overturned the state's anti-sodomy law. The landmark ruling effectively decriminalized same-sex relationships nationwide. And in 2009, President Barack Obama enacted new hate crimes law. Commonly known as the Matthew Shepard Act, the new law extended the scope of the Hate Crimes Act 1994. The act was a response to the 1998 murder of Shepard, 21, who was whipped with a pistol, tied to a fence, tortured, and left to die. It was believed that the murder was motivated by Shepard's homosexuality.

Another challenge gay people were facing was the limited access to the military. Bill Clinton, the 42nd president of the US, during his campaign in 1992 he promised that he would lift the ban on gay people in the military; however, what he did was somewhat unexpected: he didn't lift the ban per se, but instead, he implemented the "Don't ask don't tell" policy. The DADT allowed gay men and women to serve in the military as long as they kept their sexuality to themselves. Naturally, the gay rights activists were against this policy because it was doing little to help people not to be discharged in regards to their sexuality.

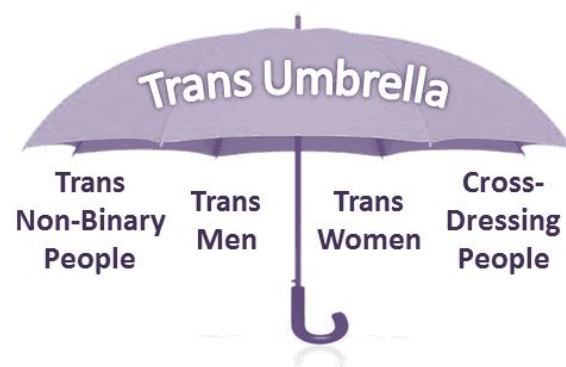
In 2011, President Obama fulfilled a pledge to repeal the DADT; Unfortunately by then, over 12,000 officers had been fired from the military under the DADT for refusing to hide their sexuality. Meanwhile, same-sex marriage went through a tough ride due to multiple legal and social impediments, one of them was the DOMA law, Defense of Marriage Act which was signed into law in 1994 which authorized the to deny federal benefits to couples married of same-sex. A few years later, the Supreme Court ruled on Article 3 of the DOMA law, it quickly became powerless when in 2015 the court ruled that states could not ban same-sex marriage, making same-sex marriage legal at any point in the country.



The LGBTQ+ Flag



Christine Jorgensen the first American trans woman



The gender identity side of the community has also had a bumpy ride and they still have a long road to walk, that doesn't mean they haven't had their own fair share of accomplishments. Again, before reading about the history of the group we need to understand that the better-known term regarding them is "Transgender" which happens to be an umbrella word, meaning that it covers many other words and gender identities, one of them is non-binary meaning that that person doesn't identify as male or female (they usually use they/them pronouns). However, this article is more focused on "Trans" as the umbrella term rather than specifically trans men and women. (picture 3)

Magnus Hirschfeld was a German physician who was the first-ever doctor offering sex-altering therapies either through hormone therapy, sex-change operations, or both. He was one of the only -if not the only- doctor making these changes whilst his colleges were putting their patients through therapy and trying to cure their -now called- dysphoria. It is unsure whether or not Hirschfeld was actually the first one to ever do this due to the Nazi book-burning.

During the 1940s Dr. Alfred Kinsey, an American biologist founded what today is known as the Kinsey institute as well as introduced America to the concept "transgender". His actions along with other influences led Christine Jorgensen to be the first American to undergo gender altering therapy which really helped to give a voice to the movement when it reached the New York Times even if she had to travel abroad to get her treatment due to the poorly advanced technology in America regarding that part of medicine. (picture 6)

Despite all of the apparent advancements in transgender health care, when in 1980 "gender identity disorder" was added to the American Psychiatric Association's third Diagnostic and Statistical Manual it looked like a giant leap backward; However, this move actually helped transgender people to gain access to the healthcare system. It wasn't until 2013 that this term was replaced and changed with "gender dysphoria" a huge victory for this group and for the community.

In 2014 more good news for transgender individuals as an appeal was made to have the surgeries for gender transition covered by the government as it had been proven to have a good effect on patients. The transgender community has undoubtedly advanced greatly socially and legally, all of the aforementioned procedures are now accompanied by great patient care and supervision and long gone are the days of experimental rudimentary surgeries.

The LGBTQ+ community has definitely made a lot of progress throughout the past years and it probably won't stop until there are equal rights and opportunities for everyone regardless of their sexuality

Extinction is Close! Urgent Measures are Needed!

by Candela Sainz Sacristán

Nowadays, there are more than 5200 animal species in danger of extinction, in addition to many vegetal ones. Among these 5200 species, about 25% are mammals and amphibians, 34% are fishes, 11% are birds and 20% are reptiles according to the International Union for Nature Conservation.



To protect threatened species and prevent them from being lost in the future, it is necessary to know the causes of the biodiversity loss that is taking place in our planet's ecosystems. The main cause is human activity, which triggers many determining factors for the evolution of this problem.

Pollution is the most general factor. It can be produced in a natural way, for example with volcanic eruptions, but the majority of this pollution is caused by humans. Water, ground, and atmospheric pollution, interferes with the favorable development of species and contributes to the destruction of ecosystems and habitats so that many animals die because they don't have territory to live. This pollution, at the same time, provokes climate change, which affects the planet's temperature and precipitation, and makes animals die because they aren't able to adapt to the new conditions of their natural ecosystems.

However, pollution isn't the only cause of animal species extinction, another very important factor is the introduction of invasive species. Throughout history, humans have been capturing species in one part of the planet and bringing them to another, where they expell which were living there in a natural way (native species), destroying the stability of that ecosystem.

The overexploitation of resources is also a great problem. Humans obtain raw materials and aliments from nature, but many times we do it so massively that environment doesn't have enough time to regenerate. Besides, pollution severely reduces this regeneration capacity, diminishing ecosystems dramatically and destroying habitats.



It is really necessary to finish with this problem or at least, reduce its evolution rhythm, currently the number of threatened species multiplies each year. We must take actions, otherwise, there could be severe and irreversible consequences. The extinction chain is a process. Members located in the lowest part of the food chain extinct first, leaving the superior links without food and causing their extinction too. Additionally, animals in the lowest part, usually have a major reproduction capacity, so if they have no predators there will be a pest proliferation, for example, of rabbits.

Another important consequence is the increase of CO₂ emissions. This gas is emitted to the atmosphere by humans, but some ecosystems like forests or oceans have the capacity to absorb it. However, if these ecosystems are damaged and lose their biodiversity, this absorption capability reduces. Tree loss can also produce drought, because they are responsible for water filtration to aquifers, reducing the amount of water available for human consumption.

All of these consequences, directly affect humans. If animals go extinct, we will not have food; if we finish with the regeneration ability of nature, there will not be any raw materials to build with; and if there is no water, there is also no life.



One of the animal species in serious danger of extinction since many years ago is the Iberian lynx, a native species of the Iberian Peninsula. In 2002, there were uniquely 100 lynxes in the whole Peninsula (the only place where they live), while this year, the population of lynx has reached 1100 specimens because of measures taken by the Portuguese and Spanish Governments. Both countries have established breeding centers to help repopulate the species.

The main cause of Iberian lynx extinction is the run over by them in southern roads. To avoid that, the height of fences has been increased, new speed limits have been established and many signs warning of the possible presence of lynxes have been placed. Also, breeding centers have been funded with the intention of caring about the lynx population, and thus favoring its reproduction for then introducing them in the natural medium again, but not without bringing them a GPS before, to control their localization in every moment and guarantee their security.

The lynx's evolution has been surprisingly favorable. The success of its repopulation has exceeded expectations, and it is expected to continue doing so. Definitively, urgent measures are needed to fight for animal species conservation, as we have done with the Iberian lynx but in an international way. If we all collaborate individually and with organizations like World Wild Fund for Nature (WWF), we could reach a better future in which nature and humans live in harmony.

Small Choices for a Bigger Impact

by Martina Bulgarelli



<https://econofact.org/clearing-the-air-on-the-costs-of-pollution>



<https://www.greenpeace.org/international/act/lets-end-the-age-of-plastic/>



<https://www.pinterest.com/pin/318489004883959306/>



<https://doorcountypulse.com/where-to-recycle-in-door-county/>

We are always worrying about our jobs and the food we eat, but we never ask ourselves: what would happen if these privileges eventually vanished? We all know that pollution could have a strong impact on this disappearance, so how can we prevent it? It might seem a task too big for a single person but even small things, if done by many people, can produce big changes.

Recently, plastic production has risen exponentially, and this type of material is now used in packaging, bottles, straws, phones and many other objects and utensils. In fact, since the 1950s about 8.3 billion tons of plastic have been produced. This is the weight of roughly a billion elephants, according to an article published June 8, 2018 by Greenpeace International. Take the case of Starbucks, one of the leading companies of beverages worldwide, produces 4 billion coffee cups each year. Luckily, plastic can be recycled and with a little help from the consumers it will be possible to separate, collect and reuse the same material without having to produce even more. At home, in my small village recycling plastic is mandatory. Each family has a separate bin and once a week the recycling truck comes and collects it door to door. For me and my family members it is an easy task to separate this material from other non-recyclable items. If everyone does this there will most likely be a positive impact. In fact, according to Roadrunner1, recycling fifty plastic bottles saves enough energy to power 127.1 hours of a laptop. Reusing this material can also save up landfill precious space. According to TreeHugger2, recycling one ton of plastic saves 7.4 cubic yards of landfill space. But there is much more we can do to help the environment.

Secondly, being a conscious consumer is a skill we all must perfect. When we roam around the aisle in a supermarket, we should consider not only how something tastes but also the way and where it is produced and packaged. Buying organic products encourages local farms to maintain sustainable production standards. Therefore, a simple action that can help reduce pollution is to stop buying products that come from very distant countries, thus reducing transportation costs and carbon print. Furthermore, organic farms cannot use pesticides and chemicals that would drastically damage and leave toxic residues that we might end up eating. Another aspect that we should consider is the product packaging and always prefer paper wrappings rather than plastic ones. When possible we should buy spare fruit and vegetables, this will definitely reduce the amount of materials used in the production process and encourage companies that choose greener solutions.

As explained, there are different things we can do in order to try to make our world a healthier and better place, recycling plastic and choosing wisely the products that we buy on a regular basis, can really make a difference, a positive one. It might seem a small step for a single human being, but it would shape the direction for the future of humanity.



[Upcycling]

- ✓ Conserves the environment
- ✓ Reforms a product into a **new product**
- ✓ **Unlimited** available usage of raw materials
- ✓ Better quality
- ✓ Designed unique
- ✓ Handmade
- ✓ Limited editions



[Recycling]

- ✓ Conserves the environment
- ✓ Reforms a product into a **material**
- ✓ **Limited** available usage of raw materials
- ✓ Requires processes to break down the original materials

<https://www.upcyclehongkong.com/post/upcycle-vs-recycle>

Modern Inventions Created in Ancient Greece

by Diego Nunes

Ancient Greece was very advanced for its time. They created things like currency and democracy, built great cities and temples, and cultivated a hunger for knowledge through philosophy. But how advanced could they have been?

THE FIRST STEAM ENGINE IN HISTORY

It is well known that the first steam engine was invented in 1765 and patented in 1769 by James Watt. It was used to create cargo ships and machinery for some factories. It is thanks to him that we were able to advance so fast in the field of mechanical engineering.

But what would you think if I told you that it was invented in the 1st century by Heron of Alexandria? It is hard to believe, but it is true.

Heron "The Magician" was an engineer of the time, with a lot of knowledge in still primitive physics. It was thanks to this knowledge that he invented the eolipile, the first machine in the world to work with thermal energy. It consisted of a sphere suspended in the air, from which two tubes came out. Inside was water, so that, if enough heat was applied, the steam created had the strength enough to make the sphere rotate.

This invention could also be used to test theories such as Archimedes' lever.



Recreation of the Eolipile

THE FIRST AUTOMATIC DOORS

Something we don't often notice is inventions such as automatic doors. They seem like something simple, something we are used to, but they were introduced in the market in 1931. However, Heron of Alexandria would once again be ahead of his time.



Sistem of the automatic doors

Thanks to the eolipile, he was able to create doors that opened and closed without human intervention. This system was adapted to be able to move two giant metal doors, just by lighting a fire in the pedestal out of the temple. The fire heated a sphere, which contained water, under the surface. The water would pass through a tube and end up in a container which, as it accumulated, would slowly fall, pulling the pulleys that would open the doors.

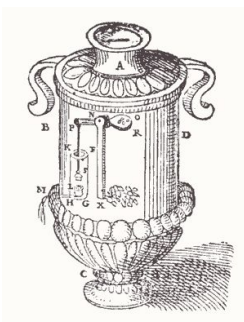
This was not used to facilitate this task; it was asked to Heron to make people believe that the god of the temple was the one who opened the doors, making more people go to the temple and give alms and donations.

THE FIRST VENDING MACHINE

The vending machine is a very useful invention. It allows people to trade different products without the need of a direct worker, allowing this to expand to places such as hospitals, institutes, and others.

However, this invention comes from many years ago. The vending machine was created by Heron of Alexandria, and was installed in the same temple where the automatic doors were located.

Its mechanism was simple: a person inserted a coin into a slot in the top of a box. The coin would hit a metal lever, like a small beam in balance. At the other end of the lever was a string attached to a stopper that prevented the flow of water from the container. As the lever was tilted by the weight of the coin, the string lifted the stopper and dispensed the desired beverage until the coin fell off the small beam.



System of the first vending machine

From this, it was said that holy water came out of the temple.

THE FIRST CALCULATOR

Calculators are a lifesaver for many students. Calculators are very helpful tools for everyone, but they are much older than we think.

The first calculator in history was mechanical. It was discovered by sponge hunters on the island of Antikythera, Greece, so it was named the Antikythera Mechanism.



Mechanism of Anticitera

The function of this calculator is still being studied since there are some parts of the complete mechanism.

It is believed that it was used to predict the position of the Sun, the Moon, other stars, and even eclipses.

Mechanical engineering specialist Michael Wright shed light on this research. Using linear tomography techniques he was able to deduce that the Antikythera mechanism could reproduce the movements of the Sun and Moon accurately, using an epicyclic model devised by Hipparchus. Not only this, but he also used the epicyclic model of Apollonius of Pergamon to calculate the position of planets such as Mercury or Venus.

This great artifact is still a mystery, but with the advances in technology, we will be able to find out what it was used for.

THE ULTIMATE CREATION: THE SERVANT

One of the greatest and most enigmatic inventions of mankind are the robots. Opinions on the progress in research on them are varied, as well as the types of this creation; anthropomorphic, industrial, for entertainment, etc...

There is the belief that they will take our place in the world, but the truth is that they are of great help to us, and this is what the Greeks and other civilizations believed.

Some of the earliest descriptions of robots include those of artificial pigeons by the Greek mathematician Archytas of Tarentum (430 BC - 360 BC), artificial birds by the Chinese philosopher Mozi (468 BC - 391 BC), and a human-shaped device, which appears in the Liezi, one of the three fundamental works of philosophical Taoism.



Philon, the first robot

Even Homer said that the god Hephaestus had two mechanical maidens to help him walk since he was lame.

This was fascinating to everyone, so an inventor decided to create one. And who better for the task than Heron of Alexandria?

He created, among others, a human-shaped robot, which had a jug in his right hand that connected to a tank inside filled with wine. By placing a glass in his left hand, he poured wine.

But Heron did not stop there, he was also able to create sound mechanisms that simulated voices, and even the first moving images.

There are many other inventions from ancient civilizations waiting to be re-discovered, not only from Greece, also from the Celts, Romans, Chinese, and much more. How far did ancient civilizations go in the process of creation? We don't know, but inventors are working hard everyday to make our lives easier, even in ancient times. Now, do you want to create something too?

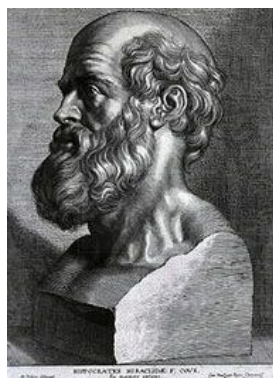
Science, Medicine, and Health

WRITTEN BY STUDENTS AROUND THE WORLD

December 2021

Medicine Throughout History

by Irene Higuera



“Let food be thy medicine
and medicine be thy food”
– Hippocrates

PALEOSPIRIT.COM

Medicine has always been an important aspect throughout our lives, if not the most important. Without it, we would not have improved the quality of life of millions of people worldwide, created treatments for most diseases, or even eradicated some of them. It is clear that medicine has changed our lives, but how has it affected humans throughout history?

The origin of medicine dates back to the Neolithic era, at that time, different pathologies such as arthritis or achondroplasia had been detected. The first truly scientific medical methods began to develop in Egyptian civilization; it was even written that in Ancient Egypt there was a doctor for every disease. Although the Egyptians had a theological view of diseases, they began to seek explanations for the symptoms.

The historical moment in which medicine had a great impulse was in the Greek and Roman period. Historians have often regarded the Greek physician Hippocrates (460-371 BC) as the father of medicine. In some parts, this is true as Hippocrates created the foundations for an approach to medicine in the Western world that lasted more than 2,000 years.

We cannot leave the ancient era without talking about the roman doctor Galen (130-210 AD). He was the originator of the experimental method in medical investigation, and throughout his life dissected animals in his quest to understand how the body functions.

Moving forward in time, in the Middle Ages, the practice of medicine was rooted in the Greek tradition. They thought that the body was made up of four humours: yellow bile, phlegm, black bile, and blood. These were controlled by the four elements: fire, water, earth, and air. The Greek's also thought that many diseases were caused by an excess of blood in the body and bloodletting was seen as the obvious cure. Talking about treatments, taking care of the diet was an important aspect. The physicist Hippocrates was the one who said: “Let food be thy medicine and medicine be thy food”.

Most of the pharmacies consisted of medicinal plants and herbs. Some plants were used for specific disorders, while others were credited with curing multiple diseases.

Some of the most devastating pandemics in the world took place in the Middle Ages. The most famous and horrible was The Black Death, it killed over 30% - 60% of Europe's population and took 150 years for the population to recover. The Black Death was terrifyingly contagious. There was no medical knowledge at that time to deal with the infection and the bacteria and the contagion were unknown. The methods that they used to eradicate the plague were phytosanitary measures such as quicklime, deep sanitation, and fire.

Finally, in the 19th century, a French biologist discovered that the bacillus traveled from person to person through the air and saliva, as well as through the bite of infected fleas and rats.

In the 17th century, medicine was not highly appreciated by the population. A new disease appeared that became a plague, smallpox. There was one of the biggest discoveries of human history in this century - vaccines. Edward Jenner made an experiment with which he managed to obtain the cure for smallpox. At that time, he created the vaccines.

Modern medicine started to appear in the 18th century, after the Industrial Revolution. During this period, there was economic and industrial growth and scientists made many discoveries.

More scientific techniques began to be used in 19th-century medicine. The academies of experts began to be founded for the transmission of the information obtained in the discoveries.

In the 19th century, many substances were used as medicines, some of which are now known to be harmful over the long term, such as mercury and lead. Little was known of biochemistry or endocrinology. Traditional ideas of the body, whereby women were regarded as smaller versions of men. The body was also defined as a closed system of energy.

Treatments relied heavily on a “change of air”, together with laxative purgative and bleeding by the cup to clear 'impurities' from the body. A limited range of medication was employed, and the power of prayer was regularly invoked.

Diseases such as pulmonary tuberculosis were endemic; others such as cholera were frighteningly epidemic.

If we talk about mental health, one of the biggest fads was phrenology. It claimed to identify temperamental characteristics such as aggression or lust by the shape of the skull. In 1846 the term "psychiatry" was used to denote the medical treatment of disabling mental illnesses, which were considered to have hereditary causes.

Moving forward, in the 20th century, people's health improved drastically because of the improvement in the standard of living, education, public health, and diet, as well as the development of a free national health service in some countries. Progress in science and technology led to the invention of new techniques and machinery for diagnosing and treating diseases. Prevention of disease became a key reason for the huge rise in the average life expectancy from 45 to 75 years.

In this century, there were two world wars. This caused the deaths to increase. A large number of injuries made surgeons and doctors gain surgical experience. Scientists discovered that there were different blood groups and they invented the blood transfusion.

The Spanish flu pandemic of 1918, infected an estimated 500 million people worldwide and killed an estimated 20 million to 50 million victims. There were no effective drugs or vaccines to treat this flu. By the summer of 1919, the flu pandemic came to an end, as those that were infected either died or developed immunity.

Some of the advances in modern healthcare in the 20th century are antibiotics, tissue culture, risks of smoking, immunology... Many of those things still have an impact nowadays.

Coming to the present, 21st-century medicine is very advanced although cures are still being sought for many diseases such as cancer, HIV, Alzheimer's, diabetes ...

We will continue investigating so that in the future none of these diseases threaten us.

Tourette Syndrome: Swearing and Yelling? Not Necessarily...

by Maia Lacombe

Tick tock, tick tock... There runs the clock. Tick – one second – tock – another. Then, bang! I can’t stand it anymore; a lip or eye movement, or just a sound – who knows? I am simply relaxing with my family, watching TV, but this little noise wants to get out, so why not let it do so? Oh, once again... And again, and again, and “Oh, you’re too loud, stop it please!”.



Well, that’s how we – people with Tourette Syndrome – feel, in a lot of different situations. We are experiencing tics and tocs; not the same as clocks. Tics are, according to Oxford’s dictionary, “a habitual spasmodic contraction of the muscles, most often in the face” or also “an idiosyncratic and habitual feature of a person’s behavior”. For example, I just started blinking my eyes very hard and very quickly right now. I am at a motorway service area; I must look very weird, I guess... Actually, thinking of a tic makes us do it. So, when telling people about them, the tics become stronger and, thus, more visible, which may look like faking, while it actually is not... at all!

I bet that, when you saw the name of the syndrome, you instinctively thought about all these teens that we see swearing on TV shows. That’s actually what people think Tourette is like. And they’re wrong! TV doesn’t show everything! Its main goal is to entertain people and, for that purpose, they need to show the most impressive things, those that will shock people, not little everyday-life annoying invisible tics. Of course, there are a few people with this syndrome who develop very serious forms, and whose tics are very noticeable, but they do not constitute the majority of cases. Fortunately, I am lucky not to have developed such a serious form of the syndrome, but I have experienced so many times the scenario of people thinking they know more about it than me while they really don’t.

They’re like “No, you!? You don’t have Tourette. I know what this is, and you clearly don’t have it. People with this syndrome swear anytime, it’s horrible! You don’t do that, so stop trying to fool us...”.

Each time that I hear somebody say this, I really want to tell them about my journey with this illness and my diagnosis.. They don’t realize, but it is really harmful to hear such things when you suffer from this condition every day. Of course, I don’t pretend to suffer like these teens that you see on TV – they are living something so tough, and I am so grateful I have never had to experience things like that yet – but, it’s not because you don’t see a tic that it is not there.



Invisible tics can be very serious, too, and even dangerous. For example, I have a very annoying one, which makes me go out and tuck in my stomach very quickly and very hard. It may seem like it’s nothing, but living with it is very hard, it’s very harmful and, the more I think about it, the harder it gets.

I had a tic when I was little, then it stopped for years, and it just came back a few weeks ago, probably because of the stress linked with all the exams I’ve recently had. This is only one example of a tic and how it can affect your life, but there are a lot of other ones that are as tough as this one. However, tics don’t only affect syndrome patients, they also affect people around them. Indeed, even though they’re not really easy to notice when you don’t see the person very often, tics can get very annoying, and even intrusive, for the people who are living around Tourette’s sufferers 24/7. This little, little, sound can turn into a very aggressive noise after hearing it too often. Then comes the “please, try to make an effort”. Yes, we try, we really do. We would like it to be that easy, but it’s not.

So, we’re stuck between the people who don’t take the syndrome seriously and those that it disturbs a lot – what to do? Some days, it almost disappears, and some days it comes back, like an old friend that you’d rather not see. It is very important to me to inform others of this syndrome. My advice to you is, if someone trusts you to discuss their health, really listen to them! Instead of pulling them down, help them shut that stupid clock in their head down. Tick Tock... Stop!

The Science Behind Optimism and Its Benefits

by Estíbaliz García Bellanco

Optimism is a well-known concept that is often explained through the glass-half-full metaphor. Merriam-Webster Dictionary defines it as “an inclination to put the most favorable construction upon actions and events or to anticipate the best possible outcome.” However, it is usually only seen as a mindset, and few people wonder about its effect on their bodies.



Biological Foundation:

Optimism plays a role in overall bodily health, but it isn't one of the determinant factors. Optimism by itself isn't that influential, but it can set about a range of biological, psychological, and social processes that improve overall health.

Optimism is linked with physiological activity in the left hemisphere of the brain, while pessimism is associated with neurological processes in the right hemisphere. This difference causes people with a dominant left-hemisphere more likely to be optimistic, and vice versa. For this reason, optimism tends to be stable over time, although it can change with life circumstances.

Heritability:

Several studies have been done with twins and their siblings to see if optimism is inheritable.

Those studies have shown that there is a genetic factor in optimism, but it is relatively low. Shared familiar experiences have also been proved to have some influence, but it was non-shared experiences that were shown to have the greatest impact on optimism.

Should it be encouraged in infants?

Scientific research has been done in grade school in which children were taught to be more optimistic, and it was shown to have the benefits explained in the next section. Moreover, cultivating optimism from childhood has been shown to make its effect on health greater, and prevent several mental health problems, such as depression.

Effects and benefits on health:

Optimism impacts both physical and psychological well-being in a positive way.

On the one hand, it has many benefits for physical health. For instance, it has been directly related to how well the immune system responds to potential threats. Optimists also reported to have better quality sleep, have fewer early morning awakenings, and feel more rested after having woken up. Another study also showed that optimists are less likely to die of a myocardial infarction (also known as a heart attack) during surgery.

On the other hand, it has many benefits for psychological health. Optimists reported to have a better quality of life, be freer of stress, and feel more satisfied with their relationships. They also suffered from fewer mental health diseases, the most important of which was depression. Moreover, pessimists tend to become socially isolated, which leads to health problems, so an optimistic approach reduces the risk of that happening.

How can students use it to their advantage?

Optimism has been demonstrated to be beneficial in every area of study, and the academic one is no exception. That is why optimistic students have less academic stress and better self-esteem, as well as feeling happier and more satisfied. They also adapted to new schools and college better and faster and made more friends. Being optimistic helped in this aspect because people tend to gravitate towards others that transmit happiness and hope and with whom they feel safe.

Conclusion:

To sum up, everything stated so far, optimism is mostly shaped by the environment, and it carries great benefits for all aspects of life. For these reasons, pessimists should change their mindset and start seeing the glass half full.



The Power of Words

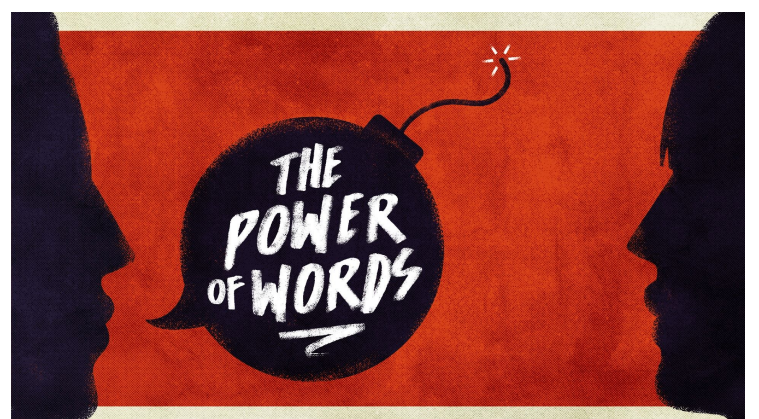
by Alba Valverde Delgado

Words do not mean something. They mean everything. They have the power and ability to change, to heal, to hurt, to harm, to tell. People aren't aware of how consequential and powerful they are, and they should be. A great example would be Markus Zusak's novel called The Book Thief. It's the perfect representation of a lot of different topics, including the importance and power of words. This story is set in the late 1930s in Munich, a city located in Germany. During World War II, Death (the narrator) strangely feels intrigued by Liesel Meminger, a girl that lives on Himmel Street. Her passion is words, and she steals books because of it. When you reach the final page, the reader's perspective has changed. You realized how important words were for this little girl who found her place between those pages, those words, those letters. They saved her. Can you imagine how meaningful that is?

Furthermore, words can have deeper meanings. They can mean one thing or a completely deeper one. They can mean “I love you” as much as “I hate you”. They have a tremendous impact on humans, and we are the ones who get to choose them. Writing is magical since you get to create something beautiful using just words. Words can be either playful, or maybe provoking, and that's the reason why I love them. Because I do love words, even if it seems impossible for some people who don't. And I think you should love them too, or at least try to. According to Jim Rohn, an American businessman, author, and motivational speaker, “Words do two major things. They provide food for the mind and create light for understanding and awareness”.

Therefore, when you are reading a book, attempt to not just follow its development, but try to analyze the words the author is using and that's how you will get to understand the true meaning behind the author's words. Perhaps the author is trying to impart implicit ideas or wants to create a certain ambiance for the reader. Writers not only know how to develop a story excellently, but know how to use certain words to create deeper meanings. According to Sigmund Freud, “Words have magical power. They can either bring the greatest happiness or the greatest despair”. This means, that even if words can make you feel better, they can as well destroy someone, so choose them wisely.

Last but not least, I would like to say that words are essential to me, and writing this short essay has made me even more conscious of it. They have this unbelievably strong brunt, and there's probably nothing more powerful on earth. I have loved words since I could barely read, and they have had significance for me, and I hope they do till the day I die.

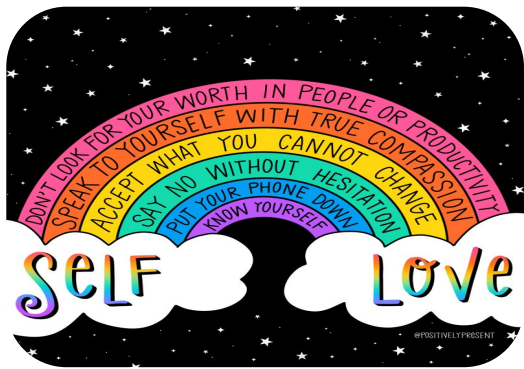


<https://evangelwchita.org/wp-content/uploads/2019/05/Evangel-Sermon-The-Power-Of-Words.jpeg>

You Are Your Own Beauty Standard

by Miriam Sánchez

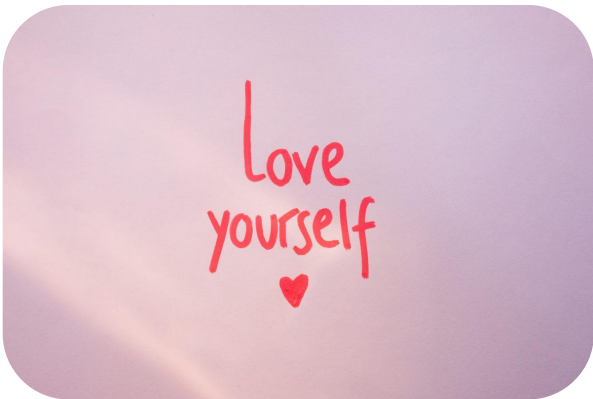
Each generation has been confronted with different standards of what “attractive” people look like. Since about the 1990s, since the rise of supermodels, the standard has been thin. There has been very little representation of bodies that are not very thin, toned, white women.



In a society where beauty standards exist, it has become a human instinct to compare ourselves to others. Women, and men, are told and shown a standard that does not represent the majority of people on the planet. This standard is different for the genders, but there is one for males and females. The standard is told to us by celebrities, Hollywood, fashion companies, makeup companies... Many of the examples in a magazine or advertisement for the standard are not what the model looks like. The model may be tall, thin, and edited. They are made up with professional makeup products by a professional makeup artist. They are put in the best poses to emphasize certain areas while minimizing others... The final product is all people see. So, they show an unrealistic, unachievable standard. As a result, beauty standards present a ton of illusory expectations which consequently creates social pressure towards younger generations to conform to beauty norms.

Admittedly, social comparison is part of identity formation, but not everything we see has a positive consequence. Everyone at one time has been asked “does this make me look fat?”; this question holds a dystopian narrative for women; making us self-conscious and ultimately leading to self-disapproval.

However, self-love is a state of appreciation for oneself that grows from actions that support our physical, psychological, and spiritual growth. Self-love means having a high regard for your own well-being and happiness. Self-love means taking care of your own needs and not sacrificing your well-being to please others. When you put yourself first, you make choices that will only improve your quality of life. You eat better and sleep and exercise more because you realize that taking care of your mental and physical well-being is essential to your success. When you look better, you feel better, and when you feel better, you do better. At the end, you are the only person with whom you are going to be always and forever. Better treat yourself well, because you are your beauty standard, shining by its own light.



Our Trip to London

by Laia Rivas Beumala

My two best friends and I went on an amazing trip to London, the UK’s capital. We visited all the famous and tourist attractions, like the London Eye, Big Ben, Buckingham Palace, we ate the famous Fish & Chips...So, I want to share our experience with you.

We spent a whole week there, so we had time to do lots of things. However, first I want to give some advice on entering the UK. As you might know, on the 1st of February of 2020, the United Kingdom left the European Union, more known as Brexit. Therefore we don’t have the same means of travel there or to circulate different merchandise than before because of the loss of the European passport. If you are a European citizen like us, you can travel to any of the European Union’s countries with only your identity card, but what happens when a country in Europe is not in the EU? Well, that’s the case in the U.K now. Firstly, our passport is essential to enter the UK, despite the country you come from. It has to be valid all the time you have planned to stay there, if not, you may have problems getting back home. Secondly, you should organize a VISA, that is a document that allows you to enter a state because controllers at the border will ask you for it, and if you don’t have it, you won’t be able to enter.



View of London from the sky,

I have some recommendations about restaurants, tourist attractions, and hotels to share with you:

I am going to start with the hotels. You have to show your vaccination passport to stay in a hotel. The best zone to book a hotel is in the West End, the district where there are most of the places to visit, but it’s also a very expensive area. Indeed, a night in any hotel there may cost you between \$100- \$150 per person. If you are looking for a cheaper hotel and you don’t mind walking to the city center, I recommend the districts around the West End, which can cost between \$30- \$80 per person.

About the tourist attractions, you must visit the most famous ones. Big Ben, that sometimes you can go in, we couldn’t because it was in reforms. The London eye, in which you will have spectacular views of the city, so I recommend going in the evening to see the city illuminated. Also, Buckingham Palace, where you should go when the typical soldiers with the large black hat are doing the change of guard, it is awesome how coordinated they are! Apart from the famous ones, we went to some other magnific places, The Wax museum, there are so many famous and important people; the Hamleys, a cool playfulness with 5 floors; St James's Park, a park where there are lots of squirrels, after going, we bought some peanuts for the squirrels and ducks and we had a really fun afternoon!

My favorite part were the restaurants! Of course, this is my opinion, so, after going, look online to see if it’s your food style. Our favorite restaurant was Ô Gourmet Libanais, a Libyan food restaurant. All the dishes were delicious and the products were fresh. In addition, the service was also excellent and attentive. Another restaurant we went to was Bar 61. We went to have breakfast there and we ate the best carrot cake we had ever tasted. And the last one, is a vegan restaurant, Plants by De, was very innovative with really interesting ideas.

To put it in a nutshell, I highly recommend this amazing city to go on a trip with your friends or family and hope our recommendations and advice will help you!

Eating as a Way of Opening Your Mind

by Irene Fraga Martín

Gastronomic customs are not the same everywhere. Eating was, at first, a need in order to survive, but time and quality of life improvements have made it more exciting. When traveling, we tend to eat typical meals to experience a complete discovery of the country. This is why I have written some curious things about the different customs surrounding the act of eating.

A clear example of diversity in food is in the meat that we eat. In fact, in Spain, Portugal, France, Italy, or even China, it is very common to eat rabbits. We can find many types of stew that contain this meat. However, around the world, there are other places where rabbits are considered a pet and it seems unbelievable for people to eat them. Another example is the level of spice in food. There are some countries that use it for numerous meals and have a very high tolerance to it, such as Ethiopia, Sri Lanka, Bhutan, Jamaica and Thailand. Whereas in other places, people can't stand to eat it. Another thing that might be very shocking is ham. Ham in Spain is considered the "Eighth Wonder" but it is not the only country who consider themselves ham lovers. One place that we don't imagine on this list is China. But yes! There is a traditional cured ham that is made in Zhejiang (Jinhua) and it contains a type of pig called "Wumeng" that has very black hair in their head and legs, and white in the rest of their body. It is notably used for the preparation of "Buddha jumps over the wall".



<https://www.yumofchina.com/buddha-jumps-over-the-wall/>

A very good example of variety is in coffee. Not all countries love it like they love coffee in Finland, Denmark, Norway, and Brazil. Others prefer tea, like England, Ireland, Russia, Turkey, Morocco, and even more. For example, in Turkey, tea is considered a courtesy way for meeting people. In Japan, we have their characteristic tea "matcha". The matcha has an intense color green, not compared to the black and strong tea from England and Ireland. In Tibet, they make it with regular butter, salt, and yak butter, it is very nutritious and helps to fight their temperatures. As we can see, there is a very big variety of ingredients, but also meals. In fact, in Spain, the "tortilla de patata" is like an omelet but more consistently made with potatoes, eggs, and sometimes onion. Some countries have other interesting meals like Perú where they eat a thing called "Leche de Tigre" which is made with the liquid of the "ceviche". In Australia, they eat "Vegemite" which is a dark paste made of a yeast extract. In Holland, they eat a thing called: "Hagelslag" that is made with a very big percentage of chocolate and is enjoyed with bread, butter, and the type of "Hagelslag" that you prefer. One thing that you probably never heard of is the "Congee" which is consumed in Asia. Is a white paste of rice with a "century egg" made with clay, ash, and salt, and is left there for a long time, which gives it its black color.



<https://www.wokandkin.com/century-egg-and-pork-congee/>

Another difference between countries is the hours of meals. We don't all eat at the same hour. In fact, dinner is the one that shocks us the most considering the diversity among the different places. Norway eats dinner around 5:00 PM. Britain eats at half-past six more or less. For example, Australia, Japan, and the USA usually eat around 7:00 PM. Then, Lebanon eats around 8:00 PM with Brazil. Greece, Italy, and Spain eat later between the hours of 8:00 – 10:00 PM with South Africa. We also have differences in manners. In Korea, if someone older offers you something to drink, you must take it with your two hands. In Tanzania, you can't show the sole of the shoes while eating on a carpet. In Egypt, it is important that you don't refill your glass of water, instead it is better to wait for someone, and then fill the glass to the others (when it's half-empty). In China you must leave a little bit of the food on your plate, meaning that they have generously served you, but in India, you should eat all the food on your plate. In Thailand, you push the food onto the spoon with the fork, but you don't eat with it.

Some of these things may be completely new or maybe you might have already heard of them. It is important that we appreciate these differences because they are what makes food an incredible way to express who we are. The next time that someone tells you about some food in other countries or their customs on the table, you should respect it even when it is new, because diversity pleasantly enriches the world.

Media & Entertainment

WRITTEN BY STUDENTS AROUND THE WORLD

December 2021

Media: Information or Manipulation?

by Serena Senovic

Have you ever wondered if what you know about the world is the truth? You will certainly answer: “Yes, it is, I saw it on the news!” The issue here is: how can you know that the media isn’t manipulating you? Information has one obvious goal: to inform us, but what happens when instead it brainwashes us? Fake news is discovered every day, but until it is, everyone believes it and like the game that we all played as children, the grape-vine, information travels fast and pollutes the world with its hoax. Many events in history have been added, transformed, erased even. During the war, propaganda was a more powerful weapon than the most dangerous bombs and that is still the case today. Therefore, how can we recognize the truth from the false?

It’s difficult to realize that you are being manipulated. When your mother promises to take you somewhere fun and you end up at a dentist appointment, that’s manipulation. When you decide to ask your father to go hang out with your friends because he is more likely to say yes, that’s also manipulation. When you see publicity about an object and that you buy it just to realize that it’s garbage, you can also call that manipulation, but this time it is not by you or by a relative, it’s larger than that: it is from the media. By definition, the media is designed to communicate information to the public whether it is in television, newspaper, or even social media. Unfortunately, it is not always the case... How many times have you seen publicity on Instagram or a celebrity flaunting the merits of a product on Tik Tok? You may believe that the product is awesome and buy it, but you will soon discover that all that is for their own gain. It’s the same concept in advertising as it is in all the other fields. You may ask yourself “but what do they gain in manipulating us?”. The response is simple: money. With their clickbait title, altered pictures, and fake news, they know that the audience will follow them just like they do with their favorite influencers.



The dangers of a one sided story



Pictures Reuters, Hannah Mckay, 23 Apr. 2018,

However, the manipulation doesn’t stop there. It is more complex than just gaining profit from the sale of a product. After all, why stop here when you could go so much further? Media can control exactly what we believe as well as whom we believe. It’s not a coincidence that Election rhymes with corruption... In fact, the data breach of Cambridge Analytica revealed how politicians all over the world were exploiting the power of social media to malicious ends. In the United States, former President Trump compiled user data to target American Voters in 2016. He used personal information taken illegally and built an algorithm to profile individual US voters in order to target them with personalized political advertisements. This method called dark political advertising makes us believe that it is our choice while in fact, we are just pawns in the giant chessboard that is the world. It doesn’t matter what is great for people but what is beneficial for the media. As the president of CBS once said, the election of Donald Trump “may not be good for America, but it’s damn good for CBS”. For him and the media, it’s a checkmate with a big check at the end.

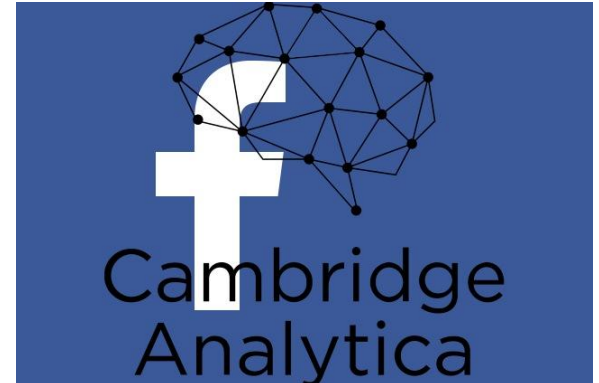
Nowadays, it’s even more difficult to spot fake news because when people see pictures, they immediately believe them. They should ask themselves: if they can use filters on Snapchat and Photoshop on Instagram, what makes them believe that the media can’t do the same? As we can see in the pictures, the media distorts the truth as well as our opinion. We may think that Prince William is a jerk or that the army helped this poor guy and gave him water. The reality is very different: Prince William was presenting his third royal baby to the world and the army was pointing a gun at the head of a guy. Perspective is everything and that’s why we should be careful with it. Emotions are what makes us human but it’s also a weapon used against us in the media to persuade us of something: inhuman, isn’t it?

How Social Media Affects our Democracies

by Elias Forestier

For several decades, the creation of computer platforms on the Internet or “social networks” has had a considerable impact on our lives in many different ways, such as our way of thinking, and how we access and consume information. Today we will consider the impact that these platforms have had on our democracies.

On one hand, social networks have a negative effect on our democracies. An example of this is when Cambridge Analytics used Facebook to influence the 2016 Presidential Election. Facebook used its social media to provide to the user a lot of information about a certain political association while trading data to influence their votes. As we have seen in the Cambridge Analytica event, social networks can influence votes, and the ideas expressed by politicians. The Cambridge Analytica crisis shows us that a tool that we can believe is completely harmless can be a real danger for us, our free will, and as well as for the future of a state and its politics. It shows us that we must be wary and remove the power that has been put in the hands of social networks. The social network is therefore an interface that has the power to change people's political ideas or others without them even realizing it. This can therefore endanger democracy because internet users no longer have a critical mind. Social networks are therefore a danger to democracy.



The second example of social media's negative impact on democracy is the United States Capitol insurrection. On January 6, 2021, the US capitol was stormed during the confirmation of the results of the presidential elections of 2021. This action took place because of a call launched on different social networks (Facebook; Instagram; Snapchat). In January 2021, following many implicit and explicit calls, supporters of the group Make America Great Again stormed the emblem of democracy, the U.S. Capitol Building in Washington, D.C. The origin of this event that no one had seen coming, came from a speech by the President at the time, Donald Trump, that was broadcast on various social networking platforms. This massive broadcasting had immense repercussions/consequences on democracy itself. This call to hatred cost the lives of 5 people who were shot. Social networks are thus an amplifier of the movement and a way to be heard by the largest possible audience. The fact that this call cost the lives of people and that it was aimed at the invasion of the world symbol of democracy shows once again that social networks are dangerous for our democracies as well as for the lives of innocent people. The reaction time of the moderators was too slow and by the time the sanction was issued, the damage had already been done. To conclude, social media can and is harmful to our democracies. But, is social media all bad?

Social networks also have a positive influence on democracies. Indeed, social networks contribute to freedom of expression: the networks are accessible to all, any citizen can share his opinion, his ideas, and his beliefs with others and engage in debate. For example, one of the main values of democracy is freedom of expression. Social networks have many advantages that allow convenient communication across the world, and that advocate freedom of expression. Indeed, in addition to being at a low cost, this tool allows a permanent connection and a fusion of technologies having no equal. It is these additional human relationships that create constant, albeit controlled, innovation. In both the European Union (EU) and the United States, freedom of speech is the rule. But the two political powers differ in their understanding of this right. While the U.S. recognizes almost no exceptions to freedom of expression, most EU member states, particularly France, recognize broader exceptions to freedom of expression in order to criminalize hate speech or Holocaust denial. The differences between these two conceptions of freedom of expression are particularly visible on social networks, which, as we know, know no geographical boundaries. Social media also allows our world to communicate and interact at an international scale which permits to develop the country's economy. Without social media, the economy would have been a lot more fragile and and less multi-national.

Even though nowadays, social media is essential to the healthiness of our democracies, it is also a tool that when misused can prove to be an unprecedented danger that impacts the very soul of our beloved democracies. Therefore, we can conclude that social media has a lot of positive impacts but unfortunately, they also have several bad aspects that are very dangerous.



Image from the U.S. Capitol riot on January 6 2021

<https://www.reuters.com/world/us/california-man-accused-bear-spraying-cops-pleads-not-guilty-jan-6-riot-charges-2021-07-28/>

The Two Aspects of the K-pop World: a Combination of Toxicity, and Worldwide Share

by Valentine Voyer

Over the past few years, the k-pop industry has been under the eyes of the whole world. They call it the “Hallyu wave”. Catchy choreographies, brilliant lyrics, unique visuals, and various aesthetics have garnered their fair share of popularity. It’s not complicated to see why k-pop has become so popular worldwide despite the cultures’ differences. Idols established themselves in the world of music and immersed themselves in the charts. Still, this hype has brought the darker parts of the industry under the spotlight, turning the perfect industry into an abusive one. On the k-pop industry, Korean music entertainment, labels, and companies create unique relationships between idols and their fandom.

It is one of the main reasons why k-pop works so well. This structure is called para-social relationships. “Parasocial relationships psychologically resemble those of face-to-face interaction, but they are of course mediated and one-sided.” (Oxford Reference, 2021) Physical attraction, tasks implication (assisting to idols’ live, streaming, voting...), and establishing exposure all help and increase that one-sided relationship.



BTS during their revolutionary campaign ‘LOVE MYSELF’ (October, 5th, 2021)

The development of social media and the involvement of today’s generation in social media has helped the labels promote their idols differently and more efficiently. The entertainments made their celebrities more present on Instagram, Tiktok, or even Twitter. They created mobile applications like V-live and Weverse to implicate even more fans into a group, their comeback, collaborations, upcoming albums, etc.... The goal of those applications created by the industry is to further define this idea of social interactions by allowing fans to pay to have a personal conversation with their idols and sending “personalized messages” to their fans, just as they were texting each other. Fans find these interactions as an escape from reality, which is just a marketing tool to increase their popularity. This is when the actual problem arises. This problem becomes purely psychological and takes a profoundly unhealthy turn when it is no longer a question of simple musical entertainment but an affectionate dependence.

An escape from reality, created by the industry to increase the popularity of a group and therefore the income of a group to a k-pop company. This attachment becomes pathological and pushes some fans to commit obsessive and even dangerous acts in some cases. This pathological stage creates new fans, the sasaengs. Sasaengs (사생팬) are limitless fans invading the privacy of celebrities. This term is used for all actions directed against Korean celebrities in general. They commit obsessional acts like stalking, creating hate hashtags when it comes to an idol’s love life, hacking their bank account and mobile phone line to have their phone number, and the list goes on.

However, the birth of these fans poses a danger to celebrities in the k-pop industry. TVXQ group member Yunho reports, “I was poisoned several years ago” Indeed, a fan offered him orange juice to which she had previously added glue to poison him so that the member, Yunho, remembered her.cts, these fans have tangible mental repercussions on the idol’s mental health. (For example, Kim Jonghyun and Sully, who tragically committed suicide because of hate and repeated threats.), feelings of paranoia, development of a victim mentality which leads to severe anxiety attacks and stress. Unfortunately, those are only a few examples in a long list of tragic events that followed the birth of obsessive fans. All the negative emotions surrounding k-pop idols and the entire k-pop industry, over time, this unhealthy behaviour will continue to exist. Labels and companies have always provided this feeling, promoting the “crush/boyfriend or girlfriend” connection between idols and fans. They are responsible for the consequences because they have never actually set a boundary between celebrities and fans.

They still have not formulated specific solutions to prevent these uncontrollable behaviours. Despite the negativity that can emerge from this industry, one should not forget why k-pop has become a global phenomenon and not just a national bop. This industry has established itself among other musical genres and climbed to the top of the charts because one word emanates from it, community. K-pop forges a place of unity and belonging between celebrities and fans and binds fans together. This relationship allows people to feel better and understood within the same group that shares the same interests, and here, in turn, a passion for a group and its music. This community does not only act psychologically

but has notably known how to stand out in concrete terms. For example, it only took 24 hours for the BTS’ fan, armys to raise \$1 million to support the anti-racism movement, Black Lives Matter. Here’s another example. Since 2017, the superstar k-pop boys band BTS has established a collaboration with Unicef, to promote the importance of self-love and self-care.

They talk about how each person can protect themselves from bullying and harassment. They released an album ‘LOVE MYSELF’ as a message of hope in the path and the process of gaining self-love,

“During the process, we also strove to ‘LOVE MYSELF’ ourselves, and we as a team and as individuals grew as well. We hope that many people feel how the love received from others can become the power that allows them to love themselves”

they said in a press interview. Their partnership also includes a donation of 1 million dollars to UNICEF earlier this year and a portion of the merch sold from ‘LOVE MYSELF.’ We can only hope for a brighter future for this industry which, despite its dark odds, brings real richness and variety to the world of music.

LGBTQ+ Friendly Music, Books, and Films to Help You Feel Understood

by Irati Acha

2021, Madrid. You walk through Chueca, one of the neighborhoods in the center of the city. You notice the LGBTQ+ theme everywhere: shops, bars, balconies, even in the underground... Impossible to think about this a few years ago, right? But, although this community is a lot more visible and noticed, there are still people who struggle due to the little representation in TV shows or books. Well, here are some recommendations that may make you feel better.

MUSIC

We can not ignore the enormous change that Freddie Mercury and his band, Queen, supposed in the 80's, with songs such as *I Want to Break Free*, in which, all the members of the band (Brian May, Roger Taylor, John Deacon and Mercury) appear dressed up as women, imitating a British soap opera of the moment, *Coronation Street*. In some countries, like the US, the video was not well received, so the band did not include them in the tour of the album this song belongs to, *The Works*.

Currently, well-known artists like Harry Styles or girl in red are openly supporting the LGBTQ+ community. Styles, by showing the rainbow flag in most of his concerts, his eccentric looks and his lyrics, such as: "Lights up and they know who you are, do you know who you are?" in his song *Lights Up* are clear references to his acceptance towards anyone. On the other hand, girl in red has become an LGBTQ+ icon and reference to teenagers thanks to her songs *i wanna be your girlfriend* or *girls*, in which she clearly shows her homosexuality.

BOOKS

One of my favorite books, *Call Me by Your Name*, is a bestseller written by André Aciman which was adapted into the cinema by Luca Guadagnino, winning the Oscar for the best adapted screenplay. It has a clear LGBTQ+ theme, it is about a teenager (Elio) whose father is teaching a North American student (Oliver) and how the relationship between them develops, considering the age gap between both characters and their ideas and experiences. The novel is wonderfully written.



Chueca during the Gay pride <https://www.shmadrid.fr/blog/fr/chueca-madrid/>

TV SHOWS AND MOVIES

Love, Simon is a romantic comedy film directed by Greg Berlanti about a sixteen year-old boy, Simon Spier who is gay but has not come out yet. When his secret is revealed, he will have to face it. When I watched this film, I personally loved it. I believe it is very easy to feel identified with the characters: Simon, his best friend, Leah, who is in love with him... This easiness to feel identified is what makes *Love, Simon* a comfort film.

Another of the shows that I have watched lately and that is available on Netflix is *Young Royals*, which relates the love story between Wilhem, the heir of the Swedish crown, and Simon, one of the boys in the boarding school he is attending. What differs this show from others is that the actors are normal teenagers, with acne, spots... That is what makes the audience feel identified with them, bridging the gap, of course.

The Strangest Review

by Clara Sanmartín



The cover art copyright Netflix

Stranger Things is a Netflix original TV Show, the first season came out in 2016, and the most recent season, which is the third, came out in 2019. The main idea of the series is a group of kids in the 80s that encounter several paranormal adventures, such as other dimensions, monsters, and superpowers.

Stranger Things is an extremely famous show thanks to its plot and characters. This last season was released on July 4th, 2019, and that same day, 26.4 million U.S viewers had already watched it.

This show has been extremely popular since the release of season one. It has been a hit show since 2016 with watchers from all generations. What makes this show such a success is the plot and acting.

This tv show reminds people of the 80s movie "The Goonies", not only because the plot took place in the 80s, but also because the protagonists are a group of kids who go on adventures and help each other.

The pros of this third season are that not only did we see the characters grow, we also got new characters such as Robin and Alexie. This TV show, in general, is well thought out due to the plot happening in the 80s. Indeed, not only teenagers watch the series, but also older people, because it gives them nostalgia from their young years.

The cons of this season are probably that it is slightly more violent than other seasons since you see more blood. Some people thought it was too much.

Furthermore, the third season has more romance in it, and some watchers were disappointed about it. Indeed, some of them thought it was the best season, and others say it was the worst. But almost everyone thinks that it was better than the last season.

My personal experience with this show is positive. I first watched it two years ago, and I rewatched it a couple of times. The third season was probably my favorite of them all, because of the plot, but also because I got to see my favorite characters develop and meet new ones. Nevertheless, what I didn't enjoy about this season is the fact that some main characters should have had more screen time.

In my opinion, I recommend this show to anyone who hasn't watched it and I give a thumbs up to the third season of the show. My favorite season is probably the third because of the acting, new characters, and because I think that the plot is bewitching.

Marvel: Days of a Future Past

by Cristina Atienza Ruiz

Today, in this article we are going to remember the whole story of the original six in the Marvel Cinematic Universe so we can understand better the new Marvel movies coming.

It's not new that Marvel is constantly releasing new movies and series, so, what's better than remembering the past to understand the future? Let's look at the past and remember how the characters appeared, their development, and their last appearance in the MCU (Marvel Cinematic Universe), and who could take their places in the next phase. *Spoiler alert! If you haven't seen the Marvel movies, don't continue reading!*

Natasha Romanoff, known as Black Widow, makes her first appearance in "Iron Man 2". They present her as a spy from S.H.I.E.L.D (Supreme Headquarters International Espionage Division) originally born in Russia. Later in "The Avengers," Natasha with The Avengers must save the world, - In this movie we can see how Natasha is a brave and powerful woman who cares about her loved ones. We see her again in "Captain America: The Winter Soldier". Now, we see Natasha who is friends with Rogers, after The Avengers, they work together. In "Avengers Age of Ultron" we see the Avengers have spent a lot of time together, so we see a more open Natasha, plus we can see a love interest with Dr. Banner and we learn about Natasha's life, she grew up on the red room, where little girls learn how to fight and kill, they transform them into serial killers. In "Captain America: Civil War" we see the conflict between Steve and Tony, we know Natasha is friends with Steve, but she goes on the law side, with Tony, the thing is, as I said before, Natasha cares.

When "Black Widow" came out, we could see all about the Natasha's life, her sister (Yelena Belova) has grown up on the red room until that time when Natasha is escaping from the United States police, her mother (Melina Vostokoff) works for the red room, but at the end she is a secret spy working with Natasha and Yelena to defeat the red room, her father (Alexi Shostakov) is a super soldier, was in jail because of the red room so he helps Natasha and Yelena destroying it and freeing the widows (all the red room girls are called like that, not just Natasha). In "Avengers: Infinity War", in the beginning of the movie, when Natasha, Steve, Sam, Wanda and Vision enter the Avengers tower, they seem happy to see Rhodey, and happier when she saw Bruce was alive it's a sign that she still loves him. In "Avengers Endgame" we can appreciate Natasha and Tony are still mad at each other, but in this movie, about Natasha, the most important thing was her sacrifice, she died for the world's safety, demonstrating once again how brave she is. The fans think her place will be taken by Yelena, her sister, and she'll probably take revenge with Clint, thinking he murdered Natasha.

Tony Stark, known as Iron Man, is rich, arrogant, a playboy, and a genius. When he gets kidnapped, he gets his first Iron Man costume, now he learns that his work maybe is not the best, and he starts caring about what he does. In "Iron Man 2" and "Iron Man 3" we see the beginning of Tony's and Pepper's relationship, we see the development of how he stops being selfish. In "The Avengers" he seems to be a little bit more concerned about saving the world, as we see at the end of the movie, when he sacrifices himself for the world's safety, despite he doesn't die, in this movie he describes himself as a "genius, billionaire, playboy and Philanthropist". In "Avengers: Age of Ultron", here Tony seems to be a lot less arrogant, despite he is still bothering his mates, he talks the truth even if it hurts, and even knowing is his fault. In Captain America: Civil War we can see the fight between what the Avengers think it's correct, for Tony, the law and being politically correct it's the main thing, he gets angry with the rest of the team who is not on his side, because their choice could affect the whole team, that's a sign of how he cares about his mates. In "Spider-Man: Homecoming" we can notice the affection for Peter Parker, and how he cares about his safety. I can't even describe how much Tony changed from the first time we saw him. An example of this is in "Avengers: Infinity War" and "Avengers: Endgame" when he gives up everything for the world's safety, fighting Thanos and his army with his sacrifice, "And I... am... Iron Man" knowing there was just one way to win. In my opinion, he has one of the best development on the MCU. There are a lot of theories, but in my opinion, the next Iron Man should be either Morgan Stark (his daughter) or Iron Heart, who we'll meet on her show.

Thor Odinson, god of thunder, son of Odin, prince of Asgard, in "Thor", at the beginning of the movie, Odin banish Thor from Asgard to the earth because of his arrogance. At the end of the movie, we can see how Thor has calmed down, starts giving love to his friends and family, and the pain he feels when his brother Loki "dies". He also develops a relationship with Jane Foster. In "The Avengers," he meets the team, and he shows respect to the team, but always with that "god complex". Later in "Thor: Dark World," we can see how Thor is not a fan of the rules despite he knows the consequences. His next appearance is in "Avengers: Age of Ultron", here, we see Thor has spent a lot of time on earth, just how he says at the end of "Dark World", he is like a human, with our behavior and our holidays, at the end of the movie he goes back to the space to search the infinity stones. That brings us to "Thor: Ragnarok", he didn't find any of the stones, but he went back to Asgard, finding out he has a sister who wanted to kill him and govern Asgard with violence. During the battle between him and his sister, Thor won, but he had to destroy Asgard, and his sister broke his hammer. He wanted to move the whole kingdom to the earth, because he had to take care of them. Later in "Avengers: Infinity War," we can see how Thanos almost killed the whole population of Asgard. Loki got stormbreaker and fought Thanos, but he lost. Five years later, in "Avengers: Endgame" we find out he had depression and Thor is drunk almost all the time, but he helps to fight Thanos again, when they win, he goes with the Guardians of the Galaxy, and leaves the Kingdom to his friend, Valkyrie.

Bruce Banner, known as The Hulk is a scientist who is genetically modified, making him transform into the Hulk when he's angry. He makes his first appearance in "The Avengers" working on Africa taking care of kids, when he's on the Helicarrier he mentions he once tried to kill himself but it didn't work because Hulk spit out the bullet. He had mental issues and nobody helped him, but in "Avengers: Age of Ultron," we see him happier. It was as if being with the Avengers made him feel better. I can relate to his mental issues, because he felt alone, and that nobody understood him, but now that he's surrounded by people who is like him, he feels better. At the end he thinks people hate him in the earth because he's a "monster," so he takes a quinjet and flies out of the world. In "Thor: Ragnarok", Thor meets him on another planet, realising Hulk has taken the control before Bruce but fortunately he transforms himself back into himself, he fought with Thor's crazy sister and he mounted the spaceship with the Asgardians. In "Avengers: Infinity War," when Thanos attacks the spaceship, he kills Hulk, but before Loki died, he used his last magic to revive him. Then, Thor sent him to the earth, and he realised he can't turn into the Hulk, so he fights Thanos with an Iron costume. In "Avengers: Endgame" we find out he lives being half Hulk half Bruce. Bruce Banner is one of the characters who has the best development in the MCU and I love his character so much. He doesn't have a legacy, but we know soon we'll meet She Hulk, and there's a theory that says that he's not going to appear anymore.

Only time will tell what Marvel will bring us next!

“Let’s look at the past and remember how the characters appeared, their development, and their last appearance in the [Marvel Cinematic Universe]”



Picture of the Avengers

https://www.francetvinfo.fr/culture/cinema/sorties-de-films/avengers-endgame-la-mythologie-des-super-heros-a-son-sommet_3411427.html

The Arts, Poetry, and Fiction

WRITTEN BY STUDENTS AROUND THE WORLD

December 2021

Delay: 30 Minutes

by Sarah Prunel

Hundreds of travelers pile up in the hall
They never stop grumbling

And I am
Dreaming about the stars above us
Reading a book from the end to the beginning
Happy characters become sadder and more ignorant
You should try it one day

That's it!
The platform is eventually posted
A flood of people rush across the hall
They are like an eel shoal
I bet these people never stop
Always doing something
Always making profit

It's vital to dream and bore
To understand how beautiful is the world
Despite all its imperfections
You should try it one day

I'm blown away
By this crow crowd

I fall in your arms

You have red shoes
And blue jeans
A cello on your back
And blue eyes
Like the reflection of the sun on the sea

In my head
Resonates
Bach's Cello Suite No.1



<https://www.the-shard.com/news-events/news/london-bridge-station-2016-update>

A Painter, a Human, and a Vision

by Alexis Gouret

When we are asked what a painter is, we often have the image of an old man with graying hair, very concentrated, handling a brush, making a grand gesture while being cheerful and eccentric. Painters never leave you indifferent, because although they have different visions of their art, they remain so inspired that they end up fascinating us. Then we ask ourselves, how do they get their inspiration? We will see that it is difficult for them to find inspiration and especially to remain creative throughout their life. Sometimes their creativity leaves them, which often results in a tragic story tinged with madness. Far from frightening us, it is on the contrary that gives them a mystical aura that makes them legendary.

Sometimes painters use their life as a source of inspiration. This is the case for Frida Kahlo, who has never stopped creating her self-portrait throughout her life, by bringing out her pain and her suffering. This was a result from her husband's infidelity and his accident, which damaged his spine, inflicting numerous and painful surgeries.

Also, painters use their environment to compose their works. They use nature, lakes, mountains, their loved ones ... to represent their feelings, beauty, spirituality, or to pay homage. This is the case of Claude Monet who produced the series of paintings, *Les nénuphars* intended to heal the minds of the French people after the First World War. It has finally become a means destined to mind's cure for everyone.

Another tip that keeps them inspired is to vary their theme and the technique they use. So, they can go from death to love, or star to nature for different reasons or events that occur in their lives. This is the case of Pablo Picasso, one of the most famous painters in the world, who represented the themes of human unreason, madness, horror, and terror present in his painting *Guernica* before changing and exploring the themes of happiness, joy, hope in his painting *La joie de vivre*. He was inspired by the end of World War II and by his last love, Françoise Gilot. Steve Jobs' mantra "think different" seems to be perfectly suited to this constantly evolving art world that impresses and fascinates us.

However, painters can be consumed by their madness. This was the case for Van Gogh, who cut an ear before committing suicide, overwhelmed by madness and his demented feelings. He is not the only one to have ended tragically, there are other lesser-known painters such as Arshile Gorky, Nicolas de Staël ...

Even if a painter's inspiration may disappear, painters try to completely change their environment or the themes they explore. In this way, they have often achieved to find inspiration again, realizing better work than they did before.

We often have the feeling that this world is foreign and unattainable, but it is within our reach. The first step consists of putting ourselves in front of a blank page, 21 taking a pencil, and drawing our desires, our concerns, and our fantasies - without thinking about what others might think.



<https://www.deviantart.com/ishuraden/art/Detroit-Become-Human-Humanity-Hope-753239029>

The Black Queen

by Nicolas Cholin



<https://www.deviantart.com/nixeu/art/B-R-A-N-C-H-867121057>

The sky was grey with thunder and the landscape was as black as coal. I was crowned empress of the Chinese Empire because I was the next one to inherit the throne from my father in my family. My hair was braided and I was wearing a red silk dress while I was admiring the view from the balcony of the palace. It wasn't peaceful at all, only signs of war and destruction could be seen miles away. The wind was making my hair swing and my dress floated in the air, making me relive a past dream. I imagined touring in those fields overflowed with cherry blossoms, and life coming back with lots of joy and happiness. My thoughts came back when I heard an ambush of the Japanese Dynasty coming ahead.

The Japanese Dynasty was an enemy to the Chinese Dynasty and we never had a peace treaty to end this war. Only rage and power were the keys to success.

I immediately ran to the throne room, where my army generals were waiting for my orders. I demanded that every soldier be prepared to attack, to hold their position, so they would be prepared when the Japanese arrived. I put on my imperial war uniform and I grabbed my katana that was next to it. A katana is a Japanese sword characterized by a curved, single-edge blade with a circular or guard and a long grip to accommodate two hands. While I ran to the stables, I heard screams of pain and terror from my soldiers who were trying to defend the palace with their courage.

When I arrived at the stables, I immediately got on my horse, and he started to gallop as fast as he could to leave, but my path was cut short when a cloud of fire arrows hit me and made me fall off my horse.

I was immediately surrounded by Japanese soldiers who were laughing at my defeat. I had surrendered for good.

I was handcuffed and taken to the Japanese army leader, who was pleased to see me. I was forced to have a seat in front of him, which made me feel disgusted.

"How does it feel to be dominated?" he questioned, but I preserved my silence.

I had no intention of answering that stupid question about my defeat and it wasn't his business. He then walked next to me and firmly grabbed my hair.

"You're not very good at this, are you?" I asked.

Instead, he hit my head on the table three times, and it made my head and nose bleed. I screamed in pain and I felt the devastating torture he made me endure.

"You know what, you are a savage," I said in pain, and he didn't care but laughed at my remark.

"Your empire is not powerful enough to beat me," he said; and all I wanted was to strangle him.

I was later taken to a cell where I spent the rest of my day, but I hoped that my Chinese Dynasty allies would come to rescue me. The next few weeks were hell and torture. They continued to hurt me to make me talk but I refused to disobey my empress duty.

One day during my interrogation, the Japanese leader wanted to know what the Chinese Empire's strategy was. I would have never answered that question because I could lose the whole dynasty, and the Japanese would be more powerful.

"If you want an answer to that, you will have to kill me," I said. He started to hit me again and again, and it was so painful that so much blood started to drip from my injuries.

"What's the strategy of the Chinese Empire in the rest of the dynasty?" asked the leader, one last time.

"You will never get it!" I screamed in pain.

He prepared to hit me again, but fortunately, the allies arrived. They killed the Japanese leader and the rest of his army. After two months of torture and pain, I was finally rescued.

What a painful journey don't you think! I succeeded in sacrificing myself to avoid my dynasty falling in the wrong hands. However, I felt lots of pain and disappointment over that decision.

Red Card: Sexism in Football

by Louise Dugast



A women's football match in France

While the “Ballon d'Or”, the highest reward for a football (or soccer) player was created in 1956 for men, Ada Hegerberg, a young striker from the French club, Olympique Lyonnais was the first woman to have received it in 2018. Why, then, did it take 62 years to award a woman this honor? Behind the scenes of this sport, we will see how female players must impose themselves to face inequalities and sexism.

Women have been playing football since the late nineteenth century in England and Scotland. They even competed in "international" competitions such as the one between France and England in 1917, which attracted more than 12,000 spectators. So, what has happened since then? Deemed intolerable, harmful, or even "incompatible with their nature," the practice of football was prohibited for women for more than 40 years between 1920 and 1960 by the French political regime at that time, and after by almost every European country. Excluded from the fields, they would have to wait for the 70s to reconnect with international competitions. The first women's European Cup was organized in 1969, but the sport was still not recognized by any official bodies. Is it necessary to wait for several World Cups for UEFA (1984) and later FIFA (1991) to recognize this sport and set up official competitions while the men play officially for more than 30 years?

Where are we 30 years later? Actually, not far away. Indeed, women's football has made some progress, but inequalities are still great in this environment, which is predominantly male. The media plays a key role in the public perception of this sport, through their coverage of matches, but also through the formats offered – such as live and special programs before/after sporting events. In most countries, the Women's World Cup is not broadcasted as often as the men's. In Germany, for example, all men's football matches are broadcast live, regardless of the time of the match, including in primetime, unlike rarely broadcasted women's matches. In terms of comments during the game, few women are still commenting on men's games alongside their male colleagues, while there are often mixed teams to comment on women's football. Finally, the visibility given to women's football results in the sports press remains symbolic. A 2017 study of 188 newspapers showed that women's football accounts for only 2% of all pages devoted to football.

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Moreover, the wage gap between the two genders is also particularly shocking. According to some published just before the 2019 Women's World Cup, on average, a player with a contract earns 2,494 euros gross monthly. Whereas the average remuneration of a Ligue 1 player (first French division) amounts to nearly 110,000 euros per month. Why then, are women paid 50 times less than men when they are playing the same sport? The reason is that the media cover more men's matches than women's matches, so prices are higher as well as remuneration. But this must change in the next few years since sports federations are more and more attentive to inequalities in sports.

Nevertheless, positive points exist and must be noted. The number of female sports journalists continues to increase among the best known: the French Marie Portolano, the American Lisa Byington, or the English Alex Scott. Also, sexism is more and more punished today as we can see in France with "Pierre Menes" judicial affair, a sports journalist, he has been sanctioned for harassment, homophobia, racism, and sexual assault against different women in the media field. He is from this moment banned from a lot of TV programs and is no longer a commentator. We can hope that this sport will have a bright future, or that it will at least be able to develop with equality and respect between genders. Only the future will tell us...

Formula One in a Nutshell

by Marina Díaz and Iris Hermes

Formula One has become a sensation in the USA thanks to a Netflix series: Drive to Survive. But there's much more to this sport than we see on TV. Formula One is a race competition that revolves around rivalries. As a result, the drivers must go through intense physical training to prepare for the races where they lose around 4kg every race due to physical effort..

The Formula 1 Grand Prix takes place during the weekend. It starts on Friday when the drivers have two practice sessions so the engineers can collect information about the car and the circuit. Then, Saturday, the last practice session takes place in the morning, and in the afternoon, the Qualifying occurs. Qualifying is divided into three stages (Q1, Q2, and Q3). Each driver must set the fastest time of one lap so they can pass through the next stage. Finally, on Sunday afternoon, the race takes place. Nevertheless, Formula One isn't only the Grand Prix. There is also the preseason testing and the winter and summer break. In the preseason testing, each constructor team can test their new cars.

Formula 1 is a sport that combines technology and innovation. It is a dangerous sport; over the years, there have been improvements to assure drivers' safety. The car has approximately 11,000 components. Each one of them is made specifically for that car and the regulations applied to that season. The drivers can express their opinions mainly through the steering wheel to be as comfortable as possible for them, giving feedback to the mechanics. Building F1 cars is extremely important. It does not matter how good a driver is if they do not have a good, fast, reliable car. That is why the crew that works on the car is essential. The mechanics repair the vehicle if it has any damage and makes sure that the car goes smoothly. The engineers design the vehicles and optimize the car constantly. The team principal gives orders provided everything goes as smoothly as possible during the Grand Prix; they usually communicate with FIA.

As we mentioned before, this sport is one of the most competitive sports in the world. So, creating rivalries between drivers and constructors is unavoidable. There's also a certain pressure when a driver steps up into a bigger team, as the second seat at Red Bull. The Red Bull team changed Verstappen's teammate three times in the space of two years. Verstappen's first teammate was Daniel Ricciardo, then he moved to Renault, and Pierre Gasly became Verstappen's teammate. Then, in the middle of the season, Red Bull decided to change him for a rookie, Alex Albon. Finally, the current teammate of Verstappen is Sergio Pérez.

Furthermore, one of the most famous rivalries of all time is Ayrton Senna vs. Alain Prost. They were teammates at McLaren; each year, they would fight for race wins and the championship. When Prost joined Ferrari, that rivalry was fuelled by the constructors' rivalry going on long before. In addition to that duel, there has been one similar: Nico Rosberg vs. Lewis Hamilton. Both were childhood friends, but after many seasons together in Mercedes, that relationship started to crack. It ended when Rosberg won his first and only WDC; he retired.

There are ten constructors' teams: Mercedes, Red Bull Racing Honda, McLaren Mercedes, Ferrari, Alphatauri Honda, Alpine Renault, Williams Mercedes, Aston Martin Mercedes, Alfa Romeo Racing Ferrari, and Haas Ferrari. Each of them fights for the highest place.

From the beginning of Formula 1 in the 1950s to nowadays, there have been 171 constructors. Ferrari is one of the most legendary. Founded by Enzo Ferrari in 1947, Ferrari is the oldest active team in the FIA F1 world championships, having taken part in every championship since 1950. Arguably, the Ferrari team is the most successful F1 team ever, in every aspect. In total, Ferrari has won 16 Constructors Championships as well as 15 Driver Championships and has 231 race victories to its name. Founded by Bruce McLaren in 1963, McLaren is the second oldest active team in the F1 World Championships. McLaren is also the second most successful team, featuring legendary drivers Niki Lauda, Alain Prost, and Ayrton Senna.



Abu Dhabi 2018, Hamilton, Alonso and Vettel.
<https://www.pinterest.fr/pin/590886413614926972/>

Unfortunately, Formula one is a dangerous sport. One out of those legendary drivers died on the race track. On May the 1st, 1994, Ayrton Senna got into a violent frontal crash, over 300km/h in his Williams. The driver sadly passed away instantaneously during the race at Imola caused by a mechanical fault in the Brazilian pilot's steering column. More recently, the French driver Romain Grosjean lost control of his Haas car after clipping the front left wheel of Daniil Kvyat's Alpha Tauri, having skewed right in the intense battle for position at Turn Three on the opening lap of the Bahrain Grand Prix. He drove into the crash barrier at almost two hundred kilometers per hour followed by his car bursting into flames. The Frenchman escapes with minor injuries thanks to new technologies.

Indeed, we assert that without the technological improvements that were engineered these last few years, Romain would not be with us today. Among these safety ameliorations, the halo saved the life of the Haas driver. The halo was put in regulation in 2018, and the entire Formula 1 sport had to adapt. The halo represents 7 kilograms of titanium that seats on the front of the car, just on the top of the pilot's head to prevent things from hitting it. For example, when Max Verstappen and Lewis Hamilton crashed at the 2021 Italian Grand Prix, Monza, the halo prevented the rear wheels of Verstappen from violently colliding with Hamilton's head.

Moreover, more complex innovations were created in Formula 1. For instance, when an F1 car slams on the brakes at 200 mph, a tremendous amount of kinetic energy is bled away. What if it were possible to capture that momentum and store it for later use? That's exactly what the Kinetic Energy Recapture System, or KERS, was designed to do. Introduced in 2009, KERS initially allowed teams to store up to 60kW of energy using either an electrical system or a spinning mechanical flywheel, and then use that power later for a specific number of seconds per lap, effectively creating a hybrid race car.

Throughout the history of Formula One, a lot of these innovations have seen the day along with track and records. Brooklands was the world's first purpose-built motor racing circuit. This track was built by local landowners Hugh and Ethel Locke King on 330 acres of farm and woodland on their estate at Weybridge in Surrey in late 1906. Nowadays, Brookland is a museum but Formula 1 still counts iconic circuits like Monaco's. Racing on those legendary tracks, sir Lewis Hamilton is the driver with the records of wins, 100, of pole positions, 101, of points in one season, 408, of total points 4071.5, and world championships,7. One of the most renowned F1 drivers, Michael Schumacher still has some records to his name like the hat trick, securing pole position, fastest lap, and race victory in one event. The Ferrari pilot did it 22 times against 18 for the Mercedes driver.

These records and technological amelioration didn't just affect the motorsport field. Formula 1 was the base of the whole car industry, a way to make publicity for the car companies and to test and prove that their technologies were the best. With the competition between teams, the sport pushed car manufacturers to make immense progress in many jurisdictions. The cars that we all know and drive daily wouldn't exist without Formula 1 racing.



Hungary 2021 race
<https://www.linternaute.com/autor/magazine/1320597-gp-de-hongrie-f1-2021-horaires-qualifications-streaming-comment-suivre-le-grand-prix/>

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WRITTEN BY STUDENTS AROUND THE WORLD

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