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PALIMPSEST

By Sara Mitchell - Barcelona

Социализм (5)

1917 – St. Petersburg

Fliers scatter the cobbled paths of the city, the snow crunching beneath heavy boots of revolution and fear. The Russians breathe the new air of Socialism as the streets flood with pitchforked and ragged labourers. Aleksander, a young factory worker, crusades the streets with his comrades, waving red communist flags in the air, chanting slogans ceaselessly as though performing a ritual.

Товарищи, вперёг! (1)

Thousands of Bolsheviks crowd around a raised platform as an older man yells powerful words at them.

Вся власть Советам! (2)

Мир, земля, хлеб! (3)

Свободу народу! (4)

They did not need much convincing, the constant starving, the unrelenting poverty had brought all life to a stop. Change was in the air as Aleksander plastered a red, white and black poster on a roughly bricked wall; the word “Социализм (5)” printed in bold black lettering across it. It’s a new age, and no one tries to rip it off.

Пропаганда (6)

1943 – Leningrad

Hunger had blinded Paulin; her eyes had gone milky white and her vision disappeared. Once a fiery red-headed soviet, she had been reduced to a meandering, starving girl out on the sidewalks of Leningrad as the enemy continued their siege of the city.

She lay on her shabby mattress



Russian translations

- 1 Forward, comrades!
- 2 All power to the Soviets!
- 3 Peace, land, bread!
- 4 Freedom to the people!
- 5 Socialism
- 6 Propaganda
- 7 People of Leningrad our hearts are with you!
- 8 Desperation
- 9 Revolution
- 10 The Tired Toys are Asleep—russian lullaby with early propagandistic messages about collective good and patriotism.

which she shared with her three older brothers and nibbled at her small daily ration of sawdust-mixed bread.

She could hear the broadcast on the staticky radio. "Ленинградцы – наши сердца с вами! (7)." The man's voice was weak and the patriotic stories of heroic workers droned on and on while the sound of protesting citizens – those still with enough strength to fight – and earth-shattering bombs echoed across the small, cold room and made the walls shake with frightening strength.

Her eldest brother, Mikhael, trudged across the room, a crumpled sound coming from his hand. He read the faded leaflet aloud, his voice hard, carrying echoes through the freezing room. He guessed by the images it was from the revolution, the golden age of communism when equality had withheld its ideals. Yet how quickly it had spiralled, throwing Russia out of orbit.

Mikhael began ripping paper and Paulin listened quietly, missing her sharp eyes desperately as she tried to discern his actions. "Give me one word to describe how you feel," he said, grasping her cold hand suddenly.

"Desperate." A pause. Scribbling. "Омчаяние (8)" he exhaled.

The next morning, as Paulin dragged her feet across the shrapnel-filled streets, steadying herself on uneven walls. She stopped when brick gave way to sticky paper. She could not see it, no matter how much she willed her eyes to work. She grasped the sleeve of another passerby, "Can you read that out for me?" she asked.

"Desperation," she heard the unseen person pronounce.

Пропаганда (9)

1967 – St. Petersburg

The streets were clear; the city seemed painted in faded watercolors. Posters of revolution replaced by smiling paper faces.

Sergei sat in class as the portrait of Lenin on the wall incited silent patriotism. The lesson was slow but stained in propagandist messages, debating the 1961 Russian astronaut, Yuri Gagarin, and the incredible novelty of his journey. Yuri was Sergei's role model; he wanted to become an astronaut and be the first man on Mars one day.

On his way back from school to the apartment complex he called home, he began mumbling a childhood lullaby "Сням усталые игрушки (10)", the catchy melody was stuck in his head and as he crossed the park, he could hear children singing it and giggling.

He could see a line of Pioneers marching over the dull-green grass, with their tight neat scarves around their necks, yelling and saluting; a group of young girls squealed when they saw them and ran from their path, giggling. Some kids used the park as an obstacle course and imitated military drills while their parents chanted encouraging words and nodded along. Sergei watched from the sidewalk, the melody still looping in his head as he crossed the park.

A mural of Gagarin stood grinning dully on the wall of the building. The edges peeled and stained. The image of the astronaut faded and waterlogged. One of the corners of the mural was ripped, revealing a small peek of faded red. Curiosity is not a sentiment that is condoned as a Pioneer, yet Sergei never wanted to be one; he carefully peeled the edge of the poster off to reveal bright red letters and raised fists. "Desperation" and "Revolution" printed across the poster, images of hunger and pain laced the words, yet the feeling settled faintly in Sergei's stomach. His life now was ideal, quiet, pastel. He was perplexed, for how could socialism be so cruel if it sought equality and served the common good?

CONSPIRACIES AND THE ART OF DISTRACTION

By YASMINE DIANI - Rabat, Morocco

For years, conspiracy theories have floated around quietly at the edges of society: strange lights in the sky, secret bases in the Nevada desert, disappearing files, people claiming to have seen what "should not be seen." But today, these stories are not cloaked anymore. They spread faster than ever across TikTok, Instagram, news feeds, and late-night interviews. From suspicious footage of UFOs to the restricted doors of Area 51, Millions of people pose the same question:

What if we are not being told the truth?



The curiosity isn't random. It grows every time there's a leak of an "official document," every time a pilot reports an object moving faster than physics should allow, every time a government suddenly "reveals" some new information that looks more like a puzzle than an explanation.

And the pattern is always the same: if attention to UFOs or extraterrestrials rises, then something else- political, economic, or global- is quietly taking place in the background. Whether by accident or on purpose, these mysterious stories make for perfect distractions.

History is wrought with manipulated information. During the COVID-19 pandemic, fake news flooded the internet: false cures, fictional origins of the virus, lies about vaccines. Millions were influenced before the truth could catch up. When this happens, people naturally begin to wonder: If media sources can shape the stories on war and global health, could they also shape the stories we hear about extraterrestrials?

Even the most mysterious topics, such as Area 51, feed this doubt. Why does the base remain so secretive? Why do officials give vague answers? Why release UFO videos after years of silence? In this way, half-truths allow for just the right amount of imagination-and sometimes manipulation. The more impossible the story, the easier it is to mask real issues behind it.

Meanwhile, a person engaged in a discussion of extraterrestrials will hardly pay much attention to more substantive news regarding politics, corruption, surveillance, or some new laws that quietly pass.

This is an article that, in the end, doesn't tell if aliens exist or don't. This is not about proving UFOs or Area 51 secrets or any government cover-up. It's about something far more important than those things: it's about our minds.

The thing is, governments, media, and even social networks understand just too well how human curiosity works and how to guide it. Sometimes we get so fascinated by the extraordinary that we forget to question the ordinary. And that is how manipulation becomes possible. So, before believing the next shocking video or leaked document, take a step back.

Ask how, why, and who benefits from this story. Because the real danger is not aliens. The real danger is letting others think for us.

GEORGE ORWELL'S 1984

By Ariadna González Montero, Mataró - Barcelona, Spain

1984 by George Orwell was published in 1949, and it is considered to be a criticism of totalitarianism. The novel follows the story of Winston, a man who lives in a dystopian version of London that is located in fictional Oceania. In this world, everything is controlled by the government, which is led by a figure called the Big Brother. That means that Winston is watched through telescreens everywhere he goes, even in his own house. The government controls the language and even history. That means that books are rewritten to fit into the ideas the government has.

In addition, the government has forced the implementation of an invented language called Newspeak, which prevents political rebellion by erasing all the words related to it. Thoughtcrime is the worst of them all, as you are not allowed to think rebellious thoughts.

Our protagonist is a low-ranking employee in what's called the Ministry of Truth; his work consists of changing words into Newspeak and correcting mistakes. But one day he remembers something about the past, something that will change his whole view of the government and the way he's living his own life.

More than just a book

Something that makes this book unique is the way it makes you think and the strong message it has. Personally, I love the way it is written. You can really connect with all the characters, and realize how the situation they're living in could happen in our lives. This book was written after WWII. When reading it, you can tell how it is inspired by the life of people in Germany during the Nazis' occupation.

The way the government has power over everything and everyone, the way they suppress every thought against their ideals and how propaganda can be found

everywhere are examples of how life was during the war and what Orwell transported into his book.



Another important point is how we can connect this book with our reality. It's easy to think that in our modern society there's not any kind of regime that is as controlling, but that isn't true.

In North Korea we can find a reality that is strangely similar to the one described in the book. To begin with, there's a clear leader figure, in the book it is the Big Brother, considered to be omnipresent, and a figure to adore. In North Korea, we can see how everyone has the dictator's dynasty as a presence to adore. It is illegal to criticize or say something against them. There's also a huge control over information, an extreme case of surveillance, and even a control over history and propaganda.

The Big Brother figure

There are three slogans used by the government, they believe that this is the way the world should work. These are:

"War is peace"

"Freedom is Slavery"

"Ignorance is Strength"

These are strong words. They believe that the key to their success is the way they've entered people's minds. How changing history and making people believe, by using propaganda, that they are the only and best way of existence makes readers realize how governments use people's ignorance in their favor. And if someone doesn't know

anything, it is easier to manipulate them into believing what you want.

Another way they show control they have is by saying that freedom is slavery. They make citizens believe they are free; they can go to work, have families, and they can even do activities like gymnastics. But they are always controlled by the government, and Big Brother is watching them. Because, if you can't have your own ideals, and are forced to believe what the government wants, doesn't that mean that you can't choose how to live? And, therefore, doesn't that mean that there isn't freedom at all in your life?

ALDOUS HUXLEY'S *Brave New World*

By Alexandra Lyulenov

I'd like to review a book that I read this semester in Spanish class: *Brave New World*, by Aldous Huxley. We actually read an adaptation, because our teacher considered that the original one was too extensive and complicated, so I'm basing this review on the adapted version I have read.



This novel describes a dystopian world where the children are created artificially, categorized into different castes to maintain a "perfect" society with a specific function introduced while sleeping through a system called "hypnopaedia". The book, citing my teacher's words, clearly describes the possibility of that kind of future for

My recommendation

I would recommend reading this book because of how much it makes you think. It has a really strong message about totalitarianism and the way people can be forced into living in a society where they are not happy at all. Also, the way it is written makes you really feel as if you are part of the story and connect with the struggle of the protagonist.

humanity. In the mind of a person of our time it can be simply creative, but we have to know that this book was written in the early 1930s'.



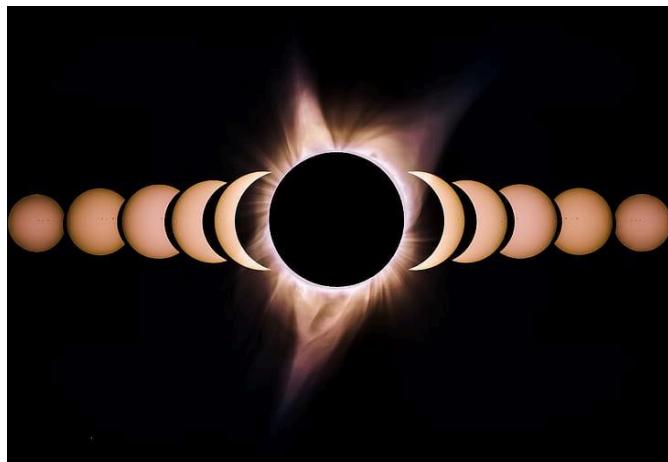
As I mentioned, Huxley perfectly thought about how a world dominated by government and science is possible, shaping this into a story where the characters are people who are in this type of controlled society, a misunderstood main character that has kind of "human" feelings and also people that live how we live nowadays.

The only thing that me and my classmates think and agree that ruins the book a little it's the disconcerting end. It makes sense why that specific character ends that way, but there are many other possibilities that would make the reader think and reflect more the message of the story.

WHAT DOES A SOLAR ECLIPSE LOOK LIKE?

By Julia Tomey Mir - Reus, Tarragona, Spain

Well, now some of you will get the chance to see one! For those of you who don't know yet, investigators from the ESA (European Space Agency) have confirmed that there will be a solar eclipse that will happen in Spain, Portugal, Iceland, and Greenland on August 12, 2026.



In Spain, the solar eclipse will be observable from: Coruña, Oviedo, León, Bilbao, Zaragoza, Valencia, Palma de Mallorca, a part of Catalonia and the Balearic Islands. For Greenland, it will be visible from Blosseville Coast, isolated areas in east Greenland and near settlements like Ittoqqortoormiit. In Portugal there will be one optimal spot to see the eclipse, and that place is the Aveleda e Rio de Onor, in the district of Bragança. Lastly, in Iceland this event will be seen specifically from the Westfjords, Snæfellsnes Peninsula, and Reykjanes Peninsula.

This astronomical phenomenon is caused by the alignment of the Earth, Moon, and Sun, and since the Moon is closer to Earth, it blocks sunlight from reaching planet Earth in some areas. There are different types of eclipses, and the one that I'm talking about here is a Total Solar Eclipse, which is the result

of a cosmic coincidence. During this type of eclipse, the moon positions itself directly in front of the sun, allowing us to see the sun's corona (outer atmosphere), something that you normally can't see because of the sun's brightness. In addition, the moon will cast two different shadows, the umbra, where the sun's light is blocked, and the penumbra, where the sun's light is partially blocked. And to see the total solar eclipse, you must be positioned within the umbra.

You'll need to know certain safety measures if you want to see this eclipse; just because it's pretty doesn't mean it isn't dangerous. The first thing you should be aware of is your eyesight. If you look directly at an eclipse without proper protection, it can result in a severe eye injury, even if you use a camera lens or a telescope. If the lens doesn't have specialized protection for solar viewing, you will get hurt. So, to prevent that, you must use solar viewers, also known as solar eclipse glasses. These specialized glasses are made of Mylar and polyester film; aluminum is also used because of its reflective and attenuation abilities. That's why solar viewers filter out the portions of the solar spectrum that harm the eye, which are ultraviolet, visible, and infrared.

The consequences of looking directly at a solar eclipse could be dreadful. To explain it in basic terms, looking directly at a solar eclipse is like looking at the sun, because the portions of the sun that are still visible are just as bright. Still, since the sun is not fully exposed, our natural instinct to look away from it diminishes. When you look at a solar eclipse, your retina (part of your eye that catches light) will get too much of it, causing it to degrade and make vision worse.

So remember to protect your beautiful eyes!

Solar eclipses are amazing. Nevertheless, you have to protect yourself from them if you want to see one. And for those of you who will be able to see the eclipse, good luck!

MORE THAN A HOBBY: HOW HIGH SCHOOL CLUBS CREATE LIFELONG FRIENDSHIPS

By Rocio Sanchez Aragon- Cadiz, Spain

Today, we are surrounded by groups of people who share common interests. We can call them clubs, societies, fraternities... But that's all they are, groups of people who spend their time together doing what they like.

Although it is true that many of us have heard shocking news about certain fraternities that may lead us to believe that joining a club is a bad thing, that they are all a bad influence on us, just as every person is different, so is every club.

Therefore, just because a news story says that a girl has to always be fashionable, wear makeup, and have specific physical characteristics to be part of a sorority, it does not mean that you have to be like that to be part of a club. Media sources sometimes portray groups negatively. But fear not!

You don't have to be afraid of joining a club. It isn't wrong! In fact, it is totally the opposite since it creates lifelong bonds. Whether the club is in an American high school, local sports teams in Spain, or private arts association in France, these clubs provide shared experiences, a common purpose, and support.

Joining a club offers numerous benefits that go beyond simply finding a hobby. Clubs offer a space where young people feel understood and valued. They reinforce loyalty and connection with peers who share similar passions and identities.

Extracurricular activities not only encourage socialization; they create the ideal environment for friendships that last for decades. The intensity of shared

experiences, consistent social structure, and common purpose strengthen bonds in ways that casual interactions in the school hallway cannot.

In organizations such as the Key Club (USA), senior members mentor younger members (freshmen). These bonds do not end with graduation. The junior student may become the senior's colleague years later, maintaining valuable contacts and mutual support that lasts from adolescence into adulthood.

And to have the opportunity to belong to a club, we don't have to go very far. In fact, we can do it from home! AIS Dual Diploma students have the opportunity to join a club. For example, there is the newspaper club, which produces the newspaper you are reading. But there are other options depending on your interests. For instance, the AIS Amici Club, Art Club, Book Club, Cooking/Baking Club, Edutainment, Model UN, Photography Club, Social Media Club, Speech and Debate Club, or the TV Production Club.

So now that you know a little more about the benefits they offer, you might consider joining one next year.



AI MAY TAKE JOBS BUT IT WILL BRING INNOVATION

By Ali Ben Messaoud - Rabat, Morocco

Artificial Intelligence (AI) is often viewed as a threat, an unstoppable force of Automation that will destroy millions of jobs. However, most research conducted by leading domestic and international institutions (OECD (2023); World Bank (2024); MIT Work of the Future Commission (2020)) indicate that AI is transforming Work more than eliminating it. When managed correctly by society, AI will also provide a vehicle for innovation, entrepreneurship and global advancement.



The Labour Economics literature has provided some of the strongest findings, with broad agreement amongst the academic community, that there is a difference between automating a task versus automating an entire job. AI automates tasks that are typically (repetitive, routine, administratively heavy) while people maintain (and often expand) their role of solving problems, making

decisions, being creative and working collaboratively.

Rather than making workers irrelevant, AI allows workers to be more productive and moves the duties to "Higher Value-Added Activities." Economists identify this as Schumpeter's Creative Destruction, in that the old will be destroyed, but there will be an explosion of new industries. According to McKinsey (2023), generative AI will add \$2.6 trillion to \$4.4 trillion to the Economy Per Year. In many industries, this new value has not been created by displacing humans but rather, by enabling them to work faster and smarter.

The rapid growth of these industries is evidence that by creating efficiencies and harnessing intelligence, all of these industries can create new and substantial opportunities for the workforce and the economy overall.

In finance, we have more efficiency and have empowered experts to detect fraud with 40-60% more accuracy. New capabilities for risk modeling and customer service automation has created a need for hiring more AI Auditors, Data Risk Analysts, Fintech Developers and Compliance Experts.

In education, AI has enabled methods for inclusive and personalized learning, offering tutorial support, adaptive lessons and automated grading for teachers. Through the increased ability to automate and support learning, teachers are now able to focus more of their time on mentoring, supporting creativity and developing critical thinking in their students.

An area of considerable concern is that AI may develop education systems unequally with varying access to technology between schools and countries. This is an important issue for investing in research and advocacy.

In healthcare, AI is improving diagnostic abilities and increases care time for patients. Studies published in *The Lancet Digital Health* have shown that certain AI diagnostic systems perform at least as well (if not better) than many healthcare

professionals, particularly in radiology. Rather than eliminate jobs in the healthcare sector, they will create more value for the healthcare workforce by increasing patient care capacities and early identification of many medical conditions.

AI will destroy some jobs and industries, since many routine tasks will likely be threatened to be eliminated. Those individuals that do not possess proper digital skill sets may experience career detriments. AI-enabled careers carry an algorithm bias, meaning that AI systems may replicate and exacerbate racial, gender and socioeconomic inequalities.

Another concern is the concentration of power, because control over the majority of the AI infrastructure resides with a few companies.

ARTIFICIAL CREATIVITY

By Lucía Caro Herrera - Madrid, Spain

Can machines express human feelings as we do? In many different fields, we are starting to see that Artificial Intelligence could replace humans, for example, while searching information, many don't look into books but prefer to ask direct questions to Chat GPT or Gemini. Also, in fields like social media, finance and accounting or customer service AI is becoming a prominent part.

But, a very deep and important part of humans is art. Not just paintings, and how we portray and express feelings through traces of paint, but also through poems, books and music. Is AI capable of replacing that necessity? Of imitating how we express feelings? Can it transmit the same deep emotion art can cause within us?

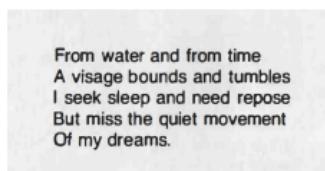
Currently, we don't have many examples of this new side of AI, or at least many that are fully developed, but we can tell that in the few months it has been active it has gotten better at sky rocketing paces. Some examples we have are the songs AI created, like "We Are Charlie Kirk." Songs like this,

Misinformation and deepfakes can cause viewers to lose trust in governments and the media. These are risks that exist and are quantifiable and need to be addressed with proactive policies.

Countries like Finland and South Korea have developed and implemented national AI literacy programs and their research shows a decline in unemployment rates and increased levels of competitiveness.

Therefore, schools have an important role in navigating the AI revolution to enable students to thrive and mitigate these inherent and previously identified risks.

generated by AI, have to have some specific prompts: who you want it to sound like, or the genre. Most don't sound as full as human-made songs can. But, they have improved a lot, and we can't say for certain that this will stay like this in the music area.



Winter Solstice

I don't know when
your darkest day was this year
I just hope
when you look back
you remember the stars.

Left image: AI poem by Deepspace.
Right image: Winter Solstice by Rachel Becky.

We can't say the same about poems, though. From references AI has taken, such as Shakespeare, Petrarch, and many of the known poets, many people can hardly tell the difference between an AI poem and one written by a human. They both represent feelings and they can create an impact on the reader.

In conclusion, to the normal eye, it is difficult to recognize if a poem has been written by AI if it's not known, but in other fields such as music and art, AI is still noticeable to most people.

HOW OUR BODIES STORE TRAUMA

By Naëlie Thezenas - Troyes

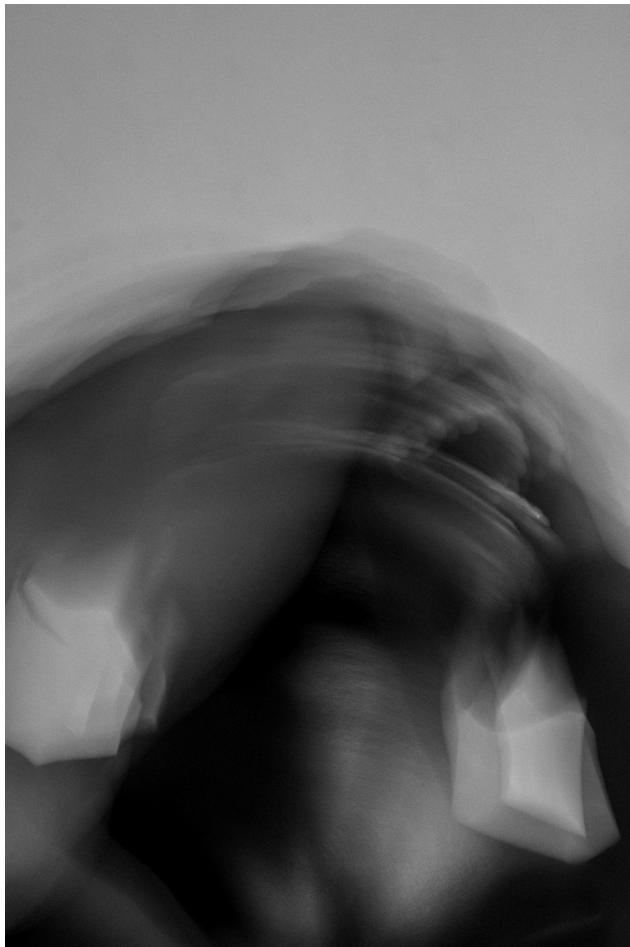
When we think about psychological trauma, we often think of an abstract emotional concept affecting a minority of people who went through extraordinary events. But it is actually far from an exact definition. The American Psychological Association defines trauma as: "Any disturbing experience that results in significant fear, helplessness, dissociation, confusion, or other disruptive feelings intense enough to have a long-lasting negative effect on a person's attitudes, behavior, and other aspects of functioning."

Trauma can look very different from one person to another. It can come from violent single events like a car crash, a natural disaster, the death of a loved one, but it can also come from long-lasting suffering like a lack of emotional support, bad living conditions, abuse, bullying, neglect etc. It can also be more complex and result from an accumulation of many painful unrelated events.

This is why trauma is way more common than we may think. The National Institutes of Health in the USA estimates that about 70% of the world's population has been exposed to a traumatic life event. While experiencing trauma, our bodies and brains don't react the same way as they would in a normal situation.

Harvard Health Publishing describes what happens during the stress response. "When someone experiences a stressful event, the amygdala, an area of the brain that contributes to emotional processing, sends a distress signal to the hypothalamus. This area of the brain functions like a command center, communicating with the rest of the body through the nervous system so that the person has the energy to fight or flee." The autonomic nervous system is activated by the hypothalamus and pumps adrenaline into the bloodstream. This reaction itself is causing many other changes in the body. The heart beats faster, blood pressure goes up, the breathing pattern speeds up, senses are sharpened etc. All of these reactions allow the person facing danger to stay alert and prepares

them for a fight-or-flight reaction also known as the acute stress response.



The acute stress response is helpful if we must jump in order to dodge an incoming car for instance, but it starts being problematic when it is chronic. "The problem with trauma is that when it's over, your body continues to relive it," said the psychiatrist, neuroscientist and author of *The Body Keeps the Score*, Bessel van der Kolk.

Indeed, "When we have not fully processed an overwhelming experience, our amygdala – the part of our brain that activates the fight, flight or freeze response – can become overactive," adds the Licensed Clinical Social Worker and EMDR Therapist, Leah Aguirre. This overactivity puts the individual in a state of constant alertness. Their bodies stay in fight-or-flight mode. This can lead them to have reactions that may seem irrational from the outside. They can be triggered by objects, behaviors, smells, sounds, etc. "The inability of people with

PTSD to integrate traumatic experiences and their tendency, instead, to continuously relieve the past are mirrored physiologically and hormonally in the misinterpretation of innocuous stimuli as potential threats."

By taking the link between the body and the mind, we could revolutionize the medical field. Diagnosis and treatment could be completely different. Bessel van der Kolk believes in therapy through experience. He thinks that individuals would benefit from having "experience that deeply and

viscerally contradict the helplessness, rage or collapse that resulted from trauma." He and his team opened a sensory integration clinic in Boston. "Under the instruction of a therapist, one might dive into foam filled mats, have a roll around in a ball pool, jump on a swing and balance on a beam [...] offering a serious chance to go back a step to correct a long-standing alienation."

"BOY MEETS WORLD"

By Chiara Pinzerato - San Martino di Lupari

"Boy Meets World" is a tv-show that was broadcast from 1993 to 2000 on ABC. These days, you can watch it on the platform Disney+. This tv-show follows Cory Matthews as he grows from a middle schooler to a young adult.

The plot centers on his life with his best friends Shawn Hunter and Topanga Lawrence, his brother Eric Matthews, and the principal of his school, Mr. Feeny, who is also his wise neighbor. During the seven seasons of the show, you will meet other characters, and each one of them is well developed. I appreciate the fact that there are different characteristics for each protagonist, and none is completely good or completely bad; instead, everyone has a balance of both. You may find some of your characteristics in one, or more characters, and identify yourself even a little bit in them.

I really like this show also because it makes me reflect on various topics that sometimes we just don't really think about. It deals with very deep themes such as alcoholism, the abandonment of a person in your family, friendship, what is love and how to deal with it, education, mentorship and other very serious and meaningful issues.

Speaking of education, the show made me think about how AI is used in the educational system. In fact, "Boy Meets World" takes place in the 90s, when the

internet was at its beginning, not everyone had a computer yet and AI was just a science-fiction idea. AI has completely changed the way we approach school.

During the 90s, as we can see in the show, students worked together a lot and had to do their research in a library. They had to search for information in different books, take many notes, summarize and write an essay without the help of anything besides themselves and their teachers.



Today it's easier to do research, because you just have to look for information. Nowadays you can even ask AI and it gives you plenty of information. Now you can also ask AI to summarize what you have to study and it not only gives you a summary, but can also make flashcards, videos and podcasts about your topics.

Of course, I'm still expected to do my homework by reasoning with my own mind, but nobody says that I can't use AI to help me in order to do a great job.

Instead, during the 90s, you had to do this on your own if you wanted extra material to learn. If I had to choose, I don't know what I would choose. I really like the method of study that I have and many times I ask it to make some quizzes or flashcards for me or also to explain topics to me that I didn't understand. At the same time, I would like to be more independent and learn how to study on my own.

I believe that during the 90s, of course you usually spent more time doing your research but you learned more things and I think it was easier to memorize and remember information.

Another theme that is really important is the respect for others and how to take care of other people. During all the tv-show, respect is rarely missing, and, when it's missed, the protagonists always learn how

to apologize and how to behave in a certain situation.

I believe that "Boy Meets World" is my comfort show: for every situation I'm in, I know that probably I may find a similar one in the episodes.

In conclusion, "Boy Meets World" is a TV-show that remained significant during the years, thanks to its characters with whom you can identify, the ability to face important themes and the warmth that every episode transmits. Even though the world has changed a lot since the 90s, the lessons about friendship, respect, personal growth and responsibilities still remain timeless. For these reasons, it still is my comfort show and a TV-series that I always watch gladly."

THE REAL PEOPLE WHO INSPIRED *THE CONJURING*

By Dayana Ríos - Burgos, Castilla y León, Spain

If you enjoy the cinema, especially the terror genre, I'm sure you have heard of the new movie: *The Conjuring, Last Rites*. We all love the saga of the Warren family. However, do you know how they really are? If the answer is no, let me introduce them to you.

Ed and Lorraine Warren became very famous in the 1960's, due to their paranormal professional investigations. Even nowadays, their names are related to witchcraft, demonic objects and possessions. But how did they start?

Edmund Warren, born in 1926 in Connecticut, of the United States, became close to the paranormal phenomena in his childhood, considering them as a normal thing. He said in multiple interviews that inside his house unexplained manifestations occurred like noises of dubious origin, footsteps in the rooms, among others. He served in the merchant marine for a few years, then went back to Connecticut, where he met his wife.

Lorraine Rita Morgan was born in 1927 in Connecticut. In her childhood, Lorraine



experienced and dealt with clairvoyance, while she attended a prestigious catholic high school. When Lorraine was a mid-teen, she met her future husband, who was an usher in her habitual movie theatre. Later on she'd admit that knew psychically that Ed was the man she'd marry.

In 1945, they got married and developed their professional careers, Lorraine as a clairvoyant and Ed as a demonologist. Together, they made local live appearances explaining their opinions and investigating ten thousand causes all along the country.

Their work culminated in the creation of the New England Society for Psychic Research (NESPR), specializing in the ghostly areas.

There's a large amount of their cases which became famous due to the movies, but the most important are the case of Annabelle and the case of Amityville.

The case of Annabelle

In 1970, a young nurse who lived with one of her coworkers received a doll as a gift for her birthday. Since the "toy" arrived at their home, the girls started experiencing strange events.



They said the doll used to spread little paper notes with horrible threats; move from the place she was stored when no one was watching and make noises. The definitive event that made them call the Warrens was when one of their neighbors approached

one of the girls, saying that at midnight she could see a figure moving all around their apartment.

The Warrens concluded that inside the innocent doll was a spirit hiding belonging to a 5-year-old girl called Annabelle Higgins, who was looking for a new human host.

The Case of Amityville

Our famous married couple arrived at 112 Ocean Avenue, in 1975, due to the call of the Lutz family. Twenty-eight days after moving to their new house, The Lutz's weren't able

to endure the poltergeist attacks that were occurring inside. The father, George Lutz used to wake up every day at 3:15 am for no reason; the house was always full of flies, even though it was winter; one of the daughters, Kathy had regular nightmares with specific scenes; the parent found a red room that was not drawn on the house's plans, that was never opened by the family, and Missy, the 5-year-old daughter had an imaginary weird friend.

The Warrens discovered that in 1974 a horrible crime took place at the Lutz home, ending the lives of 6 members of a family at 3:15 am (the time George always woke up). The nightmares of Kathy showed how the crime was committed, and the "imaginary friend" was a manifestation of the horror accumulated on the building.

Along with the investigation, the Warrens were able to take a picture that went viral over the internet a few years ago. In the picture, we can see the upper part of the head of a little ghost boy. This boy is supposed to be one of the sons of the first family who lived in that house.

In 2001 Ed Warren developed a cerebrovascular disease which made him totally dependent on Lorraine, who took care of him for 5 years, until his death, the 23 of August of 2006. She died on the 18 of April of 2019, on Good Friday.

Their daughter, Judy, kept herself away from the paranormal scene, until he found her husband, Tony Spera, who helped her parents in multiple cases, becoming their heir. Now, both manage the Museum of the Occult, located in Monroe, Connecticut, in the basement of the Warren house. This room collects all the objects that have been part of some rituals.

In conclusion, many people are grateful to the Warrens for helping families who were suffering and making paranormal phenomena a more visible aspect of life.

MUSIC PLAYS AN IMPORTANT ROLE IN YOUNGER GENERATIONS

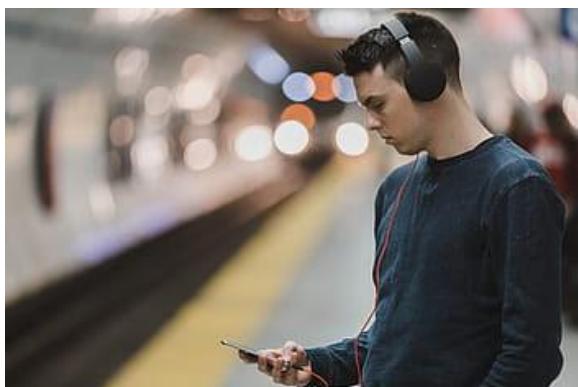
By Elsa Dickey Blanco - Barcelona, Spain

Studies have shown that members of Gen Z listen to music regularly more than previous generations, by approximately forty minutes daily. Music has extended so much in the last century due to new products such as headphones and earbuds. This has made listening to music more accessible for young generations, which has now become of paramount importance for them.

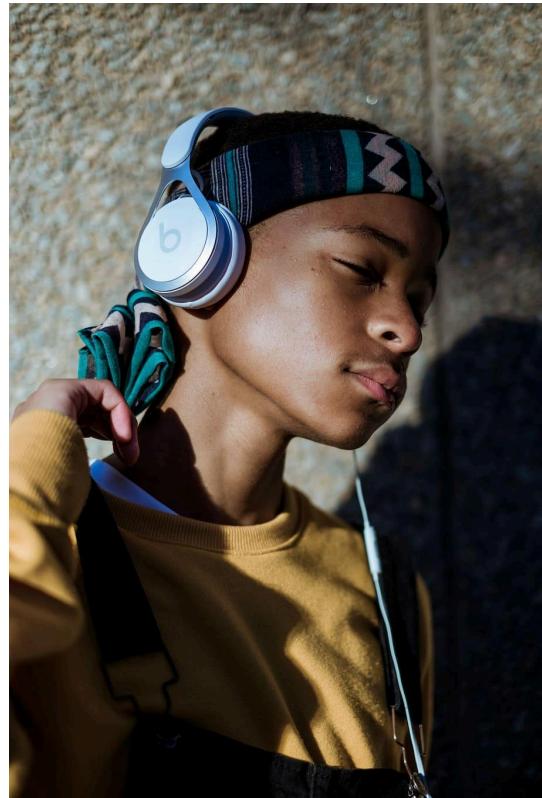
Nonetheless, this fact has made adults more concerned about their pros and cons.

Some of the positives that professionals have considered as reasons for teenagers to listen to music are to reduce pain, anxiety, and school stress.

Listening to music is also much more private than it used to be in the past. Most teenagers today have their own devices that they use to listen to their favorite songs. Furthermore, while young people listen to the genres they enjoy, they are also developing their own identity and expressing themselves.



A Stanford University study found that listening to music while studying can move the brain to pay attention. It also helps to organize incoming information and improve focus, such as academic performance under pressure, reducing test anxiety, and boosting confidence before an exam.



On the other hand, many teens listen to loud music with their headphones or earbuds, which can result in temporary or permanent hearing problems. Moreover, music can cause distraction or a lack of concentration in teenagers.

Additionally, it is believed that many modern songs include lyrics about violence, sex, discrimination, and negativity. Even though teenagers can agree or not with this content, these lyrics commonly influence younger people, making them think or act following these behavior patterns as a role model.

In order to improve this situation, teens should make appropriate and moderate use of music. But teens probably will not do that. Instead, it would be highly recommended to let them know the consequences it can lead to for them to consider the best option. This can be achieved through education and awareness campaigns.

ALL OR NOTHING THINKING IN STUDENTS

By Nazende Zeynep Aysun - İzmir

Perfectionism, also known as the “all or nothing” mentality, is a mindset that negatively affects the lives of many people today, especially young people. This mentality is often associated with individuals who refuse to accept mistakes, strive to do everything perfectly down to the smallest detail, and eventually become exhausted and give up. Perfectionism involves setting high goals and standards, exerting too much effort to achieve these standards, and viewing the success achieved as a measure of self-worth.

If the goals are not achieved, the person struggles with a high level of self-criticism, eventually loses motivation and self-confidence, and may even experience psychological problems, like depression and anxiety.



Especially today, most students struggle with this mindset. They constantly check their work because they want it to be perfect. If they think what they have done is not good, they either do it again or give up. Some students eventually feel inadequate to do their homework and start procrastinating. As a result, this negatively affects the student's academic performance and lowers their self-confidence.



Sometimes this situation may seem positive to some people. They think that the student will become more ambitious and work harder. They may also think that students will be able to improve themselves more by paying attention to details and producing higher quality and flawless work. However, no matter how nice it sounds, the result of this thinking will be short-lived. In other words, the student may achieve good things at first, but over time this situation will make them more stressed and anxious, reduce their self-confidence, and eventually cause them to give up. Especially with the way schools define success today, this problem is increasing among students day by day.

Overcoming this situation is difficult but not impossible. Perfectionism often begins with environmental pressure, where students feel they must be perfect to succeed.

First, students must acknowledge that they have this feeling and accept that people have the right to make mistakes. Students should recognize and review all thoughts that make them feel pressured. They should focus on the positive things rather than the negative and set small goals for themselves.

They should stop criticizing themselves, learn to praise themselves, and accept that they don't have to be successful at everything. As a result, they can see their improvement in their academic performance and feel happier.

PROCRASTINATION

By Zineb BOUMALA - France

Procrastination, the act of choosing to delay tasks for later, is a well-known phenomenon among students. It is not a pleasant feeling but we still continue to do it. Statistics show that about 95 % of college students procrastinate their academic work, and a study showed that among 2,527 people from 14 to 95 years old, procrastination is highest amid 14-29 years-old. It's curious to think that even when we plan on doing something, we often put it aside.

Well, some researchers have found that procrastination is not a time management issue. It's an emotion regulation problem. The brain is used to comfort, so when it's faced with a task out of its comfort zone it seeks relief through avoidance. This process is called "The present bias" which according to the definition "means that we tend to be motivated more by immediate gratification or rewards than we are by long-term rewards. This is why it feels good in the moment to procrastinate".



The psychology behind procrastination is quite complex but don't worry, you are not alone in this, and there are various reasons that lead to pushing tasks away. Firstly, our perception of time can be distorted. We might think that a project won't take a long time to finish, which leads to a false sense of security, when really it's better to start doing it now. Secondly, and most commonly, in order to achieve a task we want to feel ready, motivated, and inspired.

Unfortunately, in reality that time sometimes never comes, and adopting that

mindset of "doing it when I feel ready" is unproductive. Those two main reasons often come from the fact that we don't know how to achieve a task, don't care when it is going to be done, or believe that we work better under pressure. That lack of information is what really triggers procrastination to happen, therefore we wait until the last minute to do something we could have easily achieved.

Procrastination obviously leads to high levels of stress (because delaying the task makes stress wander longer), can reduce academic performance by 25 %, and impacts productivity by 40%. So procrastinators have a lower well-being that can impact their work and opportunities, as well as their future. This issue could really affect one's mental health and career as it puts students in a position of rush while conditioning them for their adult lives.

Therefore, we should strive to find solutions to avoid procrastination. So, to help you keep track of your tasks and to not miss deadlines, making to-do lists is really helpful as well as using an agenda to not miss anything. Breaking down tasks into little steps is also a really great way to have a clear overview of your task, making it easier to step into. Then you could use the Pomodoro technique, which consists of focusing during 25 minute sequences, by doing so you know how much time you have to spend focusing on homeworks for example, and this amount makes your brain think it's not a lot of discomfort to go through and becomes ready to work. To sum up, if you keep track of your tasks in an agenda, create to-do lists (with priorities) for your working period, and then have a set time to work (25 minutes with the Pomodoro technique), you'll have no distractions and no excuse to procrastinate.

As said before, procrastination is a phenomenon widely spread and we can't blame ourselves for something each human goes through, but making it a habit won't solve your problem. So, start integrating little by little steps and routines into your life to get rid of the stress, rush, and anxiety of procrastinating.

HOW TO BECOME A TOP STUDENT

By Laia Gámez Palazón - Barcelona

We've all asked: How do some students manage to get amazing grades, keep up with hobbies, and still look like they're functioning human beings?

If you want to level up your school life but aren't sure where to begin, you are in the right place. Here are some simple tools and methods that actually work.

1. Get Organized

When saying "get organized" I don't mean creating a huge, impossible schedule that you'll abandon in two days. The trick is to keep it realistic. For that, try using the "Top 3 Tasks" rule: pick the three most important things you want to finish that day. That's it. Easy, and way less overwhelming.

A helpful tool for this is Google Calendar. It helps you see your week briefly, remember deadlines, and balance school with your actual life. (but you can use another calendar that works for you).

2. Knowunity: The Study Buddy

If you haven't heard of Knowunity, you're missing out. It's basically a giant library of student-made notes, explanations, and summaries. Studying biology? Math? History? Don't worry, someone's got notes for it. You can even upload your own notes or ask questions about the topics you're struggling with. It's like having the smartest kid in your class available 24/7.

3. Active Recall

This method is powerful, simple, and backed by science. Active Recall basically means testing yourself instead of re-reading things 10 times and hoping it sticks.

Ask yourself questions about the topic, try answering without looking at your notes,

notice what you got wrong; that's what you must study next.

To apply this technique, you can make mind maps, a practice exam, or even a quick verbal quiz.

4. Flashcards.

Flashcards aren't just for little kids — they're one of the fastest ways to memorize something.

You can make your own or use Quizlet (for example) that use spaced repetition (a fancy way of saying "they show you the card right before you're about to forget it").

5. Astra IA: Your Personal AI Helper

Here's a newer tool worth adding to your school toolkit: Astra IA.

It helps you:

Understand tough concepts

Generate practice questions

Summarize notes

Prepare for tests in a simpler, clearer way

It's like having a mini tutor in your pocket — perfect for when you're stuck and need quick, understandable explanations.

6. Find What Works for YOU

Finally, for becoming a top student you must need to know what fits in your life (your habits, your schedule...), meaning that there isn't a single "perfect" method.

With the right mix of organization, smart study techniques, and consistency, you'll be surprised at how much easier school feels and become THAT top student.

SLOW TRAVEL VS FAST TRAVEL

By Alejandra Chirinos - Madrid

With the beginning of a new year, people are starting to plan their vacation, deciding which places they would visit this year and how much time they're going to stay. For decades, traveling meant trying to visit as many countries or cities as possible in a short amount of time. This style, known as fast travel, allowed people to see several destinations in less than a week, but now, people are tending to try a different way of traveling, calmer, and more adjustable for all people: slow travel.

The "slow travel" is a phenomenon that does not stop obtaining more popularity as trends advance, being this one of the most heard as the holidays approach.

Travelling without hurry, really knowing the culture of the visited country and learning to enjoy the moment are some of the main ideas that this new trend defends. When you travel to other places, many people focus only on the places that we name as "the essential ones", those that we read on a web page that helps us select the destinations that we must visit, which are the ones that all the other readers tend to visit, turning these into overrated places.

But for every problem there is a solution. In this case, travelling without hurry or without minding the time out of fear of missing the next appointment, allows you to discover impressive places, characteristic of the culture of the country, and, if you have luck, without many tourists.

However, many people consider that "fast travel" offers some advantages that cannot be overlooked, and visiting the greatest amount of places possible is one of them. Who would not want to see many cities in a year? Or visit all the most famous monuments to be able to take a photo and upload it later to social media? These are questions to which the majority of people would answer with a resounding yes,

without even stopping to think about them. Besides, by not staying in one place for a long time, it may be cheaper since you will pay less in accommodation, food, and leisure.

But at what price and in what way can they really be considered advantages?

Although "fast travel" seems perfect at first sight, it also has its cons. Not everyone is able to fulfill trips of this type, which implies being in a good physical and economic condition. Also many people travel with small children which turns out less pleasant at the end of an overplanned trip. A common misconception is that spending more time in one place means having to spend more money. But there exist different options such as staying in hostels or places where they do not ask for so much money, instead of renting hotel rooms.

Personally, I have tried both alternatives and experienced the pros and cons each one has. When I visited New York, I spent two weeks slow traveling through the city, and I was able to discover its culture. Even though New York is very big and has a lot of things to see, I still managed to visit most of it without feeling rushed. Having enough time to explore the city from top to bottom without feeling suffocated makes this style of traveling suitable for more people. Meanwhile, during another trip, I drove through Italy, staying around two or three days in each city. This was great because I visited many places that I probably wouldn't have seen if I had been slow traveling.



COMICS: A FRAME BY FRAME LOOK

By Myriam M'bouyou - Pau

Whether it be comics, manga, or graphic novels, you've probably noticed how the layout of panels make or break a story. It's more than just arranging boxes on a page, it is crucial for effectively conveying narrative and visual flow. The artists behind the pages are guiding the reader's eye, setting the pace and emphasizing key elements for their work to be truly meaningful. By doing so, they carefully control their reader's reading experience; making sure the size, the shape and even the placement of their panels are all rightfully organized to tell their story.

The visual structure of panels is crucial in shaping how readers interpret and experience a story. Its structure influences storytelling and often dictates the pacing, focus, and emotional impact of the narrative. Larger panels, for example, are often used to emphasize key elements. Research even indicates that irregularly shaped panels can evoke emotional responses by breaking conventional reading patterns, thus enhancing engagement.

Now when it comes to manga, developed mainly in Japan, (and characterized by its distinctive black-and-white color scheme) the use of panel layouts are more dynamic and imaginative than those used in Western comics. Artists will use diagonal lines and circular panels to create a sense of movement. Western comics tend to use a more straightforward panel layout, with a focus on action and dialogue.

This highlights the difference in storytelling approach between manga and Western comics. While manga often explores more mature and serious themes, Western comics tend to be focused on action and adventure. Resulting in both using different techniques and being easily distinguished from each other.

Bandes dessinées, on the other hand, developed in Europe (especially in France

and Belgium), tends to use more regular, grid-like panel structures that are consistent, similar to the Western comics approach which offer a stable rhythm to reading.

In summary, behind each one panel lies an intention, whether it's guiding a user journey, enhancing narrative tension, or simply presenting information cleanly. Panels are designed and carefully organized for each story, and this is what makes them more distinguishable. A recent study was conducted to see if panel page designs in manga may vary by work. Their experiments showed that even without characters and text, panel layouts exhibited work-specific uniqueness, enabling reliable classification and highlighting their role as a distinguishing visual structure in manga.

Additional experiments confirmed that panel layouts were minimally influenced by publishers or genres, underlining their individuality at the work level.

Paneling itself carries meaning, it influences the overall reading experience and enjoyment of a piece. Paying attention to layout helps understand pacing, emphasis, and the implied sequence. Grasping the reason behind the paneling decision of an author and their intentions might also lead to a better understanding of the tone of a scene, some authors even go as far as to change the panels based on a character's mood or his crucial moment. And even though these changes can be subtle (or absolutely not), misreading or flattening the narrative can be a consequence of overlooking panel layouts.

In reality, carefully observing a panel organization on a page can also be an enjoyable activity, people can find new dimensions to a story, noticing small details or clues the author hinted at. The important thing when picking up a graphic novel, (which nowadays represent any complete story from beginning to end primarily told through the usage of illustration) is to remember that the pages weren't just randomly put in their place but rather carefully ordered by their creator to properly convey their story in a pleasant manner, for the reader.

WHY ARE TEENS FEELING NOSTALGIA AND HOW CAN IT HELP US?

By Marina Rivera Morcuende

Imagine your graduation day. Your classmates have just given a delightful speech and time seems to be speeding up. Just at the perfect moment, that song plays and without you even realizing it, it brings back memories of the best moments of that seemingly endless chapter of your life. How would you feel? Although you haven't experienced it yet, the answer is the same for everyone. You would remember every moment: the jokes that made you laugh so much, the sun-filled courtyards full of gossip and anecdotes, the exams you studied so hard for, that teacher who helped you a lot or that teacher you hated so badly and will probably never see again.

You wouldn't just remember the good times; you would also remember those tears shed in the bathroom when the boy you loved rejected you, the exams you failed or those people who made your life miserable. The song ends. Then, you realize that all the moments you have experienced will always be a part of who you are. It is at that precise instant that nostalgia sets in.

In this article, I will help you learn more about this bittersweet feeling that is becoming increasingly common in our lives.

The word nostalgia comes from a combination of words of Greek origin: "nóstos", meaning return, and "algia", meaning pain. Centuries ago, nostalgia was seen as a mental illness, considered at the time to be a "disease of the soul". This term first appeared in the doctoral thesis of a Swiss doctor named Johannes Hofer, who claimed that people who suffered from this condition, in this case soldiers, felt homesick. That longing was expressed in the form of sadness and a desire to go back, holding on to a safe, happy and warm place - their home.

Johannes' thesis was groundbreaking, as it introduced a thought-provoking topic into the society of the time: the power that memories have over the human mind. This

emotion takes place when an external factor, such as a song, a movie, or a place, triggers a memory that generates a feeling of sadness, melancholy or yearning, but at the same time happiness, thrill and fondness.

The essence of nostalgia is the desire to go back in time and replay all those moments that we didn't appreciate in the past and now we would give anything to experience again. Although many studies claim that this feeling is positive and gives us reasons to keep going in times of crisis, in our daily lives this statement isn't entirely true. Proof of this can be found in the videos that teenagers share on social media platforms such as Tik Tok and Instagram. You don't have to scroll far to find posts related to the suffering caused by teenagers remembering good times.

The most repeated and common quotes on social media are "if life doesn't kill me, nostalgia will", "when Christmas comes around and it doesn't feel the same as when I was a child", "when I look at my box of memories and immediately start crying", among many other similar ones. Our fear of growing up, letting go, feeling and forgetting makes us vulnerable and more likely to feel the negative side of nostalgia. To dig deeper into nostalgia and how it affects us, I interviewed Irene Besora, a health psychologist who specializes in managing our emotions. All the questions I have asked her are based on the huge curiosity that we teenagers have about this emotion.

Q: How would you define the word nostalgia in one word?

A: *I would define nostalgia as "connection". Nostalgia often carries an emotional imprint of a connection with people, moments, places or even parts of us that may have changed but once meant something to us. In addition, it can involve a cascade of sensory associations, as it's a complex emotional state.*

Q: Why is it so difficult for us to let go of things that aren't longer part of our lives?

A: Because letting go means giving up a sea of important meanings. What hurts us is letting go of the identity, affection and security of what we associate with it. It means letting go of what was valuable. It can also mean letting go of who we were and the relationship that came with it. It's, therefore, something that can involve a small process of internal mourning.

Q: Why can we feel sad when we remember moments that were once happy?

A: Feeling sad is part of emotional health and is a sign that deserves to be listened to. It's possible that nostalgia makes us aware of the loss of something that was meaningful and important to us. Although it could be a happy memory, it confronts us with the passage of time and the impossibility of returning to that exact moment. Moreover, it could involve a certain idealization of those pleasant emotions, making you want to return to that moment even more. However, feeling sad when remembering isn't necessarily a bad thing and is part of the emotional experience, allowing us to give space to sadness and learn to take care of it.

Q: Why do teenagers tend to remember and feel everything so intensely?

A: During adolescence, the brain is in full development and the emotional areas are the most active. The areas that process emotional information are those that modulate and enhance learning, allowing experiences to leave a deep lasting impression. Adolescence is a crucial time in our lives when every experience plays a decisive role in shaping who we are. That's why it's remembered and felt much more intense than other stages of life.

Q: What makes one memory stick and another fade away?

A: The persistence of a memory will depend on the emotion that was present, how intense the event was and the meaning we gave it. The memories that remain engraved are those that have been important to our

life story and have led us to become who we are today.

Q: Is nostalgia an eternal or fleeting feeling?

A: It depends on the person and how they relate to their internal and external world. Depending on the connection you have with what you have experienced and your circumstances, it may be temporary or become something constant that lasts, generating more unpleasant emotions of sadness and emptiness, as well as pleasant ones of reframing, transforming it into tenderness, affection or love.

Q: How can we learn to live with nostalgia without hurting us?

A: In general, nostalgia allows us to remember meaningful and rewarding experiences, promoting a better emotional and psychological state. This feeling reminds us that our lives can have meaning and value. Being grateful for what we have experienced and remembering it from the present allows us to recall pleasant feelings from the past, from a fulfilling present. Feeling sadness helps us make room for what was important to us.

Q: Is it possible to die from nostalgia?

A: You cannot die from nostalgia, but if it becomes a lingering feeling that makes you sad, where your present is tinged with gray, we may be facing a deep pain that leads us to disconnect from our present. Nostalgia, viewed through curious eyes, shows us what we need and value, and points us in the direction we want to go.

In a nutshell, nostalgia is and will be present every day of our lives. You hear that song that reminds us of that friend we haven't seen in ages, watch the movie that special person recommended, pass by that place where you were so happy... Whenever you're overcome by that bittersweet feeling and just want to go back to those moments, remember Winnie-the-Pooh's famous quote: "how lucky I am to have something that makes saying goodbye so hard."

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