

F R E E D O M



EDITED BY MAXIMILIAN OPENGEYM & ARSENIY STESHENKO | COVER ART BY LIZA VASILYEVA

TWO ZERO ONE

VOLUME 5
ISSUE 2
MAY 2021

INDEX

LOCAL AFFAIRS

- 5 Guest Article: Freedom of Thought – *Joan Lilly Duffill*
- 6 An Interpretation of Freedom Through the Eyes of Bromsgrovians – *Chantal W*
- 8 The Freedom of Creativity – *Tatiana M*

ARCHIVES & HISTORY

- 12 The Archivist's Page: Llanwrytd Wells (WW2) – *Eloise R & Bella H*
- 13 The Death of a Dictator – *Millie G-P*

GLOBAL AFFAIRS

- 15 The Freedom of Education – *Laetitia de B*
- 16 Redefining Freedom and Patriotism in Modern Russia – *Liza V*
- 18 Defying the Limitations of Gender Stereotypes – *Anonymous*

PHILOSOPHY

- 19 Laws as Restrictions or Freedom? – *Iris T & Keira S*
- 21 Does the First Amendment guarantee Freedom? – *Arseniy S*
- 23 Freedom, can it be Achieved? – *Ioana V*
- 25 The Price of Freedom for Young Individuals – *Anonymous*

SCIENCE & TECH

- 26 Are You as free as You think? – *Maximilian O*

ENVIRONMENTAL

- 28 The Dichotomy of Generation Z – *Izzy W*
- 31 Why we should All consider Veganism – *Beth R*

SPORTS

- 34 The Freedom of Expression in Sport – *Feli Z*
- 35 A Short History of the Olympics and Freedom – *Emily C*

LITERATURE & CULTURE

- 36 The Key to Progress can be found in Literature – *Emily C*
- 37 Top 30 Book Recommendations – *Laetitia de B & Emily C*
- 40 Shawshank Redemption Film Review – *Stefan S*
- 41 Invictus Film Review – *Izzy W*

LIFESTYLE

- 42 10 Things to do to Maintain Good Mental Health during Quarantine – *Elise C*
- 44 Counteracting the Impact of Online School on our Wellbeing – *Maria M*
- 46 A Whirlwind of Recipes for Lockdown Foodies – *Laetitia de B*

FICTION & POETRY

- 52 Second Generation Immigrant – *Lucia G*
- 53 When Lockdown ends on my Street – *Lucia G*
- 54 Tergum in Tempus – *Charlotte H*
- 60 Libertas – *Izzy W*
- 61 Incarcerated – *Laetitia de B*
- 62 Freedom, is that You? – *Lucy M*
- 63 Bloom – *Liza V*

MARKETING

- 64 Stickers!

CARTOONS & ENTERTAINMENT

- 65 Samurai – *Liza V*
- 66 Chess Puzzle – *Arseniy S*

Mid-March 2020, windows around the world shut, at-home workouts were tested out and banana bread began to be baked. All so suddenly, the meaning of freedom was altered for our society. We began to mourn the endless summer days, spent carelessly talking to a friend who was less than 2 meters away. We longed for celebrations, for a revival, "the big return" to our cafes, our trips, and even school! Gated and confined, our liberty had been taken, so abruptly, that we had not even been able to cherish our final moments together. While many of us, were blessed to only feel the minor effects of the pandemic, a great sense of loss was felt by all. Still, in 2021, we find ourselves helplessly wishing for a "free" summer.

How may aspiring political and economic journalists, poets, and artists help your cause? Undeniably, we will not be able to retract pre-covid experiences and privileges, and as much as we would like to, the Two Zero One team was not able to include an article on the ways in which we could end a global pandemic. However, our magazine has provided a platform for individuals to have a certain degree of personal freedom through expression. Flipping through the pages, contributors have provided their take on freedom in history, politics, science, art - the list goes on. Be it through a phone-screen, reading alongside a socially-distanced(!) friend, or during your afternoon teatime, this edition may help you pass the time until we finally feel free again. Whilst, physically, you may remain confined to your now-bland-bedroom walls, we hope that in one way or another, this edition will give you the same joy and liberation it gave us.

Laetitia de Belgique
Editor-in-Chief

This is our last edition of the 201 Magazine. As sad as it is to realise that we will not do another issue together, there always comes a time to say goodbye. I am incredibly proud to have worked with such talented and dedicated individuals. Without them none of this could have been possible. And I say thank you to each and every one who has contributed to our issues over the years.

Having said this, it would make sense to introduce the new publishing editor. Arseniy was my leg of support for this issue, not a single one of us expected it to be as large or as varied as it turned out. As publishing editors we had to sort through countless pieces to try and arrange them into effortless content. In the end, I think we have managed it. Now, having tested Arseniy in the field, I am fully prepared to give him the reigns of publishing. The one thing that I want to wish the new team is patience, it is always needed in this line of work. ■

Maximilian Opegeym
Publishing Editor



Liza Vasilyeva
Illustration Editor

GUEST ARTICLE

FREEDOM OF THOUGHT

For four years now, Joan has been a member of Bromsgrove's catering community. An avid writer, she has developed a passion for poetry and creating children's books. This was ignited during her time volunteering in classes at a grammar school, as Joan would spend time creating short stories which instantly captivated the children at her workplace. Gaining more creative freedom through the support of her recent publishers, Joan has shared her take on the definition of freedom with key members of the Two Zero One. Her dedication, artistry, kindness and proficiency is admirable to say the least and is echoed through her participation to this term's issue.

Freedom. A powerful word which impacts and inspires thoughts in all of us. My personal freedom is my imagination. I have a passion for creating an image in someone's head. Through words. For many years, I have busied myself writing poetry and children's stories; some published, some unpublished. I now find myself celebrating, I am in the process of having my first storybook published.

Creativity appears in many forms. Painting demands a steady hand and a freedom of expression. To take a brush and blank canvas through one's own inspiration and build an image with every paint layer. A sculpture begins with thought, as the artist moulds and freely creates their clay, changing shapes and dynamics of their art form.

The freedom of personal expression can inspire options, open ideas and encourage others. Many times when I felt I had run out of storylines, a chat with friends or hearing other individuals' views reignited my thoughts.

Speech is a universal form of communication, sharing a conversation or a debate can be inspiring and help us recognise our strengths. Debate can open us up to thinking about a subject, it can also give us the freedom to make a choice.

Our lives are set by routine and rules, but our freedom of thought is endless. ■

Joan Lilly Duffill

LOCAL AFFAIRS

AN INTERPRETATION OF FREEDOM THROUGH THE EYES OF BROMSGROVIANS

Freedom. A weird, intangible concept that individuals meet and experience in different ways. Restrictive or unhindered, subconscious or sentient, we all encounter freedom in our lives. Captured through three members of my community are varying perspectives of freedom in 2021.

Prabhneet Sondhi: (L6)

What is artistic freedom to you?

Personally, artistic freedom is when I can produce any piece of art that I want in any manner or form.

How is it important to you?

Artistic freedom allows me to use my imagination and lets me express my emotions thus holding great value in my life.

Do you touch on social or political issues when creating art?

I wouldn't touch on political issues but maybe social issues.

Isra Suleman: (L6)

How many countries have you lived in and where are they?

I've lived in four countries; England, Sri Lanka, Pakistan and Bangladesh.

What have you noticed whilst living in those countries, regarding your personal freedom?

In England, I felt the most free and at home. I was happiest and my personality developed the most. The least free I've ever felt was in Bangladesh. Not only was I going through that awkward teenage stage, but as a Pakistani, it was more difficult because Bangladesh and Pakistan don't have the best relationship. I found it suffocating as we weren't allowed to walk down the street to go to school as it was unsafe. We also weren't

allowed to do basic things like go to the cinema or go to someone's house without security clearances. I only stayed in Bangladesh for half a year out of the three years I was supposed to, due to a terrorist attack that occurred not too far from my home. This shocked me and I realised how much my freedom was being violated.

Do you think having your personal freedom violated makes you perceive freedom in a different light?

Freedom to me is a tricky subject. When I think of the concept itself, I think of a happy and prejudice-free world. Yet, due to racism I haven't been able to have as much freedom. So in terms of seeing freedom in a different light, I think I would say yes, due to my experiences of my own freedom being taken away (specifically in Bangladesh). My time there made me realise how important and valuable one's personal freedom is.

Mrs Adams: (Teacher at Bromsgrove School)

Has the phrase 'freedom' changed for you throughout the years?

I think it is only once you get older that you really appreciate what freedom means to you as an individual. I definitely took my freedom for granted when I was younger and I hope I appreciate the concept now in 2021. Freedom is relative and even the Covid restrictions haven't really challenged my experience of freedom. Perhaps if I was more of an impetuous character or someone without responsibilities, then my opinion would be different. I have probably been conditioned by my upbringing and my faith to view

freedom as a selfish concept for myself so it is not something I actively seek.

However, I would like to go on a pilgrimage one day, which I would see as an expression of freedom even though it would be inextricably bound into my faith.

What is the symbol of freedom in your mind? Why?

My symbol of freedom would be someone who is alone. I associate freedom with being free from responsibility and answerable to yourself only.

Do you have any book recommendations on freedom? How have these inspired you?

Yes! I loved 'My Year Of Rest And Relaxation' by Ottessa Moshfegh about an American woman who literally goes to bed for a year. It didn't make me want to do the same but it opened my eyes to the consequences of radical action. My favourite author, Anne Tyler also explores the concept in 'Breathing Lessons' about a woman who goes for a walk on the beach and just keeps walking, similar to a more recent popular novel, 'The Unlikely Pilgrimage of Harold Fry' by Rachel Joyce. ■

Chantal W



Art by Liza V

LOCAL AFFAIRS

THE FREEDOM OF CREATIVITY:

Vika's journey to being the prime example of a boss-lady

Looking at brands like Tesla, Apple and Nike, one remains in awe of the genius behind the creation of such products. Due to our youth, it may often feel impossible to endeavour on starting a small business and to aspire to create something as grand as what these brands have accomplished. However, such ingenuity and courage is more present amongst our generation than you may think. I am happy to introduce – Viktoria Immoeva, whom I have recently interviewed.

Vika is an avid boss-lady, who in the last year has been developing a coffee shop as well as a clothing line. From new dresses to a freshly made latte, her talent and dedication can be perceived through the work described below.

So, Vika, would you like to tell the readers a little bit about yourself?

My name is Vika (Viktoria), and I am one of the co-founders of Vspyshka (Flash) – a café in Moscow. Our main concept is that this is more than just a café, but a workspace, where people can meet and make new friends. As you may have noticed, in our café we have a specific arrangement of chairs and tables so that it is not clear where one space ends and another begins. For example, our main table is where people usually sit down – or rather, have to, since there are not so many seats. Therefore, everything is arranged so that people get to know each other.

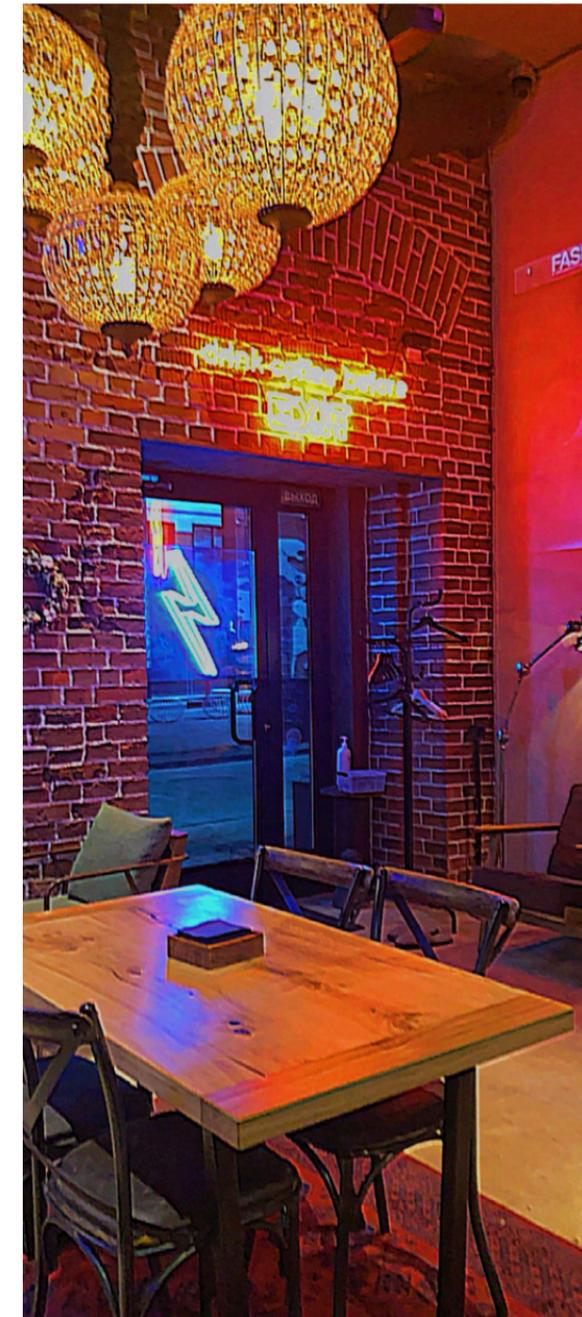
How did you get involved in the making of this coffee place?

In 2017, my brother and his two friends started a coffee roast business. They began by doing their first roasting in the oven, and then they rented a good roaster. Surprisingly, the coffee was very tasty, even in the period when it was roasted in the oven. My brother's business began to develop: they created a brand, a logo, started an Instagram account, sales increased. I (jokingly) began to suggest that they should open a coffee shop. Everyone laughed, and then they said, "Let's make one." Everyone agreed, which surprised me, because I was just joking. Of course, I wanted to do this, but when I dream about something, I imagine myself a grown-up and successful woman, not as a 15-year-old girl who needs to finish school. We started to save money for our future business, and I started to come up with the concept and design of the space itself.

The design is absolutely amazing! What inspired you for it?

Our team had a big tour around major Russian cities and different cafes. In Saint Petersburg, we noticed a trend for neon lights and I fell in love with it. There were many ideas for the interior design, but I knew I wanted two specific things: neon lights and cosiness. The place was supposed to resemble an apartment so our customers feel at home and are able to hang out with friends and work in the same space. I

collaborated with two girls who made the first two designs, but their work came out unrealistic. Then our team accidentally met one of the designers whose team made a final design for our café. Although the design was created according to our requests, it was Alexey (main designer) who suggested making the chandelier and book rack.



How did the creation process go, because as far as I understand, it happened during the spring 2020 pandemic? Was it difficult to work in such conditions?

It was challenging as I like to do everything on time, and I didn't know that there would be such a delay. Initially, the renovation was supposed to take 2 months, but in the end, it lasted for 10 months, because there were big breaks. Then, in Spring, it was hard to accept that the process had to be put on hold, although all the resources and opportunities were there. We have been searching and selecting furniture and the ideal place for a long time, and we wanted to open up as soon as possible, but this pandemic literally fell on our heads. I set an approximate deadline when all the work should have ended, and I remember coming to the building, and there are just boxes, dirt, sand, and walls with crumbling plaster. I was very upset at the time but now I realise that it was a good thing we didn't open before quarantine started as was originally planned.

If you had to choose something in the interior design that, in your opinion, describes "Vspyshka", what would it be?

I really like the wall near the entrance: the sign on the door, the lamp, two chairs, the projector. I like it because, first of all, it looks comfy and, secondly, the neon lights – as a flash of something bright, cool and symbolical for change. I also like the place where we are sitting now, because of the large window where we have various themed decorations, books and magazines.

As far as I know, you were the youngest person in the team. Have you felt any discomfort while working amongst people, who are much older than you?

In fact, I am very insecure about my age. Usually, it bothers me a lot when someone asks me about it. Most of my friends are older than me, and they like to joke about

our age difference as well. Although they don't mean it in a bad way, their jokes leave an unpleasant aftertaste. During meetings with our partners, I understand that a person in front of me is 30, and I am 15, and I really do not want to say my age, because it seems to me that as soon as I say it, the attitude towards me will change, and there have been several cases like this. But not all people act like this: most of them are respectful in conversation, which surprised me very much as I did not expect such an attitude. But my brother doesn't listen to me. Conflicts are expected, because he is the older brother, and we have a more personal relationship due to us being relatives, making us more than colleagues. In addition to my brother and my mother, there are also my brother's friends in our team. It is worth saying that business with friends is very difficult, and you need to write everything in the contract: what happens when a business closes, what kind of job and salary everyone has. It is crucial to do so as everyone wants more money, and at the same time they want to do less and are not afraid to talk about it. Therefore the friendship itself suffers. Due to the fact that there is informal communication, it is difficult to separate the professional and personal aspects of our business.

Let's talk about your brand. It's one thing to work in a team, but it's another to create your own clothing brand. Tell me, how did you decide to take this step?

I insisted on two floors, and they asked me: "what will be on the second floor?" and I said: "my showroom." I started drawing different sketches of shirts a long time ago, but I never thought that I would bring them to life. I was saving up for a laptop at the time, but I decided to spend all the money on my first collection. I was looking for a sewing factory for a very long time, because no one wants to do small consignments, but



in the end, I found a good one, where the work lasted for a while. This business gives me a lot of return, because when people buy my clothes and give feedback, it gives me motivation to work further. The only problem is my lack of communication - it is difficult for me to communicate with my clients.

What three words would you use to describe your brand?

Comfy, authentic and individual. I want people to buy clothes consciously so that they suit them, lift their spirits, give them comfort and high-quality materials. Usually things on the mass-market are all the same and of poor quality, even if the price tag is high.

How difficult is it to create everything from scratch and without a professional education?

I've read and listened to a lot of brand stories to learn about the process, but really, when you know what you want, the answer for "How do you do it?!" comes up by itself. In fact, the founders of many brands are people without any special education in these areas, which is something that increased my confidence. It was emotionally difficult to continue to do this, even if nothing works out and the 25th factory refuses to sew, but this means you need to call the 26th one.

In the posts of the brand's account, you mentioned that you were inspired by the kinfolk style. Can you tell us more about it?

I learned about it from magazines, and I learned that this style promotes comfort, warmth, family traditions, and the meaning of my first collection reflects the ideology of this style. These clothes are comfortable, made of pleasant materials that make you really feel your uniqueness.

You mentioned that a second collection is on its way. Are there any clues as to what we should expect?

It will be very different from the concept of Kinfolk, and will have more of Gothic elements. There will be a lot of velvet, dark green, black, lace and possibly silk. It is still

in the process of being created, and not yet known when it will be ready. There will be a lot of avant-garde things like jackets with chains, pins and holes. I know that standard models are in great demand, but I think that a lot of people also want to express themselves by means of unusual clothes.

The first collection shows the influence of Japanese culture and style. I would like to hear more about this.

Personally, it is a stunning culture with amazing people, although I haven't been there myself and I mainly judge by anime. This, however does not prevent me from admiring things within it. I am especially keen on kimonos – they are incredibly inspiring for me! I love that they pay a lot of attention to the materials and their quality, which fits the ideology of my first collection.

Last question: if there was a chance to go back in time, what would you tell yourself or what would you change?

I am very responsible, and I worry a lot, so I would advise myself to be more relaxed and worry less about small problems. Also, not to take all the responsibility, but to delegate some things, because others can do it as well. Because of this, I felt tired, and as a result – had an emotional burnout. Others occasionally behaved in a detached manner, because I sometimes took on their tasks. Of course, any business requires a lot of responsibility, but I do not do it all alone, and I should accept that and let others do their work.

By Tatiana M

ARCHIVES & HISTORY

LLANWRYTD WELLS (WW2)

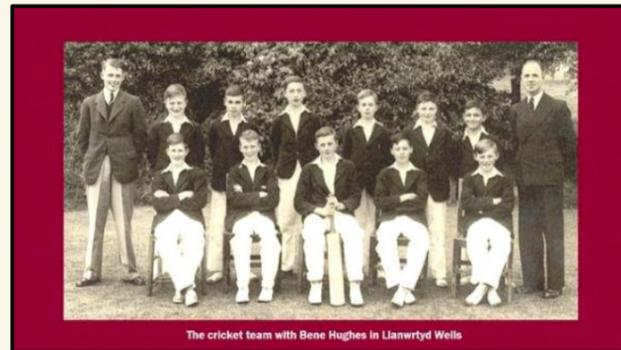
From 1939 to 1945 Bromsgrove School definitely lost its sense of freedom. Why was this you may wonder? World War Two came abruptly and by surprise. Ripping both students and teachers away from their beloved school and whisking them away to the safety of the Welsh countryside. Perhaps this impact left long-standing wounds, yet without the brave Bromsgrovians who fought for the freedom of their country and of their school, they managed to prevent these from growing bigger.

In 1940 Bromsgrove School was temporarily relocated to the small town of Llanwrtyd Wells in Powys, Wales. This was because the school buildings were requisitioned by the British government for the war effort; it was even thought that during this period, the Churchill military tanks were designed here. Despite this change, the pupils settled in well with hotels becoming dormitories, fields becoming cricket grounds and buildings becoming classrooms. This lack of freedom took its toll for four years at the Abernant Lake Hotel which became a 'forced' new home or these pupils.

Despite these changes Bromsgrovians were not disheartened, hoping one day for a sense of freedom again. To be let loose from one of the smallest towns in Wales in order to return to their traditional campus in Bromsgrove. Many former students and staff were killed during this period and are commemorated at the war memorial in the town and in the Memorial Chapel within the school grounds.

This hunger for freedom is further shown through the distinguished efforts of many Old Bromsgrovians in both World Wars, when they left the school and signed up to fight. This was the case for Oliver Bryson. He joined the Queen's Own Dorset Yeomanry in 1914 (just after finishing school when he was eighteen). Bryson fought in both the First and Second World Wars, in the Russian Civil War and the North-West Frontier. He not only fought for the success of his country but for the liberation of his former school, so it could return to its customary campus. Oliver was highly

rewarded for his efforts as he was able to earn the George Cross, Military Cross, the Albert Medal and the Distinguished Flying Cross & Bar. Another example of a freedom fighter from Bromsgrove was Nigel Leakey: a former Bromsgrovian, a British soldier and a recipient of the Victoria Cross. He was a sergeant in the Sixth Battalion of the King's African Rifles during the Second World War and was awarded the Cross for leaping on top of one of the tanks, wrenched open the turret and shot all the crew except the driver, whom he forced to drive the tank to cover. The loss of armour and the subsequent confusion that Leakey then caused was pivotal to the Italian defeat in the battle. ■



Llanwrtyd Wells: 1st XV Cricket



Comprehensive Guide to the Victoria & George Cross, 11th of January 1918

Eloise R & Bella H

ARCHIVES & HISTORY

THE DEATH OF A DICTATOR



People often associate dictators with ominous deaths, political purges and nationwide terror, and they wouldn't be wrong. Mao Zedong famously killed 78 million, Stalin 23 million and Hitler 17 million, each slaughtering more of their own civilians than were killed in WW2. Like all people, dictators must die, yet, the causes of their demise differ greatly. Some pass away in office from natural causes, while others are arrested or murdered for their atrocious acts. Strikingly, it seems to be common for dictators to die from heart related issues.

Stalin passed away from a stroke and Mao, Duvalier and Kim Jong Il fell victim to heart attacks. Stalin famously proclaimed, "one death is a tragedy; a million is a statistic." On the morning of 6th March 1953, the news of Stalin's deathly stroke dolefully, spluttered out across the radio: "The heart of the collaborator and follower of the genius of Lenin's work, the wise

leader and teacher of the Communist party and of the Soviet people, has stopped beating." In spite of all of the lives he had unapologetically taken with the alluring promise of utopia as justification, his death was met with public delirium and widespread grief. Perhaps this was simply because the citizens knew that, with his death, came the sinister birth of an uncertain future. People were lost and bewildered. They desperately hurled in a 'monstrous whirlpool' outside the Kremlin to view Stalin's body one last time, with an estimated 500 trampled to death in a spontaneous frenzy. Yet, in satellite state Hungary and in the gulags, people rejoiced. Silently. This proves remarkable similarities to the howling, fist-beating wails at the teary-eyed announcement of Kim Jong Il's death in 2011. A nation condemned to deadpan affection as a means of survival was vitalised by waves of mass hysteria, some playing along with the charades and others earnestly mourning the death of their saviour; a benevolent demi-god. However, many autocrats weren't awarded with the liberty and honour of dying in office unopposed. Napoleon, the once-successful military dictator, was exiled to the Island of Saint Helena after shamefully abdicating for the second time. He lived out his final days there until he died, presumably of stomach cancer, at the ripe age of 51.

Although dictators often retain their positions until death, sometimes justice steps in. In 1989, Nicolae Ceausescu, former Romanian Communist Prime Minister, and his wife were charged with the death sentence for abhorrent acts of genocide and economic sabotage. While today we sit around watching the Queen's speech on Christmas day, in 1989, Romanian families eyeballed the execution broadcasted on national television. The manner in which the trial was conducted later faced widespread criticism as it seemed that Ceausescu's fate was decided long before the two-hour trial had even begun. Victor Stanculescu of the Ministry of Defence recalled, "it was not just, but it was necessary". Mussolini met a similar fate. After being voted

out of power in 1943, Mussolini donned a Luftwaffe helmet and coat in an attempt to blend in with German soldiers on route to Swedish sanctuary. The illustrious propaganda fort that made him well-known now backfired in a time where it paid to fade into insignificance. Highly recognisable and widely hated, he was shot, supposedly by Italian Communists while on his way. His corpse was loaded into a truck and brazenly hung by the feet for all to witness as elated, wide-eyed crowds erupted with joy. The streets were animated with civilians mutilating photographs of his face, spitting and firing bullets at his mangled carcass in disturbing hysteria, anger and disgust. Haunted by the news of Mussolini's unheroic post-mortem and upon hearing that that the Russians were on their way, Hitler notoriously swallowed a cyanide tablet and shot himself in the head. After all, to a prideful tyrant, death is far better than dishonour.

Don't be hypnotised by the myth that dictators are an obsolete thing of the past. Currently, there are about fifty autocratic regimes in the world. Geographically speaking, there is a high concentration in Sub-Saharan Africa and the Middle East. Yet, despite its despotic 20th century past, only one remains in Europe. Following a rigged election, Prime Minister Alexander Lukashenko of Belarus, often hailed as "Europe's last dictator," has faced militant protests in an attempt to topple his regime.

Enamoured by a national fight for democracy, country-wide violence and worldwide support, global headlines began predicting his fall. The promise of Lukashenko fading into History is reassuring, but there is no escaping the fact that the new, democratic Belarus will inherit a power vacuum so great that the country's future is uncertain and unpredictable.

As George Ayittey said, "getting rid of dictators is only the first step in establishing a free society. The dictatorship must also be disassembled". There is a common assumption that when dictators fall, democracy will soon follow. The death of Kim Il-Sung certainly sparked a sprinkle of hope for a better future in neighbouring South Korea and the western world. However, based on data from 1950-2012, the harsh reality is that 80% of the time these autocrats are simply replaced by new, equally tyrannical dictators. When dictators die while in office, the chances of democratization are even slimmer. Out of the seventy-seven autocrats who died in office 1950-2012, only one paved the way for a fresh democratic start, free from the shackle of tyranny. The future is hopeful but, in many parts of the world, despotic autocrats are the bleak and rigid reality of everyday life, and death is rarely enough. Taking a hold of public and private freedoms, their approaches are to be understood in the hope to grasp the meaning of freedom around the world. ■

Millie G-P

THE FREEDOM OF EDUCATION

Try to recall your first day of school; the sense of fearful exhilaration your fresh mind felt the moment you crossed those gates. I longed for the endless colourful days and cosiness of my kindergarten class, as I felt the smell of Play-dough in my mouth. Tightly holding my parents' hands, I walked towards 'the big school', clinging onto the final moments of comfort before a new turning point. In the first hour of primary school, I learnt how to delineate the first three letters of the alphabet. In the following weeks, I began to keep a reading log and encountered new books; with less and less imagery and more and more words. Thursday afternoons were dedicated to learning about the world; pointing at the map with glimmering eyes I sought to learn about foreign countries; China, Argentina, Cyprus, the list went on. Geography class highlighted to my six-year-old self how little I *really* was, despite my attempts to discourage my siblings in calling me so. Soon, I became keen to join in with family discussions, to read, to learn to express myself confidently and eloquently, to travel – to have the freedom of learning independently. At times, this dedication was challenged as I began to encounter difficult mathematical problems, which even at eighteen make my palms sweat from stress.

Yet my education sparked a desire to explore and learn, ultimately giving me the liberty to do so. The privilege of freedom due to education came to me in various forms. Meeting a new friend on the bouncy castles during break time and learning to be open-minded to new experiences, grasping the concepts of shapes during colouring class, using pens properly for the first time, finishing my first 'long' book, taking my first English class, learning about the French Revolution, and even attempting to decipher integration in some of my final maths classes. By eighteen, I expected that my education would have given me enough freedom to tackle major global issues such as the climate crisis, to understand the roots of the Israeli-Palestine conflict and more. The truth is, despite the enormous

privilege of an education I have received over the past few years, I am more than likely to remain unable to solve humanity's pitfalls. Instead, I now find myself stuck at another turning point in my education, finding an even greater need to educate myself further. Instantly, I came to question what I actually gained from my education as my expectations to "have it together" by now remained unachieved. Amidst the confusion of deciding what my future will be like, I saw how fruitful my education is and will be in my life. It gives me the freedom to better myself and others around me. However little that impact may be, I have been provided with the liberty to make a change. Don't get me wrong, I will not be solving climate change tomorrow, nor will I be able to eradicate systemic racial and gender inequalities, yet I am given the power to understand and together with others, participate in propelling a shift in society. I have been given the freedom of feeling a sense of purpose, the liberty of creativity, expression, experience; skills which I can transfer to those that are not given such opportunities.

Currently, about one in five children of school-age do not have an education. Young girls in particular, suffer from poor literacy rates due to restrictive regimes and societies, causing many to miss great opportunities. Opening schools and providing easier access to education would allow for great social change to be set in motion, giving thousands a better chance in life. Despite its flaws and occasional complexity, education holds a cosmic amount of power over society; encapsulating a golden door of freedom if you will. Perhaps, you may come to see that despite the all-nighters, the burning desires to destroy that textbook, and the many hours spent working on one chem question, your education has given you an under-appreciated gift; liberty. ■



Laetitia de B

GLOBAL AFFAIRS

REDEFINING FREEDOM AND PATRIOTISM IN MODERN RUSSIA



Art by Liza V

On the 17th of January of this year, Alexei Navalny was immediately arrested upon his return to Moscow from Germany where he had been recovering from being poisoned with a Novichok nerve agent. Amongst Russian people my age, Navalny has always been a character we are familiar with, but this arrest pushed him from relative obscurity as a critic of the Kremlin to what the West is now hailing as the leading opposition to Vladimir Putin's government. This description of him is debatable, largely due to his lack of a concrete manifesto should he manage to be admitted into the fold of electoral Russian politics, yet more importantly he represents a key figure in the changing opinion amongst the increasingly

liberalised youth in Russia today. The protests that started on the 23 January and remain ongoing have been criticised by my parents' generation as a futile effort. Yet one must keep in mind that they were our age when the Soviet Union collapsed and the political turmoil that followed it likely created a general distaste for such shows of force.

The protests have come at a point where many of us are questioning the status quo. Although not having lived in Russia for the majority of my life, an odd patriotism for the hard-line politics that Putin implemented, especially in foreign policy, unfortunately bled through. It was a recent phone call with a friend that made me begin to question my

feelings for the state as well as reminding me what a privilege it is to have friends who force you to consider what normality really is. At the time, I thought that the uproar over Navalny's arrest was justified but just as pointless as adults had described it. But twenty minutes into our discussion, I began to realise how dangerous this complacency with what I considered to be wrong was and the next day I attended the main protest in the centre of Moscow. The energy of marches is something entirely unique to itself. Some were there for Navalny after his call for them was answered on every social media platform we could think of, but others came, like me, to support Navalny's ideas of a transparent and fair democracy. That day, people were marching for their freedoms, be it of speech, of assembly and to not fear the repercussions of writing on Russia's political climate.

After my political debut, I invited my peers to give me their views on what the protests meant to them as questioning people at protests tends to be met with scepticism. Understandably, my Instagram page of about 700 followers does very little to represent the entirety of the Russian youth, yet when delving into the comments under protest videos and other areas of social media, I found that many hold similar views.

The most pessimistic opinion is that there is nothing to be done, a mindset I hear frequently when discussing Russia in general with those living abroad and who are arguably well-off. As suggested by my friend, this opinion is the most comfortable if the current system doesn't bother them and we are creatures of habit after all. These are the people who are fleeing what they see as a sinking ship; there is nothing left in Russia and they see themselves in America or the UK in the future. Many intend to leave and never come back.

On the other end of the spectrum are those who threw themselves into the fray and never looked back. Whereas I had been to the singular event on the 23rd, some had continued to go every weekend, coordinating on social media where the police presence was the least thick. Especially now, when Putin's party, United Russia, has sunk in its approval rating to 27% and Navalny has succeeded in gaining medical access for his hunger strike, they

see this moment as a turning point. For them, Navalny represents what a free Russia could be.

Perhaps the most widespread opinion amongst my peers was one of cautious optimism, possibly the one time sitting on the fence is a good thing. They refute those who claim that the turmoil now is what we had in 1991, pointing towards the internal governmental struggles that destabilised the Russian Soviet Republic. They bide their time instead, knowing that frustrations with the often blatant and well-known corruption found in the government will eventually bubble over. International pressures on Putin are mounting to release Navalny and although he is unlikely to cede to these calls, there is an individual for the opposition to rally behind unlike during the Crimean crisis in 2014. The protests this year went ahead with him in custody and even when his wife was arrested before she could reach Moscow's crowds. 193 cities protested this year, undoubtedly fuelled by social media and this widespread nature bodes well for a country that often struggles in finding national unity for a cause.

Yet there is also an intricacy that Western media continues to omit, which I've personally found to be disappointing. An article in *The Economist* on 'Putin's Next Move' upset me for its inflammatory language and lack of neutrality. It's becoming increasingly obvious to me that Russia and Putin have become one and the same, whereas in reality I find it unlikely that the entirety of Russia is for Putin's tactics, especially the Belorussian-style oppression of protestors used earlier this year. The wide circulation of songs with lyrics such as "being against the state doesn't mean I'm against my Homeland, I love Russia for its smell of blackcurrants; I won't let Russophobes cash in on my views" arguably demonstrates what the majority of the youth are doing this for and that is the freedom of our Homeland from a state that we can't tolerate complacently any longer. ■

Liza V

GLOBAL AFFAIRS

DEFYING LIMITATIONS INCLUDING GENDER STEREOTYPES

Freedom is the state of living without limitations, the power to speak, think or be as you want. Although we seem to have so much freedom, some young people perceive society as restrictive. Of course, in time our freedom will come but in the meantime, for many young people, there can be a burning desire to break the rules and escape the confines that limit us; that is why it is essential that we talk about these issues and try to gain the freedom we are entitled to.

Many individuals believe that young people deserve freedom in everything: speech, opinion, gender, to lead the life you choose and much more. Freedom is the very thing that makes us all unique, freedom allows us to be different from one another; if this is stripped from us, we are made to feel restricted.

This freedom extends to how we are seen and treated as individuals: gender stereotyping is a generalised view about characteristics and attributes that are thought to be possessed by women or men, or certain roles that are assigned to a certain gender. This continues to exist in schools and society at large and we need to be aware of them and challenge them.

Too often, society reinforces stereotypes encouraging women to focus on fashion and beauty, to be nurturing, to remain home as care-givers and to be satisfied with lower pay. Men are not exempt from this either, and gender stereotyping is a threat for males too; as many are still expected not to show their emotions, to be more dominant, strong and tough to maintain their masculine figure.

Today's society consists of limitations and expectations. We are often expected to follow the latest fashions, social rules and gender norms. With the great freedom that social media allows there are also negatives: there are bigger audiences and people are often judged and can be afraid to speak up on their opinions as it is most likely that they will receive negative feedback and threats. This can heavily impact people's self-esteem which could spiral into poor mental health. This negativity can also add pressure on those who are made to feel they do not fit into the expectations of their gender, restricting their freedom to be themselves. ■

Anonymous



Art by Liza V

PHILOSOPHY

LAWS AS RESTRICTIONS OR FREEDOM?



Art by Lilly S

The concept of law is often perceived to be a symbol of justice, equality and freedom that allows for the average person to require a fair trial when needed. This very concept, where rules are created within a society to ensure order, has also been the reason why many critics have argued that the law is the one thing prohibiting our true freedom. These sets of conducts that apply to all human beings in order to create a peaceful community, can also be argued as the ones that create utter chaos as they establish boundaries which many choose to violate.

This brings in the idea that, perhaps, the reason for all the chaos in the world is due to these restrictions being placed upon human beings. Stating there is free speech for all yet also stating that hate speech is forbidden, clearly raises the contradiction to the law of having freedom of speech and ultimately creates confusion as the law is not absolute.

Will the proposed free speech law increase our freedom? (Keira)

On the 16th of February 2020, the Secretary of State for Education, Gavin Williamson, announced that the government

had proposed tougher legal measures to strengthen free speech and academic freedom at Universities in England. These new measures will allow students, visiting speakers and academics to sue universities and obtain compensation if they feel they have not been able to express their views freely.

The legislation was proposed due to Mr Williamson being 'deeply worried about the chilling effect on campuses of unacceptable silencing and censoring.' He was supported by many Conservatives who believe 'they are being unfairly targeted for criticism or censored and say they have the right to be invited to speak' (The Independent).

However, this legislation has been opposed by many; some even stating that the government is 'trying to wage a culture war'. Whilst the principle of such legislation would certainly help to enforce the right to free speech, there is also the possibility that such legislation could backfire; that is, by allowing everyone free speech, the government are implementing a policy that allows everyone the right to a platform including extremist groups such as Neo-Nazis and ISIS. This begs the question, should everyone be allowed the freedom to voice their opinions, even when they are extreme or serve to incite hatred?

I believe that free speech is a universal right that is inalienable. However, the right to a platform is not. Whilst academic freedom and freedom of speech are policies which would benefit students by allowing them to voice their opinions and potentially study courses which have a greater impact on them; it can be said that the proposed policies would no longer require students, academics and visiting speakers to be 'respectful' to different points of view.

Whilst Article 10 of the Human Rights Act 1998 states "everyone has the right to freedom

of expression” within the UK, it also states that this freedom “may be subject to formalities, conditions, restrictions or penalties as are prescribed by law and are necessary in a democratic society”. Section 4 of the Public Order Act 1986, requires students, academics and speakers to remain respectful.

In spite of this, universities may feel pressured into allowing speakers to voice their opinion regardless of the Public Order Act for fear of being sued or acquiring an adverse reputation due to the proposed new law.

Those opposing the proposal have also pointed out that there is a lack of evidence: The vice president of the higher education sector of the NUS, said “there is no evidence of a freedom of expression crisis on campus, and students’ unions are constantly taking positive steps to help facilitate the thousands of events that take place each year.”

I suspect the jury is still out on this, the devil will be in the detail. We await the wording of the proposed new laws which, undoubtedly, will be subject to heightened scrutiny.

The balance between law and freedom (Iris)

The law is an expression of rights, from human rights to legal rights and to the right of freedom of expression. Yet those rights we value, and regard so highly are the same rights which take away elements of our own freedom. I believe this is due to the idea that as a society, we have decided that the idea of freedom is not absolute and that laws are needed to place boundaries on what we should and should not be able to do.

In order to sustain an efficient and functional community, law and order is needed to prevent extremist ideas from erupting and being spread which is why there must be a balance between freedom and the law. Whilst we cannot create restrictions which prevent us from expressing our own opinions and ideas, we also cannot have absolute freedom which could allow anyone to murder another for no apparent reason, which is why there is a balance between the two.

However, this leads to the question of how does someone decide who is permitted to make the laws and why then, can people get away with violating the law yet not face any consequences, whilst other innocent people are unjustly convicted of felonies they did not commit.

This clearly highlights the flaws of our system where the balance of law and freedom is not perfect, which could be the result of the majority of law makers that all seem to fit into one specific group of people. Upper class, wealthy men. The fact that only 27% of congress seats are taken up by women¹ proves this fact. This lack of diversity amongst the legislators is the reason why laws affect people in different ways, depending on their wealth and social status, and therefore poses different impacts on their freedom. For example, upper class people usually being able to receive a much more lenient sentence all down to their wealth and being able to attain a good competent attorney², whilst those from poorer economic welfare, are not able to do so, often resulting in a harsher ruling.

If it all boils down to the financial status of a person then perhaps our balance between the law and our freedom requires some adjustments.

Overall, law and freedom are allied to each other, however, regardless of laws, not everyone is susceptible to the same treatment of the laws. This unjust treatment towards those that are wealthier are deeply rooted into our society, as our traditions have always favoured the upper-class community, at the cost of others. This may also be stemmed from the fact that some laws are passed to benefit certain groups but at the expense of others.■

Keira S and Iris T

¹Blazina, C. and Desilver, D., 2021. Women make up more than a quarter of the 117th U.S. Congress’ membership. Pew Research Center.

²U.S. Bureau of Justice Statistics, Prisoners in 2011 (African-Americans, who are on average significantly poorer, 6 times more likely to be incarcerated than white males).

PHILOSOPHY

DOES THE FIRST AMENDMENT GUARANTEE FREEDOM?



Art by Liza V

If the general public in the UK was asked ‘Do you support freedom of speech?’, chances are the vast majority would say they do. However, if the question was changed to ‘Would you support the right of a hate group to publicly promote their views if they offended you?’, I am almost certain that, at the very least, the majority observed in the first scenario would shrink, if not cease to be altogether. So, what changed? Clearly, the question. However, is the question fundamentally different? A simple definition of freedom of speech encapsulates the right to voice and receive information and ideas of any kind. This, on paper, includes hateful and deeply offensive ideas. Therefore, the questions are asking the exact same thing. However, this still does not explain why the two questions would produce different

results. Ignoring that the second question is an exaggeration and a case of wording bias, it highlights the problem of the simple definition of free speech stated above. When people think of free speech, they are not thinking of the absolutist interpretation. Rather, they are thinking of being able to criticise the government without repercussions or having the ability to vocally support certain communities. The above definition is too simplistic and has many practical limitations.

The USA is described as ‘The Land of the Free’ in its own national anthem. Yet, how accurate is this in terms of freedom of speech? In reality, a pretty good amount. In the USA, freedom of speech is highly valued and protected under the First Amendment. The

First Amendment protects many public and private liberties; including the press, religion, and speech. However, this protection does have some subtle but important nuances. First of all, there is certain speech that the First Amendment does not protect, and for good reason. For example, speech that incites an imminent violation of the law is not protected. However, I do not see this as a violation of speech per se. The speech that is used to incite a criminal act is often so closely tied to the crime that separating one from the other is impossible. So, by banning these types of speech, you're not banning speech, you're banning the action provoked by it.

However, this is not to say that the USA does not have excessive censorship of speech. Freedom of speech in the US is subject to time, place, and manner (TPM) restrictions which sometimes allows the government to place questionable regulations on expression. On paper, the idea is perfectly rational. They are used mostly on mundane restrictions like banning demonstrations from happening in the early morning or very late at night. However, sometimes the restrictions are not so harmless. For example, something that TPM allows are free speech zones. Free speech zones are areas in public places that are set aside for political protest. These have been around for a relatively long time, ever since the popular protests against the Vietnam War in the late sixties and were supported by many presidents including Barack Obama. These zones do not control the content of the speech itself, so it does not

violate the First Amendment. However, they do defeat the whole purpose of protesting. By moving the protestors to a 'free-speech cage' (a phrase used by a pro-choice demonstrator in Atlanta) the demonstrations are also being robbed of their publicity. So, even though the content of the speech is intact, is the freedom of speech retained if the intended audience is unable to hear it?

So, even in the 'Land of the Free', there are still arguable free speech violations that the government and the courts seem to support. Is it, therefore, possible to achieve freedom of speech? It all depends on the definition that you choose. Using the absolutist definition, I can say with certainty that it is not. Some speech has to be controlled (like screaming 'fire' in a crowded building) and there is no way of going around that fact. There is also a case to be made about the 'paradox of tolerance', which states that a society that is tolerant without limit will inevitably give rise to the intolerant. However, if someone could agree on a more nuanced definition of free speech then it may become absolutely achievable. The problem is agreeing on one. Who gets to decide if hate speech should be protected by freedom of speech laws? What about the promotion of religious groups? In short, freedom of speech is, and always will be, a topic of heated debate across the world. However, just the fact that these debates are possible is a reassuring sentiment for the freedom of speech. ■

Arseniy S

PHILOSOPHY

FREEDOM, CAN IT BE ACHIEVED?



Art by Liza V

lack of financial stability, lack of government permission or simply due to the lack of opportunity and time.

The textbook definition of freedom is "the power or right to act, speak, or think as one wants" or "being able to undergo any action without any negative consequence on oneself". Yet, these definitions are too vague and cannot be applicable in 21st century society due to their simplicity and disregard of limiting variables which prevent someone from declaring themselves as free. Limiting variables are experienced through inconveniences that life brings each individual such as, financial or legal impediments or even poor mental health. Even if one thinks, they are to rid themselves of limiting variables, that is never truly the case because of human hubris and greed. Even the richest of people experience an extent of mental suffering, despite having an abundance of money that could cater to their every whim. So, they find themselves in a state of mental entrapment as a cause of boredom or dissatisfaction with their life. In addition, because of the interconnectedness of human interactions, one's freedom could end up negatively affecting another individual's freedom. Thus, showing that 'being free' comes with the sense of moral responsibility towards others and their livelihoods. But this only further proves that pure freedom cannot be achieved.

Ask yourself what it means to be free. If you are like most people around your same age and background, you would be able to answer with a relevant definition. This is because the term "freedom" is widely and regularly used in today's society. But despite this, not many people consider themselves free, or if they do, it is not the same freedom that they previously defined. The reasons for this are simple. Most people dream of an ideal world where they would be able to do as they pleased; a world where no barriers present to stop them from fulfilling each and every single one of their heart's desires. But in actuality, not many possess such capabilities. This could be either due to

In philosophy "freedom" or "liberty" explicitly involves free will which in essence contrast determinism. Determinism is the philosophical idea that events are determined entirely by previously existing causes or variables. This means that one can never truly possess freewill or does not have much choice over their own actions as these were already predetermined. More of this can be read in the article written by Oliver Burkeman for The Guardian, where Burkeman evaluates the question "is free will an illusion". However, this can be regarded as a pessimistic view which would allow for disillusionment of existential knowledge.

Alternatively, in politics "freedom" is simply "the state of being free within society from control or oppressive restrictions imposed by authority on one's way of life, behaviour, or political views". This can be more comprehensible as it can be applied easily in real life context, which would show that people living in Authoritarian states such as North Korea, Syria, or Saudi Arabia, don't possess political freedom. But then again, their definition of freedom would differ completely from ones of individuals living in western society. Despite the subjectivity of the term, human beings would find themselves in turmoil.

Yet, this approach, one that some may describe as pessimistic, may be challenged with the help of John Locke theory on liberty. According to Locke, in the state of nature, liberty consists of being free from any superior power on Earth. This later allowed for the theory of Social Contract to be formulated, which provided a classification of natural rights and other political rights. Natural rights do not depend on laws or

customers of any culture or government. However, it only further underlined the interconnectedness of law and on how it governed human affairs and interactions. This shows that laws can be either based or influenced by human culture. Thus, the conception of laws placed a focal point on individualism, that then outlined moral obligations towards others, which then limits freedom once again.

With a short answer, absolute freedom cannot be achieved. This is because most of our actions are inevitably predetermined or are impacted by moral obligations. If freedom is defined as having no obligations towards anyone or even society, one would find themselves living outside convention. Living outside convention is not always preferable as it would result in isolation or a lack of belonging. Therefore, it's not a matter of being able to be "free" but of truly wanting to be free.■

Ioana V



Art by Liza V

PHILOSOPHY

YOUNG PEOPLE NEED TO RECOGNISE THAT FREEDOM COMES WITH RESPONSIBILITY

Freedom comes with great responsibility.

Young people might not like to think about that but it is certainly the truth. Freedom of speech means thinking about what you say, who you say it to and why. Gender equality means that everyone has to have the same choices, the same opportunities and the same limitations. In an age where we are told that we have the freedom to be who we want to be, we are often constrained by what society demands of us - for better or for worse.

However, it is impossible to give lots of freedom without increased responsibility. Low levels of responsibility or no responsibility means that people would just be drifting aimlessly with no sense of direction and do whatever they like: the result would be chaos and disorder.

Yet it is also true the other way around: if we increase responsibility and fail to give people freedom then this is likely to fail too; people might feel responsible for something they cannot influence which, as a result, means that people would be negative and disconnected.

Of course, there has to be the right balance between freedom and responsibility. The freedom givers have a great responsibility too. Giving freedom is easy but you have to be sure that the people granted freedom are motivated, committed and ready to accept that responsibility.

In short, responsibility probably means accepting that there are rules. Our freedom givers, parents and schools, have the responsibility to teach the difference between right and wrong, to keep an eye on behaviour and to monitor many aspects of children's lives. As young people grow up, they have to trust their child and give them more freedom. Trust is a quality that has to be earned so a key message to younger individuals is that if they want their parents to give them more

freedom, then they have to show that they recognise that with freedom comes responsibility.

Because we are learning, some of us will make mistakes as we grow up. It seems important that we are given the opportunity to show that we can grow and be free and that we can reflect on what we have done wrong and then put it right. Young people cannot grow if their parents don't allow them to do this. Maybe this shows us the qualities of good and bad parenting:

Good parenting is when, we, young people are given a guiding set of rules and responsibility then parents allow us to taste freedom and see how we manage it bit by bit - a kind of dipping our toes into freedom. If we manage it well then we get more because we show that we are learning to be responsible and able to be 'free'.

Perhaps bad parenting is expecting too much and not having clear rules. It can lead to problems and disorders, overall posing serious risks. A parent's lack of rules could end very badly and cause mistrust between parents and child.

Young people should absolutely be allowed to have freedom but it needs to be granted at the right time and within the confines of what parents, schools and society allows. Freedom comes with great responsibility and that works both ways: responsible children and responsible leadership. We need to be trusted with the freedom that we deserve, at a time that is right and then given the freedom to make mistakes.■

Anonymous

SCIENCE & TECH

ARE YOU AS FREE AS YOU THINK?

Freedom is something that seems to be part of our human existence more than anything else, at least this is what we know and deem true. But how often do you really consider the modes of existence of humans? Upon careful examination, it is clear that our species, as well as most other species on earth are governed by rules, most of which are generated through thousands of years of life and ensure that our extinction does not occur. This does eventually come at a loss of freedom; but we do get to survive. Seems like great news to me.

Some may not agree with me, but governments are a more sophisticated evaluation of this concept. They have been around for a long time and for a simple reason, most people cannot be useful to themselves and others without being organised in one shape or another. Mind you, I do not mean slavery or any other extreme measures of organisation. I am merely referencing mandatory education and other such measures put in place by governments for the benefit of their population. Otherwise people turn on each other very quickly and our race turns to self-destruction.

So, let's talk about more basic freedoms which seem to be assured in most countries around the world and the UN universal Declaration of Human Rights. One of the more interesting parts of that declaration is the right to privacy. Private life, family life and home are all fairly sacred places for us and it is very unlikely that you will be spied on by physical means, let's face it, you're most likely not that important. The right to privacy of correspondence (which includes mail, phone calls, texts, emails and so on), however, is mostly ignored...

This may come as a shock to some readers, although I really don't think that governments love to be vocal about that sort of thing. But they do have the ability to spy on us whenever they want if they have a reason to suspect any illegal wrongdoing on a scale, endangering national security and justifying the funds spent on it. However, before judging them and going on an uprising of some sort, do hear me out. They may actually

have a legitimate reason for all this.

Terrorism and crime in general are a huge pain for law enforcement everywhere, however ever since the era of the internet it has been increasingly difficult to track down and ensure that public safety is not threatened. This is because the internet has the power to ensure almost complete privacy of communication.

This means that human rights of most citizens are ensured... but it also means that someone could easily organise a mass terrorist event and potentially get away with it, no evidence, right? By such logic, horrific events should be a much more common occurrence given how many people have views which oppose each other. Well, not quite, as the government does have a way of reading confidential correspondence. This is not exactly news, as the US government is fairly regularly involved in some PR nightmare regarding their intelligence services and mass surveillance. However, almost every country does it, whether they like to admit it or not. There is no other logical explanation for the number of terrorist events that are stopped.

As a fairly simple example, I will use the Russian government. In 2016 Yarovaya's package was approved and partially executed. The rest of the law is meant to be put in place by 2023. Essentially, the point of this is for Russian mobile carriers and other internet providers to hold data about their users (their call dates, websites, and location billings) for the last year. This makes it much easier for the Russian government to track any suspicious activity and prevent mass terror attacks by pulling relevant data from the records when necessary. And it works. Think about when you last heard of a western media outlet reporting a mass terror attack in Russia (and trust me, they would jump at every occasion to do that). Another great example is that during COVID times, you had to fill in a form which listed your registration address, which you had to stay at for two weeks. If at any point you left the rough area, you got an automated email asking you not to do that again, so sim triangulation works, and

it's fairly simple to do. As a by-product the Russian government has a mechanism of gathering much greater intel on its population, which it could use to suppress its political rivals. Some not so honest officials may start selling data which is stored. So, there are many potential downsides, but do they outweigh the benefits of saving countless lives?

Every country does it, but to varying degrees. Most European countries also have the ability to do it, but they are mostly afraid of the allegations, which would remove their ability to cause PR problems related to mass surveillance for other governments, as it would be highly hypocritical and ineffective. The real question is, can governments be trusted to use this intel responsibly? My honest answer is I really don't know. This is simply due to me judging by actions, most of which are confidential, which is the point of any government intelligence. So, what do you value more: safety or freedom?

True freedom would mean chaos; natural selection at its most extreme. The strongest and most violent would be most likely to win, no matter their ideals and disregard for humanity. This is the price we would have to pay. So, when thinking about the big brother watching, do also think about what it's trying to achieve.

So, how do you live with the newfound news? Quite simply. Governments are really not too bothered with your private life, except if it in some way puts their existence in danger. As well as that, given that any country is a police state to some degree, it might be wise to take any international allegations with respect to governmental abuses of personal privacy with a grain of salt. ■

Maximilian O



Art by Liza V

ENVIRONMENTAL

THE DICHOTOMY OF GENERATION Z

Generation Z; the youth of today, those who fight for justice, for change and retribution for issues miles and miles away. But it is not fighting that 16-year olds of the 1940s understood. This fight is electronic, computerised; a mechanised expression of telecommunications. That's where this issue is rooted.

How can we understand our own input in something we only see through a computer screen?

Generation Z have the luxury of ignorance, a plush lifestyle of naïveté in which to sink back into once they believe their message has been conveyed. This does not make us empty-headed or obtuse, as most of us are lucky enough to be provided with an extensive and reflective education. Instead, it's an issue of denial, an issue of innocence and gullibility, as well as an issue of identity and labelling. A millennial has the behavioural characteristics of self-orientation and a globalist attitude. Whereas Generation Z are often categorised as a 'communaholic' and a 'dialoguer,' to which we satisfy and combat in fighting social issues of the modern world. However, we are infatuated with analytical observation and cybernated objection, our feelings are so strong when it comes to our social life, but very different through our physical lives. This statement is mostly seen through Gen Z's reaction and rallying towards the issue of climate change.

The battle of global warming is one to which my generation have put power behind, with advocates such as Greta Thunberg leading movements and marches to propel change. However, climate change has arguably been a worldwide issue, with temperatures beginning to rise in the 1880s. Why has it taken Generation Z to step up and demand change? It comes down to what's trending, however shallow that may sound it is a conversion of fact. Greta Thunberg arose into the spotlight in 2018 and was an inspiration and figurehead to many people her age. The power her vocalised declarations and various demonstrations brought to the climate change movement, was momentous and arguably a huge accelerant to a drifting cause. However,

the dichotomy of Greta Thunberg is that she is advocating against Generation Z. Generation Z who fund corporations such as ASOS, Misguided and Primark, some of the largest carbon emitters in the world. The danger of disposable fashion is overlooked by these inauspicious 'climate change advocates' who are happy to lay blame at the feet of government or worldwide organisations, but are ignorant to their own denial of inducement.

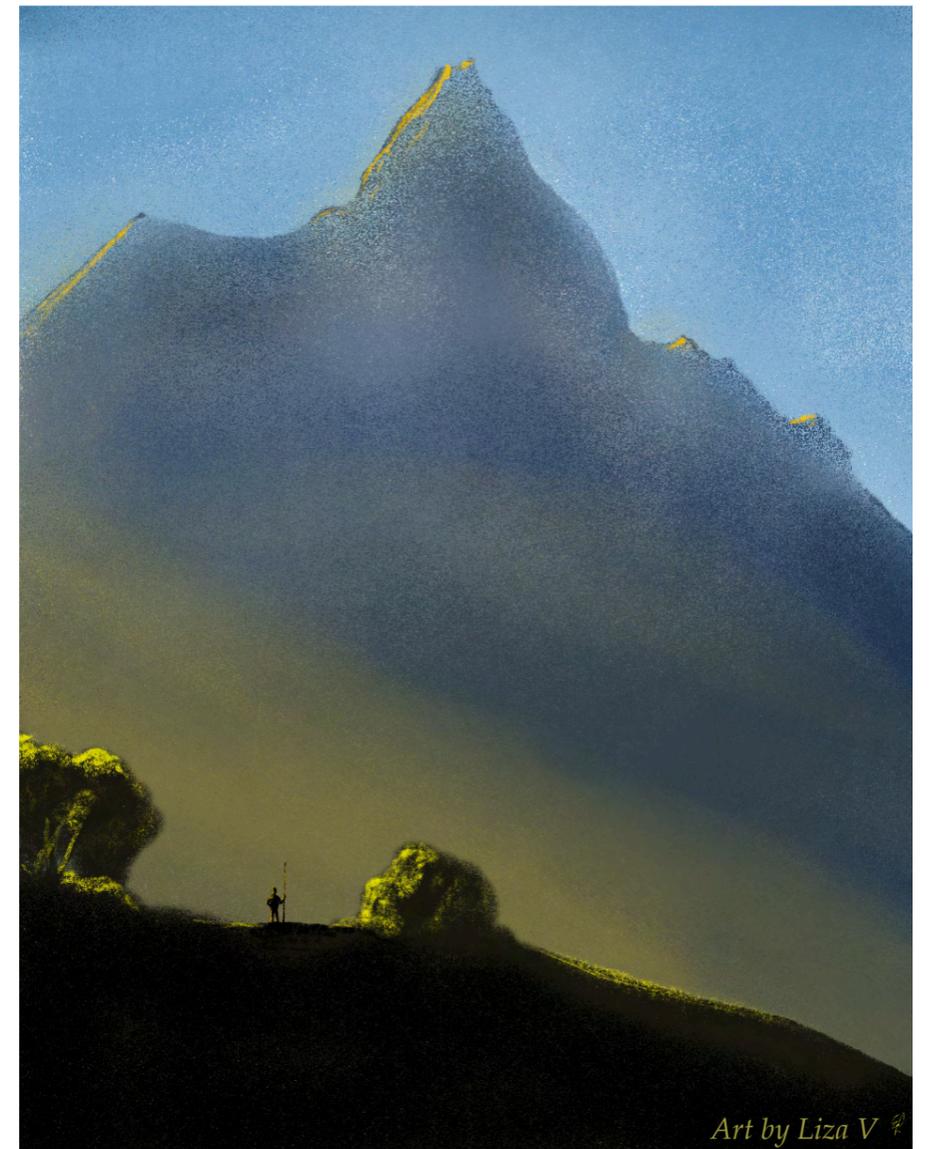
Disposable fashion is more dangerous than non-renewable energy, 60% of our clothes are made of polyester and other synthetic fibres. Polyester alone emits up to three times more carbon dioxide than other fibres and takes hundreds of years to degrade. Primark uses this material copiously and statistics have shown, in industries such as Primark, there has been a 157% increase in the amount of polyester used in clothing since the 2000. This doesn't even take into consideration the amount of water consumption that goes into denim production in jeans and jackets. For example, it takes 2,700 litres of water to make a single shirt. Total statistics have shown that 20% of global water pollution is caused by the clothing industry, thus having major effects upon local and global ecosystems and biomes. All this goes into one-time outfits and fast fashion, which ultimately get discarded. And Generation Z are the ones who clothe themselves in these oil mines and carbon sources. Thus, the issue stands that Generation Z wants to change the world one climate change protest at a time, but they could really change the world by altering their fashion brands and awareness.

On the 23rd February Greta Thunberg marched with 15,000 school children and middle-class impressionists, with the fundamental aim to exploit politicians and the media for 'sweeping their mess under the rug'. However, admirable as this may resonate, it is a denial of our individual application and propriety. Those 15,000 people are likely to have travelled to that event via car, with the typical passenger car emitting about 4.6 metric tons of carbon dioxide per year. As well as this, many will have stopped at high street giants for a drink or something to eat. TESCO yearly produces 2.98 million tonnes of CO₂.

It's this mentality of individualism that is being lost, the idea that we as individuals can't make a large collective difference. By shopping at local high street stores or buying vintage fashion Generation Z do have the power to make a real meaningful difference. Could we not as a national and global community recycle more from home or buy more from local stores instead of High-street domineers such as Primark and Tesco; rather than marching and protesting to no end? These 'Fridays for future' are in some ways causing more harm than good. Children should not be taken out of school in order to march for a cause they don't understand. Instead, we should be in schools learning and educating ourselves on what sustainability and anthropogenic climate change really is. As a result of this, children and young adults will have a better understanding of what they can do, thus having a better awareness of how they can alter their lifestyles to decelerate climate change.

In addition to its polluting conduct, Generation Z thrive off what is currently trending, thus in the last couple of months aims and focus on climate change have diminished, with interest instead being concentrated on other worldwide matters. This dwindling attention span is a show of ignorance and gullibility, which Generation Z tends to exhibit. The acceptance that they posted on social media, or attended a climate change rally, means they are now acquitted from the battle that still rages with global warming.

This is something that must be stopped, glacier melting is not going to be stunted by a 17-year-old posting a thread on their Instagram story. It demands the respect that Gen Z just does not give. This is not due to a lack



Art by Liza V

of knowledge, but rather a lack of focus. Communally issues should be raised online, but not tackled online. We aren't going to make any positive changes by using phones and laptops, which in themselves are carbon sources and emitters. Most Apple products are made in China in factories not meeting Fairtrade regulations, and flown across the world to meet our demands. In each iPhone X that is produced the equivalent of 79kg of CO₂ is emitted, with 15% of that arising from the charging and use of the device while we have it. Obviously giving up your phone is an extremist ideal which is not being promoted, however, it is just gaining a respect and understanding for what we, even in the smallest insignificant sections of our lives, are doing to our planet.

Despite this, Generation Z have the power and social influence to save the planet, even using our phones. Fast Fashion can easily be eradicated but it takes individuals working as a collective to break these feedback loops and enforce flexible mechanisms. Key examples of sustainable brands that aim to work with The United Nations Framework Convention on Climate Change (UNFCCC) are companies such as Patagonia meet and exceed the protocols enacted by the UNFCCC. They monitor their supply chain aiming to cut out the use of aviation, they obey all Fairtrade aims, they use organic cotton in all of their products as well as fully recyclable packaging and products. Patagonia aims to be completely carbon neutral by 2025 throughout all of its stores and factories in Europe. If other large companies take the initiative and follow the example set by Patagonia, fashion as an industry will take a major step forward into the sustainable future. The ideology set in the mindset of Generation Z of 'one-time outfits' will begin to change and recede, with the conventional doctrine of 'cheap clothes being better' erased and being replaced by 'recyclable, long lasting, expensive,' taking a footing. It's a matter of boycotting and selflessness, if we don't shop in disposable outlets then they will begin to disappear, and so will the ice caps, the polar bears and the rainforests. Primark worldwide holds 15 million square feet of retail space, whereas Patagonia holds

less than half of that, imagine the difference in emissions if those were reversed. This coupled with the continued encouragement of platforms such as Depop and TikTok in ingraining sustainability in young people, will have long term positive effects.

In conclusion, to solve this 'issue of generation Z,' we, the youth of today, need to work collectively and focalise on this issue of climate change before it builds momentum and becomes unmanageable. We can do this via social media, but primarily need to apply it to our own lives through sustainable fashion, recycling and deliberation in how we live. Fashion and what we wear is a need in day to day society thus the first thing we as a generation must address and modify is our endless disposable fashion items, instead supporting sustainable brands. Next, we need to stop assuming our influence online is having a tangible impact on the world, we cannot presuppose that just because we advocate non-exposure, we are now carbon neutral. Finally, there must be a new mindset introduced and advocated amongst us in order to stop laying blame at higher forces, such as the government and TNCs, but rather taking our own initiative to stabilise our own future and the future of the natural world around us. ■

Izzy W

ENVIRONMENTAL

WHY WE SHOULD ALL CONSIDER VEGANISM



Serena and Venus Williams, Lewis Hamilton, and Lionel Messi. What do all these athletes have in common? Yes, they are all successful in their profession, but what I mean is that they are all living on a vegan diet. Surprised? Well, that's probably due to the many prejudices that a vegan diet faces in society.

There are plenty of stigmas and misconceptions about veganism, and equally as many reasons why such a large number of people do not fully understand what veganism truly is about. As I am a vegan myself, I get frustrated about arguments against veganism since they often disregard the facts that scientists have provided us with.

Furthermore, this prevents an important realisation of what power we as consumers have. The choice of eating plant-based food is symbolic for how the consumer can create a demand that promotes a just and free world with a stable environment, rather than a destructive way of living which erodes the planet's resources on which the human race and wildlife depend.

Therefore, this is my way of explaining what veganism actually is about whilst simultaneously demonstrating its importance in how we can make use of our power to impact the future positively.

First of all, a plant-based diet has undeniable positive effects on our health

While many people believe that a vegan diet comes along with innumerable nutrient deficiencies, its principles demonstrate quite the opposite. A balanced plant-based diet has been proven to be adequate for all stages of life (highlighted by the Academy of Nutrition and Dietetics' studies), and healthier than a diet based on animal products. Benefits include a decreased risk of heart disease, cancer development, type two diabetes, strokes and kidney failure, in addition to a more resistant immune system, and lower cholesterol levels as well as blood pressure. There are even promising studies demonstrating a link between pursuing a vegan diet and a reduced Alzheimer's risk. The list is endless and as long as you don't live on fries and ketchup, your body is most likely prone to benefit from your altered dietary intake - as always, it is key to be informed and have a balanced and varied diet.

Taking these studies and facts into consideration, the belief that vegans live on supplements and suffer from deficiencies is simply misleading.

If we remove these stigmas concerning plant-based diets, we can help millions in the future to live a healthier life and avoid premature death.

Secondly, a vegan diet complies with our standards and promotes animal well-being instead of their exploitation.

This topic is BIG - and controversial. Therefore, I will not be able to cover all its aspects but there is one point which I find the most important: the flawed and contradictory behaviour of our society that leads to the tendency to classify vegans as "too radical" and even "left-wing hippies or extremists".

Our culture and social norms have led to a devaluation of the lives of farm animals to nothing more than commodities for human disposal. The majority of the population is aware of the wrong-doings regarding animal treatment - yet actively decide to avoid the topic by choosing to look away and avoid the initial effort accompanied by a shift in diet. The most common excuse is that it is just part of our culture and a social norm. However, slavery and oppression of the female gender were once accepted and considered a vital part of European culture, whilst their righteousness is questioned today.

As of now, our society accepts circumstances that are cruel and unethical: Dairy cows are enforceably impregnated and forced to produce milk in such large amounts that their life expectancy is reduced by 3 years at least. Male chicks are shredded as they are not "for any use to the farmers". The UK slaughters 1 billion land animals every year, to which we just refer to as "produce".

Furthermore, we make an incomprehensible distinction between species. If cats were killed in gas chambers for us to have a "nice" meal, people would be going out on the streets. However, that is what happens to pigs and poultry in slaughterhouses in the UK every day and yet little protesting occurs. If there was a dog's head hanging in a butcher shop's window, parents would be outraged about how their children could be exposed to such cruelty. However, if it is a pig's head that is completely acceptable. This distinction is embedded within society and determined through upbringing - though the question remains: is it justified?

On one side, farm animals are sentient animals like cats, or dogs, which means that they can suffer, and feel emotions just as we do. On the other side, some people like to argue that this distinction between how we treat certain species is necessary as humans are made - have evolved - to eat animal products. However, it is not a necessity to integrate animal products into every single meal or even integrate them at all. As a result of evolution, the human race is not dependent on an animal-based diet for survival, against common belief.

Hence, pursuing a vegan diet should not be considered "radical", but an important step into the right direction to break cultural and societal norms that are undoubtedly contradictory and morally unjustified in the modern world.

Thirdly, the plant-based diet is proven to be the most sustainable for our environment

This is probably (and hopefully) the one argument that most people can agree upon. Even though common misconceptions include that vegans are the main reason for deforestation (such as evident in the Amazon) because the cleared areas are often used for soy production, facts and research uncover the reality - 77% of global soy is fed to livestock for meat and dairy production. There is no doubt about the significantly lower greenhouse gas emissions a vegan diet causes, compared to a "conventional" one. But I will just let the facts speak for themselves:

A quarter of global greenhouse gas emissions comes from food. 58% of the food emissions come from animal products. Therefore, the animal products we consume are accountable for 15% of global greenhouse gas emission!

Furthermore, animal agriculture uses 83% of all global agricultural land, yet produces less than two fifths of the protein we consume and less than one fifth of the calories we consume. This is also due to what many of us have learned in biology already: in a food chain only around 10% of the energy is passed on to the next trophic level.

Consequently, switching to a plant based diet would allow us to feed everyone on the planet whilst also freeing up 75% of agricultural land (area equivalent to the whole of Australia, China, the EU and the US combined). This land could then be used to sequester 16 years worth of carbon dioxide from the atmosphere by 2050.

Therefore there is no doubt that the vegan diet is the most reasonable thing to do in the face of a crisis the whole world currently faces and fails to address effectively - climate change, and the destruction and pollution of our environment. As the leader of the most comprehensive meta-analysis of systems of farmings has concluded: "A vegan diet is probably the single biggest way to reduce your impact on planet Earth, not just greenhouse gases, but global acidification, eutrophication, land use and water use. It is far bigger than cutting down on your flights or buying an electric car."

Taking all of these facts into consideration, I hope that this has helped remove the many misconceptions that there are about veganism. Furthermore, common sense and the work of many scientists and professionals give us proof of how powerful the single individual can be. We can use our consumer choice as a vote for a better future. You can decide to create a demand that does not vote for a morally unjustifiable world but for a future which is more free; freedom through better health, ethical decisions and most importantly an environment that is significantly less destroyed by the consequences of human behaviour. After all, how could we prioritise taste over our health, the well-being of billions of animals, and that of the environment which we all share with each other?

If you want more information or check some facts, feel free to have a look at the following summary of noteworthy sources/ studies: surgeactivism.org ■

Beth R



Art by Lilly S

THE FREEDOM OF EXPRESSION IN SPORTS

For decades athletes have been classified as idols and celebrities. Ever since the first Olympic games in 776 BC we have praised and looked up to those showing remarkable talent and skills in sport. Arguably, athletes nowadays are becoming more and more popular and names such as Cristiano Ronaldo, Usain Bolt or Serena Williams are being celebrated around the world and will be remembered for centuries to come. It is, however, not only their unique talents and strong mindset that should be celebrated but also their voice and gestures that influence millions of people worldwide and raises awareness about important issues. Especially during the recent global uproar against racial discrimination triggered by the death of George Floyd, signs of discontent through expression and speech are crucial to address these pressing social issues which still exist in the 21st century. To understand the impact athletes have it is crucial to look at examples from the past.

Initially, Rule 50 of the Olympic Charter was a framework created to ensure neutrality within the Olympic games, highlighting that no political, religious or racial bias were to be affecting the events. However, not everyone followed this rule.

In 1968 during the Olympic Games in Mexico during the US national anthem - 200 metres champion Tommie Smith and second runner up John Carlos raised a black-gloved fist thereby showcasing one of the most influential moments of protest in sport history. Bearing in mind that the Olympics took place amidst the civil rights movements of the US many had feared some form of boycott from protestors highlighting their dissatisfaction with the current situation. Although a real protest did not happen the African American athletes protested in different ways throughout the ceremony. The most obvious sign of protest was the black power salute highlighting the athletes discontent with race policy in the US. Moreover, it is said that the black glove on Smith's right hand signified the power of Black America whilst the black glove on Carlos' left hand signified Black unity. The

scarf worn around Smith's neck was a symbol of Black pride and Blackness in America. Furthermore, Carlos and Smith both stood on the podium without shoes to receive their medals wearing only black socks to symbolise poverty in the Black community. Carlos' unzipped jacket, which was a violation of Olympic etiquette, stood for solidarity with the working class in America.

Although the result of the peaceful protest ended with both athletes being kicked off the US Olympic team in Mexico and sent home, Smith and Carlos remain heroes in American sport history. Particularly the fight for equality for African American athletes has shown itself beyond the unforgettable moments of 1968. Prominent athletes today are still fighting, not just for the opportunity to prove themselves on the field but, also for equality off the field. With more and more athletes worldwide fighting for racial or gender equality, questions are raised about the right to freedom of speech and expression for athletes on the playing field given that their status can have a major impact on society. Some sport governing bodies such as in Football with the National Football League and FIFA have tried to come up with a more flexible approach towards athlete activism and their use of publicity, trying to encourage and promote freedom of expression. However, the extent to which athletes are to be given freedom of expression is yet to be determined. ■

Feli Z



SPORTS

A SHORT HISTORY OF THE OLYMPICS AND FREEDOM

The first modern Olympics were in 1896 in Athens, Greece and they were a revival from Ancient Greece. In 776 BC, the games were dedicated to Zeus and the Greek Gods; the dress code was naked, and the athletes were male. When the Roman Empire eclipsed the Greeks, the Games persisted under the new power. The "Neronian Olympiad" is one of the most infamous iterations of the Games, where Emperor Nero miraculously won each contest in which he participated, including Chariot Racing, despite being thrown from his chariot.

The modern Olympic Games no longer include Chariot Racing and more importantly they no longer include corruption. The Ancient Olympics were controlled by the leaders of the empire or the regime; comparatively, today, there are a multitude of committees that ensure the integrity of the games. The modern Olympics allow the athletes the freedom to enter a fair competition; however, this may have become one of the restrictive aspects of the competition. By 1921 the Olympic Games changed dramatically and this time unity was not the aim, instead the Games were divided as the IOC decided to expand the array of events further into the realm of winter sports, hence the creation of the Winter and Summer Olympic Games. While in 1921 they occurred in the same year, they currently occur every four years. Suddenly, winter athletes had this new freedom to expand and flourish beyond the shadow of the "summer" events.

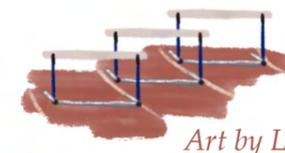
After two cancelled events, the 1948 Olympics were set to be a huge event. The world was struggling. And International Relations were adverse. These Olympics were representative of the relatively recent freedom from war for the population of the world. Considering the recent World War II, Sir Ludwig Guttmann created the Stoke Mandeville Games that he utilised to promote the rehabilitation of soldiers after WWII, later becoming the modern Paralympics. Guttmann's event changed the course of history, setting up a more accepting rhetoric surrounding the disabled community, which is progressing more and more constantly. The

freedom for people to participate in the games is something that most people take for granted and representation of people with disabilities became much more prevalent because of the event.

The games in Ancient Greece were for the athletic Greek men and most certainly not for the female population and for a long time the idea of female inferiority remained. Women did not participate in the first Olympics of 1896 and when they inevitably appeared in the 1900 games, they were restricted to the games for women that protected femininity and fertility: tennis, sailing, croquet, or horse riding. After much opposition, the IOC were forced to allow women to compete in more events, such as the 100, 200 and 800m in 1928. However, it wasn't until the 1970s that the IOC acknowledged that sport was good for women and female participation was encouraged a mere generation ago. Women's freedom had to be fought for. The Olympic Games have faced many fights in its century-long modern existence. Interestingly, unlike many other facets of society, the Olympics was an international event, with people from all 5 continents participating in the events. Race was not an issue within the committee. South Africa as a nation were not allowed to compete in 7 games due to the IOC's condemnation of apartheid within their country. Despite this acceptance, there were certainly racial and discriminatory practices between athletes and even nations that bled beyond the organisation.

In some aspects, the Olympic Games have been a restrictive force on individual freedom in history, however, over time this has changed. The Olympic Games currently represent the freedom of every nation to express themselves and furthermore, they present an opportunity. The opportunity comes as each spectator has the freedom to celebrate their nation, as well as the world as seven billion people unite to celebrate some of the most talented individuals inhabiting our shared home, no matter how we got there. ■

Emily C



LITERATURE & CULTURE

THE KEY TO PROGRESS CAN BE FOUND IN LITERATURE



Art by Liza V

The pen is mightier than the sword' is a popular quote from Edward Bulwer-Lytton, alluding to the reality that while once upon a time battles were won by a temporary and violent descent into chaos, as time passed, literature and education developed into a propellant for freedom.

Writing and literature can contribute to societal progression to an unparalleled extent, providing a huge rhetoric for liberation. For extensive time, the female population were oppressed, unable to participate in the "taxing" academic pursuits that were just for men, instead restricted for centuries to "home economics". Furthering female education, especially female literacy, opens an expansive opportunity for their futures. Literature provides people with knowledge, which can provide the wider community with the freedom of knowledge and further the freedom of thought.

Literature creates an opportunity for expression, which often manifests itself in an oppressive society, allowing marginal members of society to communicate their philosophies. Similarly, literature has the unique ability to influence the masses when heard and read by the population. Throughout abundant rebellious movements, writing was the way to spread word, to captivate the people and to gain the wider audience. The examples are superfluous throughout history.

A major and famed example of this is from Virginia Woolf, titled 'A Room of One's Own' which is widely considered to be one of the first critical feminist books. Woolf's bravery in publishing ignited a movement that is still pushing against patriarchal structures today. Evidently, Woolf's discourse within this text centres around the feminist rhetoric; however, her ideas and theories are hugely applicable to the need for evolution and growth in all facets of life. Writing, according to Woolf, was also one of women's first opportunities to earn money of their own, as she demonstrates unquestionably through her narration of Aphra Behn's life as a middle-class, successful author. Many women adopted pseudonyms to reach a wider audience who may have not accepted their work based on their gender.

Throughout global history, literature is used as a catalyst or as a communication device. Literature sparks the drive for further freedom. Perhaps writing a book or an article has become obsolescent due to Social Media, but the importance of literature for progress has certainly not diminished. The captions we post and the texts we send are still a huge fragment of campaigning for growth. Maybe we have outgrown the techniques of previous generations, but the skills are still indispensable and successful as ever. Perhaps, the 21st century has made the keyboard mightier than the gun. ■

Emily C

LITERATURE & CULTURE

TOP 30 BOOK RECOMMENDATIONS

An abrupt ending to our IB studies combined with a global pandemic has given Emily and myself a lot of time to read (like old grandmas I know! But it can be fun trust me!). Below you can find a list of thirty different books for each and every individual. The book-worm, the sports fanatic, the Harry Potter geek, and the list goes on. To be enjoyed with a cosy blanket by the fireside or on a sunny porch, wherever in the world you may be.

Recommended by Laetitia:

A book for the upcoming politician

Isabel Hardman – "Why We Get the Wrong Politicians"

Discussing a controversial topic, Hardman explores the entity of being a politician in today's society as well as the public dissension that political individuals are exposed to. Accessible for any aspiring MPs or individual who hopes for a better government in the future.

A book for the food connoisseur

James and Kay Salter – "Life Is Meals: A Food Lover's Book of Days"

A charming illustration of the historical and traditional aspect of cooking. Taking you on a culinary experience around the world for a year, this book is a must-have (almost finger-licking good – pun intended).

A book for the history buff

E. H Gombrich – "A Little History of the World"

Filled with wild imagery and anecdotes, this book will keep you wanting more. An easy yet informative read, Gombrich explores the progress of humanity from the Stone Age to the beginnings of the Cold War. An acute witness to humanity's triumphs and pitfalls encapsulated in a short yet sweet way.

A book for the literature expert

Mary Wollstonecraft Shelley – "Frankenstein"

Shelley's Frankenstein is a testimony to the beauty and power of literature. Its gripping story-line and writing style, intertwined with picturesque imagery and themes of political freedom, gruesome science and societal

acceptance develop a poignant yet captivating piece. Could not be recommended more!

A book for the poet

Rupi Kaur – "The Sun and Her Flowers"

Whilst this choice may be considered conventional, and even worse basic, it deserves the praise it has already received. Following her best-selling collection Milk and Honey, Kaur used five chapters and vibrant illustrations to depict an unsurpassed journey of growth and development. A journey within yourself through poetry.

A book for the secret romantic

Sally Rooney – "Normal People"

Through her brilliant emotional intelligence and third-person narration, Rooney explores the complex facets of the unattainability and exhilaration of love and its effect on the world around it.

A book for the reading haters

Jennifer Niven – "Holding Up the Universe"

Exploring the intricacies of growth, poor health and loneliness, Niven illustrates the process of falling in love with yourself as much as the process of change. Being enthralled with this piece will make you consider the power and freedom books can give you in creating an alternate universe.

A book for the philosopher

Niccolò Machiavelli – "The Prince" (translated by Rufus Goodwin)

A classic. Poses many questions and leaves you wondering for days. Rules, laws, politics, economics, morality – all combined into one.

A book for the stressed and over caffeinated student

Randy Pausch - "The Last Lecture"

Witty, inspirational, intelligent. A powerful illustration of the importance of education and "really achieving your childhood dreams". The perfect pick me up when you no longer feel capable to complete that English essay or the maths equation sheet.

A book for the artist

Edmund de Waal - "Letters to Camondo"

Politics, murder and an eighteenth-century French art collection, read it!

A book for the future entrepreneur

Mark H. McCormack - "What They Don't Teach You at Harvard Business School: Notes from a Street-Smart Executive"

Advice you'll never hear in school given to you by one of the most successful entrepreneurs in the US. Teaching the skills of negotiation, time management and presentation, this book will give you the freedom and power to step into the business world.

A book for the humourist

Jenny Lawson - "Let's Pretend This Never Happened: A Mostly True Memoir"

The awkwardness of growing up exposed in the most downright way.

A book for the musical kid

Michael Ondaatje - "Coming Through The Slaughter"

Set in New Orleans, Ondaatje brings to life the origination of one of the greatest trumpet players and the commencement of jazz within American society.

A book for the actor

Uta Hagen - "Respect for Acting"

Self-help and a lifesaver for keen actors or theatre and film lovers. A perfect combination

of self-discovery and growth.

A book for the biography lover

Ruth Bader Ginsburg - "My Own Words"
Insightful perspective on the life of the notorious RBG who pioneered major legal changes for greater gender equality as a supreme court judge in the US. Inspiring all whilst exposing the legacy left by RBG's tenacity.

Recommended by Emily:

A book for the sports fanatic

Andre Agassi - "Open"

An engaging and evocative autobiography of one of the most admired tennis athletes, who exposes the beauties but also the harsh realities of a professional sporting career.

A book for the adventurer

Alain de Bolton - "The Art of Travel"

Unlike any other, this book fuels the idea and passion behind exploring far and wide.

A book (or two) for the geographer

Hans Rosling - "Factfulness"

The eye-opening truth behind the scary data presented by the ingenious Hans Rosling and its effect on the world.

Khaled Hosseini - "A Thousand Splendid Suns"

A fictional book which explores the life of generational women in Kabul, Afghanistan.

A book for the self-help lover

Cal Newport - "Deep Work: Rules for Focused Success in a Distracted World"

Learning life's most valuable yet overlooked skill; being rare and using it to your advantage.

A book for the mystery enthusiast

Paula Hawkins - "The Girl on the Train"

This book confuses the reader in the best way.

A book for the horror fan

Shirley Jackson - "The Haunting of Hill House"
The book that the Netflix show comes from is possibly better than the televised version.

A book for the summer lover

Françoise Sagan - "Bonjour Tristesse"

A beautiful, originally French, book which elegantly conveys the glories of the French Riviera with a dazzling yet dramatic storyline.

A book for the economist

Thomas Piketty - "Capital in the Twenty-First Century"

What are the dynamics that determine society's issuing of wealth, capital? A great depiction of the development of inequity through data refreshes our past perception of economic history and possible predictions for the future.

A book for the classicist

Madeline Miller - "Circe"

Feminism mixed with mythology; a creative, loveable book that will ignite a forgotten passion for Ancient Greek history. Should reading be too much for you, consider listening to its audiobook narrated by Perdita Weeks.

A book for feminists

Virginia Woolf - "A Room Of One's Own"

An eye-opening insight into a major novel

that propelled women's rights in the early 20th century and continues to do so to this day.

A book for aspiring doctors

Dr Richard Shepherd - "Unnatural Causes"
Understanding the mystery of death.

A book for the scientist

Randall Munroe - "What if? Serious Scientific Answers to Absurd Hypothetical Questions"

A witty take on the world and its relation to science.

A book for the environmentalist

Michael Braungart and William McDonough - "Cradle to Cradle"

This text explores the environmentalist opportunity that exists to maintain economic prosperity and development, a must-read for a better future!

A book for fireside readers (winter book)

Agatha Christie - "Murder on the Orient Express"

A murder has occurred in the middle of the night, forcing the prestigious Orient Express to be halted amidst a snowstorm. Isolated and grounded to the tracks only one individual can solve the mystery; Hercule Poirot. Striking, spellbinding, 10/10.

A book for the nostalgic

Jojo Moyes - "The Girl You Left Behind"

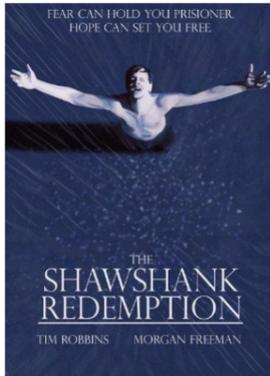
Fighting for what you love most, nothing else



Art by Liza V

CULTURE & ENTERTAINMENT

SHAWSHANK REDEMPTION: FILM REVIEW



Directed by Frank Darabont in 1995

Starring Morgan Freeman and Tim Robbins



“The Shawshank Redemption” is a heart-breaking film about loyalty, freedom, and hope which highlights how far people are willing to go to achieve freedom. The story is based on a novella “Rita Hayworth and the Shawshank Redemption” by Stephen King. It is centred around two men serving life sentences, who later become friends and manage to find hope where it would be lost for everyone else.

The two main characters are Andy (played by Tim Robbins) and Red (played by Morgan Freeman), the latter of which is the narrator of the film. They meet in the prison of Shawshank where Andy is due to serve his sentence. Red is an established figure in the prison who smuggles goods to prisoners. In other words, a savvy entrepreneur. He is able to get anything for its “citizens”, whether it is cigarettes, magazines, or anything else...

Red has been in prison for so long, that he cannot even imagine a proper life outside of prison. He often appears in front of the parole board asking him whether he has rethought his life and if he is no longer a danger to society. His answer is always yes. Although, as the years go by, he loses confidence in whether he will ever be able to

walk on parole. Does he really want to? Inside Shawshank, he is well respected and appreciated, whereas outside he has nothing left and it almost seems like he would rather stay confined forever.

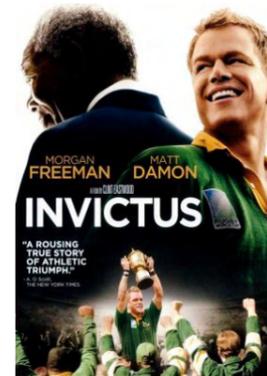
Andy is new to prison. He is a banker who is sentenced to two life sentences for killing his girlfriend and her lover. Except, he does not look like the usual type of person who would be in prison for such a crime. As the story unfolds the two men become friends. They have their similarities, for example the willingness to accept the mercilessness of reality. As Andy spends more and more time in prison, he proves that he is no less of a man than the people around him. He is able to use his skills and education to help with local authorities’ taxes, which earns him a favourable status inside of the prison. For example, in one of the scenes he is able to get cold beers for him and his friends, who are working on the rooftop. This brings warmth and happiness into the film. It depicts how ordinary things can bring so much joy into the lives of those who do not have them.

The idea of horror is presented rather unconventionally in the film: through the poignant reminder of time. People spend their whole lives in prison and the idea of them experiencing groundhog day in the form of incarceration is frightening. Overall, despite all the awful events that occurred prior to and during the film, the story ends with a warm message, “Hope is a good thing”. Themes that were brought up in this film such as freedom, friendship and hope are well developed, and viewers are reminded of how important these aspects are in real life.■

Stefan T

CULTURE & ENTERTAINMENT

INVICTUS: FILM REVIEW



Directed by Clint Eastwood in 2009

Starring Morgan Freeman and Matt Damon



This empowering, thought-provoking movie follows the story of Nelson Mandela’s (played by Morgan Freeman) venture to unite the apartheid-torn land of South Africa. This is done under one common goal: winning the 1995 Rugby World Cup.

‘Rugby is a very rough game, almost as rough as politics.’

After his 27 year imprisonment on Robben Island, and his subsequent election as president, Mandela is ready to forgive and unify the country that put him there. He recognises that there is major racial division in support for the lacking Springboks Rugby team. Consequently, he gives them the seemingly impossible task of winning The Rugby World Cup. This is a film for the whole family, even the non-sports fans amongst us! It is relatively accurate in illustrating the struggle Mandela faced uniting south Africa under his Rainbow Nation.

Forgiveness liberates the soul. It removes fear. That is why it is such a powerful weapon’

Without giving too much of the film away, I can say that it not only had the South African people loving rugby, but me too. Or maybe it was just loving Matt Damon!

This film is a MUST WATCH, with key messages of strength, forgiveness and integrity encompassed in the famous William Ernest Henley poem – Invictus.

‘I am the master of my fate; I am the captain of my soul’

5/5 stars for its key messages, nuanced humour and overall solid feel to it. Something for our rugby teams to watch as they pine for the game, and something for the future politicians to take notes from.■

Isabella W



Art by Liza V

LIFESTYLE

10 THINGS TO DO TO MAINTAIN GOOD MENTAL HEALTH DURING QUARANTINE

It is important, now more than ever, to relax and take time out of your busy schedules to de-stress and unwind. During this past year alone, 74% of people have felt so stressed they have been overwhelmed or unable to cope; 51% of adults who felt stressed reported feeling depressed, and 61% reported feeling anxious. If you're feeling so overwhelmed by what's going on in the world around you, or what's happening in your own head, you can reach out to the following people and/ or services: your family, close friends, a trusted adult, Ms Henderson the Wellbeing and Mental Health Nurse or platforms such as Samaritans, The NHS, Mind, Time To Change, or Rethink Mental Illness.



Here are some examples of anti-stress techniques you can use in your daily life, to encourage you to keep your mind active, but stress-free. Just using a handful of these a week will ensure that your mental health improves.

1. Meditate – This helps to reduce stress levels, and lower blood pressure, allowing your body to go into deep relaxation. Whether you meditate after lessons or during the weekend, your body and mind will benefit from the time you take out of your busy schedules to relax and unwind.

2. Bake – Baking can be a lot of fun, especially when you do it with a loved one. Creative people will love baking as the sky is the limit when it comes to designs and ingredients! Redirecting your mind through baking enables you to become more aware of the activity you are doing, rather than the work you have to do for next week!

3. Go for a walk or do a workout – Walk with your dog, brother, mother or by yourself. Immersing yourself with nature will boost your happiness and reduce tiredness. The best time to go for a walk during term time is after lessons or before school, this will help you to improve mental clarity, and provides something for you to look forward to. Home workouts are equally good for improving self-esteem and self-awareness, you don't need to be a pro, even doing a fifteen-minute HIIT a week will help you see improvements to your stamina.

4. Clean – I know, I know, it's not my favourite pastime either, but cleaning can help not only to declutter your room, but your mind as well. Gaining a sense of control and improving self-esteem is all we need when we're inside every day. Just make sure you don't allow your younger siblings into your room when you're finished, or else it may look worse than when you started!

5. Write in a journal or a book – writing down your thoughts now will help you to reflect on how much you have improved in a few months time. You can even come up with a set of goals you want to achieve before lockdown ends. Whether you write in your journal daily, or doodle in a jot journal, ensuring your journal is different and nicer than the journals you write any schoolwork in means that you can always look forwards to updating it.

6. Visit art museums virtually – is art your passion, but you happen to live too far away to experience the wonders that British art museums offer? You can now visit your favourite art museums virtually, and bury yourself in the beauties The British Museum boasts or treasure the talents that The Tate has today, tomorrow, or next week.

7. Visit world famous attractions, such as The Great Wall of China, virtually – If, like most people, you are dreaming of spending just one day in the romantic tourist hotspot of The Eiffel Tower, minus the tourists, or the rich cultural history of The Great Wall of China, you can visit museums, zoos and even amusement parks from the comfort of your own sofa.

8. Use Zoom or Facetime to talk to friends and/ or family members – Seeing and speaking to your closest friends means that you can talk to someone and take your mind off things that may be worrying you. Doing a virtual quiz off of YouTube or making your own means that you can have some much needed social interaction, with social distancing still included!

9. Learn a language – Sign language, Spanish or Cantonese, whatever your preferred language is, learning another will always have its benefits. From knowing how to communicate with friends overseas, to understanding the country of origin's culture better, learning a language and putting in effort from as young of an age as possible makes you more likely to learn that language better, and allows you to communicate on a more global level, with others you may not otherwise have been able to do so with.

10. Listen to or start your own podcast – If you don't always feel like talking to your friends about a situation you're in, you could always try listening to someone else going through something similar. You can listen whilst on your daily walk, before doing homework or before going to bed.

One of these techniques will only take five minutes out of your day, but will also mean that you feel better by the end of your week, help free your mind and remind you that you're not alone. ■

Elise C

LIFESTYLE

COUNTER-ACTING THE IMPACT OF ONLINE SCHOOL ON OUR WELLBEING

Online learning and being inside our houses all the time can be detrimental to our wellbeing. The fact that we sit in front of our computers hours on end every day is extremely draining, and having to manage our own time on top of that can make everyday life increasingly stressful. Here are some tips that might help you free yourself from the stress and lack of productivity online school may bring.

GET ORGANISED:

Even though this might sound exasperating, getting organised and planning your days, prep time and leisure time is vital for limiting brain clutter. When we were going to school physically we had our days fully tailored to our needs, and we had to do minimal work in organising our time. One of the biggest challenges of online school though, is trying to personally manage our time, and plan accordingly in order to accomplish everything we need and want to. Let's be honest, the impact of the lack of motivation and structure to our lives just keeps increasing as the weeks start passing, and not having our teachers in and out of class permanently reminding us of what we have to be getting on with can cause a huge drop in our overall productivity. Therefore, creating a routine and an overall plan for your weeks is quite vital in excelling during your time at home.

TIPS: I strongly suggest using the app "timetable" (available for ios and android) to organise your school days and any homework you receive. You can organise the work you need

to do by subject, teacher, or date. This helps free yourself of any extra stress concerning preparation for school. I also suggest you start waking up and going to bed at somewhat consistent hours during weekdays, and that you eat your meals at approximately the same hours every day, as this effortlessly creates a routine and creates a flow through your days.

MOVE AROUND:

Whether it is going to the gym (if the gyms are open in your area), doing a home workout before or after school, going on a run in your free time or even walking your pets outside; moving your body is such a vital element for our well-being. Considering that we spend most of our time on a chair in front of our computers, while having to do the same amount of work for online school as we would in person, our activity levels can suffer tremendously. This doesn't only make us feel worse physically, but it also affects our energy levels and our mental state. Even though it can be hard to motivate yourself to work out, the post-training feeling proves how positive of an impact sports and movement can have on our minds and bodies.

TIPS: Try implementing short exercise routines throughout your school day, maybe in a free period, or in a break (nothing too intricate – maybe a 10-minute cardio workout). Another way to motivate yourself to get moving is by doing sports or going on walks with friends or family. Due to the current restrictions in certain areas, this might be a bit tricky for some people. If so, something I found helpful was doing an at-home workout with my friends over facetime.

EAT FOR YOUR WELLBEING:

Now, I am not saying that having treats and sometimes eating fast food is detrimental! Of course not! Sometimes, especially when we have some cravings, we need to honour them and make sure we eat whatever we feel like eating. But, this does not mean creating a diet of food that is not that great for your body. Our bodies need high quality fuel to function properly, and with all the energy that we put into every day of our lives, we need to make sure we're eating food that will bring back the energy to our bodies. Particularly during our online school days, we need to increase our energy levels so that we can work at our best abilities.

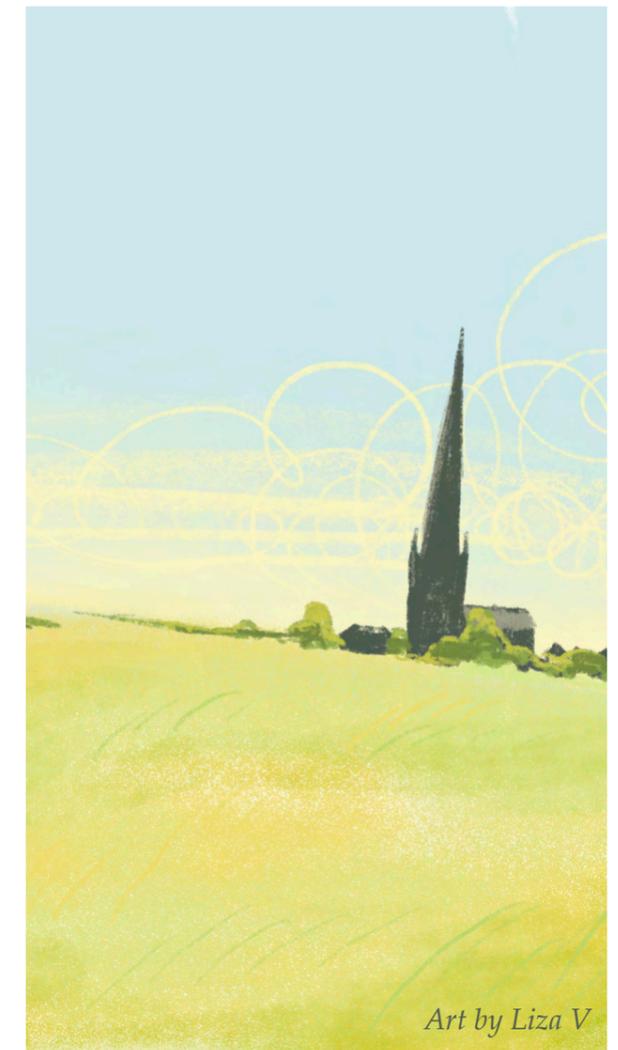
TIPS: Eating a nutritious breakfast and lunch is essential for us. I recommend being mindful and making sure you're including more complex carbs, vegetables, proteins, and healthy fats in your diet, and that you're eating balanced meals, which include all of the food groups above. Snacking, at least for me, is also very important. I recommend opting for healthier snacks such as nuts with fruits, hummus with veggies, or smoothies and yogurt with granola. As for healthy recipes, I love Ella Woodward's recipes, which are also vegan and can help you reduce your animal product use at least a little bit.

SOCIALISE:

Lastly, I think something vital for our wellbeing is socialising and contacting friends during these extremely unusual times. Depending on the particular restrictions in your areas, the level of socialisation may vary, and of course I am not suggesting you break social distancing rules, putting yourself and others at risk. Yet, if you have the opportunity to get out of the house and meet a friend, I think it could be incredibly beneficial. Since most people are not going to school physically anymore, interacting and socialising can make such a

huge difference to our wellbeing especially now. If you are not able to socialise physically, a group zoom call or a facetime with a friend you have not seen in a long time can boost your mood and take your mind off things for a while. Disconnecting from everything going on at school and in the world for a little while can recharge our brains and can improve our wellbeing tremendously, so I really urge you to connect with your friends when you have the chance to do so!

Maria M



Art by Liza V

LIFESTYLE

A WHIRLWIND OF RECIPES FOR LOCKDOWN FOODIES

Kaiserschmarrn

Recommended by: Feli

Deeply-rooted in the Austrian culture, Kaiserschmarrn is the perfect post-hike or après-ski dish. Easily made, the sweetened pancake paired with 'Apfelmus' is the key to every heart.

4 Servings

Ingredients:

- 3 large eggs (divided)
- 3 tbsp unsalted butter (melted)
- 1 tsp vanilla extract
- 2 tbsp granulated sugar
- 1 pinch of salt
- 125g plain all-purpose flour
- 240ml milk

To caramelize (optional)

- 2 tbsp unsalted butter
- 2 tsp granulated sugar

To include raisins (optional)

- 50g raisins
- 3 tbsp Rum (if legally allowed!) or water

To serve (optional)

- 2 tbsp powdered sugar
- 250g applesauce

Instructions:

In a small bowl separate the eggs and set the egg yolk aside



With a whisker beat the egg whites at high speed for about 2.5 minutes until stiff peaks form

Using a new bowl mix the egg yolks, melted butter, vanilla extract, sugar and pinch of salt for about 2-3 minutes (medium speed is recommended)

Whilst mixing add flour and milk by alternating each ingredient (low speed is recommended)

Using a spatula fold in the egg whites until combined and no lumps remain

Heat 1 tbsp butter in a 12-inch skillet over medium heat. Pour the batter into the skillet and cook for about 6-7 minutes

If raisins are to be included, place correct amount required into a small bowl, combine with either rum or water and let soak

After 3 minutes of cooking, sprinkle the now drained raisins over the batter, check to see if the pancakes have become golden brown underneath

If so, sprinkle the top with sugar before using a spatula to divide the pancakes into quarters and to turn each piece whilst adding a little more butter to the pan

Cook for 3-4 minutes until the quarters are golden brown underneath

Using either a spatula or fork, tear the pancakes into bite-sized pieces

Add 2 tbsp butter and sprinkle 2 tbsp sugar over the pancake pieces, turn up the heat and gently toss the pieces with a spatula for about 3-4 minutes until sugar has caramelised (optional)

Sprinkle with confectioners' sugar and serve in the pan with applesauce on the side.

Kulich

Recommended by: Liza

Whilst the French have brioche de Paques and the Germans have Osterbrot, the Orthodox Christian tradition includes Kulich. Approaching Orthodox Easter has inspired Liza to share this recipe; a festive and light Easter bread. Perfect for an Easter brunch or an indulgent afternoon snack, the citrus spiced bun is essential.

6 servings

Ingredients:

- 450g strong white bread flour
- ½ tsp mixed spice
- ½ tsp cinnamon
- 50g butter
- 50g caster sugar
- 14g (2 packets) fast-action dried yeast
- 210ml milk (tepid)
- 1 egg (beaten)
- 100g mixed dried fruit
- 25g of citrus peel (mixed)



Icing (optional)

- 100g icing sugar
- ½ lemon (juice only)

To decorate (optional)

- 8 glacé cherries (quartered)
- Almonds (toasted)
- Sprinkles

Instructions:

Begin by buttering 6 tins cans and lining each with some buttered baking paper

Using a large mixing bowl, sieve the flour, salt, ground mixed spices and cinnamon

and rub the butter using your fingertips

Make a well in the centre of the mixture and add the sugar and yeast

Add the beaten egg and tepid milk to the flour and mix together to form a soft, pliable dough

Turn out the dough into a lightly floured work surface before working the mixed dried fruit and mixed peel into the dough until well combined

Knead the dough lightly for 5 minutes until smooth and elastic

Shape the dough into a ball and place into a buttered mixing bowl

Cover the bowl with a clean tea towel before setting it aside in a warm place for 1 whole hour

Following this, turn out the proved dough onto a lightly floured work surface and knock back the dough before shaping it into a ball again and returning it to the bowl to repeat step 8 for 30 minutes

Place the dough onto a lightly floured work surface and divide it into 6 equal pieces

Roll each piece into a ball before rolling them into a long cylinder shape and putting them into buttered and lined tins

Cover each tin with a tea towel and set aside to rise for 25 to 30 minutes

Preheat oven to 240°C

Once the buns have risen in the tins to about ¾ of the way up before placing them on a baking sheet

Bake for about 25 to 30 minutes, until pale golden-brown

Turn the Kulich out of the tins onto a wire cooling rack and allow to cool completely before icing

To make the icing, add lemon juice to icing sugar, spoon by spoon, until you have a thick runny icing that will cover the Kulich buns and dribble a little down the sides

Spoon the icing over Kulich and scatter the glacé cherries, toasted almonds and sprinkles over the top

Classic scones with jam and clotted cream

Recommended by: Ciara

The epitome of tea-time, a must-have!

8 servings

Ingredients:

- 350g self-raising flour (some more for dusting)
- 1 tsp baking powder
- 85g butter (cut into cubes)
- 3 tbsp caster sugar
- 175ml milk
- 1 tsp vanilla extract
- 1-2 squeezed lemon juice
- 1 beaten egg (to glaze)
- Jam and clotted cream (to serve)



Instructions:

Heat the oven to 220 C° before tipping the self-raising flour into a large bowl with ¼ tsp of salt and the baking powder, proceed to mix

Add the butter then rub with your fingers until the mix looks like fine crumbs, add in the caster sugar

Add the correct amount of milk into a jug and heat it in the microwave for about 30 seconds until warm

Add vanilla extract and a squeeze of lemon juice to butter mix before setting it aside

Place baking tray in oven

Make well in dry mix before adding butter mix and combining it with a cutlery knife

Scatter flour on the work surface and tip the dough out

Dredge the dough and your hands with a little more flour before folding it until smooth

Pat into a round (about 4cm deep)

Using a 5 cm cutter dipped in flour, plunge through dough and repeat until you have 4 scones

Use rest of the dough to cut some more scones by repeating the steps above

Brush the tops with a beaten egg before arranging the scones on a hot baking tray

Bake for 10 minutes until risen and golden on top

Add toppings (clotted cream and jam)

Parmigiana di melanzane

Recommended by: Edu

Perfect for a rustic Italian dinner on a warm summer night, to be combined with some salad and maybe a little wine (for anyone above the legal age!).

4-6 servings

Ingredients:

- 2 tbsp olive oil (extra for brushing)
- 3 garlic cloves (crushed)
- 3 thyme sprigs
- 8 large sage leaves (finely chopped)
- 4 x 400g cans chopped tomatoes
- 3 tbsp red wine vinegar
- 3 tsp golden caster or granulated sugar
- 6 large aubergines (sliced lengthways as thinly as you can)
- 100g vegetarian parmesan-style cheese (finely grated)

- 85g white breadcrumb

- 50g pine nut

- 2 x 125g balls of mozzarella cheese (torn into small chunks)

- Handful of basil leaves

Instructions:

Heat the oil in a large frying pan or saucepan, before adding garlic, thyme and sage

Cook gently for a few minutes before tipping in the tomatoes, vinegar and sugar

Simmer for 20-25 minutes until thickened a little

In the meantime, heat a frying pan and brush the aubergine slices on both sides with olive oil then griddle in batches

Each slice should be softened and slightly charred

In a large baking dish, spread a little of the tomato sauce over the base before mixing 25g of Parmesan with the breadcrumbs and pine nuts (set aside for the meantime)

Top sauce with a few layers of aubergine slices before seasoning well

Spoon over a bit more sauce before scattering the mozzarella, parmesan and basil leaves over your mixture

Repeat the layering up until no aubergine slices remain

Top with the last of the tomato sauce before scattering cheesy breadcrumbs over your dish

Heat oven to 200°C and bake for 30-40 minutes until top is crisp and golden and the tomato sauce is bubbling

Rest for 10 minutes before scatter basil leaves again

Ready to serve with salad and possibly some focaccia

Jollof rice

Recommended by: Bolu

Often made in Housman Hall – no-fuss and super tasty!

Family-sized pot serving



Ingredients:

- 1/3 cup oil (vegetable/coconut, not olive oil)
- 6 medium-sized fresh plum/roma tomatoes, chopped or 400-g tin of tomatoes
- 3 medium-sized red onions (1 sliced thinly, 2 roughly chopped), divided
- 1/2 to 1 hot pepper, or to taste (yellow Scotch bonnets are my favourite)
- 3 tablespoons tomato paste
- 2 teaspoons (Caribbean/Jamaican-style) curry powder
- 1 teaspoon dried thyme
- 2 dried bay leaves
- 5 to 6 cups stock (vegetable, chicken, or beef) or water, divided
- 2 teaspoons unsalted butter (optional), divided
- 4 cups uncooked converted long-grain rice or golden basmati, rinsed
- Salt, to taste
- Black and white pepper, to taste
- Sliced onions, tomatoes (extras)

Instructions:

Using a blender, combine the tomatoes, red poblano (or bell) peppers, chopped onions and scotch bonnets with 2 cups of stock; blend till smooth (should total to roughly 6 cups of blended mix)

Pour into a large pot/pan and boil before turning it down to simmer with a covered top for 10-12 minutes

In a large pan, heat oil and add sliced onions, season with a pinch of salt and stir-fry for about 2-3 minutes

Add bay leaves, curry powder, dried thyme and a pinch of black pepper for 3-4 minutes on medium heat

Then add the tomato paste before stirring for another 2 minutes

Add reduced tomato-pepper-Scotch bonnet mixture, stir and set on medium heat for 10-12 minutes till reduced by half (with lid on)

Add 4 cups of stock to cooked tomato sauce and bring to boil for 1-2 minutes

Add rinsed rice and butter, stir, cover with a double piece of foil/baking or parchment paper and put a lid on the pan before turning down the heat and cook on low for 30 minutes

Stir rice – taste and adjust if necessary

If desired add sliced onions, fresh tomatoes and a second teaspoon of butter before stirring again

Croquetas

Recommended by: Laura

Easily made and perfect for a party aperitivo!

24 servings

Ingredients:

- 25g butter
- ½ small onion (finely chopped)
- 50g plain flour
- 250ml milk
- 140g sliced smoked ham (diced)
- 50g mature cheddar (coarsely grated)
- 50g gruyère (finely grated)
- 1 tsp Dijon mustard

- 2 tbsp double cream

For coating

- 2 large eggs
- 50g plain flour
- 140g fine dried breadcrumbs
- Sunflower oil (for deep frying)

For the tomato chilli jam

- 300g ripe tomatoes (roughly chopped)
- 1 long red chilli (finely chopped, deseeded if too hot)
- 1 small red onion (finely chopped)
- 4 large garlic cloves (crushed)
- 100g demerara sugar
- 100ml red wine vinegar

Instructions:

Melt the butter in a medium saucepan and gently fry the onion for 3 mins or until lightly coloured

Stir in the flour and cook for 30 secs before gradually adding in the milk, stirring constantly, cook over a low heat for 5 mins until thick and glossy

Stir in the ham, cheese, mustard and cream, and season to taste before continuing to cook for 1 min more until the cheese melts

Using a bowl, pour in mixture before covering its surface with cling film

Leave to cool, then chill for 4 hrs or overnight - the mixture needs to be very stiff.

Take heaped teaspoons of the mixture and, with wet hands, roll into 24 small oval shapes and put on a tray

After this beat the eggs in a shallow bowl, put the flour on a plate and half of the breadcrumbs in a bowl

Roll each of the croquetas lightly in flour,

then in egg before coating in breadcrumbs

Place on a baking tray lined with baking parchment before using the remaining breadcrumbs to top up the bowl halfway through the coating process

Chill for 30 mins

In the meantime, make the tomato chilli jam by putting all the ingredients in a large saucepan and bring to a gentle simmer

Cover loosely with a lid and cook for 50-60 minutes, stirring occasionally until thick and glossy

Leave to cool for 20 minutes before serving

Fill a large saucepan one-third full with the sunflower oil and heat to 180C

Using a metal slotted spoon, lower 6 croquetas into the oil and cook for 1.5 mins or until golden brown

Transfer to a baking tray lined with kitchen paper to absorb excess oil

Serve with the chilli jam

Char siew rice

Recommended by: Jenna

A mixture of sweet and savoury ingredients – the perfect combo!

Ingredients

- 2 tbsp vegetable oil
- 2 cloves garlic (minced)
- 1.5kg pork shoulders (trimmed and cut into thick strips)
- 1 tsp five-spice powder
- 1 tsp sesame oil
- 4 tbsp hoisin sauce
- 120ml of water
- 227g maltose or honey

- Salt to taste

- 1 tsp dark soy sauce

Instructions:

Heat vegetable oil in a large non-stick fry pan

Saute garlic for 30 seconds before adding pork strips

Sprinkle five-spice powder all over pork and add sesame oil, hoisin sauce, water, and maltose/honey

Flip the meat when sauce comes to a boil before placing a lid over the pan and reducing heat to medium for 15 minutes

Remove the lid and flip the meat again before covering it cooking it for 15 more minutes

Add salt and dark soy sauce and continue to cook for another 15 minutes

Flip meat again and continue for 15 minutes until sauce thickens

Flip meat again and allow sauce to thicken without the lid until syrup-like consistency

Can be served with rice or noodles ■

Laetitia de B

Art by Feli Z



FICTION & POETRY

SECOND GENERATION IMMIGRANT

When the television has droned on too long, and all the downstairs lights have been switched off but one, sometimes, rarely, my aunt will begin to talk, without prelude or warning, about her growing up. It is not in an allegorical way, as such, told with an almost teasing tone about how life was so much harder when they were younger. Rather, her words feel pulled from a dark, reflective well – both willed and unwilling. I think she feels, when our daily fumbblings have quieted and the men have gone to sleep, that it is finally someone else's turn to listen.

Sometimes she speaks of Mangala in the Kampong. I can always tell when she is about to do this, as her forefingers reach unconsciously towards the pad of her thumbs, dropping, with each rub, pebbles into their snug homes in the dirt. In the periphery of her story, her sister – my mother – squats barefoot over the cracked tile trench latrine, trying not to breathe. My aunt's unwilling eyes follow to the drain as they sprout; the glistening bodies of cockroaches, like obscene sucked sweets. I see them, scuttling from some subterranean chamber. But my aunt just turns away, fingers rubbing – drop, drop, dropping – each shining pebble into their holes, hoping her homes of dirt do not get burned.

Other times she speaks of the coconut trees, how she would climb and he would break them open and they would sit, together, on the white sand and fill themselves with sweet flesh and walk back in warm rain with cracked soles and bleeding fingers and full bellies.

She tells these and other stories with a near-constant nasal hum, a -nnng, her Cantonese filling the gaps in her broken English like the Theremin strings in a Mandarin film score. When she came here, and chatted with mothers of my friends,

tentatively made, she would, periodically, stick mid-note: needle raised, stilled, a stuck vinyl that, no matter her efforts, could never run smooth. I realise now that it was probably for this reason that the teachers had said a maid had come to pick me up from school one day. At the time, I just thought they were just stupid.

It is these stories that I think of now, as I wait at the side of the stage. Polished and primed – heels, dress, hat, scarf covering my English shoulders, jewellery, rose on the right – I can feel it pulsing between my thumb and forefinger. When I was born, she took it to the temple to have it blessed, along with a yellow ribbon. Admittedly, the yellow ribbon thing did not work out, given that I was born without a Y chromosome. But the talisman, that seemed to have worked: a promise that I would always have guidance.

But now, as my name is called, it seems to hold a much greater weight: the weight of joss-stick incensed mist; of fluttering, tree-tied pleas; of whispered hopes of a girl under muggy air, dropping stones into hollowed homes. I am borne by it, up the stairs, along the stage, out of the marquee, out of the grounds, away, away, the beautiful -nnng filling the gaps in my halting breath. And if I break it, if I squeeze too hard, out of fear or excitement or confusion or hopelessness or youth, if it cracks now – will I fall? ■



Lucia G

Art by Liza V

FICTION & POETRY

WHEN LOCKDOWN ENDS ON MY STREET

David steps outside and allows the air to caress his unshaven face, the whispering trees, the evaporating rain. Suddenly, however, he feels an overwhelming sense of lightness. He notices his arms rising above his head, as if buoyant. His feet peel from the pavement. Too late, he realises he has forgotten how to remain earthbound without a roof over his head. Slipping through the grips of humankind, he drifts away, vanishing, vanishing.

To Susan, the streets seem eerily quiet. Picket fences hang ajar. SUVs snuggle amongst the dust in double garages. Sprinklers spout their whirring jets on unenjoyed grasses. Emptiness. Finally, Susan peers into the apartments, houses, bungalows. Here are the people – cooking dinner, watching TV, doing yoga. She knocks, smiles, waves. They turn, blink, nod, and return to their business. Susan walks once down the street, turns, sighs, and, bored, returns to the house.

Andy, overcome with excitement, rushes into the road, and is instantly run over by a car. A trailing dressing gown belt lies plastered to the asphalt. Mrs Abernathy, who had been watching through a gap in the curtains, touches her fingers to her forehead, breast, left, then right shoulder, before firmly shutting the blinds and returning to her knitting.

Jason opens the door and immediately knows, beyond a shadow of a doubt, that he is living in his own version of The Truman Show. This perfection, however, is betrayed by one small detail: there are too many rabbits.

Margot, who has become accustomed to her new routine, decides that she just won't.

The instant her parents fall asleep, Anna clammers down the trellis, and sprints, barefoot, into the lane, her gauzy nightdress

glowing like some ethereal orb. They collide in a forceful, passionate, desperate embrace. Mrs Cleverly, who waters her plants to deal with the insomnia, simply shrugs. It isn't anything that hasn't been seen before. Perhaps it is that latter thought, and not the act itself, she wonders, that makes her smile as she falls asleep.

Maria, admittedly, feels cautious, anxious. She decides to assess the situation before making a judgement on the situation. First, she writes all the things that have changed and all the things that have not. It takes years. She draws graphs. The study becomes her life's work. Once finished, she feels comforted in the knowledge that she was right all along.

Lewis steps out the front door smiling, but then his phone buzzes. A notification flashes across the locked screen. They regret to inform you that a mistake has been made. Lockdown is renewed. Lewis rubs his face, sighs, and goes back inside.

You open the door early in the morning. It is the day after the summer solstice, and the watery sunlight splashes onto the front porch. At first, everything seems quiet. You hesitate. Then, you hear a faint, cheerful humming, punctuated by a short clip. Your next-door neighbour is pruning her roses. Across the street, the divorced mom is rushing her seven-year-old out the door with a PB-and-J. You are surprised, but, after a moment's reflection, conclude that perhaps it is not really that surprising, and rush to help the divorced mum carry a package to the door. ■



Lucia G

Art by Liza V

FICTION & POETRY

TERGUM IN TEMPUS



Art by Liza V

"If I could turn back time, if I could find a way ..."

Chloe blasted through Chloe's headphones as she lay sprawled out on her bedroom floor, trying to think up something to do.

It was no use, there was nothing else left for her to bake, sew, play or sing and she had watched every TikTok that she possibly could. Boredom was creeping up on her, so slowly but surely, like that lion chasing its prey on the documentary her mum had forced her to watch last night. She sat up, shook away the little voice telling her that she should just go back to bed and spend the rest of the day there, only standing to open the window. Then it hit her, the soothing

smell of the freshly mown grass in the quaint little park opposite the flat she lived in with her mum, dad, annoying little brother Liam, and their cat, Mr Pookie. Chloe scowled. She had already had her one hour of daily exercise and she didn't dare step outside again for fear that the police would come knocking on her door to take her away and lock her up – or so her mum said, though she was beginning to wonder if that was entirely true.

It was 2021 and Chloe, her family and the rest of the world were in the midst of a global pandemic. A highly infectious virus was spreading quicker than ever and toppling people like life was a game of Dominoes. The Prime Minister had put lots of restrictions in place and currently the entire United Kingdom was on lockdown. You weren't allowed to meet anyone outside of the people living in your home and Chloe had to wear a mask when she went shopping with her mum every Saturday.

She debated switching on her iPad and watching Grey's Anatomy for the fifth time but even that sounded like a mind-numbingly awful way to spend her day. So she closed the window, taking one last longing look at the creaky swings and age-old roundabout, meters away from the tower block, before she headed down the hallway to see if her mum had anything that she could do. She was still in her fluffy unicorn pyjamas and matching slippers, but she didn't care. Pyjamas were the only thing she wore now, all day, everyday and no one could stop her.

The floorboards creaked as she stepped on them, weary as time ticked on. As she walked along the pathway to the study where her mother was squirreled away, Chloe pondered as to why life was so unfair. She missed her friends dreadfully, missed having them round for sleepovers, missed

going out with them to the cinema or the shops. It was hard for her to say it, but she even missed school! As boring as it was, as difficult as she found certain lessons, she still missed being there and actually being able to be near people without fear of catching IT. As she reached one pale, shaking hand out to turn the handle of the ancient oak door in front of her – and cause inevitable chaos by disturbing her mother-Chloe's mind was struck by one single question: would she ever get her freedom back again?

Her mother was a small woman with thick curly hair, piercing blue eyes and a pair of glasses which were very round and had thick rims. When she saw her daughter in the doorway, she asked her, with a smile, what she was doing there and why she looked so desolate.

"I'm bored mum" – she replied. "There is nothing for me to do at all. If I so much as see another cake, after all of the ones I have baked, I will throw up, and I have watched all of the TV that I could ever possibly watch. My fingers are hurting too from the amount of sewing I have done. I just want my freedom back. Why can't I leave the house and see my friends, I wish I could go to the cinema or even just to the park across the road with them- this is so unfair!"

With that, a glint appeared in her mother's eye as she reached into a draw in her desk and pulled out a solid metal key that sparkled in the sunlight and had a handle that was easily as big as Chloe's entire hand. She stood up, walked across the room and stopped in front of a cabinet made of solid cherry wood, which looked almost red. It was full of dusty old books in thick covers that would look perfectly placed in an 18th century stately home. She turned the key, opened the doors and pulled one out. It was an emerald green colour with a picture of a man in a chariot on the front and some golden letters underneath.

She handed the book to Chloe and said: *"I think you will enjoy this, it's not as awful as it looks. Just remember though, that we are still technically free, even if we are stuck inside."*

"Thanks mum... I guess" – said Chloe.

With a sigh she left the study and dragged her feet across the sagging floorboards, all the way back to her bedroom. Once she got there she closed the door and sat down on her bed, which groaned as if it knew exactly how she felt. After staring at the ceiling for what felt like a decade but in reality was only a few minutes, Chloe decided that since there was nothing else to do, she may as well read that stingy old book. It looked as ancient as her grandmother, maybe even more so, and the layers of dust covering it meant that Chloe couldn't read the title. Once she had blown it off, she could see much more clearly; 'The Romans, they came, they saw, and they conquered.' Strangely though, there was no author listed on it, and if she stared long enough it was almost as if the weirdly dressed man on the front cover was following her as she moved, with his eyes. Knowing that she had nothing to lose, and that this was just a book after all, Chloe turned the page and began to read.

She soon felt completely absorbed by the story being laid out right in front of her eyes. The pictures showed Roman women wearing brightly coloured dresses made of various fabrics, seated on chairs that looked like sofas, a glass of wine in one hand, the Roman men were depicted in parliament wearing clothes that symbolised power, giving speeches and settling debates. She had only managed to read a few chapters when sleep enveloped her like a warm hug and she slipped slowly and steadily into a slumber. It was only 4pm, but she hadn't gone to sleep at all last night, the boredom had gnawed at her like a dog to a bone, keeping her tossing and turning till dawn tapped her on the shoulder and told her it was time to start yet another day so really this was nothing out of the ordinary, and perfectly excusable to say the least. The last thing that she saw before she drifted away to the land of dreams was the man from the front of the book. Only this time he wasn't a drawing. This time, he was real. Dressed in all the finery of a Roman Emperor, he offered her his hand, and she took it willingly and went with him to the place where dreams occur. To anyone who entered her room, the sight was a perfectly normal one. A girl sleeping on her bed with a book

next to her, open on a picture of a slave with the chapter heading: 'Freedom- something only a Roman slave would know the true meaning of.

Suddenly she felt something tugging at her sleeve and a voice frantically shouted,

"get up Chloe, we've got to start the preparations for the day."

Chloe felt something making her back feel kind of itchy, and seeing that it was straw, jumped up with a start, bumping into the girl who she guessed had been talking to her, in the process. When she looked around, she saw that she was in a kitchen, with a large fire and two piles of straw shaped like beds with blankets on top next to it. She looked at the girl and couldn't help but notice that she was dressed in some kind of brown tunic, tied at the waist with a belt: her hair was in a simple low ponytail. Chloe inspected herself and realised that she was dressed in exactly the same way.

"W-w-where am I" – she asked. "And who are you?"

"I am Cassia" – the girl responded. "And you are here for the same reason as me. We are slaves: the more time we spend talking instead of working, the more Mistress Hortensia and Marcellus are going to beat us for not starting up the hypocaust and giving them breakfast on time, so hurry and help me. The sun will be up soon, so we need to be quick."

With that she set to lighting the fire and preparing what looked like porridge for the two of them. Chloe was in complete shock and utter confusion.

"What do you mean, Slaves" – she asked. "Wait a minute, what year are we in?"

"55 BC" – answered Cassia. "The almighty general Caesar invaded this new land called England, so here we are."

Damn, she needed to go to bed earlier. This had to be nothing more than a bad dream and if she just closed her eyes and imagined herself back home then when she opened them, she would be. Imagining her

family, her bed and even Mr Pookie as hard as she could, Chloe stumbled blindly and accidentally burned her leg on the fire. Shrieking, she moved away, clutching her leg. This was definitely NOT a dream.

"Be careful" – Cassia said, as she passed Chloe a bowl of thick, lumpy porridge. "Don't wake the master, or he might bring out the whip."

She passed her a strip of cloth that she had covered in a poultice and said: "Tie this around your leg, it will help."

Chloe did as she was told, but thoughts filled her mind until it was at bursting point. "Would I really be whipped for accidentally waking someone up? Why do we have to do all the work? Couldn't people just run away? This is so unfair!"

Almost as if she could read Chloe's mind, Cassia answered: "It is unfair, but that is how life is. If we do anything wrong, even so much as to break a glass by mistake, then we will be punished for it. We have no say whatsoever unless we are freed and that very rarely happens. People can't run away; it is far too dangerous, and the consequences are very severe for anyone who tries to. Anyway, we should be thanking our master for giving us food, a roof over our heads and a bed to sleep in, not thinking of running away with nothing of our own and no one to turn to for help. Like me, most of us know nothing but the life of a slave, so there is no point trying to change that. Now eat and stop asking questions, we've got work to do. Meals for the day must be made, clothes must be washed, and the villa needs scrubbing from top to bottom too. Then we have to go to the market for food, plus we have to accompany Mistress Hortensia to the baths as Master Marcellus' friend Titus is having a dinner party this evening and she needs to be made ready for it. We will of course be expected to wait on the Master and Mistress there too. Not forgetting that all four of the children will need looking after as well."

"Don't we ever get any free time, to watch TV or go shopping, or something like that?" – Chloe asked, appalled that people expected her to do all that in ONE day.

"No" – said Cassia. "Free time, what is that

and what is a TV?"

"Free time is where you get to do whatever you want, and a TV is an electrical device that you can... oh never mind, you wouldn't understand anyway." Chloe trailed off.

She tucked into her breakfast, which was disgusting, but she knew better now than to ask for something else. After all, she supposed that this was the kind of thing slaves ate. Still, at least it was something, and she wasn't going hungry.

Once she had finished, Chloe helped Cassia light the hypocaust, which she now understood to be the heating system for the house. Then they set about preparing breakfast for the master, mistress and children. Light was filtering in through the windows and Chloe could see the kitchen properly now. Rows upon rows of jars filled the shelves, each one containing something different. This one had spices, that one dates, the next ones full of figs. There were fruits and vegetables too, and there was a door that Chloe presumed led to the pantry, or a room where the meats and cheeses could be stored. Cooking pots lined one wall in various shapes and sizes, and in the middle of the room was a wooden table on which Cassia was placing plate after plate of delicious looking food. Cured meats, sweet smelling fruit, sticky honey, fresh bread and wheat pancakes, it was all there. The smell of food filling her nose, Chloe's stomach rumbled, and she absent-mindedly reached for a slice of thick, white, crusty bread, but Cassia smacked her hand.

"This is not for us!" – she said. "The last time a slave stole some of the master's food, he beat her and wouldn't let her eat anything for a week. It was horrible, but there was nothing we could do about it." Now go into the wine cellar and fetch two Amphoras. They are on rows on the shelves. I'll fetch the water that we need to temper it."

Bemused and shocked, Chloe went down the cold stone steps that Cassia pointed her to and found herself in the shadowy room that she supposed was the wine cellar. She felt a slight chill run across her shoulders, as she struggled to adjust her

eyes to what little light there was. Suddenly she heard footsteps behind her, each one sounding like a thunderclap in the midst of a storm. She shrunk back into a corner until she heard a male voice say,

"Chloe, are you in here?"

The room illuminated with light and she saw a boy, about her age, dressed exactly the same as she was, holding a torch. The boy spoke again,

"I'm Antonius, Cassia sent me to help you because wine Amphoras are very heavy."

Chloe came out of the darkness that clung to the corners of the room and greeted him. Antonius put the torch in a holder on the wall and together they picked up one of the clay pots, which Chloe now realised was an Amphora.

"Cassia was right, this Amphora is really heavy!" – she said as they walked back up the stairs.

"So what do you do? I guess you are a slave too right?"

"Yeah," Antonius replied, "Cassia is my sister. I work in the garden a lot, but my main job is to be the personal slave of Master Marcellus. I have to dress him, wash him and do anything he asks me to do. Basically I do exactly what you and Cassia do for Mistress Hortensia."

By this time, they had reached the kitchen, so they put down their heavy load, while Cassia boiled some water they returned to the cellar for a second Amphora. After this Antonius headed to his master's room, while Chloe and Cassia dressed the children. The four children, Julia, Augusta, Lucius and Claudius, were very reluctant to get out of bed, and once they did, Chloe was surprised at how rude they were. They kept ordering her around, telling her:

"Find me some clothes!"

"Brush my hair!"

"Make my bed!"

"Change my sheets!"

She wanted to complain, but she remembered what Cassia had said would happen if she put so much as one toe out of line. Her frustration bubbling up inside her, like the time she and Liam put mentos into a bottle of coke, she did everything that they asked and then went with Cassia to help their mistress get ready.

Hortensia was a tall woman, with a face like she was chewing a wasp, or permanently eating something sour. As soon as they entered the room, she demanded that the girls fetch her favourite dress, with the accompanying shawl and shoes. After this they were made to do her hair in the most intricate of styles and cover her face in makeup. Cassia adorned her mistress in the finest jewels, then told Chloe to bring over the bottle of perfume and apply a little of it to Hortensia's neck and wrists. Chloe was so nervous that she sprayed the sweet perfume straight into Hortensia's eyes, causing the ogre of a woman to screech, and order her out of her sight at once.

She met Antonius on her way back to the kitchen and together they brought the food and wine, which had been tempered down and was perfect for drinking, into the dining room, or Triclinium, as Antonius called it. Chloe was amazed- the room was exactly like the one described in her book! Statues of both Gods and famous people surrounded them on all four sides of the room and the tapestry on the ceiling was breath-taking. There were six sofa-like chairs surrounding a table, which was where they placed the food down. Soon the master, mistress and their four little terrors entered, and Chloe was forced to wait on them hand and foot. She filled their plates, poured out the wine (which even the children drank) and cleared everything away and washed it all up when they had finished. What annoyed Chloe the most was that there were multitudes of food left over, but it had to be put away and she wasn't allowed to eat any of it. Already she was tired. Her arms ached from carrying things around and her feet were sore from constantly having to hurry about everywhere.

Next, Antonius took Lucius and

Claudius to the nearby arena to see the gladiators while Chloe and Cassia stayed with Julia and Augusta. They sewed for a few hours, until the girls got bored and demanded to go to the market with them. Cassia grabbed some money, Chloe was pointed in the direction of the basket, and off they went.

Incredible sights and delicious smells filled Chloe with wonder, as she took in her surroundings. Everywhere she looked there were brightly coloured stalls filled with fruit, vegetables, cheeses, bread and meat. It enlivened every sense. The air was filled with the sweet aromas of the food, combated by the acrid stench of sweat that those who could afford it were trying to mask, by wearing layers of perfume. Shoppers all around were haggling the prices of things, trying to get them down. There were a few people dressed in the finery that their master and mistress wore, everyone else was dressed the same as her and Cassia. They stopped at various stalls to buy the goods that they needed, and Chloe was surprised that Cassia was paying in silver coins called Denarii instead of pounds, but she thought that this must be the currency of the time, so they carried on, stopping at one point to let Julia and Augusta pick out some sweets, before walking briskly back home. They were just putting the food away, when Hortensia shouted from the next room that they needed to hurry up, the house was a state and there were clothes to be washed. They quickened their speed and in no time at all the food was stored safely away. Chloe and Cassia hurried from one room to the next, clearing up the mess. Floors were scrubbed, tables polished, pillows were plumped, and beds were made.

Then they gathered up all of the dirty clothes, put them in two large wicker containers and carried them down to the river. It took a long time for them to clean the clothes, as each one had to be scoured, sponged and rinsed individually, before being left to dry on the riverbank. As she worked, Chloe noticed that her hands were turning red and that Callouses had started appearing on her palms. She wished that the Romans had invented the washing machine,

so that she would at least be able to have a short break, but that was not to be. After the clothes had finally dried out, they set about gathering them up, and took the whole lot back to the house.

Hortensia was in a foul mood when they got there, and asked them in a shrill voice, what had taken so long. She told them to fetch her special oils and towels immediately- they were going to the baths to prepare her for the dinner party. They did so and accompanied her there. Once they had returned home they had to go straight away to Titus' house, and Cassia, Chloe and Antonius were made to walk behind their master's chariot, both on the way there, and back again.

Titus' house was similar to Marcellus' with its ostentatious grandeur displaying his wealth in a myriad of ways. The food was much the same too, a smorgasbord of fruits and vegetables, salted meats, smelly cheeses, fresh bread and sweet treats were served, as well as copious amounts of wine. Chloe found herself running around all evening, following every command she was given. By the time they had all returned home, she was completely and utterly exhausted, wanting nothing more than to lie down and sleep, however uncomfortable her straw bed was. She still wasn't done for the day though. The fires had to be built up, ready for the morning, and the mistress, master and the children had to be dressed for bed. Finally, at long last it was time for bed. Chloe bid Cassia good night, and she practically collapsed in a heap on her mattress in front of the fire. Even her bones ached. Her eyes stung, her feet throbbed, and her hands were red raw. The last thing she saw before sleep overcame her was a strange one. Mr Pookie the cat walked towards her, rubbed his soft head against her cheek, and plodded away slowly. Almost in a trance she followed him, down the long winding path to the land of Nod.

When she finally woke up, she felt soft sheets underneath her, and she could hear a humming sound coming from nearby. She opened her eyes drowsily, and nearly had a heart attack. She was back.

Lying next to her was Mr Pookie, purring happily. She stroked him, then clambered out of bed and ran to the mirror. She couldn't believe her eyes. She was wearing her unicorn pyjamas with the matching slippers, and her hair was exactly the same as it had been when she left. Her hands were soft, her feet felt fine, and that ache from the innermost part of her bones was long gone. She didn't feel tired either. How weird. This hadn't been nothing but a dream had it? She stood there perplexed, until she noticed that there was something in her hair. She pulled it out and was startled as she looked down at the piece of straw in her hand. Maybe she hadn't dreamed it all after all.

She wandered over to her bed and absent-mindedly picked up the roman book. A second later she dropped it in complete and utter horror, as the man on the front cover, who looked an awful lot like Antonius, come to think of it, winked at her. She couldn't believe what had happened, what she had been through. Chloe finally understood what her mum had meant now. Although everywhere was on lockdown, she was still free. Unlike a roman slave, she had her freedom, and she would never take anything for granted ever again- not even being bored.

Happily she left her room, with the book tucked under one arm, and ran all the way to the study to tell her mum all about her adventure. ■

Charlotte H



Art by Liza V

STORIES & POETRY

LIBERTAS

This poem is a depiction of the difficulty people experience in not having the luxury we take for granted – freedom of speech.

I am shrouded in a still voice,
Beneath the lash of a heavy weight.
I have forgotten the brashness of rejoice,
Of being reckless and unconstrained.

In the clutch of loquacious silence,
Darkness is all around.
I reach out into the violence,
Hands struck and heavily bound.

The sheltered souls that dry my tears,
Only see the hate.
They don't look for change within the years,
The power we can create.

But with our hope light arises,
And feeds our empty souls.

We learn to shed our dark disguises,
And step out from the shade of our controls.



Art by Liza V

Izzy W

STORIES & POETRY

INCARCERATED

Flaccid arms, I lay with my eyes facing the pearly ceiling

I ponder on the forgotten feeling of the temerity of liberty,

the feeling of being uncurbed,

the ability to have control over the unknown

I long for endless nights of laughter, to see wide eyes of excitement as the sound of

yet another news announcement resounds around the room as the

intrusive walls begin to tremble

nails pierce through my skin as crippling fear pins me down to the timeworn floor

of my bedroom

my heavy lashes move slowly as a cage forms around my throat entrapping

thoughts in my mind

a gushing silence ensues, forever confined to my disquietude.



Art by Liza V

Laetitia de B

STORIES & POETRY

FREEDOM, IS THAT YOU?

Running away from the concrete trees,
through the fields, golden and pure,
I ran away,
chasing you.

I ran away from the all-consuming 'life'
Away from the monotonous Monday,
The starless sky,
To a life that seemed,
so far away.

Trudging down the thick raw umber,
I felt the mellow breeze tickle me softly,
hairs stood tall to the sky,
I questioned myself,
Where are you?

The soft redolence of Chrysanthemum waltzed to me,
The effulgence of daybreak glistened against my skin,
And I retired with a crunch on the crisp autumn debris.

And that is when I realised.
You are not a you.

Lucy M



Art by Liza V

STORIES & POETRY

BLOOM

the apple tree blossoms excitedly
and loses itself just as quickly
it's petals brushed
into the pavement's wounds

a week is all it takes
and had you not been there to see it
it is as though
it didn't bloom at all

Liza V



Art by Liza V

MARKETING

STICKERS!

201 Stickers will soon be available on campus!

Stay tuned for more information

An example in 1:1 scale is available below



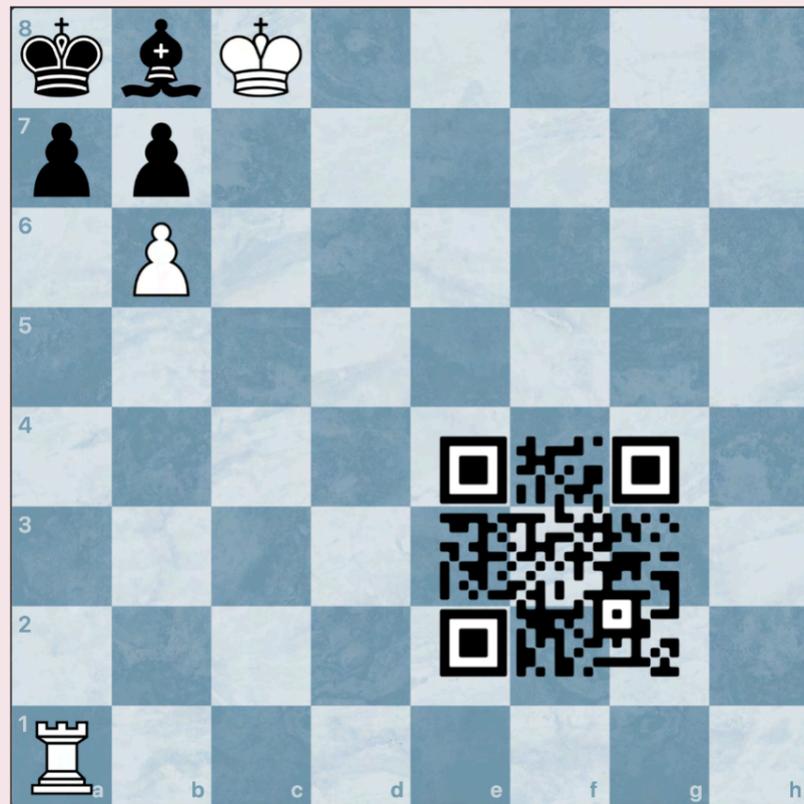
CARTOONS & ENTERTAINMENT



Art by Liza V 

CARTOONS & ENTERTAINMENT

CHESS PUZZLE



Move white to checkmate in two moves

Scan the QR code to open in browser

TWO ZERO ONE

OUR STAFF

Art by Liza V



LAETITIA DE BELGIQUE

Editor-in-Chief, Global
Affairs Staff Writer.

16LdeBelgique



**MAXIMILIAN
OPENGEYM**

Publishing Editor, Staff
Science & Tech Writer.

16MOpengelym



IOANA VOICU

Assistant Editor,
Staff writer.

17IVoicu



LIZA VASILYEVA

Illustration Editor, Staff
Writer, Staff Artist.

16LVasilyeva



ARSENIY STESHENKO

Assistant Publishing Editor,
Staff Writer

17ASteshenko



FELI ZAHLBRUCKNER

Staff artist.

16FZahlbruckner



LUCIA GOODWIN

Staff writer.

16LGoodwin



LILLY STURZ

Staff artist.

17LSturz



CHANTAL WONG

Staff writer.

17CWong



IZZY WALTERS

Staff writer.

16IWalters

If you are interested in joining our team, please email Ioana.
Email addresses are the personal codes followed by *@bromsgrove-school.co.uk*.

