

ISH NEWS

THE NEWS YOU HAVE BEEN WAITING FOR



Amsterdam Ice Skating Rink

Exciting Activities

MALLIKA SINGH & CLAUDIA NIJHOF

During these cold temperatures, you could make your time more enjoyable by doing some of the fun, adventurous, and exciting activities. One of the key activities would be going ice-skating with your friends or family, a winter classic. Ice-skating is one of the most known winter activities to do because, well, ice and snow doesn't come all year round. Also, to top that off, enjoy a cup of hot cocoa with whipped cream and the touch of peppermint to make it more festive.



Pictures of Roller Coasters, Go Karting and Bowling



Exciting Roller Coaster Ride

Other Exciting Activities

MALLIKA SINGH & CLAUDIA NIJHOF

Another activity to do is going to an amusement park with your friends or family! Amusement parks are perfect for this weather as it's not too warm or too cold so you'll be able to enjoy yourselves without worrying. Although there aren't that many amusement parks locally, but some of the funnest parks are Walibi and Efteling. You'll be able to go with people of your age as well as older and younger because there's so much to do. Go to Walibi, and you'll love the thrill and adventure it has to offer, whereas Efteling will bring out the child in you and make it more fascinating.

Something else to do that is more indoors is to go bowling or go karting. Bowling is an activity that everyone will love and compete to be first! You can stay indoors while laughing and competing with friends, since that's always fun to do. Go karting is also a very competitive activity where you can prove to your friends that you are no less while having tremendous fun, but remember to always stay careful. These activities are stressbusters where you can get away from all the stress, work, or any hardship since you're going to stay relaxed and take a break from everything. So, go out and have fun!!

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RECEPIES TO FOLLOW AT HOME



MEMES, GOSSIP AND MORE...



SEASONAL TIPS

Recipes for the Perfect Hot Cocoa

And more...

MALLIKA SINGH & CLAUDIA NIJHOF

Recipes:

To make this winter more special and memorable one, here are some of our finest recipes to stay cozy...

The Perfect Hot Cocoa**Ingredients:**

- Cocoa powder
- Sugar
- Any Milk or water (the use of milk will give your hot chocolate a creamy consistency)

Instructions:

Heat the milk or water on a saucepan (any type of milk can be used in this hot chocolate, this makes this recipe very versatile and suitable to most dietary restrictions). Add two teaspoons of cocoa powder and half a teaspoon of sugar into the warm milk and wisp until the liquid is warm. If you would like to, you could add some whipped cream, chocolate chips and marshmallows to spice up your hot chocolate. If you want reduce the sweetness of the drink, use less or no sugar. If you want to spice up your hot chocolate add in some caramel drizzle or hazelnut syrup. Finally, snuggle up in front of the fire place or in front of the TV and enjoy your perfect hot coco!

Spring Themed Sugar Cookies**Ingredients:**

- 2 cups of all-purpose flour
- 2 teaspoons of baking powder
- ½ teaspoon fine salt
- ½ cup unsalted butter (room temperature)
- 1 cup granulated sugar (white sugar)
- 1 egg
- ½ teaspoon of vanilla extract

How to make them:

- Firstly, add together the dry ingredients (flour, baking powder, salt) into a large mixing bowl. Use a sift to put all these ingredients in the bowl as it will refine everything or any lumps.
- Then make the butter and sugar light and fluffy using an electric mixer. Do this in a separate bowl from the dry ingredients. Once the butter and sugar are light and fluffy add the egg in the bowl until it's completely mixed together.
- After that combine the dry ingredients to the butter and mix it thoroughly using an electric mixer. Try to make sure there aren't any lumps and that it's refined. Add the vanilla extract in between.
- Place the dough in the fridge for it to chill for at least 1 hour. Once the dough is chill, keep the oven to preheat at 200°C.
- After an hour or longer, take the dough out of the fridge and roll it out in shapes you desire (possibly using cookie cutters) at the thickness you prefer [we advise you to have a medium thickness, 5cm].
- Once all the cookies are shaped, place it on baking paper and keep it in the fridge for another few minutes so that the shape remains the same (5 mins. Approx.).
- Bake the cookies for 8-10 minutes, so that they are light brown. Then cool the cookies for 1-2 mins. and enjoy!
 - o TIP: if you want, you could decorate your cookies using icing freshly made or ready-made from the grocery store.

Have fun eating these delicious sugar cookies! :)



SEASONAL TIPS

Winter Essentials

MALLIKA SINGH & CLAUDIA NIJHOF

This cold winter, there are certain essentials you guys need to make as pleasant a season as possible. Protect your hands from the morning cold with a warm pair of gloves to keep those hands smooth and warm. We recommend getting woolen gloves as they will keep your hands as warm as possible, we suggest not getting polyester gloves as very often they will get quite stinky with the often rain in the Netherlands. You can also protect you lips from getting cracked and dry by using a nourishing and moisturizing lip balm. There is a wide range of different lip balms you can use in the winter time, such as Burt's bees, blistex and Carmex which you can find at a local drugstore. One thing you shouldn't forget in the winter time is to have those bike lights on in the mornings when it is usually dark. If your lights aren't working just buy a pair from Hema, they are inexpensive and durable. By getting bike lights you won't only save yourself a 100€ fine from the police, it will also make it easier for you to see other bikers which are on the same road as you.



ENTERTAINMENT

Reviews on Frozen, Last Christmas and more...

PRIYA PATURI & YEGOR MASLOV

Frozen

Essentially a kids cartoon presenting two of their favourite Disney princess/ female leads, can be watched and enjoyed by people of all ages, and will be enjoyed by all the Disney fanatics. Frozen 2 is a charming musical sequel which once again elevates the idea of sisterhood (Elsa and Anna). This sequel portrays and shows the characters developing and getting more complex in character. Olaf for instance is less confused by his surroundings and starts to mature in a more philosophical way. He starts to wonder more about the meaning of the universe and his place in this world, which is rather unusual for a Disney sidekick to do, as they are usually built in a way where they are happy go lucky. Even more than the first movie there are more musical interludes as well as more humour to keep the viewers happy and satisfied. **4/5 ISH owls**



Last Christmas

It's finally that time of the year when shopping malls start preparing for the Christmas sales, and we start preparing for Christmas shopping. But if you finished your Christmas shopping early or you just didn't go Christmas shopping we have the perfect movie for you to watch. Cuddle up on your bed with a sweet treat, to watch Last Christmas starring Henry Golding and Emilia Clarke. British holiday romcoms are expected to deliver a little naughty and a whole lot of nice, which is exactly what this movie delivers. Emilia Clarke delivers with her excellent acting talent and Golding proves that he could easily play romantic heroes for the rest of his life. Last Christmas is cute and delivers some surprises and some extreme plot twists, that will only keep surpassing you throughout the whole movie. And obviously there is a happy ending, but when the twist is revealed tears will be shed and eyes will be rolled. **4/5 ISH owls**



Circles

In his latest chart-topper 'Circles', Post Malone steps away from his traditional trap-influenced sound which we heard in 'Rockstar' and his earlier hit 'Congratulations'. Instead, taking a more "rock" approach, incorporating heavy drum instrumentation and a guitar melody. This song became his 4th number one single in the United States, following his previous hit from the soundtrack to 'Spider-Man: Into the Spider-Verse' called 'Sunflower', which was both a commercial and critical success. The rock accent present in his new track is seen throughout Post Malone's new album 'Hollywood's Bleeding', although the pop quality never left, even in his essentially hip-hop/rap records 'Stoney' and 'Beerbongs and Bentleys'; that pop quality for which any song of his becomes an instant hit. It's uncertain whether this rock sound will recur any time soon, nevertheless it certainly paid off for Post Malone this time around as 'Circles' is a solid track with a funky, infectious melody and a sing-along factor of a chart-topping hit. **4/5 ISH owls**



Movie Banners (Circles, Last Christmas, Frozen & Dua Lipa)

ENTERTAINMENT

Dua Lipa

PRIYA PATURI & YEGOR MASLOV

Dua Lipa returns with a new single titled 'Don't Start Now', latest since her January release 'Swan Song' for the movie 'Alita: Battle Angel'. The 'New Rules' singer has continued the trend of disco-influenced releases, following a similar stylistic route of an earlier single 'Electricity', a collaboration with Silk City (duo composed of Mark Ronson and Diplo), and a worldwide smash hit 'One Kiss', another collaboration with yet another electronic-music producer Calvin Harris. 'Don't Start Now' shows Dua Lipa at her most confident and vocally-strong. The disco-pop fusion created by a piano tune with a contagious bassline is a no-brainer for parties or sing-alongs in car rides, not to mention how fun the lyrics are, but that should be expected by now from the songstress. This sound is clearly working for Dua Lipa, hopefully she sticks to it for a while. **4.5/ 5 ISH owls**



SPORTS

Key Contenders for Euro 2020

TIES GORIS

With the Euro 2020 qualifiers to an end, most of the qualified teams have been determined. We will be looking at the teams that have the best odds at winning the tournament this summer.

France:

Coming out of the World Cup 2018 victorious it should be no surprise seeing them on this list. With young talent from Kylian Mbappé and excellent players in the form of Antoine Griezmann, Raphaël Varane and N'Golo Kanté we see why they were victorious in 2018 and

how they might be able to recreate this in this tournament.

Germany:

After a very disappointing performance in the World Cup, Germany have resorted to a slight rebuild by playing younger players such as Julian Brandt, Serge Gnabry, Jonathan Tah and Leon Goretzka. This came at the cost of letting go of veterans such as Thomas Müller and Mats Hummels. Joachim Löw, the head coach decided to only keep some veterans to give more room for younger players to develop. The question remains if this bold tactic will pay off for the head coach.



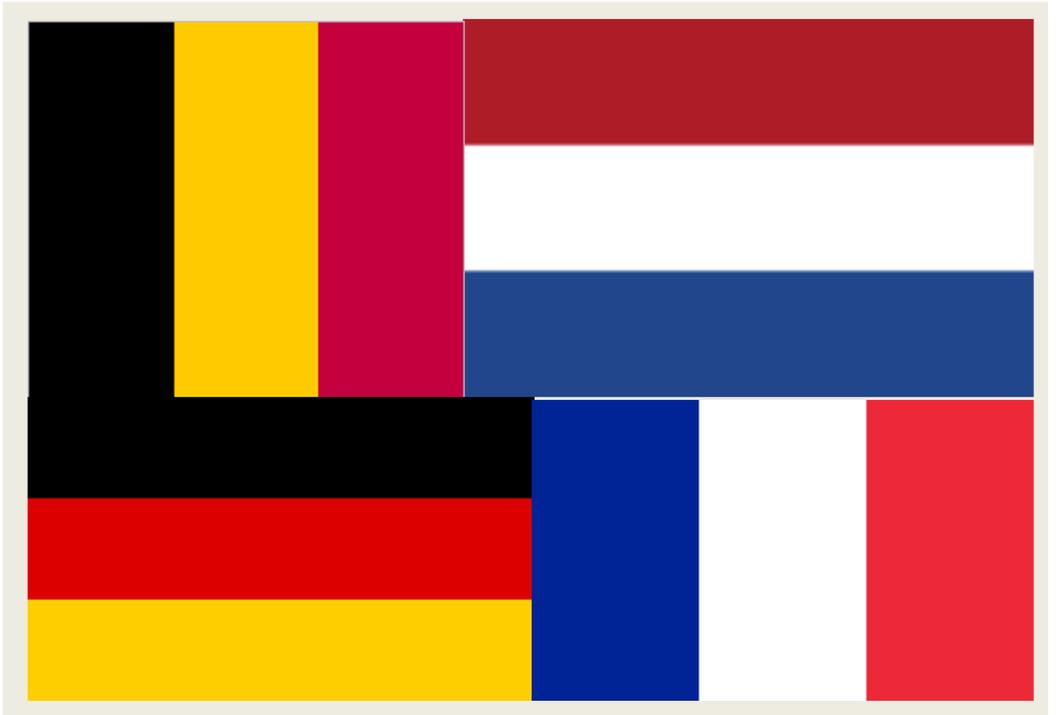
Euro 2020 Sign

Belgium:

Belgium have had an excellent qualifying round having a perfect record of 10 wins out of 10 matches. Players like Kevin De Bruyne, Eden Hazard and Thibaut Courtois bring a lot of talent to the table. Previous years they have had the same talent but they were not able to turn it into results.

The Netherlands:

Although only 2nd in the qualifying round, The Netherlands is a force to be reckoned with plenty of young talent playing at world class clubs. Of course, here in The Netherlands this is the main team we will want to be supporting. Will this be the year of the Flying Dutchmen?

**SPORTS****A Stimulating Addition**

LIAM KUIJSTERS

Competitive football has been one of the major cornerstones of sports in world for decades, its rules adapted often and the manner of the game changing ever so slightly, with the largest change in recent years being the introduction of the sport's newest add-on, VAR or Video Assistant Referee. Created (through cooperation with external organizations) by the KNVB or The Royal Netherlands Football Association, it operates with the philosophy of "minimal interference, maximum benefit", as it seeks to provide a way to correct mistakes, errors and missed incidents, essentially providing the referee the ability to have full insight into the actions of the match.

This relatively new used technological addition to the refereeing of games was first introduced in an international friendly between France and Italy in June, 2016, and was first used in a competitive game during a match in the 2017 FIFA Confederations Cup. It is now notably used in the leagues of the German Bundesliga, the Italian Serie A, Dutch Eredivisie, British Premier League, as well as in the UEFA Champions League, UEFA European Championship and the FIFA World Cup.

The VAR functions as an extension to the head referee, who reviews decisions of head referees and can suggest a new decision or overturn the decision made by the main referee. In all that it has been hailed as a bright step towards officiating in football, the presence of VAR has also had its fair share of controversy in that it ruins the fluidity of a game, as well as importantly, the rare mistake by VAR that can unfairly impact moments of a match, sometimes critical. Another major criticism is the lack of communication with fans and referees not using pitch-side monitors, which the FA, national football association of England, had promised to improve in light of Trent-Alexander Arnold's controversial handball in the Liverpool-Manchester City derby on November 10th, 2019.



VAR System

SPORTS**Dutch glory: Ajax Faces Deception in the Champions League**

JOERI BRONS

The Dutch football side Ajax Amsterdam has been beaten (0-1) by Spanish side Valencia and knocked out of the prestigious Champions League. Ajax was unable to perform this season similar to the last season where they reached the semi-final and missed the Champions League final due to a last-minute goal by Tottenham hotspur player Lucas Moura.

This season Ajax lost two of their best players Frenkie De Jong and Matthijs de Ligt to Barcelona and Juventus respectively. This has been a hard hit to the Ajax squad regarding quality but big names such as Quincy Promes and Edson Alvarez have been purchased as well. Despite this, Ajax has finished third in their group consisting of Chelsea, Valencia and Lille.



Voetbal Primeur

The game against Valencia was a rocky one for the Ajax team. They only needed a draw to qualify for the knock-out stage. However, with the absence of star players Promes and Neres this wasn't as easy as it would seem. With a terrible defensive performance by defender Joel Veltman, Ajax conceded only their 5th goal against. However, it was a very critical goal due to it being the only goal of the game, hence meaning the defensive error led Ajax to be knocked out of the Champions League. As a result, Ajax will play in the Europa league knock-out phase.



PSYCHOLOGY

Shedding Light on Psychopathy

DEN MYKHAILENKO

The terms psychopath and sociopath are above all largely misunderstood and incorrectly represented in mainstream media today (in particular the now largely ridiculed Shane Dawson YouTube series on Jake Paul), which not only made the lines between the 2 terms blur to the point that they are used interchangeably. With this series of articles I hope to introduce both of these terms, entailing a brief description of both and the key differences between them. For this article I will be focusing on what constitutes a psychopath as this topic is too large to tackle in one article. Let me start with a definition from Dictionary.com on what a psychopath is: "a person with a psychopathic personality, which manifests as amoral and antisocial behavior, lack of ability to love or establish meaningful personal relationships, extreme egocentricity, failure to learn from experience, etc."

As the definition suggests psychopaths tend to act in a way that is deemed socially unacceptable by their peers. In more descriptive terms this means they are more prone to committing crimes, perpetrating violence (usually far more gruesome than other criminals are even capable of) and using deception for their own benefit (such as exploitation or lying). The reason psychopaths are far more prone to committing these crimes is due to a multitude of factors all of which originate from the fundamentally different way in which the brains of psychopaths are wired. Psychopathy is a mental disorder which is present and prominent since birth (hence its purely genetic origin) and it entails a malfunction in the brain's emotional systems, in particular the default mode network, which constitutes a few regions of the cortex. This malfunction causes psychopaths to experience emotion (such as fear, disgust, remorse, guilt, etc.) to a far lesser extent.

As a result of this psychopaths are uniquely equipped to commit particularly gruesome murders usually featuring mutilation of the body after death (much reminiscent of many serial killers, all of which suffer from psychopathy). Lastly psychopaths tend to exhibit severe egocentrism. Egocentrism, while being a distinct feature of a psychopath does not automatically mean all who share this feature are inherently psychopathic (as a matter of fact in isolation egocentrism can be regarded as its own mental disorder: narcissism). This combination of features enables psychopaths to freely pursue their egocentric desires without any hesitation or emotional consequence to themselves (in the form of guilt or remorse). I would like to finish this article by stating one crucial fact: psychopathy is not a choice, it is a disorder that causes those afflicted by it to perceive the world in a different way and thus makes them largely unable to behave in ways deemed socially acceptable (due to a fundamental lack of understanding and thus ability) unless it is for the purpose of deception or to meet their own ends.

TECHNOLOGY

The Future of Energy Maybe Isn't as Far Away as We Think

VEDANTH SUBRAMANIAN

Energy. It is one of the most fundamental (and arguably one of the most abstract) aspects of our universe. Over the thousands of years that humans have been around, we have found ways in which to harness different form of energy, and it is currently the driving force of our society. Without energy production in its current state, and world as we know it would simply not exist. The amount of energy we use in the world per year has increased immensely over the years. For example, in 2017, the total energy output of the world was 113,009 Terawatt hour, or 4.07×10^{20} (so 407,000,000,000,000,000,000 or 407 quintillion) Joules. To put in plain terms, an unfathomable amount of energy. Unfortunately, this energy has to come from somewhere, and as of now, it comes primarily from fossil fuels (such as coal, natural gas etc.). This obviously has repercussions, which has come in form of Global Warming.

While newer and more efficient methods of energy production have come up in the last 50 years (such as the current nuclear reactor), as of right now there is no viable or sustainable



form of energy production. However, this could change within the next 20-30 years, with a process known as Nuclear Fusion. This is the process which most stars undergo in their core, including our Sun. The basics of Fusion are, as the name suggests, fusing 2 light atomic nuclei together (such as the lightest element known to us, Hydrogen for example). This, if left unrestricted, results in a huge amount of energy being released. The most obvious example of the power of Fusion is the Sun. Think about it, the Sun is almost 150 million kilometres away, and yet on a cloudless day you are still able to feel the heat from it. And then imagine this power on Earth, powering our machines today. At any given moment, the Sun can release 3.86×10^{26} Joules (or around 107 billion Terawatt hour). This would be enough to power the entire world in an instant, and then imagine it would be doing that every second. Of course, it isn't feasible to create a Sun on Earth, as that would likely kill us all before it would do any good. However, if a Fusion reactor were to be created on Earth, and which would be able to supply energy safely, then all of our energy problems will disappear. The best thing is, there is 0 nuclear waste. This means that we would be producing, to all intents and purposes, unlimited energy without any harmful products. Fusion reactors are still a thing of the future, and while they are being developed now, they are still relatively primitive. Even if one gets developed, the logistical challenges in supplying that energy to everyone will be a nightmare, not to mention the costs of actually running the reactor, and the changes it will make to the energy production market will be dramatic. Suffice to say that we are not ready for a Fusion reactor just yet. However, in the future, and maybe not such a distant future, we could be living in a world of unlimited energy.

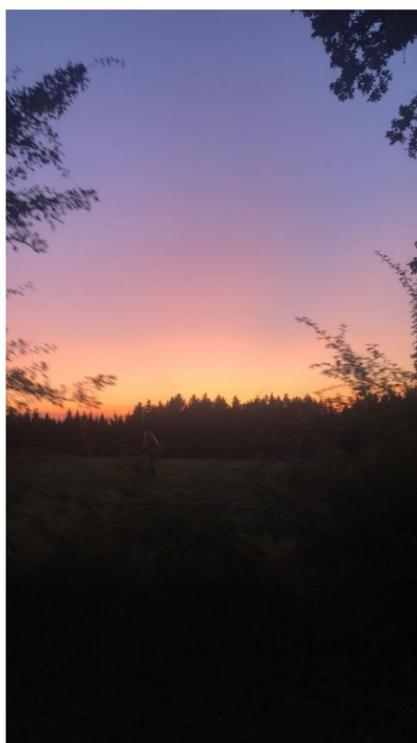
EVENTS

Ardennes

MALLIKA SINGH

For the past few months, there has only been one main school event for DP1: Ardennes. Ardennes is a school trip to Ardennes, Belgium for DP1. It includes many physically adventurous activities like camping, cycling, climbing. The main motive the school aims to achieve is for DP1 students to be more social and interact with their peers as DP1 is one whole grade now, thus it is important for everyone to socialize and create new friends along with old friends. Here is a summary of what some DP1 students thought of the excursion:

“Ardennes was a fun and adventurous trip, although it was tiring. There were many activities like camping and climbing that many people never experienced before so it was also a first for many. This did become an issue for many students because they were too tired from all the long walking before and after the activities. The route to the destinations would be very steep, bumpy, and rocky so people were slipping and getting injured as well. Since the groups were all mixed up together, everyone got to an opportunity to interact with many new students and people who we didn't talk to a lot in the past, which was nice in general, although people did want at least one friend in the same group so that there was at least a connection. One fun part of camping was when the group made a bonfire together and roasted marshmallows. Even making the tents out of the forest was fun- even though it rained right after. Overall, many people did start interacting with each other, which was the main goal of the excursion, although people were exhausted during and at the end of the trip that did make people regret going because their bodies were sore after every walk. You honestly walk everywhere. Not to mention it was absolutely freezing... “



EVENTS

Halloween Party

Luno Primus

On the first of November, the annual Halloween party was organised. For those of you that do not know about this, this is a party for the grade 6, 7 and 8's organized by the spirit committee. This is the first party of the year.

Teachers

There were also some teachers there, as it is a party for the lower grades. The teachers that were there were for example, Mr. Van Arkel, who also made pictures, Ms. Van Zuydam, and Mr. Chell. The photos that were taken by MR Van Arkel can be seen on the spirit committee board next to the aula.

Things that happened during the Halloween party

A thing that was missing from the Halloween party in previous years but present in this year's party was a haunted house. This was something that you could go to and there you were surprised by the scary things that were inside there. There was also a DJ, of course. The DJ played a lot of Dutch songs, like Duurt Te Lang from Davina Michelle and Sterrenstof from Jeugd Van Tegenwoordig. However, this DJ also played English songs like Get Lucky from Daft Punk and I got a Feeling from Black Eyed Peas. To dance on this, there were two small podia made in the aula. Like always, there was also a prize for the most beautiful costume. This time, that prize was won by Mia, who was dressed as the clown from the film IT, she also had a balloon.

To conclude, this year's Halloween Party was a great success for the Grade 6, 7 and 8's.



ENTERTAINMENT

Memes for Students by Students

Teacher: *Hands back tests.*
That one kid in every class:



ENTERTAINMENT

Mememes for Students by Students

Me: That test was really hard

Friend: The back side took me forever

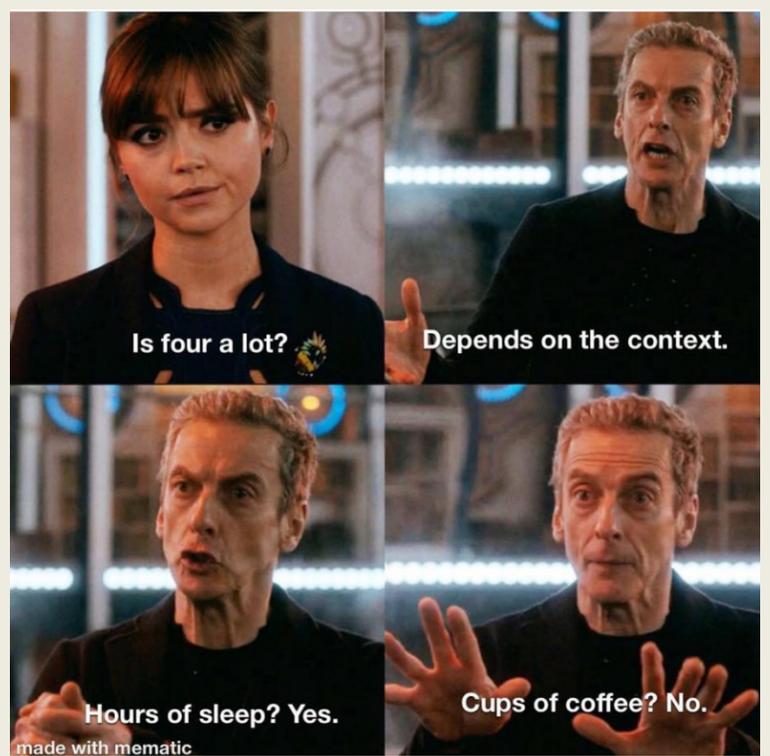
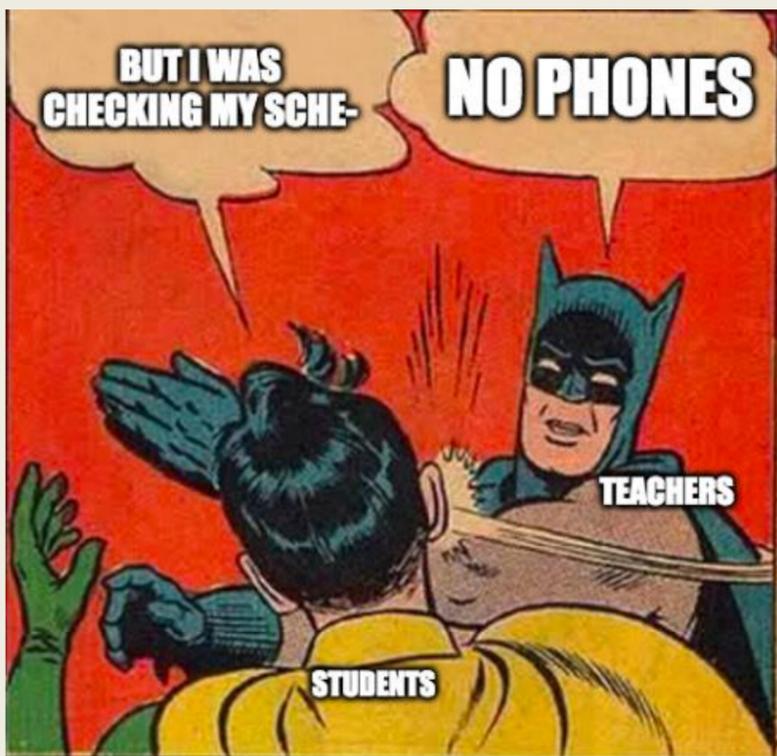


Teachers:



Me in my CAS reflections

Me in real life



POLITICS

Opinion Article: Brexit

JEREMY SARFATI

No doubt many of you at the school have heard or have at least some degree of knowledge about Brexit. Since this is a school full of many different nationalities and cultures, I think it is appropriate to talk about this issue.

Obviously, since the United Kingdom has left the European Union, there will be many economic and political consequences, but I don't want to talk about that. As someone who is both French and British, as someone who strongly identifies with both nationalities, Brexit is something more personal to me.

Over the last 100-150 years Europe has been through so much. This continent has experienced some of the worst catastrophes such as both world wars and the Great Depression. However, as previously mentioned, I consider myself both French and British. Given that both of these countries have had integral roles in Europe's recent history, they have fought together and both been key members in creating our world as we know it. Seeing the United Kingdom vote to leave the EU is nothing short of upsetting for me.

I believe that the European Union represents how so many countries in Western Europe have been able to set aside their differences and finally work together. I think that the EU was created to ensure that terrible events such as the first and second world wars are not repeated and to ensure that we are stronger together when we are united. For me, the EU represents all that countries in Europe have sacrificed, particularly Britain and France.

POLITICS

Looking Past the Memes: The Reality of World War 3 and the Next Global Conflict

NIKITA MYKHAILENKO

As the whole world very well knows by now, tensions have steadily risen between Iran and the U.S. to the point where some form of conflict was bound to happen. This put not only the 2 countries who are involved on high alert, but the world in general in a state of panic, in large part due to the U.S.'s questionable leader, Donald Trump. While this conflict was received and, in a way, blown out of proportion by the media and internet as the "third world war" in early January, the tensions were mounting a month prior, and only escalated in the first weeks of January when the information was publicly received. The global panic that ensued was, in large part, built on exaggerated "big talk" from the involved parties, and of course, the general media and internet who instantly took to memeing the news as soon as it broke the front page. But what actually caused these tensions? All the way back in early December 2019, the U.S. accused Iran for an Iranian militia attack and execution of a U.S. contractor. This accusation was not taken lightly, and the people of Iran rose up in protest and raided the embassy in Baghdad later in the same month.

Only 3 days into the year 2020, the U.S. launched a drone strike which ended in the intentional assassination of Quasem Solemani, Iran's highest ranked general, and, among many other titles, the second most powerful man in Iran, right next to the country's Supreme Leader, Ali Khamenei. This assassination was not taken lightly in the slightest by the people of Iran, seeing it as a direct assault on the country's

Both of these countries lost millions of people who fought for freedom and democracy. Those millions of people have not died in vain because we live in a Europe free from dictatorship and fascism. France and Britain have both bled together to realise these dreams, to ensure their grandchildren and great grandchildren never have to experience what their grandfathers and great grandfathers went through, something which is very personal to me as I have had family fight and die in the Second World War.

I believe that the EU was born out of the suffering this continent has experienced.

Now, seeing that the British people have voted to leave the EU nearly four years ago, shows that they don't care about what Europe has been through. It is almost as if they completely disregard the reasoning behind the creation of the European Union. I feel as though they couldn't care less about those who fought and bled so that we can live in freedom and work with each other, to become friends. Additionally, I think the outcome of the vote shows disrespect to the foundations of the European Union.

Lastly, it is thanks to the European Union that my siblings have the jobs they currently have and I am grateful for the organisation and all it has provided. Seeing that Britain has voted to leave and for the aforementioned reasons, I feel like I cannot relate to those people, I feel like a foreigner to that country.



"Torn Apart" Artist - Ethan Maxwell

sovereignty, and a challenge to their power, thus on top of the people of Iran becoming riled up to an unforeseen level of intensity, where millions were seen taking to the streets and vowing "severe revenge", the Iranian government has issued a direct threat to the U.S. that severe action would be taken after their 5 days of mourning, and the military delivered just that. On the 8th of January, the Islamic Revolutionary Guard Corps (IRGC) launched numerous highly explosive ballistic missiles at 2 U.S. owned military bases in Iran. This incurred massive property damage, however, no lives were lost in these attacks. Since then, all major military actions have ceased as the U.S. chose to retaliate to these attacks through litigation and legal threats.

Due to the attacks the U.S. chose to retaliate through imposing 17 specific sanctions on some of Iran's largest economic sectors and industries, namely, the manufacturing, construction, metal mining and processing industries for all of their highest earning metals. Finally, the U.S. also imposed sanctions on all of the top-ranking generals who were involved in the bombings.

In the end, despite what the internet speculated, no one is getting drafted to attack Iran, and especially not to go fight another World War. Nowadays, most conflicts such as these are seldom handled through excessive force or the flaunting of military strength, these are mostly solved through legal threats, and if push comes to shove, threats of military action. Thus, the closest thing to a world war in our age would either be a cold war, information warfare, or in the worst possible case, a nuclear fallout. The real threats of war lie within the following already ongoing conflicts, which are speculated to escalate quickly given any form of fuel, in other words, all of these conflicts are already on the tipping points of war. These are as follows: the humanitarian crisis in Yemen, the China-U.S. trade war, military tensions between the U.S. and Saudi Arabia, Israeli, and Iranian governments, and finally, the tensions between the U.N. nations and Russia's invasion of Ukraine. Thus, if you were planning on getting drafted with the boys or otherwise, look no further than these few conflicts.

POLITICS

THIMUN

DANIELLA BRAUN

THIMUN is a week-long, global conference that takes place at the World Forum Center in the Hague from January 26 to the 31st. In this conference, students attending experience a diplomatic simulation. Upon registering you are assigned a committee, these can range from health to law. You will also receive a country, in which you must act in their motives and opinions. This is quite fun to research, however, it becomes difficult when you must defend the indefensible. At THIMUN, you will be in big conference rooms and debate in front of other delegates. You must be able to stand at the podium and answer questions about your policies and ideas. The goal of THIMUN is to pass your resolution, an outline of actions, policies, demands, that should be passed in the committee.

MUN takes dedication, as you have a lot of work even before the conference starts. You must have research about the committee topic for your country, interactions between other countries, and possible resolutions. During the conference, you must be able to communicate with other delegates before debate time (lobbying), and form groups of people who will support your resolution.

Some of the main skills that you will take away from this experience are public speaking, communication, and critical thinking. It's also a great way to meet friends from all over the world.

This year, a group of 13 students was able to attend. Each morning, the students would meet at the Forum, head to commissions, and then meet again for lunch. Mostly traveling as a group, we got to have a delegate dinner, in which we all created connections. Everyone participated in the debates and we even had a student be a part of the team of chairs. THIMUN 2020 has created a small family, who got to share this great experience.



ENTERTAINMENT

Gossip Box



Ever struggle to find your recent and intriguing gossip? Don't have your most trustworthy and reliable gossip source? The wait is over, you have come to the right place! Welcome to the official page where you can find your hot, exciting and latest tea. Be ready for it to be spilled all over you!

'Hello people of ISH! It's always a beautiful day in ISH, and it cannot be completed without some exciting gossip. Let's dive right in with this issue's exciting gossip:

Starting with our youngest (although a little young but not to be underestimated for their age) Our excellent and secretive source has informed us that:

“Person A has a crush on Person B in IS7C and people paid to know who it is.”

Ooh some action in grade 7... We all know that when it comes down to money it means people are getting down to business. Person A seems to have a mysterious crush! What is so exciting about Person B? Let us know too A, since, sorry we are all broke! ://

Further into ISH drama as detailed by our anonymous source:

“N definitely likes D, but D only sees N as a friend or not even that. N doesn't know what to do because N doesn't want to ruin their friendship with D.”

Woah, that seems serious. Poor N you'll find someone! Don't waste your eyes on something that will make you blind! Ask yourself this, is your friendship worth more than your infatuation with D? Don't you deserve to be with someone that likes you for who you are? I know Leo DiCaprio said never to let go, but maybe it's time... I'm sorry☹

“S likes A,R,D,M,V,P,S,L,M,P,R basically everyone”

I know our sources getting these dirty secrets out! :0 But woah S, What a player! Slow down! I know love seems so beautiful and all these amazing and bedazzling people at ISH are all worthy to fall for, but this isn't good. S, honey, you need to focus yourself on that one person who cares about you. I know this may all seem exciting, but the player life isn't healthy. You will find the right person one day, we all believe in you S!

Diving deeper into our school we see that there is a fight for someone ooh! Exciting -I know!

“D and N both like R”

Seems like a love triangle is waiting to happen... But what will befall this type of love when R likes someone else? How the tables would turn... Just kidding we don't know any further information on this, but if we do, we won't tell you ;)

BUT wait! We don't want to see any fights D and N, it's against ISH policies. Keep it calm and let's see who R likes ;)

That saying of 'saving the best for last' is our own policy... So, here is our thrilling piece of gossip:

“E was in a relationship with S but E broke up with S because S cheated. S then started dating H and get this E and H are siblings..”

Wow, S is really going OUT THERE. This is a whole dramatic romance movie, maybe even a soap opera or a telenovela! Breaking people up, but with plot twists. School Play writers take notes! S believe in yourself and follow your heart but don't cheat, be honest, I guess you could say it's the best policy...

I am just trembling with suspense for the next issue-

Send in gossip to the ishgossipbox@gmail.com

Stay tuned for future exciting gossip

Always remember the people with the most to say usually have the biggest problems...

xoxo, Miss Know It All



ART

DP2 Studio Pieces

In the beginning of the year, DP2 Art students made studio pieces along the theme of traditional Fresco paintings. Their artworks portray the turning of the clock and a hint of the renaissance masters. Each student made a different artwork according to their interests and inspiration. We are all proud of their artworks and hope that their art exhibition goes amazing!

EVENTS

Talent Show Images



POLITICS

Politics for Dummies: What is the EU?

SUCHARITHA RAJESH

The European Union in its current form is simply described as a “political and economic union” of 28-member states. Hold on, make that 27-member states after you-know-what. What exactly does this “union” mean, and what does it include?

From an economic perspective, the EU was originally founded in the aftermath of the Second World War – countries that trade with each other and depend on each other are less likely to go to war. The European Economic Community was founded in 1958, and has developed into what we see today as the EU.

These countries share a “single market” – meaning goods and services can be shared between them without legal or bureaucratic complications in between. This “single market” and the policy of open trade remains at the heart of the EU today.

The open trade eventually led to the development of other policies as well – open borders (which allows us to visit France and Belgium for school trips without a whole bunch of documentation) and a single currency (the Euro, introduced in 2002, probably in your wallet right now). And of course – the question of Brexit remains.

Although the UK flag has been symbolically lowered at the EU headquarters in Brussels, the deal is yet to be negotiated, and the future of these policies remains a question mark.

But what does the “political” part of the Union mean? Clearly all its member states have their own sovereign governments, so how do they form a political union? The European Parliament (elected by the people) and the EU Council (representing the governments of countries) work together to make new laws for the EU. This involves countries making agreements, treaties and guidelines ranging from environmental issues to consumer protection.

However, the powers of the EU and the European Parliament have always been contentious and debated – some feel it should have more power, and some feel it should have less. Which side are you on?

Why I Think Everyone Should be a Vegetarian

An opinion piece by Sara Koperberg

Everyone says they love animals, but almost nobody shows this. Everyone keeps on eating meat all day long, only caring about their food and not about the fact that hundreds of animals die every day, not caring about the fact that the meat industry is incredibly harmful to the environment. Now that the climate crisis keeps rising and rising every day I would expect people to care more about the world than their food, but I was proved to be wrong...



*Happy pig with freedom.
Fig. 1, pig, see “Eet Geen Dierendag.”*

In the Netherlands, we annually eat approximately 40 kilograms of meat per person which is more than twice as much as 50 years ago (Vlees En De Impact Op Het Klimaat). We have also started to both import and export a lot more meat since then. Aren't there more than enough reasons to stop this awful habit? The reason why eating meat is so harmful for the environment, is that the livestock industries emit a lot of greenhouse gas, worldwide they are responsible for 51% of all greenhouse gas emissions. Secondly, meat industry pollutes our water with leftover animal faeces and crop residues. Furthermore, livestock animals take up much space and to create this space, many trees are cut down. Now people are acting selfish, they do not care about all the other beings who also live on *our* world. Animals are here with us, not for us.

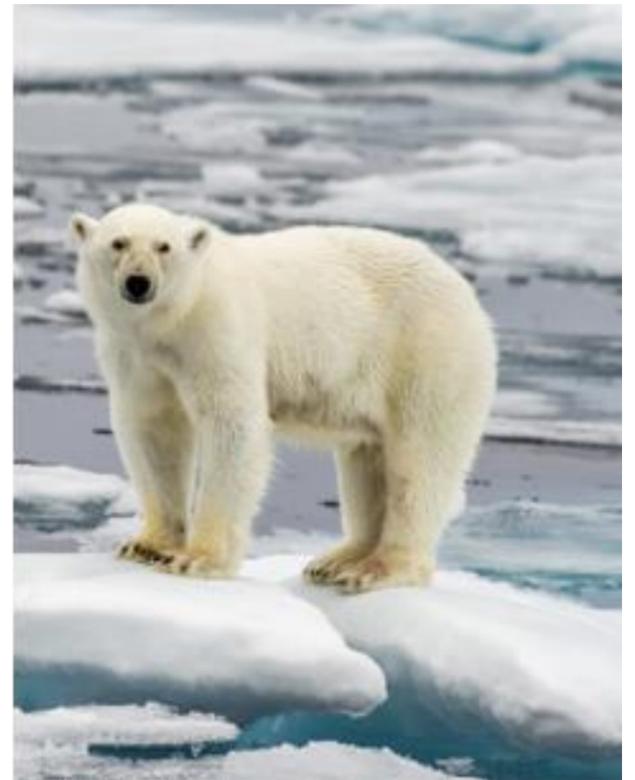
In addition, I think the way that animals in the meat industry are treated is insanely cruel. There is no compassion for them. We treat them like objects who do not have any feelings. We do not care about their pain; they are pulled, kicked, smashed; there are no limits. We do monstrous things, if you look at the pictures on the side, don't you feel part of an evil species? It is the unbelievable reality nowadays for which you are probably responsible! And no, you cannot say what I do does not make any difference because it does! You may not save the entire world but you can save hundreds of lives.

At the ISH, I conducted a survey about meat consumption. 100 people have answered it. 69% of them eat meat, 23% says they no not eat any meat and 8% is trying to stop. The main reasons people gave in my survey for eating meat are because it is tasty and because of the proteins and nutrients it has which they need for health and sports. First of all, the reason the reason that it is tasty, is, I think, not very strong. I think it is selfish to keep on eating meat while the world is heating up more and more and while hundreds of animals die cruelly every day, there are many more other tasty things. The other reason, 'I eat meat because of proteins and nutrients' is understandable, of course meat is a great source of proteins and nutrients you need but there are many other ways to get those. To get protein, you can eat, for example, almonds, broccoli, oats and lentils. Whereas beans, legumes, soy and nuts are great sources of nutrients. However, I do think our school is going in the right direction with 23% not eating meat and 8% trying to decrease their consumption of it."

In conclusion, trying to stop eating animals is beneficial to the world in a lot of ways. Stopping is easier than you think, the first months will be tough but it will be worth it! You will be proud of yourself. You are helping the environment and you are saving lots of lives every month. You will not get sick of something because of the proteins or nutrients you miss because I have been a vegetarian my whole life and I am still alive!



Green house gases emitted by meat industry.
Fig 2, polluting gases, see Vincent, James.



Sad polar bear with a melting habitat.
Fig 3, polar bear, see Cruickshank, Andrew



OPINION

How the Writing of Reflections Ruins the Service and Action Experience

MARLEEN HEHNKAMP

Imagine this, you just finished the pleasant and amusing S&A activity. This was the most fun thing you've had to do for school in a while and you almost forget you still need to write a reflection. But after opening your laptop, ready to start writing the reflection and scrolling to the reflection task, you see questions such as 'how did you expect to feel before the activity?' and 'have you changed your behavior as a result of doing this?' at that moment, you lose all your undertaking, good hope, and close your laptop immediately. The deadline emerges and after weeks of delaying the assignment, you can no longer postpone the horrible reflection, and you must start answering the terrible and useless questions. Everyone knows, especially in that second question, you don't fill in what you think yourself, but what will comfort the teacher. No one would really change their behavior because of one activity, but still, that is what every student answers to please the teacher.

"I like doing the activities, but when it comes to writing the reflection I think it is not funny anymore" this is a quote from Sara Koperberg, a student in the ISH, who participates in the S&A program. Just like Sara, every student in IT8a wants improvement in the idle and ineffective S&A system; 89 % of IT8a would be enjoying service and action when you didn't have to write a reflection, of which there now is 0% who likes S&A including writing a reflection.



I, just like all the other students in IT8a, agree with this statement. Personally, when I came to ISH, I expected Service and Action to be this "amusing" activity I would be looking forward to every time. But that's not the case. Even though it is just the beginning of 8th grade, I, just like every other student in IT8a, know that S&A is something you don't look forward to, and that is all because you need to write that dull reflection.

Not only students, but also teachers complain about the subject: reflections. For them, it is not necessary to write the reflection, but they have to check the reflection. Mr. Maguire, who is a mentor himself, said, "I already let my students do presentations instead of proposals, so I would prefer to talk to the students after their activity instead of writing a reflection, (.....) with a reflection you never know whether their statements are true or not, but when the students are giving a presentation or when I can talk to them, I can see if they have thought about the activity." I understand his statement, as looking at 78 reflections a year is a very exhausting and laborious task that becomes a higher, and higher pile throughout the terms. If I were a teacher, I would prefer listening to presentations as well than checking dull and monotonous reflections; why would you be interested in reading reflection from students that write imprecise reflections?

Yes, every student in IT8a agrees, the "Fun" experience of Service and Action gets ruined when it is time to start writing the reflection. Although you had an enjoyable, educational day, it all gets wrecked when you see the all the complicated questions you all still need to answer. Students, and even teachers agree that the writing of reflections must be changed into something more due able and fun. There are a lot of other good alternatives such as presentations and documentaries, instead of reflections. I understand that complaining won't help with not having to write the reflection, but at least, I hope it will be adjusted.

KEYWORD

Challenging Challenge Hour, is it Really that Challenging?

RIPTIVA ROY

Challenge Hour, the distinctive, idiosyncratic and unique subject for grades 7 and 8. Challenge Hour can be 45 minutes of play time. Challenge Hour can be 45 minutes of terrible torture. Challenge Hour can be 45 minutes of creativity. In whatever way it's perceived, Challenge Hour is still most definitely a very unique idea that is seldom seen in other schools.

Eight years ago, the school curriculum incorporated Challenge Hour as a non-graded subject to give students a break from textbooks, providing them with the opportunity to solve challenges that weren't typically set before them in other subjects. The purpose of it being added was to, "improve the education and programme at the ISH", and, "try and facilitate learning in a different way", said Mr. Jones, headmaster of the ISH. The idea was to have students working together in groups and thinking out of the box. Due to these aspects, they have decided not to grade it. (Jones)



It can already be seen that all the adults find the subject fine and dandy, but what do the *students* think? Well, in a survey conducted at the ISH, it was established that 75% of the 24 grade 8 students surveyed, dislike challenge hour. Furthermore, 79.2% of these students expressed that Challenge Hour should be terminated. According to these pupils, the projects are extremely time-consuming. Students find themselves laboured with homework since insufficient time is given in class. Others find the projects uninteresting, finding it useless because it isn't graded. Moreover, some students have even expressed feeling *sorry* for many of the teachers who seem apathetic and fatigued (Volski). Many complain that Challenge Hour in grade 8 has become much more lacklustre and monotonous than it was in grade 7.

Luka, a grade 8 student, described Challenge Hour as, "a useless waste of time, boring, unnecessary and stressful". Several students agree with Luka, articulating their opinion that this time should be better spent in a more beneficial way. Various suggestions included having a recreational hour, a free period, homework hour, more PE, or adding music to the curriculum instead. So far, the most prevalent idea yet has been using this time to do homework at school to diminish stress.

An alternative idea to Challenge Hour is implemented at International School Almere. Grade 8 students there have a different subject, Project Hour. During this time, students have the opportunity to "book" any teacher or work on any extra homework/summative. Is this something the ISH can consider for students as well? (Guha)

Nonetheless, the small percentage of grade 8 pupils who *do* enjoy Challenge Hour have valid counterarguments too. For instance, they express that Challenge Hour has helped them to establish, enjoy and endorse new friendships with people from other classes. To them, it is a fun time during which they can socialise and hang out with their friends. Ethan from grade 8 refers to it as, "a social club where people chat instead of work." Other than social benefits and improving friendships, most contemplate that it helps students to learn *new* skills. Ridhi from IS8b, states that Challenge Hour "helps you to be more creative, collaborative, and innovative", and there is an abundance of students that also support this.

Flavia, a new grade 7 student at ISH feels somewhat like the grade 8 students. "I like Challenge Hour, especially the first unit we had on making the Texel journal." She doesn't enjoy it as much now, but sees the purpose and benefits of it. Overall, she thinks that it should be continued.

When asked regarding *her* experience with Challenge Hour years before, Aloysia, a DP1 student replied that it was, "fun, but not useful; a waste of time." In her opinion, it is enjoyable and should be continued.

In addition to the students' opinions, Ms. Bailey, teacher at ISH, finds that Challenge Hour, "provides an opportunity for students to work collaboratively, creatively, and in a more independent manner." She is aware that many students don't value it because it isn't graded. In contrast, to her, learning is more important than grades.

Several scientific studies support Ms. Bailey's point. Overcoming challenges and taking initiative is shown to actually be *more* beneficial for teens than grades. (Mitchell) Sessions like Challenge Hour build creativity, independence, decision making, motor planning and social skills. ("Six benefits")

As you can see, it is evident that there are a mix of varied opinions on Challenge Hour at school, but by the looks of it, it isn't leaving the curriculum anytime soon. If the school really wishes to encourage creative learning through Challenge Hour, they need to work on how it is portrayed to students, as well as actually making it more "challenging" and stimulating to students.

Bailey, Anna. 16 Oct. 2019

Flavia. 8 Nov. 2019

Gonzalez, Luka Nelissen. 16. Oct 2019

Guha, Koshin. 9 Nov. 2019

Hambides, Ethan. 16 Oct. 2019

Jones, Glyn. 11 Nov. 2019

Maganahalli, Ridhi. 10 Nov. 2019

Mitchell, Marylin Price. "What Teens Learn by Overcoming Challenges." *Psychology Today*, Sussex Publishers, 26 June 2011, www.psychologytoday.com/us/blog/the-moment-youth/201106/what-teens-learn-overcoming-challenges.

Prakoso, Aloysia. 8 Nov. 2019

Roy, Riptiva. "Challenge hour survey (grade 8 students)." Survey. 16 Oct. 2019.

"Six Benefits of Free Play For Children." *AlexBrands.com*, 19 July 2018, www.alexbrands.com/six-benefits-of-free-play-for-children/.

Volski, Miha. 8 Nov. 2019

TOK VOX POP

Letting ISH have its Say

SEAN MORIARTY & VEDANTH SUBRAMANIAN

Anonymous - Communist sympathizer, Russophile, and Putin fan
 "... I'm a very big communist so I believe that there should always be an authoritarian figure in the government, and I believe that there should be no freedom of expression, their lives should just be controlled by the state... well, in Russia especially I think the oppression of rights is so liberating, and I think that we should do that in Holland, you know. I think we should become a communist state." Anonymous from DPI also expressed his desire to move to Russia and be experience this first-hand. Lastly, he also declared that Putin had his unreserved support and that he stands firmly behind his way of doing things.

This newspaper has tactfully ignored Liam's attempts to remain unnamed or redact his statement. It remains a mystery if Anonymous was serious in the sentiments expressed above, or is just a very confused young man.

Kai - A more academic approach

"Personally, [the influence of authoritarian figures on culture] depends on the previous culture, and authority figures in this certain place of country. People have a large influence on over each other when they are in certain position, they can be praised or oppressed or even seen as gods if that is how this person is believe as. That can have a massive change in the culture and how the people in the culture behave." When asked to comment on if an authoritarian state like North Korea could count as an example of this, Kai replied that "I do believe so but I also believe that its the history of that culture, the people don't choose to see these people as gods or immortal, but they are forced to, and that changes the culture and how they behave."

Pepijn - The importance of media

"Well I really think that it depends on the authority figure and the degree of authority the figure holds over the population". When asked if he believed that this might then increase in a more totalitarian society, Pepijn replied in the affirmative, citing as an example "maybe North Korea and their love for Kim Jong-ill and [King Jong]-un, and their crying at Stalins death, that's a big no no. Authority controls media." Pepijn reiterated that he thinks "media also has a very big impact on culture" in these situations but also very much in general.

It is not known if Pepijn understands that North Korea and the former Soviet Union are distinct entities, but this newspaper appreciates his contribution all the same.

Egor - A terse response

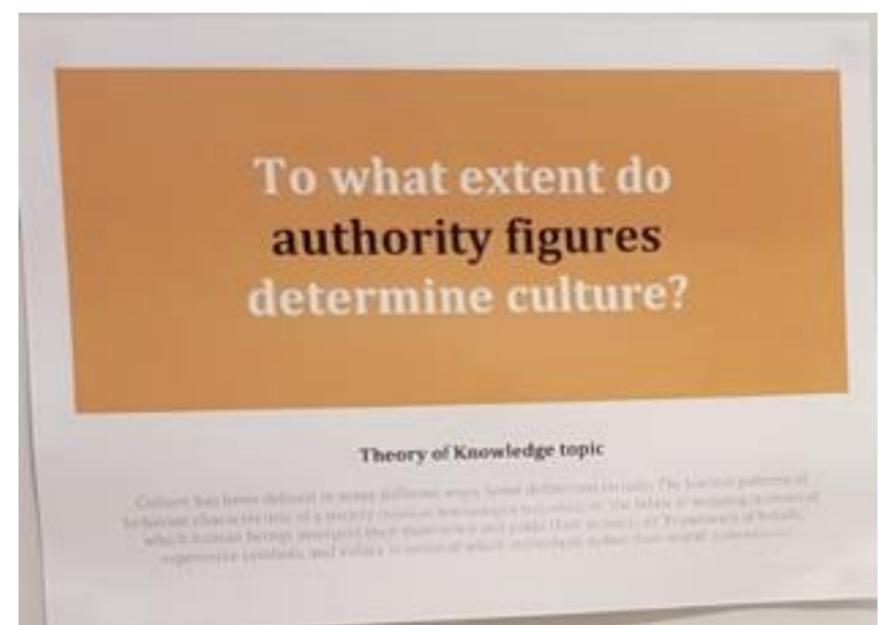
"I think that authority figures do indeed have a great impact on culture since, people value authority, and they will follow what authority tells them". As an example, Egor cited "the police, we see a uniform and we follow the rules without questioning anybody". When asked to elaborate with broader examples, Egor responded with: "I think North Korea in general or someone like Hitler himself."

Ishaan - Drawing from personal experience

"I personally feel that when there is one authoritative figure controlling the beliefs of one nation it doesn't end up well, there is a lot of biases towards what the people of the culture follow. And its like they are always under surveillance and they are forced to be a certain way. So I feel that everybody in a specific culture should have their own opinion they should be allowed to feel whatever they want to feel". As an example, Ishaan noted that "in my culture it has happened, in Hinduism because a lot of it has been manipulated by the government, they rig the data and what the culture says, in order get what they want". Here, Ishaan is referring to Modi's Indian government and form of populism, which has often been labeled as "Hindu nationalist", drawing from the majority religion of the country in order to get into power. He says that although "I haven't felt it myself, my nation has; it happens to India quite a lot. When asked about any hopes or fears for the future, Ishaan is optimistic: "I think it's improving, because literacy rates are increasing as the years go on.", which he thinks is antidote to the government's ability to shape how people think, and enables "making your own decisions".

Jeremy - A historical perspective

"I suppose to a certain extent [authority figures] could [influence culture], if you look at an example like Christianity, 500 years ago the Catholic Church had a lot of influence and they manipulated people's ideas and thoughts. Someone like the Pope would have so much influence on Christianity so you could say they have a certain influence. Jeremy believes the degree of power is key to how much influence can be exerted. Jeremy also thinks that the Church took advantage of the lack of education at the time: "because when you not very well educated your ready to believe whatever someone tell you, they would just believe the said organisation tells you". When asked about more modern examples of such authoritarian behaviour, Jeremy quickly cited Erdogan. "He is one of them", and used an example a well-publicised incident where "Turkish players were playing a football match and they drew and in the locker rooms they took a picture saluting. And you could say Erdogan has some what of a role to play in this". He thinks this there is a strong link the currents of nationalism that is currently reverberating around our world. Jeremy says his main worry lies with countries such as Turkey and North Korea, but is hopeful that this will not spread as easily as some may think.



OPINION

To Queue or not to Queue?
That is the Question.

NATHAN ERIN SCHAAP

Do you also always have the struggle with waiting in line for your cafeteria delicatessen? Well, I do. In the first years of my high-school experience, I have already encountered a huge problem with the people who are just trying to get a quick snack.

The problem is, the queuing system in our school. Some people (mostly DP's) are trying to get away with cutting the cafeteria queuing line. What happens is the following: everyone is trying to get their mid-day delicatessen and most people wait in line because they think it is fair.

But all of a sudden, people think they are allowed to cut the line. I do not know why. Do you? A reason this might happen is because there is not even an average-quality queuing system.

Firstly, I used to always queue in line. But then I realized if nobody else is doing it then why should I? I do not want to wait in line for the whole lunch **break**. What if I am a slow eater?

Professor Haslam, who went to the School of Psychological Sciences, said, "People usually choose to **queue** because it is fair". This shows that people queue because they think it is the right thing to do, but is this correct? The concept of queuing is not there any longer in our school. The reason that queuing is not working in our school **might be** because there is not a real system.

I asked Julia what she thinks about the current queuing system in our school, "The poles in the waiting line of our cafeteria don't help, because DP students just go over them or they wait at the far front where there are no poles. All of the grade 7's and grade 8's suffer from this fact, as they don't have the courage to say something about it," - *Julia van den Bunt*.

The fact that people are cutting the queuing line has changed my mind about waiting in line. I do not want to wait in line any longer, while people sneak in front of me. **The problem has become so colossal that it is about more than just waiting in-line.**

Another problem is that there are not enough of the most beloved snacks. If you are waiting in line, it might occur that at the end of the break you do **still have not acquired** your favorite snack which you have day-dreamed about. This leaves me with no choice. I need to cut the line otherwise I cannot even finish or get my delicious food. **Another solution could be: to let the DP students monitor the queuing line as a CAS activity.**

I believe that people should stand up for themselves, if they do not do it already. A good first step could be: not letting people cut in front of you in a waiting line. Another solution for the problem that we have is: if no one lets anyone cut in front of **them** nobody could get past. That would also solve the problem.

My conclusion about this complication is the following. The people in this society find it hard to stand in a line and leave us with no choice. This leaves me with no choice, I need to cut the line otherwise I cannot even finish or get my delicious food.



SCIENCE

Bats, as Oppose to Other Mammals Do Not Show Evolutionary Relationship and Dependence on Gut Bacteria

SHRUTHIKRISHNA SHAJI

There are trillions of bacteria living in your gut, which makes about one percent of your body weight. This community of bacteria are called microbiomes. It functions to digest food, collect nutrients and to boost the immune system to fight diseases. Many animals have evolved along with their gut bacteria to a level where close related species share similar microbiomes. This pattern is known as "Phylosymbiosis". However, a new study has identified one group of mammals that goes against this trend: Bats

A paper from *MSystems* published on November 15 2019, reveals that microbiomes of closely-related bats are very distinctive from each other. This suggest that the community of gut bacteria may not be important these groups of mammals.

"The trends we are seeing suggest that bats may not depend on bacteria the same way many other mammals do, and that they can survive just fine without a strict suite of bacteria in their guts to help them digest their food", says lead author Holly Lutz, a post researcher at the University of California, San Diego.

The relationship between bats and their microbes was determined by conducting an experiment that involved collected samples of bacteria from the skin, tongues and guts of 497 bats from 31 different species in Kenya and Uganda. The genetic codes of the bacteria were then compared to each other.

It was concluded that bats have fewer bacterial species living in their guts as oppose to their mouths and skin. The kind of bacteria varied from species without following any visible evolutionary pattern.

It has been hypothesized that the microbiome of a bat may be connected to the bat's environment and the food they consume rather than from an evolutionary inclination to host specific bacteria. This means that the same species of bats living in different locations will have different microbiomes. The fact that their gut bacteria connects to their environment implies that forming a special relationship vital for survival with the suiting gut bacteria may not be important for bats as for other mammals.

Lutz speculates that their unique relationship to their microbiomes are related to another trait that isolates them from fellow mammals: Their flying ability. Moreover, bats have very small guts. Food only takes fifteen to thirty minutes to pass through the digestive system, whereas it would take three times longer for a similar sized rodent. This makes sense as a long digestive tract would weigh the bats down as they fly. So why could this be dangerous? Since the bat's microbiomes are closely

related to the environment, any changes to it can put them in risk of danger. This study provides an opportunity to further understand the relationship between microbiome and host interactions and what potential this can offer.



FITNESS

STUDENT PROFILE: ISHAAN DEWAN

ON FITNESS & DANCING

PEPIJN DE JONGE & SEAN MORIARTY

On Dancing

Sean: So you are quite well known around the school for taking part in dance activities, and you have been doing this for quite some time

Ishaan: Yes that's right I enjoy dancing, and I used to be into dancing in my free time now not so much but I want to get back into it, its definitely a good sport

Sean: How did you get back into dancing?

Ishaan: About 5 years ago

Sean: How did you get started, in the very beginning?

Ishaan: Basically I had no interest at first but my brother was suddenly part of a dance competition and I didn't even know he could dance. And then I saw him dancing and I was like wow dancing is pretty cool. So then I looked up some dance institutes, I registered myself in one of them. I really enjoy dancing, I do hiphop and then I moved here and I stopped with my dance lessons.

Sean: Would you say its still possible to be dancing without going to formal lessons and all the rest of it?

Ishaan: Oh yeah of course, I don't take nay lessons and I haven't been taking any for 5 years.

Vedanth: Would you say its easier for people to be dancing with or without lessons?

Ishaan: Well it depends on how much background you have on the sport, if you just rated dancing then its a really good idea to start with lessons. Because dancing, if your making a choreography its all about prior knowledge and if you haven does any lessons then you don't have much input into your choreography. Because you also have no experience with them.

Sean: Would you say that you have more freedom without doing the lessons?

Ishaan: Yeah for sure because when I was working with



the school play team I realised that I had no input towards the music or anything, so I was in a way limited. But now when I work alone, I have more fun because its all based on what I like.

Sean: If someone is reading this article and they have a lot of interest towards dancing what would you say that first steps are.

Ishaan: First choose what kind of dance you like, there is a lot of different dance types, so choose what you like. Watch a lot of dance videos and dance in your free time to get the hang of it. You don't have to make a choreography, just put on some music and improvise.

Sean: In terms of opportunities to actually show off the dancing, you have taken part in the talent show and school play, so are those good places to present yourself.

Ishaan: Yeah, dance comes out really nice when you have confidence in your self and if you present in front of everyone that helps in building you confidence. So no matter how good you are at dancing, if you're not confident you don't look good doing it so practise.

Sean: *So the talent show is a good goal to work towards as a dancer.*

Ishaan: Our school is very good for students so even if you don't do well they will always be supporting you and you will get constructive criticism.

Vedanth: *Do you think that the school offers enough opportunities for people who like to dance?*

Ishaan: Other creative activities, yes, but for dancing I would say school play or talent show so the options are somewhat limited

On Fitness

Sean: *On a different topic, fitness is one of your passions, you are every much into fitness, so when did all that start?*

Ishaan: I would say Grade 9, because I started going half way through Grade 8 but I only did cardio. I don't know why but there is this myth that if you train weights under a certain age it effects your height. I started watching a lot of videos and my cousin also helped me. Its very interesting because it's about consistency, it's about nutrition and how many intervals you take between training and so on.

Sean: *Are you happy with you progress. What do your goals for the future look like?*

Ishaan: I think I have progressed because I have more knowledge about training now than I did 2 years ago. So I can use those principles to train better in the future, my goals would be to be more consistent. I try to be more consistent but sometimes I lose it so I try harder to be consistent. If you have a good goal and you stick to it, you will reach the place you want to be at.

Sean: *Out of all those, you mentioned that you have to be aware and you have to research and not just do too many weights, what do you think are the most important things to keep in mind?*

Ishaan: The most important thing is to have a achievable goal, because realistic goals on how you want to look. Make a good nutrition plan and work out plan, also research the different components that go into the plan.

Sean: *Where do you go to the gym?*

Ishaan: I go to "Fit for Free" near **Kerkelanden** [Kerkelandenlaan]

Sean: *Would you say a subscription is affordable?*

Ishaan: Its affordable, and there are a lot of things you can do there, you can customise your workout, and its a flexible gym.

Vedanth: *Would you say for beginner its beneficial to start at home or to start at the gym?*

Ishaan: Well there are two ways to look at it, if you are just getting started and you are afraid to look like the odd one out in the gym, start at home and use body weights first. Do simple things that don't require weights. If you down feel like working out alone, the gym is helpful there is a lot of motivation or go with your friends.

Sean: *For starting out are there any apps or websites that you would recommend to our readers?*

Ishaan: On YouTube there is a channel called "**THENX**" and they isolate specific muscles and they also have an app so you can use that too.



“Can IB your date?” - Liam, DP1

PUZZLES AND POLLS

and terrible jokes

Apple vs Android



Feedback and Suggestions



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ish.at.newspaper@gmail.com

We need you, I mean seriously I'm running out of ideas and this is only the first edition so please send stuff, anything.

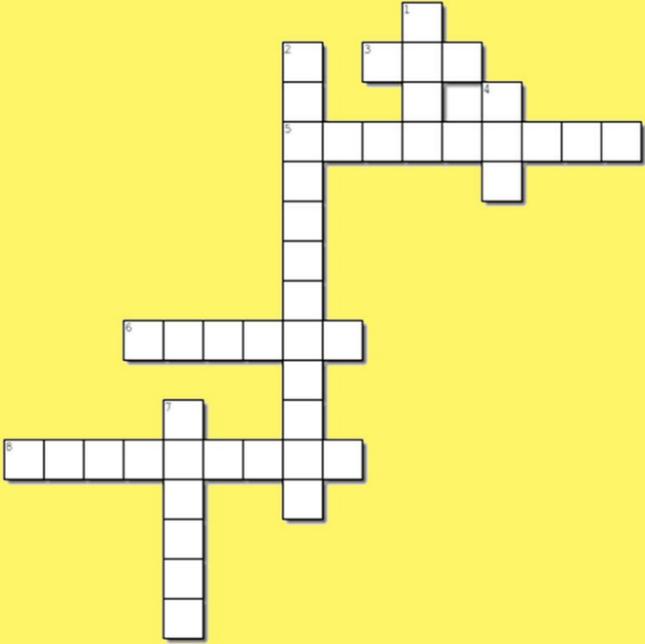


“Do you want coffee, or is TOK?”

Fun Fact!
Kim Jung-un has completed the IB...



CROSSWORD PUZZLE
Everything ISH related



Created using the Crossword Maker on TheTeachersCorner.net

<p>Across</p> <p>3. Subject for which every sentence begins with: To what extent...</p> <p>5. What you're checking on your phone when a teacher takes it away.</p> <p>6. Ms. Bhogals dog.</p> <p>8. It's on fire.</p>	<p>Down</p> <p>1. Something you say when you throw something into the paperbin and miss. Also was a basketball player, rip.</p> <p>2. _____ are the powerhouse of the cell.</p> <p>4. You still haven't written any reflections for this have you?</p> <p>7. Favourite day of the week and not because we aren't allowed to use our phones.</p>
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According to a large consensus of 6 people, Ishaan Dewan has won No Shave November!

Mr. Sydenham actually had the same amount of votes, however since Ishaan's business grades are lacking Ishaan decided to threaten the ISH Newspaper to claim first place. Congratulations.



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