

PENGUIN

SPRING TERM 2023

What are Dreams?

What exactly is happening when you dream? What do they mean?

The Scrolling Craze

Why can't we just stop scrolling?

Editors Recommend

Get all of your media recommendations to keep you binging in the holidays!

Overheard @ SHHS

What have YOU overheard at school?



Editor's Letter

Dear readers,

Taking over from last year's wonderful team, we're glad to announce ourselves as the new editors-in-chief of The Penguin. We've greatly enjoyed compiling our first issue and needless to say it couldn't have been done without the wonderful work of our design team, run by Nur and Assistant Head Irene. Also shoutout to Ms Pearce for her support and advice which has been invaluable. This term we bring you a fabulous selection of articles which showcases the talent of students across all year groups, covering a vast range of ideas from today's most relevant topics to fun debates and recipes. Hope you enjoy reading and that you have a lovely holiday, we look forward to putting together the next issue in the summer term, as you should too!

Mila and Nicola

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Overheard @ SHHS	

YES

Cheesecakes are cakes. It's a simple fact. There is no other proper classification for it. To argue that a cheesecake is a pie goes against the definition of a pie: "A baked dish of fruit, or meat and vegetables, typically with a top and base of pastry". Where in this definition can a cheesecake fit! It has neither fruit nor meat or vegetable, no pastry top or base. To argue that a cheesecake is a pie is like arguing a cupcake is a pie, at least a muffin would be closer. The essence of a cheesecake, its molecular components have nothing to do with a pie. To start off with let's define the basic recipe of a cheesecake: butter, biscuits, cream cheese, double cream, sugar, and eggs.



None of these are in the ingredients of a pie, save for butter in the pastry. In comparison, its recipe is much more similar to a cake: it has sugar for sweetness, along with eggs as a raising agent and butter as the key component in what allows a baked cheesecake to rise - not only does it hold the base together but it allows for steam and carbon dioxide to be trapped in the batter as it bakes so it rises properly. On the other hand, a cheesecake can't be a tart either; it has no pastry. If a tart doesn't need to have pastry to be a tart, then is chocolate mousse a tart, lemon posset?! When does it end? Will even an eton mess be considered a tart at that point or tiramisu or panna cotta? If you are to say a cheesecake is a tart, then a tart does not

require pastry. I think I have proven how ridiculous that would be. Now to consider a third, slightly unpleasant possibility: is a cheesecake a quiche? A quiche is 'a baked flan or tart with a savoury filling thickened with eggs'. Shame, if it isn't obvious to you before that a cheesecake has nothing else to be classified as but a cake, it should be clear enough now. To conclude, if one is to argue a cheesecake is not a cake, then you have to classify itself as something entirely unique - a cake which is based in cream cheese.

Oh wait, that's still a cake!



THE cheesecake DEBATE

Are cheesecakes cakes?
The correct answer is NO.

Cheesecakes are clearly not cakes, what could even lead you to believe that? "It's in the name!" you might say, and to that, I ask, when has the English language ever made sense? Plus, hundreds of things – hundreds of food items even – are named 'incorrectly', such as the Boston cream pie, which is actually a cake (there's no debate on that one, it's just a cake). In terms of ingredients, a cake is categorised as such when it contains flour, sugar, baking powder or soda, eggs, and liquid flavouring. The usual cheesecake is missing some key parts of this, the flour and baking powder/soda, which gives cake its "beadlike" quality (it does sound weird, but in essence, cake is sweetened bread).




I've seen some recipes that call for small amounts of flour and even baking powder, but 1. is it even cheesecake anymore? 2. the baking community seems very perturbed by the idea of adding baking powder and 3. most of the time the quantities added barely do anything. Now, if not a cake, cheesecakes have two options: pie or tart. Whether cheesecakes are a filling atop a crust (a pie) or an open pastry case containing a sweet or savoury filling (a tart), they are most definitely not a cake. This brings me to what I consider my most important point – let's begin. Imagine a cake. What comes to mind? It might be three sponges with creamy layers separating them, all covered with soft white buttercream frosting. It might be a chocolate fudge cake, topped with piped frosting. It might be a rainbow cake with incredibly detailed fondant. You know what it probably won't be? A cheese mixture on top of a crust – it's just not what a cake is.

And with that, a cheesecake is not a cake.



NO



LIFE

PREDICTIONS

would you rather

Carry a flip phone

OR

Carry a desktop computer

Win an Oscar

OR

Win a Nobel Prize

Switch closets with your dad

OR

Switch closets with your Grandma

Get better grades on your GCSEs

OR

Get better grades on your A-levels

Swap music taste with someone

OR

Swap style with someone

Birthdays not exist

OR

New Years not exist

Get into your dream
university

OR

Get your dream job

Date someone for looks

OR

Date someone on personality

Be sick on the day you have an important
job interview

OR

Be sick on the day before your wedding

Always be first in the lunch queue

OR

Always be first in the snack queue

Have read every book in the world

OR

Be able to read people's minds

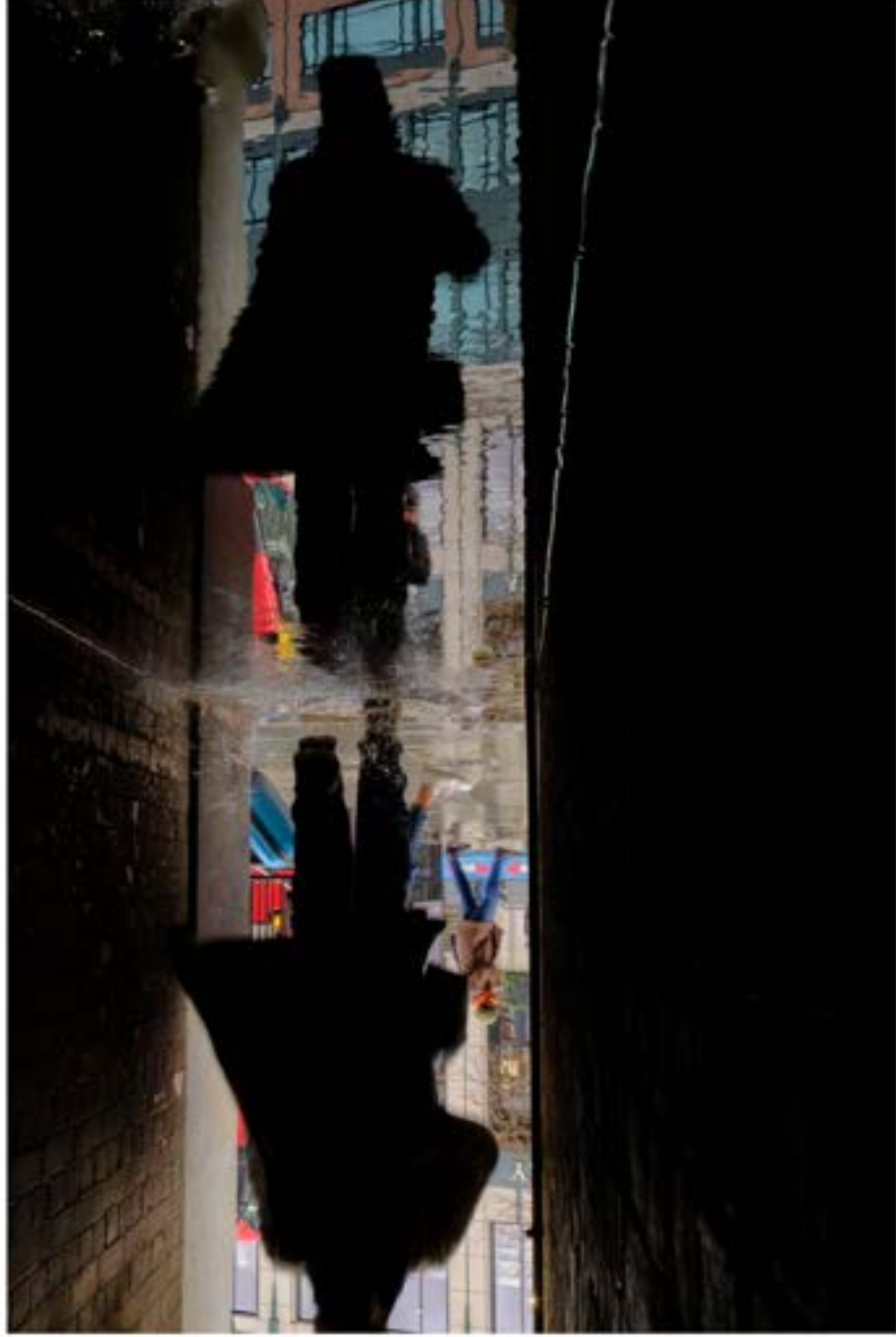
Live 100 years in the future

OR

Live 100 in the past

Written and Designed by
Alexia & Paloma Y8

PHOTOGRAPHY







Photos By
Bella (Y7)

Dreams: What are They and What do They Mean?

You can fly! Or can you? Suddenly, you drop, and you're falling... falling... falling. Then you wake up. It was only a dream (sigh). Have you ever had one of these nonsensical dreams? The most common dreams are falling through a hole, taking a test, and your teeth falling out. So, what are dreams? What do they mean? How can we harness them?

Many experts agree that dreams make up the biological process which reflects our thoughts. Deidre Barrett (Author of *The Committee of Sleep*), claims dreams are "our minds thinking in a very different biochemical state" influenced by the "hopes and fears that dominated... [our] minds during the day." What Barrett implies is that dreams are unconscious imaginings prompted biologically by the thoughts that occupied our minds while we were awake and conscious.



Dr Michelle Drerup, a behavioural sleep medicine expert, similarly explains they are "mental imagery or activity that...[occurs] when you sleep." Not all our time asleep is spent dreaming. The cycle of sleep usually runs like so: normal sleep, a short period of REM, and then repeat. Dreams happen with rapid eye movement (REM) sleep, which is where your eyes abruptly change direction, but no visual data goes to your brain. This is why dreams are so short, up to 45 minutes and why some people get more than one dream in a single night.

In many religions, dreams are seen as important; however, they are interpreted differently depending on religion. For example, Islam perceives dreams to be people's spiritual awareness, with some believing good dreams come from Allah and bad dreams come from Shaytan. In Buddhism, dreams are seen as a step towards enlightenment. In Hinduism, dreams are believed to be illusions sent from the god of protection, Vishnu, and will affect people in future events. Christianity suggests that dreams indicate what will happen in the future or explain ongoing events.

How can you control your dreams? This can be done during what is known as Lucid dreaming, where dreaming occurs in a conscious state. In this, you are aware you are dreaming and can control your dreams. There are three ways to take active steps toward having lucid dreams:

1. Dream journals are an amazing way to encourage a lucid dream. People say that you can recognise dreamsigns (something you use in the dream to recognise that you are dreaming) when you write down your dreams.

2. The MILD (Mnemonic Induction Of Lucid Dreaming) method is also a great way to experience a lucid dream. In order to do so, when you're about to fall asleep, think of a recent dream and remind yourself of something unusual in that dream that wouldn't happen in real life. Then imagine returning to your dream.

3. Reality testing is the perfect way to check if you are still conscious. Think to yourself, "Am I dreaming?" Look around your environment and see if you are still working with it (not looking like a cat-turtle in the mirror, swimming in rough grass, or touching a gooey table).



So, the next time you dream about falling through that hole, remember it might mean more than you think and use it to your advantage.



*Written and Designed by
Anayis, Y7*

– Fast Fashion Isn't Free –

Not everyone may be familiar with the term 'Fast Fashion'. After all, many of us have never had to think twice about shopping at popular clothing stores, as they are affordable, accessible and attractive to a wide range of people. All of the trendiest items are at our fingertips, and it is definitely not negative that we feel good about ourselves when we've just bought a new piece of clothing, giving us some extra confidence the next time we go out. Yet fast fashion has environmental, humanitarian and political consequences.

Is Fast Fashion Bad?

Fast fashion is often classed immediately as bad, but are there any benefits? Fast fashion, being an inexpensive solution, can aid many families as other clothes are more expensive and unaffordable for the majority of the world's population. However, fast fashion has big impacts both environmentally and socially. For example, if we continue this rapid and unsustainable rate of clothes going to landfill, we will be wasting more than 92 billion items of clothing each year. In addition, the fast-fashion manufacturing process isn't extremely thorough and therefore leaves many flaws in the garment. Just as 'trends' come into fashion, they also go out of fashion and this is when thousands of pieces of clothing are constantly being thrown away after no more than a few wears. Take fidget spinners, for instance, they were a big thing for about a year, and now barely anybody has them. Big brands such as H&M, Shein and Zara, may be exactly what your friends are purchasing, but did you know that the workers are unquestionably being paid below minimum wage. Every year, these companies earn millions of dollars while selling cheap and badly made items of clothing, as they are in fashion. The reason that so many of these clothes are being sold is that they are cheap and are easier to get hold of than more ethically made items.

History of the Fashion Industry

Contrary to popular belief, the mass production of clothing began roughly in the

mid-nineteenth century, when some manufacturers began to produce garments that did not require fitting, although fashion did not become an established industry around the world until the twentieth century. The beginnings of fashion design can be spotted in 1826 when Charles Frederick Worth created the beginning of a revolution. Due to his work, he was considered to be the world's first fashion designer. Up until then, many considered fashion as an act of showing their status. No one had ever thought of it as showing their own personal style, unlike the ideas present in society nowadays. This was the crucial moment that changed the fashion industry into what it is today.



Qualities of Fast Fashion

Fast fashion is a very appealing market: it's cheap, trendy and disposable. It enables people to purchase easy and affordable clothes. It encourages shoppers to renew their wardrobe seasonally to keep up with changing trends. Many companies take advantage of this and work unsustainably. So, how can you tell if your favourite brand is benefiting from fast fashion? Some qualities of fast fashion brands include H&M, Pretty Little Thing, Urban Outfitters, Victoria's Secret, Mango, Nike, Boohoo and Zara. Zara, which may not be the first harmful brand that comes to mind, makes around 10,000 designs a year. Their employees not only don't receive substantial wages, but have also reportedly been working in poor "slave-like conditions". Despite their



promise of 100% sustainable materials by 2025, many are questioning the possibility of Zara fulfilling its promise. Their environmental footprint is questionable and they have failed to provide a supplier list or make any commitments towards slowing down factory production.

Human, and Social Impacts Of Fast Fashion:

Fast fashion also exploits local and underserved communities in sweatshops to produce cheap garments. The fast fashion industry employs 300 million people around the world, particularly in low-income countries. Most of the employees are young women, like us, who face terrible conditions and abuse every day when they go to work. The majority of fast fashion production takes place overseas in countries with poor labour laws and human rights, which is how companies can get away with the horrors that happen there. Fast fashion promotes unsafe work conditions and is responsible for the death of thousands of people in catastrophic events, such as the disastrous Rana Plaza garment factory collapse in Bangladesh. Fast fashion brands and retailers are pushing for lower production costs to increase their profit margins and meet customer demand. Meanwhile, manufacturers keep wages so low that they are unsuitable for living and working conditions are terrible.

Environmental Impacts of Fast Fashion:

The fashion industry is responsible for 10% of total carbon emissions, which is equal to the

amount produced in a year by the entire European Union. It dries up water sources, pollutes rivers and streams and kills rare sea life. And it is not solely the production which is environmentally damaging, maintaining the clothes is harmful as well, as one loaded washing machine releases 240,000 to 1,500,000 microfibres per wash, an activity that we all partake in nearly every day. Microfibres may not appear to make too much of a difference to our environments; however, in reality, 500,000 microfibres is equivalent to 50 billion small plastic water bottles. Plastic in the ocean leads to the ingestion of plastic, suffocation and entanglement of thousands of different kinds of marine wildlife. Many aquatic species such as seabirds, whales, fish and turtles mistake plastic waste and microfibres for food and proceed to ingest it, which is immensely destructive as the majority then subsequently die of starvation as their stomachs become filled with plastic derived from our clothes. In addition, it is not just waste being dumped into the ocean, as the equivalent of one garbage truck filled with clothes created by the fast fashion industry is burned or dumped in landfill every second.

What Can We Do To Change This?

There are many ways that we can help. The firstly and perhaps most obvious suggestion is that you can buy fewer but more durable clothes- instead of fast fashion opt instead for slow fashion. You can also try to avoid big fast-fashion companies (for example, H&M, Zara) and you could support small local businesses instead. To refrain from your clothes being sent to a landfill you can repair and up-cycle your clothes instead of throwing them away.

By Alexia &
Paloma Y8
Design by Nur Y12



Food For Thought

'You are what you eat'. I have begrudgingly heard this saying from my mum since my discovery of Coco Pops, yet up until last Thursday I had never thought more of it than as a graphic mental image of a 5"5 bowl of cereal. I began to notice the different traditions, rituals and festivals that revolve around food as well as numerous political and religious debates that guide us on the healthiest, most ethical foods and how to prepare them. Food and eating takes up such a significant chunk of our lives- up to 40,000 hours of our life is spent chewing. This helped me begin to appreciate the powerful role food has on my identity and thoughts.

Growing up in a Jewish household, my family have to be incredibly meticulous to avoid any cross-contamination of dairy and meat products. We also have to be annoyingly conscientious about ensuring foods containing non-kosher (going against Jewish law) ingredients aren't brought into the kitchen. Although the purpose of the practice was never particularly clear to me, I have always made a conscious effort to keep to the tradition without a second thought. While the true significance of only eating animals with split hooves or fish with fins and scales went well over my head, the importance of the customs lay in the connective experience to my religion and culture.

Every time I eat out or opt for the vegetarian meal for school lunches, I am reminded about the generations before me who made the same choices to reflect their beliefs.

What foods come to mind when you bundle up to watch the latest Netflix series hit. When you're sick, what goodness do you slurp up to make you feel better? What South Hampstead delicacy is at the top of your priorities at the first ring of the break-time bell? Nearly every aspect of our lives revolve around foods and our mealtimes, which over time become an incremental part of our experiences. Can you imagine a popcorn-less movie night or a teatime without a cup of tea? You can't. Food alters our perception of day-to-day life, often creating a sense of ritual, where the food we eat ignites a ceremonial and somewhat mindful feeling of intent to what we're doing.

To sum up, I agree that while I may not physically embody the food I eat, as initially imagined, the role of food has a much larger impact on the way I perceive experiences by bringing about symbolic, social, cultural and often religious inclinations. After all, food is the bread and butter that brings us together as a community.

By Hannah , Y12
Design by Lydia, Y7

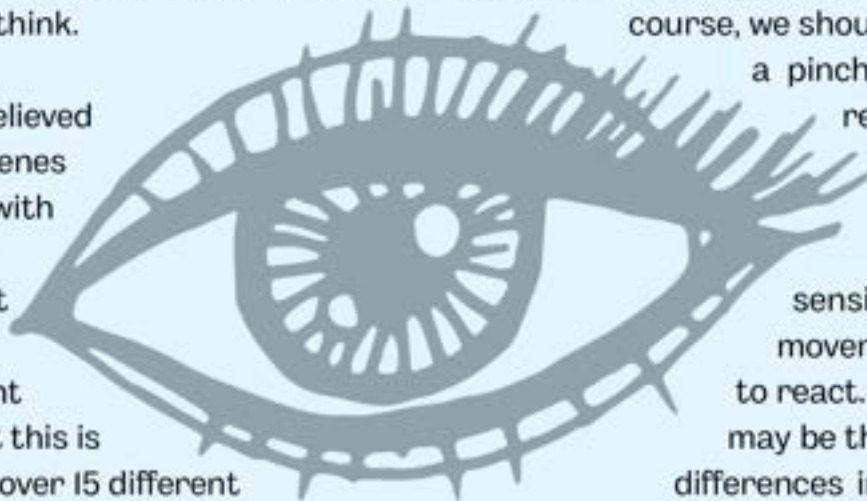


How Does Your Eye Colour Affect You?

Starting out as photoreceptor proteins in unicellular organisms, eyes have developed over billions of years to become the second most complex organ in the human body, after the brain. Almost 80% of people today have brown eyes, making it the most common eye colour by a large margin, since blue eyes are the second most common but only make up 8-10% of the population. Although we may commonly think of it as just a hereditary feature, the colour of your eyes is more significant than you think.

Historically, it was believed that only two main genes affected eye colour, with the allele for brown eyes dominating that of blue eyes.

However, more recent research shows that this is in fact influenced by over 15 different genes which help to determine the amount of melanin in your eyes, as well as structural aspects of the eye and the degree of pupil dilation. Pigments, such as eumelanin, can make the eyes appear darker as there is more melanin present; this absorbs more light, but can also lead to an increased risk of cataracts, and therefore vision loss in older age. Eumelanin is more prominent in people descended from countries with increased exposure to sunlight because it provides protection from UV rays and is consequently considered a survival advantage which influences natural selection.



Furthermore, there is evidence that the colour of your iris may affect more than just the sensitivity of your eyes, such as the speed of your response to external stimuli. An article published in the New York Times concluded that people with brown eyes may have better reaction times, which increases skill at sports that involve playing defence or hitting a ball, like in football and boxing. Whereas people with blue eyes are better at "self-paced" games, like bowling and golf. Of

course, we should take this with

a pinch of salt, but such

research provides

significant

insight into

how light

sensitivity affects our

movements and ability

to react. While iris colour

may be the result of some

differences in humans, many

scientists believe that originally all humans had brown eyes since people with blue eyes can be traced back to a common ancestor from the Black Sea region in South-East Europe. The first person with blue eyes had a genetic mutation that occurred randomly in their DNA, causing them to have less melanin in their eyes. So, the colour of your eyes can affect sensitivity and reflexes, but may also indicate who you share common ancestors with.

By Mila , Y12

Design by Bella, Y7

- The Editors' - Recommendations

Mila



Spain and the Hispanic World, RA Exhibition



Songs for Women, FrOc (album)

Emilie



The Blues Brothers (movie)

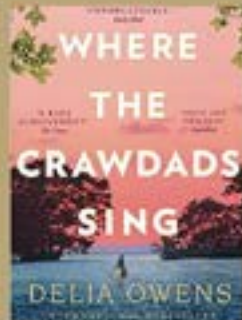


Des Cayons aux Etoiles, Oliver Messiaen (album)

Hannah



Parasite (movie)

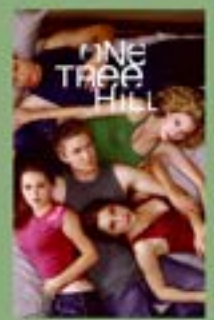


Where the Crawdads Sing, Delia Owens (book)

Lucy

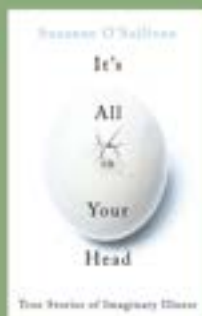


Brol La Suite, Angèle (album)



One Tree Hill (TV show)

Aisling

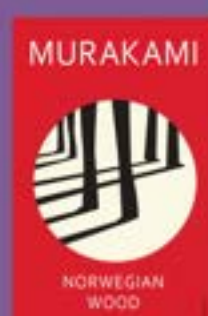


It's All in Your Head, Susanne O'Sullivan (book)



Ado Kyogen (music artist)

Nur



Norwegian Wood, Murakami (book)

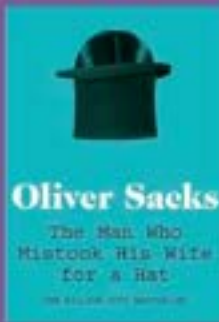


Room on Fire, The Strokes (album)

Riva



Life at the Extremes, Frances Ashcroft (book)

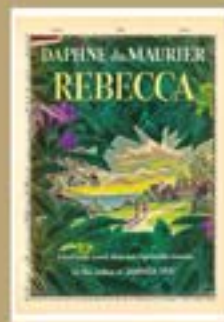


The Man Who Mistook His Wife for a Hat, Oliver Sacks (book)

Isabella



Fresh Meat (TV show)



Rebecca, Daphne Du Maurier (book)

Irene



EPIC: The Troy Saga (album)



Lovejoy (band)

Nicola



Frankenstein, Mary Shelley (book)



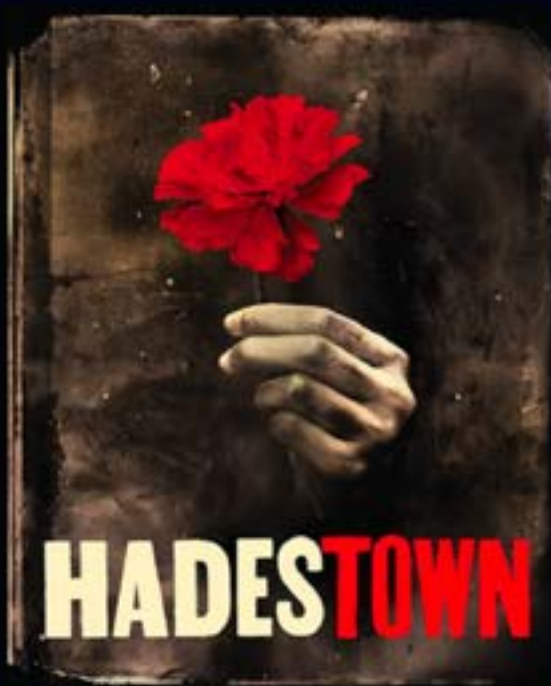
Cuts and Bruises, Inhaler (album)

— Penguin Playlist —



Hadestown: a Mythical Tragedy

My favourite musical is Hadestown. Never heard of it? Well, not that surprised – apparently no one has – which is why this article must exist. So here it is: why Hadestown is the best musical.



Hadestown is a retelling of mythical tragedies: Orpheus and Eurydice and the more well-known Hades and Persephone. The classic myths have been reinterpreted time and time again, but the following are the original ones.

Hades, king of the Underworld, finds Persephone tending her mother's garden, and he immediately falls in love with her beauty. Hades summons his carriage and tears the grounds apart to open the gate to the Underworld, taking an unwilling Persephone with him. Demeter, Persephone's mother and goddess of harvest, grew sick with worry and looked for her daughter, leaving the mortals without harvest. She begged Zeus for help, and the god of the sky, not wanting to see the mortals starve, agreed to help. Zeus sent Hermes to get Persephone back, and when asked, Hades stated that 'Persephone can only leave if she hasn't eaten any of the food that I've given

her". Persephone however, had eaten six pomegranate seeds. It was agreed that Persephone would remain in the underworld for six months every year.



Much like Hades, Orpheus, already a known hero (son of Apollo and the muse Calliope, singer, and part of the Argonauts), finds the nymph Eurydice and falls in love. Unlike Persephone, Eurydice does too. Orpheus and Eurydice get married and live happily – for a bit. Eurydice gets bitten by a snake and dies; Orpheus is empty without her and cannot sing anymore. Desperate, Orpheus goes to the land of the dead, and the walls themselves fall in love with his singing. Hades and Persephone listen to his song, and Hades agrees to let Persephone go on one condition: Orpheus must walk in front, and Eurydice must walk behind, and only once they are both out of hell may he look behind. As the tragedy goes, Orpheus, at the gates of hell and scared that it's all a trick, looks behind to see Eurydice following him, and in that moment, he loses her again.



Hadestown is a retelling of these two myths, written by Anaïs Mitchell and set in a Great Depression era. The musical is narrated by Hermes, who guides our main character Orpheus throughout the play. However, the characters look quite different now.

Hades and Persephone begin in the same way; Hades falls in love, but so does Persephone. They choose to live in Hadestown (which is no longer the land of the dead, simply a town owned by Hades), but soon realise that without Persephone the mortals will starve. So, Persephone must spend half the year in the overground. Centuries later though, Hades has grown doubtful and jealous, focusing solely on the industrialisation of his town, and Persephone turns to wine (she is literally drunk for more than half of the musical). Their love has faded, and the seasons aren't quite right anymore.



She takes it – signing her life away. Nevertheless, Orpheus still goes to Hadestown to get her back, and he fails in the same way. Hadestown starts with 'Road to Hell', an introduction sung by Hermes, in which he immediately admits which can be mostly blamed on The Fates.

**“It’s a sad tale,
it’s a tragedy”**



Orpheus and Eurydice change in a few ways. Orpheus is no longer an experienced hero who knows exactly what his singing can do, but a naïve boy who knows nothing of the world. Eurydice is no longer a nymph, but a “hungry girl” who’s “no stranger to the wind” (a symbol of adversity). The largest difference is that Eurydice no longer dies; instead, she goes hungry as a storm comes and Orpheus fails to provide, leading her to Hades, who offers her work.



The Fates are three women who are always on stage, “always singin’ in the back of your mind”. Their role in the musical is to maintain fate. No matter how much the characters or setting change from the original tale, no matter how many times they sing the song wishing it would change, the myth must remain.



When Eurydice is hungry, the Fates whisper to her that there “ain’t nobody but yourself to trust”, and she chooses Hadestown. When Hades doesn’t know whether to let Eurydice go, the Fates whisper “a little snippet of advice: men are fools, men are frail – give them a rope and they’ll hang themselves”, and he makes a plan that will give Orpheus the choice. When Orpheus walks towards the gates, the Fates whisper “Who are you? Who do you think you are? Who are you to lead her?”, and Orpheus grows doubtful and turns. The themes in Hadestown are many and explored in great depth. From the love felt by the two pairs to the hunger and desperation from those above. From the inspiration created by a simple song (to spark life back into the workers of Hadestown, to bring back the love between the gods), to the inevitable tragedy.

Yet the most important message is simple: hope. Just as Hermes explains in ‘Road to Hell’, and once again in the reprise, Hermes will continue singing the song “again and again” until it doesn’t end in tragedy. Because he believes in Orpheus, the boy who could make you see how the world could be, the boy who believed he could be the one to fix it. Because one day Orpheus won’t turn.



Photos by Mathew Murphy
[<https://hadestown.com/gallery>]

By Irene Y12
Illustration by Emily, Y7
Design by Irene Y12



Hadestown is a work of art – and I love it just as much as Orpheus loves Eurydice (keep in mind that he literally goes to the underworld for her; I’d do the same for this musical). I cannot recommend more that you listen to the...

“...song so beautiful, it brings the world back into tune, back into time”

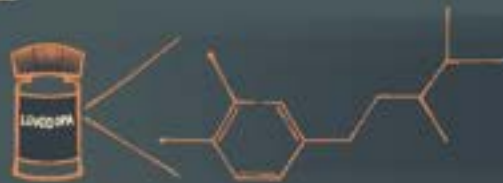


This Moment In Time

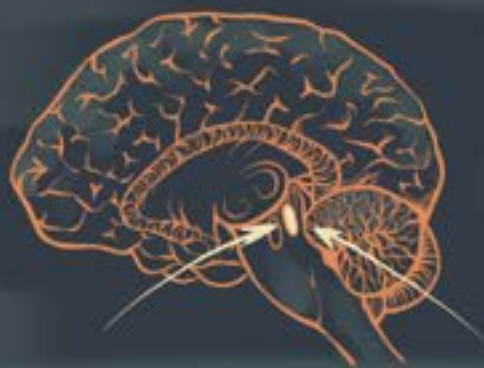
This moment,
Here, right now, this age in time,
Circles of flesh peeking through ripped tights
And jostling for the best seat on the bus,
Scrunched-up paper balls and crisp packets
And baggy trousers and slouchy hoodies,
Sixteen years of living characterised by
The debris at the bottom of my handbag,
Receipts from Waitrose and discarded drafts and run-out pens
That can only leave a dent in the page.
I see my past, present and future in
A piece of gum spat out on the floor
And I feel it in the vision of the city that flashes before my eyes
On every bus journey and car journey and train journey,
The façade changes daily but the foundations are eternal.
Twelve years of school reflected in
That antiquated shopping centre
And its ugly brown concrete leaving a scar on London,
My London,
And the scurrying cars and trembling terraces
Of homogenous houses are the freckles and moles of my city.
All my memories collated in a squashy seat on the tube
And the sticky handrails on the train
And the bright adverts on the walls that my eyes always come to rest on.
I hear God's laughter in the bleating of the ducks at dawn
And I see God's dimple in the trodden craters in the pavement
And I see God's wrinkles in the scribbles of my childhood diary
And I hear God's contented sigh in the cackle of a teenager,
Probably gossiping,
Probably about you.

By Isabella Y12
Design by Tilly Y7

Levodopa – A Miracle Drug?



Parkinson's is a degenerative disease that is initially very unnoticeable, only manifesting in a small hand tremor or slightly slouched posture, but over time completely encapsulates the body, impairing movement, balance and coordination, with a deficiency of dopamine considered the chief cause.



Dopamine, responsible for feelings such as love to motivation to our compulsion to eat ice cream, is a chemical produced by nerve cells in the substantia nigra part of the brain. Thus, the damage or death of these nerve cells, as a result of genetic changes and environmental factors, significantly reduces the amount of dopamine produced, causing movements to slow and become abnormal. Although there are a myriad of other neurotransmitters affected, dopamine is by far the most recognised and most salient. The increased prevalence of Parkinson's following WWI,

when an epidemic of 'encephalitis lethargica' (sleeping sickness) began in Vienna and spread globally, leaving the few remaining survivors developing the disease called 'Post-encephalitic Parkinsonism'.

The next couple of years lead to increased progress in this sector of medical research, allowing many neuroscientists to discover the 'missing' dopamine in suffering patients and its connection with nerve cell degeneration. In 1969, levodopa (a precursor of dopamine which is able to cross the blood brain barrier) was thus hailed as a miracle drug that could unlock patients immobilised by the debilitating effects of Parkinson's as it restocked the 'missing' dopamine.

Oliver Sacks (a British neurologist born in 1933) experimented with levodopa, recording his findings in a book, now with a movie adaptation: 'Awakenings', which describes how 80 of his patients who were immobilised by Parkinson's were reawakened after years of inertia and stupor, almost all of whom had caught the sleeping sickness decades earlier. For instance, Miriam H was so rigid that when supine in her bed, her head had to be forced backwards to

rest on a pillow. However, since being diagnosed with Parkinson's at age 12, she was successfully released from her catatonic state at age 49 through levodopa.



However, levodopa did have some random and unexampled side effects, causing large variations between patients, with the complexity of the brain making it anything but predictable. Another patient, Leonard L, initially returned to a state of happiness he had not felt in 'thirty years', though 6 weeks later he developed an extreme sensitivity to levodopa, with tiny doses triggering uncontrollable side effects. These include disturbing on-off effects causing him to freeze mid-sentence, like a pause button on a remote control (dyskinesia). Consequently, he eventually returned to his desensitised and reptilian stare, with his eyes seemingly fixed on nothing, once again in hibernation.

Many environmental, emotional and physiological factors also seemed to have a significant impact on levodopa's efficacy. Miron V had a promising response at first, but eventually, his mood began to destabilise and he

became more violent and impulsive.

Although, after he was encouraged to resume his work at a cobbler's workshop, he became cheerful again and continued in this manner whilst taking levodopa. Another factor reducing the effectiveness of levodopa was a patient's inability to live with the consequences, such as Rose R who was struck with encephalitis lethargica at age 21 and 'awoke' in 1969 unable to comprehend the time gap. As a result, she remained stuck in the 1920s, preventing any response to levodopa.

In conclusion, all the studies conducted on levodopa over the years, including those actioned by Oliver Sacks, don't say much about the intellectual decline and consequential depression of the patients, as they lost almost everything they loved during the lengthy period they were incapacitated, with levodopa almost always losing its effectiveness over time.

As a result, for some, levodopa was an unfathomable nightmare rather than a dreamy fairy tale awakening, serving as a critical reminder that healing is a multifaceted art and the notion that a single pill can cure an illness is fanciful.

By Riva , Y12

Design by Sofiia, Y9



The Scrolling Craze: Why We Just Can't Stop

Scrolling: the act which holds society captive in a demeaning state of mindlessness, whereby our fingers passively swipe down along an interminable page in the hope of finding 5 seconds worth of entertainment before moving on to the next. Why? Because to scroll is to take a chance – and that's the crucial key, the limitation in human psychology that allows platforms to keep us on the apps for as long as possible.

One way to analyse the reasons behind scrolling is through the example of a Skinner box, which, in essence, comprises of a cage containing a mouse, a lever and a delivery chute. When the mouse presses the button, either nothing happens, or, every once in a while, it's rewarded with food. The mouse, therefore, learns that if it keeps pushing the lever, it'll get something to eat, so naturally, continues to do so. Now, whilst humans are certainly more complex than mice, the principle is the same; whenever we scroll through social media, we're effectively doing the same thing. Except, instead of food, the reward is a shot of dopamine, a chemical released after pleasure and reward-seeking behaviours, which creates an addictive, temporary neurological high, making us want it all over again. More specifically, we enter the dopamine loop.

Fuelling this loop is every photo seen, headline read or link clicked, leading to an insatiable desire for more. Initially, going on social media comes with the intention of using it as a time-filler when we have a few minutes to spare, yet we end up spending hours, despite having passed the point of satisfaction, mainly because our brains don't have a 'stop' button, therefore, often the way we do so is when we're interrupted, breaking the circuit of attention.



Herbet A. Simon, a psychologist-economist, took this principle of reward-seeking and coined the term 'attention economy', the process by which our attention is the token we wager in the hope of uncovering rewards, becoming as much of a currency as money itself. He linked the abundance of information with the basic economic problem, scarcity; in this instance, our attention, so the means through which data is consumed and processes becomes a scarce resource and the factors of production are no longer limited to land, labour, capital and enterprise, but also information. Using this, the answer becomes simple – saturate the world with information to get consumers to spend their attention. To profit even further from this, clever design solutions are implemented, such as the fact that social media feeds are infinite, therefore we experien-



ce intense anticipation in the hope for more notifications and entertainment as the first experience provided so many of the rewards craved. It begs the question, what if there's something further down that'll be missed, depriving us of that much-needed reward?

Next, is the tactic of the personalised feed, whereby our every interaction provides data to the sites on our interests therefore further pushing forward similar, related content. This apathetic strategy is simply designed to get us to spend more time on the app and through infinite scrolling, we resign ourselves to the algorithm without even realising it, providing more and more data each time.



Scrolling has also been exacerbated by the changing use of the internet. When it was first introduced, it was used mainly as a resource for answering a specific question. Infinite leisurely scrolling also wasn't an option as there weren't smart devices with responsive interfaces, which meant that switching from one piece of content to the next relied on the tedious act of clicking and reloading pages.

Now designers are increasingly implementing the scroll, for one main reason - it works. No longer are our intentions goal-oriented, but

“We resign ourselves to the algorithm without even realising it.”



we're looking to find just something, anything, demoting scrolling to fundamentally an act of idle search. For example, on Netflix, we become overwhelmed by choice such that we can't really choose anything ourselves so the platform chooses for us through functions such as 'surprise me' or your 'top picks'. Similarly, when scrolling on Instagram, it's unlikely you're searching for anything in particular - other than an endless feed of content to rifle through. Media also used to have boundaries, and physical limitations such as a ticket to go to the cinema, audio cassettes that eventually reached an end and adverts throughout a show. The solution? A subscription, the ticket to everything.

So, next time you catch yourself mindlessly scrolling, remember it's merely the inevitable submission to a cleverly designed business strategy. Whilst it may provide a temporary distraction from the stress and anxiety of day-to-day life, don't become the mouse in the cage, reliant on the chance of a treat for satisfaction.

By Nicola, Y12
Design by Zara, Y11



Why Waste? | an SHHS special

Waste as a whole is very destructive to our planet and is becoming an even bigger issue; humans across the globe create masses of waste every day, so aren't you curious to find out South Hampstead's contribution to this worldwide problem? School, universities and other places of education create lots of waste every day, ranging from wasted food packaging in the cafeteria to unnecessary use of paper and textbooks in the classroom. It's clear that the education system requires many resources, not all of which are as eco-friendly as they could be, as a result, in this article, we aim to look into how our school deals with waste and sustainability from food to recycling bins.



The world as a whole produces enough food to diminish world hunger, yet one-third of this goes to waste. That's roughly 1.3 billion tonnes of food thrown away overall. As a school, South Hampstead has dedicated lots of thought to waste management, but much food waste does our school actually generate? Although many of you might be thinking that this

going to be a wholly negative article, we found out while interviewing Mrs Bingham and Mr Jones, the head of finance, that the food waste cycle at lunch and break is extremely sustainable. Food waste is mainly kept to a minimum because the lunch staff, as Mr Jones said, are very good at predicting how much of the hot lunch and of the pasta will be eaten on a specific day, whilst very minimal waste is actually produced from the snacks at break time. So, what does happen to the food that does actually go to waste? This portion of food luckily does not finish its life at landfill, however, it is instead turned into biofuel, a fuel derived from living matter. Despite concerns about large amount of water use and the fertilisers which must be applied, it is a much more sustainable source of energy that produces less greenhouse gas emissions.

Our school also tries to minimise food waste by reusing leftovers which will end up in another item another day, however, this is not the case for all foods, as unfortunately there are many health and safety laws saying how long you can keep things for, which isn't as sustainable, as food which is often perfectly fine is thrown away. Foods that may be okay to keep at home for a long time, where they can be reheated and frozen, are not the same in a school environment, and to quote the words of Mr Jones, "think of a roast turkey at Christmas, it can be sitting out the side for hours and you can heat it

for days and days but that couldn't be done at school". One new thing that we learnt during our interview was about an invention called the blast chiller; this freezes the food faster than a freezer could so that it fits within the regulations that Mrs Bingham was explaining.



As we all know, when we empty our plates after lunch, there are 4 categories of bins to sort the rubbish. Teachers may get slightly irritated as they believe we are careless and all rubbish goes in the wrong bin, however, quoting Mr Jones, "I don't think it's as bad as we think it is". In fact, students only create a small segment of the waste, with a larger proportion coming from the use of cardboard in the kitchen, though, undoubtedly, our school does need to improve the large quantity of unsorted rubbish in the bins, especially in classrooms. It is particularly interesting to understand what happens to all the waste that is produced. Most of the following systems have been provided or recommended to be used by Hosier, the ecological system in place for our school waste. For instance, Vegware, the

well-known eco-friendly plastic used for packaging in our school, is arguably, the most complicated to get rid of in an eco-friendly sense. Whilst, Vegware is compostable, it has to be sent somewhere special as standard composting machines may not be strong enough to do so. In terms of the cardboard used that is sent in from deliveries, it is recycled along with glass, perhaps coming from broken plates or other glass objects. For me, the most captivating answer that really caught my attention was what happens to general waste, which is "mainly combusted", from which the gases are prevented from escaping into the atmosphere to be used as a source of energy elsewhere.

So next time you decide to rapidly throw away your food, please make sure it goes into the right bin as whilst little bits of plastic may not affect its conversion into biofuel, bigger pieces can, as Mr Jones said, "If we don't properly segregate our waste", it will all be disposed of with 'general waste'.



By Alexia & Paloma, Y8
Design by Nur YI2



A Quick Dip

Christmas morning... a time when any sensible person is snug at home with a hot chocolate in their hands, getting ready to open their presents. Not me, though. I'm shivering on the beach at Wardie Bay, in Edinburgh, getting ready to plunge into the North Sea. I'm here with my mum and our friend Mags. We do this every time we visit Edinburgh (which is quite a lot, as my grandparents live there, and we stay with them a lot). Diving into the sea at seven o'clock on a December morning sounds like a ludicrous thing to do. The first time I did it, I thought it was pretty ridiculous too. The first few times I went there, I didn't so much swim, but rather run shrieking into the water, and then run shrieking back out again. But as I started doing it more and more, I got more used to the water and began to enjoy myself and start actually swimming.

Lots of people have sensible fears like death, spiders or being trapped in a small space. My biggest fear, however, is crabs. Specifically, the thought that a crab might pinch my toes. It's ridiculous, I know. On a freezing cold day like this, with the wind whipping off the North Sea, most crabs have probably buried themselves deep in the sand. And, as my dad always points out, a tiny crab has a lot more to fear from five-foot me than I do from a tiny crab. But then, some fears aren't rational. If we were rational about them, they wouldn't be fears in the first place. As Mum and Mags go swimming ahead, I begin to edge through the water slowly and carefully, on the lookout for some of our pincerred friends.

I begin to edge through the water slowly and carefully, on the lookout for some of our pincerred friends. As the water gets deeper, I start to relax, as I can pull my legs up from the seabed and kick them in a way that could be described as swimming. But that's when the cold sets in. Probably dunking my arms under the water is what's coldest for me. It is so icy that it hurts. After a while, the cold just numbs my arms and I can't feel anything, which is okay. After swimming around for about 10 minutes, I retreat to the shore. Mum has already gotten out, and Mags is still in the sea. She has been doing it for years, so she has a higher tolerance than either of us.

There are some other people on the beach. I know the people from swimming here before. There are never really any new faces at Wardie Bay beach in the early morning. The swimmers are quiet and polite. They greet you and then silently walk down to the sea. If you're lucky, one of them will have brought their dog, and you can spend an exhilarating ten minutes playing fetch with them.

After Mum, Mags and I are all out and wrapped up warmly in thick jumpers and woolly socks, we get in Mags' little green car and drive off, back to the centre of Edinburgh, and my grandparents' house. Once we are there, I dress for Christmas mass, dry my damp hair, try (and fail) to curl it, and then plonk myself down on an armchair with a steaming hot cup of cocoa. Somehow it tastes a lot better knowing that mere hours before, you were swimming in the freezing cold sea, as cold as the hot chocolate is warm.

By Harriet, Y7
Design by Carmel, Y7



Day of the Boquila

Trifoliolata

The Boquila trifoliolata plant is a vine that grows in the temperate rainforests of Chile and Argentina. Like most vines, it uses other plants as a host for external support to grow vertically and carry its weight, and can also impersonate said host to protect itself from herbivores. Mimicry isn't unusual in plants: a flower can camouflage itself as a plant, a succulent can resemble a stone. However, a plant mimicking another plant is a rarity and is only the tip of the iceberg when it comes to the myriad of interesting characteristics of *B. trifoliolata*. Not only can it copy shapes, colours, orientation, patterns and size of one host, but a single *B. trifoliolata* plant is capable of mimicking multiple different hosts.

In order to test the theory of plant ocelli, the *B. trifoliolata* plant would need to mimic a plant that could not produce chemicals and exchange any genes with it; they needed a non-living plant, such as one made of plastic. Such an experiment was done and accepted in 2021 by Jacob White and Felipe Yamashita. The results showed that *B. trifoliolata* did in fact mimic the artificial plant host, proving that this plant is able to see on a primitive level. Other research is being done on plant perception, and transmission has been revealing intriguing information into the life of plants having the ability to communicate through

chemical volatiles and also acoustic signals. This research is only a small, but interesting, step towards understanding plant sensory complexity. Discoveries such as this makes one think that when you stare in awe at plants, they may be staring back.

Interestingly, another peculiar detail about this ability is how the plant doesn't need to be touching its host to simulate its appearance. These abnormal characteristics resulted in theories of how *B. trifoliolata* copies its host, including Gianoli and Carrasco-Urra's theory that chemical-volatile signals were released from the host plant. Speculations of gene transfer between the host plant and vine via airborne microbes, and the possibility of plant vision - based on plant ocelli - are both alternative theories. Plant ocelli is a concept, created in 1905 by Gottlieb Haberlandt, in which the upper epidermis cells have a convex shape that acts like a lens allowing light to converge into the light-sensitive subepidermal cells.

1. Jacob White & Felipe Yamashita (2022) Boquila trifoliolata mimics leaves of an artificial plastic host plant, *Plant Signaling & Behaviour*, 17:1, DOI: 10.1080/15592324.2021.1977530

By Naiya, Y12

Design by
Amalie, Y11



The Implications Of The Economic Sanctions Placed On Russia's Financial System

The morning of February 24th marked the day on which the world woke to the news of Russia's baseless and unjustified invasion of Ukraine. Whilst it was masked as a 'special military operation', it was clear that this was a mission to seize the independent state of Ukraine. However, it also initiated the unwavering support of numerous countries, one facet of which was the use of a number of economic sanctions against Russia, posed by a coalition of Western governments. These sanctions, strategically placed, were designed to target the core sectors which drive Russia's growth, in a powerful attempt to impede their abilities, yet in order to determine their success, it's important to evaluate the effectiveness of such sanctions and deliberate their implications.



With the Russian financial sector being the largest in Eastern Europe and Central Asia, attacks on this system could mean profound effects on their economy. Thus, the sanctions imposed had the hopes of weakening, and over time, dismantling Russia's ability to finance the war waged on Ukraine, in the long run bringing the invasion to a halt. One way in which this was attempted, was through Western governments working to weaken the power of the Central Bank of the Russian Federation, which crucially is

connected to the banks of other countries, in possession of money and other items of monetary value. It has the fundamental role of allowing smooth exchanges between countries and lending the relevant currency to banks in times of need. The US managed to immobilize \$300 billion worth of Russia's Central Bank assets, subsequently reducing the ease with which Russia purchases its weaponry, funds military, defence and domestic security costs. The effects of their smaller cash reserve can be seen as Russia plans to spend nearly a third of its 2023 budget on security while slashing funding for schools, hospitals and roads as it diverts cash to support its military campaign in Ukraine. The danger of this persisting, in the long run, is that once Russia reduces all non-essential spending, for example, on infrastructure and industrial sectors, Putin will be faced with the critical decision of either maintaining a functioning economy and a stable financial system or continuing the war.

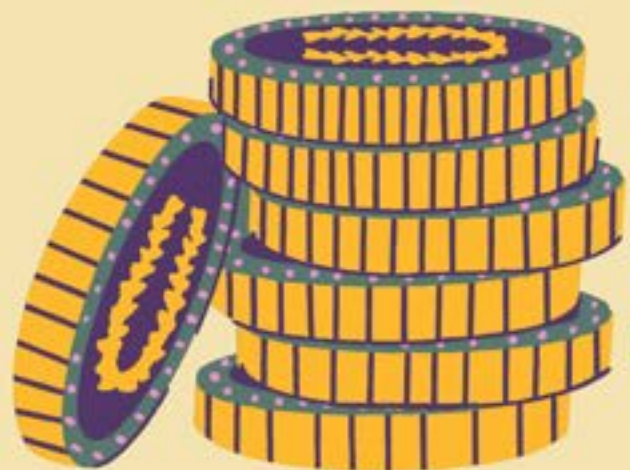
Another large sanction placed on Russia has been its expulsion from the SWIFT Banking system, which imminently severed them from the otherwise interconnected financial system. SWIFT, the Society for Worldwide Interbank Financial Telecommunications, is a messaging platform, that allows banks to make international transactions, sometimes worth trillions of dollars, with its advanced finance abilities and varying transaction options making it the dominant platform, even said to have been responsible for smoothing the entire global transaction process. As a result, the loss of SWIFT would be a strong hit to any economy, but to Russia particularly, as their "profits from oil and gas production account for more than 40%" of their revenue. Their lack of access to SWIFT is consequently another blow to their finances, prohibiting access to their profits.

This disruption of payments for its valuable energy and agricultural exports can and will do long term damage. Not having access to SWIFT means that Russian companies who sell energy cannot get paid with as much ease, resulting in major losses to their sales and affecting their profit margin, as well as leading to a decline in international business and further exacerbating their financial crisis.

So, how come there has been no announcement of a collapsed Russian economy or a victorious Ukrainian state? Well, on paper, the sanctions appeared to be a set of measures that struck at the heart of Russia's economy and would send their war plans crashing and burning, but Russia, in reality, has not quite been brought to its knees. Prior to the war, Russia had amassed a \$600 billion war chest to cushion itself in advance of the sanctions placed. Furthermore, Russia has forged new and profitable partnerships with a steady stream of buyers in India, China and Africa, rushing to buy its discounted oil. In fact, Russia's current account surplus hit a record high in 2022, due to their export income rising by more than 40%, and their economy grew more than the UK's in the last year. Moreover, lower imports combined with this expansion in oil and gas exports, have maintained the flow of foreign money, resulting in a healthy balance of payments. To elaborate, because of the ban on imports of things like technology, transportation equipment and other luxury goods, Russia does not need to use its money reserves on importing these goods, but instead, it still has a flow of income from the surged prices of its commodity goods and services sold to international markets. So, how come there has been no announcement of a collapsed Russian economy or a victorious Ukrainian state? Well, on paper, the sanctions appeared to be a set of measures that struck at the heart of Russia's economy and would send their war plans crashing and burning, but Russia, in reality, has not quite been brought to its knees. Prior to the war, Russia had amassed a \$600 billion war chest to cushion itself in advance of the sanctions placed. Furthermore, Russia has forged new and profitable partnerships with a steady stream of buyers in India, China and

Africa, rushing to buy its discounted oil. In fact, Russia's current account surplus hit a record high in 2022, due to their export income rising by more than 40%, and their economy grew more than the UK's in the last year. Moreover, lower imports combined with this expansion in oil and gas exports, have maintained the flow of foreign money, resulting in a healthy balance of payments. To elaborate, because of the ban on imports of things like technology, transportation equipment and other luxury goods, Russia does not need to use its money reserves on importing these goods, but instead, it still has a flow of income from the surged prices of its commodity goods and services sold to international markets. Though the introduction of the price cap was designed to limit Russian oil revenues while keeping the oil itself flowing, the higher priced oil has meant an increase in the value of sales of oil, in turn helping to relieve their economic health, and managing to keep the Russian economy afloat.

So overall, what has paradoxically been seen is that Russia's economy has not yet collapsed as a result of the sanctions, though this is not necessarily a reflection of their strength. It should be maintained that the implications of the economic sanctions will depend on the duration of the sanctions rather than the severity. It is difficult to predict these impacts with certainty, and the clarity needed can only arise with time.



By Mariah Y12
Design by Pearl Y7

Rocky Road – Chocolate Treat

125g of Unsalted butter
150g of Dark Chocolate (broken into pieces)
150g of Milk chocolate (broken into pieces)
3 tbsp Golden Syrup
100g of digestive biscuits (roughly crushed)
100g of mini marshmallows
50g of white chocolate (to drizzle)



How to make it:

1. Line a 24 cm/9" square baking tin with non-stick baking paper.
2. Heat the butter, chocolate and golden syrup in a pan until it melts. Remove from the heat once it is melted.
3. Stir in the crushed digestive biscuit pieces and marshmallows. Tip the mixture into the tin and smooth the top with a knife.
4. Melt the white chocolate and drizzle it over the top of the cake to decorate. (This step is optional)
5. Chill the rocky road in the fridge for about 2 hours until it is firm enough to cut and then enjoy your chocolate.

Bark – Chocolate Treat

Basic ingredients:

Popcorn
1 bar of White chocolate
1 bar of Dark chocolate
2 bars of Milk chocolate

How to make it:

1. Melt all the chocolates and mix them together
2. Spread a thin layer of the mixture on baking paper
3. Sprinkle pieces of popcorn on top
4. Put it in the fridge until it is hard and ready to be eaten

overheard @ SHHS

"I love Greek salad as much as I love my mum"

"They still have the lemon water, it's how you know this place is bougie"

"Hello Pater"

"That was outrageously feral of us"

"She thinks I'm a grape!" - "No! you're obviously a blueberry"

"If she was an egg, I have a feeling she would be hard boiled"

"Are my sweets on fire?"

"Get it right! It's not a hurdle, it's the heardle!"

"So what kind of yoghurt would you say I am?" [silence]
"You're skimmed milk"

"Do your parents know you're a mermaid yet?"

