BEE 3

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Flowers are blooming

in Antarctica

Theme explained

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Editor in Chief Charlotte Wiemann

Graphic Designer Reagan Verschelde

Editorial Team BUTTERS Beatrix, BARTOVIČ Alexandra, GOODCHILD Leonie, SKAČKOVÁ Valentina, STIEBER Mazal , SKACKOV Sergej , WIEMANN Charlotte

Managing Editor Merlijn Draisma

Contributors SCHMITZ Clara, BARTOVIČ Alexandra, BÉRESSE Salomé, WIEMANN Charlotte, SKAČKOVÁ Valentina, BUTTERS Beatrix, MEVIUS Timea, GOODCHILD Leonie Cécile, MELKA Nina, SZALAI Rita , BODEN MILLICH Louise, MONTGOMERY Maximilian, RODRÍGUEZ FERRÁNDEZ Cristina, MATOUSOVÁ Zora , STIEBER Mazal, SKACKOV Sergej , FREYTAG Emma , MEIMARIDIS Aggelos, XENAKIS Loukas Philippos, VAN DEN WYNGAERT Thomas, PERL Elisa, KONJEVOD Ema, BILIC Klara, WOEHLBIER Alicia, GROSS Charlotte, VERSCHELDE Reagan, D'CUNHA Mathilda, IONESCU Natalia, PALANOVA Mariana, LESEMANN Ela, GROSS Charlotte

Editorial address BEE3 c/o European School of Brussels 3, Boulevard du Triomphe 135, 1050 Brussels, Belgium.

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FLOWERS ARE BLOOMING IN ANTARTICA BY REAGAN VERSCHELDE

The title of this issue is a code phrase used by climate activist to call for action against climate change; "FLOWERS ARE BLOOMING IN ANTARTICA". This slogan can be misleading if taken literally as flowers how been blooming in Antarctica for a long time now and I'm here to talk about that.
Climate activists using this code phrase imply that because of global warming flowers are just now blooming but what is happening is actually way more complex, the two only plants growing in this ice desert are the Antarctic pearlwort [Colobanthus quitensis] and the Antarctic Hair Grass [Deschampsia antarctica]. The problem is that those two species have been experiencing an exponential growth rate compared to the previous decades, and the ecosystem they live in isn't prepared for such rapid plant growth. This causes serious problems to Antarctica's native flora, primarily composed of mosses and lichens, as these slow-growing species have evolved to play a crucial role in the harmony of their ecosystem and are now being put in competition with the two species mentioned earlier. The threat of competition for resources caused by the overwhelming growth of these plants could disrupt the very fragile ecosystem in which they are which would cause disastrous outcomes for the continent's flora and fauna. If you want to know more about this subject I recommend you to go read this amazing article published by Earth-Org and written by Geetika Singh named "Antarctica's Floral Awakening: How Climate Change is Transforming the Continent's Ecosystem";

Thanks, and have fun reading this issue about the environment and other super interesting themes!

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Covers by Reagan Verschelde
Layout Reagan Verschelde

Hello, Hello!

First issue of 2024 is out! The Bee hive, Reagan and I have worked tirelessly for this issue and thanks to hard efforts and tremendous teamwork we have been able to get this far, once again.

This issue's theme is all about our environment explained in Reagan's introduction. If you flip over some pages you will find articles related to the main topic: renewable energy (pg. 4) progress in sustainable agriculture (pg. 6) and other positive developments towards a healthier planet (pg. 20).

However we will also share some other articles with you in this issue, concerning social media and how it affects our brain and mental wellbeing. If that sounds interesting, continue to page 27 (When did my eyes start to look like screens) or to page 29 (how to stop negative self-talk).

If you are looking for something more philosophical and the big questions of life, I suggest you peek into the articles on page 12 or page 9. There you will learn about personality, who we are and why we are that way, or you can read about the definition of life. On page 16 you will learn about what it takes to go to the moon (and further) and on page 11 you might discover your new favorite book.

I also suggest you to skim through the article about GMO (pg. 15). If GMO doesn't sound familiar to you, go read about it right now – it's very interesting! And if you are almost sixteen or older (and even if not :)) I highly recommend you to go to page 24 - a guide to the European Elections.

If you are needy of some motivation or a nice laugh sounds right, flip or scroll to page 26 (Motivation) or page 31 (Easter Jokes). Have fun reading and exploring the honey the hive has prepared for you, Charlotte

Editor in Chief

Les énergies renouvelables

Que-ce que c'est les énergies renouvelables ?

SASHA HENDRICKS

Les énergies renouvelables proviennent de (res)sources illimitées qui se renouvellent à un rythme supérieur à celui auquel nous les consommons.

Elles eprésentent une alternative durable contrairement aux énergies fossiles. Ces ressources d'énergies sont produites à partir de ressources naturelles inépuisables comme le soleil, l'eau, le vent, la biomasse et la chaleur terrestre. Leur utilisation constitue une solution idéale pour répondre aux défis environnementaux actuels, notamment le changement climatique et l'épuisement des ressources non renouvelables (pétrole, gaz...).

Les avantages majeurs de ces sources d'énergies sont les caractéristiques d'être renouvelables et propres, réduisant au maximum les gaz à effet de serre et contribuant ainsi à la lutte contre le changement climatique. Leur utilisation augmente, car beaucoup prennent conscience des effets néfastes des énergies fossiles.

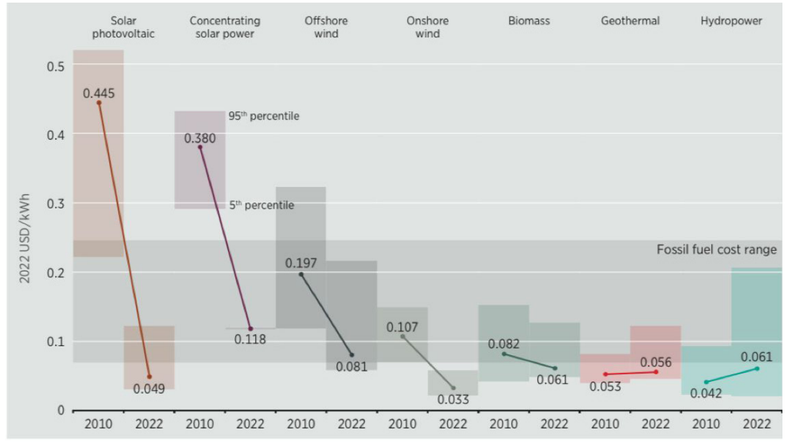
En ce qui concerne les énergies fossiles, elles présentent un dilemme. En effet, bien que des avancées technologiques aient amélioré l'efficacité d'extraction et de combustion des énergies fossiles, ces améliorations ne résolvent pas les problèmes fondamentaux tels que les émissions de gaz à effet de serre.

Les énergies fossiles, comme le pétrole, le gaz et le charbon, sont donc des ressources limitées et non renouvelables. Leur extraction intensive a des conséquences dévastatrices sur les écosystèmes, épuise les réserves mondiales et entraîne des conflits géopolitiques liés à leur accès.

Ce qui pose question, c'est que le changement vers les énergies renouvelables, ce que nous appelons « transition énergétique », nécessite beaucoup d'investissement dans la recherche pour le développement des technologies et la mise en place d'infrastructures adaptées comme les centrales de production d'énergie, les réseaux de transmission et de distribution. Ces investissements financiers importants sur le court terme vaudront la peine sur le long terme car le prix des énergies fossiles continuera d'augmenter au vu de leur limitation. De plus, les coûts liés aux impacts environnementaux (disparition d'écosystème, d'espèces, etc.) des énergies fossiles ne doivent pas être oubliés. Malgré ces défis, les énergies renouvelables permettent un potentiel considérable pour un avenir énergétique plus propre, durable et respectueux de l'environnement.

Sur le plan économique, les énergies renouvelables offrent des perspectives positives. L'industrie des énergies renouvelables a connu une croissance significative ces dernières années, offrant des emplois et encourage le changement technologique. Les coûts de production d'énergie renouvelable ont fortement diminué en particulier pour l'énergie solaire et éolienne, les rendant plus accessibles pour tout le monde. Les investissements pour les énergies renouvelables changent également l'économie locale et réduisent la dépendance aux pays qui importent des énergies fossiles comme la Russie, et les pays situés dans le Moyen-Orient.

Les énergies renouvelables sont souvent considérées comme favorables pour la santé publique. En effet, les émissions polluantes des centrales électriques et des véhicules fonctionnant aux combustibles fossiles sont une grande source de pollution de l'air. Les particules fines, les oxydes d'azote et d'autres polluants atmosphériques peuvent avoir des effets néfastes sur la santé respiratoire, par exemple des maladies telles que l'asthme, les maladies cardiovasculaires (poumon et cœur), et même des problèmes neurologiques. Nous pouvons également citer le problème de sécurité dans les centrales nucléaires qui est un très grand risque pour les humains et les animaux qui se trouvent dans le pays/la ville car il peut y avoir des accidents (ex : Tchernobyl), ou même, en cas de guerre, ces centrales peuvent être la cible principale. En comparant avec les énergies renouvelables, les technologies utilisées pour capturer l'énergie solaire et éolienne ne produisent pas de polluants atmosphériques ce qui réduit les risques de problèmes de santé.



En ce qui concerne la sécurité énergétique, les énergies renouvelables sont accessibles localement, ce qui réduit ainsi la vulnérabilité aux problèmes extérieurs comme les conflits géopolitiques, ou les accidents dans les régions productrices de pétrole. Les installations de production pour les énergies renouvelables peuvent être déployées sur de grands territoires, qui malheureusement peuvent poser question sur l'impact de la faune et la flore (ex : impact d'un champ d'éolienne sur les oiseaux migrateurs).

En revanche, la dépendance aux énergies fossiles expose également des vulnérabilités économiques et géopolitiques. Les énergies fossiles sont inquiétantes pour la sécurité de l'approvisionnement. Cette limitation conduit également à des tensions pour l'accès aux ressources. L'augmentation des prix du pétrole peuvent avoir des impacts majeurs sur les économies nationales, entraînant des crises énergétiques, et des instabilités politiques.

En réduisant la dépendance aux énergies fossiles, nous réduisons les risques liés aux augmentations des prix du pétrole et aux tensions géopolitiques associées à ces ressources. Les énergies renouvelables offrent une palette complète d'avantages, car en permettant aux communautés, aux entreprises et même aux nations de produire leur propre énergie, ces sources offrent une indépendance énergétique précieuse. Cette autonomie énergétique peut avoir des avantages économiques, environnementaux en particulier pour les régions assez éloignées ou mal desservies par les réseaux électriques.

Les coûts associés aux impacts environnementaux des énergies fossiles, tels que les problèmes de santé, les dommages causés par les marées noires, et les coûts de la lutte contre le changement climatique sont rarement inclus dans le prix. L'extraction du charbon peut entraîner la déforestation, la destruction d'habitats naturels et la contamination des sources d'eau.

En revanche, les installations de production d'énergies renouvelables ont un impact environnemental plus faible avec des risques moindres de catastrophe écologique et elles présentent des coûts externes nettement plus bas, apportant ainsi une économie durable à long terme.

En conclusion, les énergies renouvelables offrent un ensemble d'avantages, dépassant largement la simple production d'électricité. Leur impact positif sur l'environnement, et la promotion de l'autonomie énergétique nous mènent sur la bonne voie. Comparées aux énergies fossiles, ces sources renouvelables présentent une multitude d'atouts, montrant la nécessité et les bénéfices d'une transition vers des solutions plus propres. En mobilisant les ressources et en favorisant des politiques plus favorables, nous pouvons accélérer cette transition.

Rêve de progrès dans le potager

Le réchauffement climatique, quel vaste sujet !

LILIANE HILLMAN/ ILLUSTRATION ELISA PERL

Quand nous parlons de cette crise, tant de causes individuelles sont identifiées, avec un sentiment d'urgence et un impératif qui serait d'éradiquer les mauvaises pratiques et autres facteurs négatifs pointés du doigt par les scientifiques. Et parmi cette multiplicité de facteurs, l'un des phénomènes les plus dévastateurs pour notre environnement et sa biodiversité est également une base essentielle des sociétés humaines. Je veux bien évidemment parler de l'agriculture.

L'agriculture est indispensable à la survie de l'humanité. Sans elle, nous ne pouvons pas nous nourrir. Elle a également représenté un point pivot du développement de l'homme, en permettant à l'Homo sapiens de se sédentariser et de créer les cultures et les civilisations que nous connaissons aujourd'hui. Nous ne pouvons pas penser à l'humain sans penser à l'agriculture. Ce sont également les progrès réalisés dans l'agriculture qui ont permis d'augmenter les rendements, d'éviter les famines et de permettre l'accroissement de la population humaines au cours de l'histoire. Aujourd'hui, elle permet de nourrir environ 8 milliards d'êtres humains dans le monde.

Pourtant, l'agriculture moderne, intensive et productiviste, est aujourd'hui reconnue comme étant complètement dévastatrice pour la biodiversité des parcelles cultivées et comme appauvrissant énormément les sols. Nous plantons n'importe quoi n'importe où, au détriment du fait que toutes les cultures ne conviennent pas à tous les environnements. Certains milieux naturels sont actuellement détruits par la culture intensive de plantes qui ne leur conviennent pas. A cela s'ajoute le problème de la rareté croissante de l'eau dans certaines régions.

L'agriculture intensive n'est donc plus forcément soutenable. Cependant, contrairement aux autres causes du réchauffement climatique, on ne peut pas imaginer s'en passer, et nous ne pouvons pas jouer au jeu de "à qui la faute" avec ce problème particulier. La complexité du sujet est donc importante et le problème ne peut pas être réglé facilement, ni de manière forcée. Toute réforme du système actuel fait toujours la une des informations, soulève les passions, est forcément controversée. Pourtant, il faudra bien un jour trouver une solution !

La recherche d'une réponse à la question de l'agriculture a logiquement fasciné l'esprit humain. Le problème a été abordé de très nombreuses manières. Les scientifiques se penchent évidemment beaucoup sur la question, mais pas seulement. Ils sont accompagnés par une ribambelle de rêveurs et d'artistes, qui sont tout autant fascinés par cette question. Comment nourrir l'humanité sans détruire la nature et les équilibres planétaires ?

L'amplitude du problème à résoudre nécessite l'intervention de rêveurs, car tout grand changement commence toujours par des projets un peu fous, et un changement dans l'imaginaire collectif. Car sinon, comment porter un changement systémique et comment accepter les renoncements éventuels que celui-ci va forcément induire ?

Alors, je vous propose chers lecteurs, de nous laisser rêver quelques instants.

Les gens ont toujours rêvé d'un futur écologique meilleur, où la science, la nature et l'agriculture marcheraient main dans la main. Cela se voit dans de nombreuses œuvres de fiction, de livres et d'œuvres arts. Depuis la fin des années 2000, un mouvement nouveau a même vu le jour, le Solar punk, qui rassemble dans un seul imaginaire une collection de jeux et de créations qui se revendiquent de cette esthétique. Ce sous-genre de la science-fiction propose un monde reposant quasiment exclusivement sur des énergies vertes, et où la science et la nature arriveraient à fonctionner de manière symbiotique. Un monde où on verrait des dirigeables, beaucoup d'énergies vertes (comme le soleil, d'où son nom !), un retour vers des villages plus simples et une dimension locale, un habitat humain qui se fondrait plus harmonieusement dans la nature. Dans cet imaginaire particulier, un des thèmes principaux est souvent l'agriculture. La vision proposée de l'agriculture met l'accent sur des pratiques renouvelables, et sur le respect des rythmes naturels et des saisons.

Certaines productions récentes que vous avez peut-être déjà vues reprennent les codes Solar punk de l'agriculture, dont par exemple :

Le début du film "A Strange world" par Disney, qui présente une ferme fonctionnant en symbiose avec la nature et la technologie, où les habitants sont autosuffisants et vivent dans un mélange de confort moderne et de ruralité bucolique ;

Certains courts métrages et publicités, comme la pub pour Chobani par The Line, sont de parfaits exemples de Solar punk, et je vous invite à les chercher et à les regarder si vous voulez rêver un peu ;

Et enfin un nombre impressionnant de dessins et de croquis peuvent être trouvés sur internet, qui contribuent à développer l'agriculture alternative imaginée par ce mouvement. Regardez simplement ce qui peut être trouvé avec une recherche "fermes verticales" ou "fermes Solar punk".

Mais les artistes ne sont pas les seuls à rêver, et les scientifiques ont également contribué à dessiner les contours de ce futur utopique, en utilisant parfois les mêmes codes. Parmi les nombreux rêves et projets environnementaux, l'agriculture a été un des premiers domaines d'étude, et de nombreux projets sont déjà en place à titre de prototypes.

Ces projets ont pu voir le jour grâce à la motivation des gouvernements et des acteurs économiques mais ils ne pourraient pas avoir été conçus par les scientifiques s'ils n'avaient pas été rêvés avant. La plupart des inventions modernes n'ont-elles pas été imaginées préalablement par des auteurs de science-fiction ?

Alors je vous propose de passer de ces rêves purement théoriques à quelques exemples pratiques de solutions proposées récemment pour dépasser l'agriculture intensive actuelle. Une solution beaucoup discutée actuellement est la culture dans la ville même, ce qui a l'avantage de réduire les circuits de circulation (et donc la pollution due au transport des produits) et d'augmenter les surfaces cultivées sans empiéter sur la biodiversité de plus de terrains (en évitant de défricher des parcelles jusqu'ici laissées à la vie sauvage).

Ces exemples peuvent être trouvés partout sur la planète, ce qui est très positif. Certains sont tout près d'ici, d'autres beaucoup plus loin.

En Asie, par exemple, une ville a déjà commencé à incorporer de nouvelles méthodes d'agriculture au milieu des immeubles et du béton. Je vais vous parler de Singapour et de sa nouvelle tendance des fermes urbaines. Il y a déjà quelques années un bon nombre de projets s'y sont mis en place, d'abord pour répondre à un problème typique du lieu : le fait que le territoire de Singapour est actuellement complètement urbanisé et dénué de ressources naturelles, ce qui a induit une totale dépendance de sa population aux importations alimentaires venant de l'étranger - ce qui est bien sûr une position dangereuse pour un État souverain. Des projets de fermes urbaines ont donc vu le jour, plus ingénieux les uns que les autres. Leur devise était de faire pousser leur propre nourriture sur les blocs de béton et de considérer tout terrain comme un potentiel jardin comestible.

Plusieurs solutions ont été trouvées pour atteindre cet objectif. Premièrement, occuper tout l'espace possible : les toits, les terrasses, les couloirs dans les complexes d'appartements, tout pouvait être utilisé pour créer des potagers. Certains de ces potagers fonctionnent avec des méthodes traditionnelles malgré l'environnement atypique (utilisation de pots, d'un peu de terre, d'eau et de soleil), mais certains ont utilisé d'autres techniques. Un premier exemple est celui des fermes verticales tournantes de Singapour, qui font circuler des plantes sur une grande courroie verticale, qui amène régulièrement celles-ci tantôt vers le soleil (au sommet), tantôt vers une source d'eau et d'engrais naturel (arrosage au bas du circuit). Ce système permet de multiplier l'espace utilisé pour les plantations, avec une faible superficie au sol.

Une autre technique, déjà connue et utilisée en Europe depuis les années 70, est celle de l'aquaponie, qui repose sur une relation symbiotique entre des poissons et des plantes cultivées. Les fermiers urbains de ce type d'établissement élèvent des poissons, et établissent un circuit de circulation de l'eau qui part des bassins des poissons pour amener l'eau jusqu'à des plantes qui vont être cultivées hors sol. Sans avoir besoin de terre, ces plantes vont plonger leurs racines dans une eau chargée des déjections des poissons, riches en nitrates et autres éléments nutritifs. Elles vont donc pouvoir pousser directement sur les tuyaux, et pourront être cultivées de

manière horizontale, multipliant encore une fois l'espace utilisé.

Enfin, une des techniques qui pour moi est la plus importante dans ce type d'expérience est l'accent mis sur l'éducation des Singapouriens. Beaucoup de ces associations de fermiers urbains proposent des formations et une sensibilisation dans les écoles. Ils prônent une sensibilisation des enfants au travail de la terre et aux efforts réalisés pour produire les aliments qui se retrouvent plus tard dans les assiettes des consommateurs. Grâce à ce type d'actions, ils espèrent apprendre aux enfants à consommer de manière responsable, à éviter le gaspillage et à peut-être plus tard développer leurs propres potagers.

Pour finir, et parce que l'Europe et nos propres concitoyens ne manquent pas non plus de bonnes idées, saviez-vous que la ville de Bruxelles compte 4 projets de fermes urbaines, qui réussissent à ramener la nature au cœur de notre ville ? L'une d'entre elles est un potager collectif urbain nommé "Le début des Haricots", qui fait la promotion de l'agriculture urbaine durable en collaborant directement avec des familles et en veillant à ce que les plus petits intègrent le développement et la pérennisation des potagers collectifs de quartiers bruxellois, afin qu'ils puissent fonctionner de manière autogérée.

Et vous souvenez-vous de l'aquaponie ? Eh bien il y en a aussi à Bruxelles ! La ferme Abattoir, située sur les toits des anciens Abattoirs d'Anderlecht, est la plus grande ferme urbaine d'Europe avec une surface de 4 000 m2.

Voilà qui donne un peu d'espoir dans un monde où les perspectives d'avenir sont présentées par beaucoup comme de plus en plus sombres. Et peut-être arriverons-nous un jour à développer quelque chose qui se rapproche de nos rêves ?

The definition of life

„Life "- we all live a life. But what is the definition for it?

ALICIA WOEHLBIER

A question that millions of people have asked themselves, and nobody has yet found the perfect meaning for life, because there are too many different ones.

The basic definition: we can define life as the period from birth to death. Not only humans live a life, but animals and plants live it too, their life is not that different from human life. The first step of life is always the birth. We usually don´t remember our first 3 years of life, but we neither remember every moment that we have lived. Every life ends at one point with the death. Some people live longer than others. That means that, every adult was once a child, but not every child will become an adult. This sentence may be hard, but that is true. Life is not always fair. The length of people's life is not predictable, but if you live a healthy life, the chance that you may live longer might be higher.

The entire life depends on little things and decision you must take. For example, if you decide to go to another environment your entire life is going to be different, as if you stay where you currently are.

But the main difference of your life depends on where you were born. If you were born in another country, you possibly wouldn't read this. If you are born in Belgium, the medicine is better than in other countries, that means that if you are sick, you have the possibility to go to a doctor who can probably help you. However, if you are born in a country, where the hygiene is bad, and you do not have the opportunities to go to a doctor, then you may turn sick faster and you risk not to get better. There are some diseases that people in most parts of Europe cannot get, because we are able to have good hygiene.

All lives on earth are different. That means that nobody has the same life as you do. In life you can't go back, if you start something and you aren't happy about the beginning, you can't change the past, but you can start where you are and change the ending.

A poet that describes that my personal meaning of life can be totally different from others: the meaning of life has no definition, it's never the same, how it's different, makes it unique, for every living soul. My meaning of life is like a tree filled with leaves, some leaves fall, and others don't, like a million of stars stuck in space, waiting to be discovered, like fire can war or peace, like money, used and wasted, abused, and hated, loved, and wanted, but is there a meaning to you? Is there a meaning to your life? I don't know, you decide. - Emily David

Life can only be understood backwards; but it must be lived forward.

Sea Shepherd

SASHA HENDRICKS

Que-ce que c'est Sea Shepherd ?

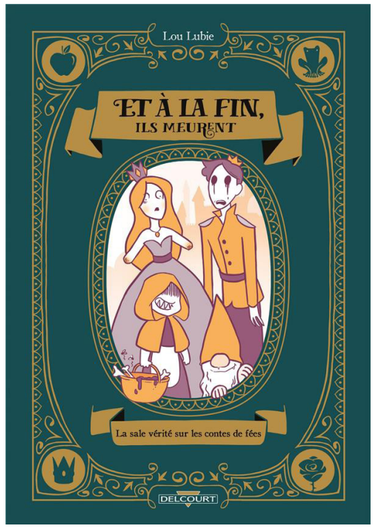
Sea Shepherd est une association qui a été créé pour protéger la faune marine et pour lutter contre les activités illégales en pleine mer. Elle a été créée par Paul Watson à Vancouver, au Canada, en 1977. Cette association compte aujourd'hui plus de 20 pays qui travaillent ensemble pour un meilleur avenir marin et des campagnes d'actions directes à travers le monde.
En 2013, Sea Shepherd Global a été créé à Amsterdam, pour coordonnés les communications de la flotte marine de Sea Shepherd en dehors des États-Unis.
Sea Shepherd surveille que les lois, qui protègent les animaux et l'océan, sont bien respectées et le fait savoir aux autorités quand elles ne le sont pas.
L'association travaille avec Interpol (Organisation internationale de police criminelle), des polices maritimes, et des parquets nationaux.
Leurs modes d'actions sont de travaillé avec les autorités locales et par « agir » directement. Les bateaux de Sea Shepherd, dont la majorité du personnel est constitué de bénévoles, ont réussi à sauver plus de 6000 baleines des bateaux japonais dans les eaux antarctiques, sauver des phoques, et récupérer des kilomètres de filets de pêches illégales.
Début de l'année 2015, un des bateaux de Sea Shepherd a poursuivis pendant trois mois sans relâche le bateau « Thunder », qui était l'un des plus célèbres navires braconniers recherché par Interpol, jusqu'à ce que le « Thunder » coule par faute de son capitaine. Cette aventure a duré 110 jours et elle est la plus longue traque du monde maritime. En 2021 l'Actes Sud a publié un livre qui retrace cette aventure.
Le but de Sea Shepherd est de protégés toute la vie marine.
Voici un dicton de Paul Watson, le créateur de Sea Shepherd : « Si l'océan meurt, nous mourrons tous. Aujourd'hui, nous sommes peut-être considérés comme des extrémistes par certains, mais pour les générations futures, nous serons de bons ancêtres. »
Pourquoi l'association Sea Shepherd est-elle en colère contre Greenpeace ?
En 2015, Sea Shepherd a publiquement exprimé sa colère envers Greenpeace pour plusieurs raisons notamment pour la méthode inefficace dans la lutte de sauver la vie marine, et à l'utilisation des fonds, car Sea Shepherd pense qu'ils doivent moins investir dans les campagnes de publicités et plus agir sur le terrain.

Buy these books! (or borrow them) by Emma Freytag

Bonjour et bienvenue dans la section recommandation de ce journal ! Cette fois-ci, je vous ai préparé des pépites qui plairont à tous les gouts. Nous avons une autobiographie historique fictive, un essai sous forme de bande dessinée ainsi qu'un roman sur le thème de l'art et de la passion. Avec ces œuvres, j'ai essayé de me sortir de ma zone de confort, j'espère que vous en ferez de même. Qui sait, vous trouverez peut-être votre nouvel ouvrage préféré ? Je vous souhaite comme toujours une agréable lecture !

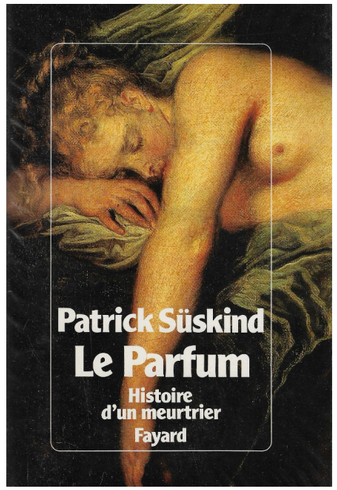
La mort est mon métier - Robert Merle

Incroyable récit biographique. Robert Merle nous permet de vivre ces horribles années de la deuxième guerre mondiale du point de vue d'un soldat Nazi (et pas n'importe lequel). Lire la vision du monde de cet homme, se plonger dans ses pensées était une expérience dure, souvent dégoutante et pourtant si intéressante. J'ai été horrifiée, touchée, en colère. Ce livre attrape le lecteur et ne le lâche pas jusqu'au bout, par son intrigue ou les sentiments qu'il fait ressortir. ***La mort est mon métier*** est une lecture nécessaire pour une bonne compréhension de la philosophie nazie de ce temps. Au-delà de ses vertus introspectives, Robert Merle écrit avec une plume très simple, rendant le livre accessible à tous. Je recommande vivement.



Et à la fin, ils meurent : La sale vérité sur les contes de fées – Lou Lubie

Une bande dessinée illustrant un essai sur les contes de fées, particulier pas vrai ? Cette BD est un livre-objet magnifique, parfait pour un cadeau en somme. Chaque chapitre comporte soit une analyse de contes, soit une des nombreuses versions de ces mêmes contes racontée en dessins. La petite sirène, cendrillon, la barbe bleue, et tant d'autres contes sont illustrés, sans la censure de Disney cette fois. L'humour apparent de l'autrice (et illustratrice) rend cet ouvrage très ludique et amusant à lire. Je dirai qu'il s'agit d'une lecture très légère et prenante tant grâce au fond qu'à la forme. Comme son titre l'indique ***Et à la fin, ils meurent : La sale vérité sur les contes de fées*** nous permet de voir un côté beaucoup plus cru et violent de ces contes dont nous avons l'habitude d'entendre les versions « sages ».



Le parfum, l'histoire d'un meurtrier– Patrick Süskind

Roman très intéressant que ce soit au niveau des thèmes ou de l'intrigue. Les personnages sont toujours très développés et nous permettent de nous plonger complètement dans la France du XXIIIe siècle. Ce livre raconte l'histoire d'un jeune homme, Grenouille, né sans odeur et ayant un sens de l'odorat incroyablement développé. Il s'agit ici d'une quête de l'odeur parfaite, d'une passion profonde ainsi que d'un artiste. Même si le sous-titre de l'œuvre annonce l'histoire d'un meurtrier, il m'a plutôt semblé rentrer dans la vie d'un artiste dépassé par son perfectionnisme. Dans tous les cas, ***Le parfum*** était une lecture très agréable et rapide à lire grâce à ses courts chapitres. Je recommande vivement à toute personne qui a aimé ***Frankenstein*** ou ***le Prométhée Moderne de Mary Shelley***.

“Who am I?” - Looking into our Psychological Mirror

“Who am I?” Sounds like an incredibly philosophic question, no? Well, in a sense it is, because I am convinced most of you could (hopefully) tell me your name, age and so on and so forth. But are these truly the only things that define you? Not really.

EMA KONJEVOD / ILLUSTRATION ELA LESEMANN

“Who am I?” stands in a different light when you think about it like that. The main difference between humans and other mammals is consciousness. We know we exist; we choose what our next step is, and we can do so while considering consequences and not only relying on primal instincts. We control what we do. Well at least sometimes, that is. In other situations, a quick response is needed, we tend to act in our own interests. When under pressure we cannot really think too much. But unlike other mammals, humans no longer have the sole interest of survival. Because of the world we live in today, extremely few to no people must fight for basic needs. The system may not be great, but the basic needs get covered. So, with the passing of time and the standard of living increasing, people wanted more. Compared to the hunter and gatherer in the stone age, the present human has a lot more time to think. Who do we want to be? Personalities get increasingly shaped by our own will. But how do they get shaped in the first place?

While genetics, our own decisions as well as other factors play a role, nothing is even nearly as important as our surroundings. They play a crucial role. But to understand why that is so, we need to dig a bit deeper into the process of forming a personality. This process is a highly researched topic, but while there are many theories, there is no clear “solution”. The theories I’ll be using here are Maslow’s Humanistic theory and the Trait theory, largely defined by Gordon Willard Allport.

Maslow claims that humans make choices based on an ultimate desire for self-excellence and that personalities are based on subjective experiences and individuals’ interaction with their environment. This theory then led to Maslow’s well-known Hierarchy of Needs Model, that wants to show that once a certain set of needs is met, an individual moves to the “next level”, and once that set of needs is met, you move further, climbing up the pyramid. The original order of the needs is as follows: at the bottom, the most important, are physiological needs. Right next is the need for safety and security, so the need for health, employment, family etc. After those needs are fulfilled, the human feels the need for love and belonging. Friendship, family and intimacy belong to this level. When this need is satisfied, it’s time for the highest set of needs most people achieve, the need for self-esteem. It is the need for confidence, achievement, the respect of others, status and primarily the need to be a unique individual. And even though this level is not the last, it is, for many people, the highest they achieve. This is due to the complex nature of the last level, the self-actualization needs. These are associated with the full realization of a person’s potential. Maslow describes it as “becoming everything one is capable of becoming”. This is the need that varies the most because every individual perceives this need differently. For example, while one person might strive to win the Olympics, another person’s biggest desire might be to become the ideal parent. Due to the perfectionistic nature of some people, they never feel satisfied with what they’ve achieved, thus never feeling truly fulfilled. Maslow explains that most humans experience peak moments, which are transitory moments, where they do experience self-actualization, but only for short periods of time. Moments like these are usually personally significant events, for example childbirth, sporting achievements or things like examination success. But because these things are hard to achieve repeatedly and difficult to maintain, they are only considered peak experiences, not true self-actualization.

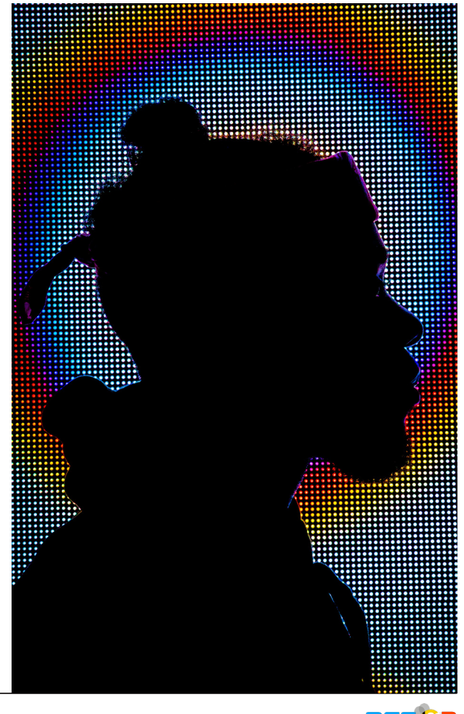
Now, having discussed all this, it is important to note, that: depending on outer circumstances as well as genetics, some people don’t really have to fight for some of these needs, as they are already fulfilled upon birth, while others can’t ever fully fulfill them. (A billionaire's daughter’s physiological needs, safety needs as well as esteem needs are not something she really has to fight for much, opposing to an immigrant child with a chronic illness, such as diabetes. They must fight for safety needs, esteem needs and sometimes even physiological needs.) But Maslow states, that the pyramid does not follow a strict linear order, that the human wants to fulfill multiple needs at once or doesn’t feel the need to fulfill one at all. (This would mean that a starving person might theoretically achieve self-actualization before fulfilling their physiological needs. It could also mean that someone values esteem needs over love needs, or love needs before all others.) This depends on the person themselves. On their personality traits.

This concept of traits was mostly defined by Gordon Willard Allport, who claims human actions

are influenced by a set of traits, which can be defined as habitual patterns in behavior, thought and emotion. There is no clear solution to the origin of our traits, but that doesn't influence the theory much. Usually, when categorizing the traits, they're put into three groups: cardinal traits, central traits and secondary traits. Cardinal traits are rare, a person would probably have one, maybe two or three, but this is the smallest category. Cardinal traits influence basically every aspect of behavior and personality. When reacting or deciding something, our cardinal traits will influence the outcome a lot. You can usually identify a person's cardinal traits soon into a relationship, as they are easy to discover by taking a closer look at the person's actions. A cardinal trait is so strong that pretty much no matter the circumstances, it won't change. (A truly kind person will always stay kind, even if they're having a terrible day.) Cardinal traits are then followed by central traits, which are more numerous. There are usually between five and ten central traits, which are the basic qualities of an individual. They might include things like intelligence, shyness, honesty or perfectionism. While these traits do not change much, they are more adaptive compared to cardinal traits and not as present in our actions, but still noticeable. The last group of traits that Allport describes are secondary traits. These traits include preferences for certain colors or foods and can change. They aren't very present in decision-making and don't affect our life too much. Secondary traits are the biggest group with about twenty traits.

This theory explains the phenomenon of a personality as the combination of all traits a human has. A similar thing to this theory is the well-known MBTI. It evaluates a personality by deciding if a person is extroverted, introverted, sensing or intuitive, thinking or feeling, judging or perceiving, thus creating sixteen individual categories. Even though this is a pseudoscientific self-report questionnaire, it can help identify cardinal traits. How it works is that it asks you some questions to find out if you are socially introverted or extroverted, if you take information in a sensing way (realism, practical ideas etc.) or intuitively (possibilities, theoretical ideas etc.), if you make decisions in a thinking way, or in a feeling way and if you live your outer life judging (respecting deadlines, organized, etc.) or perceiving (flexibility, open options, etc.). It then takes the first letter of the four options you fit better and assigns you to a group. For example, an INTJ personality is introverted, takes information intuitively, makes decisions thinking, and lives their outer life judging.

Essentially, I think that all the theories above combined could be the best solution. Because, while our behavior is influenced by the needs we want to fulfill, our traits define the importance of those needs to us. Some people care about status more than love, some care about love more than anything else. We are all unique individuals, and psychology still isn't sure why we are the way we are. Forming a personality is a highly researched topic, but there is no real "solution". So, let's ask ourselves once again, "Who are we?", but most importantly, after we find the answer to that question, let's say: "I love who I am. I've made it so far."



GMO - Yay or nay?

EMA KONJEVOD

Genetically modified organisms, also known as GMOs, have been a controversial topic on the world stage for a while now. But what exactly are GMOs? Encyclopaedia Britannica defines them as: "Organisms whose genome has been engineered in the laboratory in order to favor the expression of desired physiological traits or the generation of desired biological products." This definition is a bit complicated, and honestly it took me some time to understand, so let me try break it down for you. This basically means that, scientists take a complete set of DNA in an organism, the genome (almost every human cell contains the genome, but this may differ in other species), which holds all the information needed for an organism to develop and grow, to then alter them in a laboratory, at molecular level, in order to get specific result, like a stronger type of apple, or a bigger, more resilient strawberry. (It is important to note that while reproductive cloning is a type of GMO, it isn't the topic of the article, as here we will be focusing on recombinant DNA technology mostly.) Now, the difference between GMO and selective breeding, is that selective breeding has strong limitations, like the fact that making a tiger and a horse have a tigerhorse baby is literally impossible, GMO is far less limiting. It allows very distantly related organisms to combine, making many new things possible. But now the question arises: Are GMOs good?

Now this is where the controversy comes in. You see, GM crops can be great, really. This technology can work wonders for certain crops, but it poses lots of questions. Let's look at the statistics. By 2015, about 90 percent of the corn, soybeans and cotton planted in the US were genetically engineered. And this had a reason: scientists had found a way to make these plants practically entirely bug resistant. And it was all thanks to this one little bacterium. The Bacillus thuringiensis. This little organism contains a gene which produces a natural insecticide called Bt toxin. And it really worked wonders. But all good things must come to an end, and so did this. Well not entirely, but let's compare: GM cotton farmers in China, who acquired the crop in 1997 reported that pesticide use had decreased by 50-80 percent and that their earnings had increased by about 36 percent. Life was Vegas for a while. But then, those farmers, who had been farming this Bt cotton for several years now, started reporting that the benefits of this "magical" cotton was eroding, because secondary insect pest were increasing, forcing farmers to start using pesticides again, in order to protect their crops. This was already bad, but the cherry on top was, that many major cotton pests were evolving Bt resistance, meaning that this technology had become entirely useless. The world, scared by what it witnessed, started to resist GMO. Fears of the evolution of insecticide-resistant "superbugs" was spreading. Other people, impressed by the strength of these plants, started arguing that while they are useful, they may start spreading amongst native flora and thus destroy biodiversity, because they'd outpower the native plants.

But environmental concerns weren't the only ones. What would happen in the long-term when humans started consuming GM crops? The EU wasn't happy with that uncertainty. In the late 90s, the EU declared a moratorium on the use and import of GM food and crops in general. However, this ban led to numerous trade disputes with other countries, especially the US, where GM foods were openly accepted. The World Trade Organization considered this unjustified, which led to the EU allowing the import of certain GM crops. The European Union then implemented strict labeling laws, requiring the labeling of all foods if they contained or consisted of GM products by more than 0.9 percent. The US did not require labeling at all, but there have been debates on national level regarding this issue.

In conclusion, I believe that GMO can be as much of a curse as a blessing, but when put in the right hands with the right research, it can be a great tool, pushing humanity onward.

What it takes to get to the Moon... And further

THOMAS VAN DEN WYNGAERT

Artemis Mission Plan

"That's one small step for man, one giant leap for mankind" – the famous words of Astronaut Neil Armstrong, that are known by almost everyone. Even though you know these words, most people alive today haven't actually had the opportunity to witness a Moon landing in their lifetime, as there have only ever been six crewed landings, the last of which was over 50 years ago. . That is about to change because, for the first time in 54 years, we will have humans on the moon. And this time, we're staying.

While we left our first footprints on our little grey neighbour with Apollo, the Artemis Missions will see NASA and ESA, alongside other national space agencies, building a permanent base on the Moon. Artemis Base Camp will serve as an outpost for real-world tests of our life support systems, rocket technology and equipment, all while studying the formation of the Earth and Moon.

Going to space. It goes without saying that this is no easy task, but why? What is so difficult about loading up a rocket with fuel, and blasting it off into space? Rockets have to go faster than 7.8 kilometres per second to reach space. That is TWENTY times the speed of sound. The only way that we can go this fast, is by expelling a LOT of mass, and very quickly. But if you tried to load a rocket up with a boatload of fuel and blast it off into space, what would happen? You wouldn't leave the ground. Why? Because the more fuel you add, the more fuel you need to launch. That is why rockets carry the bare minimum of fuel needed to lift off – as it turns out we're quite lucky here because if Earth's gravity were 1.5 times stronger, space travel would be physically impossible. (On a side note: This is why we know that if another space-faring civilisation does exist, their planet must be around the same size as ours) This simple fuel-hurdle is the reason why spacecraft have to be so unimaginably huge, and why the Artemis Launch Vehicle – The Space Launch System (SLS) – will stand 100 metres tall and will weigh 2.6 million kilograms.

Artemis III Launch

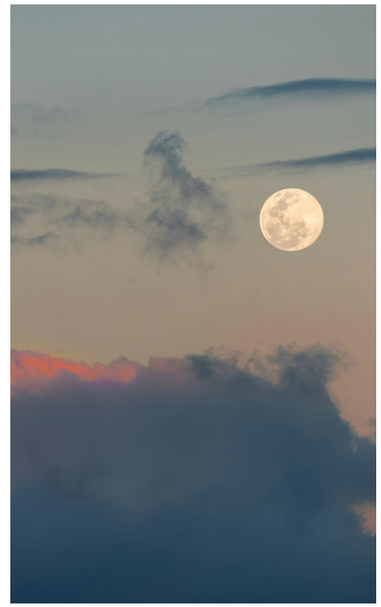
The SLS has two stages, and two 45-metre solid rocket boosters. At T-00:00:00 (Liftoff), all four rocket engines and the two solid boosters come to life, providing 4 million kilograms [kgf] of thrust, and making four crew members airborne. 2 minutes later (T+00:02:00), the two solid rocket boosters are spent, and are dropped from the spacecraft. 6 minutes later (T+00:08:00) the core stage is dropped too, and the upper stage briefly fires, placing the crew module – "Orion" – into orbit.

Trans-Lunar Orbit

After the Orion crew complete a systems check, and Mission Control says "Go", the upper stage reignites. This 'burn,' accelerates Orion to a speed of 10.1km/s, the equivalent of thirty times the speed of sound. During their travel in space, the four astronauts will be subjected to radiation, circadian rhythm suppression, muscle deterioration, and weightlessness. So how will NASA and ESA keep them safe?

As the Artemis crew leaves the atmosphere, they leave the Earth's natural radiation barrier. This means that they will be left unprotected from the sun's radiation, and could be exposed to up to 150 times the amount of radiation that we receive on Earth. The Artemis Mission plans to shield its crew with an outer protective metal shell that blocks and reflects radiation. Later protection will involve multiple space agencies building an insulation layer for lunar habitats, which might be made from lunar water.

This protective metal shell is very small, so crew members have little room to move around. Little movement, along with zero gravity, means that astronauts barely use their muscles while in space. In a NASA study, researchers found that astronauts experience up to 20% loss of muscle mass during 5 to 11 day space missions. ESA is rigorously researching this topic and how to counter it, as shown in their "Around the bed in 60 days" mission, for which 12 volunteers spent 60 days living 6 degrees below horizontal.



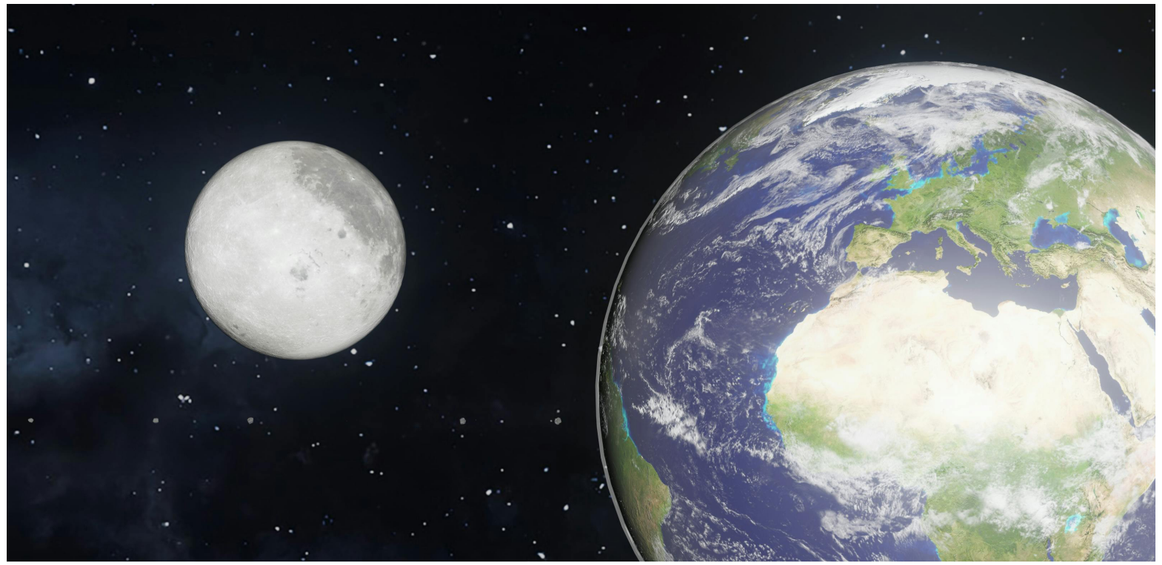
Additionally, astronauts on the Space Station do a full circle of Earth every 90 minutes and experience 16 sunsets and sunrises every day. With this unearthly routine, astronauts can struggle to find a natural daily rhythm in space. The Space Station follows Greenwich Mean Time (GMT), which helps keep a consistent schedule, along with regular wake-up and bedtime routines. ESA is studying a method of introducing more consistent schedules to counter this that manipulates circadian rhythms. Using a large multicolour lamp, different wavelengths of light are displayed throughout the day, that simulate natural sunlight, to manipulate when subjects feel tired. These few studies are but a glimpse into the research that NASA and ESA are doing to keep astronauts safe, and you should definitely explore this topic yourself, as you might uncover a new fascination!

Lunar Orbit

Artemis IV will see the world building the first Lunar Space Station in orbit around the moon, 'Gateway.' With it, we plan to install a dedicated Lunar Lander, along with habitation modules. This means that astronauts will be able to spend extended periods on both Gateway and the surface of the Moon, alongside various unrelated but simultaneous missions.

Lunar Touchdown

Artemis III will be the longest Moon landing yet, with astronauts staying on the surface of the Moon for a full week! (The cur-



rent record is 3 days and 3 hours). The Artemis Human Landing System (HLS)will be produced by SpaceX, the world's first commercial space organisation. 'Starship' will serve as a permanent HLS to orbit the moon for future missions, and the sheer size and technology of the vehicle warrant an article in itself

Starship will land on the South Pole of the moon, and while on the surface, countless measurements and research will be completed that will aid in devising future Mars missions.

This research will build upon, among others, Japan's 'moonshot,' which recently completed the most precise unmanned Moon landing to date and NASA's Mars rover milestone, where they successfully finished testing oxygen production… on Mars itself. 7 days after landing, and after the crew has completed their research, Starship will return astronauts to the Orion Spacecraft which will be orbiting the moon during the mission. The astronauts will then initiate a short burn to return to their home planet.

SLS; A final statement

As I've briefly mentioned, the SLS will be NASA's final rocket. No other Moon rockets will be produced by NASA due to political constraints. Artemis itself was only greenlighted after the previous model for it – 'Constellation Program' – was cancelled due to budgetary constraints. Luckily, the backlash from workers all across the US who lost their jobs because of this, convinced policymakers to fund NASA once again. But the sad truth is that NASA is too inefficient and burdened by political considerations to be an effective producer of Launch Vehicles. SpaceX's 'Falcon 9' costs but $67 million per launch, and is reusable, while NASA's Atlas V costs over $120 million and is not reusable. In fact, NASA doesn't even own Atlas V, and the SLS will cost over $4 Billion. This is because NASA is plagued by old policies such as one that mandates NASA to reuse old rocket equipment. What does this mean? Well, it means that NASA is still using outdated technology that is 50 years old! According to a recent report, "nearly 83 percent of NASA's facilities are beyond their original design life."

It's clear that the world is evolving beyond the traditional idea of government space agencies, and NASA has said that is leaving the production aspect of space travel, so it can focus more on scientific research while leaving the costly (and risky!) production and research of launch vehicles to more private enterprises. So, if there is one lesson we can draw from NASA, ESA, Artemis, the ISS, and all those before, it is that we all have the power to go where no one has been before. Be it alone, or better together, we can go anywhere. So, where would you like to go?

Science Fiction and Fantasy in Pop Culture – Part I: Fantasy

ALEXANDROS_MEIMARIDIS

The science fiction and fantasy genres are unequivocally tied to modern popular or "pop" culture; if you have not at least heard of Star Wars or the Lord of the Rings, then you must have been living under a rock for most of your life. But how did these two forms of fiction become so intrinsically connected to popular media? In this two-part series, we will be taking a look at the history of sci-fi and fantasy, as well as their effects on pop culture.

First and foremost, it is important to understand that myths are not fantasy. Myths have existed for thousands of years and were primarily transmitted in oral form. They also had a big part to play in many belief systems, such as the stories about the gods of ancient Greece. A piece of fantasy fiction, on the other hand, is the creation of an individual, even if it can sometimes take elements from mythology. Works of historical fiction –such as Homer's *"Iliad"* and *"Odyssey"* or Sir Walter Scott's *"Ivanhoe"*– and collections of fairy tales (Grimm, anyone?) can be considered the grandfathers of modern fantasy.

In the 1700s, with the Enlightenment slowly and methodically erasing every archaic superstition humanity may still have had, rational thought and logic were heavily promoted, and realism became most prominent in literary works. In the early 19th century, however, romanticism –a nostalgic return to tales of magic and whimsy in a poetic version of the Medieval period– sprung up as a response to the realist, capitalist, and industrialist movements of the time. This, alongside the *'gothic'* novel, was one of the earliest forms of what would go on to become fantasy.

Important works from this era include Horace Walpole's *"The Castle of Otranto"*, Bram Stoker's *"Dracula"*, and Sara Coleridge's *"Phantasmion"*, the last of which greatly influenced George MacDonald, who is widely regarded as the first author to write a fantasy novel for adults: *"Phantastes"*, published in 1858. MacDonald is often considered the founding father of modern

fantasy writing and was a major influence on prominent authors such as J. R. R. Tolkien and C. S. Lewis. Another such influence was William Morris, who is quite possibly the first writer to create entirely separate imagined worlds to use as settings for his stories.

In the early 20th century, fantasy began to cement itself into literature thanks to authors of the likes of Lord Dunsany, E. R. Eddison, T. H. White, and Mervyn Peake. Pulp magazines were equally important in the spread of the genre, with many publications emerging; *"Weird Tales"* and *"Unknown"* being two of them. In the mid-20th century, we have the first instance of the word 'fantasy' being used to describe the genre in the title of *"The Magazine of Fantasy and Science Fiction"*, and in the 1950s it became the commonly used term for it.

Perhaps the most crucial influence on the genre that has echoed through the decades is none other than John Ronald Reuel Tolkien, author of *"The Hobbit, or There and Back Again"* and *"The Lord of the Rings"*, his series of novels set in the epic, high fantasy world of Middle-Earth. His work indisputably transformed the way the world perceived fantasy literature, and the genre itself erupted in popularity.

Many authors have followed Tolkien in creating wonderful stories that have only served to further enrich the library of prose relating to the genre. Look no further than Ursula Le Guin's *"Earthsea"* series from the late 60s, or Terry Brooks' *"Sword of Shamara"* (1977); Robert Jordan wrote a Tolkienesque but grim *"The Wheel of Time"*, and George R. R. Martin's wildly popular *"A Song of Ice and Fire"* became one of the most popular fantasy TV series of all time, *"Game of Thrones"*, chock-full of morally grey characters that were dying left and right. And, of course, it is difficult to talk about fantasy without at least mentioning Jk Rowling's bestselling *"Harry Potter"* series.

In our modern day, fantasy had exploded into a variety of subgenres, and has managed to squeeze itself everywhere, from movies and TV shows to graphic novels and video games. There is a vast empire of fantasy-related media out there for everyone to enjoy, regardless of their preferences.

Stay tuned for Part II: Science Fiction

The Earth is Recovering

CHARLOTTE WIEMANN

In an era filled with alarming reports of climate change, habitat destruction, and pollution, the news have never been that inviting. Who enjoys spending time discovering one issue that's destroying the environment after another? To be honest, I don't feel good after reading the news about our environment, as it's mostly negative reports with no hopeful direction. Recently however, I've started to pay attention to the positive news. I realised, that in between these challenges, there are rays of hope illuminating the path towards a healthy environment. It's true. Recent years have witnessed remarkable strides in environmental conservation and innovation, underscoring the potential for meaningful change through collective action and technological advancement. Once I learned about this, I felt much more hopeful. Maybe we are on the right track to heal our earth, right? So, I decided to do some research. Continue reading to explore some of these significant developments, backed by empirical evidence and inspiring examples from around the globe.

Renewable energy sources

You have probably heard about this one. A pivotal shift towards renewable energy sources is underway, signalling a departure from fossil fuels towards cleaner alternatives. According to the International Energy Agency (IEA), global renewable electricity capacity surged by an impressive 45% between 2015 and 2020. In 2023 alone, the United States witnessed a remarkable 50% increase in solar energy installations, marking a significant milestone in the transition to clean energy. Notably, renewable energy now employs nearly 12 million people globally, according to the International Renewable Energy Agency (IRENA), highlighting its potential to drive economic growth while mitigating climate change.

Electric vehicles

Have you also noticed that there are far more electric vehicles around in Brussels than a few years ago? Maybe your family or neighbours have switched to an electric vehicle. The adoption of electric vehicles (EVs) is accelerating, promising to revolutionize transportation and reduce carbon emissions. Norway leads the charge, with over 80% of new car sales being electric in 2023. Globally, electric vehicle sales surpassed 7 million units in the same year, reflecting a growing preference for sustainable mobility solutions. Cities worldwide are investing in electric buses, bike-sharing programs, and infrastructure to support EV adoption. Notably, the transition to electric mobility offers significant environmental benefits, including improved air quality and reduced greenhouse gas emissions.

Conservation of natural habitat

Those photos of sad, grey chopped down forests are really not my favourite. However, there are also positive news. Efforts to conserve and restore natural habitats are gaining momentum, driven by growing awareness of the importance of biodiversity and ecosystem resilience. Brazil, a global biodiversity hotspot, witnessed a 15% reduction in deforestation rates in 2023 compared to the previous year, according to data from Brazil's National Institute for Space Research (INPE).

Sustainable solutions promoted by companies and cities

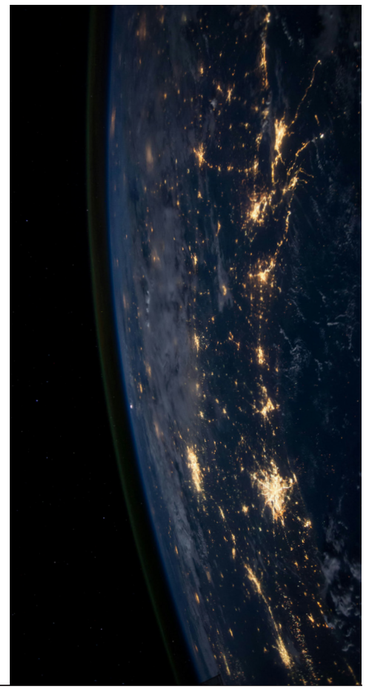
There are also lots of important ideas coming from business. Some innovative companies are pioneering sustainable manufacturing practices, incorporating recycled materials, and designing products for longevity and recyclability. Such circular economy models, which prioritize resource efficiency and waste reduction, are gaining traction among businesses and consumers alike. For example, you can now sell your old IKEA furniture back to the company, which will resell it. Depending of the state of the product, they will propose a reasonable price. I was thrilled to get more than half of the initial price back for a drawer I no longer liked, and it felt good to know that it will be of use for someone else.

Cities and communities are taking proactive steps to address environmental challenges and promote sustainability at the local level. Brussels, for instance, is committed to achieving carbon neutrality by 2050 through a comprehensive set of measures, including expanding pedestrian zones, investing in public transportation, and implementing plastic reduction policies. Such initiatives demonstrate the potential for local action to drive meaningful change on a global scale, inspiring other cities and communities to follow suit.

The journey continues

While significant progress has been made in recent years, the journey towards a sustainable future and a recovered earth is far from over. As students, we can do our part trying to do things sustainably. By continuing to support renewable energy, promote sustainable practices, not to waste resources, and advocate for policy change, we can help heal the earth.

All these positive environmental developments of recent years offer cause for optimism and hope but are often overlooked due to the many negative issues. Let's focus on the brighter things while still making decisions to build a brighter future for our planet. Small steps are steps and with each, the earth is recovering.



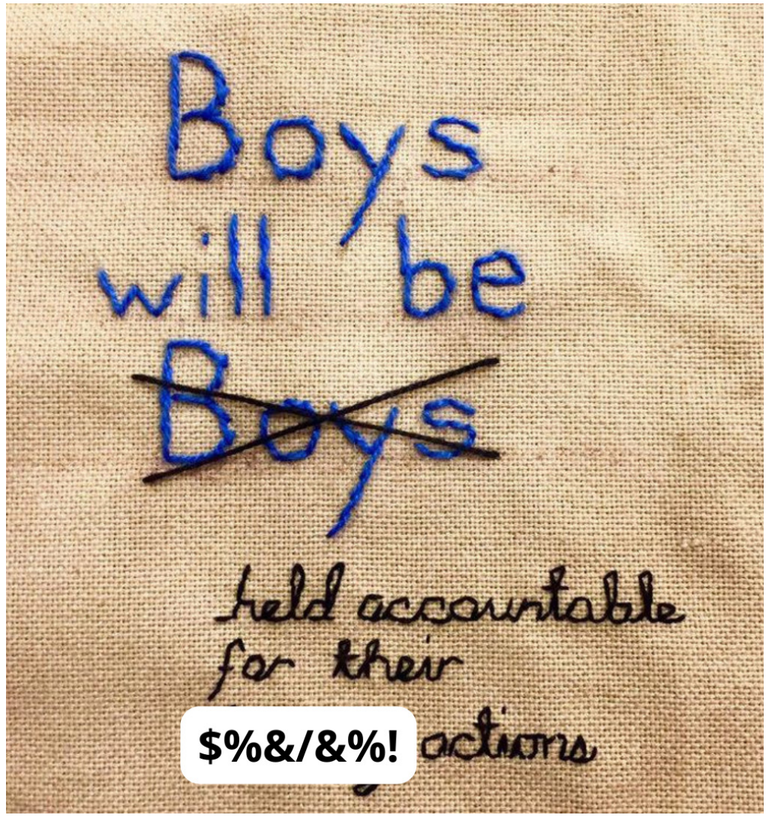
What makes violent men violent?

When a woman is sexually assaulted, is her sobriety or clothing responsible for what happened?

VERÓNICA JARA GÓMEZ

The "she was asking for it" argument is often used by victim-blamers to deflect the guilt of the offender. But why? Is there any truth behind the claim?
Feeling sexually attracted to someone is normal, and as kids, we are led to believe that women and men experience it differently. For women, we see it as this kind of vulnerable womanhood experience, when you're suddenly in love with a man, and you learn things about yourself you never knew existed. For whatever men are reading this, that is not true. For men, we see it as this experience of being attracted to all women, and not being able to stop thinking about sex. According to society, men can't resist sexual urges like women can, that's why they can't help it when they see a girl with a revealing outfit. Can miniskirts make a guy incapable of resisting a sexual urge? The answer is no. Both women and men experience sexual urges in similar ways, according to scientists. If in no moment guys suffer from temporary satanical possession when they see a girl, then why are some men so sexually violent? If the research is right, there should be as many rape cases against men as against women.

The reason why there are more rape cases against women by men does not lie in sexual impulses, it lies in violence in general. Although the average man is just as violent as the average woman, there are more openly violent men than women. In all types of violent crimes, men have the statistical lead. They're more likely to murder and be murdered, but women are more likely to be abused. Even though theories occasionally differ, they all have one thing in common: the differences are psychological. In general, women don't feel the need to objectify or be aggressive towards men.



Sexual assault and harassment are closely tied to sexual objectification and dominance. Men's sexuality is associated with dominance and pride, but women's is related to submission. Men can't be derogated by sexual objectification, not just because women usually don't do it, but because they already have a higher standing.

After a lot of research, scientists have landed on the soundest theory to this day. Men who have a more fragile masculinity, feel the need to display it constantly. Sometimes they feel like this because they question their sexual orientation. They also may feel easily threatened by others, a symptom of a severe lack of self-esteem, searching for external approval because they lack it at home. That's why when a man, (like a woman could be) is prone to violence if they are insecure, that may lead to extreme behaviour towards others and potentially serious harm to those around them.

Another strong motivator related to insecurity is dominance. When a man sexually harasses a woman, it's often to 'put her in her place'. Sexual harassment (by insecure men) can work as a form of backlash against women who violate gender norms because the man fears a woman could do a better job at being a man than himself.

Of course, insecurity isn't the only reason behind sexual violence. Another reason is our flawed society. One that tends to excuse violent behaviours, under the pretence that it doesn't define the man's character, or that it is early enough for him to change. We offer far too much leeway to violent young men when they display aggressive behaviour. When you let someone harm another person and get away with it, the offender won't care that what they did was bad. They knew from the beginning, but by imposing consequences, they would refrain from doing it again, over self-preservation. The current system makes violent men feel entitled to women, especially ones who are in vulnerable situations. They know that if they choose a girl who drinks, there will be little to no consequences because the blame will fall on her. When we foment violent behaviour, it doesn't matter who, we put people at risk.
Why don't we have a better system? If the world is all for change and equality, why is the system so misogynistic? Our ideologies may be new, but the adults of today grew up in a society vastly different from ours. However, many young people are also decidedly standing with the offenders when these things happen. Why? Many theorists think it's just world bias. It's a psychological term, referring to when people victim blame, because it's easier than feeling at risk for the same thing. If it's 'her' fault, then such a thing would never happen to you, because you would never drink that much, or wear that outfit. If the offender is your friend, it's better to think it was 'her' fault, if not, you don't just lose your friend, you're near someone violent.

In conclusion, we now know men are not possessed by the devil when they see shoulders. Generally, behind a violent person is a very broken, insecure, and microscopic character. No matter who does it, allowing or justifying sexual assault, and violence in general, cannot be permissible today. No one deserves to have violence inflicted on them and know the offender could just as easily do it again, no consequences needed. The next step we need to take towards equality is to acknowledge that a violent person doesn't change overnight.

THIS TIME WE'RE VOTING

A student's guide to the European elections

BEATRIX BUTTERS

Were you born before the 9th of June 2008? If so, listen up. For the first time in history, 16- and 17-year-olds living in Belgium can vote in the European elections. This means that if you turn sixteen before the 9th of June 2024, you can have a say in which parties hold Belgium's 22 seats1 in the European Parliament (EP). If you are one of those fortunate students, but you are unsure about why you should vote or for whom you might vote, then I encourage you to read this article.

As Europeans, we pride ourselves on our strong and stable democracies. Across Europe, however, we are witnessing authoritarian regimes and antidemocratic parties gain a growing foothold. The war in Ukraine and national elections have shown that our democracies are threatened from outside and from within. This is the reality in which we will live as adults unless we do something about it. Through these elections, we can affect EU laws, policies, and budgets over the next five years. Now that we have been given the opportunity to vote, we, as younger people, can choose parties that will pursue the changes we want to see in the EU.

But who and what is it for which we are voting? In the European elections EU nationals that are resident in Belgium vote for Belgian members of the European Parliament (MEPs). MEPs are invariably affiliated to members of national political parties. You can inform yourself about these easily through a quick search online. The national parties we elect then decide which political grouping they will join or form in the EP. This is where things get a bit more complex. National parties come together in these groupings following the principle of strength by numbers. This way, it is easier for them to form majorities when they are voting on policies or making other decisions on our part. The parties contained in these groupings have similar political views but are not exactly identical, as they can come from 27 different countries. It is worth having a look at each of their overarching ideologies to gauge which one the party you vote for is likely to gravitate towards.

Group of the European People's Party (EPP)

Ideology: centre-right, Christian democratic (representing traditional Christian-Judeo values)
Key positions: free-market economics, fiscal responsibility, economic stability, focus on competitiveness of EU and low corporate tax rates, social conservatism, emphasise national sovereignty but advocate for European integration
Major parties: Germany's CDU, Poland's PO, France's Les Républicains
Belgian parties: Christen-Democratisch en Vlaams (CD&V), Les Engagés
Website: https://www.eppgroup.eu/

Group of the Progressive Alliance of Socialists and Democrats in the European Parliament (S&D)
Ideology: centre-left, social democratic
Key positions: advocate for social justice, workers' rights and progressive taxation, support stronger role of government in regulating markets and addressing inequalities, environmental protection and social issues generally prioritised
Major parties: Germany's SPD, Spain's PSOE
Belgian parties: Vooruit, Parti Socialiste (PS)
Website: https://www.socialistsanddemocrats.eu/

Renew Europe group
Ideology: centrist, liberal
Key positions: economically liberal, free trade, reducing regulation and encouraging entrepreneurship, pro-EU, support ndividual freedom, human rights, environmental sustainability and more EU and international cooperation
Major parties: France's La République En Marche!, pan-European Volt Europa, Italy's Partito democratico, Denmark's Radikale Venstre
Belgian parties: Open Vlaamse Liberalen en Democraten (Open VLD), Mouvement Réformateur (MR)
Website: https://reneweuropegroup.eu/en/

Group of the Greens/European Free Alliance (Greens/EFA)
Ideology: centre-left/left-wing, environmentalism, regionalism
Key positions: demand serious action against climate change, focus on environmental sustainability and renewable energy, support regionalism and social justice, often support traditional economic models but geared more towards sustainability, human rights
Major parties: Germany's Bündnis 90/Die Grünen, France's Europe Ecologie - Les Verts
Belgian parties: Groen, Ecolo
Website: https://www.greens-efa.eu/en/

European Conservatives and Reformists (ECR)
Ideology: right-wing, conservative, "Eurorealists"
Key positions: emphasise importance of national parliaments, free market, deregulation (economy), immigration control, not in favour of further integration within the European Union but not a full-fledged Eurosceptic party, their self-pro-claimed "Eurorealism" is cautious and favours national sovereignty over centralisation, traditional values
Major parties: Spain's Vox, Brothers of Italy, Poland's Law and Justice Party
Belgian parties: Nieuw-Vlaamse Alliantie (N-VA)
Website: https://www.ecrgroup.eu/

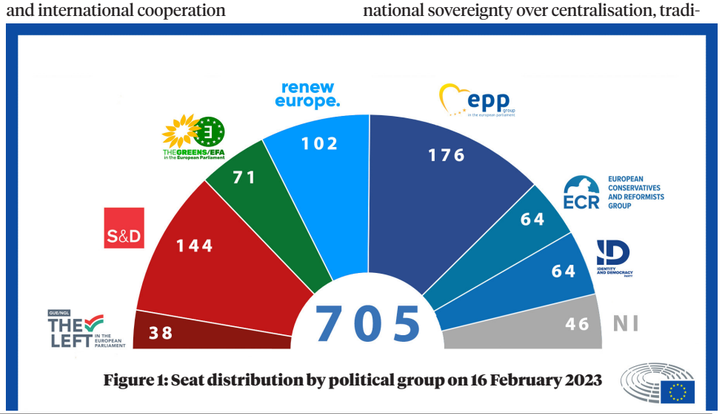


Figure 1: Seat distribution by political group on 16 February 2023

ID GroupIdentity and Democracy (ID)

Ideology: right-wing populism, Euroscepticism
Key positions: nationalistic and populistic policies, Eurosceptic (RN's Marie Le Pen famously called for a "Frexit"), value the preservation of national identity of member states (the I for identity in ID), want to give national parliaments more say in EU matters (the D for democracy in ID), advocate for stricter regulations on immigration, protectionism
Major parties: Italy's Lega party, France's Rassemblement National (RN), Germany's AfD
Belgian parties: Vlaams Belang
Website: https://www.idgroup.eu/

The Left
Ideology: left-wing, socialism
Key positions: The Left in the European Parliament – GUE/NGL - WikipediaKey positions: social equality, worker's rights, advocate for public ownership of important industries, opposition to neoliberalism (against austerity measures), in favour of more government intervention in the economy, promote international solidarity
Major parties: Germany's Die Linke (The Left), France's Parti Communiste Français, Greece's SYRIZA, Ireland's Sinn Féin
Belgian parties: Parti du Travail de Belgique (PTB/PVDA)
Website: https://left.eu/

These are the current groupings in the EP. However, they could still be subject to quite some changes after the elections. The groups evolve as the political sentiment across Europe shifts. Moreover, the different national parties in each political group hold nuanced positions that cannot always be easily consolidated into the position of their EP grouping. So, whilst the EP groupings are a good rough guide as to the ideology of a national party, it is worth reading up on Belgian candidates and parties specifically, as that is what you will be voting for.

The results of the European elections will, without a shadow of a doubt, affect our future as Europeans. So, to make sure you are on top of what you need before the big day, I have noted down a few logistical details you should be aware of. I would, nevertheless, recommend checking the Belgian government website listed below for the most up-to-date information.

If you are a Belgian minor over sixteen, you do not need to register to vote in the European elections. Voting is not compulsory for you yet.

If you are also in that age category but do not have Belgian citizenship, you need to register via this link **https://idp.iamfas.belgium.be/fasui/chooseCredential/** by the 31st of March if you wish to vote in the European elections3. Voting is also not compulsory for you.

If you are a Belgian citizen and you are eighteen or older on the day of the elections, you do not need to register to vote on the 9th of June. You are, however, obliged to vote in both the EP and the Belgian federal election on the same day.

If you are not a Belgian citizen and you are 18 or older on the day of the elections, you have to register to vote in the European elections. Unlike for Belgian citizens, voting is not compulsory for you.

Useful resources

Information about voting in the European elections in Belgium: europeanelections.belgium.be

EP website page about voting in Belgium: https://elections.europa.eu/en/how-to-vote/be/

Polls for federal elections in Belgium by Politico (updated daily): https://www.politico.eu/europe-poll-of-polls/belgium/

Overview of national rules: https://www.europarl.europa.eu/RegData/etudes/ATAG/2023/754620/EPRS_ATA(2023)754620_EN.pdf

Which groupings national parties belong to: https://www.europarl.europa.eu/election-results-2019/en/break-down-national-parties-political-group/2019-2024/

Find out about voting in other countries here: https://www.socialistsanddemocrats.eu/your-vote-2024/how-to-vote

How many seats each grouping currently holds in the EP ; https://www.europarl.europa.eu/topics/en/article/20190612STO54311/parliament-s-seven-political-groups

Youtube;

Video explaining what the EU Parliament does: https://youtu.be/I1DITO-PHac?si=RDaQbd0-HozYtzok

YouTube Channel reporting about currents events with a focus on the EU (**TLDR News EU**): https://www.youtube.com/@TLDRnewsEU

Let us use this chance to move the EU towards a better future for us all. On that note, I cannot wait to see you at the polling booths on the 9th of June.

Motivation

Many people nowadays have become lazy. Mostly because of social media.

ROZA LARCH

People have become so addicted that they cannot even get off their device. But I am not going to talk about social media or the internet. I want to talk about laziness, and how you can become more motivated to do your favorite things that you don't do because of, for example, YouTube. So, how can you motivate yourself more?

New goals.
You should regularly set new goals because they help you focus and allow you to track your progress. It is a useful way to increase motivation and to help you create the changes you want. But your goals should be realistic, because if they are not, you will feel overwhelmed and you will most likely give up. They are also important because they provide direction and purpose in your life. They also allow us to create a vision of how we would like our life to be.

Start small.
Starting small does not mean lowering your expectations or settling for less. It is about breaking down your larger goals into smaller, achievable tasks that you can tackle easily and consistently. By doing so, you can build confidence to take on bigger challenges.

Create a positive environment.
Surrounding yourself with positivity with upbeat and enthusiastic people is proven to be one of the best life motivators. It increases resilience as well. This resilience can help us overcome obstacles and achieve our goals. Positive people can have a profound impact on your mindset, mood, and overall well-being.

Reward yourself.
Treat yourself to small rewards when you accomplish tasks to stay motivated. Completing a task can give you a sense of accomplishment but adding a reward can amplify that feeling and make you happier and more energized. You should reward. Your body releases dopamine which creates a sense of pleasure. This will increase productivity and motivation.

Track progress.
Tracking your goals allows you to see how far you have come and how close you are to reaching your goal. This can be a great motivator to keep going. It allows you to see your improvement over time. It can boost your motivation and confidence, as you see the results of challenging work.

Plan for imperfection.
It is great to feel excited about achieving your goal, but it's also possible to be too optimistic. Not every day will be exactly as planned, and that's okay, life happens. One way to boost motivation on difficult days is simply to plan for them. As you think about your goal, write down a list of the things that could get in your way. For example if your goal is to go running everyday, some obstacles might be :
Rainy weathe, Injury, Illness
We can't predict everything that could happen, but we can predict those obstacles that are likely to happen. Once you have your list, male a plan for how to manage the obstacle. For example, how can you plan for when your internet goes out? Now when your obstacle pops up, instead of losing motivation and feeling deflated, you have a plan to keep going.

Mood lifting.
A good mood has been linked to increase productivity. This does not mean you have to be positive all the time – that's not realistic. But if you are not motivated about working towards your goal, a quick mood lifting could be enough to get you started. You could try:
Spend some time in nature (or at least get some sunlight), Talk to someone, Listen to music.

Now you have learnt to motivate yourself, and in my opinion, there would be no better way to end this article then to tell you: try these tips!

Social Media: When Did My Eyes Start To Look Like Screens?

MARTHA GOODCHILD & VERONICA JARA GOMEZ

In our rapidly evolving digital era , social media has become a dominant part of our lives. From Instagram to Snapchat, the digital world offers a lot of opportunities but also raises concerns about the impact of excessive screen time on our brains and our overall health. Social Media has introduced the possibility of instant connection between people on opposite sides of the world, something never seen before.

The objective of this article isn't to blame social media for all of our current problems; it's our mess.
Without social media, there would be no #MeToo, BLM wouldn't be a global phenomenon, and there would be no viral clips of funny cats. These are all things we would rather not go without. Of course, because of social media there have also been a huge number of hate crimes. But rather than getting into that horrifying story right now, let's dive into the consequences social media has on our brains. On some level, I'm sure everyone knows social media isn't great for you, but to what extent is it harmful?

Scientists have only started to conduct serious studies on social media for about a decade, which isn't long. Even though there is still a lot of research to be done in the field, neuroscientists have created a network of studies Marvel would kill for. Some of the consequences they've found social media to have on the brain are dopamine excess, reduced radial diffusivity and increased fractional anisotropy, impaired social and cognitive abilities, white and gray matter atrophy, not to mention increased susceptibility to mental diseases such as depression and anxiety. In this article, due to increased complexity in some of the subjects, we'll be diving into the most relevant ones: dopamine and mental health.

You might have already heard of dopamine, the neuromodulatory molecule in charge of mood, motivation, rewards and pleasure. In short, it's very important. The relationship between dopamine and social media dates back to the mesolimbic pathway in the brain. That's the channel it's released in when you get a reward. When you get a good grade, or hike three hours to see a pretty sunset, dopamine is released through the mesolimbic pathway.

Social media takes advantage of that pathway because when you scroll and get a new video, or receive an enticing notification, your brain thinks you've achieved something and gives you a dopamine boost. That's harmless in small doses, but not when you spend a long while on it. If you do so, your brain keeps releasing dopamine, making you addicted to social media before you know it. Swimming in dopamine isn't the brain's natural state. In fact, in our cavemen era, dopamine was meant to help us feel like we had a purpose, and make sure we would hunt animals and avoid starvation. When your brain is flooded with dopamine, you no longer feel that high; you feel numb. Having such easy and frequent access to dopamine makes the flooding your default state, to a point where it stops making you happy. It makes you dependent on always having that heightened state to a point where being on social media is fine, and not being on it is devastating.
Another issue brought by dopaminergic excess is shortened attention spans. Usually, the unconscious would motivate you to study because it knew you would get that precious little reward. Nowadays, why study, if it won't make you feel good? Going a step further, why study when you can go on TikTok and feel better, faster? That's why, for some people, it's so easy to get distracted whilst studying. Any effort to concentrate for more than 3 minutes seems like a waste of time.

Social media also affects mental health, especially that of teenagers.

Thanks to influencers, we may compare our bodies to the ones of people who look like Barbie and Ken (on screen). The reality of this problem has been shouted out so many times, that no one seems to pay attention anymore, but it is a real issue. It pressures young girls to act like they've achieved sexual maturity much earlier, because value seems to lie there. Online sexual harassment has become a reality many users have to deal with, being sent unwanted pictures or threats online.

The pressure can go beyond your body too, everyone on the internet seems to have founded 4

non-profits at the age of 12, and there you are, scrolling on TikTok. Gen Z seems to be widely known for dark humor on the internet, joking about how the world is ending, and there isn't any hope left for humanity. Palestine and Israel, Russia and Ukraine, two old guys running for office in the most powerful country in the world, a world which, let me remind you, is burning down. What if things have always been this bad? Because they have been. Actually, they've been even worse. If you search up any specific date and look hard enough, people did also think the world was ending. The difference is only that teenagers didn't usually have to deal with so much. Young people are aware of a lot more than they would have been 50 years ago. Social media helps spread important causes, but it also bombards people with so much tragedy that they lose hope. The hope to someday live in a better place, or hope for the possibility of change. The world around us seems to be a dark room, with opulent stone walls that are getting closer with every second that passes by. The darkest of humors is so popular because it's the only way some people can deal with the loss of light. Admittedly, we can't counterattack all the tragedies in the world at the same time, but, if we looked up, there would be a chance for change. If everyone realized what is happening on their doorstep, or in living room, or just in life. If everyone could see the beauty left in the world, we could take the first steps towards fixing things.

In conclusion, in a world where social media seems like the only fast escape to Armageddon, it's important that we navigate the digital landscape being aware that reality isn't centered around a screen. The prevalence of social media has made our society one of fast communication, and opened an array of opportunities to speak ones voice. However, it's crucial to recognize the potential risks associated with excessive screen time and take active steps to mitigate them, the sooner the better. Whilst it's impossible to reduce screen time completely, reducing it just enough can be an important step towards taking control. There is an array of tools that can help, such as screen time trackers, but the only person that can actually make you quit it yourself, so everything is in your hands.

As students, and community members, let's embrace the concept of digital citizenship and prioritize our mental and physical health in our interactions with social media. By having a balance between screen time and offline pursuits (more of the second and less of the first) we can shape a future where technology enriches our lives without overshadowing our well-being.

How to stop negative self-talk

" You will never speak to anyone more than you speak to yourself in your head. Be kind to yourself."

CLARA SCHMITZ

If you were to write down all the negative things you say or think about yourself, they would look like something a mean childhood bully might say. "You messed up again." "You're never going get a better grade." "You're so unattractive." But these are the types of thoughts that a lot of people who struggle with negative self-talk have—every day, sometimes all day long. The National Science Foundation reports that 80 percent of our thoughts are negative, and 95 percent of our thoughts are repetitive. So, we're all guilty of having less-than-stellar thoughts about ourselves or being our own worst critics sometimes. It's all too possible in today's world where we regularly compare ourselves to others, which is easier than ever before thanks to 24/7 social media and internet access. But what happens when these types of thoughts start dominating your life? What if you essentially never have a positive thought about yourself?

What is a negative self-talk?

Negative self-talk is a thought pattern wherein a person repeatedly engages in thinking negative thoughts about themselves. For example, say you mispronounce a word while giving a presentation at work. Your negative self-talk in the moment might go something like this: "Wow, you really screwed that up. Now no one will take you seriously. If you were to flip this moment to positive self-talk—or even neutral self-talk—you might think instead: "It's fine. Keep going. Everyone makes mistakes, and I bet no one even noticed anyway. Negative self-talk sounds like a bully, 'pointing out your flaws and mistakes, you always mess up,' or 'you can never get through a meeting without embarrassing yourself.'

Where does this negative habit come from?

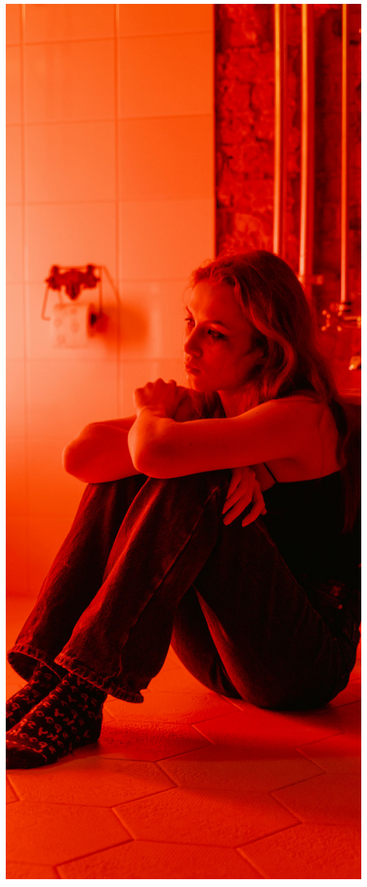
Negative self-talk predominantly comes from your upbringing and prevailing messages you heard about your talents, ability, and worthiness. "If you had a parent, a teacher, or a coach who was particularly hard on you, or even worse, if you were bullied or abused, you could have internalized these negative statements, another common source behind the habit of engaging in negative self-talk is witnessing, or having witnessed, other people around you put themselves down. Maybe you saw a parent or authority figure beat themselves up for making a simple mistake like dropping the milk carton or getting a parking ticket. These subtle messages can get ingrained in your psyche as well.

Why we engage in negative self-talk?

Negative self-talk may seem like a nuisance to you today, but remember it developed as a habit for a reason. The brain has a natural negativity bias for survival purposes. Humans naturally notice and remember negative experiences at a higher ratio than the positive ones because it helps us avoid sources of danger. In other words, negative self-talk is a part of you that's trying to protect you. The negative self-talk is trying its very best to help you avoid modern-day threats, like getting dumped or getting fired. The problem here is that negative self-talk is much like an alarm—it's helpful in letting you know of a threat, but it's useless in helping you disarm the threat. It can often have a detrimental effect. "Instead of helping you get through your work presentation without making a mistake, it can make you hyper-fixate on the mistake you made, elevating your anxiety, and making you more likely to make another mistake.

What Are the Impacts of Unchecked Negative Self-Talk?

Letting chronic negative self-talk run haywire day after day, without doing anything about it, can lead to many different psychological issues such as depression, anxiety, low self-esteem, relationship issues. It can make it more difficult to take the steps and risks needed to gain mastery over one's goals," she notes. So, even though it's a protective mechanism, it can keep you trapped in a cycle of negativity, low confidence, and avoiding challenges and changes you are ready for and worthy of.



Strategies to Stop Negative Self-Talk

1. Offset it with positive—or just neutral—self-talk. The opposite of negative self-talk is positive self-talk, of course, and the best way to counter those pessimistic thoughts is with positive and/or neutral statements about yourself. When you notice a self-deprecating thought, acknowledge it, and then try to note something positive or simply neutral to balance it out. Find opportunities throughout your day to notice one or two things you've done well. "You can even give yourself a physical pat on the back.

2. Try self-compassion. Remember that a bad moment doesn't mean you're doomed to have a bad day; and a bad day isn't indicative of a bad life. Sometimes, you're just going to have a bad day. You can't always hold yourself to the standard you normally do. Take a moment and put one hand on your belly and one hand on your chest and say, 'this is a tough moment. I'm here for you. It's all going to work out.'

3. Acknowledge the critic and speak back to it with kindness. Although it seems counterintuitive, sometimes, you need to look that inner critic right in the eye and be kind to it. When you hear a critical voice, try speaking to it with kindness. "You can say out loud or mentally, 'Hey, inner critic. I know you're here to help. I'm very aware of the mistake I made, and I'm already rectifying it. Thanks for your input. You might even express gratitude for it, saying,' Thank you for trying to protect me. I know your intentions are good, but this is no longer serving me, and I'm going to do things differently this time. I can take it from here."

4. Implement a self-care routine that serves you. Self-care has had a lot of buzz in recent years, and for good reason. A solid self-care routine can go a long way to help break up the negative self-talk pattern. When you treat yourself with care and kindness, you're acting as if you already love yourself unconditionally. "This sends a strong message to your subconscious mind that you are worthy of love and appreciation, "And your thoughts will begin to reflect that over time."

5. Reach out to supportive people. Sometimes, we need a little help from the outside until we're ready to practice positive thinking. "Surround yourself with family, friends, colleagues, or a partner who sees the good in you and regularly point out what they love about you," she says. "This can be a helpful bridge as you work toward your own positive self-appraisal."

Top 10 Easter Jokes by Charlotte Gross

1. When does Valentines Day come after Easter?
In the dictionary

2. What comes at the end of Easter?
The letter "r"

3. How does the easter bunny stay healthy?
Eggs-ercise, specifically hareobics

4. What is the easter bunny's favorite kind of music?
Hip hop

5. What kind of stories does the easter bunny like the best?
The ones with a good ending

6. How do you send Easter greetings?
By hare mail

7. What´s the Easter Bunni`s favorite sport?
Basket-ball

8. What type of jokes do eggs tell?
Egg yolks

9. Where does Dracula keep his Easter candy?
In his Easter casket

10. How do you know a rabbit is in a good mood?
He´s happy