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Walking into a classroom full of your peers, seeing every single one of your friends outside of a digital square... Being overjoyed with the fact that you no longer have connection issues and finally being able to pay close attention in class without the all-too-familiar sensation of your retinas burning because of persistent exposure to blue light. A great feeling of relief washes over us like a warm oceanic current as year group bubbles burst and things are starting to resemble the times before the pandemic.

With the return of normality, or the easing of restrictions, we ironically become confronted with another challenge; we must now fit all the items on our to-do list into the restrictive time frame of our circadian lives. Even though most of us have been longing for this; it is like a dam has been broken and all the things that we were unable to do in previous lockdown periods came flooding over our already busy schedules. In these times, one may recall the famous folklore saying, "Time and tide wait for no man", as it becomes frustratingly obvious that we, in fact, do not have the time to do all that we want. Consequently, we push deadlines aside so that we can do diverting activities and involuntarily foster detrimental habits such as procrastination. Then, you find yourself sitting in front of your laptop, with the daunting ticks and tocks of the clock in the background, stressing about the fact that you won't finish your assignment in time, wishing you had more time... Sadly, to most senior school students, this scene is hauntingly conversant. Which, therefore, makes the theme of time compellingly relevant for this edition of the 201.

Fortunately, the 201 in-person meetings recommenced and our new team was able to collaborate and discuss like never before. With contributions from new rising poets and creative writers, this issue efficiently showcases Bromsgrove School's artistic side. But also, we proudly give you a summary of the recent activities of our student-led Eco-Committee and insightful updates on political and scientific advancements made around the world. So, take your time when reading and may you reflect on the contents of this issue of the 201.

Ioana Voicu
Editor-in-Chief

The 201 team has experienced a significant personnel change between our previous issue and the one you are reading now. A number of talented magazine veterans have sadly left us to move on to their post-Bromsgrove lives. But, as much as the team does miss the stability that those members provided, it is vital that we start with the right mindset. Change is a good thing, and in this case, change is inevitable. The magazine may look slightly different, some parts may not be done as they were done before and, considering an almost completely new (and incredible) artist team led by Lilly, a stylistic change is bound to happen.

But, again, that is not to be seen as a bad thing. The central identity of the magazine will remain the same, while the stylistic changes will provide it with a sense of freshness and novelty. I truly look forward to working with the team a lot more throughout this year, they are a really great bunch of people.

Arseniy Steshenko
Publishing Editor

LOCAL AFFAIRS

BROMSGROVE UPDATES

House Song is back. An event that perfectly characterises Bromsgrove, involving every single student in School. This year's theme was 'Togetherness', which saw a range of songs stretching from the upbeat medley of 'Wannabe' and 'Someday We'll Be Together' from Thomas Cookes to Oakley's 'Stand By Me' (an absolute classic), with each House successfully delivering completely outstanding performances. Although this was the first House Song competition for the entire Fourth Form, spirits were remarkably high and competition has never been fiercer.

Housman Hall were the winners with their incredible rendition of 'Dancing in the Moonlight', while Wendron-Gordon won the runner-up prize, providing the audience with an endlessly creative performance of The Turtles' 'Happy Together'. Angela Hong from Mary Windsor was awarded 'Best Conductor' and Elmshurst took home 'Most Creative Performance' for their energetic take on 'Reach Out (I'll Be There)'. It was refreshing to see the School unified after the pandemic robbed our chance to participate in this long-established event last academic year.

Sporting fixtures are also making a return with pupils able to take part in the traditional away-matches. The 1st XV advanced to the 3rd round of the National Cup and came back from 20-0 down to win 43-20 against Uppingham; the 1st Girls' Hockey team saw great development of their indoor skills and advanced to the regional finals for the National Cup after beating their rivals from Malvern College 3-1. ■

Chantal W



Art by Lilly S

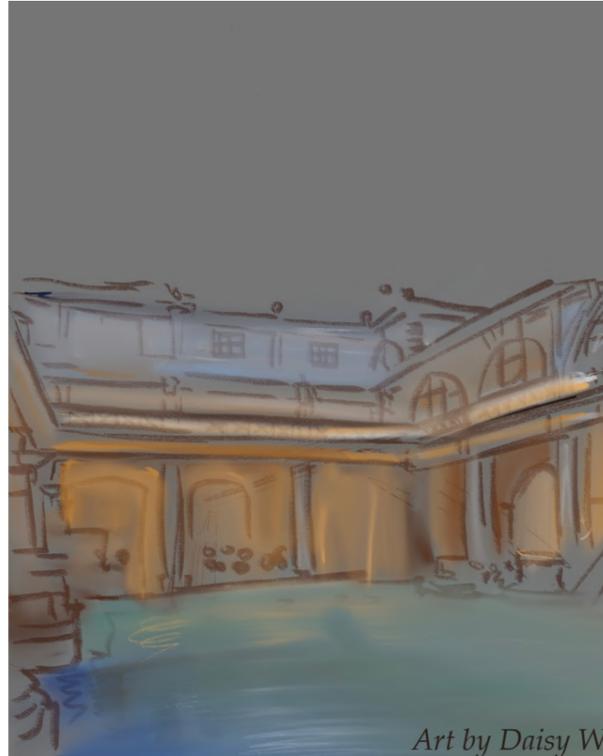
HISTORY & CLASSICS

PIECING TOGETHER LOST TIME

What can we learn about the ancient world?

Perfectly preserved bodies lying on the ground. A pregnant lady cradling her bump, a dog in mid bound. Terror etched across their faces. Apart from the crumbling columns of former villas, this is all that remains of Pompeii, Italy. 1942 years ago, Mount Vesuvius erupted, killing thousands in seconds. These bodies and the descriptions of Pliny the Elder are the only reason that we actually know what happened. By piecing together these clues, historians and classicists alike have been able to create a narrative of a forgotten time, bringing it to life in order for people to learn about the past.

Events in the ancient world are lost until they are rediscovered and reconnected, like a jigsaw puzzle of prevailing memories. The question we ought to ask is how can we, ordinary people, piece events back together using artefacts, texts, and ruins? Why did they fall apart in the first place? As President Harry Truman once said, 'There is nothing new in the world except the history you do not know'. We can learn so much from a vase, statue, or book- all we have to do is look at them. Ruins, such as the Roman baths in Bath, can tell us a considerable amount of information, no matter how derelict they are. Walking around the baths at age 10, I felt excitement and intrigue surge up from within me - could I really be walking in the same room as the mistresses and their slaves had all those years ago? Was I really looking at the same pools they had swum in, tasting the same water that coursed through the baths when they were in use? The impact that those abandoned pools and tapestries made from textiles had on me was profound. I let my imagination roam free and invented stories about the kind of people that would bathe there. I was piecing together the past unwittingly. We can all do this; we only have to try.



Art by Daisy W

In the Aeneid, Virgil shares his attempt at piecing together the past, particularly with the character Camilla. She was not a real person that was written about in the great history books, but inspiration for her was taken from four real-life people, both Roman and Greek, in order to create the perfect depiction of a fearless warrior queen. Harpalyge and Penthesilea, the Greek muses, were fighters who fought bravely against the enemy to defend their homeland. Like Harpalyge, Camilla had no mother and like Penthesilea, she was described as an Amazóna (αμαζονα), an Amazon warrior. The Roman muses, Cloella and Marcus Furius Camillus were both outspoken leaders who swooped in and saved the day. Like Cloella, Camilla took matters regarding the protagonist, Aeneas, into her own hands. Finally, like Camillus, she challenged the enemy to a

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bloody battle that ultimately ended in death. We, as the reader, can find out so much about these four people just from Camilla and understand the importance of the ancient world in influencing the events that come next. There are times when Camilla channels Harpalyge and times when Cloella shines through. Either way it is evident that Camilla is the fictional embodiment of these people, as most characters are in stories, and from her we can gain a glimpse of the past.

Reading books and poems can also help us put together events from long ago. Plays such as Agamemnon and Oedipus the King allow us to learn the true meaning of patricide and the Oedipus complex. Poets such as Catullus show us what it truly means to be lovesick and Sappho enlightens us on how sexuality in the Greek world was free from the constraints of modern labels. In the Odyssey, the main character weeps in front of a large crowd, in the Aeneid, one of the most famous and ruthless warriors is a woman. Gender stereotypes were subverted in some cases, giving us the insight into how backwards the world has become. In the Golden Ass by Lucius Apuleius, the reader is able to learn about important topics like the fierce belief in magic that many Romans held. Today, the idea of magic would be laughed at and called a joke or trick, but at the time of the Caesars, people genuinely believed that it existed. In the Golden Ass, there are several elements of Roman magic and witchcraft that I had never heard of, until I read the book. Using stories, we can pick up on the personal connection of the authors to their chosen topic and explore the avenues they ventured down to arrive there. Stories are the best way of learning, whether you are reading them or making them up yourself. Word of mouth used to be the main mode of transporting information, until people started writing them down, so there is much that we can discover from it.

Studying the etymology of words is another way to put the past back together. Take, for example, the word inebriated. If you are inebriated, you have consumed too

much alcohol, so you are ebrius, (drunk). We can learn about the way that the Romans and Greeks thought by examining the words that we use, like ebrius, which have their roots firmly fixed in those ancient languages. In popular films such as Harry Potter, many characters have Latin names that inadvertently tell us about their characteristics. Draco (snake) is cunning and morally ignorant, Bellatrix (warlike) is feisty and ruthless, and Remus (oar) is dependable and strong. Through this, we can forge a direct pathway to the lands before our time and learn about them. Words were used in different contexts; sentences were constructed using dissimilar grammar and translations of phrases have evolved over time. There are endless varieties of this in the Greek language too. If the ancient Greeks were talking about Nike, for example, then they would be referring to the Goddess of Victory and Fortune, but in 2021, if a person mentioned Nike, they would be after a new pair of trainers. Parallels can be made between these definitions though - all it would take is a survey on how many people have won sports matches wearing Nike trainers. If we surround ourselves with words in Latin and Greek, we can piece together all kinds of stories, poems, songs, and official documents and accumulate knowledge of previous centuries, all while breaking down the barriers of new and old history.

When we draw these methods together, we can start to gain a better idea of the ancient world and create our own stories of the past. The Jigsaw can be completed, each piece slotted into the correct gaps and the pictures can now be interpreted in whichever way people decide is best. By following these steps, we can gaze into the world of the Greeks and Romans and figure out exactly what went on. I challenge you, the reader, to read a book or poem by a famous classical author, visit some ruins, and look a little bit closer at some of your favourite words - I think you will be surprised about what you discover.■

Charlotte H

ENVIRONMENTAL CHANGING TIMES

The plastic in our bags and bottles; the electricity that powers our appliances; the cars that carry us wherever needed. We humans have been born into a world offering all these commodities for several generations now and have grown quite accustomed to the idea. I mean, can you imagine parting with your phone or other everyday items? Probably not. Though, quite frankly, I couldn't either.

We currently have more widespread access to technology than ever before, granting us communication over vast distances, weather predicting services, and instant entertainment as long as a cell tower is nearby. Seeing all of this, it is interesting to think most groundbreaking inventions or discoveries only happened within the last couple of decades. So, what was life like... before? As anyone above a certain age (and you know who you are) quite rightly mentions, back then, things were very different.

I am omitting the 1990s and 80s because, aside from talking to people while using public transportation, things were pretty similar to how they are today. Then what about when people started to build bigger and spend more? Oh yes, growing up in the sixties might have been the dream. With all of their diners serving milkshakes or fries, beautiful cars, and no concern for climate change, I suppose it wouldn't have been half bad. But even then, in these pre-internet times, they had already invented products allowing for a rather "swell" quality of life at the cost of the tons of released pollutants, which weren't even a topic of discussion, much less a concern for the general public.

So let's go back a bit further, shall we? To a time before these privileges became abundant; the year 1862. Someone called Alexander Parkes, whose name you most certainly hadn't heard before, unknowingly kicked off a new era. While Parkes himself stayed ob-



Art by Lilly S

scure, his discovery of a synthetic polymer called plastic was a big hit, being used and built upon more and more over the following years. Some of these earlier uses included making cheap, accessible hair combs and billiard balls in mass with minimal cost and effort. Such a leap forward was terrific, as more and more products that make life a lot easier could be made a lot cheaper. While this meant moving away from glass or metal at the time, the cost difference between a plastic bag and an organic one at your local ASDA is clear, whether you like it or not.

Next up is someone you *will* know (even for the things he didn't invent), the man, the legend, Thomas Edison. After the scientific community better understood the whole idea of electricity, the key question was how to induce a lot of it. The answer came in 1882 by utilising steam, turbines, and coal in the world's first coal-fired power plants. Now I understand that coal is the big bad facing the planet right now, but people simply didn't

ENVIRONMENTAL

know that back then. Furthermore, look at how it changed the lives of the everyman living *outside* of the big towns with their hustle and bustle. Light without a fire hazard that would let you work at night; Refrigerators that allowed food storage for an extended period of time; New stoves; Washing machines; the list goes on.

It seems that after the start of industrialisation, which got humans from farms into factories, their lives got better and better with each new invention and idea. I am certainly not trying to dispute this; without innovation, we wouldn't be living in this convenient world of ours, but that still doesn't mean everything is perfect. Those first plastic hair combs I mentioned earlier? They still exist and will continue to for the next 290 years. Similarly, greenhouse gases are still emitted by coal-burning today, warming up our planet hundreds of years after we started using it.

These resources helped us get to where we are, but now that we have all these options, our responsibility is to use them. *Now* we have the privilege of choosing energy sources, so we owe it to our planet and the future generations that will hopefully be able to live on it to change. ■

Niklas S

ENVIRONMENTAL

THE ECO-COMMITTEE

A SHORT INTRODUCTION

What is the Eco-Committee?

You might have heard of the Eco-Committee already since the beginning of the last school year, as this is when it was founded. It is a student-led initiative with roughly 25 members whose main purpose is to empower and inform the Bromsgrove student community about the importance of our role in society and its impact on the environment. More specifically, we want to encourage Bromsgrovians to take on the responsibility to lead the change in creating a more sustainable future as our current actions are leading to the destruction of our planet.

What do we do to achieve our goals?

Being successful in achieving our aims requires passion, creativity, organisation and time. We carefully think about how our work can raise awareness about our behaviour and the environmental crisis or help to take action in reducing our harmful impact on the planet. As part of this, you might have noticed and participated in the Sustainability Week we organised. On one hand we informed student about different aspects of the environmental crisis through:

-Providing multiple educational resources in daily emails

-Uploading daily podcast episodes for more explanations and insights into the topic

On the other hand, we offered ways in which to take action as a School community:

-We collaborated with the catering staff to serve more sustainable food

-We launched the Swap Shop which gives us the opportunity to set up a circular economy for books and clothes on campus

-We organised a concert to collect donations for achieving sustainable development goals in developing countries

In the future, we aim to continuously work on highlighting the importance of our impact on the environment and are planning to continue uploading regular podcast



Art by Lilly S

ENVIRONMENTAL

episodes and running the Swap Shop. Besides other similar initiatives, we also see our role as mini-lobbyists; we want to make sure that the School administration is also contributing to reducing Bromsgrove School's negative environmental impact, by, for example, making buildings more energy-efficient.

On a more personal note

What might seem like small or insignificant work is highly important to the members of the Eco-Committee - we believe in the importance of individual initiatives that become incredibly powerful when evolving into changes led by a whole community, such as Bromsgrove School. We are 2500 Bromsgrovians who can go on to influence their families and friends outside of School. If one person starts, they can have a cascading effect on others. Therefore, we work incredibly hard to offer all students the opportunity to be more sustainable, but only if everyone accepts their responsibility to participate in this change, we can reach our full potential as being a more sustainable member of society.

Interested to find out more?

-Subscribe to our podcast which will regularly upload episodes on the issues surrounding the current state of our environment. They will be available on all common music and podcast platforms, such as Spotify and Apple Music. Just search for "The Act" by "Eco-Committee"

-Subscribe to our Instagram account to stay up to date with all the initiatives we plan and opportunities for you to get involved.

-Swap books or clothes in our Swap Shop

@broms.eco.committee

Contact eco-committee@bromsgrove-school.co.uk if you have any questions or are interested in joining us. ■

Beth R

SCIENCE & TECH

THE BILLIONAIRES PURSUIT OF ETERNAL LIFE

The possibility of living forever could become a reality in our lifetime. A dream for some and a nightmare for others, eternal life could be a possibility thanks to unprecedented progress the scientific community is currently making with the support of the top 0.01% of the population.

Jeff Bezos joined the race against time with the medical start-up, Altos Labs. Together with fellow billionaire investors, the Amazon CEO will be aiming to rejuvenate cells using biological reprogramming technology. Altos Labs is currently testing their rejuvenation techniques on animals with the final mission being to regenerate full bodies, not just particular cells. However, with the company currently being established in the US with research facilities in Cambridge, United Kingdom, there are plans of growing the project through the incorporation of more labs worldwide.

Eradicating cancer, Alzheimer's, and the health repercussions of ageing all seem like feasible reasons to promote advancements in the cell rejuvenation industry. Editing of the epigenome, the collection of chemical compounds controlling gene expression may be the key to eternal life. Among the array of scientists said to be joining Altos is Juan Carlos Izpisua Belmonte, a biologist currently working on combining the embryos of monkeys and humans in hopes of extending human lifespans by 50 years. 2012 Nobel Prize winner, Shinya Yamanaka, who discovered genetic reprogramming will be part of the scientific advisory board. Yamanaka discovered four proteins with the addition of which, cells can be reverted to their original states. With an array of professionals in the field who are promised salaries of up to \$1 million a year and have the freedom and financial support within a private company to conduct all necessary

and desired research, Altos Labs appears to have the setup for success.

However, Jeff Bezos isn't the only billionaire currently investing in life-prolonging technology. Another notable investor in Altos Labs is Russian-born Yuri Milner, who earned his billions through his stakes in Facebook, Twitter and Mail.ru, earning him the position of the 589th on the Forbes Billionaires list. Milner isn't a newcomer into the business of scientific innovation, having started the Breakthrough Prizes in Life Sciences awards. The set of international awards, \$3 million each, is presented to the most outstanding scientists in a plethora of research fields each year. However, Altos Labs isn't the only billionaire-backed private research facility rushing to find the elixir of youth. Calico Labs, a company created by Google co-founder Larry Page, is focused on gene reprogramming through suppression of cell identity.

But what is the obsession with living forever? As the quote goes, "young people dream of being rich, rich people dream of being young". Although Milner and Bezos have been quoted stating that the formation of the company was for philanthropic purposes, the mind-blowing investment raises questions behind the morality of such ventures. The treatment of death as being a problem, the solutions to a natural phenomenon could possibly be overstepping the boundaries of morals associated with living. Aubrey de Grey, an English author, and gerontologist agrees on the view of ageing being a disease that is preventable by cell rejuvenation. This process, as previously mentioned, could be the answer to many cell disorders, and a way to help individuals maintain their health with the introduction of new, healthy, cells. However, opposition to this may come from many walks of life. Religious communities may take the stance

SCIENCE & TECH

that developing such technology would effectively equate to playing God and thus an overreach of human power.

Of course, most people would wish for a longer time on this earth to achieve all their goals and ambitions, but wouldn't it be fair to assume that it is part of our human right to attempt to achieve everything we can within our given lifetime? The concept of artificially prolonging our lives completely takes away equality and justice from living. It is safe to assume that only those in developed, rich, western countries will have access to this technology, as is currently seen with basic healthcare. Those who have access and the means to afford this new cell rejuvenation technology will have the freedom to live for longer periods of time,

further increasing the already-existing global inequality.

Although the promise of living forever appears to become a reality within the near future, it is still but a promise. This sci-fi utopic dream is something that may be a possibility, but before it gets implemented into our daily lives and yearly cell rejuvenations become part of our routine, it is important to consider the struggles people are currently facing worldwide that could be aided with the attention and financial support of those craving to revolutionise society through science. ■

Masha B



Art by Lilly S

PHILOSOPHY

LIVING LIFE FAST

losing and wasting it. Why then do we experience time differently from one another, and how can we influence the way we perceive it?

In 1962, a French speleologist named Michel Siffre spent two months in a cave, having an absolute absence of any outside influences. While he lost his conscious sense of time during these two months, his average sleep-wake cycle of 24 hours still remained the same. This critical key insight would later prove that humans are indeed able to body track time without any outside factors; that our ticking ancient circadian "master clocks" would help proceed a periodic rhythm, helping us master everyday tasks flawlessly. Recognising time passing on a larger, continual scale, however, is something completely different.

Awareness of passing time is one of our most basic instincts. In order to evolve, the brain's primary function is to use its past records to imagine and learn for the future. Days, Months and Years all fade into each other. But that doesn't matter. To evolve is why we remember.

According to a theoretical theory by scientists such as APS Fellow Warren H. Meck at Duke University, a biological stopwatch in the brain slows and accelerates in line with attention and arousal. "Boring" counting of sheep and numbers makes time feel like passing slower. In contrast, the greatest moments are over in what only feels like an instance. This theory supports the observation that "time flies when you're having fun". However, this might not automatically be a bad thing.

The fact that the perception of time is a sense which is easily bendable can also be seen as a gift. It lets us speed it up or slow it down, depending on how we use it. The more memories we capture that we think are

PHILOSOPHY

worth saving, the faster the perception of time feels at any given moment. This effect makes space for new satisfying adventures while creating metaphorical landmarks for the previously experienced ones.

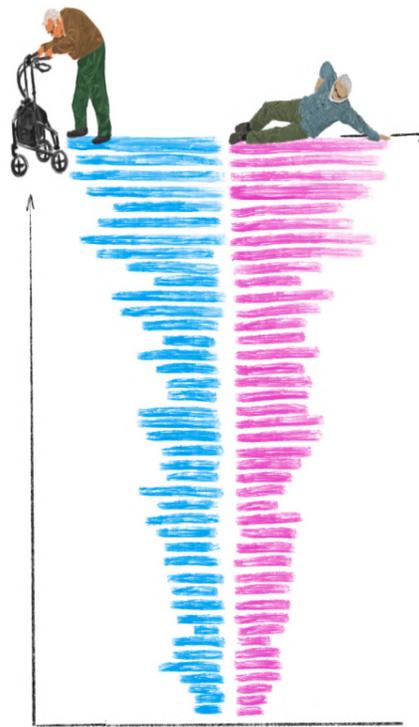
When people think about their childhood, they remember a single day as moving quickly. But with the available days of childhood approaching, it gets described as a feeling of a lifetime. Because only kids notice so many exciting and worth-saving details, creating the amount of those landmarks.

The greater the satisfaction we gain from our actions, the bigger the momentary perception of time flying by. Therefore, time flying by seems inevitable when creating landmarks, but at the same time is the best way to live a long and fulfilling life in reflection.

Living fast, a metaphor based on being spontaneous to the point of never thinking anything through to the end before doing it totally does seem reckless. But it also explains the idea of why a perfect, satisfying moment is inevitably flying by.

If life is being lived in a spontaneous, adventurous, happy, and a little bit of a crazy way, chances are it will also look like a lifetime in retrospect and not like it's been spent behind a work desk. ■

Henri K



As a child, a single day can last forever. Teenagers can spend what seems like a whole lifetime during their summer break. And when somebody is just about to leave their 20s, they can't believe that they have already turned 40. From there on, people recall time only moving faster and faster. With all the smartphones, tablets and watches we surround ourselves with, the continuous ticking of time is being displayed everywhere we go - giving us the feeling of

LITERATURE & CULTURE

IT'S TIME TO EXPLORE MUSIC FROM ASIA

Aside from the occasional K-pop bands that got through the walls of the western cultural bubble, most of the music I was exposed to has either been made in Europe, America or in and around my home country. If your cultural upbringing has been relatively similar to mine, I'm quite confident that your experience with music would not be much different. But, isn't it close-minded of us to be ignorant of the music scene outside of the English-speaking world? After all, the western world has already happily embraced a lot of media coming from the East. For example, something like anime, which is originally from Japan, has already been normalised and is widely popular in western society. More recently, the South Korean television series *Squid Game* has, in fact, seen more popularity in the west than in its home country. So, maybe it is time to finally explore the musical gems that are simply unknown in the west.

The main project I want to bring some attention to is a bit retrospective, because the band is no longer active. But, it is impossible to discuss music in Asia without at least mentioning Fishmans. The band was formed in the late 80s by three close friends coming out of Meiji Gakuin University in Tokyo, with the incredibly talented Shinji Sato on lead vocals and guitar. The band achieved relative success in their early years between '87 and '94, releasing three full-length albums and consistently playing small to medium-sized venues around Japan. However, although the brilliance of the band definitely shines in their early work, the heavily reggae-inspired pop is very difficult to call fresh and innovative.

In 1995, Fishmans are signed to Polydor Records, a massive record label, and that same year release the ethereal ナイトフルーシン (Night Cruising). I see this single release, along with the release of 空中キャンプ (Kūchū

Camp) a year later, as the definitive turning point for the band. Not only is the objective quality of recording and mixing better on the album in comparison to their previous work, but the style of the music is distinctively *Fishmans*. A shift away from the boring and lacklustre Shibuya-Kei and Dub into an ethereal dream-pop and neo-psychedelia, combined with Shinji Sato's androgynous, breathy vocals, transformed the band's sound into a style that I have not heard a single band replicate to this day.

After Kūchū Camp, Fishmans released the album/song that defined their entire musical career. The 35-minute behemoth that is 'Long Season' (1996) is a psychedelic, experimental, and intoxicating journey that showcases the ridiculous talent the members of the band possess. From Shinji's incredible vocal range to Kin-Ichi Motegi's creativity on the song's nearly 7-minute drum solo and the impossibly masterful work of multi-instrumentalist Honzi on violin and keyboards; the track is a true ambassador for the alternative Japanese music scene. To say that 'Long Season' changed my life would not be an exaggeration. The latter 15 minutes of the track are to this day the closest I have ever felt to a spiritual experience.

I will not go in-depth into the live album 98.12.28 男達の別れ. But, it should be noted that this album is the band's final real work before it's eventual separation and the unfortunate death of the vocalist Shinji Sato. However, it is undeniably their best work, as it perfectly encapsulates the musical journey that transpired throughout their 10-year career. With the reimagining of old tracks like 'Melody' to fit the new style that Fishmans have embraced, and the epic finale of the 40-minute live version of 'Long Season' used to conclude the band's, and unfortunately Shinji's life, the album is the definition of a 'final act' in more ways than one.

LITERATURE & CULTURE

Although bands like Fishmans were most prevalent in the 90s music scene in both Japan and Korea, indie rock is far from dead in these parts of the world. 파란노을 [Parannoul]'s shoegaze/emo album 'To See the Next Part of the Dream', was released in 2021 to unprecedented critical acclaim and relative popularity among fans of the genre. The album is an introspective masterpiece, with the main feature being the vocals buried deep behind the thick layer of dreamy guitars completely drenched in reverb. In a way, the whole sonic landscape is a perfect metaphor for the lyrical themes of the album. By completely drowning the vocals inside the music, the most individual and defining part of the artist is gone. This loss of individuality is something Parannoul calls a 'Most Ordinary Existence' (a phrase borrowed from another great Korean artist, Sister's Barbershop), and is lyrically prominent throughout the album. Now, 'To See the Next Part of the Dream' is unlike anything many critics have heard sonically, dealing with incredibly poignant social issues, and is objectively one of the most refreshing albums to be released in 2021. Therefore, the album has seen some success in the west, with the likes of Pitchfork even releasing a review of the album.

However, Parannoul is a success story that is not often seen when it comes to the reception of music from Asia in the west. 'To See the Next Part of the Dream' is a contender for one of the most innovative albums of 2021; perhaps trailing only behind Black Midi's 'Cavalcade', and yet it still rests in relative obscurity. What about the thousands of other albums that may be slightly less novel? They exist, but the required standard for a western music related website to give them attention is much higher than for music coming from inside the west. For example, a Japanese band like Yuragi, whose 'Nightlife' EP is considered among the greatest shoegaze works in the community, alongside western giants like the 'My Bloody Valentine's 'Loveless' and Slowdive's 'Souvlaki', have never really had their time in the spotlight.

The quality of the work they produce is certainly comparable to other, more famous bands in the genre, and yet outside of the genre-specific community, they are unknown.

I am not going to pretend to be an expert on modern music in Asia; I am sure there are a lot of other culturally prominent bands that I have missed out, whether by choice or ignorance. However, what I am trying to communicate is a call to action. This article was made with the intention of showing that Europe and North America are not the only places with music that is palatable to the western ear. These bands have history, evolution, and innovation, much like the bands we have back home. The reasoning behind the detailed narrative of the career of Fishmans was to show that bands outside of our cultural sphere have depth, nuance, and a fascinating background. Perhaps you would even draw similarities between western bands you know. After all, music is universal, and humans are truly more alike than we think. There is no reason to think that music, especially modern rock and pop in other parts of the world would be drastically different. It is innovative and interesting, simply due to the inherent cultural differences, but it is not *different*. The music discussed in this article belongs to genres that I am most familiar with, and that is a large limitation, however, there is really something for everyone outside of the physical borders of familiar music. There is no reason to swim inside the inflatable paddling pool in your living room when there is an ocean in your backyard...■

Arseniy S



Art by Sara M-P

LITERATURE & CULTURE

THE ARTIST STUCK IN TIME

A religious leader, a mystic but most importantly an artist, Hilma af Klint is the pioneer of abstract art who has only been given this title 100 years after her death. A private woman, driven by faith and vision has been considered one of the many artistic geniuses of the 20th century due to her colossal abstract paintings now in the possession of the Guggenheim Museum in Bilbao, Spain. Her painting style predates the first abstract compositions by artists such as Kandinsky and Mondrian, who were crowned the first abstract painters. The Swedish artist predicted the abstract movements would follow later in the 1900's, as she kept her paintings private and put a condition on their publication, to only be made public 20 years after her death.

When she began her journey with vibrant and symbolic paintings in 1906, her work was significantly different from anything that had come before, not taking part in any avant-garde circles of art movement, but rather reaching her artistic peak through personal development and religious mediation. As she was profoundly engulfed by spiritual movements and philosophies, she began searching and learning about the mysteries of the supernatural world, leading her to pursue ideas of invisible forces beyond the physical realm. She was one of the founders of a group of mystic women called "The Five", where they would hold séances in order to communicate with the spiritual realm. Upon reaching the age of 44, she began painting beautiful abstract paintings of her experiences with the spiritual realm, producing up to 193 visionary works which she titled "Paintings of the temple". She refrained from collaborations with other artists as she believed that society was not spiritually advanced enough to understand the nature of her art, and her paintings would be better understood by future generations. She was in fact right, as three decades after she produced her paintings, abstract painters started to base their artwork

on the minimalistic ideas that she had once based hers on. Knowing that she requested for her paintings to become public only 20 years after her death, meant that her paintings were not recognised by the public for many years. Almost 80 years after she produced her paintings and around 40 years after her death, she gained international recognition through a group exhibition under the name "The Spiritual in Art: abstract painting 1890-1945".

She began creating radically abstract paintings measuring up to 10 feet in height and 8 feet in length, with intertwined circles and spirals. Some of her paintings also incorporated elements of nature like flowers, leaves and snails. These pictures were made through the medium of oil and tempera on paper, intended to symbolise her relationship with life and nature following her revelations and practices as a mystic. The colours are bright, with tones of sunset orange and ocean blue, bright spirals of energy breaking down the uniformity of her shapes, whilst stretching the length of her canvas. She envisioned life as a spiral going up and narrowing at the tip which symbolises the end of a lifetime and the start of another, depicting the flow of energy in nature.

She was, as some might say, the artist stuck in time. Whilst many painters such as Vincent Van Gogh struggled with unpopularity in their lifetime and recognition post-mortem, Klint was one step ahead. Having predicted the outburst of abstract ideals, she kept her paintings away from the eyes of the public, allowing them to thrive at the right time. Now her paintings are featured across the globe and she is recognised as the first abstract painter, fulfilling her wish for her paintings to be appreciated by future generations. ■

Sara M-P



Art by Sara M-P



Art by Cally B

LIFESTYLE HIVE

How can you secure your future?

It's that time of year again, with university applications upon us, for some students, conducting research for university applications can be overwhelming and stressful. An applicant could be focusing on academics or perfecting their applications but instead, spends too much time scattering up all the information from countless websites, counsellors and teachers.

Fortunately, OBs Judy Wu, Miray Kose, Jonathan Chan and Darren Zhang (Class of 2020) recently launched Hive, an organisation run by students, for students aiming to create a centralised system where current university students are able to offer advice and guidance for incoming applicants in the UK, US, Canada and Australia. Hive produces content and services that share their honest perspective and personal experiences. Furthermore, Hive is also a useful tool for creating your very own network of exemplary connections. With Hive, students can communicate and connect with each other, alongside gaining opportunities to improve their CV.

Alongside our futures department and its connections, students can now be advised by OBs that have experienced the application process first hand.

On their website you will find resources such as:

How to Write a Brilliant Personal Statement (Law & other subjects)

How to Optimise Your Chances of Attaining a Great University Offer Beyond the Textbook

'Science and Math Applications Hacked' - what standout UK Mathematical Science applications include

Beyond the Numbers- Qualities that US Admissions Look for in Students

A Step by Step Guide to UK University Application,

and services like:

- Ask Hive

A forum platform where students can post short, urgent questions about university applications or anything related. It will be answered by other members in the community who are familiar with the area of interests and can offer advice and guidance.

- Hive Consult

A one-to-one consultation service that allows students to discuss their applications in detail with our trained consultants. These consultants have the experiences and expertise in the area of interests matching the needs of the students. It takes place in the form of Zoom calls or google meetings.

For more information, visit our website www.hivestudentorganization.com

Instagram: [hive_sorg](https://www.instagram.com/hive_sorg) ■

Chantal W



Art by Lilly S

LIFESTYLE

SWIMMING FOR SURVIVAL

A common agreement amongst students is that procrastination is the birthplace of stress. A collectively-accepted response when faced with deadlines includes resorting to a variety of TED talks on 'how to overcome procrastination' that soon dominate your browser history and have, ironically, fuelled your procrastination. Whilst this habit of consciously inflicting stress onto yourself, by actively and effectively ignoring the growing workload, may have a masochistic appeal, it usually stems from our unfortunate successfulness in producing a fairly decent piece of work despite the late nights and thus dodging the consequences we probably would have faced - and perhaps needed.



Art by Lilly S

Stage 1: Swimming

Intense swimming lessons are probably the most accurate analogy of our recurring attempts to keep our heads above the water and not drown in the ever-growing workload. The aggressive swimming instructor, continuously adding more rounds to the agenda, is an accurate representation of our teachers stacking up our pile of unfinished assessments and homework. The training lane ropes you'll desperately try and hang on for a short unnoticed break represent your weekends; we cling onto

them for dear life, fully aware that these only grant you a small break to somewhat try to regain your strength and then, the cycle restarts when you'll have to dive right in as soon as the clock strikes Monday.

Stage 2: Paralysis

The longer we swim, the faster it drains our energy and soon you'll find yourself struggling to make any progress in moving forwards. The consequential result is exhaustion. Often translated to a feeling of unproductivity, inevitably kickstarting a slump in our work ethic. Combined with some of the other swimmers overtaking you in the adjacent lanes, a sense of panic starts growing inside of you, soon dominating your every thought. And here it comes, you've now entered the second stage; paralysis. You'll find yourself floating in the water, eyes wide, limbs tense conducting minimal movement to grant your body oxygen. You're unable to move forwards, your little progress stimulating your swimming instructor to add even more laps to your agenda. The other issue with panic is that it's incessant; grasping desperately onto the lane ropes becomes increasingly difficult, the emergence of the hand cramp only adds onto the stress, draining the last breath of your strength and thus consumes your every thought, refusing to grant you a break. A probably well known defense mechanism your body initiates in the face of stress includes suppressing the tasks into our subconscious and thus attempting to be ignorant of their existence, ultimately creating a self-destructive tendency. The attempts to give yourself just a slight mental break and take your mind off things are quickly poured down the drain when realisation strikes, and the rush of stress is overwhelming and overly thought-consuming. Watching a Netflix series as a viable solution for emotional compensation

LIFESTYLE

and relaxation, something that's always worked the previous times, no longer proves to be effective and leaves you restless yet still unproductive. Actively ignoring the pile of work usually disguises itself as an effective escape from reality, whilst it usually only serves as fertiliser to the growth of your workload (fuel to the fire) by stealing the time on your hands.

Stage 3: Floating

One of the final stages of stress entails carelessness regarding everything academic-related. This short emotional high, originates from an acknowledgement or realisation that the goal of completing all the overdue and impending assignments on time is out of reach. You come to a sudden halt, unable to see the point in continuing the struggle to keep up and instead proceed to float on our backs, ultimately rejecting all the overdue assignments. Deciding between grinding out another late night or heading to bed doesn't even pose as a question anymore, whereby the choice instantly falls on the latter, thus procrastinating even further.

Stage 4: Hysterics

Our sudden awareness of the workload that our procrastination has constructed ultimately propels us into the final stage: hysteria. Sleep becomes irrelevant and not a vital part of life (which it should be) as you seem to experience a revelation and are gifted with a new-found energy to grind out all the impending tasks, despite the fact that it is 4am in the morning and spending another hour will only fuel the caffeine reliance. But somehow, you succumb to the stress and continue to work which all the procrastination has delayed. As you take a deep breath you hysterically thrash about in the desperate attempt to make it to the edge of the pool and try to complete the final assignment. This stage frequently ends in some sort of mental breakdown, usually in the form of tears and hysteric sobs in the early morning, probably ignited by one; the lack of sleep, two; the stress and desperation to get the work done, and three; the sense of

complete helplessness that consumes you, as you know you have nobody to blame but yourself (or perhaps, that's just us).

Whilst we're simply attributable to our student-lives, and are more than susceptible to heaps of work load, over which we sadly lack the power to influence, we are responsible for our decision to procrastinate - repeatedly. Whilst we're all forced to swim in the pool and struggle to keep our heads above the water, you actively decide how you'll make it to the finish line and out of the pool. Whilst it is part of human nature to procrastinate - the extent of which we attain the ability to control, and thus that finish line which supposedly seems so far, can seem a lot closer if you learn to manage your time. Get down and stuck into the given work and turn off that irresistible voice in your head telling you that just one episode of a Netflix series won't do much damage and that you will get right back to the work once it is over - because as we all know, that is never the case. And you'll just find yourself back in the pool lanes, swimming/struggling for survival. ■

Lilly S & Iris T



Art by Lilly S

MAKING THE MOST OUT OF YOUR TIME

Tips on combating procrastination

Point of view:

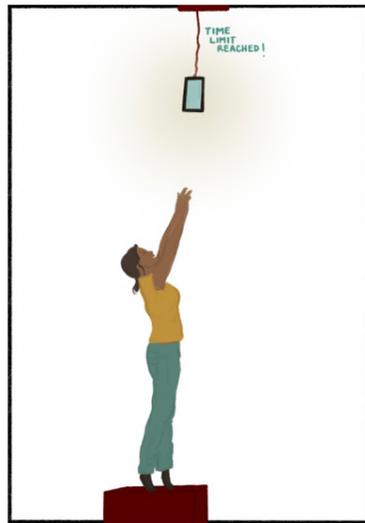
You: "Alright, it's 6:23. I will start doing my homework at 6:30"

Ten minutes pass, and you notice its 6:33

Still you: "Oh, 6:30 passed, I guess I'll have to wait till 7:00 now"

End of scenario

I don't know about you, but I always find myself in this situation. If you can relate, I bet you can also agree that it can get quite stressful when you realise that you have a test and three assignments due the next day, and you haven't made any progress on any of them. This is very common amongst all teenagers as it becomes increasingly difficult to create a school and social life balance. Most times, you might just find that you don't have enough energy to bother with either of them. Luckily for you, after trial and error and some research, I have made my list of top-tips to combat procrastination:



Tip 1: Set a downtime or app limit on your social media apps.

This tip helped me the most as I always get carried away on one of my many social media apps and lose 3 hours of my precious time doing nothing. By setting these up, your phone will notify you when your time limit is up, and this will cue you to put your phone down and get to work!

How to set it up:

1. Open the Screen Time options in the Settings app.
2. Tap Downtime and then toggle the Downtime switch to On (green) by tapping it.
3. Tap Start to select a time of day to begin your downtime, and then tap End to choose a time for downtime to stop.

Setting an app limit:

1. Open Screen Time in Settings.
2. Tap All Devices.
3. Scroll past the stacked bar chart and already-set limits to the Most Used section.
4. Tap on an individual app to see its specific details.
5. In the detail view of an app, skip past the app's chart, average time spent, notification count, and information to get to the Limits section.
6. Choose Add Limit.
7. Pick a time limit and customise the days of the week it will be applied.



8. If you want, add additional apps to the group to limit their collective use.

your EE or EPQ!

Tip 2: The 10-minute rule

Most of the time procrastination stems from one finding it difficult to commence a task. This is the whole reason we put it off; we are too unmotivated to start. Therefore, we can't make progress on it and then finish it.

The 10-minute rule is basically putting your phone down for exactly 10 minutes (which could be indicated by a set timer) and then checking your progress after this time. During this time, you are not allowed to touch your phone or anything else that will distract you. It might sound silly, but you'll be surprised by how much you can achieve in just 10 minutes. Also, this method guarantees you'll make a start on your task, which might put you in the right mindset and mood to even finish it.

Tip 3: Divide and Conquer

This tip is probably the hardest in my opinion, but the most beneficial in the long run. This method requires you to break down large tasks into smaller units and setting a deadline for each unit. For example, you have a big assignment, and you need to write 4000 words by the end of the month. That seems very intimidating, but if you set a goal of 100 words a day, it will take you 40 days to complete your 4000-word essay. But if you don't have that much time, you could even write 300 words a day, which would allow you to complete your task in roughly 13 days (which is just under 2 weeks). Suddenly that daunting task doesn't seem so scary.

This can be especially helpful if you are writing

Tip 4: Once you finish, make a start.

If you do manage to get yourself in the right productive mood, don't waste it and make a start on another task. As previously mentioned, procrastination is exacerbated by you postponing a specific task because you might not be in the appropriate mindset to do it. So, make the most of the motivation and zone you're in and start another task.

However, equally if you find yourself unable to do a task, don't get discouraged and stop trying, instead try something else. So, if you have writer's block, put your pen down and try something else that was on your to-do list. This might seem logical (and it is!). Most times we internalise the difficulty of a task, and this creates a mental block which inhibits us from undergoing that specific task.

Last resort: Do something different and attempt your task thereafter

This tip is quite dangerous, as sometimes it can be very hard to get back on task. But if the task you're working on is depriving you of the will to live, give yourself a break. Set a 5- or 10-minute timer and use that time to do something fun and then when the timer goes off, return to your task. Even better, try doing a physically engaging activity that will get your blood circulating. For example, going for a walk in the fresh air, or simply doing some jumping jacks in your room.

Obviously not all these tips are going to work for everyone, but it is important to try something new as you might discover more about what studying strategies best suit you. So go on, try some of these tips and remember... DON'T LEAVE EVERYTHING UNTIL THE LAST MINUTE. ■

FICTION

the loitering ghost of time

time flows by like an invincible fluid. like a battering ram. like a pianist's fingers dancing across the keys, elegant and graceful.

how i wish i could be time.

time leaves me speechless every time I look at the clock and it's a new day, a new dawn, a new night.

as time goes by, i have overwhelming feelings of joy and nostalgia. but occasionally, time's phantasmagoric hand reaches out and snatches that joy away.

time has witnessed it all. seen it all. heard it all. witnessed the pain and suffering of my ancestors. seen their joy. heard their cries.

time can unlock the cages of sorrow and loneliness people build around themselves. it allows patience. it allows forgiveness. it allows change.

never have i ever doubted time or its sheer brutality. its steadiness - reassuring, calm, grounding - constantly reminds me that clocks are still going around and around and around.

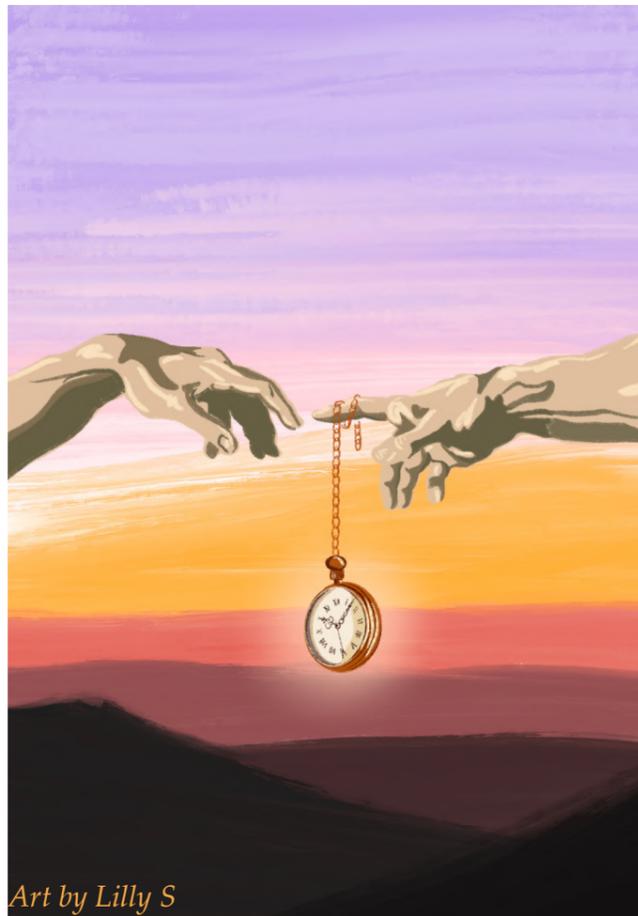
it gives up on me every day. i'm always too slow or too unorganised or daydreaming. i can never keep up. i'm hanging off a very narrow ledge and time keeps taunting me, teasing me, slowly plucking my fingers off one by one.

every day i seem to be running out of time. suddenly i'm too old, too tall, too far gone. i have this pestering feeling that i'm drowning. waves of stress climb higher and higher, lapping at my hips, my shoulders until they completely submerge me. this sense of dread entwines itself around my limbs and squeezes tighter, tighter, tighter.

but by the hour i will finally be out of time, i hope that i am not drowning but flying, soaring on untouchable wings.

and time is the one that will have trouble keeping up, the one that will be daydreaming.

Ilerioluwa O



FICTION

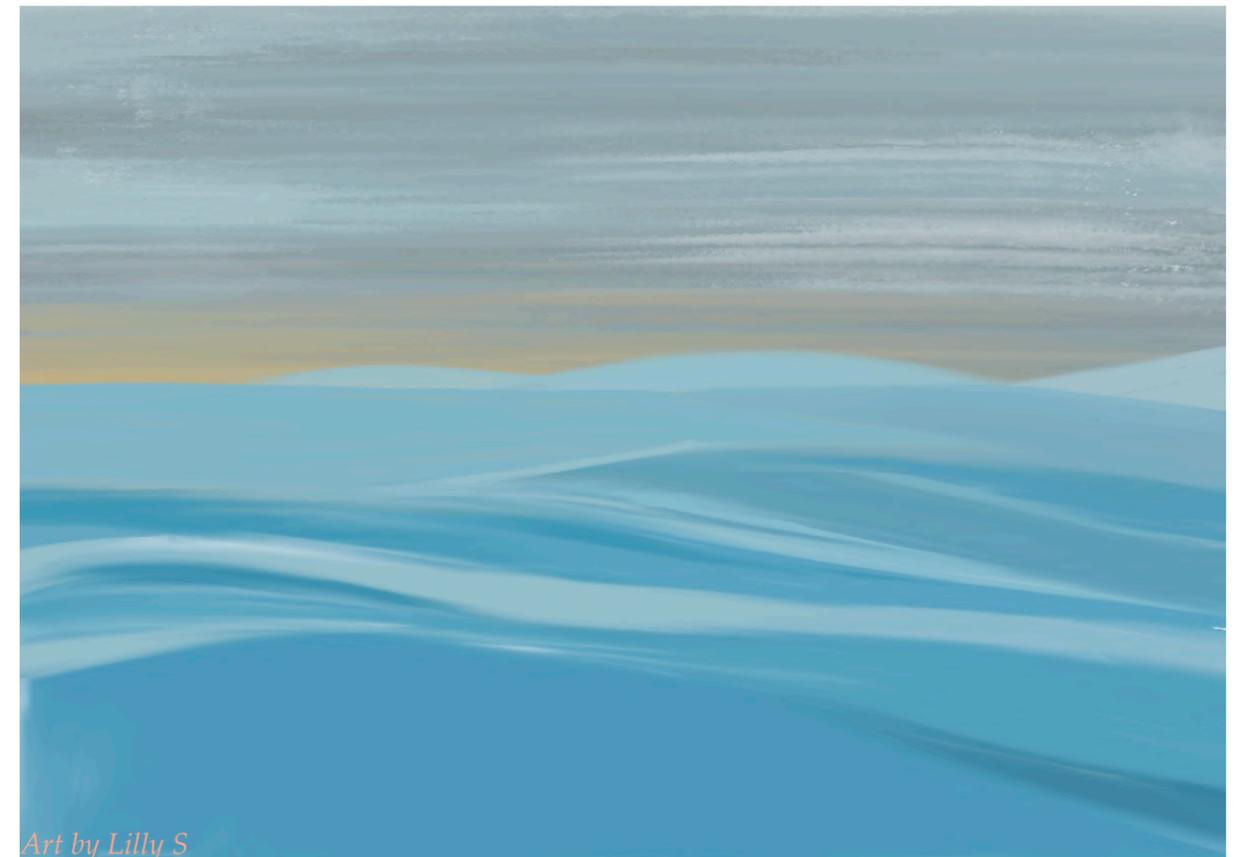
NIDHANA

The desert stretched infinitely into the distance, blurring sky and land. Snow thundered down from above, covering all in ash. And then the snow stopped, and the wind ceased. All lay still.

Then from the distance came something. A moving figure, a silhouette of skin, hair, muscle, bone, and blood. Man. With it, the man brought great sights, and great sounds. He soared into the heavens, and dug into the earth. He felt eternal, and made monuments to his eternity. But as the man kept walking, the desert stripped him of all his victories. He became tired and weary. He walked until he could not remember his own name. He walked until he collapsed under sky.

On land he fell and, swallowed by snow, was taken by the last living thing left.

Darius M



FICTION
MIRRORS



Art by Lilly S

Every blink of white across the mountainside hit his face, covering Vel with a mask of snow. The pathway was narrow and spindly, bending constantly, and below him was an empty cliff; a blend of white and silver crashing down the mountainside in a mixture of beauty and death. He felt as if he were alone, as if these mountains were devoid of life or civilisation altogether. But despite all of this, no fear, only a grim solemnity. Vel's hood gave him no comfort against the biting wind, but gave him a clear view ahead to the shrine. It was like this world was playing a joke on him.

The dark stone walls of the temple gave a chilling look, and as he stumbled through the doorway and the snow fell off him, a white silhouette traced itself on the floor, and he lay on the stone tiles, breathing, throwing all hope to the winds of the mountains' wind. How long it had taken him to come mattered no more.

The temple's first hall was distant, unending, and with a breath of what felt like regret, Vel slowly pulled himself from the stone, and gave his first step into the darkness.

FICTION

As one step flowed into a walk, he found himself walking like he did on the mountain, watching every step. The hall was lined with mirrors, in the first a new child, with a sister gazing at the thing with pride and disgust.

A boy running around a field, playing with his first wisps of mana.

A teen bending the plains, forming waves of air.

A young man walking down a dark hall, gazing into shards of glass as if they meant anything.

His death, and a glimpse of hope.

Each mirror seemed to show what always was and always would be. What was written at the dawn of time and would be torn up and thrown away and the end of it, if there was at all.

Many would have given their livelihoods to see their birth and death, yet when it was in front of his eyes, it only made his face tinge and curl into a frown.

What was so deathly, so evil about it? What made him want to run?

The final mirror showed a figure walking the halls; but he only saw her back, and heard her scream. Her scream at the agony of these reflections into time.

There was only a small wood door to what gave the impression of a next hall, one of hundreds.

He wanted to forget this place, its unending walls and rooms, the mirrors. All he could conjure in his conscience was the darkness. There was only a desire to lie on the floor like a child, curled up as if his mother were softly cradling him. Transfixed and frozen, he touched the black oak with the tips of his fingers, and then pulled them

back to the safety of his sleeve. It was an instant, a fraction of a second.

Yet an eternity had passed before he threw his hand back to himself. As if time didn't work in this place anymore.

Maybe it never did.

Given an ever so slight push, it swung open into the gloom. This next room, and possibly the last, consisted only of a pedestal, engraved with unholy figures, blood coursing down their faces from their eyes. The pillars at the edges of the room were etched with an image of a screaming figure, symmetrically carved, save for a larger, glass eye on the left side of the face, through which was a visage of the image itself, looking back at it. The pedestal held nothing save for a statuette, a malformed, ghoulish, aged creature, bound with chains and screaming into the space around it. As if that was all those that wandered this place forever would be reduced to.

Jasper D

POETRY

Indecisive

Overtime it is said the memory fades;
I wish this to be true as I must forget you.
No longer must I suffer from your alternating aura.
For truly, I have chosen to forget you?

Be gone from my mind, my soul and spirit;
The air too must forget your touch.
Your selfish indifference fed on my sanity.
Though, did you truly lick your lips at my anguish?

Time evicts you from its residence.
Let it be done and forever remain that way;
Let the laments of my clock's chimes conclude with you.
Conflicted at heart, I fumble at your being.

Leave my mind. Let this dispute be at rest.
To distinguish between your warmth and hatred,
Coldness would shiver and morality suffocate.
Still, surely is it right to forget you?



Art by Lilly S

Ruvimbo M

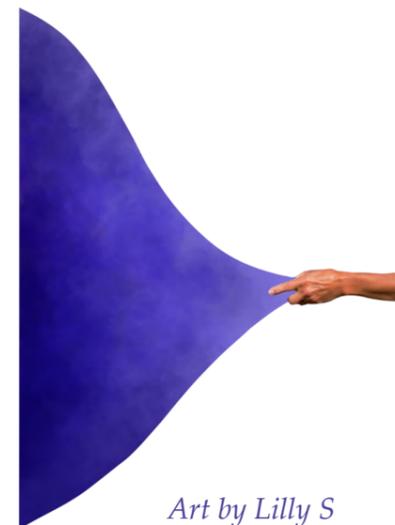
POETRY

Fin.

I'm somewhere else
My nights and days have been
swallowed whole,
digested and spat out again
Where noises surface,
too loud to hear single words
the alarm rings distantly
definitely

Deep in every corner, every
artery and cell
It feels like every limb
has thoughts
Counting down minutes,
months, days and years
My pulse rate outruns
the second hand

Before you know it
You're here, you're there
A thousand eyes will
take no notice
Notice that
they're somewhere else?



Art by Lilly S

Cally B

POETRY

Once I was a seed

Once I was a seed;
For miles, I was carried by the wind's inexorable force,
But unlike my kin, my life had not ended as bird feed.
My once hard exterior, was soon shed, like the leaves of Autumn.

Once I was a seed;
Through countless winters, my innate yearning for survival prevailed.
Soon my trunk would stand tall as it is proud, I am sure all would have agreed
My branches: a home within a home for birds. My roots for worms.

Once I was a seed;
I had leaves - leaves of colours no paintbrush could do justice.
My buttress roots, prominently erect and of the utmost esteem
How tiresome it must have been to measure from my roots to my chutes.

Now, here I lie, rotting as no more than an unsightly seat for him
The smell of gasoline, plaguing the very air I once cleaned, for him.
Seeing me in a such a state, he likely doesn't remember that.
Once, I was a seed.

Neel A



POETRY

Time is a tutor

The animated metal,
to whose industrious hand
has secretly given
life to the precious machine,
organizing a sonorous voice,
with its every moment
in whom unknown secret spirit,
briefly and tightly around an orb,
showing the way of burning light,
as the wheel turns like the moon and the sun,
and between every sunset and aurora,
the machine by which craftsmen,
would count the steps in a sun,
hours in a day and seconds in an hour,
manufacturing in concealed metal
repeated sound warnings,
few times believed,
many times counted,
counted with a different ear,
listened to its intention and its sound.

Cherish your memories,
fear their disappointments,
because there are deadlines in the years,
and this gives you the secret,
that to each passing sun,
to each passing ray,
death as the accountant,
time as its tutor.

Max B



POETRY

Fear of the Timekeeper

The timekeeper is always looking over us,
He is always there following our every move
No matter how hard we try to run away from him
He will always end up catching us when we least expect it
Or sometimes exactly when we want him to reach us.

Why?

Why are we always trying to fight time,
Always trying to free ourselves from it?
We all have that fear inside of us,
The fear that our time will end soon
And even if we try to convince ourselves we are not scared,
Deep down we all know,
We all know how much we fear time
So why do we still do it?
Why do we always try to run away?

People put too high value on time, and so
we all wish to live for hundreds of years.

For eternity.

However, there is no time, you see.
Eternity is a mere moment, just long enough for a joke.

Time is said to be a gift,
We have been taught to value it
But deep down, even after thousands of years
The fear of our time ending will still be there,
Chasing us.

Alexandra G



ENTERTAINMENT

THE ACT

(Eco-Committee Podcast)
Spotify



TWO ZERO ONE

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Art by Liza V



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