

What The Heck?

May – 4th Edition

In Association with Sixth Form
Newspaper Enrichment

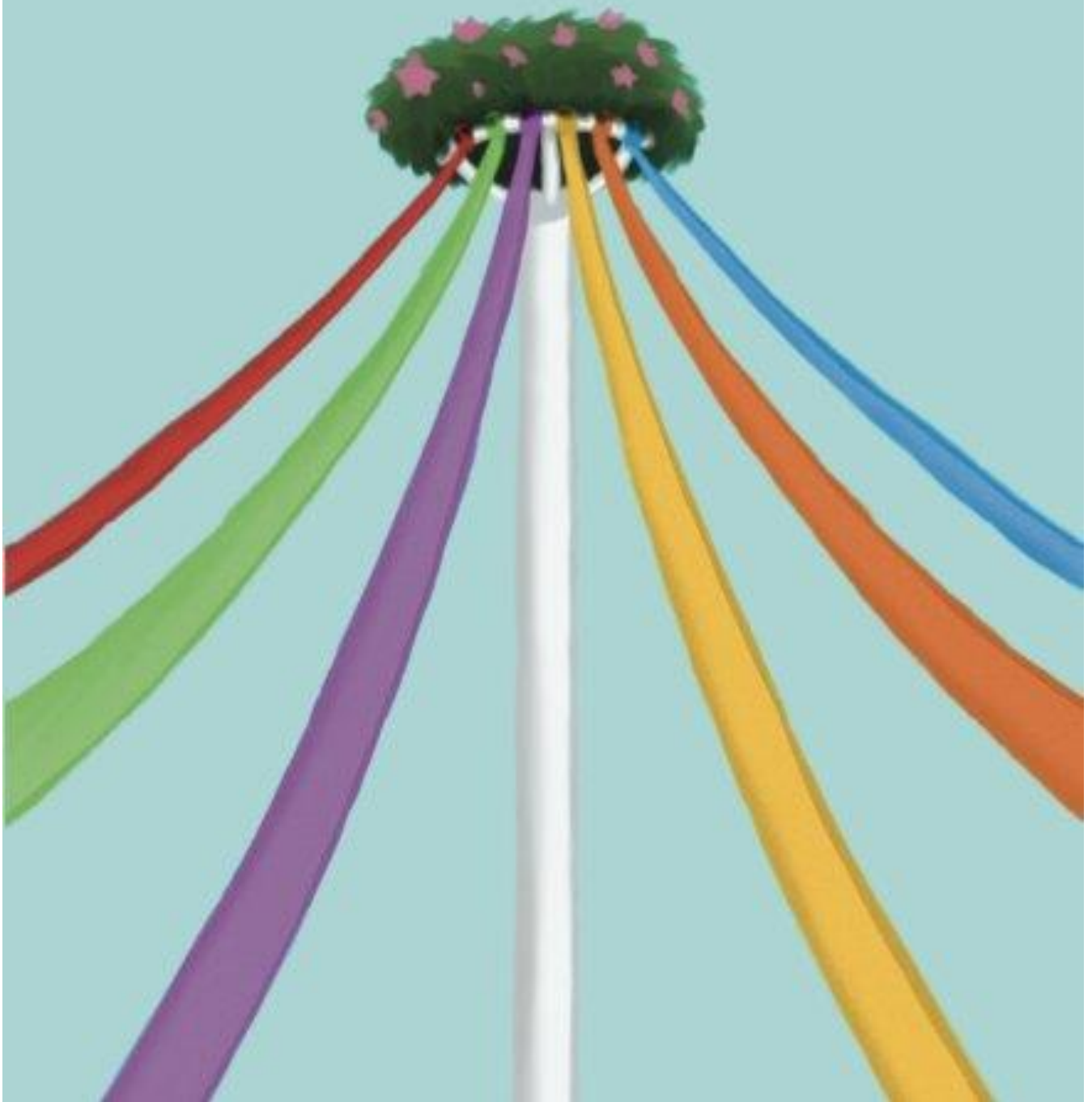


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Welcome back to the fourth edition, the May edition, of 'What The Heck?'

As we are entering this year's exam season, 'What The Heck?' wants to wish good luck to all student' with exams over the next few weeks! If you are struggling with stress at this time, feel free to consult our first article on page 3, where Yr12, Laura Hatherly tackles how to stay sane during exam season.

Coming up in this next half term is the yearly election of our two head students, near the start of June we will see the inauguration of two of the following candidates – Fiona George, Ayan Gupta, Rishi Mikkilineni, Maryam Nasar, Sam Jones, Eleanor Turner and Emily Sharp. All of who we have seen in assemblies over the past two weeks, presenting their points. Good luck to each candidate!

Thank you to the guest writers in this edition, we greatly appreciate your input and articles – Yr12, Eleanor Stott and Yr13, Oliver Kaye, whose articles are brilliantly written and a great contribution to this month's edition! Another special thanks to Mrs Thomas for proofreading all the articles in the newspaper and helping us where we need the assistance.

Your editors,

Alice Cheesbrough, Emma Dye

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Student life – House Update

1 Priestley – 115.5 points

2 Houldsworth – 103.5 points

3 Clarke – 89 points

4 Bronte – 82 points

Upcoming events

- Inters rounders (16/17 May)
- Junior cricket (22/29 May)
- Junior Rounders (25/26 June)

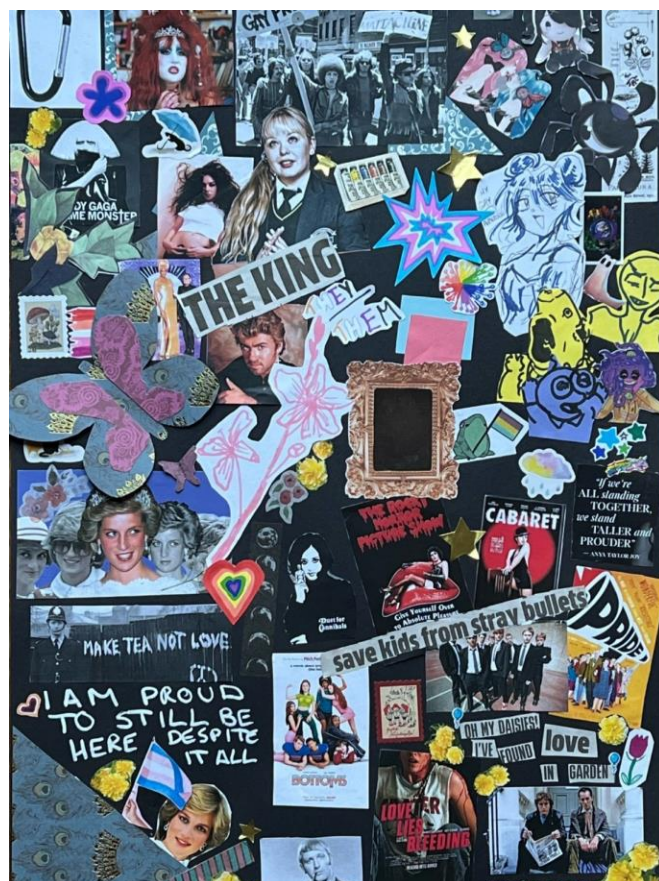
EPQ Artefact – Community LGBTQ Project

Created and written by E.Stott

This piece is a series of works centered around different aspects of our school community. For this piece I worked with the LGBTQ club over several sessions to make a collage of illustrations, crafts and significant images that surround the community. Everyone in the group happily brought a variety of images in to display historical moments, significant figureheads of the community across time, and media that they love. My personal favorite is the carabiner clip, this accessory worn in belt loops was an insider way of signaling that you were a lesbian that originated in the mid 80's.

Being a part of the LGBTQ community is sometimes very difficult, especially when you don't feel comfortable or feel unsafe disclosing this information about yourself. Only 51% of students in the UK feel school is an LGBT affirming space ([Trevor project 2022 survey](https://www.thetrevorproject.org/survey-2022/#anxiety-by-sexual-orientation)) and for this reason displaying and visibly showing the community's place in school with this piece is important.

Sources: <https://www.thetrevorproject.org/survey-2022/#anxiety-by-sexual-orientation>
<https://slate.com/human-interest/2016/12/the-lesbian-love-of-key-rings-and-carabiners-explained.html>



Look out for this artwork and two others based around different parts of the school community soon to be displayed around school!



Article written by **L. Hatherly**

In the lead up to GCSEs, A-levels and internal mock examinations, the topic of exams is currently at the forefront of many students' minds. Everyone will face stressful exams, presentations or interviews at some point in their lives, and whilst it is important to take steps to prepare for these by revising and planning, one of the most important parts of doing this is maintaining healthy habits to take care of your mental health. ♡

When we don't take care of our mental health, we are at risk of burning out and actually negatively affecting our academic performance. In 2019, the World Health Organisation (WHO) defined burnout as "a syndrome conceptualised as resulting from chronic workplace stress that has not been successfully managed." Since then, this term has expanded to encompass the experiences of many students struggling with the pressure of school, especially with exam seasons. Burnout is characterised by a feeling of overwhelmed which causes you to become unable to 'recharge' no matter what you do. Signs of burnout may include feeling tired or drained most of the time, feeling helpless or detached, as well as procrastination and self-doubt. This, as well as other factors such as stress and anxiety surrounding exams, can lead to worsened academic performance and potentially physical ailments such as aches, rashes, and dizziness. If you do end up feeling like this, do not worry – it is just a helpful sign from your body that you need a break.



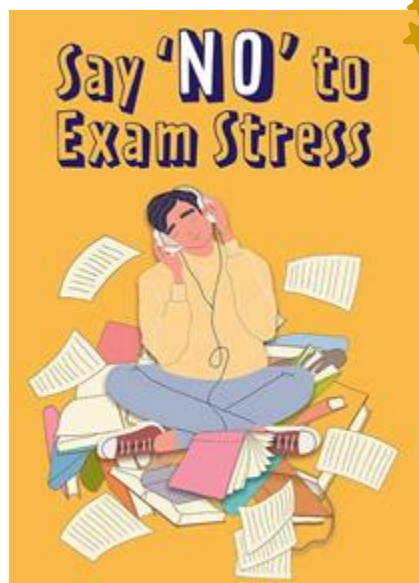
In terms of preventing build-up of stress and anxiety, there are a few ways you can maintain positive mental health and attempt to rest fully whilst revising and preparing for exams. Of course, everybody is different, and it is important to note that not everything will work for you and your lifestyle, however some of these tips may help you to get started.

• **Eating fulfilling and nutritious food** that makes you feel good and gives you energy is important, especially when spending long periods of time revising or focusing. Some foods that are known to help concentration include slow-release carbohydrates such as wholegrain pasta and bread, as well as nuts, seeds and legumes. Remember to eat a good breakfast, especially before an exam, and have a tasty snack when you feel you need to!

• **Exercising** may be difficult to prioritise if you are stuck inside staring at past papers, but even just taking a walk outside for 15 minutes or attending a weekly exercise class can help you feel more energised and ready to revise due to the endorphins released when moving your body.



• **Having a regular sleep routine** is essential in exam season: whilst it is very tempting to stay up late and cram revision in the night before, this will often not prove very useful when you wake up sluggish and exhausted the next day; or worse, sleep through your alarm and rush to get there on time. Setting aside time after school to revise and stopping at the planned time to get a good amount of sleep is necessary to making it through exam season.



Useful links

[Healthy Eating Article LINK](#)

[Pomodoro Study Technique](#) - A method of study where you work in short increments with consistent breaks (e.g. 25 minutes working, 5 minutes break).

[Healthy Revision and Sleep](#)

• **Taking regular breaks** when revising allows you to revise for longer periods of time and means you don't end up crashing towards the end of the day. There are many techniques such as time blocking and the Pomodoro method that allow you to incorporate this into studying, but however you do it, ensure you are getting up and moving away from your desk and allowing yourself to do something else, getting a snack or walking about to refresh your brain to study.



• **Allowing yourself full and complete rest** is an overlooked aspect of maintaining a healthy school-life balance. Allow yourself to entirely forget about everything you need to do: make a plan and stick to it, meaning you don't need to worry about what you are doing next. This will allow your body and mind to entirely take a break, leaving you prepared and fresh for when you next plan to study. Breathing techniques and mindfulness may help you to achieve this, or just chatting to a friend to help relieve some tension.



Most importantly, if you feel your mental health is at a crisis point or getting worse or if you just need some external support, it is imperative that you talk to someone at home, school, or otherwise to help you feel better. You can and will get through this period of time and can look forward to a nice long summer afterwards!

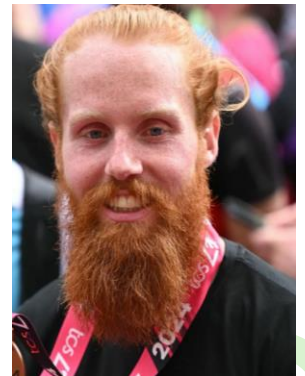
Sport – The London Marathon 2024

Over 53,000 people took part in the London marathon on Sunday the 21 April 2024, with money being raised for many different charities. This article will mention some of the well-known figures that took on the challenge, as well as some special stories and record-breaking achievements.

Matt Hancock, a politician of the conservative party – and former MP, also well known for being a contestant on 'I'm A Celebrity... Get Me Out Of Here!' in 2022, completed the course in an impressive 3:55:37. He was running for the Accessible Learning Foundation (ALF), which was set up to support individuals with neurodivergent conditions – including ADHD, autism, and dyslexia (a learning disability that Matt was diagnosed with when he was only 18).

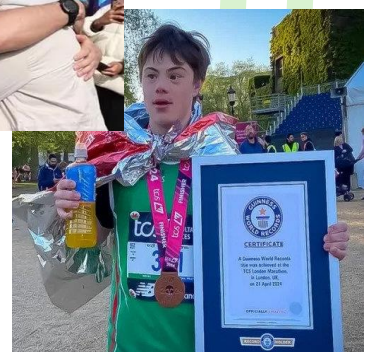
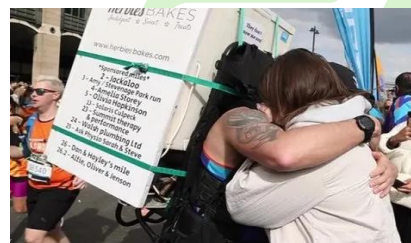


Another famous figure that took to the challenge was Russ Cook, also known as 'The Hardest Geezer', who is an endurance runner, recently making headlines due to being the first person to ever run the entire length of the African continent (southernmost point to northernmost point). Two weeks after successfully completing this insane distance, he decided to take to the roads again and tackle the London marathon. Prior to the marathon, Russ Cook took to 'X' and said: "I will be there on tarmac pacing some incredible young people with @Running_Charity". Running Charity is a brilliant organisation offering running and mental health support for anyone who is struggling. He finished with an unofficial time of 4:25:40. He also recently went on a run with Prime Minister Rishi Sunak – touring London's famous landmarks.



Nineteen-year-old Lloyd Martin became the youngest person with an intellectual impairment to run a marathon. Lloyd was born with a hole in his heart and was diagnosed with Down syndrome at birth. Having undergone surgery on both his knees in 2021, Martin decided to take up running. He began taking part in the parkrun, completing the event over 30 times. Looking for a greater challenge, Lloyd signed up for this year's marathon, with his mum, Ceri. For the months leading up to the event, Lloyd gradually increased the distance he would run by a mile each week. He completed the course with a time of 6:46:10, which meant he secured a place in the Guinness World Record Books. In total, Lloyd raised £6,964 for the Special Olympics Great Britain, which was significantly more than his target of £5,000.

Incredibly, some runners decided to complete the marathon with a fridge strapped to their back. Laura Bird was one of these. She completed the 26.2 mile run with a 25kg refrigerator on her back in seven hours and 29 minutes. In doing this, she raised just under £15,000 for the Rays of Sunshine charity, an organisation whose aim is to brighten the lives of seriously ill children across the UK. Another runner, Daniel Fairbrother, took on this insane challenge. Running for Diabetes UK, he also completed the marathon while carrying a fridge. During the run, he stopped at Big Ben to propose to his girlfriend. He got down on one knee and took the ring, which was wrapped in toilet roll, from his pocket. Thankfully, she said yes!



Article written by G.Heald



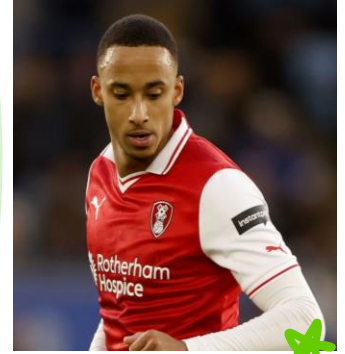
In total, 44 Guinness World Record titles were broken at this year's TCS London Marathon. To name a few other records, Simone Carniglia completed the fastest marathon by a type 1 diabetic (male) - 02:44:33, Lee Baynton completed the fastest marathon in a full-body inflatable costume (male) - 03:21:07, and Brendan Matthews completed the marathon with the most T-shirts worn (male) - 100 T-shirts.



The 4th of May marked the end of the EFL (English Football League) Championship 2023/24, and evidently, this season saw 3 teams go down to League 1, these being:

Rotherham United: 27pts

The Millers experienced their worst Championship season since 2017 (in which they finished on 23 points), ending with only 5 wins, 12 draws and an astounding 29 losses. This was only their second season in the Championship, after being promoted automatically from 2nd place in League 1 (2022), and their 99th season in club history. Rotherham were officially relegated after their match against Plymouth Argyle (finishing 1-0) on the 5th of April, leaving them with a month of games to play all whilst knowing their 2024/25 fate.



Huddersfield Town : 45pts

Only 2 years after being promotion hopefuls at Wembley, the Terriers failed to keep their semi-consistent position of 20th all season and secure their spot in the Championship. Town had a grand total of 4 managers this season, starting with Neil Warnock, then Darren Moore, temporarily followed by Jon Worthington, and finally Andre Breitenreiter. After fans started off the season hoping for the play-offs with Warnock, having to wave goodbye to the Championship is a disappointing conclusion, especially for new owner Kevin Nagle. The Terriers are nevertheless expected to undergo an expensive rebuild this summer in the transfer window.

Birmingham City: 50pts

The Blues failed to stay up by only a single point, despite winning their last match of the season against Norwich City. Birmingham began the season the best it had in years, being in 6th place and having 18 points by the 6th of October with manager John Eustace, causing fans to believe they had a chance of promotion this season. However, he was replaced after only 15 months in charge – due to an alleged misalignment with leadership – by Wayne Rooney, who later departed after a run of nine defeats. The club was left on the brink of relegation and appointed 3 other head coaches before settling on Gary Rowett on the 19th of March 2024. Rowett failed to resurrect Birmingham from the dire state Rooney had left it in, therefore after Plymouth Argyle, Sheffield Wednesday, and Blackburn Rovers won their very last games of the campaign, Birmingham are now preparing to return to England's third division. After disappointing seasons for Rotherham, Huddersfield and Birmingham, all three teams' fans believe that they deserve apologies for this saddening end.



As for the premier league, Sheffield United is one of two teams confirmed to be relegated thus far, currently on a disappointing 16 points. If the Blades cannot secure another point this season, they will go down in history as one of the worst league finishes ever (tied 3rd with Huddersfield Town 2017/18).

Currently in 19th of 20, Burnley is to be the second team relegated from the Premier League after their 2-1 defeat at Tottenham.

The third team who will be relegated to the EFL Championship has not yet been determined, but as of the 19th of April, this will be confirmed, with current data analysts supposing that this will be Luton Town, however Nottingham Forest is also in a place of great danger.

Think of an apple. Picture it in your mind: imagine the colour, texture, shape, type. Can you hold the image in your mind? How vivid is the image? How about the face of a loved one, or your kitchen, or the last meal you ate? For some people, this task is an impossible one: and this is all down to something called Aphantasia.

Aphantasia is defined in the Cambridge dictionary as “a condition in which someone is unable to form pictures in their imagination”. It was first coined in 2015 by Professor Adam Zeman at the University of Exeter, in one of the first major studies on the condition. After Zeman underwent minor surgery, he transitioned from having a vivid mind’s eye to being unable to visualise mental images, leading him to research this unusual occurrence and give the condition a name. The term comes from Aristotle’s concept “Phantasia” - often translated to “imagination” - describing a ‘sixth sense’ between perception and thought, with the prefix “a” denoting a lack of this. This condition has been documented in some form since the 1800s despite remaining unnamed, and is reported to affect around 1% of the population.

Contrastingly, Hyperphantasia is a condition that is estimated to affect 3% of the population, and describes individuals who have extremely vivid mental imagery, said to be “as vivid as real sight”. This may seem like a pleasant experience; however, this may be confusing or disorienting, making it difficult to differentiate between imagination and reality, and possibly increasing susceptibility to flashbacks for those with PTSD. Additionally, other variations include Phantasia and Hypophantasia, with individuals experiencing low to moderate levels of vividness. All of these may have distinctive impacts on behaviour, physiology and neurology, however, the true causes and impacts are not fully known.



Whilst this phenomenon remains poorly understood, Professor Zeman has reviewed recent studies to attempt to discover more information about what this is and why it occurs. Research has found that the condition runs in families, suggesting it may be related to genetics. Additionally, it was found that those with Aphantasia reported more difficulty with facial recognition and autobiographical memory (memory of personal events) and were more likely to work in careers that involve maths and science. Interestingly, whilst those with the condition did report less frequent and less visual dreams, some still experienced visual imagery within their dreams.

An important factor to note is that Aphantasia is not a medical condition, and does not limit everyday functioning in a significant way. This may explain why it has gone unstudied for so long: it is not a major health concern. Whilst it may be distressing to be unable to picture a loved one’s face, the lack of imagery does not imply a lack of imagination, and it can be shown that this phenomenon does not necessarily limit one’s opportunity or success in life. For example, some famous people with Aphantasia include Ed Catmull (co-founder of Pixar and former president of Walt Disney Animation Studios), Craig Venter (the biologist who first sequenced the Human Genome), Blake Ross (creator of Mozilla Firefox) and John Green (New York Times bestselling author).

Go back to the image of the apple you pictured before. Can you imagine picking it up, the crunch as you bite into it, the way it tastes, the smell as you eat it? This may be another form of the condition called Multisensory Aphantasia: along with a lack of visual imagery, this comes with an inability to imagine sound, taste, smell, movement and touch.

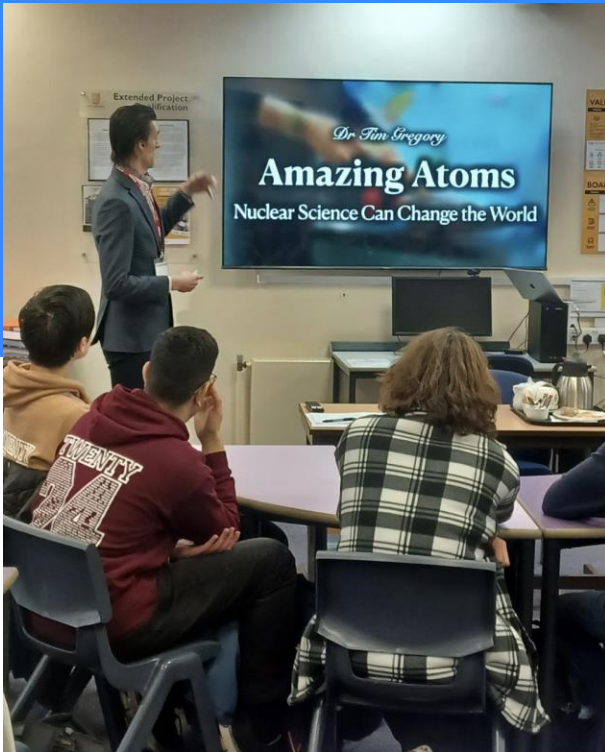
Overall, whilst there may be advantages and disadvantages of living with these conditions, they luckily do not have a significant daily impact and techniques can be used to mitigate negative influences. What is your experience with this? Can you picture things in your mind, or know anyone who can’t?





– A Forgotten Treasure –

After an inspiring talk from Dr Tim Gregeory (an ex-student from Heckmondwike Grammar School) who gave an insight into nuclear science, with an engaging presentation, I was inspired to research a lesser-known phenomenon: Space Batteries.



An atomic battery, also known as a nuclear battery, is an advanced nuclear-electric power system designed to generate electricity using radioisotope fuel. These batteries are classified into two main types: non-thermal and thermal converters. Thermal converter atomic batteries produce electricity by converting the thermal energy generated from the decay of radioactive isotopes. The heat produced by these batteries can be effectively converted into electrical energy using thermoelectric materials. Thermoelectrics are passive systems that utilise the Seebeck effect* to transform a temperature difference into an electrical current, thereby enabling the conversion of heat into usable electrical power. This innovative technology presents a promising alternative for producing sustainable (and enduring) power for a variety of applications, from space exploration to remote and inaccessible locations where conventional power sources are impractical or insufficient**.

Article Written by S.Saleem

Space batteries, pioneered in the 1950s, have played a pivotal role in numerous space missions, including all Apollo moon landings, Mars rover expeditions, and ongoing spacecraft ventures – into the outer solar system – as reliable power sources are essential for transmitting crucial data and images back to Earth. Consequently, space batteries are recognised as 'mission critical' technologies by the European Space Agency and represent a cornerstone programme for the UK Space Agency's strategic objectives in space exploration. The UK Space Agency (UKSA) allocates funding to the European Space Agency, including an investment of £22 million into innovative programmes like the European Devices Using Radioisotope Energy (ENDURE). This initiative aims to develop radioisotope systems for spacecraft heating and power generation.

A potential development of atomic batteries is using Americium-241, a man-made isotope which could be dangerous to humans if taken into the body. This material could revolutionise exploration missions to the Moon and Mars, stimulate growth in the UK space sector, and enhance the UK's energy independence. Additionally, this presents an opportunity to create highly skilled professional jobs in the Northwest region. Dr Paul Bate, CEO of UKSA, highlighted that the UK's capability to produce Americium-241 positions the country uniquely in the global landscape. This research also facilitates a transition away from the use of Plutonium, a resource with limited availability and high acquisition costs.

In 2009, the UK's National Nuclear Laboratory (NNL) identified Americium-241 as a viable alternative to Plutonium-238 for use in atomic batteries. Americium-241, an abundant resource, is derived from the radioactive decay of spent fuel or legacy waste from nuclear reactors, such as those at Sellafield in Cumbria. Legacy waste refers to the radioactive by-products generated during the initial stages of post-war Britain's nuclear activities. With financial backing from the UKSA, research and development on Americium-241 are being conducted at a state-of-the-art laboratory in Cumbria, supported by a £19 million investment.

*A phenomenon where a temperature difference between electrical conductors produces a voltage

**Other examples include AI technology, medical equipment, microprocessors, small drones etc.



Coral Bleaching is a natural phenomenon which occurs when water becomes too warm and results in the coral reefs expelling their natural algae (zooxanthellae), of which they have a symbiotic relationship*** with, causing them to turn completely white.

Coral bleaching can be considered as a by-product of global warming, and though a lot of people have heard of this strange process, many do not recognise the vast marine impact that corals have on biodiversity. As well as why it is so devastating to have over 75% of the world's coral turn entirely white* with over 30% dying due to a lack of protection, which algae should provide. To put it bluntly, coral bleaching matters because once dead, these organisms very rarely 'comes back'. Once so much of the population has died, it struggles to reproduce - and as a result, entire ecosystems (which rely on the coral) will quickly deteriorate. These ecosystems are some of the most biodiverse ever recorded on our planet. Thousands of marine organisms depend solely on reefs for survival, including some sea turtles, crabs, starfish, sea birds, shrimp, jellyfish, fish, and many more. The reefs provide for these organisms in many ways, with shelter, protection from predators, and spawning grounds: as well as being a fundamental part of the reproduction of creatures at the base of a food chain. Without coral, species which are already at risk due to over-hunting, or animals who rely on such organisms to eat, are likely to face extinction. We have already recorded that nearly two thirds of the 134 (discovered) species of reef shark and ray are threatened with extinction, with those at higher trophic levels** being most greatly impacted.

Other than affecting marine diversity, coral bleaching significantly impacts human lives. Coral reefs can be considered as natural barriers which absorb the force of waves and storms, keeping coastal civilisations safe from flooding. Without this protection, we rely upon man made sea defences, like seawalls, which are expensive, noticeably less efficient, and partake in global warming even more, creating a cycle of destruction for the once beautiful reefs. Bleaching also compounds the crisis of overfishing by removing important links in food chains and depriving some fish and crustacean species of places to reproduce - meaning that anyone relying on these species or similar for food or income is likely to face serious trouble.

Additionally, coral reefs bring millions of people together per annum, via tourism. In just the great barrier reef alone, polling results show that tourism areas are at risk of losing over one million visitors per year and close to ten-thousand jobs. In fact, it is thought that over 175,000 visitors wouldn't come to Australia at all, impacting the country significantly - and losing them approximately one billion Australian dollars in expenditure annually.

So, after all that, what can we do to help the reefs? Despite the dire situation, we aren't necessarily doomed to lose all the beautifully pigmented reefs, however, with the third mass bleaching event being recorded in 2022, we need to act fast. Small, everyday actions can, and will, make a huge difference in this situation. I'm sure you are tired of hearing the classics: use less water, recycle, etc. However, to address bleaching we must address climate change, and these changes will help. More wide scale things will also help, including reducing stormwater and fertiliser runoffs and herbicides.

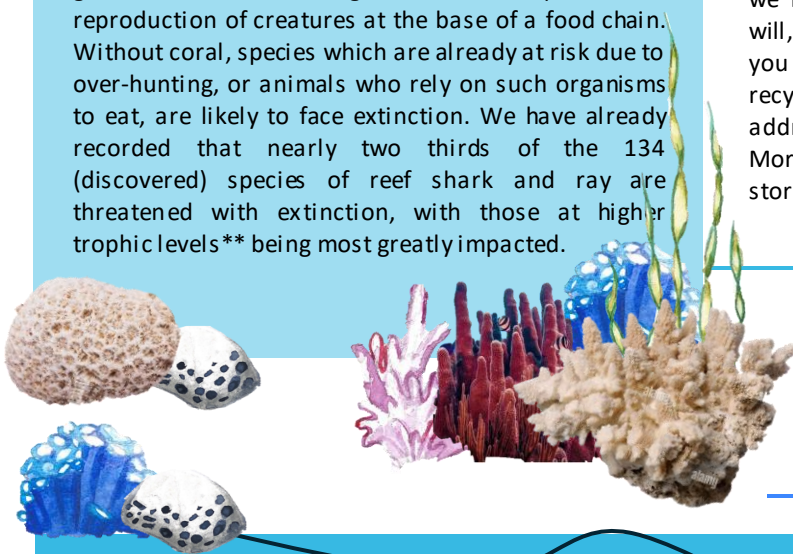
In reality, global warming is the driving factor of coral bleaching and only comprehensive global efforts to reduce emissions and 'fix' the climate will have significant effects on this issue.

Article written by E.Dye
Pictures illustrated by A.Cheesbrough

*Statistics from 2014-2017

**Trophic levels are related to food chains, a higher trophic level generally suggests they are a predator

***Symbiotic relationship: organisms, people, or things that exist together in a way that benefits them all



PUZZLES – Sudoku and Coding Problem

6			1		3		5	9
2	9	1	7	5	4		3	8
3		4	8			1		7
		5					6	2
9		6	4	1			7	5
8	2				9	3		
4			2	8	7		9	1
5			9	3		7		6
7	1	9		4		2	8	3

	9			3		6		
			8	5			4	1
3							9	
9	5	1	4	7	2		3	
7	8			1		9		
			5	9		1	2	
						4		
4	2	9						3
	7	5			3	2		

		3				8		
6	2			1				
	8							
		8						9
7	4		9		5			1
	9		8					
	3		2		1			
		2						
		4				5		

EASY DIFFICULTY

MEDIUM DIFFICULTY

HARD DIFFICULTY

Positive News Stories:

'The Gardener Man', Bobby Wilson, operates a non-profit 'Metro Atlanta Urban Farm', and has been involved with garden projects for over 30 years. He thrives on helping the Black population with food security, setting up community gardens to aid with this. Wilson's investments in this industry, as well as his passion for it, have led to him invest his retirement money into his non-profit. The company boasts 5 acres of land, and it seriously breaks boundaries for communities having access to safe and healthy food.



Coding problem – Alphabet swap

Problem Written by L. Hatherly

For this problem, you must create a program that takes a user input as a string. It will then replace each letter in this string with its corresponding position in the alphabet if **a = 24**. For example, **b = 25**, **c = 26**, and **d = 1**. If the text is not a letter, ignore this and do not return it. This is not case sensitive so **A** and **a** would both output **24**. This program should then output the original input string as its corresponding numbers.

As an extra challenge, can you program it to decrypt the numbers back into the original string?

Example Test Values

Input: **Hello World**

Output: **5 2 9 9 12 20 12 15 9 1**

Input: **Password123**

Output: **13 24 19 19 20 12 15 1**

Challenge: can you decode this message? (add the other characters back in afterwards!)

**5 17 17 13 16 :// 25 6 17 . 9 22 /
4 25 12 3 1 16 24 5**





CHARLES V: HOLY ROMAN EMPEROR

Charles V, the Holy Roman Emperor, appears frequently on English history Syllabi, but not for his profound adeptness at ruling, nor for his colossal empire. Rather, he is studied for his links to King Henry VIII, and his conflicts with the reformation. To be short about it, Charles V is one of the greatest men of his era, and his rule over his dominion defined the future of all of Europe, and it makes for a far more interesting tale than his conflicts with Henry VIII and the reformation.

Charles was a profoundly powerful man. This is because not only was he the son of both Joanna and Phillip of Castille, but he was also elected the Holy Roman Emperor. This exceedingly lucky turn of event for Charles meant that not only did he hold the magnificent holy roman empire in his domain, but he also held all of Spain, newly unified, and her massive empire in the Americas. Charles was, almost immediately, the most powerful man in Europe. The issue with holding such a magnificent empire under yourself is that everyone who happens to live within that region is absolutely terrified of you. Charles was no exception, and his pragmatism both deepened this fear when he was alive and eased it upon his death. Charles was more than aware that he was feared, as such, he decided to split his domain between his successors: he gave Spain, and her imperial holdings, to his son, Phillip II, and gave the Holy Roman Empire to his brother, Ferdinand. Charles lived out the rest of his days at peace in a monastery, as he abdicated about two years prior to his death, giving these thrones to their respective holder. Upon his death, he was mourned with great intensity as the people of both empires respected him greatly for his power,

Though I may have diminished it in the introduction, the fact is, Charles V did have a massive and admittedly fascinating role in the reformation. Quite famously, Martin Luther, a prominent protestant theologian during the reformation, was dubbed a heretic, and an enemy of the state. His capture and handing in to Charles was mandated in the edict of worms, and though this arrest would never come to fruition, it makes Charles' stance on the reformation clear. Additionally, as most who paid attention in high-school history know, he also played a massive role in England's reformation. He was not only the nephew of Henry VIII's first wife, Catherine of Aragon and a suitor for her daughter Mary, and when Henry demanded a divorce from Catharine, Charles, having the pope under his thumb following the sack of Rome, forced him to decline Henry his divorce. Needless to say, Charles earned notoriety for being a constant thorn in the side of Henry VIII, not the least for breaking off an engagement with Henry's daughter, Mary, who would later marry his son, Phillip II of Spain.

Article Written by O.Marques

Picture Illustrated by A.Cheesbrough

One thing will have stood out to you based on the illustration our brilliant Alice drew for this article, the chin. Though this may at first appear to be a simply illustrative error, I can assure you that this was a real trait of Charles V. something which must be noted is Charles V was a Hapsburg, and if you have studied the Hapsburgs, especially the house's members in the late 17th century, a ubiquitous feature of the whole family is a Prognathism, or as many know it, a Hapsburg Jaw. Hapsburg Jaws are irrefutably found to have links to inbreeding, and there is a reason for this, Charles V, as with most of his family, was particularly inbred. He had a myriad of issues linking to the small gene pool he came from. Most notably, he had epilepsy, which is easily explained: Charles' Mother was, in fact, his father's niece!

Footnotes:

Theologian – A person who studies religion

Castille – Prior to the unification of Spain, the largest kingdom in Iberia, Castilian Spanish is the main dialect spoken in Spain today

Sack of Rome – An attack on Rome in 1527, attributed to a power shift towards the Holy Roman Emperor and away from the Pope

Edict - An official order or proclamation issued by a person in authority.

Recently, there has been a concerning trend of votes coming in smaller and smaller portions from the youth of this country, but in a historic turn of events, the United Kingdom has witnessed a surge in youth voter turnout, marking a significant shift in political engagement across the nation.

Recent statistics reveal a remarkable increase in the participation of young voters in elections, signaling a potent wave of civic activism among Britain's youth population. According to statistics released by the Electoral Commission, youth voter turnout in the UK has reached unprecedented levels, with the 18-24 age group demonstrating a keen interest in shaping the country's political landscape. In comparison to previous elections, the latest figures show a substantial uptick in the number of young voters casting their ballots, underscoring a palpable enthusiasm for democratic participation among the youth.

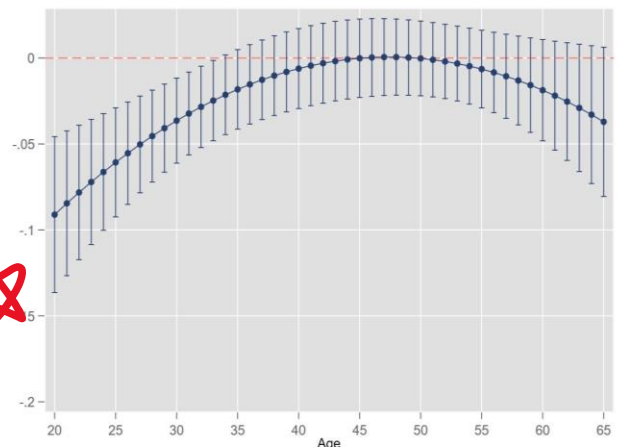
The surge in youth voter turnout defies longstanding perceptions of political apathy among young people and reflects a growing desire to influence decision-making processes at both local and national levels. Analysts attribute this phenomenon to various factors, including heightened awareness of social and environmental issues, increased digital connectivity, and concerted efforts by political parties and grassroots organizations to engage with younger demographics.

The impact of social media and digital platforms cannot be understated in mobilizing young voters, with online campaigns and digital outreach initiatives playing a pivotal role in galvanizing youth participation. Platforms like Instagram, TikTok, and Twitter have emerged as powerful tools for political engagement, enabling young people to voice their concerns, organise movements, and mobilise support for causes they believe in. Furthermore, the emergence of youth-led advocacy groups and grassroots movements has energized political discourse, empowering young voters to assert their influence and demand accountability from elected representatives. Initiatives such as voter registration drives, educational workshops, and youth-focused debates have fostered a sense of civic responsibility and encouraged meaningful participation in the democratic process.



The surge in youth voter turnout sends a clear message to policymakers and political leaders, highlighting the importance of addressing the priorities and concerns of younger generations. Issues such as climate change, affordable housing, education, and social justice resonate strongly with young voters, who are increasingly vocal about the need for progressive policies and systemic change. As the demographic landscape of the UK continues to evolve, with the proportion of young people in the electorate growing steadily, political parties face a renewed imperative to engage with this demographic and articulate a compelling vision for the future. Failure to do so risks alienating a significant segment of the electorate and forfeiting the opportunity to harness the energy and idealism of youth in driving positive change.

Considering these developments, analysts anticipate a paradigm shift in UK politics, with the voices and concerns of young voters exerting greater influence on policy agendas and electoral outcomes. The surge in youth voter turnout represents not only a triumph for democracy but also a harbinger of a more inclusive and dynamic political landscape, where the aspirations of future generations are accorded the attention and respect, they deserve. The lower the percentage of youth voters per year, the decrease in the impact they will have generations to come.



Written and Researched by O. Kaye

The Right Honourable Baroness Margaret Hilda Thatcher LG OM DStJ PC FRS HonFRSC was the longest-serving Prime Minister of the 20th Century – a time where the winds of social and economic change blew on Britain's shores. Regardless of the challenging circumstances, both in her pursuit of power and during her premiership, she was able to thrive and create a better Britain and world.



Thatcher did not come from the landed elite backgrounds of former Conservative Prime Ministers such as Lord Alec Douglas-Home, rather her humble beginnings as the daughter of a self-made greengrocer meant that she had to rely upon her own great work ethic to reach the heights she did. Furthermore, as a woman she was able to destroy the patriarchal institution of UK executive to become the first female Prime Minister of the United Kingdom – inspiring future women in power on both sides of the political aisle such as Ilhan Omar and Penny Mordaunt and paving the way for two further female PMs.

Thatcher encouraged the private ownership of property for people of all classes. This was seen through her Right to Buy and Tell Sid campaigns which encouraged mass privatisations of both housing and public utilities respectfully. The Right to Buy scheme created 2.5 million new homeowners, allowing people to access the property ladder, rather than enduring a perpetual cycle of renting. The Tell Sid campaign, along with others of its kind privatised the key utilities of the state to allow more people to have a stake in the society they live in. These reforms to the British economy rolled back the frontiers of the state to give the British people greater control of their own lives.

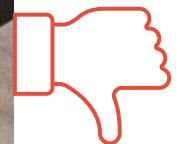
On a national level, Thatcher helped to reinvigorate the City of London's economy, transforming it into the global financial centre through deregulation in what has been termed as 'the Big Bang'45.

Additionally, Thatcher's foreign policy efforts were vital to both her close relationship with Reagan (US President) and Gorbachev (General Secretary of the Communist Party of the USSR) which helped to ensure less-heightened tensions during the Cold War, as well as the collapse of the Argentine fascist dictatorship of Leopoldo Galtieri following British victory in the Falklands War.

Thatcher further demonstrated her zeal against ideologies through the Miners' Strike, which was led by the self-proclaimed communist Arthur Scargill. The ideology which permeated the Miners' Strike led to Thatcher identifying them as "the enemy within", a view corroborated by a majority of the country – especially in the south - as evidenced by Gallup polling data. Thatcher's heavy-handed response to these events did garner criticism however, with tensions escalating beyond the heights they were at prior to her involvement. Furthermore, the closure of the collieries saw a rise in unemployment in many of Britain's former mining towns, with few new employment opportunities for those who had been employed in the mines. Facing far, far greater problems, Thatcher adopted a similar attitude in response to the troubles crisis, with which she took the famous stance of "Crime is crime is crime, it is not political, it is crime".



OR...



Overall, Thatcher helped to deliver stability during a time of immense change in Britain, whilst inspiring those from less-privileged backgrounds to aspire towards political careers, an effect seen as soon as her successor John Major, "a working class kid from Brixton", came to power, however her character is often questioned.

Trigger Warning: *A bit of gore – read at your own discretion.*



We all love a good monster story in one way or another. They lurk in the dark space underneath your bed, and in mirrors and reflections or in wait of a few magic words. Some prance around in the light with their snarling, dripping teeth or scaly hands, and yet some are even harmless, cute and fluffy, wise and benevolent. Either way we have created monsters and the mayhem that surrounds them, becoming their Dr Franksteins'. We have generated nightmares and daydreams in both entertainment and fear, or even as a reflection of ourselves. One instance of a monster is the manananggal, a mythical creature originating from the islands of the Philippines.



With their female bodies – that split apart at the waist to show off their entrails and their looming, bat-like wings – they lurch after prey (which is most often pregnant women) almost like vampires, sucking everything out with a tube-like tongue, all while appearing as beautiful women during the day. But why? This deadly creature is quite similar to Thailand's krasue and Malaysia's pennangal - that sever from their heads by comparison, to which some have suggested towards the Spanish colonisation of the isles. Women, previously, had held significant and powerful roles in society as well as a degree of liberty within their personal lives in ancient and pre-colonised Philippines. And so, the theory (stemming from a book by Kathleen Nadeau) is that the Spaniards manipulated the story to suit their needs. They were colonising these isles after all, and it would do no good to have symbols of freedom so prevalent within Filipino culture without *using* that to their own benefit. As a result of that, the way to kill a manananggal changed.

Yes, uncooked rice was said to keep it away but the inclusion of crushed garlic and salt – common anti-vampire methods – as well as holy water were included. And it has been suggested the severing from the waist, away from more feminine organs was a move to subjugate the women – separate them from that personal freedom. The Spanish were more often than not Catholics in the end and women were expected to be chaste and subservient – not leaders. Thus, due to these solutions and the further demonised manananggal, Filipinos had to look to the Spanish for their answers and more and more adopted Christianity as babies were indeed lost – with the manananggal being used to explain miscarriages and stillbirths constantly, even in 1992 in the Tondo district of Manila.

That is not to say all monsters have the same history and path of creation, or to say that the line of thought with the manananggal is explicitly true as no one can truly know what people were thinking at the time. As perhaps even the colonisers at the time feared the legends and used their Christianity as a method of controlling their own fears or exacerbating them. Either way, we have created monsters, some only existing in the realm of imagination. And it is these monsters that are evidence of society building on each other to express their fears and their wonder and are evidence of humanity – for the better or worse.

Although one could say Dr Frankenstein is the true monster.

**Mythology Club
– Thursday
lunchtimes in
C015**

Despite its tumultuous political past and present, I find Russia, as a country and a place, to be extremely interesting – whether its rich culture, broad geographical landscape, or diverse history. Russia is home to large mountain ranges, over 100,000 rivers, and is the largest country by landmass in the world. However, Russia is also home to the coldest (permanently inhabited) place on earth: the village of Oymyakon.

Oymyakon (Russian: о́ймако́н), has been named the coldest inhabited place on earth, and is located in Northern Siberia, Russia. The village is situated in the centre of two valleys which trap the Arctic wind within the village, creating this extreme subarctic climate.



The average temperature in winter is -50°C and between October and 16th March, Oymyakon has never recorded a temperature above freezing. In January 1924, an unofficial reading of -71.2°C was recorded, however local residents accept this figure to be their coldest temperature despite questions being raised about the reading's authenticity. On the 6th of February 1933, an official reading of -67.7°C was recorded at the Oymyakon weather station making it the officially recorded coldest temperature in the Northern Hemisphere.

Winter in the UK is officially the months of December, January, and February, whereas in Oymyakon, the season of Winter alone is classed as October to April. However, the short summer period brings mild to warm weather, with July 2022 being the hottest on record reaching highs of $+34.6^{\circ}\text{C}$. This record-breaking reading, meant Oymyakon became one of only 5 places in the world to have a temperature amplitude (range) of above 100°C .

With a declining resident rate, Oymyakon's population is around 500 (last recorded in 2018), but at its peak, the village reached 2500 a few decades ago. The village was originally a temporary settlement for arctic reindeer herders in the 1920's and early 1930's. However, during World War II, an airfield was built to aid the Alaska-Siberian air route in transporting aircraft to the Eastern front, therefore creating its first permanent residents.

Oymyakon: The coldest inhabited place in the World



Throughout the village, there is no running water or indoor toilets; instead, residents must collect water from the Oymyakon River. Throughout the 7-month long Winter period, this takes the form of collecting and melting ice blocks from the frozen river for washing, drinking and cooking. Schools only close when the temperature reaches -55°C or lower, as many pupils walk to school, braving the extreme temperatures to gain an education. Without a school certificate showing evidence of education, the hopes of escaping the village to work in larger towns and cities are slim. Every building is made with wood, as any other material would eventually buckle due to the extreme temperature differences in summer and winter, and houses must be heated for 9 months to cope with the perilous temperatures.



In these temperatures, frostbite isn't uncommon and as soon as one steps outside, any moisture on the eyelashes freezes.



Warning. Some of this content will be upsetting for some readers. Please read at your own discretion and with sensitivity, especially to others.

The End is eternally imminent, a presence lurking at the back of our minds while we continue to live on this Earth, and – as it seems currently – there is nothing we can do about it. As a result of that, all cultures have evolved to fit with that scheme of thinking in some way or another, all unique yet all so painful and wonderful in their similarities. Some people have set days of mourning, others don't, and allow it to live within every aspect of their lives. Some cremate their dead and others bury or hang them under the ground or in the air¹. Some have wakes and others have very private gatherings. Nevertheless, we each have our own traditions and our own ways, and so, stories around the subject, whether that is in remembrance, as entertainment, or as a message.



Of course, there are the stories of people attempting to cheat Death (known as Thanatos by the Ancient Greeks) like Sisyphus, but one specific story, truthfully, that comes to mind when thinking of the End is the story of Antigone – an arguable staple of Greek myth in the modern day. She insists on disobeying the King of Thebes' - Creon's - orders not to bury her brother Polynices, after his death in the story the 'Seven Against Thebes'² because he had committed treason. Antigone could not bear to see her brother's body left desolate though, perhaps due to her sense of love or justice, and she proceeded to bury him in secret. This was the act that sealed her fate as a tragic hero, as she was punished for her actions because they directly disobeyed Creon's ruling. Antigone was locked away – sealed in a cave where she died by her own hand,

Consequently causing Haemon, the son of Creon, to join Antigone in her passing, out of his own grief for her as his beloved Antigone, whose fate he had learnt of.

So, this was the sorry tale of loss that only ended in more loss, yet also a sense of justice for one. It is a lesson on respect for the dead and honouring them despite any kind of past act one might have performed, like Achilles' attitude towards Hector's body due to his murder of Patroclus in battle, or the treason Polynices was sentenced with. There will always be someone out there who feels the need for closure or support. Humanity is – after all – a web of connections and pillars of support, and with it... comes grief.

The End may be eternally imminent, but we have the ability to work with it. Together.



¹The Igorot people from the Philippines.

²A battle for the kingship of Thebes involving brothers - one being Polynices.



HARD



EASY



NEGOTIATION
ANNIVERSARY
PREOCCUPATION
COOPERATIVE
ASSOCIATION

CONTINUATION
MANUFACTURER
COOPERATION
ANTICIPATION
INTERMEDIATE

SENSITIVITY
LIABILITY
MULTIMEDIA
HOSPITALITY
CONTEMPORARY

SANCTUARY
EARWAX
SOLO
REVOLUTION
FENCE
POST
MAKEUP
AIM
VEHICLE
AWFUL
GLOBAL
CHILD
BANQUET
PARKING
BASE
BELIEF
VILLAGE
HOSPITAL
ASSUME
NODE
MUSICAL
RESULT
GROUND
FIT

DINGBATS

Dingbat puzzles use pictures, symbols, and letters to represent words or phrases: "say what you see".

Example

SEEING

=

"seeing double"

(solutions on back cover)

1.

TICKLED

2.

POT00000000

3.

HEAD
HEEL
HEEL

4.

AWAKE

Poem written by Emma Dye

POETRY: An Extract - Pain in my Place

I sit here laying in endless trust and pain,
a Mockingjay to your singing, a fly
in the midst of your web.
You spin me into your lies, an endless cocoon of
anguish.
The intricacies astound me, invite me, lure me
forwards to your arms.
I'm embraced within your love.

Perhaps I'll fly without you, like Icarus
I'll soar into the skies free and without a bound
to snap to.
I'll taste the licking heat of the
sun and water from my cheeks will be
evaporated
and forgotten. Maybe,
like Icarus, I'll burn too bright
and my wings will tangle with breathless hope;
lodged in
croaking throat.



Master the Crown: Bones to Ashes



This month, we're reviewing the EP from an up-and-coming band, Master the Crown. They're a modern metalcore band from Leeds, and HGS is lucky enough to have one of their guitarists as our peripatetic guitar teacher: Mr Dunster-Sigtermans (aka Mr DS). The massive atmospheric sound of the EP, *Bones to Ashes*, is due to Corey Moore – who produced, engineered, and mixed the EP – and Aclé Kahney (renowned producer, and guitarist of the progressive metal band Tesseract), who mastered it. *Bones to Ashes* is filled with: catchy guitar riffs; haunting lead guitar parts; and positively disgusting breakdowns. It is undoubtedly Master the Crown's best work yet.



Our favourite parts of each song on the EP are:

'Serpent's Son'. The initial breakdown (1:22) is reminiscent of Knocked Loose (a well-known hardcore band) with its imposing riff and harmonic pick scrapes, a guitar technique popularised by the band Gojira.

'Pain'. The opening riff on this track, instantly catches your attention by using syncopation, ghost notes on the guitar, and remarkably interesting phrasing. This creates an incredible groove, similar in style to that of the aforementioned Tesseract, who pioneered an original sound driven by sensational polymetric ideas.

'Forever Grey'. The chorus on this track is incredibly melodic and creates a vast sonic atmosphere through a combination of multi-tracking (recording multiple parts on the same instrument) and other studio techniques like panning and effects. There are multiple guitar overdubs, the most prominent of which outlines the harmony with arpeggios (this is heard in many songs by Killswitch Engage). The last chorus adds in another vocal track, with the result being that the lyrics are heard in both clean and screaming voices simultaneously – this furthers the atmospheric feeling of this section to allow the music to reach its point of climax.

'Hilltops'. The verses throughout this song create a contrasting sound to the busy choruses and breakdowns. Master the Crown does this very effectively by having the guitars harmonise each other and using a sparser percussion part. This switching between heavier and comparatively lighter guitar riffs helps to emphasise the wall of sound from the rest of the song.

Article written by
K.Patel and K.Russell



See the next page for an exclusive interview with the guitarist of Master the Crown: Mr DS, where we asked him to outline parts of the creative process for writing the music for the album's he contributes to.



Master the Crown: Bones to Ashes



How did you get into music and at what point did you know you wanted to pursue it as a career?

I started getting into music around the age of 5. My dad is a professional musician, so I have always had music around the house and was involved with lots of music in school (joining jazz bands, orchestras, and concert bands). I had a turning point around the age of 14 while I was learning drums and guitar, and joined a band. I started getting into rock and hard rock music (Guns n Roses, Foo Fighters, Avenged Sevenfold) and fell in love with playing other musicians' music whilst jamming my favourite songs. I was about 17 when I decided that there was nothing I enjoyed more than playing music, so I chose to pursue it as a career.



What advice would you give to new bands or people trying to start a band?

My best advice would be to always remember why you are doing the hard work. Remember the love and passion you have for your craft. The biggest issue with new bands is organisation – this is key to helping bands improve their fanbase and get bigger opportunities. One way to organise is to make a schedule by setting goals/milestones through the year.



What is your favourite song to play from the EP?

It would have to be 'Hilltops' because I love the main riffs and verseriffs as they are very fast and fun to play.



Which bands are you most influenced by?

My biggest influences for Master the Crown are Lamb of God, Killswitch Engage, TesseracT, and for No Rest for Rebels (the other band I'm a member of), Black Stone Cherry, Alter Bridge and Audioslave.

If you could only listen to one album for the rest of your life, what would it be?

That's a very tough question!! I would have to say Favourite Worst Nightmare by Arctic Monkeys.

What are your goals for the future as a musician?

My goals as a musician are to play festivals around the UK (including Download Festival!) and do a small European tour. I want to keep writing music, including some songs for up-and-coming pop artists. I've also recently got a job as an examiner for Rockschool so I'd love to be able to travel to different countries during school holidays to see more of the world.

What is your creative process when writing new songs and producing new musical ideas?

When it comes to creativity it can sometimes come at the most random times – for example, at 10PM I could think of a riff idea whilst watching TV. I currently write for 2 bands, for advert music, and ghost writing for pop songs – so I switch genres a lot. To help me get into the creative mindset for different genres, I listen to lots of music of the style. When writing for Master the Crown, I check out the latest modern metal playlists and subconsciously pick up ideas and influences from those bands. I approach my writing on feel rather than a theory-based approach, however sometimes theory can help when stuck in a rut.

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Dingbats solutions:

- 1) “Tickled pink”
- 2) “Potatoes”
- 3) “Head over heels”
- 4) “Wide awake”