

Arthur's Articles

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Hi everyone! Welcome back to Arthur's Articles.

This is to be our fifth and final instalment of this year.

Thank you again to all our talented writers, proof readers, and designers for making this what it is.

In this edition you can expect to see:

- **Horoscopes:** Find out who you are and what your future holds.
- **Past lives:** the idea of reincarnation and the beliefs surrounding it.
- **Book reviews:** The latest and greatest our team are reading.
- **Driving tips and tricks:** A recap of the Year 12 drive IQ day.
- **Revision tips:** Help beat the last-minute cram before your exam.
- **LGBTQ+:** The community and what it means to individuals.
- **Self-Care:** Eating healthy and looking after your mind and body!
- **Netflix and TV reviews:** Our guide to what to watch and when.
- And of course, our **Agony Aunt** answering questions and queries.

That's all from me. As always, your feedback is always appreciated.

Now bring on the articles!



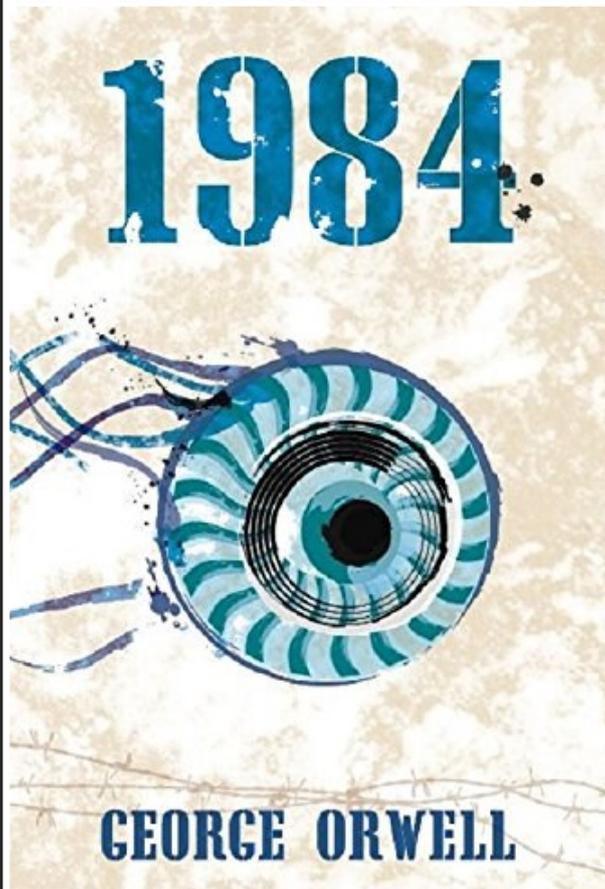
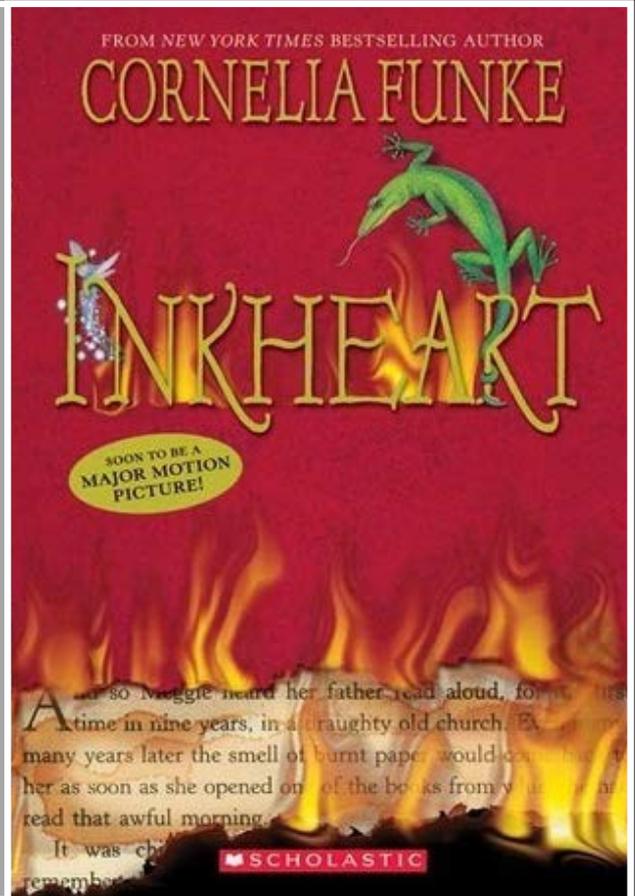
Book Review



Book: Inkheart
Author: Cornelia Funke
Rating: 8/10

My thoughts:

This was a book whose movie adaptation was a part of my childhood. It's wonderfully written and filled with amazing characters that are well written and well crafted. It follows Meg, a child with an amazing talent that allows for amazing characters to be brought into her world. It's fun, with dark twists and turns and it's definitely a must read for those interested in the fantasy genre. Characters like Dustfinger add a mystical interesting element and allow for interesting story development and wonderful plot points throughout. This is yet another story I will be rereading in the near future, due its wonderful plot and intrigue.



Book: 1984
Author: George Orwell
Rating: 8/10

My thoughts:

Literature students will probably scream in anguish at this one but it really is an amazing book. Though somewhat dark and twisted the plot is wonderfully written and very much thought provoking and intriguing. Spend too much time thinking about it and you can find links and strings that connect ideas across all sorts of context and themes, possibly even to parts of modern day politics and society too. It's wonderfully crafted and a really engaging story. Despite his flaws and his questionable humanity and morals, Winston is a well written interesting character with an intriguing and mysterious backstory that I would love to know more of. It's definitely a must read if you can get past the one or two road bumps of less interesting informative chapters and will definitely be a book I'll be rereading in the future. The plot is intricate and filled with details and intrigue that really engage the reader in the plot.

Book Review

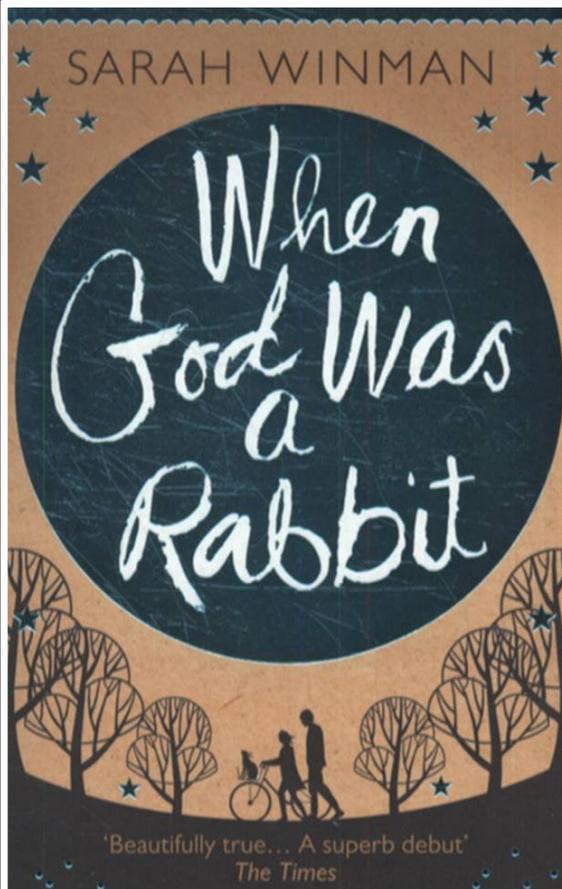
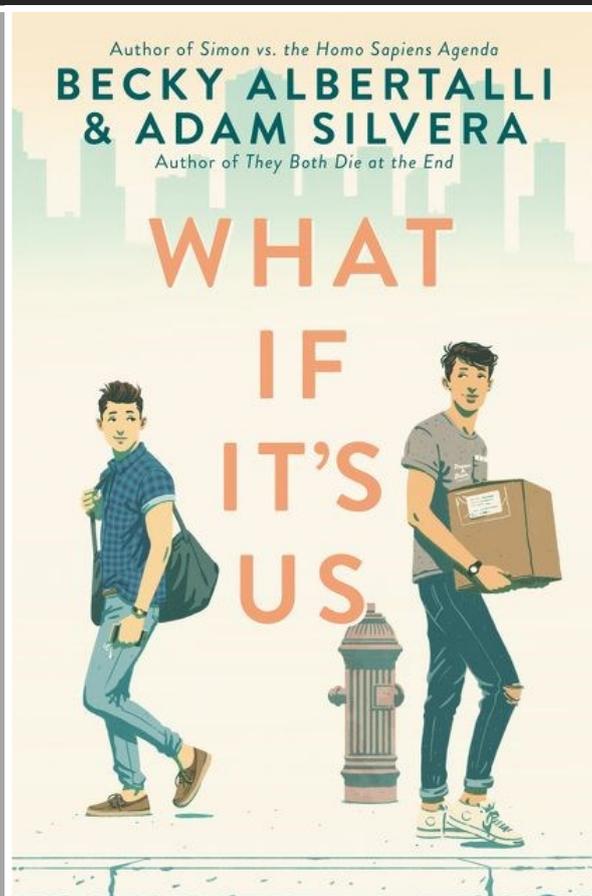


Book: What If It's Us
Author: Becky Albertalli and Adam Silvera
Rating: 10/10

My thoughts:

What if life isn't like a Broadway musical?

But what if it is? Still crying over Hamilton? Counting down the days until Dear Evan Hansen hits the West End? Join the club. If you dream of your life being like something straight out of a Broadway musical, you'll love Arthur's adventures in New York over the summer and his unforgettable encounter with the boy at the post office. If you're not one for musicals and could think of things you'd rather be doing in New York, perhaps you'll relate more to Ben's story as he tries to get over his previous relationship while trying to survive Summer school. From the bestselling young adult authors Becky Albertalli and Adam Silvera, this book is laugh-out-loud funny with so many quotable lines while being engaging and effortlessly diverse.



Book: When God Was A Rabbit
Author: Sarah Winman
Rating: 8/10

My thoughts:

A remarkable novel about childhood innocence and growing up, When God Was A Rabbit is an unmissable and incredibly unique debut novel. Each and every character is memorable and heartwarming, from the eccentric yet tragic Jenny Penny to Ginger the fabulous Shirley Basse impersonator. The novel is split into two parts: the first half focuses on the main characters as children, where their childish descriptions of shocking events give the opening chapters a darkly comedic edge. The second half takes on a more serious tone, covering events such as 9/11 and the deaths of family members from a more adult perspective. Moving and very different, this novel is not to be missed.

Netflix Review



The Umbrella Academy

On February 15th the show 'The Umbrella Academy' was released everywhere on the global streaming platform Netflix to the enjoyment of people everywhere. The show is an adaptation from a graphic novel series by comic artist and singer Gerard Way under the same name. The Netflix adapted show tells the tale of a dysfunctional family of superhero's after their father's death who are told the ominous news that the world will end in 8 days. They'll have to battle all sorts of monsters and even each other as they rush to stop the imminent destruction of the world.



The main characters are the Hargreaves family consisting of Luther (number one) the blonde strongman, Diego (number two) a knife enthusiast, Allison (number three) a rumour spreader, Klaus (number four) who can see dead people, number five a time traveller, Ben (number six) who's dead and Vanya (number seven) who's ordinary. This show blends storylines with comedy perfectly to produce one great show.



Netflix Review



I've also realised there are several brilliant shows that people don't know about or haven't heard of at all. To remedy this, I've compiled a list of some brilliant Netflix shows and their descriptions:

The OA

Seven years after vanishing from her home, a young woman returns with mysterious new abilities and recruits five strangers for a secret mission.

Santa Clarita Diet

They're ordinary husband and wife realtors until she undergoes a dramatic change that sends them down the path of death and destruction. In a good way.

Dynasty

The Carrington's and the Colby's feud for control over their fortune—and their children—in this updated reboot of this prime-time classic soap.

Jessica Jones

A former superhero with superhuman strength and limited flight suffering from post-traumatic stress disorder, who runs her own detective agency: Alias Investigations



Over The Garden Wall

Two brothers adrift in a magical and strangely beautiful world encounter mysterious creatures as they search for a way back home

Dark Tourist

From a nuclear lake to a haunted forest, journalist David Farrier visits unusual--and often macabre--tourism spots around the world.

Tidying up with Marie Kondo

In the eight-episode series, Marie Kondo guides people who are at a crossroads, but willing to tackle the clutter holding them back to spark joy in their homes and transform their lives in emotional and surprising ways

The Good Place

Due to an error, self-absorbed Eleanor Shellstrop arrives at the Good Place after her death. Determined to stay, she tries to become a better person.

Agony Aunt



Auntie Anne's Advice

For all your agonies <3

Dear Arthur Mellows,

We've all seen the multitude of inspirational quotes plastered among the walls of IT9. With success pressured upon us; it is difficult to acknowledge the unspoken truths we face. Other people may give you the extended glass half full, half empty analogy however I want to give you another...

Two strangers found themselves in conversation with intertwining small talk yet troubles surrounding them. The first stranger asked simply "How are you?" and the other replied with inquisition in mind; "Good... but what is good?". You see, the stranger understood that the other only saw a means to an end and so on leaving he knew that the other would ponder upon his question because we often get lost in the process and forget the unspoken truths.

You may be trying to comprehend; what does Auntie Anne mean by unspoken truths? The answer to this only lies within you as an individual I'm afraid as it is tailored to your own life and experiences, but in order to finally uphold your epiphany you only need to answer these two questions: what is Good? And perhaps more significantly; what are your unspoken truths?

Lots of love Auntie Anne xox

P.S An ominous ending to this year however those who need that advice will understand its meaning :)



‘Bi The Way’



Hello everyone, welcome to another issue of Bi the Way! This week's issue is on Aromanticism, Asexuality and Pride Month.

Pride Month



Gay pride or LGBT pride is the confident stance against discrimination and violence toward lesbian, gay, bisexual and transgender people to promote their dignity, equality rights, increase their visibility as a social group, build community and celebrate gender variance, and sexual diversity. Pride month is currently celebrated each year in the month of June to honour the 1969 Stonewall riots in Manhattan.

The Stonewall disturbances were a tipping point for the Gay Liberation Movement in the United States. In the United States the last Sunday in June was initially celebrated as “Gay Pride Day,” but the actual day was flexible. In major cities across the nation the “day” soon grew to encompass a month-long series of events.

Today, celebrations include pride parades, picnics, parties, workshops, symposia and concerts, and LGBT Pride Month events attract millions of participants around the world.

Asexuality

Aromanticism and asexuality are among the “minority” sexualities of LGBT+. Well sexualities is not quite the right word but I’ll explain...

I am sure most people have heard of “asexual”. Either with it being in the sense I am talking about or in the biology GCSE lessons you fell asleep in about plants. Asexuality is quite a complicated thing to describe, probably because it is an umbrella term. You get all different types of asexuals which split off into different ways, such as grey-sexual or demisexual. But the basis is ‘a lack of sexual attraction towards people’.



It is estimated that 1% of the population is on the asexual spectrum, however there is no way of ever knowing if this is in anyway right, as people don’t know what it is or didn’t know they actually fit into that category.

‘Bi The Way’



When a person is ‘straight’ or ‘gay’ or ‘bi’, or any ‘known’ sexuality, it is just understood. However, if I tell a person I am asexual, it leads to about 1000 questions which span from ‘That’s something to do with plants right?’ to ‘So you can’t love anyone?’ The short answer to these- no.

For some reason, there seems to be a LOT of hatred towards the asexual community (although I guess there is for everyone that is different to the one writing the hate). I don’t understand this though. Like what are we going to do? The community is a nice one with a long-standing joke about cakes, a community website called AVEN which is AMAZING, and also a flag and symbol to mainly show other people from the community we are a part of it as no one else knows what it means.

Asexual people may wear a black ring on the middle finger of the right hand. This does not mean everyone you see wearing a ring like this is asexual or that someone not wearing one isn’t asexual. It is simply something we have to make us feel part of a community and that we belong somewhere- some people chose to wear it, some don’t.

Aromanticism

I’m guessing this is a little less known, especially as autocorrect doesn’t recognise it as a word. This is where the question of the description of ‘sexuality’ fits as this doesn’t have anything to do with that. You can feel many types of attraction towards people: sexual, romantic, aesthetic, physical and emotional. The explanations of which are quite obvious. Aromantics ‘have a lack of romantic attraction’.



Again, for aromanticism, it is an umbrella term with many different types. Most of the things I said above apply here too.

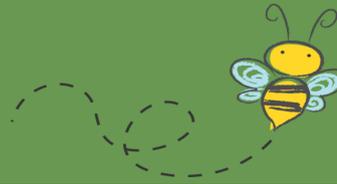
There is hatred, however a lot less as it is a lot more unknown than asexuality.

The point of this though, is just to take a minute to think. The main thing which upsets the asexual and aromantic community is the lack of representation. There is very little awareness that these things exist. Many people just say: ‘how do you know if you haven’t met the right person yet?’ or ‘are you hiding the fact you are gay?’.

It is a bit like how a person knows that they are straight because they would, have and never will feel that way towards the opposite sex. If there was more representation, there may be more understanding and people may have less of a struggle discovering something they may have never heard of.

Thank you for taking the time to read my ‘little’ talk about asexuality and aromanticism. Questions are easily answered by a quick google search or an AVEN scroll.

Self Care



Staying safe in summer

As exams draw nearer, so does the promise of summer around the corner: warm sunny days, lazy afternoons and campfires. No matter how much fun you've planned, it's important to take precautions to make sure that your summer stays fun.

The obvious precautions are still in place, but often they're easily overlooked or forgotten. You may have already guessed, but make sure to wear sun cream ... even on overcast days! It's advisable to reapply every 2 hours, especially if you're swimming or sweating.

It goes without saying that summer is meant to be warm, but if there is a heatwave then you're at risk of heatstroke. To ensure that it doesn't get the worst of you, make sure to stay hydrated and try to avoid drinking too much alcohol. Alcohol tends to actually have dehydrating effects and it can put you at a bigger risk - but that doesn't mean you have to swear off alcohol all summer, you just have to be cautious. You can also try to stay in the shade around 11 am - 3pm as this is the hottest part of the day or if you are planning to go outside then wear a hat. It's also ideal to wear sunglasses for eye protection, as your eyes can obviously get damaged from the sun.

With hot weather comes annoying bugs. To deter unwanted insect bites, wear insect repellent, and be sure to have any anti-septic solution around so that should you get bitten, you don't have to worry about any nasty infections. The long days mean they stick around for longer, so you might want to invest in getting some mesh to stop bugs coming through your windows. Speaking of windows, it's also important to open them up and ventilate your room which is better than using a fan, as they just blow the hot air around. Close them at night to ensure you stick to your regular sleeping schedule. You might find it more difficult due to the constant light, so if you think it will help, you could use an eye mask to block out the light. Hopefully the ventilation helps your room stay cool, but if you still find yourself tossing and turning because it's too hot, you could use thinner sheets on your bed and try to wear light, loose clothing. You might also find it helpful to splash some cool water on yourself before bed.

The hot weather might make you feel sleepy- don't turn to sugar. Sugary foods tend to make you feel worse. Instead, try to snack on fruits (especially since there's an abundance of watermelon at this time of year) - there are plenty of great recipes if you look online! And if that doesn't work then a cold water-fight will wake you up and cool you down! Summer should be fun, so if you find it difficult to concentrate or study you might find yourself getting quickly frustrated. Don't. Sit back, take a breather and try to work on it later - it's possible that the time of day is making it harder for you.

Take it easy this summer. You deserve it!



Driving Tips



Recent Year 12 driving experience day

Activities such as a KYT role play and talks by Kwik Fit, the fire service and road safety police all gave an in-depth insight into safety on the roads.

Crucial information such as tyre pressure and how to fill up liquids such as oil and window washer to the optimum level were addressed. Information such as this is vital for owning a car and proved very beneficial to learners and those preparing to learn.

Not only did Drive IQ offer a collapsed day at Arthur Mellows, but the advanced range of online activities benefitted those learning to drive, providing resources such as theory and hazard perception tests which can cause a lot of stress in a young adult demographic.

The school highly recommended that students pursue the Drive IQ qualification (even proposing a monetary discount for prom), encouraging students to make an account on the website and try their hand at the activities.

Many students were pleasantly surprised with the activities available and the majority believed that it helped them.

Some common driving mistakes

Poor observation at junctions

This is one of the main reasons that many learners fail their test, and usually occurs when you're feeling panicked about getting out of the junction quickly before you make a mistake.

Check both directions and take the time to plan your next move.

Inappropriate speed for a driving test

During a driving test, you may be so worried about getting caught speeding that you end up going too slowly, which can be just as bad as going too fast. It doesn't matter how worried you are, who you're driving or where you are—speed is an essential element of driving.

Incorrect signal use

If you forget to use your signals, give misleading signals or forget to cancel them, then you will probably fail your driving test. Signals are a basic part of driving and very important; the sooner that using and cancelling them becomes a habit, the better.

Regardless of how old you are, taking your driving test can be a stressful experience. However, there are those (and I am incredibly impressed by such people) who pass first time round without batting an eyelid. They might not have even shown an aptitude for driving in the first place!

When driving, you need to be aware of everything that is going on around you, and perhaps the stress we experience during a driving test can help us prepare for that. Those who pass first time generally don't do so because they are better drivers than the rest of us, but because they are better at handling stress.

Typically, the students who pass first time are easy going and level headed people who think logically, remember all the rules and don't let their stress distract them. However, it's ok if this isn't easy for you- it's understandable when a person is sat besides you just waiting to write down all your mistakes.

Revision Tips



How to revise—a brief guide!

With upcoming exams large amounts of pressure and stress are put upon students, with many of them struggling to find the right revision techniques. Here is a quick guide to maximise revision time and make productive use of your time:

1. **Organisation**- start your revision months, not days before your exam. This gives you enough time for it to be stored in your long-term memory - not just short term making it easier to write about application questions.
2. **Timetable**- Create a timetable for your revision, don't make it too strict and you must be realistic, allowing yourself breaks.
3. **Learning style** - Figuring out what type of learner you are is important for efficient revision. There are 3 different types of learners: Auditory, Visual and tactical. To work out which category you fall under read the section further below in the article.
4. **Environment** - An optimum environment allows for maximum focus, quiet environments with few distractions are the easiest to work in and sometimes having music on in the background can aid revision but, depending on your preferences, it can be distracting. Working on a desk or table is preferable to working on a bed or sofa as you can lay out all your resources.
5. **Past papers**- One of the best methods is doing past papers and practise papers so you can practise the exam technique as well as going over learnt knowledge.



The main ways people learn can be split into 3 categories: Auditory, visual or tactical.

Auditory learners learn best through verbal communication and prefer to hear information.

Visual learners prefer to see the information, sometimes in diagrams and pictures.

Tactical learners are more hands on and learn by being practical.

It can be difficult to figure out what type of learner you are so here is a useful quiz to help you: <https://www.chegg.com/play/student-life/quiz-what-type-of-learner-are-you/>

Revision Tips

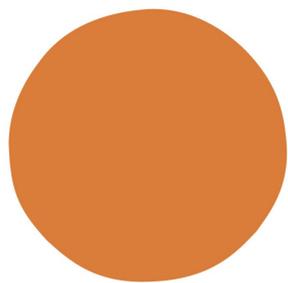


Best revision methods and tips:

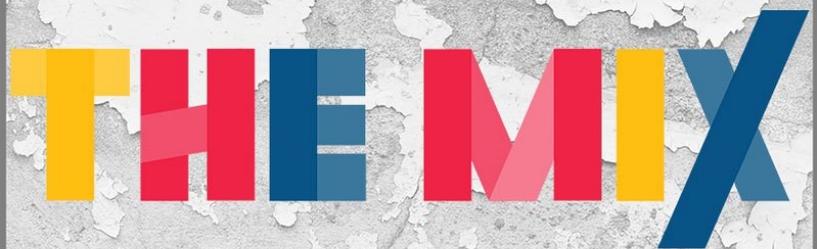
- Flashcards: Write down key facts or questions and test yourself or get someone else to test you.
- Record yourself reading your notes and listen to the recording.
- Create a mind map with main focuses that then branch off into more detail.
- Past papers and practise questions.



Coping with exam pressure is tough and seems almost impossible for some so if you are struggling get support, here are some great organisations focusing on young mental health:



HEADSPACE®



YOUNG MINDS
fighting for young people's mental health

Zodiac Personalities



Aries people are natural leaders, being strong-willed and creative. They are ambitious over-achievers with fiery personalities. They are loyal and often support the underdog, but sometimes they can be stubborn, and may jump in feet first without checking all the facts.



Cancer people are traditionalists, loving a simple home life. They will usually be composed, but that hides a turmoil of moods going on under the surface. They are easily hurt and can be prone to depression, but they are loyal, sympathetic friends and carers.



Taurus people have strength and stamina. That can work for or against them and those around them as they have staying power to see things through, but may not know when it's time to give ground or even quit. They are great listeners and are patient, practical and efficient and value simplicity and functionality.



Leo people are exuberant and powerful. Born leaders, they won't hesitate to let you know what they think and that they are right. Which they usually are. They can be brave and intuitive, but may come across as pushy and overbearing. Their bossiness often hides a sensitive soul and an underlying insecurity.



Flexibility, balance and adaptability describe the Gemini personality. Their responses can be difficult to predict and they may be prone to mood swings, but they can also be generous, affectionate and imaginative.



Virgos are charmers. They will listen so well you will find yourself telling them your deepest secrets and fears. They have a strong sense of right and wrong and have analytical intuitive characters. They can be short tempered and self-serving.

Zodiac Personalities



Libras believe in balance. They like to surround themselves with harmony and beauty. They are very active people, but can over-reach themselves and run out of steam. They are very caring and can be shy if not treated gently.



Capricorns are practical and intellectual. They like to maintain order and stability and are very systematic in their approach. They are patient and will persevere in the face of failure but can be known to dwell on the negative.



Scorpios are cool and confident. They can take on big projects and bold enterprises and achieve anything they put their mind to. However, they can be secretive and single minded and will never forget or forgive a perceived act of treachery.



Quiet and unassuming, Aquarius people will use unusual methods to achieve their goals. They will take up any cause and are honest, loyal and highly intellectual. However, they can be prone to laziness and can get lost in philosophical musings.



The Sagittarius person is a philosopher. They are able to focus and can be quite intense, but they are not patient and expect quick results. They are loyal friends but shy away from commitment.



Pisces people are knowledge gatherers, but they like to keep a low profile. They are unselfish and happy to stay out of the limelight. However they can be overcautious and sometimes gullible, and people may take advantage of their trusting, caring nature.

Past Lives



Do Past Lives Exist?

What is a past life?

Many people believe that they or someone they know has had a past life. They believe this because they have odd experiences in their sleep, sort of like a reoccurring dream. They also may experience a lot of déjà vu and feel as if they can remember another life that is not their current one.

Example of a person who has experienced a past life

A boy in USA called James Linegar was born in 1998 and from the age of being able to speak and play he made it clear to his parents that he knew a huge amount of information about fighter jets and planes. At first his parents did think it was odd but didn't think into it too deeply. The boy would always be obsessed with playing with toy planes and when he did, he was able to name the parts of the plane with knowledge that there is no way he would know. Before bed when he was tired, he would tell a story to his mum about how he was in a plane and hit from the nose of the plane and he was even able to name people who had been there.

He also had reoccurring nightmares about a plane crash and would scream, waking up his parents.

His mother started to read a book on past lives as she looked for answers to her son's odd behaviour and she discovered that her son's experience has a strong resemblance to other reports of past life experiences. As his dad became more and more suspicious of this unexplainable knowledge he began to research the pilots and events that actually did happen in the war, this is when he made the discovery that the names that his son had been saying when telling these stories were the real names of the people flying planes in the war and there actually was a man who was in a plane and got shot down by the nose of the plane.



Although many people saw James' case as proof that reincarnation is real it also sparked a lot of scepticism and people said that the reason James knew so much because he had heard his parents speaking about it, as his parents also wrote and released a book about their son's past life experiences many people believe they made it up for publicity and money.

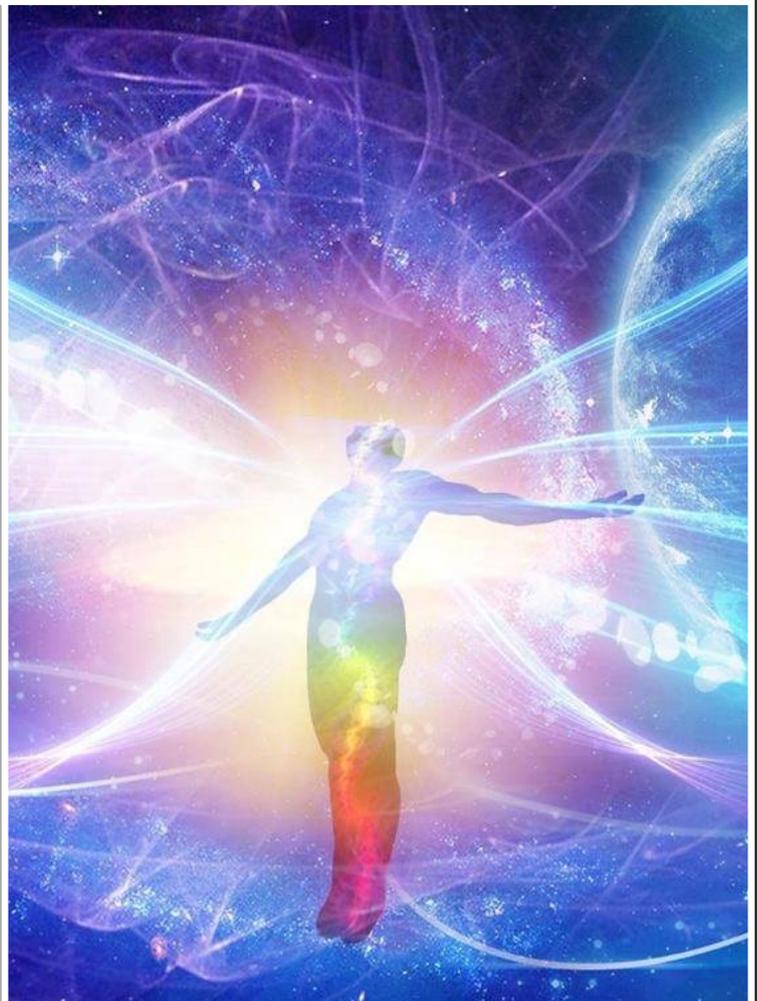
Past Lives



Religion

Religion has a huge impact on the idea of past lives. In Hinduism your soul (atman) forever exists. However, you keep coming back in different forms which are dependent on your amount of good karma.

So, Hindus see past lives as very real because a person experiencing one would have most likely been another human in the past.



Conclusion

The story of James Linegar has made it clear that it is possible to experience a past life. Past lives have been referenced through history for 100's of years, however they are only just starting to get some recognition. We know this because of the amount of controversy and scepticism around James' story. In conclusion we still cannot be certain if past lives are real or not. Hinduism is a very old religion and they believe in reincarnation. This idea has stayed very relevant in the religion for a very long time. So, if people haven't been able to prove it is false for this amount of time, shouldn't we at least consider the possibility that past lives could be real?

