

# THE MENDEL TIMES

The newsletter written for (and by) TTO students



## ENJOY THIS ISSUE OF THE MENDEL TIMES!

We hope everyone has enjoyed their spring break. While we get back to work let's hope the weather gods bless us with some sunshine and that the strong winds stay away!

For now, enjoy this issue of the Mendel Times. Although it is slightly shorter than what you're perhaps used to, we have tried our very best to make it an interesting and entertaining issue for you!

- The Mendel Times team

We are always looking for new members to join the Mendel Times. Interested in writing for us? Send an email to Ms. Dams ([brdams@mendelcollege.nl](mailto:brdams@mendelcollege.nl)) for more information or to sign up!



### INTERVIEW WITH DERREN BROWN

The famous illusionist took some time out of his day to discuss mind control, Covid 19 and his future plans (pg. 4).



### BOOK RECOMMENDATIONS

Tired of always reading the same old boring books? Read our book recommendations on page 7!

# How Covid 19 Affects our Mental Health

By: Grace Versélewel de Witt Hamer (1EGA)

**The Covid situation started in 2019, and since the lockdown, most of us have been spending a lot of time gaming, browsing the internet, and more. This has been really bad for our mental health, for our eye vision, and for our body. Why are they so addictive? And how does it affect mental health?**



## Why are screens so addictive?

Basically, dopamine. Dopamine plays a role in how we feel pleasure. Your body makes it, and your nervous system uses it to send messages between nerve cells. So, it's a substance that makes you feel good. But how does this affect addiction to screens?

Screen use releases dopamine in the brain, which can negatively affect impulse control. Dr. Lorenz says studies have shown screen time affects the frontal cortex of the

brain, similar to the effect of cocaine. Similar to drugs, screen time sets off a pleasure/reward cycle that can have a negative impact on your life.

## Why do screens affect our mental health?

Looking at screens for several hours per day can worsen a person's mood. After spending too much time on a screen, you can easily get angry or sad. Researchers in a study showed that adults who watched TV or looked at computers, were more likely to have severe depression.

Being on screens for too long can also make it harder to fall asleep. I once had a day when I was playing too much Fortnite, and I woke up at four in the morning. I couldn't finish my sentences, I was dizzy and had horrible headaches, and I was having creepy dreams about flying around in Fortnite. Also, it took me two hours to try and fall asleep.

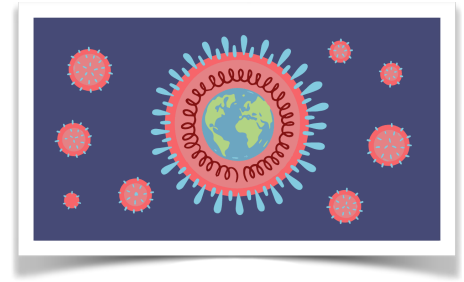
## Why do screens affect our physical health?

First off, when you look at a screen, you sit still for a long time, sometimes in positions that aren't good for your spine. If you don't sit up straight, it can lead to joint pain, back pain and can cause muscle tension. Poor posture can even cause breathing issues.

Second off, it isn't good for your eyes. Imagine staring at a wall for five hours straight, that wouldn't be good for your eyes. The sad thing is, you do the same when you stare at a screen for five hours straight. You blink less, and you don't move your eyes enough.

## But what does Covid have to do with this?

Since lockdown started, people have been spending more time on their phones and TV's. For example, when we have online class you're staring at a screen, when you check your messages on a screen, when you browse TikTok you stare at a screen, when you watch Netflix you stare at a screen, when you play video games you stare at a screen, etc. Lockdown has given us a lot of time to go on electronic devices.



## How do I stay healthy?

1. After looking at a screen for 20 minutes, look away for 20 seconds.
2. Go for a walk once or twice a day and get some fresh air.
3. Do some exercise. For example: Go on YouTube, and search: '10 minute exercises'.
4. Make sure you're sitting up straight when you're on a screen.
5. Drink six cups of water a day.
6. Eat one piece of fruit a day.
7. Find something that isn't a screen that is entertaining, and use it for 45 minutes.
8. Make yourself a healthy snack.
9. Follow a routine.
10. Call or FaceTime some friends, make sure you're still being social.
11. Get 7-12 hours of sleep every night.

# The millionaire mentalist who can make you put a gun to your head.

## INTERVIEW WITH DERREN BROWN

By: Henri Akkerman (2EH)

Derren Brown is the mind bending illusionist who got five old aged pensioners to steal hundreds of thousands of pounds worth of art and had people queuing up to play Russian Roulette! It's not surprising that this mentalist is worth 8 million dollars. Can someone who can persuade people to do these things be a good guy? Can he tell us Mendeliars to do some of these things? The answer is yes! Derren Brown took time out of his busy schedule to answer a few of my questions.



Can mind control persuade perhaps a teacher to give you a better grade. If so, how?

Ha - difficult to make someone give you better grades. Though when I was studying Law and not enjoying one of the subjects, I made a point of acting like I found the subjects interesting when I was in the class. I kept eye contact with the teacher, smiled and nodded when he looked my way, and did all the things we do when we're interested. Clearly it was having a good effect as

after a while it felt like he was giving the class for me. I ended up being quite good at the subject and getting good grades for it. I also found memory techniques very useful for learning lots of information (and making the learning more interesting). They can help you do well in exams even if you don't really care much about the subject or even understand it much: sometimes memorisation is more important for getting good grades. It shouldn't be, but it often is.

Do you think there is a moral problem with using mind control?

Well, we all influence each other all the time - look at your teachers! Their job is to put ideas into your heads. So it's like a tool, and it only matters what you do with it. But when you see me do things like mind-reading, it's mixed in with the techniques of a magician, so it's not quite as dangerous or super-impressive as you might think: my job is to make it look more impressive than it is. That's what magicians do. But as for hypnosis, and the use of suggestion and persuasion, it's happening all the time around us. If you're going to harness it, you just want to make sure your aims are harmless. I use it for entertainment, or to help people make changes in their lives or think differently, so I'm happy with that.

Are you a cat or dog person?

A dog person, definitely. I have two dogs - a beagle-Basset cross and a Tibetan Terrier - and I grew up with dogs too.



## What is your greatest strength and weakness?

I think I'm a thoughtful person, and that is probably both my greatest strength AND my weakness. I can overthink things and become shy when I shouldn't be, and I usually don't express much about how I feel.

## Do you have any advice for people with anxiety because of the situation with Covid-19?

It's really important to know what's meaningful to us in life. It might be certain activities, alone or with other people, or going out, or having time alone, or being very active. It might be having a big project that we can enjoy being part of. If we can find something bigger than ourselves that we love, we will have a sense of meaning. And during times like this, when we can't always do what we want, or are feeling anxious, we should look for what that thing is that gives us a feeling of meaning, or accomplishment, and see if there are things we can do to make more of that happen. It's a good place to point our energies. Otherwise, what we normally tend to do, is to worry about things that we can't change and have nothing to do with us, and that's just a waste of time. In fact if we decide that those things are *fine*, we'll feel a lot better (and nothing bad happens if we do, because they weren't under our control anyway!)

## What are your plans for the future?

I never have any! I suppose it would be nice to do what I'm doing for a bit longer, to see my friends, to write and paint, to learn about subjects and find things that are meaningful to me.

## How was your situation at school?

I didn't love it. I was picked on a bit, and I didn't feel I fitted in properly. But I learnt coping skills which developed into my talents and eventually became the weird job I have today. So I should remember to also be grateful for it, I suppose.

## Is there any advice for children today?

Be kind, be silly, love lots. And spare a thought for adults: none of us really know what we're doing, not *really*, not *deep down*, we're all making it up as we go along.

It is clear to me that Derren Brown is one of the good guys. You can make up your own mind by watching his movies on Netflix, Youtube or his official website and maybe you can visit one of his shows.

<https://derrenbrown.co.uk/>

# MESSAGE FROM THE MENDEL TIMES TEAM

Sadly, our Instagram account got hacked. There is a hacker sending DMs through Instagram to people with a link. This is also why some of you might got a strange DM from us. To make sure it won't happen again and the hacker doesn't have access to our account, we decided to delete it. This means we lost all of our followers. We hope you could follow our new account! The user is Mendeltimes\_

The QR code for our new instagram account:

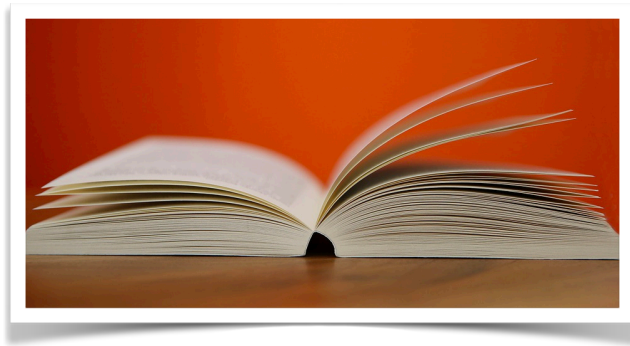


Stay safe everyone <3.

# Book recommendations

By: Frieda van Schaik (1EGA)

**Reading books. You might think reading is boring. But in this article I want to give you recommendations. My recommendations but also from the other members from the Mendel Times.**



## Why?

You might think reading is boring and a waste of time. You might think reading is fun and relaxing, entertaining or useful. I can give you a thousand reasons why you should read just like every other person that tries to convince you to read. I just have one tip: find your style and try. Trust me, I also don't always like every book I read.

## My favourites

Let's start off with my top 3 favourite books. I like many many books but these are and stay my favourites:

### 1- *Nevermoor, The trials of Morrigan Crow*- Jessica Townsend

This book is about Morrigan. Morrigan is cursed. She is about to die at midnight, but Jupiter. A stranger. Takes her to a magical country: Nevermoor. If she wants to stay here she has to complete 3 tests and join the wonder society. And those tests sound easier then they actually are, it's life or death...

This book is part 1 of a series. There are 4 parts, 3 of them are translated into Dutch. You can buy this book on multiple websites and stores, it's also available in the library. We have the Dutch translation in the school library.

### 2- *De koning van Katoren*- Jan Terlouw

The king of *Katoren* dies. This king doesn't have a son so there needs to be a new king. To become king you have to complete 7 impossible tasks. Stach tries this and he meets lots of new people and adventures.

This book is only available in Dutch. Again you can buy this at multiple places. Also you can borrow this book in the library and in the school library.

### 3- *Talking to Alaska (Alaska)*- Anna Woltz

Sven has epilepsy. In the new school year he doesn't only want to be known as 'The boy with epilepsy'. Parker just got a terrible summer and wants to be invisible. Parker her dog became a help dog and is now helping Sven. Parker doesn't talk to Sven, so the only way to see her dog Alaska is at night...

This is a Dutch book, translated into English. And also for this book: you can buy this at multiple places. And borrow this in the library. Not at school, sadly.

## Authors

I also have some favourite authors that I would like to share with you. I like all of the books written by these authors. The young adult books of Carry Slee are really nice in my opinion. They show serious problems, every time I read them I get shocked, because although it is a book the events can also happen in real life.

I already mentioned a book written by her. Anna Woltz. She is, in my opinion, a great author! *De tunnel*, *Alaska*, *mijn bijzondere week met Tess*, all great books.

And last but not least Roald Dahl, maybe the age group of his books isn't really for us anymore but I don't care. I can read his books a million more times. The fantasy is just fantastic.

## Members

As I already mentioned I also asked members of the Mendel Times for their favourite books. But that is just fine, because you might like these books better as these people have a different style than me.

Roald Dahl is also loved by our members. Also David Williams, he writes funny books but with a serious message. Some of these books are available in the school library, if you're in your first year you can maybe read them to practice english. But they are still funny if you're older of course!

We can't forget to name Harry Potter obviously. Personally I am not really a fan but those books are bestsellers so I think you should definitely try!

*Alleen op de wereld*- Hector Malot. To be honest I forgot about this one, but it's fan-tas-tic. The parents of Rémi gave him to a street musician, Vitalis. With him he starts a long ramble. But then Vitalis dies and he is all alone for it.

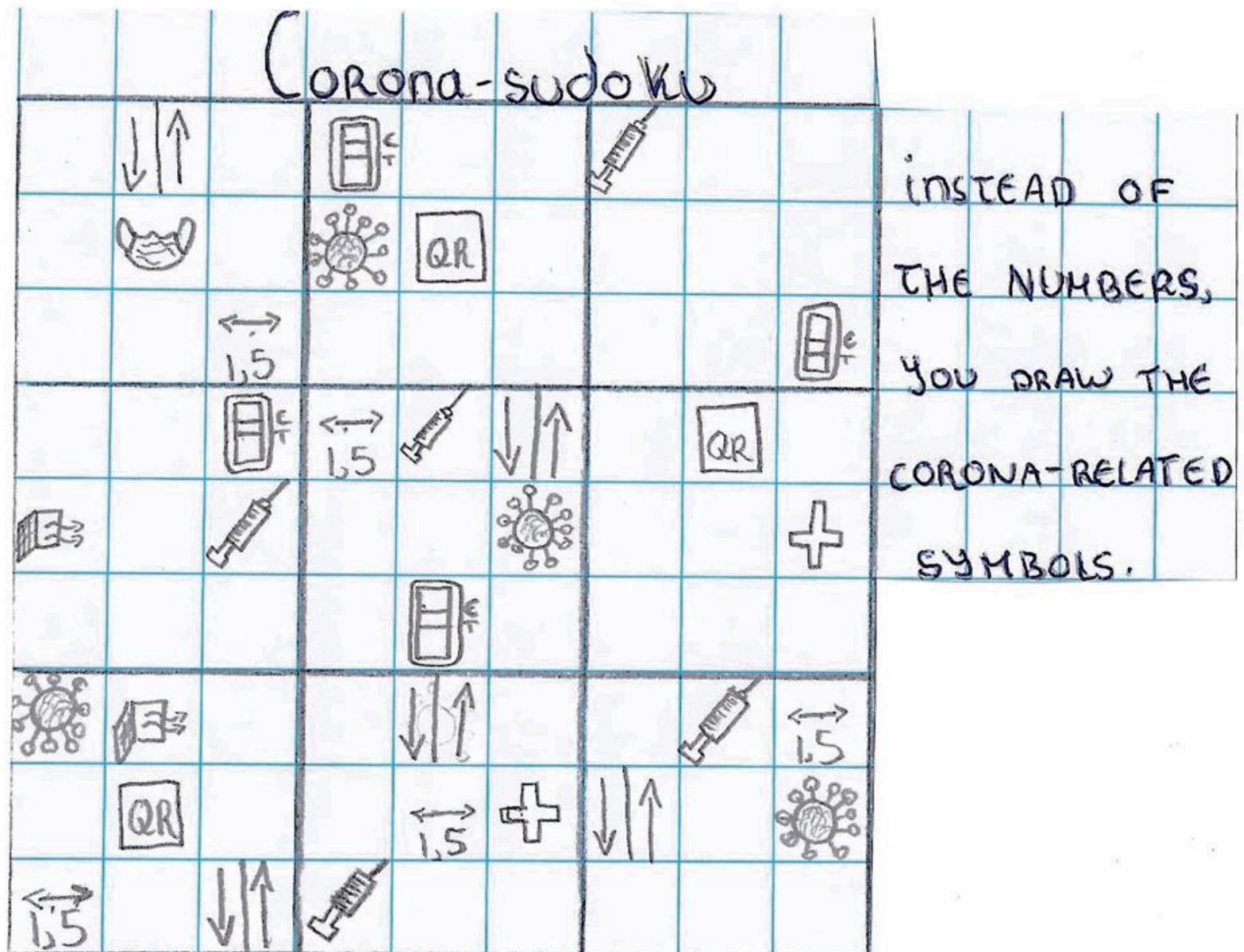
The gladiator series- Simon Scarrow. I didn't hear about this before, but it looks fun. This is about gladiators as you could guess. I think I'm also going to read this!

*The Hunger Games* - Suzanne Collins. You have 3 books of these (*The hunger games trilogy*). This is a thriller. It's a book about a game where they force 2 kids to join a battle to the death.

Thank you very much for your recommendations guys! I hope I did them justice! And for you: I hope you'll find your style and start reading, because it is super fun! Also I hope that this article helps you find books you like!

# Corona Sudoku

By: Mila Jansky (1EGA)



## FUN & FACTS

By: Oscar Nolan (3EA)

Words to make you sound smart:

### Daft

A word meaning something silly or foolish.

Example sentence: You are **daft** for thinking that facebook doesn't sell private information!





# Victim support organisations receive more and more reports after BOOS episode

By: Babette Boersma (2EG)

I think that most of us have heard about what is going on at the Dutch Voice of Holland and the Dutch Voice Kids. Maybe you have seen the whole BOOS episode about this. Organisations like Slachtofferhulp Nederland are receiving a lot more notifications about sexually transgressive behaviour in the last few years. The number of notifications went up about 80% and that is only for the people who want to report sexually transgressive behaviour over the phone.

After the BOOS broadcast on YouTube, the number of people who have reported through the chat of Slachtofferhulp Nederland has tripled. Not all notifications are about people who have experienced things they are not comfortable with but some reports are about occurrences at work. Other reports refer to situations within a relationships, on dates or harassment on the street.

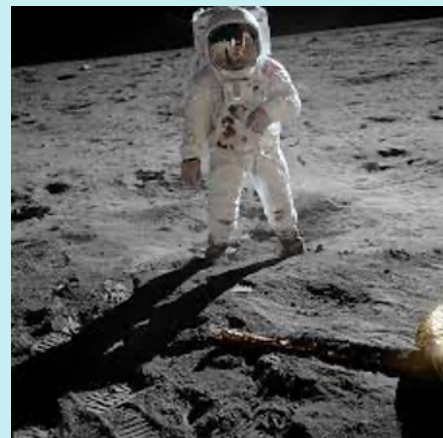
The BOOS broadcast was absolutely a turning point for a lot of people. I think that people are less afraid to stand up and do something about a situation than before, they can now really see that they are not alone and that there is help for them if they ask for it.

## FUN & FACTS

By: Oscar Nolan (3EA)

### Did you know?

*The very first plane to ever fly was designed by the brothers Wright, and the first person who landed on the moon was Neil Armstrong. What if i told you that these events happened 66 years apart? This is mostly due to the world wars, because the wars forced new innovations so both sides could get ahead of the other.*

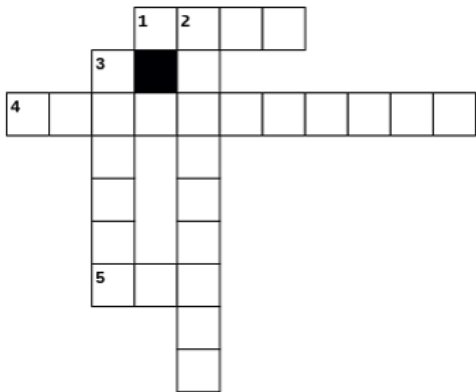


# Fun & Facts

By: Oscar Nolan (3EA)

## PRETTY PUTRID PUZZLES

This edition of the Mendel Times includes a crossword.



**Across**

- 1. a word meaning silly/foolish
- 4. used to describe a delicious meal
- 5. the first prime number

**Down**

- 2. the first man on the moon
- 3. the last name of the brothers who first invented the plane

## ENLIGHTENING ENGLISH MEMES

English that I learn  
from Video games,  
movies, memes



English that  
I learn from  
school

