

# THE MENDEL TIMES

The newsletter written for (and by) TTO students



The Mendel Times Team

Not pictured: Mette Borsboom, Hannah Schlatmann, Zülal Can, Asha Ie

## Letter from Mrs. Doek

Dear students,

We are glad that you have adjusted well to the second lockdown.

We are grateful to our teachers and to you, our students, for your "can do" attitude.

Stay connected and joyful.

Reach out to your classmates and friends.

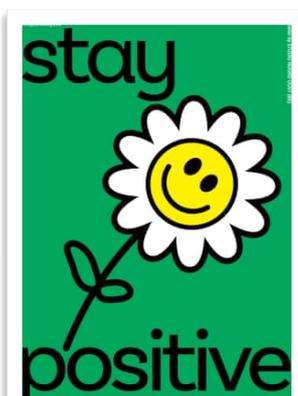
Organise an online meet just to hang out just like you would if you were at school.

Keep a smile on your faces even when things get hard. Stay positive.

Hope to see you soon at school.

Best wishes,

Mrs A. Doek



### Interview with teachers (pg. 4)

Get to know some of our beloved TTO teachers even better!



### Short story competition (pg. 8)

Keen on writing? Join our short story competition and let those creative juices flow!



### Movie and series recommendations (pg. 9)

Feel like you've watched everything on Netflix? Read our recommendations!

# Bye 2020. Welcome 2021!

By: Zülal Can (1EHA1)

Due to COVID-19, 2020 was a hard year for many people. Everyone wanted this year to be over. The pandemic also influenced how people celebrated the New Year which was a bit different than other years. People couldn't go abroad or celebrate New Years Eve with many people. So, most people stayed home. It was not that bad, in some countries, people still could watch firework shows. Seeing that fireworks weren't allowed in The Netherlands, there was an electric firework show instead.

In many countries, firework shows still went on. However, there weren't a lot of spectators because they didn't want to risk it. This is how other countries celebrated News Years: .

**Taiwan:** In the capital city of Taiwan, firework shows were held at the Taipei 101 tower with the audience.

**France:** In Paris, the Eiffel tower was lit up and the fireworks came after. Also, the world-famous DJ David Guetta performed in the Louvre Pyramid but without a live-audience.

**China:** In Wuhan, thousands of people gathered in the city center to celebrate 2021.

**Dubai:** A light show was in one of the towers of Dubai, after which the fireworks came.

**New Zealand:** It was silent until the countdown at the sky tower, were also the audience could watch live. A firework show came after the countdown.

**United Kingdom (London):** After the countdown in The Shard the firework shows started and there were also some drones that pictured out all the things that happened in 2021. Of course, the famous Tower Bridge didn't stay empty, the fireworks were also there and in the other parts of the city.

And once again HAPPY (belated) NEW YEAR!



# Working from home

By Erik van Duijn Recalde (1EGA1)

## How is it going?

It sounded great at the beginning – Christmas holidays came three days earlier. Now it has been over a month the new year and since we have been working from home. There are some upsides for sure. Sleeping in late is nice. A quick breakfast, put on some clothes and then log on to the classroom. No more cycling through the wind and rain in the dark. Less homework, no music or physical education class and more time to hang out and chill.

However, not everything is better when working from home. There are disadvantages as well. For example, not being at school makes it harder to see friends. It takes some effort to look for each other. Classes online are fine, but it's not the same as being together at school. I think it is also a bit boring because you're just staring at the screen and then it's hard to stay concentrated, especially with your phone next to you (constant pop ups can make you lose your focus). If you have to go to the dentist or the doctor, it is hard to catch up afterwards, because it's harder to contact each other.

## **“Staring at your screen can make it hard to stay concentrated”**

## What is the situation like at other schools?

After speaking with kids from another school, the Eerste Christelijk Lyceum (ECL) in Haarlem, I see that they have a similar experience. They have similar classes as we have at Mendel. One difference is that they still have PE. Their students have to put on the STRAVA app and run a designated distance. This could be something nice for us to do as well, to force us to be more physically active.

## Why are we still working from home?

We are still working from home because the virus is still spreading and with the new variants now present (for example: the British mutation), the government fears that if we continue classes in person this epidemic will expand too fast and out of control. The cases in the last weeks have gone down but not enough. That's why we will be working from home at least until the 1st of March.

## What is next?

I hope we can go back to school again soon, but I think we are going to be still stuck at home for some more time. Therefore, for the time being, we need to get used to the online lessons. In the meantime we should keep enjoying the advantages and try to manage the disadvantages, for example: keeping the phone out of sight during class so you get less distracted, or agreeing with friends to meet in person. Then, hopefully, the time will pass quickly and soon we can all be together in person.

# Interview: D. Grotenhuis

By Bima Poeze (1EHA2)

It was a rainy day in November when I bumped in to Miss Doortje Grotenhuis just next to her classroom.

It was very kind of her that she made time for this interview just right before she was about to go home. It was very impolite of me that I hadn't made an appointment before. She had her jacket on, ready to go, and even then, she did not rush through the conversation.

Miss Grotenhuis is about 30 years young, an active woman. She cycles and ice skates in her free time and, impressively, she also has time to practice her passion in music, which is playing the drums.

When she was in high school she liked the subjects French and Physical education. This is her second year teaching at Mendelcollege as a Religious Education teacher. The best thing about being a teacher, according to her, is that she loves the interaction and contact with teenagers. Slightly unusual, I thought, as my parents think that teenagers are a lot of work (or maybe it was just me)!



She would like to visit Colombia\* again not only to practice the language but also because of its nature and delicious food.

It was too bad I did not have more time to interview her. I hope I will have more time to talk about her activities outside of teaching. Thank you for this interview Miss Grotenhuis!

See you next time,

Bima Poeze

*\*Do you know ?*

*The name "Colombia" derives from the last name of the explorer Christopher Columbus.*

## FUN & FACTS

By: Oscar Nolan (2EA1)

### Word of the month:

'Lethargic', which means: Lazy or tired.

*Oscar had trouble finishing the Mendel Times because he was feeling very lethargic.*



### Fun fact of the month:

The humming bird is the only bird that can fly backwards and hover and it also serves as the model for helicopters.



# Fight your phobia

By Cleo Oldenziel & Asha le (1EGA1)

There are so many fears all over the world, some are more interesting than others. We picked nine phobias and how to fight them. Read and learn.

## Alektorophobia

Imagine: you go to a farm and suddenly there are chickens! No, don't laugh. Fear of chickens is a serious fear, it's called alektorophobia. But what can you do about it? The most important thing is to confront your fear. We understand it's hard, so let's start easily. Look at pictures of chickens. If that doesn't scare you anymore you can watch videos. When you think you're ready you can look for a children's farm and pet the chickens. Eventually, you aren't as afraid of chickens anymore



## Agoraphobia

This fear is super common. Lots of people still don't know it exists. Agoraphobia, a type of social anxiety, is a fear of big groups. For example, you might be afraid of big parties and maybe even classrooms. Don't worry too much! It's easy to fight this fear. You could start hanging out with a small group of people. 3 to 4 people and, just like you do with almost every fear, build it up. So ask 5 people instead of 4 and then 6. The only problem you have is that you have to find enough people who want to help you.

## Globo phobia

This fear is a bit comparable to alektorophobia. The way you should handle it, is comparable. Globophobia is the fear of balloons. Again, confront your fear and take it step by step. Pictures, video's and then real life. And okay, we admit, it's easier to say than to do, but that doesn't make it impossible.

## Monophobia

We think everyone knows the feeling of being home alone thinking you're being watched or something else scary is happening in and around your house. If you are feeling like this more often then you probably have monophobia, the fear of being alone. Trying to get over this fear? Here is a tip: You could be home alone for 5 minutes and send your family out for a walk or something. Do that every day and make it a minute longer every time after a month you're not scared anymore. A different way is to make a deal with someone that whenever you are home alone you can call them if you're scared. It gives a feeling of safety and makes it less scary.

## Autophobia

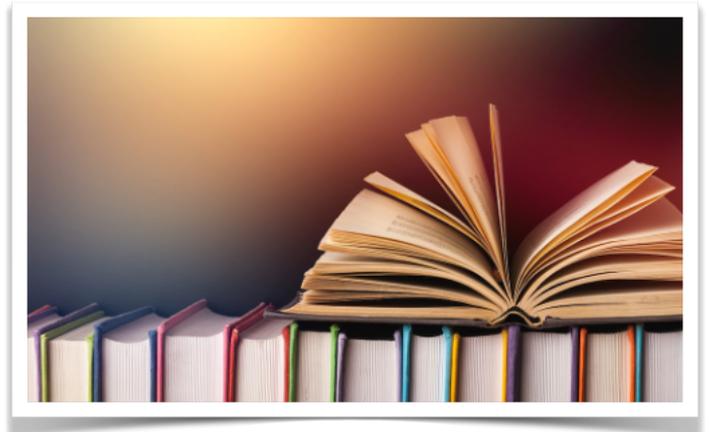
Autophobia is often mistaken for monophobia. People with autophobia are also afraid of being alone. However, it's a different way of being alone, because people with autophobia are afraid that they will be left behind. It's very hard to get over this fear. We think the most important thing is that you change your mindset. So next time you meet new people, think: "Okay, they can leave me behind. Then what? Then I'll just make new friends. There are enough people who do care about me." Also, if people leave you behind, don't stick to them. They're not real friends if they drop you for someone else.

## Hippopotomonstrosesquippedaliophobia

Are you super tall and afraid that you'll grow even more? Okay, that means that from now on if anyone asks if you have any phobias you'll have to say you have to say: 'I have Hippopotomonstrosesquippedaliophobia.' We're sorry. We don't know how we can help you. Maybe you could start with talking to someone about it. Tell them what exactly you are scared of; why are you afraid to get taller? And accept it. You might get taller. So what? Someday you will stop growing.

## Sesquipedalophobia

Did you read the title of the last paragraph? Did it scare you? If it did, there is a big chance you have sesquipedalophobia. It's a fear of long words. If you have sesquipedalophobia you might be afraid of the fear itself. Well that makes it much more complicated to fix your fear. The most important thing to do is reading. Read, **READ, READ!** Just start with easy, children's books that have short words in it. Make sure to read books you like, it makes you want to read them and those long words won't make you put the book away. Now, off to the library and read!



## Achieveme Fobia

Success. For most people it's a good thing. But some are afraid of success. Those people have Achieveme Fobia. Being afraid of success is pretty hard to deal with. Most people can't understand why you're afraid of success. That's why it's hard to talk to someone about it. Yet we would still recommend talking. It's always the best thing to do. Also ask yourself the question "Why am I afraid of success?" three times and make up a different answer every time. You pick one answer and tell yourself why that answer is ridiculous. Do that each day until you don't have an answer anymore.

## Philophobia

Of all the phobias and fears you have now read (and hopefully learned) about this is the most uncommon fear. It's a fear of love. The best thing to do against philophobia is to make up what-if scenarios. The scenarios you make up in your head are much bigger than they will ever be in real life. So you can make up these scenarios and ask someone to play them out with you. After that, start to

interact with people. Say 'hello' when someone greets you, have short conversations with people. If you're also scared to love your family, ask them to understand you. It's a very serious fear and they shouldn't force you to do things you don't want to do. After all, it might be best to seek help at a psychologist. They'll know what to do. They deal with fears like yours all the time.



# SHORT STORY COMPETITION

By: Fien Tol (5V1)

EMAIL [9729@mendelcollege.nl](mailto:9729@mendelcollege.nl) WITH YOUR SHORT STORY FOR A CHANCE TO BE FEATURED IN THE MENDEL TIMES!

Mendelcollege celebrates everyone's talents: whether you're a math maestro, piano virtuoso, pastry perfectionist, or singing angel. One skill, however, is left out in the cold. While we write plenty of essays at school, the similar skill of creative writing does not have a spot in the curriculum.

Therefore, we have decided to organise a short story competition! Because our literary geniuses deserve just as much praise.

To partake in the Short Story Competition, write a short story of max. 1000 words, inspired by one of the following themes:

DESTINY

REDEMPTION

HEROES

DOUBT

Then send your story to [9729@mendelcollege.nl](mailto:9729@mendelcollege.nl). The winning story will be featured in the next issue of the Mendel Times.

Here is an example of a short story, to give you an idea of what your story might look like:

The morning was brighter than yesterday's, and those before it. Darkness usually engulfed the room when he woke up, making him want to turn over and get another few hours of sleep. This morning, however, it was different. He felt it from the moment he opened his eyes and heard the faint tapping of rain on his window. The wind whistled through the crack in the door, willing him to place his feet on the ground and investigate. He was awake instantly; the bright light which seemed almost unnatural before him, stinging his eyes and making him aware of every sound, every crackle.

It was only then that he noticed that it was not morning at all; the clock told him it was two AM. Chills went down his spine like spiders crawling.

*2 AM, 2 AM. Make sure you're asleep by two AM. 2 AM, 2 AM. They will check at two AM.*

The old nursery rhyme echoed in his mind as if someone turned on an old cassette in an empty ballroom. The melodies which once seemed so sweet, guiding him to sleep, now had an ominous air to it.

He clenched his eyes shut, willing the sound to fade. It reminded him of times long gone, opening old wounds in his fragile heart.

When he opened his eyes again, he had to blink. The light seemed even brighter than before, seemingly surrounding the entire house: a white light flashed from under the door, through the crack, through the window and even seemed to be bursting from the walls. His entire room lit up like a searchlight. Squinting, he found his way to the door. Despite part of him screaming that it was a bad idea, he felt as though it was his duty to open the door and face whatever was out there. There must have been a reason why the Light found him tonight.

Gripping the door handle, he forced open the door and was instantly met with a strong current dragging him out. The light brightened with a flash, before dimming and disappearing completely.

The door swung shut and the night wore on.

# Movie and series recommendations

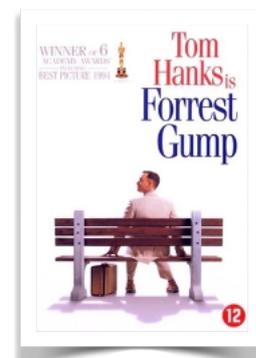
By Julie den Exter & Charaline Kwadrin (2EGA)

Since we are all in lockdown you probably have spent a lot of time on Netflix, watching your favorite movies and series. In this article, we will discuss a few movies and series that are worth the watch.

## Movie: Forrest Gump

### What is it about?

Forrest Gump is an accurate representation of the Vietnam War. The director used many key aspects, such as the interesting characters, the battle scenes and special effects throughout the movie. Each of the characters told a part of Forrest Gump's life. Forrest Gump is a dumb and silly character. The movie is old but worth watching. If you ask your parents, they will probably know the movie.



### Some information about the movie:

It is a comedy filmed in America and released on June 23 1994. The movie Forrest Gump won the Academy Awards for Best Picture, Best Director, Best Actor for Hanks, Best Adapted Screenplay, Best Visual Effects, and Best Film Editing. It received many award nominations, including Golden Globes, British Academy Film Awards and Screen Actors Guild Awards.

## Serie: Outer Banks

### What is it about?

Outer Banks follows a group of teenagers in the Outer Banks of North Carolina who are called "Pogues", who live at The Cut, and are determined to find out what happened to the missing father of the group's ringleader, John B. Along the way, they discover a legendary treasure that is tied to John B's father.



### Some information about the serie:

The English series is on Netflix, and it came out on the 15th of April 2020. It has 10 episodes and 1 season. There is a second season coming but there isn't an exact date. The cast says that the new season is coming somewhere in 2021. The series won the "People's Choice Award" for most binge worthy show.

## Movie: Midnight sun

### What is it about?

Midnight sun is about a girl named Katie who is allergic to the sun. Katie has to stay in her room. Every day since she was a little girl she watched a boy skate past to go to school. One night she goes out to a train station and meets that boy whose name is Charlie. Katie always writes in her book, but she forgets it at the train station. The next day she comes back and Charlie waits there to give the book back. They bond and at some point they go away to have fun together. But then everything changes...



### Some info about the movie:

The movie can be seen on Netflix. This movie was first released in the United States on March 23 2018. They were nominated for the Teen Choice Awards and for the People's Choice Awards in 2018. The role of Katie was played by Bella Thorne. I definitely recommend this movie for people who want to see romantic movies with a little bit of a sad twist.

## Serie: Julie and the phantoms

### What is it about?

This series is about a girl named Julie. Her mom died and Julie is grieving. A year has passed and Julie hasn't been interested in playing music. Julie's father wants to move and Julie has to clean the garage (her mothers music room). Julie has settled down and found a CD and decides to listen to it. She hears a loud noise and three boys fall out of the sky. At that point their adventures are ready to start...



### Some info about the serie:

You can watch this series on Netflix. Julie and the phantoms was released on September 10 2020. They haven't been nominated yet because it is not that old of a series. The main actors are Maddison Reyes, Charlie Gillespie, Owen Joyner and Jeremmy Shada. This series is full of music to sing along to. I definitely recommend it.



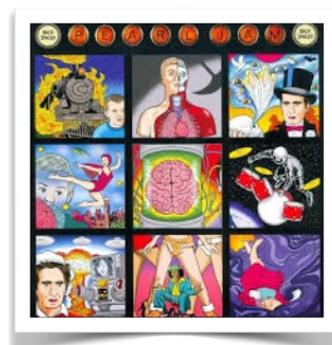
# Column: The 3 best albums of the 00's

By Koen Federer (1EGA1)

This is the second article in the column '3 best albums of'. This time I'm doing the 00's (2000-2010). I chose the zero's, because we're all born in that decade and maybe don't really know that much about it. And again: This list is fully based on my opinion, so not based on the amount of plays or streams. This list is in no specific order.

## 1. 'Backspacer' (Pearl Jam)

This album from the grunge band 'Pearl Jam.' is a fantastic album. It is one of the best albums I've ever heard. The album already begins really strong with the song 'gonna see my friend'. Eddie Vedder (the singer) sings about a friend that he wants to see but can't. He is really mad about it. After that come the songs: 'Got some, The fixer and Johnny guitar.' Overall, these are very good songs. After that comes a song named 'Just breathe.' a more sensitive song. It really shows Eddie Vedder's singing qualities There are not many grunge singers that can sing sensitive songs like that. The most beautiful song from the album. One of my favourites. My other favourite is 'Amongst the waves'. The other songs are good too, so it's not an album with that one good song. Just a really good album!



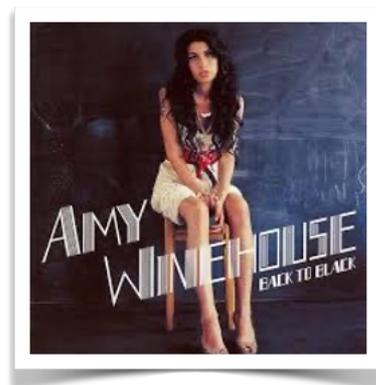
## 2. 'We are born' (Sia)

This is the album from the amazing singer Sia. She is famous from hits like 'Dusk till dawn' with Zayn and 'Let's love' with David Guetta. The album starts with 'The fight' which is a perfect start to the album. Not the best song, but just really solid. This is perfect because you don't want to start your album with your best song because that would overshadow the other songs However, you still want to keep the attention of people with a good song. The next song is 'Clap your hands'. The song is about her being sad, but in her sadness she learns the lesson that you can enjoy life more if you are happy and thankful for what you have. *"Well I've been neglecting the good things oh oh oh, Well I've been desiring the good things oh oh oh, I'm biting the lighting the good things oh oh oh, I've minding what to see the good things oh oh oh"*. The song after that is called 'Be good to me'. It's a song in which she asks someone to: (you guessed it) be good to her. It's a really good song! It really shows her talent. She is for sure one of the best in what she does. *"Be good to me, be good to me, I need you now more than ever, I'm faithful, me, and when you're down, I'll be around, I'll be your every weather"*. I don't really have much more to say about it, a (almost) perfect song (there's no song that is perfect). Another great song is 'Bring night', my favourite. A song that will be stuck in your head for ages, but in this case, it's not that bad, because the song is very likable. It has a really good chorus. really catchy. So the last thing I'm going to say is about the songwriter. if you can write songs like that... big respect!



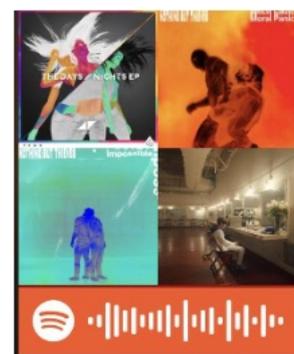
### 3. 'Back to black (original version)' (Amy Winehouse)

This is the second album from one of the most iconic singers in the history of music. I'm talking about Amy Winehouse (1983-2011). The first song is called 'Rehab' which is a really well produced song. I think it's slightly underrated, because it's a little overshadowed by 'Back to black' (I will talk about that song later). The lyrics are good, but very heavy. However, it's still a song you can sing along to. Some of the lyrics: *"They tried to make me go to rehab, But I said, No, no, no, Yes, I've been black, But when I come back, you'll know, know, know"*. The next good song on the album is named 'You know i'm no good'. It's about her cheating (probably in her relationship). It's an extremely well produced song (by Mark Ronson, famous from songs such as 'Uptown funk' and 'Nothing breaks like a heart').



A few lyrics from 'you know i'm no good': *"I cheated myself, Like I knew I would, I told you I was trouble, You know that I'm no good"*. The last song I'm going to mention is of course 'Back to black'. The most popular and my favourite song of the album. I think most of you know the song. It's about her boyfriend breaking up with her. I think the chorus says enough. *"We only said goodbye with words, I died a hundred times, You go back to her, And I go back to, I go back to us."*

Interested in listening to my top 10 favourite, current songs? You can scan the QR code in Spotify and it will automatically open the list (you don't need a QR scanning app, just click on the little camera next to the search button.)



Scan this in the Spotify app.

# Differences between the lockdowns

By Ivy & Babette (1EGA1)

*People interviewed:*

*1HA1 Liva Jouzy went to De Kring Haarlem.*

*1EGA1 Cleo Oldenziel went to Ter Cleef.*

*1EGA1 Josephine Jager went to De Wilgenhoek.*

## What is the difference in the amount of homework you receive?

Cleo thinks that in the final year of primary school, we almost had no homework and also no online meetings, so the school day was 2 hours a day. In the first year of secondary school we also don't have much homework, but we do have online school. So together that is a lot more than at primary school. She says, "In the first grade, without the lockdown, we had a lot more homework than we do now, but we could see our friends every day. I don't like that we no longer have fun together during breaks."

Liva thinks that in group 8 it was very little and in high school it is not very much and you also do most of it during class. Without a lockdown we have more homework and less time. Now, it's still the same. Josephine thinks that in group eight it was all a bit easy. She says, "In the first year it was more difficult, but I think it was not that bad from what I had expected. I was very shocked by the lockdown in group eight and now even more by the second lockdown. Now, there is a test week coming and we only have homework during class, so that is nice. It took some getting used to with all the new things, but it is going well and I think we get just enough tests and homework."

## What do you think of Google Meet?

Josephine thinks it is a good solution. She says, "In group eight we used Teams and we did not really meet, but we chatted with the teacher every now and then. I personally like the way we work now. We really see each other and get good explanations."

However, Cleo thinks that Microsoft Teams was better because you could text your teacher and you didn't click on a link and have to wait for the teacher to start, but the teacher called you. Liva used teams in group 8. She likes both of them, and says that both easy both are just as easy.



## Are the lessons normal (like in a classroom)?

Josephine mentioned that we get less assignments and the lessons are much shorter, and we often have a slightly longer explanation than usual. Liva says, "It's not the same because some things you cannot do online."

## Which lockdown was 'nicer' (the first or second)?

Liva believes year one is “nicer” because it is a bit more organized. Josephine found year one to be better because in the first lockdown you had a lot of free time and stuff. She says, “But now I like this better with a schedule and a good structure.” Cleo mentioned that they both had their own benefits, but she liked the first one better because it was summer so you could go outside after school.

## What could a teacher do to make an online lesson more 'fun'?

Josephine believes it will be more fun if the homework that we do get gets better distributed between the lessons, because sometimes it is nothing and at other times a lot. However, Cleo and Liva mentioned that not that much, but maybe they could make a Kahoot or something like that. A lot of them do that already.



# Recipe: How to make cupcakes

By: Nyla and Sophia (1EHA2)

## STEP 1:

Preheat oven to 180C/160C fan/gas 4 and fill a 12 cupcake tray with cupcake liners.

## STEP 2:

Using an electric whisk, beat 110g softened butter and 110g golden caster sugar together until pale and fluffy then whisk in 2 large eggs, one at a time, scraping down the sides of the bowl after each addition.

## STEP 3:

Add ½ tsp vanilla extract, 110g self-raising flour and a pinch of salt, whisk until just combined then spoon the mixture into the cupcake liners.



## STEP 4:

Bake for 15 mins until golden brown and insert a skewer into the middle of each cake until the skewer comes out clean. Leave to cool completely on a wire rack.

## STEP 5:

To make the buttercream, whisk 150g softened butter until super soft then add 300g icing sugar (powdered sugar), 1 tsp vanilla extract and a pinch of salt.



## STEP 6:

Whisk together until smooth (start off slowly to avoid an icing sugar cloud) then beat in 3 tbsp milk.

## STEP 7:

If you want coloured icing, stir in the food colouring now. Spoon or pipe onto the cooled cupcakes. You can also decorate your cupcakes with sprinkles.

# Fun!

By Oscar Nolan (2EA1)

## Puzzle:

Humming birds have a tendency to get very hungry as their wings flap at about 80 beats per second!

help this humming bird get the sugariest fruit so that he can continue on his travels:

$$\text{Watermelon} + \text{Watermelon} + \text{Watermelon} = 36$$

$$\text{Watermelon} + \text{Peach} + \text{Peach} = 28$$

$$\text{Peach} - \text{Banana} = 3$$

$$\text{Peach} = ? \quad \text{Watermelon} = ? \quad \text{Banana} = ?$$

What fruit has the most sugar?

- A : peach
- B : watermelon
- c : banana

Warning!

This sugar counter is not at all accurate.

Do not attempt to intake large amounts of fruit to get a sugar rush!

**Meme of the month:**

Champagne companies after inventing New Years Eve:



# Comic

(Illustrated) by: Esmee Heijen & Larissa Mulders (1EGA1)

by Esmee Heijen & Larissa Mulders  
1EGA1

