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Want to join?
The newspaper club is open to all sixth form students interested in writing articles, or helping others in doing so! Meetings are every Monday lunchtime in S30, starting at 1pm

Fact, Fiction or fear
SCARLETT HORWOOD

*Chemtrails- just condensation
or biological warfare?*



Look up at a clear blue sky and you might see puffy white trails behind aeroplanes. They are made up mostly of water and are called contrails or vapour trails, but a growing number of people believe they are evidence of something sinister going on.

The chemtrail conspiracy theory is the erroneous belief that long-lasting condensation trails left in the sky by high-flying aircraft are "chemtrails" consisting of chemical or biological agents, sprayed for nefarious purposes undisclosed to the public. Believers in this conspiracy theory say that while normal contrails dissipate relatively quickly, contrails that linger must contain additional substances. Those who subscribe to the theory speculate that the purpose of the chemical release may be solar radiation management, weather modification, psychological manipulation, human population control, biological or chemical warfare, or testing of biological or chemical agents on a population, and that the trails are causing respiratory illnesses and other health problems.



This conspiracy theory is starting to become world known, with millions of people growing scared and concerned, even convinced these ‘chemtrails’ are toxic. A 2014 review found that they generally hold that every person is under attack and often express fear, anxiety, sadness, and anger about this. A 2011 study of people

from the US, Canada, and the UK found that 2.6% of the sample believed entirely in the conspiracy theory, and 14% believed it partially. An analysis of responses given to the 2016 Cooperative Congressional Election Study showed that 9% of the 36,000 respondents believed it was "completely true" that "the government has a secret program that uses airplanes to put harmful chemicals into the air" while a further 19% believed this was "somewhat true".

Evidence to support this:

Jim Marrs has cited a 2007 Louisiana television station report as evidence for chemtrails. In the report, the air underneath a crosshatch of supposed chemtrails was measured and apparently found to contain unsafe levels of barium: at 6.8 parts per million, three times the nationally recommended limit. But a subsequent analysis of the footage showed that the equipment had been misused, and the reading exaggerated by a factor of 100, the true level of barium measured was both usual and safe.

However, there is no stable evidence to support this. Chemtrails conspiracy theorists point to such secret experiments to bolster their cause. But their claims blow the historical record out of all proportion, as they claim we are constantly - and very visibly - being deliberately sprayed with tonnes of dangerous chemicals, for an ever-shifting variety of reasons.

Evidence against this:



Former CIA employee and whistleblower Edward Snowden, interviewed on The Joe Rogan Experience, said he had searched through all the secret information of the U.S. government for evidence about (aliens and) chemtrails.

According to a CNN report about the webcast, he said: "In case you were wondering: ... Chemtrails are not a thing" and "I had ridiculous access to the networks of the NSA, the CIA, the military, all these groups. I couldn't find anything".

Additionally, Chemtrail influencers are highly active on platforms such as Facebook and Telegram, where they discuss the day's alleged "spraying" and track aircraft. Some suggest putting a bowl of white vinegar outside, saying that this clears "chemtrailed" skies. Chemtrail social media groups also often contain anti-vaccine posts and promote climate change denialism, feeding off **an increase in conspiracy thinking during the Covid-19 pandemic**, and the rise of the conspiracy theories during the Trump presidency. So overall, there is no strong evidence to make this conspiracy solid or plausible. It is a mix of people following trends and chasing clout, and people who use any chance to make claims against the government even without solid evidence.

Living with an unseen disability

PHOEBE DOWTHWAITE

What is ADHD?

ADHD stands for Attention-Deficit/Hyperactivity Disorder. It is officially recognized as a chronic, lifelong condition. ADHD is one of the most mischaracterized disabilities of the 21st century, it's also one of the most common being present in 2.5 million people in England alone. The majority of people view ADHD as something characterized by extreme hyperactivity, laziness, high distractibility and general vivaciousness. ADHD is a chronic disability that severely impacts people's ability to live their lives, the most prominent symptoms of ADHD vary depending on how it presents in each individual. There are three specific presentations: Predominantly Inattentive, Predominantly Hyperactive-Impulsive, and Combined. Scientists class the different symptoms into these categories: inattention, hyperactivity, and impulsivity. Living with ADHD is a constant struggle, it is inherently a neurological deficit in the brain's executive function. Creating an invisible daily struggle with time blindness, emotional dysregulation, and "analysis paralysis." Because the brain constantly craves stimulation, you are caught in a continuous war between getting things done and the friction

of actually starting them, this isn't helped by two of the main symptoms being chronic fatigue and impaired working memory syndrome. You are too tired to get any of the things done that you've needed to do all day but you haven't felt able to do them because starting a task is difficult due to executive dysfunction and a dopamine deficiency. On top of that the cognitive system responsible for temporarily holding and processing information in real-time, executive dysfunction that comes with ADHD making it difficult to complete tasks without losing track, creating stress in the body which has physical impacts on individuals.

The different ADHD presentations -

The first ADHD presentation is Predominantly Inattentive (also known as ADD, Attention Deficit Disorder), it is a subtype of ADHD. This manifestation is characterized by severe difficulties with focus, organization, and task completion, with minimal or no hyperactivity. It is often called the "quiet type" because these internal struggles are less disruptive to others and people displaying this presentation frequently go undiagnosed. The main symptoms that characterize this presentation are frequently zoning out, struggling to follow conversations or instructions, avoiding tasks that require prolonged mental effort/difficulty

prioritizing, organizing time and belongings, losing essential items e.g. keys, wallets, paperwork and frequently making careless mistakes or missing crucial details at work or school. Even without actual distractions procrastination is still possible – the brain will have moments of prolonged focus on the internal rather than the external and you won't get anything done. ADHD inhibits individuals' ability to function in the same way that neurotypical individuals can. People with this presentation do not show physical restlessness or behavioural issues, which leads to a major mischaracterization of ADHD as teachers, peers, or employers incorrectly label them as shy, lazy, or unmotivated. As a result of this mischaracterization many individuals go undiagnosed until later in life.

The second ADHD presentation is predominantly hyperactive-impulsive. It is characterized by extreme restlessness, fidgeting, and impulsive behaviours. People who present in this way experience high energy levels and difficulty controlling impulses, however they may not display significant issues with focus. The main characteristics of this presentation are Hyperactivity (Fidgeting, tapping or squirming, constant need to be moving, inability to stay sat down e.g.,

classrooms, meetings, talking excessively/loudly. Impulsivity (blurting out responses, extreme difficulty waiting their turn or standing in lines, interrupting conversations or intruding on others' activities/personal space and acting hastily without forethought or consideration of consequences.

The final presentation of ADHD is combined, it is the most common presentation, characterized by significant symptoms of both and hyperactivity/impulsivity. Individuals with this profile face a unique tug-of-war between a racing mind and the inability to maintain focus, this can create a feeling of constantly being at war with yourself which only increases the difficulty of the disability. The symptoms are a mix of both previous presentations.

Emotional dysregulation and ADHD -

Emotional dysregulation is a feature of ADHD, affecting an estimated 70% of adults and 80% of children with the condition, experts widely view deficient emotional self-regulation (DESR) as a foundational component of the disorder. The ADHD brain struggles to filter out incoming stimuli, it similarly struggles to filter out incoming feelings, making everyday frustrations feel inexplicably overwhelming. Emotional reactions are often amplified, faster, and longer-lasting. ADHD is

like experiencing life at a normal person's level multiplied by ten, imagine having the volume, speed, and brightness of life turned up to the max setting, where every sensation, thought, and emotion hits the brain at once, whilst trying to balance regular life. Emotions are felt more intensely and are harder to regulate because of the neurological differences in attention and impulse control.

Addiction and mental health with ADHD -

This emotional dysregulation and increased sensory reception, the probability of addiction mental health issues in individuals with ADHD increases massively. Research indicates that the risk of developing a substance abuse addiction is significantly higher in individuals with ADHD. About 20% to 25% of adults undergoing treatment for substance abuse also have ADHD, compared to an estimated 3% to 4% in the general population. ADHD is linked to dopamine levels, the brain chemical tied to reward and pleasure. Because of this, individuals with ADHD may seek out substances to boost their dopamine and find quick stimulation. Many people with ADHD use drugs or alcohol to manage unmedicated symptoms. ADHD comes with having poor impulse control and delayed gratification, significantly increasing the likelihood of experimenting with drugs

and alcohol, acting without considering long-term consequences.

ADHD also increases the likelihood of suffering from mental health issues such as co-occurring anxiety and depression. People with ADHD are 2 to 5 times more likely to experience anxiety, and up to 3 times more likely to experience depression than the general population. Up to 50% of adults with ADHD will experience these co-occurring conditions in their lifetime. The causes of this increased likelihood could be difficulty with planning, organization, and emotional regulation creating chronic stress. Constantly struggling to meet daily demands often leads to feelings of inadequacy, frustration, and low self-esteem. A dysregulation of dopamine (happy hormone). This internal state intrinsically increases the risk of mood issues and low energy. Scientists have found that the genes linked to ADHD are also directly linked to certain mental health conditions like depression. Dr. Ari Tuckman (Clinical Psychologist) spoke about comorbidity, and has reported that untreated ADHD often creates circumstances leading to higher rates of anxiety and depression.

ADHD Medication VS Caffeine?

Coffee is not more effective than prescribed ADHD medications. However, caffeine can hyperactivate the brain's frontal lobes, acting like a braking system. This can quiet

racing thoughts and create a sense of calm, making it easier to complete tasks and focus. Caffeine acts as a central nervous system stimulant that mimics some of the neurochemical mechanisms of prescription ADHD medications, however coffee doesn’t come with a list of side effects 12 inches long. It is not a suitable substitute for severe ADHD however for those that prefer to go without medication coffee can have a relatively positive effect on the ability to function and mentally regulate.

Side effects of ADHD medication –

Appetite loss, Insomnia, Physical aches, Dry mouth, Minor growth delay, Fatigue, Nausea, Dizziness, Mood shifts, Heart issues, Psychiatric changes, Severe anxiety, Physical tics and increased Self-harm thoughts. These side effects are only some of the inconveniences that people with ADHD who can’t live without medication have to face.

I want to finish this article by reinforcing the life-long reality of ADHD, how it impairs

natural ability to function, it is an unseen chronic disability, the people who suffer with ADHD will be experiencing it their whole life. It impacts a person's relationships, career, and self-esteem 365 days a year. Its deepest struggles remain invisible to outsiders, the daily toll it takes on focus, emotion, and execution is frequently underestimated. For those who live with it, ADHD is not a childhood phase to be outgrown, but a lifelong reality they will experience, navigate, and manage every single day of their lives.

Attenborough vs
Climate Change
LUCY PLANT

David Attenborough, activist and television broadcaster, turned a hundred years old on the 8th May and his birthday was celebrated with special television programming and tributes to honour his legacy and contribution to television.



Attenborough is famous for writing and presenting wildlife documentaries, but he is also a passionate advocate for global conservation and animal protection. To celebrate his birthday, I want to write about the main message Attenborough wants to pass on to future generations:
‘We need to work with nature not against it’ - David Attenborough



Over time, he has become one of the world’s most prominent voices on climate change as he brings the stark realities and consequences of climate change to a global audience. Despite this, it is clear to that he remains hopeful that the damage humans have caused to the natural habitats we call home, are reversible. He argues that humans possess the natural resources and growing awareness necessary to halt the damage climate change is causing.

The disastrous consequences Attenborough has been warning of for decades are finally beginning to become clear to see. As global temperatures continue to rise, extreme weather is becoming more frequent because warmer atmospheres hold more moisture, leading to more intense rainfall, droughts and wildfires. The Earth’s temperature has now risen by approximately 1 degree and the warmest temperatures ever recorded have all been in the previous 10 years. This has accelerated the rate of global ice melting which has led to a rise in sea-levels across the globe, threatening coastal communities

and low-lying countries with permanent flooding.



However, there is still hope and the opportunity to prevent further damage to our world. Wind and solar power have become more mainstream in recent years, with global investments in renewable energy overtaking that of fossil fuels. The UK has invested a lot in renewable energy and aims to reach net zero by 2050. Furthermore, ordinary people have helped to make a difference by pressuring governments into making the environment and its protection a priority. Individuals themselves can help to prevent climate change worsening by eating less meat and using public transport. These may seem like small and insignificant actions but if they were carried out by a large group of people, they could have a huge impact.

‘I am hopeful for the future, because although nature is in crisis, now is the time for action, and together we can save it’ - David Attenborough



There are many ways that you can help to protect our planet, and they don’t take as much effort as you might initially think. For example, you could buy from second hand shops to reduce the demand for new manufacturing, swap disposable items for long-lasting alternatives to reduce waste, and volunteer for local conservation groups.

If you want to help prevent climate change becoming an even bigger problem, there are many local groups you could join in Sheffield to help make a difference.

- Sheffield and Rotherham Wildlife Trust: They manage over a dozen reserves like Wyming Brook and Carr House Meadows and run regular volunteer workdays.
- Sheffield Friends of the Earth: A community action group focused on grassroots campaigning for environmental protection.

- Sheffield Conservation Volunteers: A community-led conservation group that takes on hands-on environmental tasks across the city.

As David Attenborough frequently reminds us, the Earth is our home, and we need to protect it. What are you going to do to help make his vision for the future a reality?

Fact, Fiction or fear
CHELSEA JABA

***The Mandela Effect- By
Chelsea Jaba***

The Mandela Effect is a psychological phenomenon where large groups of people share the exact same false memory of a past event, pop-culture detail, or historical fact.

The term was coined in 2009 by paranormal researcher Fiona Broome. She noticed that she, along with thousands of others, vividly remembered South African leader Nelson Mandela dying in prison during the 1980s. In reality, Mandela was released from prison in 1990, served as president, and passed away in 2013. The phenomenon went viral as forums and social media allowed thousands of people to realize they remembered the exact same historical or pop-culture inaccuracies.

So why does the phenomenon happen? The term first came to prominence on the internet in the 2010s and has fascinated scientists and online communities ever since!

Evidence for The Mandela Effect:

From Darth Vader to Curious George, examples of the Mandela Effect can be found anywhere! So let me take you through the most famous instances of this strange occurrence. *The monopoly man...*

Perhaps the most well-known scene in the Star Wars saga is Darth Vader telling Luke Skywalker that he's Luke's father. The line is generally repeated as, "Luke, I am your father." When the actual line is, "No, I am your

father." Another prominent misremembering comes from the original Snow White, and the Evil Queen's iconic line "Mirror, mirror on the wall, who's the fairest of them all?", when the true line is "Magic mirror on the wall, who is the fairest one of all?"

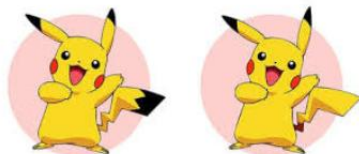
There are also many visual Mandela effects. Curious George is frequently misremembered as having a tail, which he doesn't.



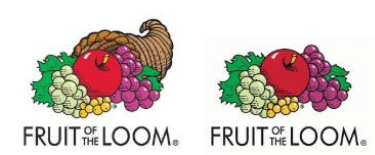
Kit Kat is often remembered as containing a hyphen, which it doesn't. And some assume Fruit of The Loom's logo contains a cornucopia when, you guessed it, it doesn't! The most famous out of the bunch, comes in the form of the Monopoly Man. Many on the internet seem to remember the Monopoly Man as wearing a monocle, in addition to his top hat and cane- but he's never had one.



Many Pokémon fans recall the character Pikachu as having a black-tipped tail. His tail has always been entirely yellow. Onto another childhood character, Tony the Tiger. Many recall him having a black nose, when his nose is actually blue.



*Here are some of
the examples I mentioned ...
Have you been fooled?*



There's a lot of theories about what could possibly cause the Mandela Effect, with scientists, researchers and almost anyone with a keyboard putting forth their best guesses.

However, psychologists and cognitive scientists argue the cause of The Mandela Effect is unfortunately not the result of alternate universes or paranormal activity, but simply natural flaws of the human memory. It is generally caused by 3 factors. First off, False Memories: since the human memory is reconstructive, when we recall an event, we sometimes fill in missing gaps with incorrect information. Confirmation Bias: we remember the details that align with our expectations and tend to ignore the facts. And finally, the most influential, Social Reinforcement: the internet plays a huge role in perpetuating these myths. When people read about someone else's misremembered detail online, they adopt that false memory as their own.

Afro Hairstyles & Its Problems

OSATO UFUMWEN
AIBANGBEE

We’ve all come across all sorts of hairstyles regarding the afro-wavy culture, braids, weave-on, crochet and beautiful wigs. But how often do we see real natural hair for more than a couple of days or at all?



Don’t get me wrong, all these styles are beautiful and still are till today, but you would never believe the large proportion of people with these styles (especially in their home countries) who silently suffer in beauty.

The unseen issues:

It may seem like everyone of that culture is acing their hairstyles: Goddess braids, extension twists, cornrows, but what about the maintenance? It’s good that the hair is done properly and arranged, but stylists can get so wrapped up on making the partings look slick and clean that it just ends up coming at the cost of baby hairs and comfort, putting all their might into tension stronger than an elevator cable.



The maintenance of hair during and after instalments is also something that is often overlooked, ending up with so much hair loss and buildup that hinders any purposeful growth at all, which has led to a common belief that African hair can never grow past the neck/shoulders. On one hand there are those that get their hair redone every 3 weeks, wash, leave no room for recovery, restart. On the other

hand, are those who leave their hair in for around one to three months, occasionally wash it off its debris, take it down, leave no room for recovery, restart.



Yet again, are those who do not wash their hair at all during its instalment, debris becoming their best friend, and when they do take it down and wash it? Massive hair loss. The cycle repeats, install, take down, wash, leave no room for recovery, restart. It has also been normalised to pull on hair so tightly and use Hulk type grip that the hairstyle strings up the thoughts and dreams of the clients, whilst also sending them down a spiral of pain that they now must take painkillers. Painkillers! People are out there giving tutorials on the aftercare of these kinds of hairstyles on taking in a copious number of strong painkillers that cannot give them back the week of non-existent sleep due to that kind of pain. The moment you ask for lesser tension, you are now called a “soft head”. Isn’t everyone a soft head at this point?

Nobody is speaking up:

Problem is, all this is coming at the cost of our own real, living hair. Even babies’ own hair is not safe. Don’t pretend you can look at this image below and say that is cute, because it is not.



The culture of prying off hair as small and fragile as this just to look good is just toxicity with some sort of

mysterious hate towards allowing hair to just be and look after it.

Relaxer, the worst enemy right under our noses is still in mass production till today, continually giving out chemical burn to those younger girls that were forbidden from making a single peep in agony from the burning sensation. I know it too. Seeing someone with specifically real hair is one thing, but healthy and well-developed hair in home countries might as well be the same as spotting a unicorn in the wild. Some reactions may include awe as to how that person’s hair has become so big and healthy in a “short amount of time”. Some others would frown on that hair, thinking “how dare they wear their hair like that”. Most reactions though, will be believing that the person is wearing a wig. And to them, that is not out of the ordinary.

My own journey:

I last cut my hair on the 27th of October, and since then it has grown faster and healthier that it ever has in the past 16 years of my life that it has been relaxed and inexperiencedly manhandled. Till today I still have to deal with the unnecessary comments on when I will take my hair seriously and braid it, tie it up in buns or to just cut it all off by other inexperienced women whose hair is leaving their scalp faster than their words.

Conclusion:

These problems are not just exclusive to this culture, but they must be addressed anyways because even the so-called pro stylists are clueless about how to handle real blooming hair, let alone parents who will scorn their children for feeling pain and call it a “natural reaction” or just weakness. But on the bright side, people are finding videos and guides online on how to care for their hair properly and start their journey of breaking free from the traditional trend stronghold of slick braided hair.

The Physical Side Of Grief

PHOEBE DOWTHWAITE

What does science say?

Grief is viewed as an inherently emotional experience. We expect prolonged sadness, tears and the feeling of being out of balance with yourself after the death of a loved one, the end of a relationship, or another major life change. Science has another angle to consider, grief is overpowering and complex in its ability to affect more than just our emotions. It can trigger powerful physical reactions throughout the body, causing symptoms that range from chest pain, nausea and rapid hormone changes that throw your body off balance and out of routine.

Science now says that intense grief creates a biological stress response along with the emotional reaction that comes with experiencing deep loss, the brain interprets the event as a threat, causing the immense release of stress hormones e.g. cortisol and adrenaline.

At the same time, levels of dopamine (the happy hormone) decreases. This powerful combination of intense internal processes can leave a grieving person feeling extremely physically drained, profoundly anxious and unable to function naturally, this again leads back to feeling off balance in yourself. The physical reaction our body has to the loss severely under-appreciated even though it inhibits people from operating in a typical

manner. "We often forget that grief is physiological. We know from really careful research that there's increased risk for medical illness during bereavement" – Dr. Mary-Frances O'Connor.

The effects can be shockingly severe and acute. Many people report a heavy sensation in the chest, as if a weight has replaced their heart, stomach pain, appetite changes, including an inhibition to eating in general, trembling, sleep disturbances and even a weakened immune system as the body is flooded with stress hormones that suppress frontline immune cells and increase vulnerability to illness. Neuroscientist Dr. Mary-Frances O'Connor explains that grief is a profound physiological stressor, not a disease. She views bereavement as a bodily state akin to an amputation, where our nervous system is actively working to regulate itself around the loss.

MRI scans have shown that emotional pain activates the same regions of the brain that process physical pain, this explains why humans feel intense physical pain and discomfort whilst experiencing heartbreak and loss which would typically be classed as emotional pain and trauma. Emotional pain manifests itself physically.

In rare cases, grief can even trigger a medical condition known as Broken Heart Syndrome. Its scientific name is Takotsubo Cardiomyopathy, translating from Japanese to English meaning octopus pot. It is so named because the left ventricle in the

heart distorts to resemble a traditional octopus fishing pot. This condition causes a temporary weakening of the heart muscle and can produce symptoms that closely resemble a heart attack, such as chest pain and shortness of breath. Reinforcing that grief is as much a physical process as it is emotional. While once thought to be completely temporary, research funded by the British Heart Foundation reveals it can lead to permanent fine scarring on the heart muscle.

There are links between the brain, the body and our emotions, loss can feel overwhelming and healing from grief involves time and effort. To describe it as simply "letting go" is an understatement that diminishes the real struggle of loss and heartbreak. The stress that comes with grief causes a surge of stress hormones that can cause the chest muscles to tense, blood vessels to constrict, and heart rate to increase, creating a very real, aching sensation in your chest, so when you experience a heavy heart, your body is physically responding to the emotional stress you're experiencing.

Can you die from a broken heart?

Dying of a broken heart includes having a massive surge of adrenaline that stuns the heart causing the main pumping chamber to balloon and temporarily fail, this feeling can mimic a heart attack. Broken heart syndrome accounts for about 2% to 3% of all suspected heart attack cases. So yes, you can die from a broken heart. However, it's a very

rare phenomenon. Having your heart broken can make you feel like you're dying even if it isn't as medically severe as experiencing broken heart syndrome, usually after a breakup your brain perceives this sudden social isolation as a threat to your existence causing the production of chemical withdrawal symptoms that mimic the sensation of dying.

When you experience extremely severe emotional pain it can also cause ruptures of the heart strings (chordae tendineae) while emotional distress does not typically snap these strings it can disrupt the way the heart muscles pull on them, throwing the whole pumping system out of sync, and in extremely rare instances, acute emotional trauma can cause a rupture of the heartstrings which can impact heart health.

Are women more capable at dealing with breakups then men are?

Women tend to experience more acute emotional and physical pain initially; they usually recover more completely. Conversely, men often suppress emotions initially, leading to delayed grief and a harder time recovering fully in the long run, the process is different for everybody. Emotional suppression can lead to heightened chance of contracting an autoimmune disease later in life.

The stages of grief –

The stages of grief are not as clear cut and linear as perhaps we would like them to be, you can feel all of the stages in a period of seven days and then on the eighth

day you can feel overwhelming anger again and go back to the beginning, it's okay to go round in circles whilst grieving a relationship. The five stages of grief are: denial, anger, bargaining, depression, and acceptance. How does each stage affect us physically though?

Shock and denial are the immediate aftermath, this elicits fight or flight response, the brain registers the loss of an attachment figure as a threat to survival, dopamine levels drop rapidly, adrenaline and cortisol levels spike, leading to a racing heart, shallow breathing, and cold sweats. You may also experience a sudden loss of appetite or a sharp pain in the centre of your chest. These are the physical manifestations that come with experiencing the initial stage of heartbreak.

Anger and bargaining follow, this is the high energy phase, the body metabolizes the increased stress, leaving you with residual energy and physical tension, sustained high levels of cortisol and adrenaline cause muscles to tense up, particularly in the jaw, neck, and shoulders, frequently resulting in tension headaches. Your immune system also begins to weaken from chronic stress, making you more susceptible to colds and infections. Anger is also a cause of increased cortisol and adrenaline which has a massive toll on the body causing exhaustion, it is not a stable catalyst for personal regrowth, basing your healing off anger towards something is akin

to building a castle on mountain of sand.

Depression and Fatigue are next, this stage occurs through prolonged emotional distress, causing your body to slow down as it copes with loss. Brain chemistry changes, serotonin levels plummet, disrupting sleep cycles and mood regulation, persistent fatigue, digestive issues (due to the gut-brain connection being overstimulated), and general body aches.

Acceptance and healing if the final stage, as your body adapts to this new normal, your nervous system begins to recalibrate and move out of a state of high alert, brain chemistry alters again, neurotransmitters like dopamine and serotonin slowly return to their baseline levels, sleep returns to a regular rhythm, energy levels increase, muscle tension dissolves, and your immune system recovers.

There is no time limit or real order to these stages, the human anatomy works in complex ways, and time is the best antidote for physically manifested emotional pain.

I want to finish this article by saying that the experience of a breakup or death of someone you love will not define your life, you have control over your healing, you mustn't dismiss such intricate and labyrinthine emotional pain. The pain that comes with loss, the dull ache inside your heart isn't pain at all, its love with nowhere to go, be grateful that you loved so deeply that you carry it with you every-day, grief doesn't show we are weak, it shows we were brave enough to

give part of ourselves to someone. Love isn't wasted despite its ephemeral nature, not if you made a positive impact on someone's life. It was worth it. Grief is seen as a problem to solve rather than an experience to live through, it is an opportunity to grow as an individual, don't shrink under the depth it demands from you.

Influences of the French revolution on fashion

LUCY
MULHALL

“Their inventors drew their inspiration from nature and the pagan mythology; they aimed at concealing nothing, and followed the harmonious lines of Grecian beauty; under the Empire, we see them, less frivolous already, growing more Roman, and leaning towards the cramped lines of military uniform.”

- Fashion in Paris: The Various Phases of Feminine Taste and Aesthetics from 1797 to 1897, by Octave Uzanne (published 1898)

Introduction

For hundreds of years, the maxim of those who could afford to be fashionable was ostentation. To be rich was to be inactive, to be well-dressed was to be flamboyant; the upper classes wore clothes which were, though not immobilising, certainly inconvenient. Since mediaeval times, women of the upper classes had worn large skirts which increased in circumference and volume almost linearly. Robes worn by men were not very different; and on these gigantic frames were laid layers of lace, embroidery, and in some cases precious stones. Under Marie Antoinette hairstyles a foot high or more were added to these. Doorways at Versailles had to be enlarged to accommodate these trends between 1750-1790. Then came the French Revolution in 1789. With it came an upheaval in the world of fashion almost as big as that in the world of politics- and as Paris was the global centre of fashion, this upheaval was universal.

Changes in women’s fashion

Perhaps the most obvious changes are those which took place in women’s dress. The French revolution was preceded by the broad spread of ideas of the Enlightenment- with the writings of Rousseau came a value of that which is natural and free. Queen Marie Antoinette, the supposed despot, was widely criticised for trying to incorporate these ideas into her own clothing, including in one “scandalous” portrait by Vigée Le Brun, which was thought too casual; with the French Revolution these ideas were acted upon- the political world looked back to ancient Athens for democracy, and the flavour of the time became decidedly neoclassical. Women wore mostly white dresses made of soft muslin, abandoning the layers of petticoats to adopt a slim silhouette where the skirt flowed down freely from a raised waistline- they were meant to resemble Greek goddesses and ladies in statues, or even simply columns found in Classical architecture.

Changes in men’s fashion

For men the change was more practical than ideological: extravagance and inconvenience in dress were associated with the upper classes, the hated aristocrats, and the Old Regime; it was at this time that the beginnings of the modern day suit emerged- in wanting to avoid suspicion of aristocratic sympathies, even richer men changed to simple clothing, all in black and white, with simple (unembroidered) waistcoats, short overcoats which eventually developed into the longer tailcoats of the English Regency period, black hats, black shoes, white stockings, black

breeches- these fashions were quickly adopted overseas in England- the idea was to be perceived as sensible and as a “man of action”- anything but a counter-revolutionary (the spread of new fashions to England, for both men and women, was helped at this time by the popularisation of the printing press and subsequently books or magazines of fashion plates). In England the art was perfected, without the threat of revolution, by Regency socialite George “Beau” Brummell, who popularised the wearing of corsets for men to appear fit and active (causing an eventual but permanent rift between himself and his friend the Prince Regent, who was notoriously unfit and ate incessantly).

The Bals des Victimes

Within France, after the “Terror” period of the Republic, there was an interesting twist with the emergence of the “*Bals des Victimes*”- “Victims’ Dances”, to which only the direct relatives of those who had been guillotined during the Terror were invited. To recent fashions were added guillotine-themed accessories; women wore a “*collier a la guillotine*” (guillotine necklace)- a red ribbon tied around the neck, to symbolise the stroke of the guillotine. As though that wasn’t gruesome enough, to some of the *bals*, men and women were required by the hostess or even chose to wear the very clothes their dead relatives had been executed in, with the blood splatters still present. Contemporaries who visited Paris thought that these fashions were a sign of the stereotypical French decadence and frivolity, a shameless carelessness, partying during periods which ought to be devoted to mourning and romanticising the

brutal executions of members of their own families. In reality mourning one's executed relatives, even as the Terror came to a close and the French situation stabilised, made one look like one had counter-revolutionary sympathies; family or not, one did not want to appear to mourn the loss of those opposed to the new regime; these Victims' Dances and the dress trends within them can simply be considered a coping mechanism for the bereaved relatives. Unable to mourn or publicly grieve those they'd lost to senseless violence, they took to dancing behind closed doors, celebrating and honouring the lives they couldn't cry over.

Conclusion

While the Spartan aspects of post-Revolutionary fashion quickly disappeared, with lace, silk, and embroidery coming to decorate the previously plain muslin so that only the neoclassical silhouette remained, the French Revolution undeniably had both short-term and long-term effects on European clothing, leaving it one of the most- if not *the* most- important event in modern European fashion history.

Marie Antoinette was criticised for this unpopular portrait by Vigée Le Brun, which was thought too casual.



Women during and after the French Revolution wore scarlet ribbons, reminiscent of the guillotine.



**Criticism Of Women's
British Basketball**
EMILIA SAWICKA

The most Frustrating thing in UK sport? Being a woman who plays basketball

Why is it that basketball is the second most growing sport in the UK with over 1.2 million children aged 5 to 16 playing it on a weekly basis, yet the economic situation alongside the media doesn't seem to reflect this in the women's game?

If Basketball is widely considered one of the most influential sports in the country, then why is not being reflected in investor and media interest? Why did all the players as well as staff leave The London Lions women's team- the first ever British champions in European competition when they won the women's Euro Cup in April 2024- to 'to further their careers'? The answer lies within the American investors who owned a 45% stake in the British Basketball League (BBL), which had its license terminated due to concerns over finances in June 2024. At that time the Women's London Lions were a team only growing in success; gaining a streak of 14 victories but were forced to crumble due to financial issues. This is not simply an example of a team whose potential was lost but it serves as a wider discouragement to any child who may be interested in playing basketball in the near future.

More locally, money and media are an ongoing problem within women's British Basketball between the two Sheffield teams: The Sheffield Sharks (men's team) and The Sheffield Hatters (women's team). In order to watch every woman's game -live- in a regular basketball season one must be willing to pay a grand total of £48, to put it into simpler terms, 32 live games will cost you £1.50 per game. Whereas for the men's game, £120 must be spent, to watch just half the season. This price disparity reveals a shocking disregard for the value of women's basketball in Sheffield. Is this really of any shock to you, if women have always been subordinate to men.



Why are women forced to charge less for tickets to their games so more people will attend, while the prices for men's tickets remain high regardless the fact that the arenas will always be full of people romanticizing their game?

The media affects all sports whether its basketball, netball, volley ball, no matter how engaging or fun these sports truly are the only sport you can count on when it comes to the UK is football. Football is streamed everywhere and anywhere; come across any local pub and I'm sure football will be on every tv, come home to relax and turn the TV on and I'm sure football will be the first thing that pops up. But when it comes to basketball you can either pay £23 to £30 a month on top of your sky sports subscription to watch every game on TNT sports. Although the majority of the women's games are streamed on YouTube which is free to all, there are only around 100-200 viewers actively watching it live, from the whole UK population. If women's basketball was streamed as much as football was then I'm certain that its economic situation would be a whole lot different. Not only is the shortage of media coverage in comparison to footballs media coverage a problem but financially speaking the distinct difference between annual salary in these sports is arguably a joke. Women are bound to a total average salary of £20,000 to £28,000 yearly from playing professional basketball, in which they dedicate their time, money, and lifestyle to, in what way is this enough to support them throughout their life if the average salary to live a life with no financial struggle is £35,000. The time

and money that women put into their career should be reciprocated and rewarded financially. Women should be able to afford the food, rehabilitation and equipment that can aid them throughout their life so that they can flourish in the future - not so that they are left stranded with their past successes with nothing but worry about what will happen next. Just to put this into perspective; a female footballer will earn up to £47,000 annually which is the bare minimum in comparison to what more elite footballers will earn. A fair salary is not something that should be fought about: it is something that should be rewarded to those who work the same as everybody else.

If people don't step up to change the stereotypes of women's basketball and support the failing economy then we can all watch how the passion for basketball slowly deteriorates; those who enjoy the thrill of the game and those who are eager to play the game need to step up. Whether you are female or male, don't be someone who watches another team with the same potential while the London Lions crumble.



Fact, Fiction or Fear: Paul Is Dead
AMY FOSTER

WHAT IS THE THEORY?



“*Paul is dead*” refers to an urban legend and conspiracy theory alleging that English musician and legend Paul McCartney of “*the Beatles*” fame died in 1966 and was secretly replaced by a look alike. According to the theory, McCartney died in a car crash, and, to spare the public from devastation, the remaining Beatles replaced him with a McCartney look alike, subsequently communicating this secretly through subtle details and hints in their albums, such as the album cover of *Abbey Road* (1969). In this, *John Lennon* is shown to be dressed in white (the clergyman), *Ringo Starr* in black (the undertaker) and *George Harrison* in denim (the grave digger) whereas Paul is pictured to be barefoot (as corpses were traditionally buried) out of step with the other members.



Other pieces of evidence include the “*Sgt Pepper’s Lonely-Hearts Club*” band where Paul is the only Beatle facing away from the camera on the back cover and is shown to be wearing a black badge which appears to read “*OPD*”, which fans interpreted as ‘*Officially Pronounced Dead*’.

AS SHOWN HERE:



SONIC CLUES INVOLVED:
STRAWBERRY FIELDS FOREVER: At the end of the track, John Lennon appears to mumble “*I buried Paul*”, although he later stated he was saying “*cranberry sauce*” ...suspicious.
A DAY IN THE LIFE: The lyrics include “*He blew his mind out in a car,*” which was interpreted as a reference to the fatal crash in which people believe killed him.

THE START OF THIS THEORY:
Although rumours that Paul McCartney's health was deteriorating had existed since early 1966, reports that McCartney had died only started circulating in September of that year. Reporters started phoning press officer Barrow early in that month to confirm rumours regarding McCartney's health and possible death, to which he replied that he had recently spoken with McCartney and stated that he is still alive. In early 1967, the rumour resurfaced in London, this time claiming that Paul McCartney had been killed in a traffic accident while driving along the motorway. Despite the Beatles dismissing such accusations, they soon began accompanying the notion that McCartney had died. By late 1967, it was further stated that the Beatles had covered up his death by employing a Paul McCartney impersonator to stand in for him.

HIS REBUTTAL:
On 21 October 1969, the Beatles' press office again issued statements denying the rumour, deeming it “*a load of old rubbish*” and saying that “*the story has been circulating for about two years – we get letters from all sorts of nuts but Paul is still very much with us*”. On 24 October, reporter Chris Drake was to interview McCartney on his farm. McCartney said that the speculation was understandable, given that he normally did “*an interview a week*” to ensure he remained in the news. McCartney was then secretly filmed by the CBS News crew as he worked on his farm. In this, McCartney appeared unshaven and unusually scruffy looking in his appearance. His next visitors were a reporter and photographer from *life* magazine. Irritated at the intrusion, he swore at the pair, threw a bucket of water over them and was captured on film attempting to hit the photographer. Fearing that the photos would damage his image, McCartney then approached the pair and agreed to pose for a photo with his family and answer the reporter's questions, in exchange for the roll of film containing the offending pictures. Furthermore, the family portrait used for *Life's* cover shows McCartney no longer “*shabbily attired*”, but “*clean-shaven and casually but smartly dressed*”. Following the publication of the article and the photo, in the issue dated 7 November, the rumour started to decline.

PAUL MCCARTNEY NOW:



Alive... Or dead? What do you think?

