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THE  
AKADEMIEIA  
POST

# EDITOR'S NOTE

One morning on our recent school hiking trip we stood at the bottom of the mountain we were to climb that day. Looking up, many of us felt (and perhaps questioned) the weight of the challenge ahead. Fog set in quickly, blocking our goal from view. As we climbed, snow made each step more difficult and the wind picked up, pushing us away from our destination. It was only with persistence and resilience that we made it to our shelter.

In a way, at the beginning of this term, we also faced a mountain. An overwhelming mountain of new material, assignments, tests, extracurricular activities, personal obstacles, and much more. Yet, step by step, we are nearing the end.

I am reminded here of Georgia O’Keeffe’s words: “I’ve been absolutely terrified every moment of my life - and I’ve never let it keep me from doing a single thing I wanted to do.”

To hold the image of the challenge ahead, and perhaps even fear, and to keep going – this is the way to conquer new peaks, especially as we enter the exam season.

The Akademeia Post team, in the midst of this busy time, managed to put together another issue. I am ever so impressed with their growing journalistic spirit and design skills. I see this issue as a postcard sent to you from the recent heights they’ve climbed.

Enjoy your well-deserved break and see you on the other side!  
Read and belong,

Sonia Blank  
Chief Editor



## MEET THE TEAM!

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Aniela Zeszuta Y12

# DECK THE HALLS!

# WOŚP

*Julek Franco Janecki*

**26.01.2025 SAVE THE DATE!**

This January Akademeia Students will host the third annual WOŚP Charity Event – save the date! This year led by Pola Krawczyk and Piotr Sujecki, both from Y12, the Akademeia halls will be bustling with vigor in preparation for the big event. Over 20 students signed up to help, which shows just how caring our community is!

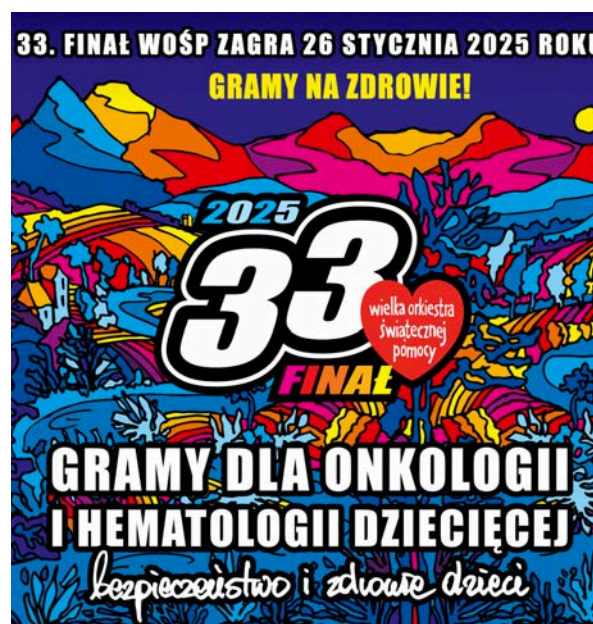
You can expect the week leading up to the event to be filled with bake sales, sporting events, and much more. On the big day, Sunday, January 26th, there will be an art auction, a concert featuring the School Student band as well as independent bands, and delicious baked goods. We all hope you come to help raise funding for this year's goal; pediatric oncology and hematology.

*"I am really excited to be leading this initiative with Piotrek. Both of our siblings set high expectations leading WOŚP in the previous two years, however I think me and Piotrek are more than capable of making this year's event equally successful."*

~ Pola Krawczyk co-organizer

*"We are both dedicated to WOŚP, and we will try our best to make this year's final the most memorable."*

~ Piotr Sujecki co-organizer



# 6TH FORM HIKING TRIP

## *WHO NEEDS THERAPY, WHEN YOU CAN GO HIKING?*

*Julia Jasińska*

*Julek Franco Janecki*

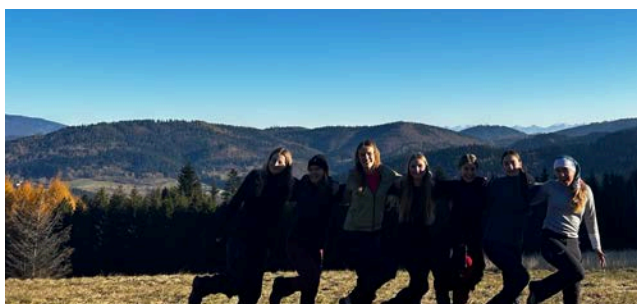
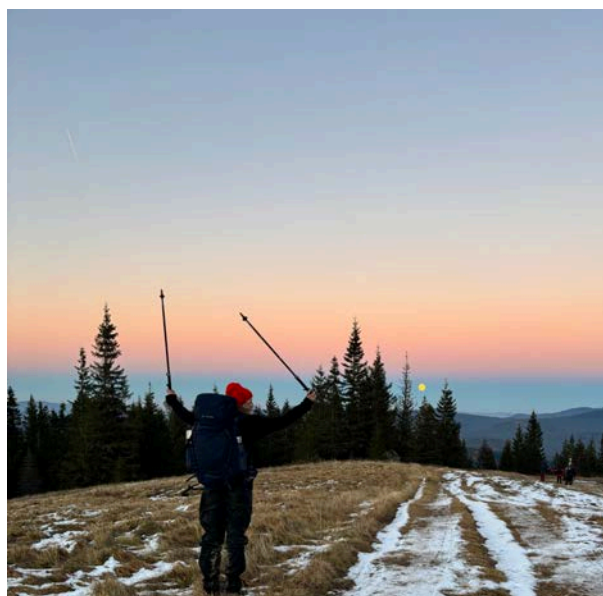
The trip that we had all been waiting for has finally come true: The 6th form hiking trip. Together with Dr Mikoszewski, Ms Blank, Ms Fiołna, and 22 students, we embarked on an adventure to Beskid Żywiecki.

We were stunned by the winter wonderland we stepped into on our first day of the hike. The snow sprinkled trees took us in as humble guests, and we were all enamored. However, not everything was as idyllic as we would have wanted. We were faced with brutal conditions as we trudged straight into a white out. Unable to reach the 1725m peak of Babia Góra prioritizing our safety, we hiked down from 1,664m asl. to our shelter. There we were greeted by hot tea and apple pie. Notably, at dinner, pierogi eating competition was won by Mr. Daniel Ładny who ate 31 dumplings!

On the second day, we set our eyes on Hala Miziowa (1,330m asl.) which welcomed us with a mesmerizing sunset at our arrival. After a challenging hike, we spent our evening playing board games over hot cocoa.

The last day came before we knew it. We reached the peak of Pilsko (elevation of 1,557m asl.) in Slovakia and where we were congratulated with Dr Mikoszewski's famous handshake. In total, over the whole trip we covered more than 31 kilometers! My feet hurt just thinking about it...

On behalf of all the brave students who participated in the trip, we would like to thank our teachers for an unforgettable trip!



# IN PURSUIT OF WISDOM

## *INTERNATIONAL DAY OF PHILOSOPHY: TRIP TO KRAKÓW*

*Natasza Grzyl*

**O**n the 21st of November, philosophy students travelled to Kraków to celebrate the International Day of Philosophy by attending a Conference at the Ignatianum Academy.

We showed our commitment to the extracurricular pursuit of wisdom by having to wake up incredibly early to make the 7:39 am train to Kraków Główny. After 2 and a half hours, once we got there, we made our way to the beautiful Ignatianum Academy. There, we first attended a lecture by Mgr. Karol Wołk with a focus question: ‘Are moral standards the same for all people, regardless of times and cultures in which they live?’ During the lecture, Mgr. Wołk asked various moral questions to the audience, resulting in differentiating opinions being shared, all of which were thought-provoking and engaging. For Year 13 A-Level Philosophy students, this lecture was also helpfully a review of our content from Metaethics, and a glimpse of what’s to come for Year 12.

Next, most students went to a lecture by Dr Monika Kowalczyk on ‘Art as a source of knowledge about the world.’ In this lecture, Dr Kowalczyk focused on three theories “competing in the European culture” about art’s expression of ‘truth’ and effect on knowledge: the “manic-expressive”, the “eidetic”, and the “private” theory of art. A memorable thing Dr Kowalczyk mentioned is that, according to Socrates, the goal of art is truth in the sense of consistency with reality, which certainly brings up the big question “well... what is reality?” Philosophy sure loves questions more than answers.

Lastly, a majority of us attended the ‘Literary and philosophical workshops: What after the poet?’ by Dr Robert Grzywacz, during which three different poems were analysed and explored: Utopia by Wisława Szymborska, TO by Czesław Miłosz, and Całe Życie na Walizkach by Stanisław Barańczak. The lecture turned into a beautiful discussion and at the end we saw many philosophical ideas hiding in these texts. Meanwhile, outside, the first snow appeared and glistened in the sun.



After the conference, we got some time to get lunch at the Rynek Główny and to explore an antique bookstore full of treasures before catching the train back to Warsaw.

Big thank you to Ms. Blank for organising this trip!

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# MEET THE STAFF:

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## MR. LANDON BASHAM : CAPTURING THE LIFE OF MATH

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*Lena Szlaga*

**W**e see our teachers every day, but how much do we actually know about them? This past week I have conducted an interview with a mathematics teacher in our school, Mr. Landon Basham. Through my seven questions Mr. Basham shared his approach to teaching as well as some interesting facts about him.

**WHAT INSPIRED YOU TO BECOME A TEACHER, AND HOW HAS THAT MOTIVATION EVOLVED OVER THE YEARS?**

*"I have always been inspired to help young people. In the US I worked with students who had difficulties with educational experiences, and I wanted to be able to provide a more positive environment for their learning. Over the time I have wanted to find better ways to support student learning, such as consider current educational research and trends in education to provide students' more possibilities."*

**CAN YOU SHARE A MOMENT FROM YOUR TEACHING JOURNEY THAT HAD A BIG IMPACT ON YOUR PERSONAL LIFE?**

*"I used to work with refugee students who didn't have a strong educational background and didn't have a lot of great opportunities in life. Working with them inspired me to discover ways to support others and provide resources to those that were less privileged than myself."*

**HOW DO YOU BALANCE THE DEMANDS OF TEACHING WITH YOUR PERSONAL PASSIONS AND HOBBIES?**

*"I try to combine them as much as teaching allows to. For instance – not to sound nerdy or anything – I study data science and try to find ways to incorporate that into some of my lessons and support the school this way..."*

*I also have a personal interest in the arts, so I like contributing to art programmes at school and encouraging students to find a way that maths is used in other fields. This allows me to merge different interests of mine."*

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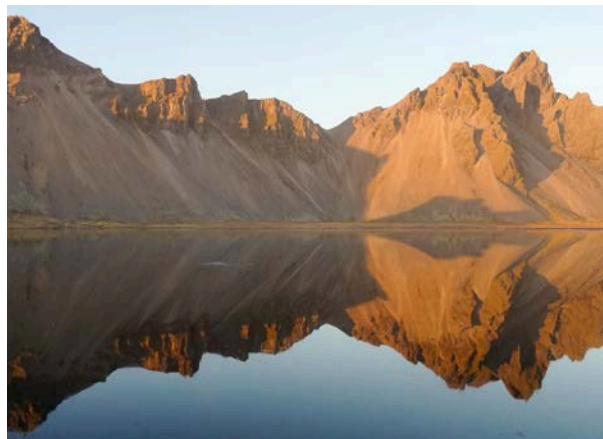


Photo by Mr. Basham

**SPEAKING OF INTERESTS , DID YOU ALWAYS WANT TO BECOME A TEACHER?**

*"No, although I have always been drawn to education, and I feel like I have something to offer in this field. Maybe, if someday I won't remain a teacher, I would still like to support people's learning and the world of education – whether I am a teacher of my own classroom or not."*

IF YOU WEREN'T A TEACHER, WHAT ANOTHER CAREER PATH DO YOU THINK YOU WOULD HAVE PURSUED, AND WHY?

*"I would probably become a data analyst. I like numbers and telling stories with numbers. But, in a dream world I might be a travel photographer – I studied photography a bit in university, and I even sold some of my photographs. I love traveling and sharing the beauty of the world with others."*

WHAT IS ONE LIFE LESSON YOU'VE LEARNED FROM YOUR STUDENTS THAT YOU CARRY WITH YOU?

*"Never give up, to make it short and sweet. I have meet a lot of students that have faced many challenges in their lives but kept their positive attitudes and put in the work to overcome different obstacles."*

IF YOU COULD GO BACK IN TIME , WHAT ADVICE WOULD YOU GIVE TO YOUR YOUNGER SELF WHEN YOU WERE JUST STARTING AS A TEACHER?

*"Each day is a fresh start, and you shouldn't carry any negativity from one day to the next."*

The interview with Mr. Basham has offered us an interesting look into his life in and outside of the classroom. His experiences, from working with refugee students, to photography, give us – his students, a lot to learn from. It's clear that he is passionate about making learning exciting and leaving a lasting impact on us. I greatly would like to thank Mr. Basham for this interview, which has once again shown his dedication to making the world of education better and inspiring a desire to learn truly makes him stand out.



Photo by Mr. Basham

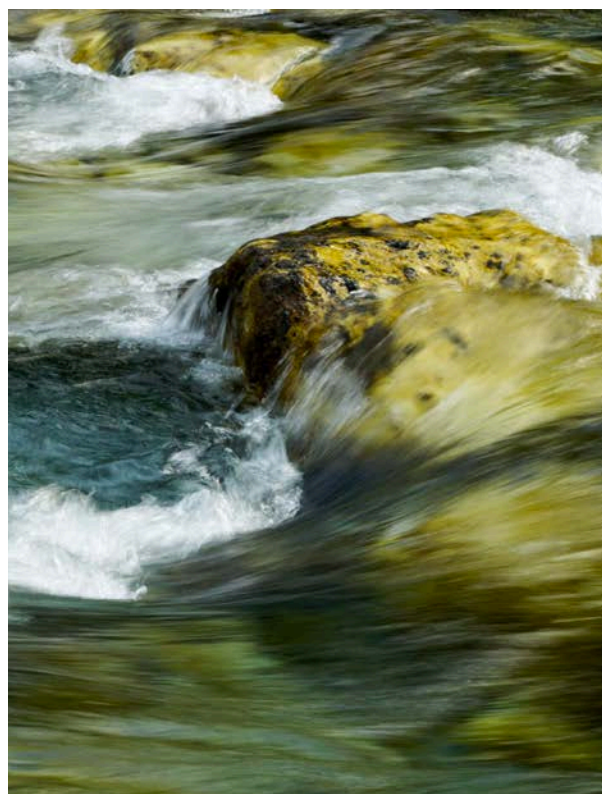


Photo by Mr. Basham

# DID SLEEPING BEAUTY DO WELL IN SCHOOL?

## *SLEEP CONTINUES TO BE AN UNDERVALUED INGREDIENT OF STUDYING*

*Maria Charaszkievicz*

“*Early to bed, early to rise, makes a man young wealthy and wise*” - Benjamin Franklin. It is frequently mentioned that lack of sleep has a significant negative impact on a student's academic performance and cognitive abilities, yet many of us choose to neglect this. Some believe in productivity over rest, others believe in modern sleep myths or simply misunderstand the benefits of sleep. To straighten out these misleading theories, let's return to the evidence and the science.

### FROM Zzz's TO A: HOW SLEEP BOOSTS ACADEMIC PERFORMANCE

A common misconception is that all is learned and solidified during the process of learning and recalling. This is in fact not true. First, information is stored in the hippocampus. This is a part of the brain which has a limited storage capacity, so, when it is full, we can try to learn new things but won't be able to. Information is then solidified during sleep. There are two stages of sleep that help this process, NREM (non-rapid eye movement) and REM (rapid eye movement) sleep. NREM is a sleep type important for memory formation and REM for memory consolidation. Each cycle repeats about 4-6 times in our sleep and lasts around 1.5-2 hours, so the longer you sleep the more times this process repeats, and the stronger memory formation occurs.

When we are learning we create neural networks, the stronger these are, the easier they are to access. But while they are still weak, there is a high possibility of them interfering with other pre-existing neural networks. To cope with this issue, your brain stores the information in an intermediate buffer and requires an offline mode, sleep, to gradually integrate this information into long-term memories. In support of this argument, Lia Marshal wrote an article titled “the contribution of sleep to hippocampus-stored memory consolidation” (which was later published in the national library of medicine). You should check it out!



### BREAKING SLEEP MYTHS: “NIGHT BEFORE” DOESN'T MATTER AS MUCH AS YOU THINK

At the university of MIT, Professor Grossman conducted a study initially trying to investigate whether physical activity had any impact on academic performance.



He investigated the activity patterns of his students with the use of watches, yet he found no correlation. Therefore, he decided to use the gathered data to investigate if sleep might have influenced the students' achievements. He found that there was a straight-line positive correlation between the amount of sleep students got and their academic success. He gathered this data over a period of 11 quizzes, 3 midterms and a final exam from most of the students studying at MIT. This was a very reliable study due to the enormous amount of participants and the long period of time over which the data was gathered. Of course, it is not possible to prove that the amount of sleep was the determining factor. For instance, it could be the personality type of people who would encourage such careless behavior, but the results are a strong indication that sleep matters a lot. Grossman also found that "the night before" does not matter as much as you think and stated that the phrase 'get a good night's sleep you've got a big test tomorrow' is a myth. He states that what really matters is the "sleep you get during the days when you're learning that matter the most".

Cornell university made a backup study based on this experiment. They wanted to research what was the optimum amount of sleep you should get if you have a test the next day and you are not prepared. They compared people who slept (did not study at all) and people who pulled all-nighters to study and concluded that the second group did much worse on the exam. People who slept little and studied more did a bit better but still poorly.

### POWER OF MIDDAY REST

Now the question is how to optimize the time we cut out for studying? Since we always hear it's not only the quantity but also the quality of studying. There was a study conducted on this issue by Mander, Bryce - "Wake Deterioration and sleep Restoration of Human Learning". It aimed to investigate whether napping between two periods of studying would improve the ability to learn. A group of 44 participants underwent two "rigorous" sessions of learning, one at noon and another at 6pm. Half of the group was allowed to nap between sessions while the other half took part in standard activities. The researchers concluded that the participants which napped learned just as easily as they did at noon, while the ones who didn't experienced a significant decrease in learning ability. Of course, this study was conducted on a limited sample of participants, so the results are not fully reliable, but it establishes the general pattern indicating that rest increases productivity.

### TO SLEEP OR NOT TO SLEEP?

Hopefully we can all draw conclusions from the research mentioned above, especially with the forthcoming exam session. If you were not able to do so earlier, try to implement a more stable sleeping pattern now. Don't waste your time...and sleep well!



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# GENTRIFICATION OF WILANÓW

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## *VISION VS REALITY*

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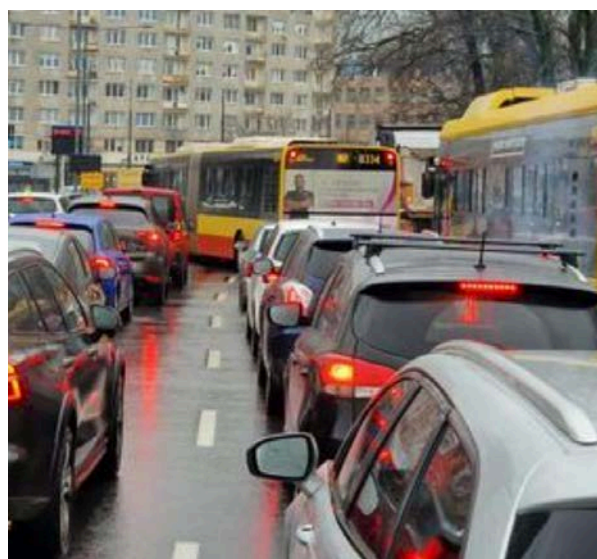
*Anastazja Rybakiewicz*

**WILANÓW:  
THE ONLY PLACE WHERE  
YOUR LATTE COSTS MORE  
THAN YOUR RENT USED TO**

**W**ilanów is an excellent example of an unexpected outcome of city development. Originally, it was meant to be a vivid mixed-use community planned to combine residential living with plenty of greenery and local facilities - the result happened to be quite different. Wilanów has undergone significant changes over the past two decades, attracting new residents and investments. However, this rapid development has not come without challenges. Let's look at the 5 main issues highlighting the failures in urban planning.

### 1. COMMUNITY AND INCLUSIVITY

One of the most immediate effects of gentrification was the displacement of long-term residents. As property values and rents raised due to the arrival of wealthier individuals, many low-income families, who lived here for generations found themselves unable to afford their homes, forcing them to relocate.



This formed a homogeneous socioeconomic environment, which excludes lower-income individuals. The sudden demographic shifts resulting from gentrification created tensions between new residents and long-term inhabitants, which made it challenging to foster a truly inclusive environment.

### 2. GREEN AREAS

The idea that green spaces would account for two-thirds of the total area has also not been realized. Therefore, the project has drifted further and further away from the original idea of the *Garden City*. The actual development has resulted in far fewer parks and recreational spaces than originally planned. The promise of abundant public green areas has mostly gone unfulfilled, leading to disappointment among residents who expected a more nature-integrated environment.

### 3. URBAN DENSITY

Large numbers of cars on the roads and sidewalks represent another obstacle, a result of there being too few parking spaces in the town plan. The parking situation often creates tension when religious celebrations take place at the Temple of Divine Providence. At these times, road closures and pilgrim tourism cause the already scarce space to become even more limited. Roads often cause an even bigger problem, posing an enormous struggle to anyone trying to leave and get to work by car. Many roads in Wilanów were not designed to accommodate the current volume of traffic, which portrays how ill-considered the initial plan was.

### 4. INFRASTRUCTURE

Although there were guidelines regarding building heights and aesthetics, many developments have deviated from these standards. The visual uniformity and low-rise character initially planned have been compromised by taller buildings and varied architectural styles. Moreover, while on a walk or on your way to our school, have you ever noticed the greenish, powdery patches creeping up on walls of most apartments? The rapid pace of development led to shortcuts during construction and insufficient attention to long-term maintenance needs, as most buildings are not fully impregnated against mold. As new residents moved in quickly and demand still increases, the focus shifted to quantity over quality. Even our great Temple of Divine Providence was planned to be quite different from what we see every day looking out from our school windows.

The dome of our “lemon squeezer” was supposed to be golden, however nobody could calculate the budget properly and the money run out faster than imagined, leaving the building unfinished.

### 5. ACCESSIBILITY

Until recently, Wilanów had no direct rail transport, which significantly limited accessibility to the rest of Warsaw. While there are bus routes serving Wilanów, the ones who use them know how overcrowded they can get during peak hours. All this again leads to an increased reliance on personal vehicles for commuting. Moreover, due to the permanently ongoing road constructions and delays (for example when it comes to the tram line) there are road enclosures and detours further decreasing the little space there is. Hopefully this will be changing with the new tram line.



Although the original plan for this part of Warsaw seemed to be nearly perfect - consisting of everything people might need - reality hit, and it hit hard. It is clear that urban planning needs to involve other considerations than profit to be truly successful.

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# DONOGHUE v STEVENSON

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## *HOW A DEAD SNAIL CREATED MODERN NEGLIGENCE LAW*

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*Zuzanna Skłodowska*

**O**n a quiet summer's day in 1928, Mrs. Donoghue was enjoying a bottle of ginger beer at the Wellmeadow Café in Paisley, Scotland. The beer, purchased for her by a friend, seemed perfectly fine – until, after drinking half, she poured the remains into a glass. To her surprise the bottle made of brown, opaque glass had concealed a ghastly sight: the decomposed remains of a snail lurking inside. Mrs. Donoghue fell ill with gastroenteritis and suffered from severe shock, but this wasn't just any bad day at a café – it led to one of the groundbreaking legal cases in history: *Donoghue v Stevenson*.

### THE LEGAL QUESTION

If you weren't yet aware, every time you purchase something you're entering a contractual agreement with whoever you're purchasing from. However, since Mrs. Donoghue didn't purchase the beer herself, she couldn't sue the manufacturer under contract law. Instead, she had to sue the manufacturer, Mr. Stevenson, by arguing that he owed her a duty of care – “a responsibility to take care over what happens to someone or something” – (Cambridge dictionary)

The case made its way to the House of Lords, Britain's highest court at the time, and the question they were now faced with was whether a manufacturer owes a duty of care to consumers who use their products even without a contract between them.

Back then, however, negligence law was quite limited – without a contract, manufacturers could only be held accountable for harm caused by their products if:

1. They were aware the product was dangerous because of a defect and hid it from the consumer (fraud)
2. There was evidence that the product in itself was dangerous (like explosives), and they failed to warn the consumer about it



The bottle containing the beer

Mrs. Donoghue, however, was not connected to the manufacturer through contract, nor was her ginger beer inherently dangerous/ So, who could take the blame?

## THE LANDMARK RULING

In 1932, the House of Lords ended up ruling in favour of Mrs. Donoghue as Lord Atkin's leading judgement introduced the famous „neighbor principle," which remains key to negligence law till this day

He stated:

"You must take reasonable care to avoid acts or omissions which you can reasonably foresee would be likely to injure your neighbor."

In this context, your „neighbor" is anyone who might be directly affected by your actions and omissions – like a consumer drinking your product. This therefore established a general duty of care to the ultimate consumers of a product, even in the absence of a direct contract.

The groundbreaking ruling separated negligence from contract law and made it clear that businesses have a responsibility to act in ways that prevent harm to others.

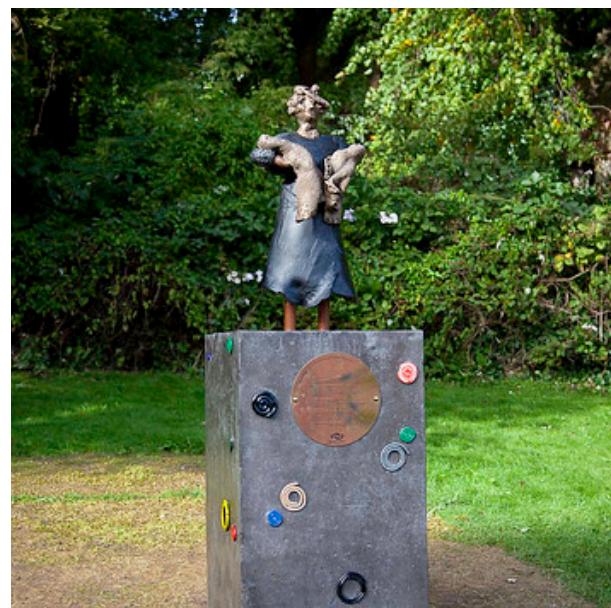
## WHY IT STILL MATTERS TODAY

The Donoghue v Stevenson case laid the foundation for modern negligence law around the world – it's why companies must ensure their products are safe for consumers, doctors have to act responsibly with their patients, and drivers are expected to drive carefully on the road. If someone's recklessness harms you, this case ensures you can hold them accountable even if you didn't have a direct contract with them.

So, next time you see a safety label or hear about a lawsuit for a faulty product, remember that nasty snail in Mrs. Donoghue's beer – it may be disgusting but it certainly left its mark on the legal world!



May Donoghue with her twin granddaughters on their christening day



May Donoghue's bronze statue titled „Dear Duty" located near Wellmeadow café depicts her holding her twin granddaughters supposed to symbolize the scales of justice

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# CATCHING UP WITH CHRISTMAS

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## *CALENDAR REFORMS IN THE 21ST CENTURY*

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*Bohdana Dyka*

**E**xcited for Christmas (and the break), we take for granted that it will come on the same day as it always had. While dates of holidays might seem like the most mundane thing, calendar reforms often sparked political and cultural shifts in the past. Is the 21st century likely to see such controversies return?

In Europe, the Julian calendar, first introduced by Julius Caesar, had served for all governmental and religious matters up until 1582, when it was revealed to be imprecise – the Earth’s daily rotation was estimated to be 11 minutes longer than it actually was. More than sixteen centuries of miscalculation resulted in 10 missed days that had to be added ‘back’ to avoid having holidays shift between seasons. This was precisely the task of the new Gregorian calendar. Its path to becoming the world standard was not the smoothest, involving a lot of disputes, grudges, and a rare appearance of February 30th. Despite widespread recognition in Europe by the 1920s, some religious institutions insisted on holding on to their traditions. Then again, even traditions transform. Here is how it went for the Ukrainian Orthodox Church (UOC), which decided to abandon the ‘Old Style’ only two years ago.

The main argument of the head of the UOC for adopting the Revised Julian calendar (a mirror-version of the Gregorian) was to align celebrations with Western European countries. This, in his opinion, would remove negative associations between religious festivities and the Russian Orthodox Church, which heightened following the full-scale invasion of Ukraine. He further justified the decision by pointing to growing popular support in the recent years. But let us give statistics a chance to speak; according to the 2023 survey, 68% of UOC faithful and 63% of the whole Ukrainian population supported the change. However, 18% of the participants opposed the reform, calling it unnecessary and confusing – after all, it was a long-established custom to celebrate Christmas on January 7th. These polling results likely convinced the government to move the official holidays to December 25th.

Even with the new calendar in place, the issue isn’t fully resolved, and society will need time to adjust. Luckily, the Gregorian calendar is only 43 seconds off in its Earth’s rotation estimates, so we have about 3,000 years before another change is needed.

# ECHOES FROM THE PAST

## *THE RELATIONSHIP BETWEEN SOVIET PROPAGANDA AND MODERN RUSSIAN PROPAGANDA*

*Lea Fisher*

**A**ggressive authoritarian systems inherently seek to manipulate and control their populations through various means. In today's world, the Russian Federation is one of the largest dictatorships. While many are aware of its repressive regime, it seems to semi-successfully use international social media to attempt to prove otherwise. Meanwhile, Russian national television and news sources aggressively block Western media's influence, spreading false information and distorted claims. Propaganda is a long-standing tactic of dictatorships throughout history, famously used by regimes such as Nazi Germany and the Soviet Union. In this paper, I will analyze the parallels and differences between Soviet and modern Russian propaganda.

An essential element of propaganda in both the Soviet Union and Putin's Russia is the creation of an antagonist. In simple terms, propaganda seeks to establish a common enemy, discredit them, slander them, and finally, exaggerate victories against them. From its very beginning, Soviet Russia aimed to portray the Bolsheviks (and communist/socialist ideas) as superior. During the Civil War (1917-1922), the Bolsheviks (the Reds), fighting anti-communist forces (the Whites), did not need to invent a common enemy—they already had one, and were very quick to profit from it. Posters promoting propaganda slogans such as “Comrade Lenin cleanses the earth from scum” (referring to the Whites, clergy, and the monarchs) emerged as early as 1920 (Deni, 1920).

In addition, throughout the history of the USSR, we will come to see many more common enemies, such as Nazi Germany during WWII and the US during the Cold War. The relationship between the USSR and the US during the Cold War was portrayed using slogans such as, “We hold the course to peace. They want to stir up a war” (Abramov, 1981). Similarly, modern Russia tends to use the same tactic in its modern propaganda, and even reuses some of the Soviet narratives to portray Ukraine as the common enemy.



“We hold the course to peace.  
They want to stir up a war”  
(Abramov, 1981)



“Comrade Lenin cleanses the earth  
from scum” (Deni, 1920)

Jokes, slogans, and general sayings such as “Ukrainians are Nazis” have been in circulation for quite some time now, but after Russia's initial invasion of Ukraine in 2014, and especially after Russia's full-scale invasion of Ukraine in February 2022, this narrative has been used to spread and justify the destruction of Ukrainians. Moreover, since February 2022, the Russian government has tried to represent Ukrainians as terrorists.

They greatly underlined this point after the Crocus City Hall terrorist attack (March 2024), claiming that the attack, killing 145 people was conducted by the terrorist organisation ISIS in collaboration with Ukraine (Sedova, 2024).

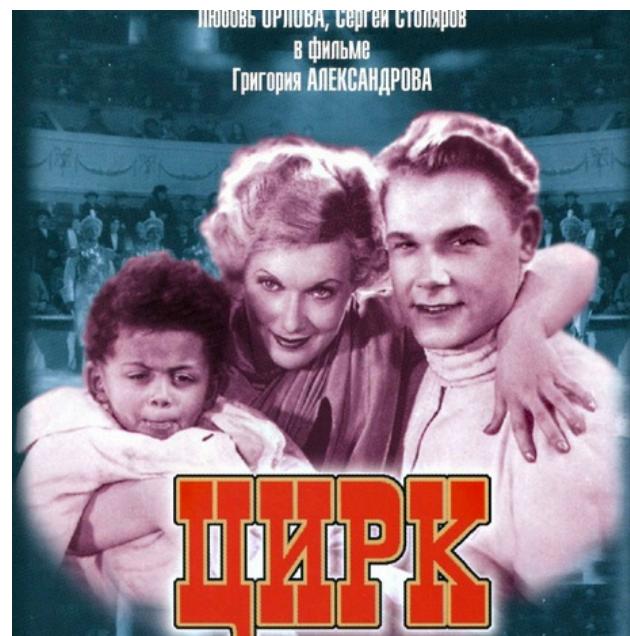


*Vehicles of Russian emergency services are parked near the burning Crocus City Hall concert venue following a reported shooting incident, outside Moscow, March 22, 2024.*

*Maxim Shemetov/Reuters*

Another parallel between Soviet and modern Russian propaganda is that it is fed to people not only through national news but also through other forms of entertainment, such as art. It is gradually introduced in a seemingly unnoticeable way, but in reality, it creates a closed circle of information that people receive. Almost everything has some form of propaganda - “official propaganda works in three spheres: informational, educational, and cultural. Not only mass media and paid propagandists of the Kremlin but also film producers, book publishers, educators, members of public associations, etc., take part in propaganda activities” (Kozitskiy, Andrey. Sep 2022). In modern Russia, we can see propagandistic messages being spread through seemingly innocent comedic YouTube videos that, in reality, spread unrealistic “jokes” about common enemies such as the USA and Ukraine.

In one particular short film on YouTube, “The film’s simplistic plot features a Russian sailor named Maxim who arrives in Ukrainian Crimea and discovers that his childhood town is terrorized by a gang led by a Ukrainian named Vashchuk, funded by a fictional Ukrainian oligarch. Here, U.S. intelligence agents are pulling the strings behind Ukrainian efforts to ‘destabilize the region’” (Moiseienko, Oleksandr. Sep 2024). In addition, modern Russian cinema is very limited in what it can portray about contemporary Russia, and therefore, many film producers and directors have shifted to topics about the Soviet Union. Similarly, Soviet propaganda spread throughout society; not only was the mass production of propagandistic art in the form of posters very popular, but Soviet cinema was also completely infiltrated with propaganda promoting socialist ideals. One famous example is the movie “The Circus” (1936) by Grigori Alexandrov, which depicted a dark-skinned boy maltreated in the USA who then came to the USSR and started working in a circus, where he was loved and accepted by the Soviet people, presenting the Soviet Union as an ideal society.



*“The Circus” ( 1936 )*



Yet, in my opinion, Soviet and modern Russian propaganda are not entirely the same. Although they share many similarities, I believe contemporary Russian propaganda is mostly based on portraying a common enemy, blocking Western information, and shielding the population from reality. Russian propaganda does not inherently aim to portray Russia as a wonderful place, rather, it does so by feeding Russians false information about how bad the rest of the world is and by spreading fake information about its perceived common enemies. The goal seems to be to show how great Russia is to the West, not to its own people.

Personally, I have encountered Russian propaganda on social media, where posts feature interviews with people of color in Russia discussing issues like racism and prejudice. They all seem to say they have had no problems with racism or discrimination, presenting it as a non-existent issue in Russia. In reality, however, we know that Russia is one of the most racist and xenophobic countries in the modern world, and this portrayal in the media is clearly biased and false. A study conducted by the Policy Institute of King's College London revealed that, out of 24 countries, Russia ranked as the second when it came to the amount of prejudice to immigrants and foreign workers (Hassan, 2023). Moreover, according to Aljazeera, after the previously mentioned Crocus City Hall terrorist attack, which resulted in multiple Central Asian suspects being arrested, primarily Tajik, but also of Kyrgyz origin, there was a rapid increase in the already prevailing racism and xenophobia towards the Central Asian population in Russia.

In comparison, for Soviet propaganda, creating a common enemy was a secondary task, it mostly aimed to show its population how great the USSR was. As mentioned earlier, films portrayed the “wonderful” life in the USSR - that it was a society that accepted everyone, a society with global friends. Instead of trying to fool the West, the Soviet Union tried to convince its own people to love their country. Indeed, while both regimes may try to show how bad the rest of the world was, the Soviets emphasized the “positive” sides of their society, whereas modern Russian propaganda seems to be based purely on hatred.



*Soviet poster from 1948. The captions read 'Under capitalism' and 'Under socialism'. Photograph: Wayland Rudd Archive/Yevgeniy Fiks/Flint*



*Photo: A view shows a board reading: "Our defenders! Thank you, dear ones!" in support of the Russian military in front of the country's foreign ministry headquarters in Moscow, Russia February 16, 2023. Credit: REUTERS/Shamil Zhumatov*

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# WARSAW IN THE FACE OF ART

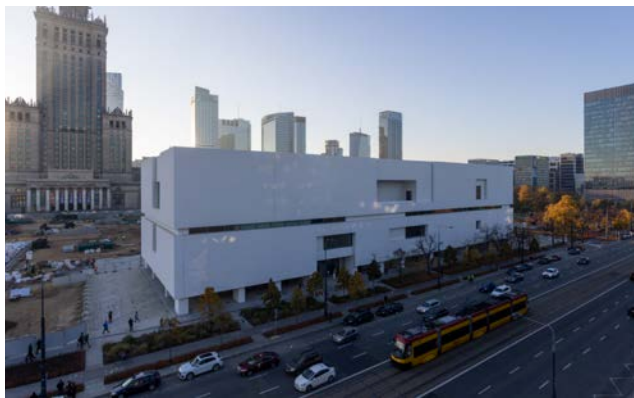
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## *A NEW ERA OF CULTURAL DIALOGUE*

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*Helena Jurczak*

Warsaw's latest architectural novelty—The Museum of Modern Art [MSN], aims to be more than just a building; it seeks to foster a dialogue and enhance cognitive and aesthetic sensibilities through modern art. Since its opening on October 25th, the museum has generated significant discussion regarding its design and its role in the urban landscape of Warsaw.



The new four-story structure, characterized by its minimalist white facade, has sparked mixed reactions. While Warsaw's Mayor, Rafał Trzaskowski, described it as "a unique and modern place," critics have labeled it as "a shoebox," "a Lego block," or "an architectural nightmare". This juxtaposition highlights the ongoing debate about architectural consistency in the city center. However, is it only what's on the outside that matters?

### MUSEUM'S HISTORY

Before the MSN stood on Marszałkowska Street, the museum has had a dynamic and nomadic history.

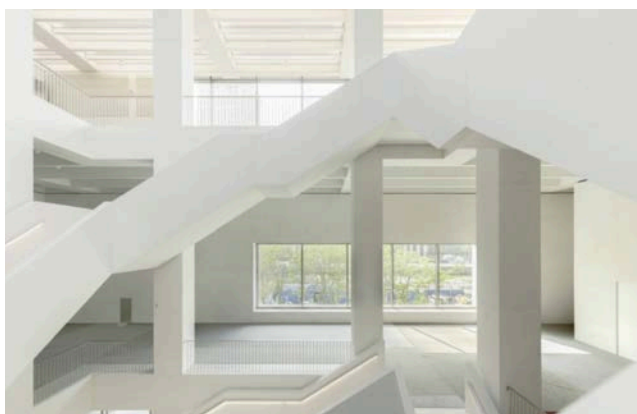


Founded in 2005, the Museum of Modern Art began as early as 2008 with temporary premises at 3 Pańska Street, and from 2012 to 2016 it rented the former "Emilia" furniture avenue pavilion adjacent to Pańska. In 2017, MSN opened the "Museum by the Vistula", a space lent free of charge by the Thyssen-Bornemisza Art Contemporary Foundation in Vienna, dedicated to the dissemination of experimental art and architecture. In 2019, construction began on a permanent building for MSN. After the recent opening, in October 2024, the museum officially began its operations in the space the management calls "home".

### ARCHITECTURE AND LOCATION

MSN was designed by an American architect, Thomas Phifer, who won the commission in 2014. The decision to select Phifer was based on his functional and clear design, which better suited the museum's requirements and the historical significance of the Parade Square, where it is located. The area has been under revitalization discussions for years, especially given its proximity to the Palace of Culture and Science, a prominent symbol of Warsaw's communist past.

The building itself, rising opposite the Center Department Stores, has a total area of 19,788 square meters across four floors above ground and two underground. Unlike the towering PKiN, the museum was designed horizontally. Phifer's conceived a minimalist edifice, consisting of two cuboids: a reclining museum and a cinema tower. This design not only emphasizes functionality but also enhances the surrounding landscape, creating a seamless integration with the Parade Square. The ground floor features large glass facades that invite the public in, while the upper levels house diverse exhibition spaces illuminated by natural light. This openness reflects Phifer's commitment to making art accessible and fostering community engagement within the vibrant urban environment of Warsaw.



## EXHIBITIONS

Although the official opening of the MSN has already taken place, it is debuting with three exhibitions in its first month, with a permanent collection set for February 2025.

The second exhibition, *The Museum as a School*, is part of the educational program "Primary Forms". This year's event adopts a new approach that emphasizes interactive learning and artistic engagement. The exhibition is designed to transform the museum into a dynamic educational space where visitors of all ages can participate in workshops, discussions, and hands-on activities that deepen their understanding of contemporary art. By collaborating with artists and educators, MSN aims to create an environment that encourages critical thinking and creativity, allowing participants to explore artistic processes and concepts in a supportive setting.

Additionally, the exhibition *Difficult Love: The Museum Between the Square and the Palace* explores the historical context of the Parade Square and its relationship with the nearby Palace of Culture and Science. Together, these exhibitions reflect MSN's commitment to fostering dialogue and education through contemporary art.

The Museum of Modern Art is a significant addition to the architectural and cultural landscape of the city. It is more than just a striking building; it serves as a platform for dialogue and community engagement through contemporary art. While opinions on its design may differ, the museum's potential to spark conversations and make connections is undeniable. Integrating with the historic fabric of Warsaw, MSN promises to be a vibrant center of creativity and discourse. With a permanent collection set to launch in February 2025, the museum is poised to become a catalyst for cultural transformation in Warsaw for the years to come.

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# FASHION FOR A REASON

## NOT A SEASON

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# VOGUE SUMMIT 2024

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*Julia Jasińska*

*Lena Szlaga*

*Helena Bruździak*

**O**n October 8th, nine students, including three journalists from The Akademeia Post, travelled to the Polin Museum for the “Vogue Business Fashion Environment Summit 2024.” The event was filled with panels, talks, and interviews in a magnificent auditorium, as well as coffee breaks when we could speak with the panellists or devour an unlimited number of croissants. Throughout the whole day we listened to fascinating lectures by experts in the fashion industry. From the journey of Veja, by the co-founder of the sustainable shoe brand, to powerful speeches by indigenous activists.

Here are some of our favourites:

### **FORCES FOR CHANGE: ACTIVISM, EDUCATION, LEGISLATION**

**- LENA & HELENA**

*Lena reflected on the words of Sarah Sozzani Maino;*

The creative director at Fondazione Sozzani and former representative of Vogue Italia was focused on education as a key element of life. She emphasized the fact that teachers and mentors should not dictate what the younger generation is supposed to do, but to show things from a different perspective. “The youngest creators need to be supported – they are our future.” - she stated. - ‘In education lies the hope to discover, find your passions, and meet a lot of people.’



Maino also mentioned gatekeepers - people who want to bring their past heritage to the present and focus only on it. The younger generation of gatekeepers thinks everything has already been found out, but it has not, as we still can do everything we desire to evolve and make them better. In contrast to gatekeepers, some reckon that the past is the past and the values that people share now are a new fundamental part of the art.

At the end she mentioned that the most important thing you can do is to maintain your originality no matter what, because if you fall into the mainstream, you should not lose yourself.

***Helena wrote about Prof. Dilys Williams;***

Professor Dilys Williams, Director of the Centre for Sustainable Fashion at the London College of Fashion, brought an exciting twist to the conversation, asserting that fashion and education about it isn't a way to dress; it's a powerful tool for activism "Education and fashion should be about challenging the status quo," she declared, highlighting the unique position the fashion industry holds in shaping culture and society.

Williams encouraged a shift in thinking about education, proposing that it should be a two-way street where everyone, students and professors alike, learn from each other. "Education does something unexpected," she said, "it transforms how we explore ideas together."

Her conclusion after years of teaching is the need for a sustainability-based business model and focusing on our personal beliefs. She described our values as our "second skin", something no one can take away. In a world where financial profit often overshadows ethical considerations, she made a compelling case for a new model of capitalism that prioritizes sustainability and social responsibility.

***At the end Lena discussed points of views of Frederika Brooksworth;***

We have the power to use fashion for change – with this thought we went through the third speaker's Fredericka Brooksworth's speech. She was primarily focused on activism and the power of education.

Being proactive and creating change in the right direction is, in her opinion, the main goal every fashion designer should have. Brooksworth emphasized how knowledge exchange is useful, especially for those who really want to make a difference. It allows us to broaden our perspective, stop being biased, and challenge the things we are sure we know.

Just like Amino, she mentioned gatekeepers. But in her opinion, they meant something else - social media. Gatekeepers in her definition are the tools used to stereotype.

As an example of stereotyping, she mentioned African fashion designers - usually when people think of them, they think about those designers as if they create only for Africans. That is because of the decades of how fashion has been communicated. Her hope for the future is that other people's mindsets will change and evolve.

In her opinion, the biggest takeaway from her speech is to focus on making an impact, developing one's knowledge and collaborating. We shouldn't work only individually because there is great significance in partnership.

This panel, full of interesting takeaways, was really inspiring. It showed the power of education, its role in embracing creativity, activism and sustainability. The speakers greatly emphasized the need for challenging norms, collaboration and remaining authentic. By doing all these things, we can create positive change and shape a better tomorrow for fashion and beyond.

## THE JOURNEY OF VEJA - HELENA

In a world where the word sustainability is thrown around like a buzzword it is important to notice truly eco brands. Brands that aren't changing to be more environmentally friendly after they became popular, but brands were made with sustainability in mind and crafted taking into account the sourcing of materials. The journey of Veja, a successful international French brand was the topic of a case study by Francios-Ghislain Morillion its co-founder of Veja.

Morillion and his business partner, Sébastien Kopp, started their careers in finance but quickly realized they weren't satisfied. To solve this, they quit their jobs and embark on a year-long journey around the world, driven by a desire to explore and experience sustainable business practices firsthand. They set up a small consulting company focused on eco-friendly business and traveled to China, South Africa, and Bangladesh to visit supply chains. Despite seeing dozens of projects, only one, focused on palm of hearts, stood out for its genuine social and economic impact.

Rather than continuing consulting, Morillion and Kopp decided to design their own sustainable product: a shoe. They set out to create a sneaker with the greatest potential beneficial impact, drawing inspiration from Brazilian volleyball shoes. Their journey took them to the Brazilian jungles where they found all ingredients needed for them to make a shoe; organic cotton, Amazonian rubber, and leather.

For sourcing the cotton Veja created contracts with farmers to ensure sustainable agricultural techniques and promises they ensure decent income for producers. The firm now buys cotton from 2,000 Brazilian households, which helps to protect the jungle and local ecosystems.

Veja uses mostly Amazonian rubber. More than 2600 tons of it have been purchased from 2004

until the end of 2022. Paying for the rubber 3.5% more than the market price.

They ensure transparency and sustainability through their innovative approach to materials and logistics. For example, opening repair shops for their shoes, in different cities like Paris or Berlin. This stops many from throwing away their shoes rather repairing them making them last longer.

This part of the summit was inspirational and gave some hope which was needed after long conversations on the problems in the fashion industry.



## FINDING POLISH NATIONALITY IN FASHION - LENA

This discussion focused on to what extent showing Polish nationality should be the main goal in fashion. There were 4 speakers: Ania Kuczyńska, Marcin Różyc, Dr. Aleksandra Janczak-Repeć, Karolina Sulej, and the moderator – Kamila Wagner.

‘All those fashion weeks from different countries have different identifies, so can Poland create the polish ‘it’?’ - asked Kamila Wagner, the fashion editor of Vogue Polska, starting a heated discussion.

Ania Kuczyńska - a fashion designer thinks of her and other creators' pieces as personal rather than collective. ‘Fashion should be an international language.’ - she said. - ‘Every country is specific and has something precious.’ For her, the main goal should be to be against the national hashtag. Fashion shows different historicists, different individualists. There are a lot interesting and inspiring cultural pieces, but the company of Ania Kuczyńska is about who you are and your identity.



Marian Różyc – curator and fashion designer reminded us of polish golden era – when the fashion houses were great, such as Telimena or Młoda Polska. Polish departments were amazing. But then he said something that stuck with me: ‘Maybe now we also have a golden era as fashion is very opinion-showing and political’. That made me think - what defines a golden era of fashion? Is it success - and if yes - international or local? Or maybe something else - the amount of impact it makes - but if yes, how can we ‘count’ it – isn't it impossible? After this important sentence Różyc mentioned that we should use our folk fashion from the mountains while using the best resources possible to create the best fashion in the world. In his opinion, it it's important that Polish designers say valuable stories about Poland.

Karolina Sulej - journalist and a writer described her experiences in creating a book that showed a narrative focused on Poland being a country that can use fashion to show what we think. She focused on the need to be logical while designing. What each country has to offer in fashion is unique, and in her book, she was intrigued to show how we - Polish people, recycle, resume, restore, using clothes and accessories as a tool and not a product - but more like a story. The book was created to show different parts of Polish fashion history, starting with Polish independence, during war - this is what she wrote about, as it is her specialization. For her young designers should collaborate and show others and themselves who really is behind the brand. Fashion is a part of the system of community and society. If people all over the world are meeting and collaborating, designers should do the same. So, in her idea fashion should show nationality, but it shouldn't be done in a close-minded way as collaboration and creating a community suitable for everyone is possible and needed.

Dr. Aleksandra Jateczak-Repeć – fashion and art historian explained that since Poland gained independence, it really wants to compete with the world. Paris is our reference, the reference of the whole world, and we admire it greatly, but not a lot of people have money to buy high art and fashion. ‘There is no fashion week in Poland, and maybe this is the way to go’- she said, clearly stating that she is against the national hashtag. But still, she agrees that historic fashion for young designers can be a good point of reference if they are very creative about history without clasp to the framework they are presented to.

As shown, there were many different ideas about to which extent the Polish identity should be considered in fashion. It was a discussion without a dull moment, and that is what made it so rememberable.

### **THE FUTURE OF FASHION: BREWED PROTEIN - JULIA**

Proteins are the fundament of life. They make up our skin, hair, nails as well as the food we eat. Thanks to technological advancements and many years of research by the bio technological company Spiber a new, revolutionary use has been found for them: textiles. This invention allows the process of production of clothes to be more sustainable and contributes to a greener society.

So how does it work exactly? First, the company collects natural materials and genetic information which helps them design special DNA and amino acid sequences that will allow a material to achieve desired characteristics. Then, the designed microbe together with nutrients and water are added to a fermenter that produces Brewed protein. Finally, the product is extracted and purified to be then processed into different materials such as fiber for clothing.

This is an extremely important innovation for the fashion industry as according to an LCA report the production of Brewed Protein produces less greenhouse gas emission by 79%, uses less land by 99%, and less water by 97% compared to other textiles like wool and synthetic fibers.

The Vouge 2024 Fashion Summit will be an experience we will remember for a long time. We got to see many professionals in the fashion industry trying to promote change. The most important message from the many panels is the message that the industry needs to change in order to make sure there is a planet on which it can exist.





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# FOOTBALL: THE 2024 BALLON D'OR CEREMONY

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*Jan Janczar*

Each year around October the entire football world turns its eyes to the Ballon d'or. It is an annual award given out to the best male and female football players after each season at a lavish gala in Paris. In recent years, the ceremony has expanded to include more awards, allowing players who wouldn't have won the main award to have a moment of glory and recognition.

## THE PRIZES

These awards include: The Yashin Award- given out to the best goalkeeper of each season, The Gerd Müller award- given out to the striker with the most goals scored, The Kopa trophy- given to the best player younger than 21, the male and female Johan Cruyff award- given to the best coach according to journalists and the men's and women's Team of the Year- given to the team with the most players in the 30 nominees for the main prize.

The Ballon D'or Feminin was awarded to Aitana Bonmati of FC Barcelona who led them to win the continental quadruple (Champions League, League, Domestic cup and SuperCup) The Kopa award was won by 17-year old Spanish Barca wonderkid-Lamine Yamal who won the EURO's and put in many good performances across the La Liga, Copa del Rey and UEFA Champions League getting 13 assists and scoring 8 goals in all competitions. Bayern Munich striker, Harry Kane drew with Kylian Mbappe, from Real Madrid, for the Gerd Müller award with both attackers scoring 53 goals last season.



Emiliano Martinez was awarded the Lev Yashin trophy for his outstanding performances in the Premier League and Copa America. His win too, was surrounded with controversy, as many argued that players like Andrey Lunin (Real Madrid) or Alisson Becker (Liverpool) deserved it more than him. Real Madrid won the men's club of the year however the team didn't fly to Paris to claim their award. The women's counterpart was given to FC Barcelona. The Johan Cruyff awards were given to Carlo Ancelotti, from Real Madrid, and Emma Hayes, from Chelsea.

## THE CONTROVERSIES

This year, the ceremony was surrounded with controversy with many people claiming 'the Ballon d'or lost its credibility.' The main award was won by Rodri from Manchester City. However, many argued that Brazilian winger, Vinicius Jr., should have come first in it. Vinicius won the UEFA Champions League, La Liga, and Supercopa de España with Real Madrid. On the other hand, Rodri won the Premier League, the Club World Cup, UEFA Supercup and the UEFA EURO's this summer. As a sign of protest, Real Madrid didn't show up to the ceremony, and did not claim any of their awards in person.

Every Year people claim that the Ballon d'or is becoming less and less credible. This year, the awards were even more controversial than usual leading many to believe that it is time to change the way such a prestigious prize is being decided and awarded.

# POETRY CORNER

## *CAN POETRY TRANSFORM OUR HUMAN-ENVIRONMENT RELATIONSHIP?*

*Helena Bruździak*

Ms. Blank gave a wonderful lecture on 19th November about an EcoPoetics residency on the Tio Conejo Coffee Farm in Manizales, Colombia. The goal of the residency was to focus on creative, critical, and collaborative approaches to the nexus of poetics and environmental issues. This year the nomadic residency's theme was 'labour' - part of it was creating a final project. Ms. Blank described the journey and hard work needed to make good quality coffee, something beloved by many.

The poems in Sonia Blank's final project, which was based on interviews with the local coffee pickers she got to know during her stay at the residence, shed attention to this often underappreciated or even forgotten profession within the vast coffee business that still relies on their labour. Specifically focusing on how the working force of coffee pickers is shrinking. Here are some of the poems:

**café favorito de Don Carlos**

here

from this farm

here you have to make the half-moon  
fertilize in the half-moon shape  
and water, compost, and cover it,  
keep it well covered

and the half-moon is underneath

the way they keep me going is by fertilizing  
[laughter]  
yes, those little bits

all my life I have almost been  
the little bits  
[laughter]

I work

in

the coffee

**tending**

Don Danilo uses a machete  
 skilfully on the steep backs  
 of mountains yet he  
 cuts his hand  
 cutting avocado

I cup his hand  
 into my hand  
 unearthing the wound  
 discovering  
 from where the blood flows  
 I press the place  
 where it drips

“you’ll live” I utter  
 he knows though does not  
 understand my words does n  
 need my words

I wash off his blood  
 from my hands

I drink coffee  
 from his

6:30 be at the lot

6:00 wake up pick

sleep often dream about picking pick

sleep 8-8:30 breakfast

call family pick

wash clothes (often the only set) pick

shower pick

5:00 dinner 12-1 lunch

pick pick

pick 3-3:15 El Algo ('something') pick

**Don Rodolfo**

working in coffee  
 twenty years  
 five years  
 in Tio Conejo

I remember because of  
 a birthday celebration  
 a sweet marker  
 cake in the field  
 and a game of tejo

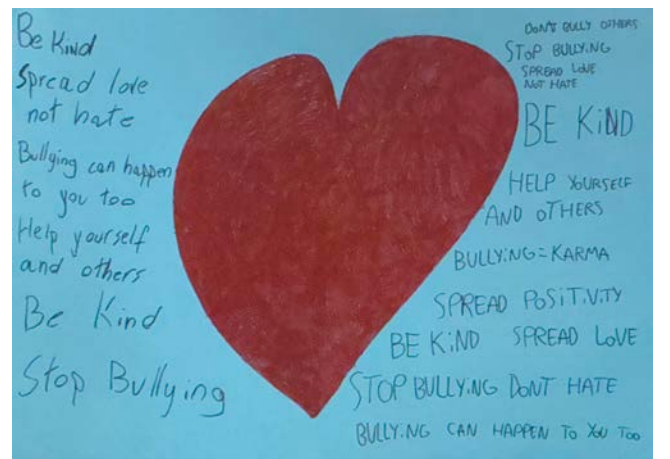
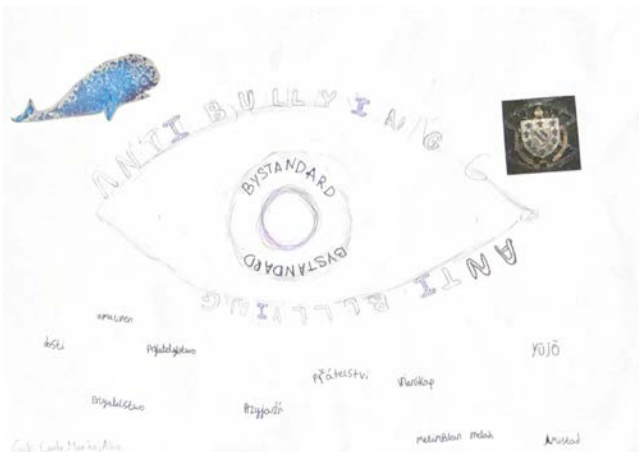
now I am fifty  
 one and I am  
 the youngest  
 one here

# ANTI-BULLYING POSTERS

## *Julek Franco Janecki*

An annual tradition took place in our community the week of November 12th to 15th - Anti-Bullying Week. This important event highlights the importance of combatting bullying in our community and beyond.

As part of it, our wonderful Y9s and Y10s created amazing posters, that are put up around the school, to raise awareness about the issue. You can admire some of them right here:



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# SPOOKY SHORT STORIES MEDALISTS

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## *Julek Franco Janecki*

As we all know, our community is filled to the brim with amazingly talented people. Today, we celebrate the great writers among us.

During Halloween, Dr. Adam Anders hosted his annual Halloween Short Story competition. All of the entries displayed creativity and hard work but winners had to be chosen. We, the Akademeia Post team, congratulate them all!

Below you can read their scarily-stunning fiction (hopefully fiction!)

### **Two-Sentence Horror Story**

1st Place: Susan D.

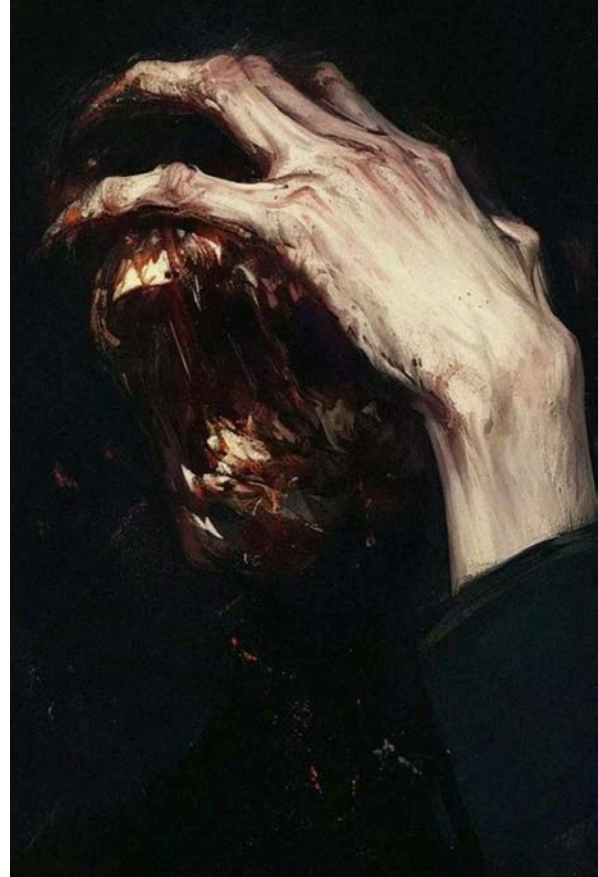
“His thoughts were eating him from the inside. Ivory teeth and sinewy gums peeking through his sockets, guzzling down his blood, swallowing him whole.”

2nd Place: Milena T.

“Brring, brring—the sound is sharp and quick. "Hello?" only silence answers, until a faint, icy breath brushes the back of her neck.”

3rd Place: Mila I.

"Life in the lighthouse always moved rhythmically, measured by the crashing of waves, until one night the waves fell silent. And the creaking hum born out of silence wouldn't have bothered me much, if it had not come from under the ocean floor. "



### **Micro-Fiction**

1st Place: Milena T.

“The creature writhes. The skin has been torn from its face, its muscles are charred, and its bones are smeared with black seepage. Acrid odor saturates the air like a suffocating fog; the stench of decomposing fat seeps in, thick and greasy, coating the nostrils with a putrid, rancid heaviness. Flies swarm around this abomination, attracted by the repulsive scent, feeding on the raw flesh soaked in red-tinged bacterial ooze. It emits high, cracked sounds, between a howl and a scream, filled with pain and agony. It tosses. It chokes. It suffocates. It grabs.”

2nd Place: Emi F.

I did not dare look. My room had been empty just a second before, and that man was not there. He stood, contorted and smiling, his nose trimmed to bone, and his skinless mouth scratched through with fear. He held that mirror. The mirror belonging to my dead mother. The mirror I swore I had buried along with her. He seemed to get closer with every blink of my eye - filled to brim with terror. His neck tore with wounds of rot seeping with syrupy clots of blood. The sappy liquid dripped, spiraling round his limbs and dripping on the mutilated bits of flesh that I suppose were his fingers. Something felt forbidding about the sound of it dripping against the floor. Then it stopped. As I met my gaze in the mirror, through fleshy tears, I no longer saw myself. And that dripping flesh turned to be my own.

3rd Place: Mateusz G.

“In the stillness of the night, she heard her own voice calling from the basement, asking for help. As she went down the creaking stairs, a cold realization washed over her: she lived alone. The voice continued, echoing her every word, until it whispered, "You should have never come down here."”

Once again, huge congratulations to all the winners!



Zdzisław Beksiński, 'AJ67'

# AP JAMZ



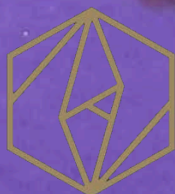
*Julek Franco Janecki*

This time of the year is rough for all of us. As much as we wish we could forget about exams and lose ourselves in preparation for the holidays or the long break, first we have to study. Though it's getting dark sooner and sooner, and exhaustion is only increasing, we hope you can feel the holiday spirit even for a couple minutes. Take a walk, put on your headphones, and take a break.



1. K. By Cigarettes After Sex
2. Pyramids By Frank Ocean
3. Another Year By FINNEAS
4. kate's not here By girl in red & The Turning
5. two queens in a king sized bed By girl in red
6. Unforgettable By Nat King Cole
7. Let It Snow, Let It Snow, Let It Snow By Frank Sinatra
8. Have Yourself a Merry Little Christmas By Judy Garland
9. It's a Marshmallow World By Jo Stafford





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