

Salemere Insights

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Theme:
*Perspectives on Society:
Creativity & Curiosity*

February 2026 Edition

DISCOVER:

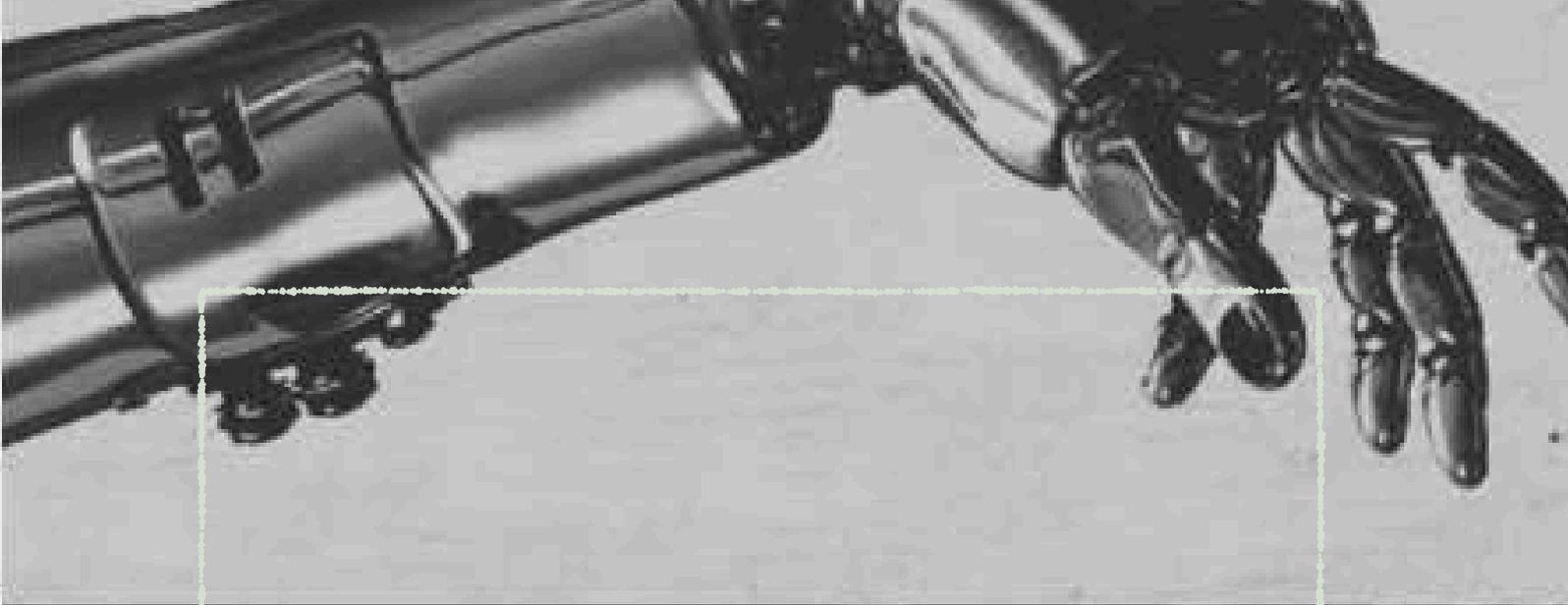
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Note from the Editor



Ridima Niranjana
Founder & Editor-in-Chief

Hey everyone! My name is Ridima Niranjana and I'm honoured to be the Co-Editor-in-Chief of ISAlmere Insights. A little introduction of myself - I'm a DP2 student at ISAlmere aspiring to become an International lawyer, I have lived in 6 countries, and my biggest hobbies are art and reading. Ever since I picked up my first issue of *Foreign Affairs* almost 4 years ago, founding my own magazine has always been a dream, and this is a dream I have been able to realise through ISAlmere Insights.

In 2026, where information is increasingly available but the truth is harder to find, the relevance of journalism has never been higher. We, the students of the International School Almere, have the fortune of being in a community that has an extremely diverse range of voices alongside the privilege of being able to use them. We started this magazine to give an opportunity to the students of ISAlmere to share their stories, and messages. Ever since then, this opportunity has been taken by the lovely writers of the magazine to create incredible articles on a vast number of topics!

Since the day I had the idea to create ISAlmere Insights, we have spent countless hours on the drawing board drafting proposals, proofreading articles, designing promotion content, and overall making this magazine happen. Our third issue of ISAlmere Insights features topics ranging from politics to science, and was written by students from MYP1 all the way to DP2. I hope that you enjoy your read of the third edition of ISAlmere Insights!

The Salem Witch Trials: Fear of Witchcraft or Women?

Written by: Daryna Tkachenko

What was the true motivation behind the persecution of ‘witches’ in the paranoia of 1692? Beyond religious paranoia, the trials reveal how patriarchal control and fear of female autonomy manifested as moral panic.

What was the true motivation behind the persecution of ‘witches’ in the paranoia of 1692? Beyond religious paranoia, the trials reveal how patriarchal control and fear of female autonomy manifested as moral panic.

To set the scene: the Massachusetts Bay Colony, an early English settlement mostly inhabited by Puritans, experienced a period of uncertainty in 1692. After being alienated from England due to their beliefs and struck with uncertainty for the future, its inhabitants desperately craved structure for their society and to clarify their place in the world. The Puritans were a patriarchal society that had strict expectations for women - being homemakers, caretakers, and mothers. These religious convictions didn’t just define sin; they dictated gender. A ‘good woman’ was obedient, silent, and domestic — anything else looked dangerously subversive and made them vulnerable to suspicion.



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In the 17th century, it was widely believed that the devil could give ‘witches’ supernatural powers in exchange for their service. This aligned with Puritan beliefs, so that any practice or behaviour that didn’t coincide with the Christian doctrine was deemed Satanic. For women, this meant that stepping out of their rigid societal roles meant persecution, and, for many, death.



Source: Canva

The actual accusations themselves began when a group of young girls excited rumours of occult activity due to their erratic behaviour (such as fits of hysterical screaming, convulsions, and barking). Their behaviour might have reflected the pressures of an oppressive, male-dominated society: a rare moment of power over adults for otherwise voiceless girls, but it was at the time a scandal. The girls themselves eventually, too believed they had been bewitched, and after pressure from the clergy revealed those who had ‘bewitched’ them: three women; Tituba, a slave from Barbados, foreign and mysterious to the Puritans, Sarah Good, (perfectly fitting the ‘witch’ stereotype’, known locally for her foul temper and neglect of her children, and Sarah Osbourne, a woman of high social class, and the subject of scandal when she began living with a man before marriage. In summary, three women who had diverged somewhat from their gender roles were deemed instantly suspicious.

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This pattern was repeated time and time - the profiles of convicted women rarely strayed from the stereotypes. Women in certain occupations, such as healing, childcare, and food preparation, were more vulnerable to accusations because their work directly involved processes like birth, sickness, and decay, meaning that as their work put them in contact with misfortune, in the event of natural events like illness or spoilage, they could be easily blamed. Healers and midwives specifically were thought of as 'unwomanly' due to their vast control over life and death, which was contradictory to the Puritan doctrine that viewed women as inherently frail. Additionally, the first woman hanged, Bridget Bishop, was allegedly accused because she owned a tavern in her own name, known for dressing differently and being generally outspoken. This highlights how women with independence and responsibility were the constant target of witch accusations

The residents of Massachusetts Bay in 1692 were at a fragile time in their lives - their colony craved a return to stable society, and singling out a form of deviance (witches) as a threat to their existence became a perfect scapegoat. Women, who were already very deviant in the eyes of the strict Puritans, proved an easy target. The trials were a manifestation of sexist beliefs about women's confinement to societal roles, and those who wandered from them were greeted with witchcraft accusations.



Source: Canva

Written By: Daryna Tkachenko

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Source: Canva



Erased: The Forgotten Women of Art History

Written by:

Ridima Niranjana

Art history is usually presented as a timeline of famous male artists whose work shaped culture and techniques. While these men were undoubtedly influential, this version of history leaves out many women whose contributions were just as important. The lack of recognition given to women artists was not because they lacked talent, but because they faced social and institutional barriers that prevented them from being taken seriously. Artists such as Artemisia Gentileschi, Berthe Morisot, Georgia O'Keeffe, and Élisabeth Vigée Le Brun reveal how women were consistently undervalued and erased from the official story of art.

Artemisia Gentileschi

Artemisia Gentileschi was a highly skilled Baroque painter in the 17th century, known for her dramatic use of light and realistic emotional expression. Her paintings often depicted strong female figures from biblical and mythological stories, which challenged traditional portrayals of women as passive or weak. Despite her success during her lifetime, Gentileschi's work was later overlooked and frequently attributed to male artists, including her father. Her legacy shows how even accomplished women could be pushed aside by historians simply because of their gender.



Source: Canva

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Source: Canva

Georgia O'Keeffe & Elisabeth Vigée Le Brun

Georgia O'Keeffe and Élisabeth Vigée Le Brun both achieved recognition, yet their careers were still shaped by gender bias. O'Keeffe's modern paintings were frequently interpreted through stereotypes rather than being appreciated for their originality and style. Vigée Le Brun, a successful portrait painter in the 18th century, gained fame for painting European nobility, including Marie Antoinette, but struggled to get professional acceptance in art institutions. Together, their stories show that women could succeed in art, but were rarely granted the same respect or lasting recognition as men.

Source: Canva

Berthe Morisot

Berthe Morisot was a key figure in the Impressionist movement, working alongside artists such as Monet and Degas. However, she was often described as a "female Impressionist," a label that separated her from her male peers and diminished her importance. Morisot focused on domestic scenes and moments from everyday life, subjects that critics viewed as less serious than landscapes or historical scenes. In reality, her innovative brushwork and use of color played a major role in shaping Impressionism, proving that women were central to artistic change!



The lives and work of Artemisia Gentileschi, Berthe Morisot, Georgia O'Keeffe, and Élisabeth Vigée Le Brun show that women have always played a significant role in the development of art. By recognising and studying these artists, we gain a more accurate understanding of art history and challenge the idea that artistic genius belongs to only one group.

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Source: Canva



AARAV KARTHIK

END OF IB IN RUSSIA

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In August this year, Russia's Prosecutor General's Office declared the IB curriculum an “undesirable organization,” banning the program around the country. This means that schools can unfortunately not offer the IB curriculum, and cooperation with the IB is now illegal. Russia banned the IB because the country accuses the IB of “turning Russian youth into Western culture” and promoting what the government calls “non-Russian values.” After Russia's invasion of Ukraine, people of the Russian government said that the IB had redone its teaching to show what the Russian government calls “Russophobia,” including things that allegedly discredited the army of Russia. They also accused the IB of “promoting non-traditional values,” most likely a reference to Russia's laws on LGBTQ.

By banning an internationally recognized education curriculum, the Russian government is blocking access to a more international-based curriculum. Students with an IB diploma can continue with further education worldwide. Stopping this restricts the opportunities for young Russian students to study internationally. This ban shows a larger signal that even international programs are not free from the control of the government.

What does this mean for students and schools? Students that were hoping for a diploma that is recognized worldwide (the IB diploma) can no longer get the diploma in Russia. Many schools must remove the IB curriculum, and even more international schools must change or even close due to the ban. Families with international visions (like sending their children to universities in a foreign country) lose a major path for this. This encourages families with international aspirations to move countries to get the IB diploma



The True Cost of Chocolate:

How Fair Trade Impacts Farmers in West Africa

Everyone loves chocolate! From candies to cakes, it is a sweet treat many enjoy on a daily. But have you wondered where chocolate comes from?

The main ingredient in chocolate is cocoa. Cocoa is grown in West Africa in countries such as Ghana and Côte d'Ivoire. Cocoa farming is hard and requires a lot of physical effort. Many farmers working to grow this Cocoa have to work long hours in a harsh climate and are only paid half of the effort they put in. Many of these farmers struggle to meet basic needs, such as food, education, and potable water. Even though the chocolate companies make huge profits, those profits do not benefit the farmers. As these do not make enough, their children also have to work these long hours for a stable family income. Poverty leaves these families with very few choices, and so instead of going to school, they have to work.



This is the main issue with our favourite sweet treats: it support child labour. Research shows that around 1.56 million children are working on cocoa farms in Ghana and Côte d'Ivoire.

These children have to work long hours, carry heavy loads, use heavy machinery and even work in unsafe conditions. In extreme cases, children are even trafficked from poorer regions and forced to work without any pay.

How can we make a difference?



This is where you can make a difference!

Fair trade can help change this unfair system. It ensures that farmers receive a minimum price they deserve for the cocoa they produce. This helps them earn a stable income. Farmers also get a Farmer premium which can be used by the communities to build schools, hospitals and adopt safer farming practices. Fair trade also follows strict rules on child labour and conducts regular checks to ensure adherence to these rules. As farmers earn enough, their children are no longer required to work and return to school for a bright future. You can make a difference by buying chocolate that contains the Fairtrade label.

Chocolate should not come at someone's childhood. By choosing Fair Trade chocolate, you help protect farmers, fight child slavery, and make the chocolate industry fairer.

Source: Canva



INSIDE AIR TRAFFIC

CONTROL (ATC)

Written By: Aarav Purandhar

What is an ATC?

An "Air traffic control tower" (ATC) is the backbone of Aviation. It holds a significant place when it comes to air transport. Some are located near the airport, or some, located around the border of the airport. An ATC is of different size, design, dimension and infrastructure. ATC's are essential for air travel. And, they are the reason your flight takes off, and lands at a destination safely.

There are various types of functions inside an ATC tower. An easy way to understand how these magnificent towers work is that they are the "Traffic Cops of the Sky".

It works by ensuring that no two or more aircraft get too close, follow the instructions, and relevant decision and arrive safely at their destination(s). Additionally, they guide the aircraft (or the Pilot) about what to do, right time to take off or to land, or in case of any emergency (technical or medical). It is impossible to have one person in the tower to manage all the aircrafts, in terms of communication. An ATC is the base station for numerous professionals, who work as a team.

Each person has a task to do, working on different aircrafts at the same time.

ATC's are important for the world of aviation because they keep air travel around the world safe, efficient, and reliable. Without them, planes would struggle to maintain a clear distance between them, increasing the risk of mid-air collisions or runway accidents. They also manage the flow of thousands of flights each day, preventing congestion and delays that would disrupt travel, business, and more.



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The Team at the ATC:

1. **Local Control (LC)**- This team is responsible for ensuring take off and landing clearances, and managing aircrafts in the airspace.
2. **Ground Control (GC)**- An easy way to understand what they do, is that they guide airplanes from gate to runway, or, runway to gate.
3. **Flight Data Control (FDC)**- This team handles the flight plans, and keeping the airplane updated about the coordinates, weather, etc.
4. **Assistant or Coordinators:** This team handles coordination with other ATC towers, and manages airport operations; such as - emergencies, and police.
5. **Controller in charge:** This team checks how the operation in the ATC tower is going on, and supervises, and additionally, making sure that the communications are going smoothly.

Conclusion:

In short, ATCs keep the air travel organized and safe. ATCs work round the clock and the team work in shifts. The team often rotates so that the person who is tired can take rest, and the one active can stay focused doing the tasks; so that each employee stays active throughout the process. There are lot of opinions of people around the world about this job. Some say it is fulfilling, challenging, and good paying. While some say, that being an ATC employee is the most stressful job in the world. Overall, being an ATC employee is managing the efficient movement of airplanes, which needs intense focus. The work comes with stress, but it finishes it with great responsibility and rewarding moments.



THE REAL COST OF FAST FASHION

*Antonia C. ✨
Estay Álvarez*

Every day, millions of people around the world buy new clothes without thinking twice. Stores change their collections weekly, online shops launch new trends daily, and we're told that to stay "in style," we need to keep buying. But have you ever stopped to ask what the *real* cost of your T-shirt or jeans might be not in money, but in environmental and human impact?



Source: Canva



Source: Canva

THE HIDDEN WATER BEHIND OUR CLOTHES

The fashion industry is one of the largest consumers of water on the planet. To make a single cotton T-shirt, around 2,700 liters of water are needed, enough for one person to drink for almost three years. Cotton fields are often located in countries where water is already scarce, meaning rivers and lakes are drying up to feed our global demand for cheap clothes. The Aral Sea in Central Asia, once one of the world's largest lakes, has almost completely disappeared due to cotton farming.



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THE HUMAN SIDE

Fast fashion also has a serious human cost. To keep prices low, many brands produce clothes in countries like Bangladesh or India, where workers earn very little and often face unsafe conditions. A tragic example is the Rana Plaza disaster in 2013, when a garment factory in Bangladesh collapsed after managers ignored safety warnings. More than 1,100 workers died and thousands were injured. The incident revealed the harsh reality behind cheap clothing and led to global calls for safer factories. Yet today, many workers still struggle for fair pay and safe workplaces, reminding us that fashion should never cost someone's life.

Source: Canva



POLLUTION AND WASTE

Beyond water, clothing production causes serious pollution. Factories use dyes and chemicals to color fabrics, which often end up in rivers, poisoning water supplies and harming wildlife. In addition, synthetic fabrics like polyester shed microplastics every time they are washed. These tiny plastic fibers end up in the ocean, where fish and other marine life mistake them for food.

And what happens when trends change? Most clothes end up in landfills. Every second, the equivalent of a garbage truck full of clothing is dumped or burned somewhere in the world. Because many clothes are made of synthetic materials, they can take decades to decompose releasing greenhouse gases as they break down.

WHAT CAN WE DO?

The good news is that we can make better choices. Start by buying less and choosing quality over quantity. Visit thrift stores or organize a clothing swap at school where students exchange items they no longer use. Support sustainable brands that use organic materials or recycled fabrics. Even small changes like washing clothes less often, repairing instead of replacing, or donating instead of throwing away make a difference.

Source: Canva



THE BREXIT EFFECT

Isabella
Irwin

What happened to British nationals living in the netherlands?

Brexit changed life for many British people living in Europe.

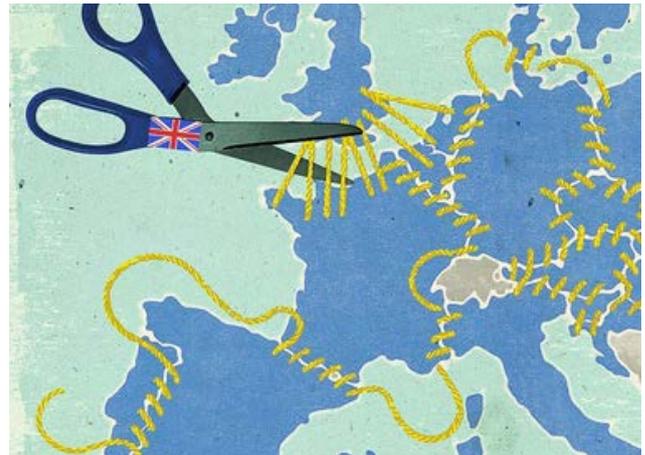
Before Brexit British citizens could live and work freely in countries like the Netherlands. After the UK left the EU these rights disappeared and many people suddenly had to prove they were allowed to stay. This article looks at how Brexit has affected British citizens living in the Netherlands. It focuses on residency work healthcare and the feeling of belonging. For many people Brexit turned normal everyday life into something stressful and uncertain.

Residency and uncertainty

Before Brexit British citizens did not need a residence permit in the Netherlands. After Brexit they became classified as non EU nationals and had to apply for new documents British citizens who already lived in the Netherlands before the end of 2020 were allowed to stay but they still had to apply for residence permits. Many people faced long waiting times confusing rules and stress while waiting for decisions. Some people were not allowed to work during this time which caused money problems and a lot of worry. Residency went from being automatic to something that had to be proven. This made many British citizens feel unsure about their future even if they had lived in the Netherlands for many years.

Everyday life

Brexit has affected daily life in many small but important ways. Access to healthcare in the Netherlands depends on having a valid residence permit. When permits are delayed people can struggle to keep health insurance or access medical care. This has been especially worrying for people with existing health conditions or families with children.



Source: Canva

Work has also become more complicated. Some employers are unsure about hiring British citizens because of visa rules and paperwork. Even people who already had jobs felt anxious about whether they would be allowed to continue working while waiting for permits. Socially many British citizens say they feel different from before. Before Brexit they were seen as Europeans living in another European country. Now many feel like outsiders who have to constantly explain their situation or prove that they belong.

Family and Integration

Brexit has made family life harder for many people.

. British citizens who moved to the Netherlands after Brexit face stricter rules if they want family members to join them. This has caused delays stress and in some cases long periods of separation. British citizens are also now required to pass Dutch language and integration exams. Learning the language can be positive and many people want to integrate. However many feel frustrated that these rules were suddenly introduced after years of living freely and building their lives in the country.

Brexit has clearly changed life for British citizens living in the Netherlands but not in the dramatic way people often imagine. There were no big moments or sudden moves. Instead it showed up in emails letters appointments and long waits.

What used to be simple slowly became complicated. Booking holidays thinking about jobs or even going to the doctor now comes with a quiet question in the background. Is my paperwork still valid Have the rules changed again? For many people this has been tiring and frustrating but also strange. After years of building a life in the Netherlands some British citizens now feel like guests rather than neighbours. Nothing about their daily routines changed but the way they are seen and treated did.

The most interesting part is that this all came from a decision made far away. Brexit debates focused on politics borders and control but for British citizens abroad it turned into something very ordinary and very personal. Forms queues waiting rooms and uncertainty.

So while Brexit might sound like a finished chapter in a history book for many British people in the Netherlands it is still part of daily life of those wanting to move to the country.



Source: Canva

Two Pathways to Control: *Democracies and Authoritarianism against Social Media*

Pieter de Man

In the 21st century, it seems like social media has grown into a global stage where states, non-state actors, corporations, and even individuals can easily produce and spread their ideals, values, and any other type of information online. In addition to fostering an environment where people can easily spread information regardless of accuracy, heads of social media companies like Mark Zuckerberg (head of Meta, an umbrella company that founded Facebook and owns other sites like Instagram) have a large influence in various political environments. This is attributed to the fact that they have the ability to manipulate the information we see, which can significantly impact our thinking if we do not treat the information we see online carefully.

Source: Canva

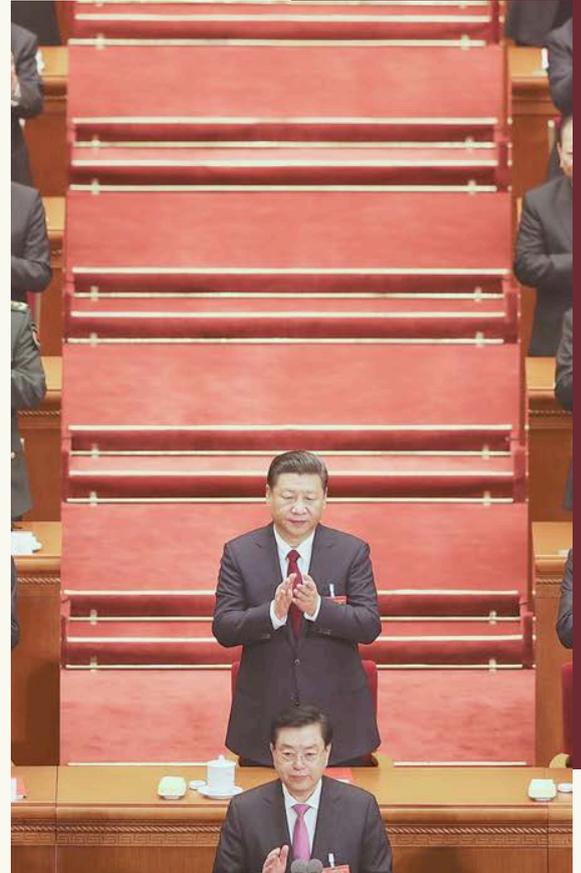


What's more surprising is that states manipulate this to their own advantage the most. In Canada's political scene, concerns regarding social media in relation to influencing their elections have steadily been on the rise. Various articles even suggest that American social media sites like Instagram pose a direct threat to Canadian sovereignty. One article claims that the biggest threat social media creates is corruption of Canada's streamline of information through misinformation. By doing this, the United States could control the information voters see, and without any regulation or accuracy checks, this can tamper with the results of political views held by voters. This poses a large threat to Canada's ability to regulate their own media and information and the legitimacy of their government.

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Source: Canva

International organizations like the European Union have already implemented policies to combat the spread of illegal or inaccurate content. The Digital Services Act (DSA) is an excellent example of regulation on media. This policy essentially forces social media sites to combat harmful or disingenuous forms of media that can cause harm to their users. Children will receive stronger protection against harmful content, and control over users' online experiences will also strengthen. While this suggests a good improvement, critics claim the definitions of "illegal content" and "misinformation" are broadly defined, and that social media companies might remove lawful content to avoid being charged a penalty for breaching the DSA's policy. This suggests that international organizations led by democratic countries can face difficulty when attempting to navigate the regulation of social media.



Deviating from the democratic approach, China stands out as a politically centralized authority that effectively regulates social media according to their domestic priorities. China strictly manipulates the streamline of information by framing foreign media and criticisms of the government as threats to the country's sovereignty to legitimize their extreme restrictions on media accessibility. China also uses tracking technology to create a massive surveillance system that efficiently monitors all media in China. China therefore poses as proof that social media is a more significant threat to democratic states than authoritarian states.

The question of whether states can still control social media ultimately depends on their political structures and resources. Canada's experience illustrates the vulnerability of democracies when powerful foreign platforms influence their information landscape. The European Union, meanwhile, shows that regulation is possible but only through collective action, pooling sovereignty to offset the dominance of U.S.-based tech companies. By contrast, China demonstrates how authoritarian states with centralized authority and domestic alternatives can exercise direct and effective control over social media. Taken together, these examples reveal that while states can still regulate social media, the strategies available to them diverge sharply. Democratic states are constrained to cooperative, legalistic approaches, whereas authoritarian regimes can enforce unilateral control. The future of social media regulation will therefore not be defined by whether states can control it, but by how different political systems choose to assert that control.

Mafia's Way

Written By: Lucia Renoux

We all know Frank Sinatra, and if you think you don't, I'm 99.99% sure you do !! Starting from New York, New York going through Let it Snow and finishing by My Way or Fly Me to the Moon and those are only the major ones, we all know this monumental figure of the 50's, 60's. Frank Sinatra's career is far from what we could qualify as normal, with major influences in the 60's politics or special link to big mobster leaders like Lucky Luciano or Sam Giancana, without forgetting his monumental influence in the Hollywood Industry, called "the voice", Frank Sinatra was a BIG and important figure in the Music history.

Francis Albert Sinatra was born in December 1915 from Italian parents. He grew up in Hoboken, New Jersey. At 8 years old he started playing piano and singing at his father's bar "Marty's O'Brien Bar" to earn some money- which is where his musical career started. A couple years later, after being kicked out by his dad and facing problems with the police, Frank Sinatra signed on to "Major Bowes"- a show produced by NBC with 3 of his friends to create the 'Hoboken Four'. The group wins the show, which allows them to start a national tour all organized by NBC. Soon after, Sinatra takes all the spotlight.

In 1939, Sinatra met Tommy Dorsey, a famous trombonist at the time. Soon, Dorsey makes Sinatra sign a contract that allows him to take 43% (it's a lot !!!!) of Frank Sinatra's money produced during his shows for the rest of his life !! As Frank Sinatra rises in the industry, Dorsey takes a lot of money made during the shows. To break this contract, Sinatra and some of his acquaintances like Willie Moretti (member of the Italian-American mobster) offered Tommy Dorsey a deal which he couldn't really disagree with (a gun on his head...). This story is one of the first famous links of Frank Sinatra with the mafia with whom he'll be associated.

Source: Canva

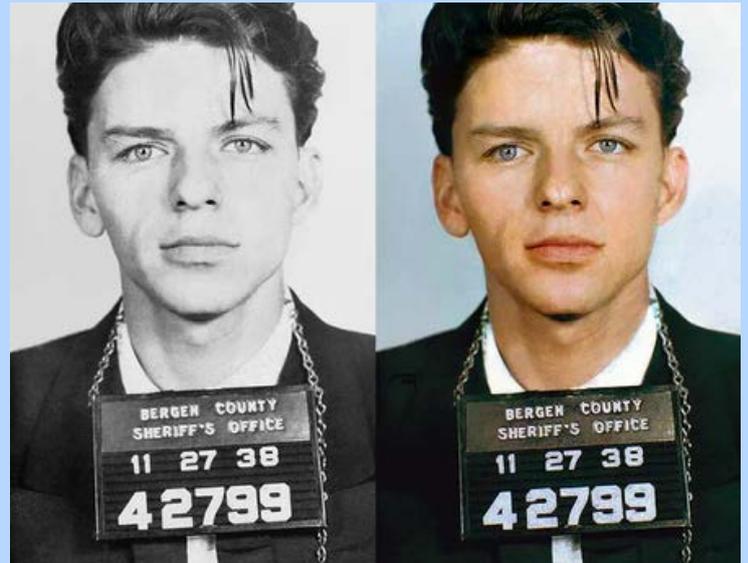


Jump in time, we are now in 1947, Frank Sinatra is invited to sing in a major conference in Havana, Cuba, organised by Lucky Luciano, the chief of the New York mafia. As a supplementary piece of information he is also the first man to create the first international heroin traffic. This conference reunited the biggest mobsters at the time like Meyer Lansky or Charles Fischetti and 500 other mafia members. This reunification caught the attention of a famous but controversial journalist, Lee Mortimer, who led his research and discovered that Sinatra traveled to Cuba with 2 million dollars cash in his suitcase. From there Sinatra was suspected of taking advantage of his celebrity status to transport big amounts of money linked to drugs in the name of the mafia. Even though Sinatra will always deny it his friend Jerry Lewis will years later affirm that it was not 2 millions but 3.

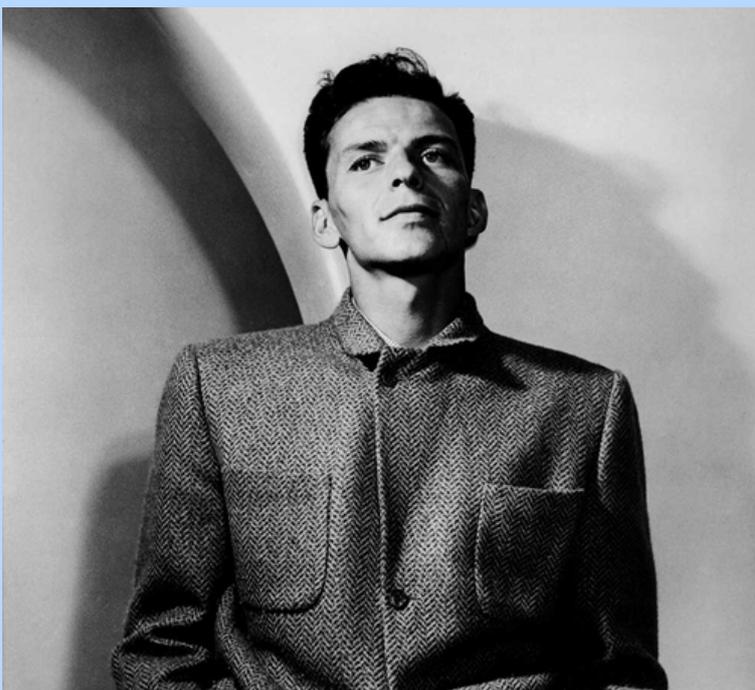
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Source: Canva

1951, Vegas, city of casinos and money games, Frank Sinatra doesn't hide it anymore, as he spends most of his time with major mobsters. When he is not with Lucky Luciano, he is probably with Giancana (leader of the Chicago mafia). Those questionable connections will lead the director of the FBI, J.Edgar Hoover to a major track with spies, phone calls tracking and stalking to create 1200 pages files for suspicion of alleged ties with the mafia and communist sympathy. Important information : Frank Sinatra was an open Democrat in a Republican America. This controversial political opinion at the time will later link him to John Fitzgerald Kennedy (JFK) in his campaign for presidency.



JFK and Frank Sinatra became close really quickly after they met. They shared similar political views and Frank Sinatra was a big JFK supporter from the beginning. During his campaign JFK used High Hopes written by Frank Sinatra as a campaign song. Another thing they had in common was their link to the mafia. Joe F. Kennedy, JFK's father, had major contact with the mafia and was famous for making imported alcohol during the prohibition period in the United States. The chance that Joe Kennedy had no link or contact with the Mafia is extremely low. To hope JFK could win the elections, states would have to fall for their side and that's how Sinatra got the leader of the Chicago mobster, Sam Giancana, to help JFK rise to the White House. As the mafia controlled unions, the members tended to vote as a bloc. In return for their help, the mobsters were led to believe that the future government would go easy on them. After being elected, JFK appointed his brother, Robert. F Kennedy, as the new minister of justice. RFK spent a long time of his career fighting the mafia with major policies like the Federal Wire Act (1961), Anti-Racketeering Legislation and many others, and JFK slowly drifted from Sinatra. Some theories would also say that the mafia was engaged in the JFK murder in 1963 but this is another story.



Frank Sinatra died in 1998, at 83 years old after a really active life between being a gigantic pop star and actor of his generation, having influence in the political sphere and links with the mafia. Sinatra's life was far from being calm. This article highlights the most significant parts of his story but there is so much more ! his love story with Ava Gardner or the story of the Rat Pack, this article could go on and on. This article skipped a major part of his musical career to stay on the focus of this article

Fun fact : the famous movie Ocean 11 published in 2001 with Brad Pitt, Georges Clooney and Julia Roberts, was in fact grandly inspired by a movie of Frank Sinatra and the Rat Pack (Peter Lawford, Dean Martin, Joey Bishop and Sammy Davis) out in 1961 called with the same name Ocean 11.

Source: Canva

The Power of Sleep: Why Teens Need More Rest

Written by Antonia C. Estay Álvarez

Why Sleep Matters for Teenagers?

During sleep, the brain organizes memories, repairs cells, and strengthens connections made during the day. Without enough rest, focusing becomes harder, emotions become stronger, and learning becomes less effective. Studies show that teenagers need 8–10 hours of sleep each night, yet most only get 5 to 6 hours.

Sleep is especially important for the prefrontal cortex, the part of the brain responsible for decision-making, planning, and emotional control. When teens lack sleep, it's harder to think clearly, make good choices, and stay calm in stressful situations.

Technology and Sleep

One of the biggest sleep disruptors is screen time. Phones and laptops emit blue light, which tells the brain to stay awake by blocking melatonin, the hormone that signals bedtime. That's why scrolling before bed can make falling asleep harder and decrease sleep quality.

Even notifications during the night can interrupt deep sleep, leaving teens tired even if they stayed in bed for hours.



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Simple Ways to Sleep Better

The good news is that improving sleep doesn't have to be complicated. Here are small habits that help:

- ✓ Keep a consistent bedtime
- ✓ Put screens away at least 30 minutes before sleep
- ✓ Avoid caffeine in the evening
- ✓ Read, journal, or listen to calm music before bed
- ✓ Keep your room dark, cool, and quiet



Sleep = Success

Sleep isn't optional, it's essential. As teenagers, our brains are growing, learning, and shaping who we are becoming. By prioritizing sleep, we improve our health, mood, confidence, and academic success. So next time you think about staying up late, remember: sleep isn't wasted time, it's an investment in your future.

Seattle School District

In 2016, the Seattle Public School District in the United States changed their high-school start time from 7:50 AM to 8:45 AM based on scientific research about teen sleep. After one year, researchers discovered impressive results:

- Students slept 34 more minutes per night
- Grades improved across multiple subjects
- Attendance increased, and tardiness decreased
- Students felt calmer, happier, and more focused

This experiment proved that when teens get enough sleep, they perform better and feel better. Sleep isn't laziness, it's fuel for the brain.

What Happens When Teens Don't Sleep Enough

Lack of sleep can lead to mood swings, memory problems, irritability, and difficulty paying attention. It can also weaken the immune system, making it easier to get sick.

Over time, chronic sleep deprivation may increase the risk of depression, anxiety, and other health problems.

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Nature's Light Show: How Organisms Glow

Once you watch glowing jellyfish in the ocean depths or fireflies that illuminate warm summer nights, you may think these are some of the most enchanting creatures of nature. However, these creatures are essentially biologically powered lights. The light emitted by these creatures is called bioluminescent and is no less than a survival strategy. But how do these creatures give out light? Why are they doing it?

Some organisms are gifted with an unbelievable ability, namely the ability to produce light, and thus they turn into biologically glowing sources of energy. They are called bioluminescent. This is the case when living creatures emit light due to chemical reactions that take place inside their bodies. The glow appears when oxygen reacts with a molecule called luciferin, and an enzyme called luciferase catalyses the reaction, and light energy is released. However, it is not a simple spark because different organisms have developed ways to regulate the process. Some organisms can even regulate their flashing so that they create patterns that serve to communicate or attract mates. Some organisms can change their light colour, depending on their surroundings and objectives. This process is so efficient that it produces nearly no heat, which led scientists to call it “cold light.” It is a complicated system that combines biology and chemistry, and thus, the concept of life literally glowing when needed.

Fireflies are creatures that make us enjoy warm summer nights by flashing rhythmically thus making a marvellous show against the dark background. The insects use light as carefully timed attempts to locate mates, with each fly having its own unique pattern. Fireflies can change the brightness of the light and also the time of the flashes through the process of regulating oxygen flow to special parts in their abdomen that are responsible for the production of light, which in turn is released in bright flashes without heat generation. The flashes can also be a warning sign for predators that the insects are poisonous or have a bad taste, thus the insects have an extra means of survival.



Source: Canva



Source: Canva

There are some fungi that emit light in the dark, and the most famous example is *Panellus stipticus*. It is a small fungus which gives a mild green glow. The fungus mentioned above doesn't flash or pulse, but glows continuously, thus making the forest floor glow all night.

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It actually serves to attract insects that help spread the fungus's spores by landing on the glowing mushroom. The light is generated by the same bioluminescent chemistry as in other organisms. This is when the molecule luciferin reacts with oxygen to release energy as light. The reaction causes virtually no heat so the glow can be on the go for several hours without the fungus being harmed. While at first it may appear as mere decoration, light is a simple but efficient strategy that aids the fungus in surviving and reproducing in the dark.

Its bioluminescence is mainly a defensive one, unlike that of fireflies or jellyfish. It has the ability to emit very weak blue or red lights from its body, which is very rare for deep-sea creatures. This allows it to either communicate with others or confuse predators without revealing the exact location.



Source: Canva



Source: Canva

The vampire squid is a creature that lives in some of the darkest parts of the ocean. It is not, however, a predator as the name may imply. Instead, it utilises its bioluminescence as a very clever survival tool. Once attacked, the vampire squid can secrete a cloud of luminous mucus that creates a glow smoke screen which dazes the attackers and therefore offers the opportunity to flee. Moreover, it can also illuminate portions of its own body, utilising the patterns to perplex, distract or even intimidate the attackers.

Crystal jellyfish are nearly invisible in the deep ocean, with delicate, translucent bodies that shimmer as they drift. Their bioluminescence is not for defence but rather for lure: it enables them to attract tiny prey. Minute plankton and other microscopic organisms are attracted by the jellyfish's light pulses which brings them sufficiently close to be captured by the tentacles. Some species of jellyfish can also produce a short burst of light in a specific portion of their body which create the effect of floating sparks that lead the prey to the place where it will be seized. Unlike other bioluminescent animals, crystal jellyfish use the light to feed and have turned a subtle chemical reaction into a vital hunting tool. In the pitch-black depths, this soft glow gives them a significant advantage, helping them survive.

Written By: Aditi Singh

Isalmere Insights

written by:
Junhan Jang MYP1

comic and manga



Source: Canva

The history of comic: The first comic was made out in united states in 1934, it was called famous funnies, this was the first comic book that made out in the world. Now the most popular country that make comic book is Japan, is not only in Japan is in the world, but they are also known for creating manga. some of the manga that I read are demon slayer, is a popular movie and I think is a good comic book and the movie. Attack on titan is one of the comic books that I read too, and is popular too, is good but a bit difficult to understand but nice to watch.

What is manga

Manga is a comic book that Japan made out, is the book go from the left to the right does not like the usual book that we read. is popular in all the world. The first made was made out in 12th century is call Choju Giga.

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Comic and movie

Some of the movies you see in anime first came out in comic, but sometimes some part in the movie do not have the part that said in the comic, so i think we can watch the comic or books first then the movies or maybe you watch the movies then you go and see the comics book so you can know more about it.

Eighth. Sakamoto days These are the best manga in 2025, and my favourite manga is

in there is medallist.

Frist. Jujutsu Haisen

Second. dandadan

Third. Blue lock

Fourth. one piece

Fifth. my hero academia

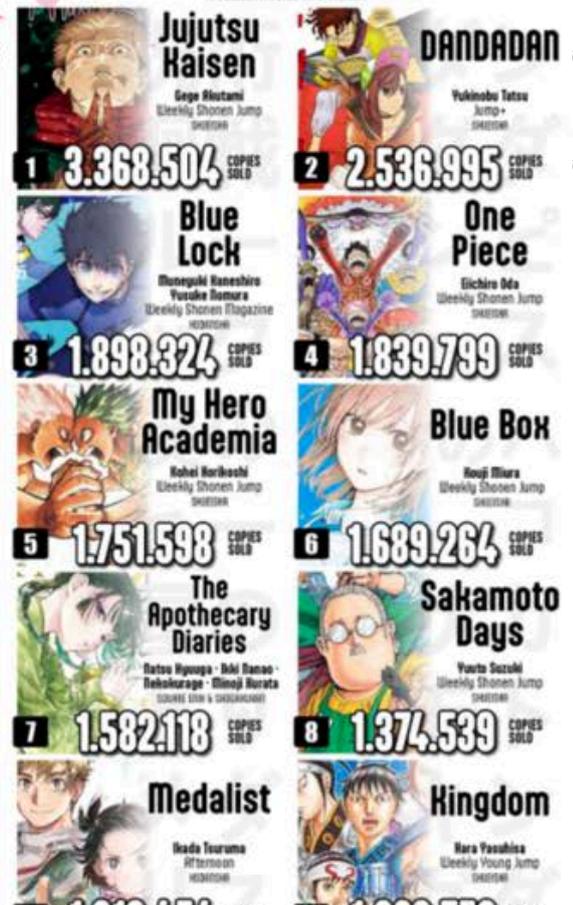
Sixth. Blue box

Seventh. The apothecary diaries

Ninth. medalist

Tenth. kingdom

TOP BEST-SELLING MANGA MID 2025 ORICON SERIES PHYSICAL SALES RANKING NOVEMBER 16TH 2024 - MAY 16TH 2025



Source: Canva

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Some of my favourite Manga and movies.

Demon slayer is one of my favourite manga and its movies you can watch it in your free time is a good movie and I even got some manga in the Netherlands so good.

Tanjiro kamado: the main charter. His was born on a mountain his family live in the mountain his sale wood for the fire.in his family there are there six child he is the biggest child. because of demon his family died because of the demon but Nozuko his small sister she was a live, but she changes to a demon, and the best thing is that she is not like usually demon she doesn't eat people she uses sleep to get her energy.

Mitsuri kanroji: she is my favourite charter she is a sweet girl she is really kind she isthe one who made the love breathing.

Nezuko kamado: she is tanjiro sister she is the second big child in her family she the one who change to a demon.

Shinobu:she is a girl who is short and she is fast and she made insect breathing.

Kanao Tsuyuri:she is Shinobu small sister she is a kind girl, but she is shy.

Attack on titan, is one of my favourite manga and movies too just is a bit difficult to understand but is a good one to watch.

Mikasa ackerman: she is one of the main charter her mum and dad got killed when she was small, but Eren mum and dad they live. She has an incredible strength. she is one of the best skilled fighters.

Eren Yeager: he grew up in a place that have titan around him when he was small his mum died when the titan has attacked his own town that why he went to the fight group.

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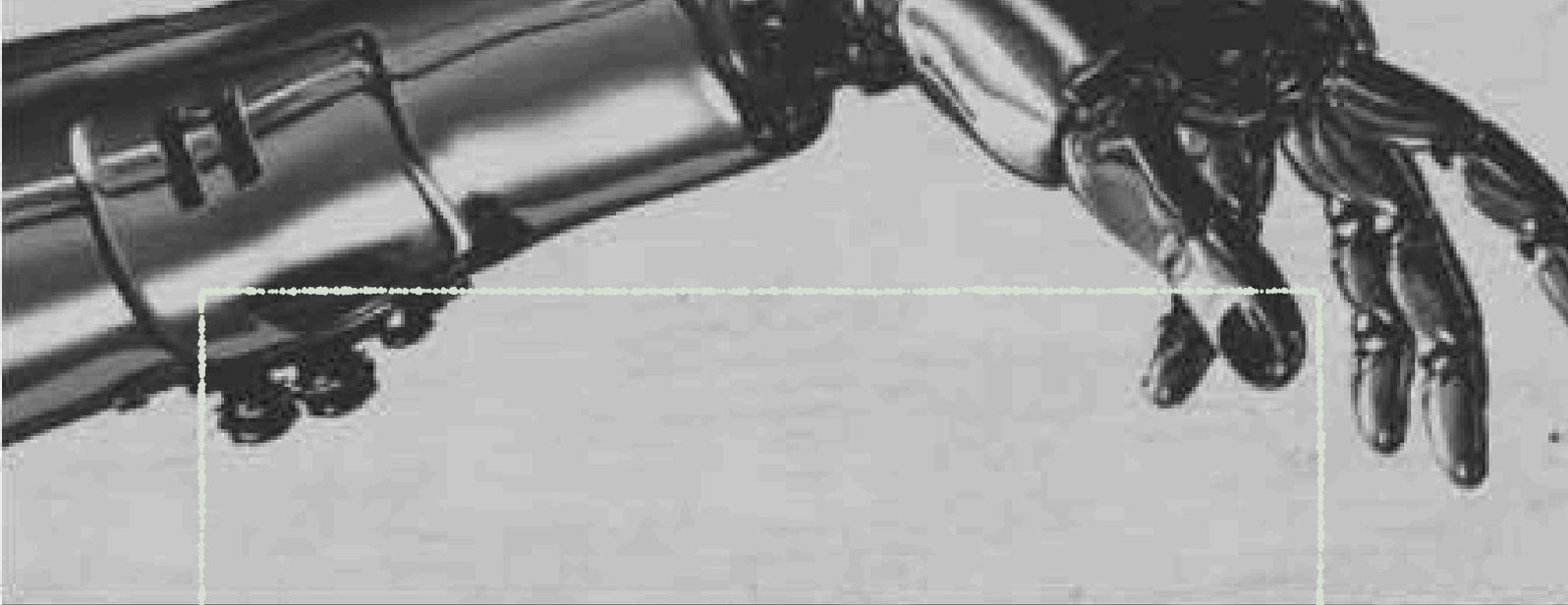
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