

Edition 14-3

Periodical of S.A. Astatine

May  
2020

# ATTENTIVE

## Quarantine

**Doorknob Review Candidate Board**  
by Christophe **Announcement**

ASTATINE

# Colophon

The "ATtentie" is the periodical of S.A. Astatine, which is issued four times a year. The ATtentie is distributed among members of Astatine, sponsors of Astatine and employees at the University of Twente connected to Advanced Technology. Volume 14 / Number 3 / Issue 55 Copies: 300 Date of issue: May 2020 **Editorial staff** Sander de Ridder • (Layout) Editor in Chief Ruben van Asselt • (Layout) Editor Ivana Bošnjak • (Layout) Editor Alina von dem Bussche • (Layout) Editor Alvaro Aguirre • (Layout) Editor Yannik Wotte • Editor Jons Bolding • Editor Tom Veldman • Editor, Board Representative Annelies Klaassen • Editor **Address** S.A. Astatine t.a.v. ATtentie Post office box 217 7500 AE Enschede Tel. 053-489 4450 Bank: 1475.73.769 (Rabobank) [attencie@astatine.utwente.nl](mailto:attencie@astatine.utwente.nl) [www.astatine.utwente.nl](http://www.astatine.utwente.nl) **Printer** Inpakservice IJmond Tel. 0251-272 430 **With thanks** Timon Smit, Jenny Agerbeek, Stéphan Bosman, Jan den Uijl, Herbert Wormeester, Roos de Vries, Alejandra Peñaherrera, Christophe van der Walt, Siân Hallsworth, Natasja Schaafsma Cover Illustration: Shout - 1843 magazine Kurzgesagt for some imagery

If you want to contribute to the next ATtentie, you can send in articles via email: [attencie@astatine.utwente.nl](mailto:attencie@astatine.utwente.nl) Authors remain responsible for the contents of their works. The editors preserve the right to modify or reject received articles. © S.V.A.T. Astatine 2020, all rights reserved.

# Contents

- 04 From the Staff **Herbert Wormeester** Photo Page
- 05 From the Board **Siân Hallsworth** Online Pubquiz Ruben van Asselt &
- 06 Quarantine **Dreams** Sander de Ridder Jons Bolding
- 10 Gala: Fire & Ice **Alejandra Peñaherrera** Announcement Puzzle Ruben van Asselt
- 12 Doorhandle Review **Christophe van der Walt** Chess
- 16 Astatiny **3** Roos de Vries
- 18 Home Alone **Annelies Klaassen** Quarantine Survival Guide Ruben van Asselt
- 21 Climate **Jons Bolding** 0
- 24 Bob Ross Workshop **Natasja Schaafsma** 3 4 3

Timon Smit



# Editorial

Hi everyone!

Considering we just can't quite leave you guys alone, we devised this ingenious innovative way of reaching you whilst maintaining 1.5 meters distance: paper. Jokes aside, the general theme of this edition was rather obvious for us: quarantine.

Regarding the contents, well, we had to be a bit more flexible. There were luckily still a few Astatine activities to cover from before the lockdown which we have happily put into the edition. Just to give you some of that good old Astatine nostalgia. You can now recall the gala, see some Bob Ross painting and relive the crazy online pubquiz. We are even bringing you the new candidate board, from the comfort of your own home and that cozy distance of 1.5 meters. Wow!

Even though we are currently having our ATEA online, instead of making a mess at Astatine, the writers have also been busy. Christophe makes a guest appearance reviewing doorknobs, I fell asleep and Annelies actually followed the RIVM guidelines.

I hope we can keep you busy for a while, and hopefully in the next edition this quarantine has been lifted and we can all frolic around again. For now, stay safe, stay healthy and stay 1.5 meters away from me! Kind regards Sander de Ridder Editor in Chief



# From the Staff

Herbert Wormeester

Thursday March 12 2020 was the last

day that lectures, tutorials and practicals took place in their normal fashion, i.e. in a room on campus. Since that day we have gone through several stages, just a short closure, everything will be fine before quartile 4 starts, it will take at least until the summer break and, at this moment, the question emerges whether everything will be normal again in September. Meanwhile distance education and assessment has been introduced with lightning speed. Distance education is not new, many countries have so-called Open Universities that have several decades of experience with distance education. Also Massive Online Open Course as an educational method serves millions of students. However, we should not just copy paste their methods.

Around April first I enrolled in a MOOC on programming in Python and experienced that there are many positive and negative aspects associated with MOOCs. Go at your own pace, grab a cup of coffee when you want and the ability to watch a video again are real advantages. In my second course I also encountered several drawbacks: no written material that is in sync with the lectures, a sheet with info often disappears within 4 seconds (the pause is very handy), but most importantly there is no help when making the exercises. It's a MOOC - we do not address such questions.

The last week of February, when the world in North West Europe still seemed ok, I visited a few universities in England. I went to three of the most prestigious universities, University College London,

Warwick University (great place if you look for studying abroad) and Oxford University (saying hi to one of our AT alumni). The fourth was the University of Northampton, a university of Applied Sciences that changed their education a few years ago to a blended learning approach, supported by an entirely new campus. This campus houses only one lecture hall with room for 80 people. Education takes place in small groups that have sessions with instructors or even individual talks. The aim of these sessions is not to introduce new material, that you have to study by yourself, but to allow a deeper understanding of the material and to apply it. A very interesting concept that is much more easy to transfer to distance education than the traditional lectures at a university. Creating distance learning at the present scale and with the uncertainty of how long this has to be done is a massive educational experiment. The only thing we know for sure is that we have to implement an alternative for "doing nothing and just waiting". As in any experiment some things (hopefully most) will be ok, some will tragically fail and we have to make sure that we get as many safety nets in place as possible. The most important safety net is the attitude of both staff and students. This means that our education should not be the one way street characteristic of a MOOC. A student in a MOOC will have to take more control of their own learning process, but at AT we have to make sure that the assistance and guidance required for a successful process is in place.

# From the Board

Siân Hallsworth

like the 'Vo Royale, Gala, YER career orientation and Bob Ross painting; to name a few. We held our 40th General Assembly and now the search for the new board is in progress. More than half of our board year has now passed by and sadly, it is quickly coming to an end.

As I reflect upon this year so far, I hear the voices of previous board members saying at the start of our year: "What will your board year be remembered for?". To be honest, I think for us the answer has always been quite clear and simple- the moving of Astatine. We will be the last board to sit in the boardroom of our beloved 7th floor home and will officially be the first board in our new rooms at Carré.

However, 2020 seemed to have different plans. Though the moving will still continue this year, it has been greatly out-shadowed by the effects of corona. No more hanging out at Astatine or fun activities after class. But luckily, with the help of social media and some tech-savvy members, Astatine has been able to continue as an online forum with chat rooms

instead of real rooms and online VriMinds. Maybe now our board year will be remembered for Astatine's virtual ages; filled with discord meetings, Netflix parties and skribbl.io.

At the end of the day, it doesn't quite matter which of these our year is remembered for. It just goes to show, despite policies and plans set in place sometimes things take a completely different turn and you learn how to adapt to it. It's also funny to think now that at the half GMA we were asked how we would combat the notorious "second half of the board year dip" and I am happy to report things have stayed spicy and interesting in the 2nd part of our year. Now we have the chance to be creative and figure out how best to make Astatine a virtual forum for not only social, but also educational needs.

Thank you for bearing with us during these times and we hope that you and your loved ones are doing well!

On behalf of the 15th Board of S.A. Astatine,  
Siân

4





# Quarantine Dreams

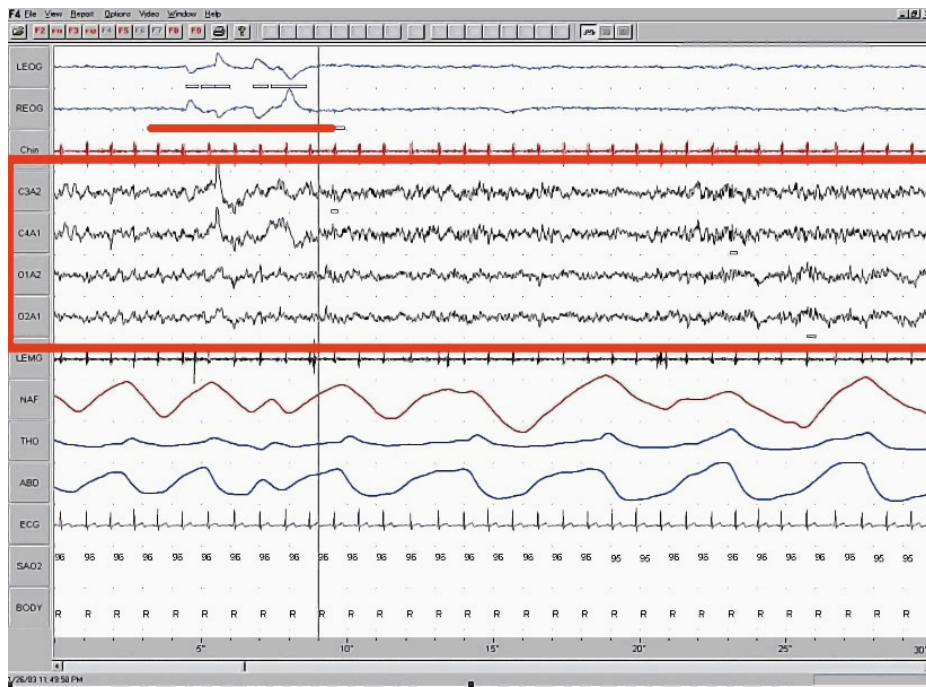
Sander de Ridder

Everybody dreams. That is basically considered a fact by now. However, if you are like me, you often do not remember your dreams, or even recall having dreamt at all. Now a pandemic is spreading, the likes of which no generation currently alive has witnessed before. Strange times are abound, as are strange dreams - For me at least. Strange in the sense that I have no trouble remembering them, and I am having plenty as well. Apparently, I am not alone in this. There are quite some mentions of other people experiencing the same. It is obvious they are caused by current measures, but let's dive into that anyway. Strange dreams during quarantine.

I will try to get the boring stuff out of the way first. This would be the physical side of things, which may be less entertaining simply because very little is actually known about it. This is partially because, dreams, generally, are not remembered very well. Dreams occur all over our sleep cycle, but mainly take place during REM sleep. During this rapid eye movement stage, brain activity is most similar to being awake. During a normal night's sleep, REM states are alternated with non-REM states, a cycle lasting about 90 minutes. Waking up usually happens during or just after a REM state, and dreams dreamt during this last stage are the ones we tend to remember. But more interesting (did I say boring at the start

of this paragraph?) stuff happens during So that was a very simplified version of this stage. The prefrontal cortex of your the (some)what of dreaming. It is in no brain is less active while you are dream-way complete, as is the research done on ing. This region of the brain takes care of dreams. The same can be said for the why planning and logic - In functioning hu-of dreams. Psychology as an expertise man beings, unlike me. Since it is less ac-takes a lot of interpretation due to the tive, dreamers are often not aware that tendency of human nature to be unpre- they are dreaming, since they are not dictable. Besides, the necessity of sleep quite able to comprehend that things are as a biological process is still unknown. illogical. Also, have you ever had the feel-So be aware that the psychological inter- ing that you cannot, or just barely, move pretation of dreams is far from known as during a dream? Well, during REM sleep, well. Widely known is the Freudian theo- motor neurons become hyperpolarised. ry of dreams, that they give a voice to the Membrane potentials which were al-unconscious parts of you, thus revealing ready negative, decrease even more. Due hidden desires and emotions. However it to this, the neurons need more stimulus may also serve to reveal hidden and sup- to excite motion. This is also called REM pressed memories, although this theory atonia, and it has been linked to me be-has been sensationalised in media. Others coming even more incompetent while theorise dreams assist with memory for- dreaming.mation and problem solving. This would

give them more of a biological reason, al-





though it does not explain the contents of some dreams. However, those absurd, surrealistic or terrifying dreams that occur from time to time are not very well explained by either theory. These types of dreams can be explained by the pre-frontal cortex being disabled, combined with hormones. Dopamine, the hormone that makes happy feelings – And is horribly exploited by freemium games - stimulates these dreams. Yet these are the types of dreams that seem to be occurring more often during quarantine.

I have actually already mentioned one reason for these reports. People are just remembering more dreams. Less people have to commute to work early, instead being able to wake up later. Sleep schedules may improve due to this, since throughout the week people hold to this schedule and also follow it during the weekend, whereas they used to sleep in these two days. These disrupted sleep schedules often lead to “a case of the Mondays” for many. Alarm clocks waking one up also disrupts sleep cycles and the ability to memorise dreams. But do not forget, these are extremely stressful times for so many. On an extremely short notice, many things changed. Working from home, not being able to work at all, all social life coming to a stop. All these things are major stressors, which may cause the increased dreaming.

These factors can largely be directly linked to the changes happening in life. Similar phenomena have been observed in other times with rapid changes as well. Ruth Propper had her students record their dreams, when in the middle of that 9/11 happened. After the terrorist at-

tack, the students reported a lot of their dreams being related to 9/11. What the study also found was that students who frequently watched the news reports on it had it return in their dreams more often. A similar correlation with radio or talking about was not found. [1] Charlotte Beradt collected dreams from German citizens during the rise of Hitler. As a Jew herself, a lot of people in her direct surroundings were suddenly in rough waters. Dreams she transcribed not only show the uncertainty of people, how they fear being tricked or are afraid to be arrested for their beliefs, but also how others are affected by propaganda. There are dreams of Hitler caressing women - the Nazi party apparently used him as a “sex symbol”- but also those where women seek greater authority, since in Nazi propaganda they were reduced to no more than obedient objects. I’d recommend reading the entire article on this, it is in the sources and incredibly interesting. [2]

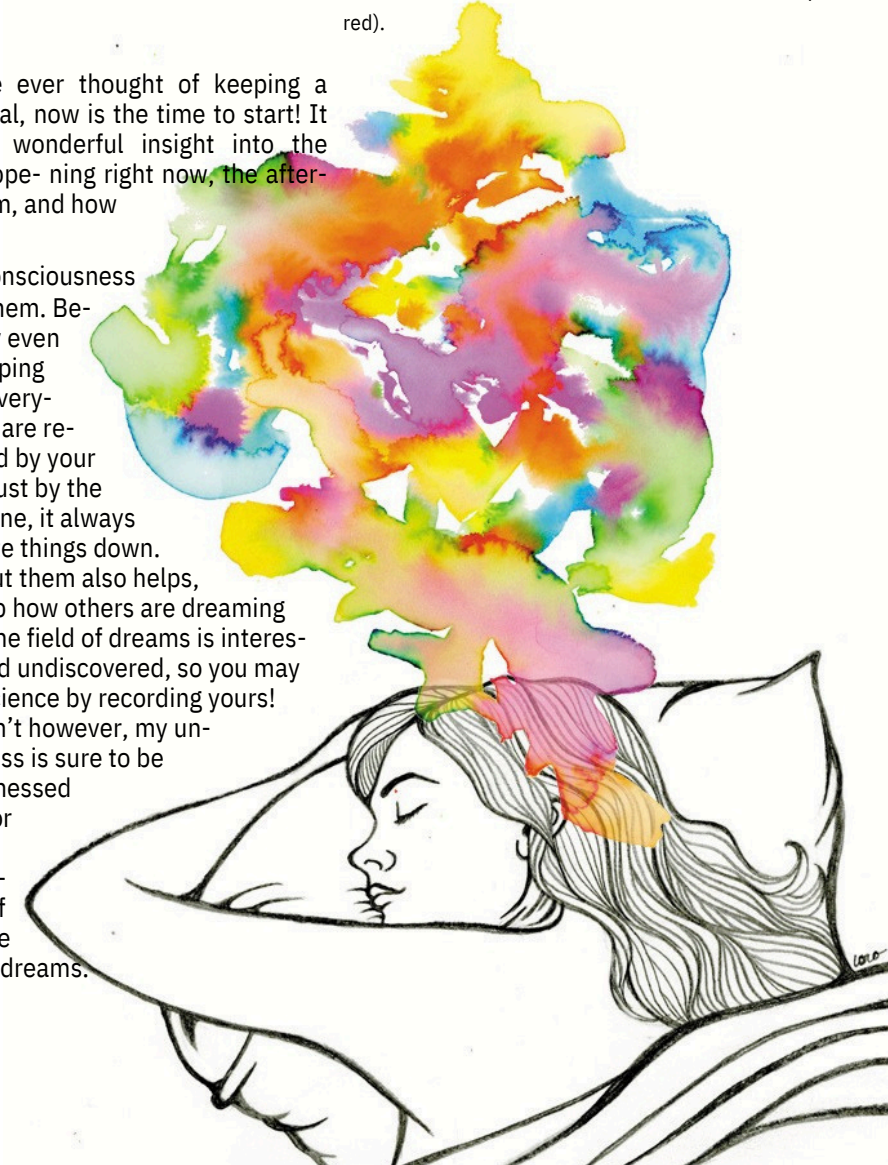
The internet has a plethora of covid-related dreams. Some relate to mundane gestures that are now suddenly different, like shaking hands, washing your hands or licking them after messy eating. People that dream of excessive, even uncontrolled washing of themselves. Or social distancing, dreaming of people you cannot see, dreaming that people are not following the rules. [3] The dream I remember most vividly involved me not being able to find something before practice – A cutting board I think. Too bad I was already at the pool! Could this have to do with water polo being cut out of my life? Well, I will not dive into it too deeply -pun intended- lest I start recal-

ling all those awkward moments I am currently suppressing, but the link to the changes in my life is obvious. Dreaming of things one cannot have is quite common even. World War II prisoners would dream of luxuries they obviously did not have whilst imprisoned. Same as yearning for that person you cannot see, or maybe those dreams of pasta and toilet paper you keep having, given the empty shelves.

If you have ever thought of keeping a dream journal, now is the time to start! It will give a wonderful insight into the changes happening right now, the aftermath of them, and how

your unconsciousness deals with them. Besides, it may even help with coping with, well, everything. If you are really bothered by your dreams, or just by the situation alone, it always helps to write things down. Talking about them also helps, or looking up how others are dreaming right now. The field of dreams is interesting, vast and undiscovered, so you may even help science by recording yours! I know I won’t however, my unconsciousness is sure to be even more messed up than I. For now, I wish you all good-night, I’m off to have some more stress dreams.

**Sources:** [1] Is Television Traumatic?: Dreams, Stress, and Media Exposure in the Aftermath of September 11, 2001 – Ruth E. Propper [2] How Dreams Change Under Authoritarianism – The New Yorker [3] You’re not imagining it: We’re all having intense coronavirus dreams – LA Times **Images:** (1) Sleep EEG REM.png - MrSandman at English Wikipedia (2) The Knight’s Dream - Antonio de Pereda (3) An illustration to showcase the brainactivity during REM-sleep - Lorenza Walker licensed under the Creative Commons Attribution-Share Alike 4.0 International license (unaltered).





# Gala: Fire & Ice

Alejandra Peñaherrera

## Where I come from, formal parties take care of, and as the list keep

by formal parties I mean parties that you had to dress up fancy for, which in my case included elegant shoes, jewelry, makeup and all those little fancy details that made the night so special. Having the chance to organize the annual Gala didn't only excite me, but brought back to me a piece of home, and thus, I didn't think twice before joining the GalaCie.

The GalaCie is a committee made up of members from Astatine, Proto and Atlas. We worked together every week to make the event possible. The first few weeks were rough, as we had a lot of choices to make ranging from the overall event coordination to various details that brought the event together. It was daunting to think of all the things we had to

as the weeks went by, the anxiety became excitement, as the Gala went from a mere list of ideas to reality. We had the location settled, a theme decided, and had already begun working on publicity, ticket selling, poster, amongst others. It makes me proud to think of all the hard work our team put in and everything that we were pulling off together.

Personally, I was given the task of finding the photographer. My responsibilities included contacting various photographers, some of which had worked on previous Galas, and asking whether they were willing to work with us this year. I contacted some via phone, and some via email. From this, I learnt that contacting people and making a choice involves

more than just a simple conversation. I had to learn to ask the appropriate questions, and gather all the information to assure we chose the best photographer. Although it was a great experience, it was hard to let the other photographers know that they had not been chosen for the job. This, however, was an important part of the process.

Dressing up for the Gala was the perfect way to start the perfect night. Wearing high heels was especially fun for me (I am very short compared to all the Dutch people out there). Prior to the start of the Gala, the committee members held a fancy dinner with the boards of each association and their corresponding dates. This was a great way to get the event started.

Once the Gala began, I stood at the entrance, astonished to see the lines people formed to get into the event **we** had orga-

nized. I partied like there was no tomorrow, all the hard work had finally paid off. I danced with my friends, had some drinks (or perhaps many drinks), took nice pictures and danced some more. By the end of the night my feet hurt so much I had to give up on the high heels and replaced them by normal shoes. I had so much fun, but it was even more rewarding to see people around me were having as much fun as I was.

It was such a wonderful experience to organize an event like this one. The whole process taught me so much, but more than anything, it taught me to never underestimate a hard working team and everything that hard work can accomplish.

At the end, I can say that the Gala was one of the best nights of my life.





# Door Handle Review

Christophe van der Walt

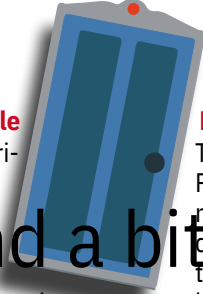
## Being in self-isolation for the past month and a bit means I have spent

an uncomfortably large amount of time indoors. Unfortunately, that means I have to interact more and more with my house's eccentric collection of door handles, so I thought I would write a little review of these mechanisms. This way, the good ones get the appreciation they deserve, while the bad ones hopefully get shamed into cleaning up their act a little bit. Just to be clear, the review not only concerns the handles themselves, but the entire door-opening solution. My concerns are about the user experience, not just the aesthetics.



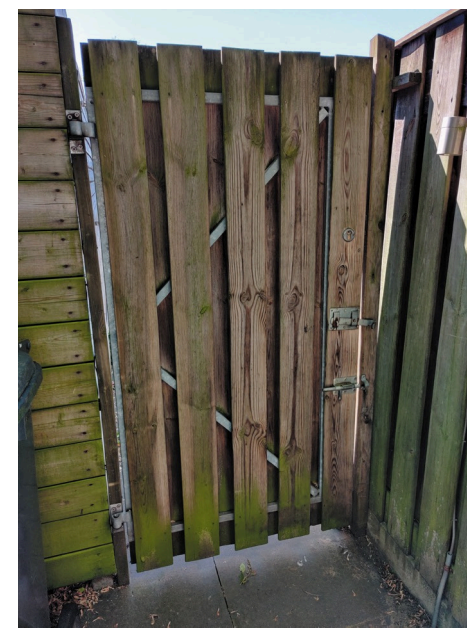
### Handle #2: The antihandle

This one's pretty terrible, it's on our back gate. Hinges swing the gate inwards, but how are you supposed to initiate this swinging? Well, you're just going to have to go and fuck yourself. "Grab me by the top and pull, you lazy bitch", the gate seems to say.



### Handle #3: The 3-stage

This one has an interesting mechanism. Pushing the handle down does indeed retract the bolt, but returning the handle home doesn't push it back out. To do that, you need to pull the handle up. The handle in its home position only serves as a comfortable way of pushing or pulling the door. This means that a typical workflow for opening the door goes: push the handle down, return it home, open the door, walk through, close the door, pull the handle up, return it home.



**Handle #1: The ol' reliable** These guys feature on all the bedrooms and bathrooms in the house. They're your pretty standard mechanism where you push down the handle to retract the bolt to open the door. They're pretty boring, but you don't really need to get very fancy with this kind of thing. In our house, they come in 2 variants with similar but distinct handle shapes. As you can see, the handles are both curved, but the one curves downwards, whereas the other curves back towards the door. Both are equally awkward shapes as far as ergonomics are concerned, as handles of this shape make it difficult to open doors with your elbow if your hands are wet or you're carrying 4 glasses and 3 plates back to the kitchen because you've been playing apex legends for the last 5 hours. As for the way they look, I'm quite partial to the bur-nished metal look, so they get full marks in that respect.



I can imagine you thinking Christophe you dumb dumb, can't you just get your fingers under the wooden slats and use that as a handle? That would be pretty ergonomic. Well the joke's on you, because the other side of the slats isn't properly varnished so you'll get mad splinters if you try that. I bet you feel like the dumb dumb now.

It does sacrifice ergonomics for novelty, but this is compensated for by the satisfying mechanical resistance involved in actuating the handle. It is really the perfect handle to use for when you need to blow off some steam. As for aesthetics, the shape is nice, but the matte black finish is quite a fingerprint/dirt magnet.

FINAL SCORE: 0/10 this handle isn't even a handle

FINAL SCORE: 8/10 would walk through aggressively again

FINAL SCORE: 7/10, good, but basic



**Handle #4: The wildcard** This one is similar to the ol' reliable in many ways. However, the wood around the screws has been scraped away over the years, so the handle assembly is no longer reliably embedded in the wood.

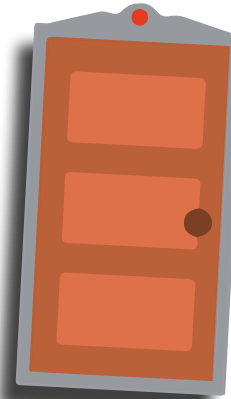
So, there's a 2-3% chance that if you pull on the handle, the handle comes with you but the door stays where it is. Despite this, the handle shape is slightly more suited to elbow opening, so it gets points for that. However, it doesn't actually work for a statistically significant amount of time, so it can't get a passing grade.

FINAL SCORE: 5/10 have you never even heard of superglue?

**Handle #5: The WTF handle** This thing is on our front door and it is quite a sight to behold. From the outside, you just see a tiny knob that has 2 positions: facing up, and facing across. None of these directly control the bolt. This makes this knob not so much a handle, but more of a selector for whether you're allowed to turn the front door key in the lock or not.

On the inside, you get an actual handle, as it can occupy the same positions as the outside knob, but can also be pushed down to slide in the bolt. The ergonomics go to shit because of how complicated this thing is to operate, sadly. It's also got the same matte white finish as the 3-stage so it's not that good in the looks department either.

FINAL SCORE: 6/10 nice try



**Handle #6:  
The Solid-State**

This one is quite a marvel of engineering. The handle allows you to move the door, but it doesn't move relative to the door at all.

The only moving parts in the door are the guide wheels that slot into the tracks along which the door slides.

Of course, the mechanism doesn't allow you to fasten the door shut in any manner, but a solid state mechanism such as this is infinitely less prone to failure, and what even is privacy in 2020 anyways? As for the physical appearance, I had to take this picture with a wide-angle lens to capture the sheer C H O N K of this door, so the handle isn't very visible. You'll have to take my word for it that it looks sexy af.

FINAL SCORE: 10/10 slide into me daddy





# ASTATINY

## Vo' Royale

This year the ATAC organised the beautiful game of 'Vo Royale. Initiated by last year's ATAC, 'Vo Royale is a game where the participants try to hunt each other down by lightly tapping them on both shoulders with a wooden spoon. Everyone has a ticket with the name of a particular fellow participant to tap. You are never safe, except for the boardroom of Astatine. The only place to safely get some re- freshments before entering the wild wild west of the Horst, with danger waiting around every corner. It is safe to say that this year's event was a big success and it should definitely be continued next year to officially make it an Astatine tradition!



## Signs that your online meeting is (not) going as planned

- No one is present at the arranged starting time
- 4 people want to tell something and will do so simultaneously
- Asking general questions to 5 people at one time... Either they all answer or no one does.
- Discussing the APs: Who actually did something Ah shit... my... mic. .. is .. .. "Ruben left the meeting" "I didn't have a microphone so I quickly passed by the Action. It only costs €1,50!!!"
- We can tell...

## Pre gala pong

Just like previous years right before the Gala "Fire and Ice" an activity was arranged in which you could either find a date or get to know your date a little bit more. This activity was a beer pong tournament against all dates present. For all we know many matches were played to conclude a winner. Now, I am not sure since I have not seen it happen, but we managed to find the winner at the TAP during the drink afterwards and he was completely wasted and really needed to get home. Anyways, well played Freek :)



## Staff Pizza Giveaways

At the start of the quarantine the staff organised a special activity for those that were studying Advanced Technology. As a student you were asked to fulfill the task at hand and the reward for the one with the most amazing or innovative answer was a free pizza! The first task was to show how you resolve the social distancing problems and the second task was to show how you stay fit while adhering the rules of the Dutch government.

## Zeton Excursion

Astatine isn't a very chemistry-focused study, yet the molecules, bonds and reactions around us do exist some. On February 4th, enthusiastic members of Astatine cycled from the university campus all the way to Zeton, in the hopes of finding out more about their engineering, design and fabrication services. Greeted with a cup of hot coffee or tea and an introduction to the company's history and current operations, we soon moved on to the exciting part: The assembly line. After taking an extensive peak in the factory hall, where some huge installations were being constructed, we finished the tour with some drinks and a nice goody bag.



# ASTATINY

# Home Alone

Annelies Klaassen

## Quarantine and Isolation: if you are reading this during the COVID-19

crisis you probably know all about it. Not being allowed to interact with people is a nightmare for us humans, we live off of social interaction. Without people around us, we start feeling bored, restless or anxious, depending on the kind of person you are. Some tackle social isolation better than others. Nevertheless, no one would voluntarily isolate themselves from any interaction with others for an extended period of time. But what if you have no choice? How can you stay sane when you are confined to your home, unable to interact with other people? This article explores the dangers of social isolation, as well as what you can do to avoid them.

### Lonely Experiments

Many experiments have been conducted to study the effects of social isolation. The language deprivation experiment is one of those and has been conducted a number of times over the course of history. In the experiment, new-borns would be raised in isolation to see what kind of language they would end up speaking. Due to the negative impact of the social deprivation on the baby's, this research is now forbidden, even being called "The Forbidden Experiment" by the American literary scholar Roger Shattuck. This is because being kept away from humans had a serious impact on the infants. Some of them simply died due to the lack of care, while others grew up, but were unable to learn things like speaking or walking.

More recent (and humane) research has been done, in which someone is locked in a room for a period of time, ranging from hours to months. One party conducting these experiments is NASA. Their purpose is to study the effects confinement and isolation has on astronauts who take long trips into space. After being confined to a room with nothing to do for more than three days, the people in these experiment started to show signs of anxiety, lose track of time and sometimes even started to hallucinate. Studies on social isolation show that going without interaction with others can lead to depression and a decline of cognitive abilities, but also more physical problems like sleep issues and deterioration of cardiovascular functions. This is partially because loneliness induces bad habits, but also because it causes chronic stress, which along with the sleep problems can do serious harm to your body.



### What can you do about it?

While most people interact with others regularly, some do not. In groups like elderly, prisoners or people with a disability, loneliness is more common, and with the current quarantine you might fall victim to it too. To help you get through these difficult times, here are some tips for battling social isolation.

#### 1. Meet up! (Just not face-to-face)

Stay in touch with your friends and family! Especially if you live alone, do not forget to message or facetime with the people you care about. That way you are not only helping yourself, but also them.

#### 2. Communities

A great way to tackle loneliness is to find people to talk with about the things you love. You can do this through online platforms or simply by talking to your friends.

#### 3. Set a goal/be productive

Restlessness is a harmful side-effect of being confined to your house. With too much time on your hands, it is important to have a daily routine and do something productive. It does not have to be a long-term project, simply cleaning your room or making dinner can go a long way in keeping yourself invested in a day.

#### 4. Go outside/be around people

Last but not least, go outside! If you have the opportunity to leave your house, be sure to take it. Confinement is a lot less oppressive if you can still go outside, let alone the fact that being outside is good for your health. Going out into town also lets you be around other people, which





# Let's Talk Climate

Jons Bolding

## Yes I know, with all this corona

makes you feel part of a group and is a direct counter to social isolation.

Quarantine is rough. We humans have survived by working together for thousands of years, which is why social isolation leads to many negative effects on our mental and physical health. To stay healthy during this pandemic, we have to support each other, either by reaching out to our friends or simply by keeping our family company. That is the only way to get through this: together, 1.5 meters apart.

### Sources

1. [https://en.wikipedia.org/wiki/Language\\_deprivation\\_experiments](https://en.wikipedia.org/wiki/Language_deprivation_experiments) <https://www.youtube.com/watch?v=iqKdEhx-dD4>
2. [https://www.youtube.com/watch?v=n3Xv\\_g3g-mA&feature=youtu.be](https://www.youtube.com/watch?v=n3Xv_g3g-mA&feature=youtu.be)
3. <https://www.nasa.gov/feature/conquering-the-challenge-of-isolation-in-space-nasa-s-human-research-program-director>
4. <https://www.apa.org/monitor/2019/05/ce-corn-isolation> <https://conversationswithlora.com/tips-for-social-isolation/>
5. *Image:* <https://newatlas.com/science/neuroscience-social-isolation-loneliness-antarctica-brain/>
6. *Image:* Kurzgesagt - Loneliness
- 7.
- 8.

to the quarantine regulations it might not seem like the time to talk about yet another crisis. Yes I know, this topic has been over the news again and again. Yes I know, you might not want to think about this because it is 'too complicated' or you do not think it will affect you or 'this is not the time, I am tired'. It actually is the time and it does not need to be complicated. There are simple changes you can

make in your daily life to save the world. Your behaviour won't push the world over the edge, but together we can still change the tide.

The issue of climate change is that there are too many greenhouse gasses (f.e. carbon dioxide and methane) in the air. These gasses contribute to keeping the heat from for example the sun reflecting of the Earth's surface in the Earth's atmosphere. The presence of these gasses



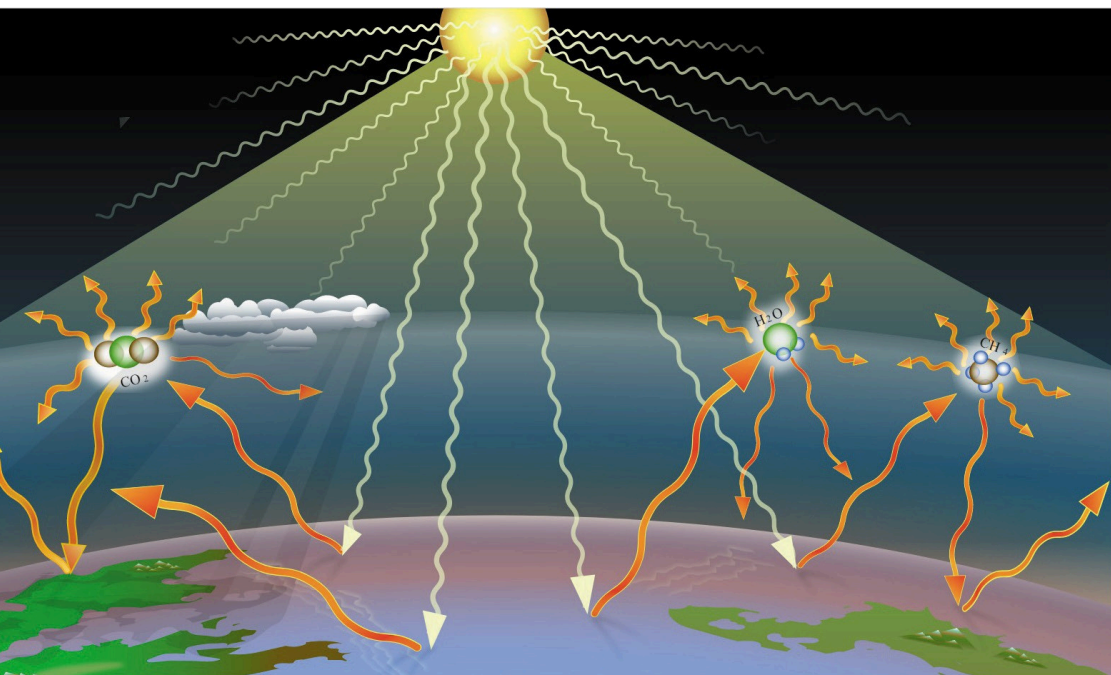
is good, as long as it doesn't become too much and disturbs the balance of the delicate ecosystem of the Earth. The Earth's ecosystem is like any other chemical reaction, always trying to be in equilibrium. Oh and currently, humanity is pushing this delicate equilibrium very far to one side by pumping these greenhouse gasses into the air like a madman.

Problem: Too many greenhouse gasses in the air. Humanity: Let's try to pump more greenhouse gasses into the air by flying around, eating too much meat (300 million cows per year worldwide f.e.) and driving in our oil consuming cars to every place on Earth. We are at the top of the food chain and behave as if nothing else matters. Why would it? I mean as long as the world is growing, the economy is growing and 'life' is getting better, it must all be going fine. Capitalists...

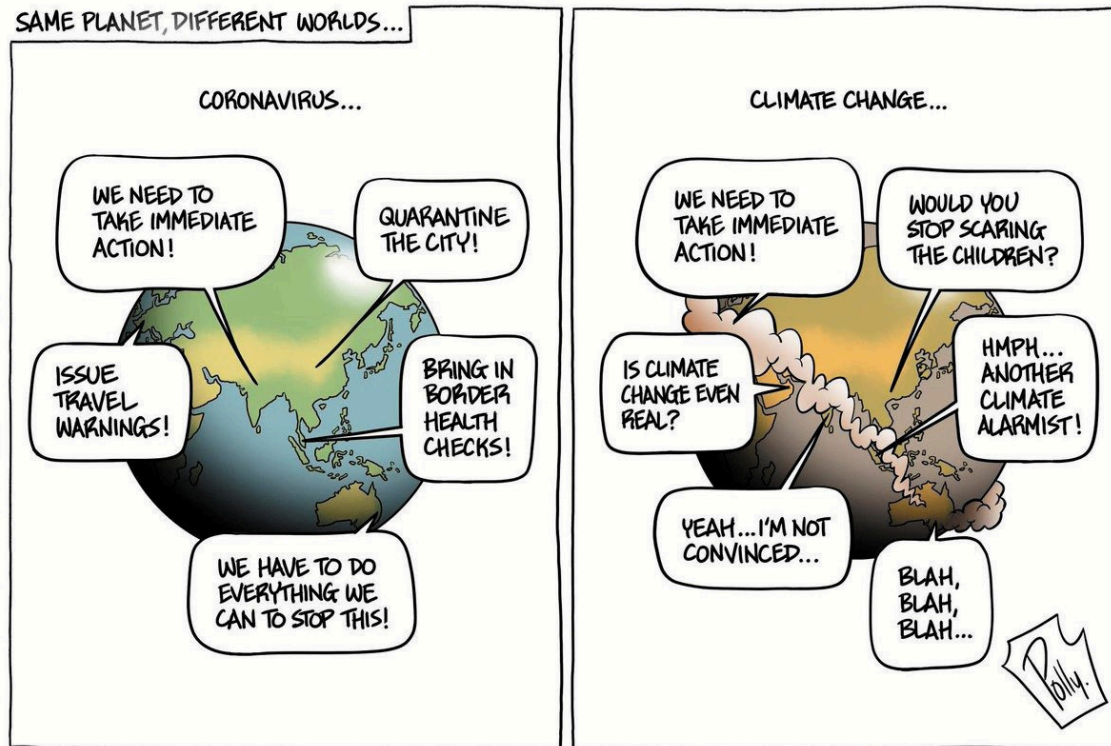
such as local draught and local flooding due to the ecosystem being in less of an equilibrium. Humanitarian disasters are bound to come our way in an ever increasing tempo. You only have to look at the increasing wild fires in Australia or the devastating hurricanes in the US. However, the 'third world countries' are the ones who will be hit hardest since they don't have the wealth to absorb the blows. As a result, more and more people will lose their homes and in an attempt to find a new home the wealthy countries close their border; thanks Turkey. We can still prevent the Earth from becoming 'too hot to handle', and the corona crisis actually shows some positives of not polluting the air like we usually do. However, we need to change our way of living and thinking instead of relying on global virus outbreaks to do the work for us.

But why should we change? Well, warming up the Earth has several downsides

While changing the life style of a single person won't prevent disaster, together



we can! Changing your own lifestyle can P.S. In this article soooo many things inspire others and spread this ideology have been left out but I do have some tips which could eventually mean saving the for you if you want to know more. Watch world. There are several things you can the Netflix original 'The Game Chang- do and I can definitely not name them ers' to know more about eating healthy all but just think about the choices you without meat and all the benefits it has. make. Eat a bit less meat – it is healthi- Research the Green deal Frans Timmer- er, better for the climate, cheaper, tasty, mans is trying his best to convince the EU etc.; fly less or at least compensate for to take. For the Dutch among you, read flying by buying trees; order a bit less 'Hoe gaan we dit uitleggen' by Jelmer on Alibaba; buy more goods which can Mommers. He is an optimist and explains be recycled; put your money into funds/this a lot better than I can in these <1000 banks which are 'good' – look at www.words. Or closer to home, marvel at the eerlijkegeldwijzer.nl for sure. Just some works done by former AT'er Werner who things to think about. We can save the is in the board of the 'Jonge Klimaatbe- world, but we can't do it alone.weging'.





# Bob Ross Workshop

Timon Smit



**“There are no mistakes, only happy accidents”**

## Breathe in and breathe out, be

happy and prepare yourself to come along on a magical journey filled with lots of “huh”, “What is he doing now!” and of course “How did he do that???”. I have to say that the Bob Ross painting workshop was definitely an interesting experience. After a while people started taking “Don’t forget to wash the brush, just beat the devil out of it” a bit too serious. There was a good reason we stretched a thirty-minute video over a workshop of two and a half hours, Bob Ross is one hell of a fast painter. And in true Bob Ross fashion, most of the time you had no idea what was going on right until the very end. However, the looks on people’s faces when they first saw what they had created with their own hands was priceless. Blood, sweat and tears went into each and every painting and I dare say that all of them were a huge success. I have seen people give them to loved ones or hang them above their fireplaces, they all have a special place in people’s hearts. That’s what Bob Ross does, he helps you find the power to create anything, to do anything.

**“This is your world  
You’re the creator  
Find freedom on this canvas  
Believe, that you can do it,  
‘Cuz you can do it.  
You can do it.”**  
Bob Ross



**We love you Bob,  
hope you’re happy up there  
in your happy little clouds.**







\*Galamorous







# The 16th Candidate Board

## Timon Smit

Aloha, my name is Timon Smit and I have been a proud member of Astatine for almost 2 years now. From an unknowing and lost first-year to a candidate for the board of Astatine. I never thought I would ever do anything like this in my life but my time at Astatine changed me a lot. Some changes for the better and some for the worse. This place and the people here have shaped me into the person I am today, and I love them for it. I would not call myself a responsible adult yet, but I am guessing that will come somewhere in my thirties.



I applied for the candidate board because I wanted to move up in the world and experience new things, and what better experience than being part of the mechanism that runs Astatine. Now, of course, you want to know more about those in charge of running your beloved association. So, I will talk a bit more about myself now.

I was born over 21 years ago in a village far far away from here named Volendam. How does a small-town country boy from Volendam get to Enschede you might ask? Well, I got bored of the scenery. Now, let's move to my more bodily information with the sports statistics. Even though I never liked any sort of competition I am quite the sporty guy. Starting as a small 12-year-old with athletics, then I finally acted on my love for swimming and went on to practice my floating skills for 2 years. With the move to Enschede also came a move in my interests, no longer was I climbing random trees and buildings, in its place I have been bouldering for almost 2 years now. I hope that I have answered some of the more basic questions here but if you have more you can always come by the brand new board room next year.

~~30~~



## Jan den Uijl

Hello there, it is me, Jan den Uijl, and I am the candidate chairman of the 16th board of S.A. Astatine. An absolutely amazing association where I have spent my past two years being as happy as one can be. Because Astatine is an amazing place, full of kind people and fun activities. I would say that the members' room is my favorite place to be on campus, not only because of the warmth I feel in my heart every time I think about its comfortable couches or the hospitality I experienced when I first showed up there but because of all the exciting memories and pleasant thoughts that never cease to cheer me up. When I am not at Astatine, I am probably hanging out with people from Astatine. That's because it was at Astatine where I made a very nice group of friends who you might know as 2P^2. Next to indulging myself in the regular drinks hosted in the TAP I really enjoy playing rugby at ERC'69.



As far as my Astatine history goes; it all started when I joined the BOSS do-group and had an amazing time with my fellow kiddos. During my first year, I joined the ATAC and hosted the TNW-activity. I went on the BuCom, a must go, and, of course, joined the amazing BOSS. In the second year, I became a do-group parent for 2P^2 and later on decided to become chairman of the KITCAT. Next to this I joined the TAP board for Astatine and became a kandi, which is still exciting to say. I am very delighted to be a part of this board and am looking forward to the coming year, and so should you! This is going to be an amazing year where we not only get to fully experience our new location but we will also have a lustrum. A lustrum! Too cool.

Op de Hoogste!



~~31~~





## Stéphan Bosman

Hey! I am Stéphan, the candidate treasurer of the 16th Board of Astatine. If you are part of the younger generations of AT there is a higher chance you don't know me yet, as I have already been around Astatine for a few years. 4 years to be exact, and with that, I hope to finish my bachelor before actually becoming board. It has been a while since I wanted to become board of Astatine and I am ecstatic about finally having this opportunity! Officially, I am 100% Dutch but I was born and raised in the south of France by Dutch parents and went to a local school, so if you know more French than "baguette" or "Bonjour monsieur croissant" do come by and we can have nice French conversation! Then, when I had to choose where and what to study, I turned towards the Netherlands for the more international orientation which was more to my liking than the full



French programs. When looking into Enschede I did actually start studying ATLAS but quickly realized it was not made for me. So the year after I changed to Advanced Technology which, even though I have taken my time, is a much better fit. Back in France, I practiced both badminton and rock climbing all through high school, but once coming to Enschede I decided to try something I had wanted to do for a while and that is dancing. I have been doing ballroom and Latin for 4 years now and threw in some salsa/kizomba in there as well in between. Next to my job as Treasurer, I would also take on the roles of man commissioner of Masters. Meaning that not only will I ensure the flow of cash within Astatine but also the active involvement of our master members. Op de Hoogste!

## Jenny Agerbeek

Heyy hey, my name is Jenny Agerbeek and I'm really happy to be part of the 16th candidate board. When I was choosing a study UTwente was definitely on my no-go list but well how that changed. Almost 2 years in and I do not regret my choice to come study here at all. As a shy and awkward first year, I came to the kick-in and had an amazing time, still a bit shy and awkward at times but now with awesome friends and great memories. In my first year, I soon came to find Astatine as a safe space on the UT, not only with people from my year but also with the older years who could tell me how things work around here. There were different committees that took my interest such as Nicat, BOSS, and LoA. But who am I next to just another Astatine member you might ask? Well, if you know me you probably know the overload of energy I can have which often results in really random ideas and activities.

This energy was always put into sports such as field hockey, tennis, volleyball, soccer, you name it. Last year I found other things that took a bit more time and energy. At the beginning of my second year, I joined student association ASV Taste, here I can be found spending a lot of nights with my year club, either partying or having a borrel.

I think this has given you a bit more information about who I am, hope to see you all in the new Astatine rooms next year! Hou-doe hé!



Roos de Vries

Dear reader,

Most likely, you are stuck in quarantine. So am I. I went looking for a dish with the following traits:

- It contains local ingredients (to minimize the need for travel, look for ingredients from the Netherlands).
- You may not have had before (food is one of the few distractions we have these days).
- It is healthy (to support your immune system).
- It is perfect for the wonderful weather we are all suffering from. It can entertain you all day.

### You will need:

- 10 ripe tomatoes
- 1 small onion
- 1 small cucumber
- 1 bell pepper
- 1 clove of garlic
- Like 10 basil leaves
- A dash of wine vinegar of some variety
- A dash of good olive oil
- Salt
- Pepper

Without further ado: **Gazpacho!**

### How to, the easy way

Throw everything in a blender. Blend. Season to taste. Chill for a couple hours. Feast.

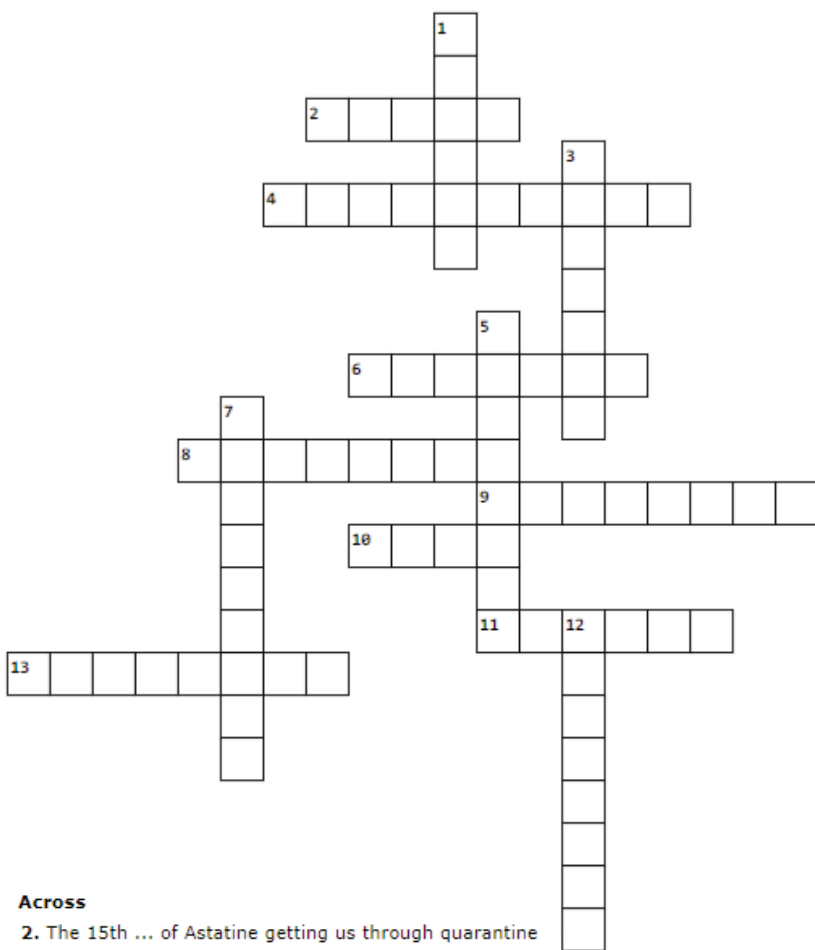
### How to, the hard way

Save some of each ingredient for garnish. For the rest, it's the same deal. Maybe serve with bread?

### If you taste it and it's not your thing...

... turn it into a Bloody Mary! Pour two shots of vodka into a tall glass. Top off with Gazpacho and then add a couple olives and a few drops of tabasco. There! Delicious. Should keep you entertained for hours.

Stay strong!



#### Across

- The 15th ... of Astatine getting us through quarantine
- Increasing ... gases are causing climate change
- Committee in charge of arranging the most formal party
- Activity where a group follows an activity in a particular field (Bob Ross)
- First name of our newest member
- Massive Online Open Course
- University in England with an AT alur
- Group that won the online activity "A

#### Down

- Disease transmitted by bats in 2020, Covid-19
- Activity aranged by the board which was online
- A Spanish cold soup
- Topic of Christophe's review
- Theory of Dreams giving a voice to the unconciousness



# Ruben's

**DECLASSIFIED**

## Quarantine Survival Guide

### Tip #118: Start a Cooking Career

Even though you are in quarantine, everyone needs food to stay alive. If your roommates do not provide food for you every day, you can start a cooking career yourself. Now you have the time to try working on some recipes that need more time than the usual 30 minutes you get normally!

### Rule #133 Binge watching

I know, I know, studying first. However, I am also human. There are at least 2 series on your list that need to be watched. Let's start with one and finish it today, okay?

### Tip #76 Cleaning your room?

This might be a thing you do usually, but if not then pay attention. Your workspace kind of resembles the same mess in your head when trying to solve that difficult homework exercise. Making sure your room is clean makes sure that you have a calm mindset to struggle through the questions.

### Tip #10 Puzzles

Puzzles are things that you can do together or just take your mind off something on your own. You could start a 3000 piece puzzle with your roommates, which brings you together and gives a fun thing to do. Or you could broaden your train of thought with a crossword or sudoku once in a while.

### Tip #300 Podcasts

This is something I have tried myself lately, just listening to some people discussing a subject they have researched... or not. You might feel alone during quarantine, or you might get sick of the same people around you. Having some unfamiliar friendly voices to listen to while entertaining you with a common, but interesting subject can really help relaxing.