

THE REGINA MUNDI TIMES

All about the big world we live in

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Attack on Capitol Hill

by Giorgia Perego, Sophie Seraj, Lorenzo Indorato

On 6 January 2021 some people, Donald Trump's electors, decided to make **a revolution** in Washington; they wanted to deny Biden's election.

It all started 5 January when these people gathered in Freedom Plaza, after other people started the "Save America March". Donald Trump said to his supporters to march peacefully towards the Capitol, where the Council meets.

These were some of his words: "You'll never take back our country with weakness. You have to show strength and you have to be strong. We have come to demand that Congress do the right thing and only count the electors who have been lawfully slated."

But what was the real meaning of this action, and what did it cause? When Donald Trump was elected he swore to defend and preserve the constitution, but instead he had incited his supporters saying that **these elections had been stolen** and that the result wasn't correct. By doing this he questioned the legitimacy of the election standards and so did his supporters.

The main problem with this situation was that **they were destroying Democracy** from the inside. They created a crisis for the government and all the people that work in politics. Democracy is based on freedom, popular vote, and opinion. These criminals tried to break this system and thankfully they were punished for it.



The constitution requires that Congress count the votes and announce the result on 6 January. Even though Donald Trump's supporters stopped this process, in the end democracy won.

Alexei Navalny: the Spokesperson of the Russian People

by Martina Jia Jia Hu, Benedetta Pellegrini, Angie Vanessa Caciagli

Freedom of speech hasn't always been granted in every country of the world. In retracing history we can say that ordinary citizens were deprived of it and only people who were powerful, could say what they were thinking. This is what happened not so long ago in Russia to Alexei Navalny, who has criticized the bad government of Vladimir Putin.



Alexei Navalny, leader of the Future's Russia, which is the political faction which he belongs to, was sentenced to three years and a half in jail. The reason? He had expressed his opinion about Putin's work as the president of Russia. After coming back from abroad due to political commitments, Navalny was poisoned by a nerve agent, that according to him, was ordered by Russian security services. Due to the immediate poisoning he ended up in a coma and then in intensive care but fortunately, he was lucky and thanks to the care of his doctor, he managed to recover.

Under a false identity, after leaving the hospital, he did some research on the alleged poisoning and thanks to an agent of the Russian services who confirmed the poisoning of Navalny he published a video on his social media about it. For this video, he was sentenced to two and a half years in prison.

The Russian population, hearing the news about Navalny, decided to make numerous protests in favour of the convict, but since the officers were on the side of the president, they arrested many protesters and because of this Navalny's sentence was extended by the judiciary.

Navalny's current situation is not yet certain because of the various trials that have been reopened by the State. It is a complicated affair to resolve with few words, especially since legal action is being taken between two important political figures. We think that the prison sentence was a hasty decision because it is not right to censor a person, who was probably innocent, because of words spoken against the President's government. We all have the right to speak but above all to be heard without risking our lives.

Covid19: The Impact on the Italian Economy

by Tommaso Confalonieri, Andrea Lacquaniti, Paulo Serrano Tello

The blockade imposed by national governments on more than half of the world's population to flatten the contagion curve has hit the world like a meteorite, pushing the global economy into the worst recession since World War II.

Since January the impact of the epidemic has shifted from a localized supply shock focused on China which in any case sent shock waves through the world supply chains and led to a violent demand shock that has damaged consumption and investment not only in China but also in Europe, the United States and Latin America. So we entered a strong global recession in the first two quarters of 2020 in the vast majority of developed and emerging economies.

This situation was followed by a recovery in the second half of the year, with a reopening of world economies and various sectors as the confinement measures were relaxed.

The new strategy based on light and targeted lockdowns as a response to the second wave of virus spread, has effectively cooled expectations of recovery in the second half of the year.

The challenge today is represented by the success of the vaccine campaign: the faster the immunization rate of the part of the population most exposed to the risk of infection, much faster the restarting of national economies will be.

But what will be the impact on the growth of our country?

Italy, which in Europe is among the countries most affected in terms of infections and human lives lost, saw a decline in GDP of 8.8% in 2020. The causes are obviously the blockage of social

and productive activities in the home but also the greater dependence of our economy on services compared to Germany for example. Think of tourism which is the sector most affected by containment measures.

The crisis caused by Covid-19 brought Italian public debt to 160% of GDP because all Governments and Central Banks have put in place extraordinary measures both monetary and fiscal to cope with this crisis.

And which sectors have been affected?

It is difficult to think of sectors that will emerge unscathed from the current blockade of social and economic activities in our country, but the pharmaceutical industry has maintained a low risk profile and we think the food industry has doubled its turnover due to the high demand. Are there other sectors which have done well??? Yes. Before Covid-19 online shopping was frequently used by people, but with the arrival of the pandemic, online spending increased by 160% all in a few days, since you could no longer shop in stores, everyone relied on online platforms. The online site that surprised us the most is Amazon who in 2019 without the pandemic had a revenue of 280 billion and in 2020 with a global pandemic the turnover of Amazon has increased by about 100 billion, amazing numbers. Another area that resisted well is fitness equipment. With not being able to go to the gym everyone is creating a home gym.



Finally in the telecommunications sector things went well.

Most of our interactions before the pandemic were face to face, live, in real life. While now work, school also our hobbies are all online and one can presume this will have an exponential growth in the future where everything you can think of will be online!!!

Teenage Life in Covid-19 Times

by Andrea Molina, Caterina Gregori, Federico Pace

For several weeks, schools in Lombardy have been open again. However, we as students missed loads of normality, for example: during the period in which we followed school remotely, we were completely exempt from the social life that we had in the classroom and we found it very difficult to follow the lessons from home where there are more distractions than at school. Even if we pay attention, in front of a screen it fades after a while. The whole situation was too surreal and it was difficult to resume a normal routine like getting up early, taking the bus and going to school.

Unfortunately, going to school and using public transport also scares some families and took getting used to again.

Right now we are going to school at 80% attendance and compared

to before it is much better because we can see our classmates and teachers face to face all hours of the day for 3 or 4 days a week and do oral and written exams in attendance.

We hope that this situation will be resolved as soon as possible, that we'll be able to finish the year together with our classmates and not at home, and that we'll be able to go out again and have fun like we, as teenagers, are used to doing.

Jewish Culture

by Ludmilla De Costa, Pietro Radaelli, Alice Alfano

The Jewish Culture and Jews are not a nation and they are not only a religious faith, much less a race, as their persecutors have wanted to believe. They are people who have been living a good part of their history scattered among other people, between different cultures and languages, while continuing to safeguard their cultural identity, not only religious but ethical, human, historical and ideological. In their more than two thousand years of life Jews have kept their customs, language (Hebrew), cuisine, prayers and study of the Torah.

Today, under Jewish law, anyone who is born to a Jewish mother or converted to Judaism is a Jew. However, the definition is not so simple, because Judaism is not just a religion but above all a life practice, and a Jew is not an isolated faithful but it is a part of a single person. As I said earlier, Jews study a lot and study the Torah, which means “teaching” and is the starting point of Judaism. It includes history, doctrine, practice, religion and morals. Therefore, together with the Ten Commandments, it forms the doctrinal basis of Judaism. With the conquered equality of rights, Jews in fact had majestic temples built by the most important architects of the time which are clearly visible in the city panorama. But now let’s talk about the most important festival in the Jewish culture. Every year during the month of February, the Youth Authority of Jerusalem organizes the culture’s festival called Shaon Horef. The streets of Jerusalem become a lively cultural centre in which hundreds of young people participate and there are a lot of events which always include music, dancing, street theater, multimedia art, cooking workshops, parties, conferences and exhibitions. Most conferences, debates and workshops are in Hebrew, but this doesn’t mean that a person who doesn’t speak Hebrew can’t participate in the festival because it doesn’t require the mastery of the language to have fun. The majority of the events are free and their entry is based on the availability of the places. The festival is always on Monday and so during February Jerusalem is full of people.



Also, you can eat the typical foods of the city and it is a moment to discover the customs of a new country and to spend time with family. The citizens of Jerusalem sing typical songs with a guitar and they invite the tourists to sing and to dance with them. The winter light festival is another one of the several annual events organized in different parts of the world and among different cultures, to celebrate the end of winter and the beginning of the light season with art workshops, light designs, live music and street food. The Jerusalem Festival of Light is celebrated at its location in the Old City. Tourists and all kinds of locals enjoy the thoughtfully crafted light sculptures, viewed while walking through the usually darkened cobblestoned streets and alleyways. Jerusalem has hosted its Light Festival since 2009. It displays the work of leading international artists who use light as their creative medium. In 2011, the festival drew over 200,000 visitors. In 2012, the show was extended into other neighborhoods of the Old city, including the Rehov Hagay, the main commercial street.



“The Time Is Now!”

Countries are rushing to restrict abortion, or to protect it

by Chiara Cavalli, Giulio Savini

“As a woman they don’t respect me”,
said Dr. Parzynska, one of the few doctors still performing terminations.

“We are not masters of life and death”
declared a woman protesting.

“In reality this decision is up to God” said an interviewed woman supporting the new law.

In February lots of Polish people began protesting against new measures taken by the government about abortion and we have seen huge crowds flowing into the main squares. However, this reality is also affecting other countries in the meantime. Here is what we know so far.

A war has erupted in the streets of Warsaw as two cultures collide: protests have been taking place across Poland following the introduction of a near-total ban on abortion and demonstrators have defied Covid restrictions and freezing temperatures in order to protest; waving red flares and LGBT flags; some carried placards reading “Free Choice, Not Terror”.

People are very angry and think that authorities are scared and fear they are losing power. One of the strongest movements for the battle for abortion is “protest HQ”: here women are plotting their next fight against this new law in



Poland which bans nearly all abortions due to a ruling in October by the *Constitutional Court* which found that a 1993 law allowing abortion in cases of severe and irreversible fetal abnormalities was unconstitutional. Thousands of police have been brought in to stop the protest: they are blocking every turn.

Poland already has some of the strictest abortion laws in Europe and around 1,000 legal terminations are performed each year. Also, an estimated 200,000 women have abortions illegally or travel abroad for it. The Polish law bans them even in cases where the fetus is malformed and the baby will die after birth. Termination is now allowed only in cases of rape, incest or when the pregnancy threatens the life of the mother. Shocked by this backlash, the government has delayed the ban, leaving women and doctors in limbo.

Dr. Parzynska is one of the few doctors still performing terminations, while many hospitals have already stopped in fear of breaking the law. As everyone knows, Poland is a deeply Catholic country, so many people here do not agree with abortion for religious reasons. The Polish government has portrayed abortion as an *attack* on traditional family life and even on the country's faith, but despite the conservative attitudes there, this ban has been met with surprising resistance.

As the weeks pass, this battle has intensified and in Poland almost all authorities are cracking down: pensioners are dragged off the street, others are beaten, and pepper sprayed "We are very happy that this judgement has been published. It is a great step towards the realisation of human rights for all human beings. This also means there will no longer be discrimination against children who are sick or disabled," said Karolina Pawlowska from the *Ordo Iuris International Law Centre*; she also added that the court's ruling was in line with the *Polish constitution* and UN treaties on the rights of the child.

Of course, it seems like a never-ending debate, as it deals both with women's civil rights and the fact that every human being has the right to live and to reach their potential; whereas people born with disabilities can live full and happy lives. Several countries are still developing their own legislation, so that in the following months and years we will see the results!



Formula: Lewis Hamilton

by Luca Colombaretti, Luca Durante and Alessandro Demme

On January 7, 1985, Hamilton was born in Stevenage, England to Anthony Hamilton and Carmen Larbalestier. Following the separation of his parents in 1987, Hamilton lived with his mother and half-sisters Nicola and Samantha until the age of twelve, before moving in with his father. He discovered his passion for engines in 1991 after receiving an electric model car as a gift from his father. Realizing Lewis's passion and talent for racing, Anthony went into debt to get him into a kart.



In 2003 he won his first title: The Formula Renault 2.0 UK Championships, with 10 successes in 15 races. In Formula One Hamilton has participated in 266 races, 95 of which won. Some of his most important races were the global ones; he has won 7 global titles. Finally, he got 3778 points and holds the record for most points scored by a driver and he still has a whole career ahead of him.

As we have already seen in Hamilton's private life, he lived a very tormented life where the only outlet was racing. Early on he competed in 2 Grand Prix winning 5 titles with 14 additional podiums. After he was seen by McLaren at the age of 20. McLaren at that time was a very strong team that had no rivals. Hamilton spent from 2007 to 2012 driving for McLaren after moving to Mercedes which is the current team of the American championship. During the first 3 years Nico Rosberg was his partner, a German driver who then retires. His next partner was Valtteri Bottas with whom he wins many world championships and many races. The English champion however has made many slips, not least that of when he made evening crashes with racing cars.

Hamilton is currently still racing at the age of thirty-six. He has broken many records including the number of pole positions, races won and titles won. He has also surpassed a legend in this sport like Schumacher and for this reason he is the strongest rider ever. According to us Hamilton will be the protagonist of Formula One for many years to come.

In addition to racing, in 2007 he participated as a guest in an episode of Top Gear, recording an amazing time of 1: 44: 7 (in the wet) and 1: 42: 9 (in the dry) on the circuit. In the movie Cars 2 he was the voice of McLaren. He also returned to this role in Cars 3. In July 2020 he revealed, with an Instagram post, that he is the rapper XNDA, featured in the album Liberation by Christina Aguilera.

Fires All Over the World

More specifically in Australia

by Greta Sibeal Torelli, Letizia Berno, Filippo Grazioli

Fires have always been present during human species life, but now this phenomenon is getting worse due to humans who are the cause of 96% of wildfires. One of the principal causes is the increased temperatures in the ocean which has created a drastic change in the climate favoring wildfires.

“More deforestation means an increase in climate change, which increases the chances of the vegetation drying out, which in turn increases the risk of fire and so on”

This is what scientists are saying to make people understand how deforestation, climate change and wildfires are all connected. The fires are increasing the greenhouse gases and 8 billion tons of CO2 are released daily by fires.



Including Australia, fires have hit also Portugal, California, Canada and the Brazilian Amazon. In Australia the fires caused tons of victims, two thousand houses destroyed, high temperatures, strong winds and the extinction of many species. With the destruction of many habitats, associations are trying to improve the situation of the fires. In Australia many associations that want to fix the situation were born, like: NSW Rural Fire Service, Country Fire Authority and Rural Fire Brigades Association. Our world is struggling and as we said before fires are destroying big animal habitats, like the Amazon, and also increasing really badly the pollution that is bringing the world every day closer to its end. We can tell how bad the wildfires have become by talking about a really unique phenomenon: the first time in history that fire met with ice which happened in 2019 during a wildfire in the Arctic.

And we aren't finished yet! Scientists said that Alaska increased its temperature by 32 degrees, creating for the first time in 10,000 years the possibility of a wildfire. Then always in 2019 hundreds of fires burned a lot of land in Canada and in Siberia 9 million hectares of forest in total were burned down by these fires.

One of the worst fires that affected humans the most was the one in the Amazon, which is getting always drier and creating space for fires, like the one in 2019 that caused the loss of 80% of the forest. Fires are serious, but preventable and they don't have to be a major threat.

By following these steps, any facility can reduce the risk of a fire:

Train all employees on fire safety: if employees work with flammable materials, they should know how to handle them correctly and be punished if they violate any protocol.

Keep workplaces clean: employees must regularly clean any areas that generate dust, no matter the material.

-Install a reliable fire suppression system: it's paramount to have a fire suppression system in place. If a fire does start, a reliable sprinkler system will minimize the damage.

Flyte

by Andrea Bellocchi, Paolo Cattina, Andrea Maria Rovati

Flyte at first may seem like a simple light bulb to fit into a chandelier, but it's not so! Flyte is a bulb that rises thanks to the magnetic suspension. For this to work there is a special base to be placed under the bulb.

This futuristic light bulb was invented by designer Simon Morris. The creation of this light bulb took its cue from the hoverboard present in the famous film "back to the future".

How is it made?

The light bulb is made of unbreakable plastic and uses LEDs, which are energy efficient. It has a long service life of about 50,000 hours. The bulb base is made of wood and contains a wireless receiver and a magnet, so that the bulb floats.

How does it work?

The power supply of the base is supplied by induction, then with a simple socket to connect into the current. This base is also multi-purpose, for example you can charge your phone by simply placing it on top of it, just because it uses wireless power. To switch the light on and off it is only necessary to touch a button that is located on the base.

This light bulb can be found in Sweden, the country where it was produced, on the Flyte website, or on other sites like Amazon.

It has quite a high cost but has really great performance because it has a very long life compared to a normal lightbulb.



A Mediterranean Lifestyle

by Giulia Carpenito, Alice Agnese Tonelli, Stoian Passaquindici

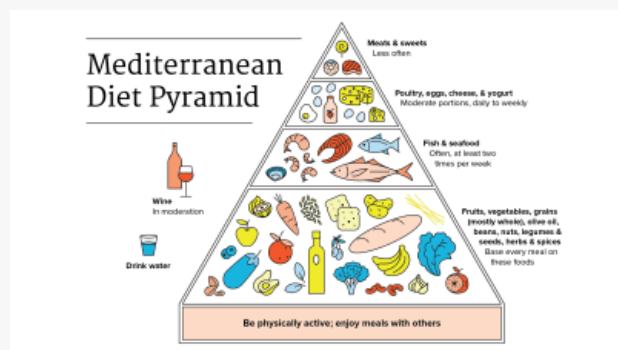
Do you know the perfect mix for a correct lifestyle? The perfect combo is to unite alimentation with physical activity. In this article we want to talk about these two elements to suggest to you how to keep in shape.

MEDITERRANEAN DIET :

Like physical training, diet is essential for the well-being of one's own body. There are many types of useful diets but the most effective is the Mediterranean diet. This diet helps you lose weight in a balanced way and without having to give up too many foods.

It's based on the consumption of foods that are typical of the Mediterranean basin, favouring: grains, vegetables, fruit and the use of oil. Instead, red meat is not very present, neither are animal fats, while wine, sweets, cheeses, fish and eggs are eaten sporadically.

In 2010 this diet became part of the Unesco heritage project since this type of diet was specifically studied to be applied as a natural lifestyle and, at the same time, makes you lose weight.



The food pyramid of the Mediterranean diet provides that greater importance is given to the foods that are present at the bottom, where the foods with greater importance are found. Every day you should drink at least 2 liters of water and consume 3 portions of fruit, 2 portions of vegetables, and unrefined grains should be consumed at least twice. The weight of the portions of pasta, rice and grains varies and a nutritionist will decide how best to balance your diet. Usually you will have between 60 and 80 grams of pasta or rice per meal, trying to mix them with seasonal vegetables. The important thing will be to pay attention to the condiments for a light Mediterranean regime, avoiding excessive seasoning with oil and salt on your dishes. As we have already mentioned above, wine and alcohol will not be eliminated as it is an element present in the Mediterranean diet, albeit in small quantities. Who should we talk to before starting a diet? Before starting a diet it would be advisable to speak with a specialist in this field. A dietician, also known as a nutritionist, is a doctor specialized in human nutrition who can diagnose, prescribe drugs and formulate diets (= dietary lifestyle) suitable for the situation (pathological or not) of the individual.



PHYSICAL ACTIVITY:

Let's begin by saying that doing exercise improves your lifestyle because it provides both physical and mental benefits. We'll start with the physical side: doing sport improves your cardiovascular activity and also respiratory functions. If you constantly do exercise there will be a reduction in health risk factors because it will lower the risk of cardiovascular diseases. The probability of the risk of the cancer will be less. In addition it increases the metabolic rate which is useful for example to lose weight, to tone, to build muscle mass, to fight against obesity; it is suitable for any goal! The mental benefits are an increase in the feeling of well being. Doing exercise improves your mood, gives you energy and it helps you to fall asleep faster while improving brain function. Last but not least, physical activity increases self-esteem and can improve your overall body shape. You can workout only a few times a week; it is enough! If you have some extra time you can find a lot of videos on YouTube, you can ask your friends, you can contact a personal trainer or you can just go for a walk. Doing some research, we have found out that if you want to keep in shape you just have to go for a walk for 30 minutes every day. But if you love sport, because it makes you feel alive, you can try these 2 types of workouts:

CARDIO: you don't need any type of equipment. Cardio is an intensive workout that is very useful if you want to lose weight. You can prepare some circuits composed of $\frac{3}{4}$ exercises that you can repeat for as many times as you want. You can include: jumping jacks, jump rope, burpees or simply go for a run or a bike ride.

WEIGHT TRAINING: if you want to do this type of workout you will have to join a gym or buy some weights. It is very useful if you want to increase lean muscle mass and if you want to improve your body shape.

It depends on your free time or on your goal, but personal trainers and doctors say that it is best to dedicate one hour 3 times a week to do something not only for your body but for your overall health.