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# BEYOND THE *BUBBLE*

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**CARPE DIEM**

*Seize the Day*

ISSUE // #6

DATE 12/07/24



Cover by Nidhi Pandit

# FROM THE EDITOR

Hello and welcome to the last edition of Beyond the Bubble for this academic year!

As the school year draws to a close and summer holidays begin, the team at Beyond the Bubble has chosen "Carpe Diem," or "Seize the Day," as the theme for this edition. This phrase represents more than just a theme—it's a lifestyle. It means waking up every day with purpose and going to bed each night with a smile and a sense of pride or joy, knowing you did your best. It could mean stepping out of your comfort zone, achieving something beyond your usual boundaries, or simply getting out of bed on a difficult day.

In truth, everyone's way of seizing the day is unique and deserves to be embraced and celebrated. The reason behind this theme is to remind us that, in our daily lives, every task we accomplish is an achievement worth recognizing. It's also a gentle nudge to try something new and perhaps discover more about yourself in the process so that you venture beyond your bubble and truly seize your day.

This edition features various interpretations of Carpe Diem, including stories about renowned scientists, former Herschel students, food, cinema, and even our original guide for Herschelites to make the most of their summer. We hope you enjoy reading this issue as much as we enjoyed creating it!

This is my first edition of 'Beyond the Bubble' as the editor and it was my absolute pleasure working with this very talented team filled with eager students and our lovely Mrs Sahi. I aim for Beyond the Bubble to be as interactive, vibrant and bubbly as it can be, and I look forward to creating more editions with the team. I hope you find this issue to be a tad inspirational as well as a good read!

*Until the next issue!*

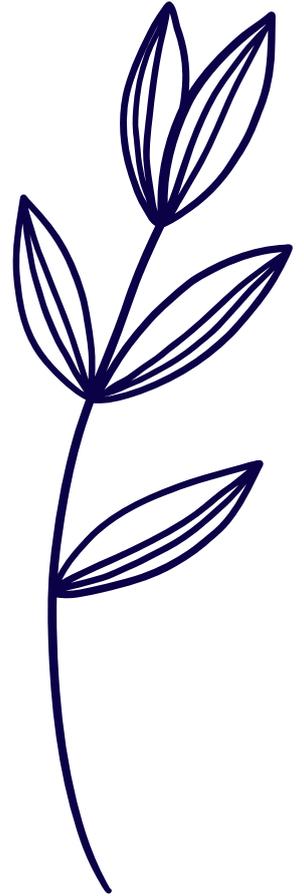
*Tanisha Shah*



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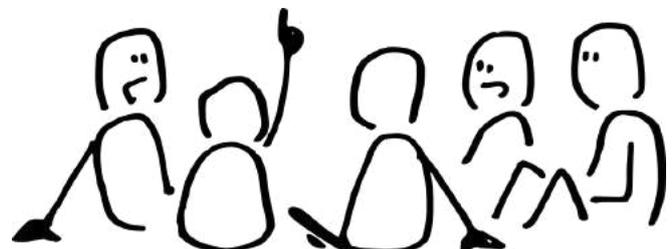
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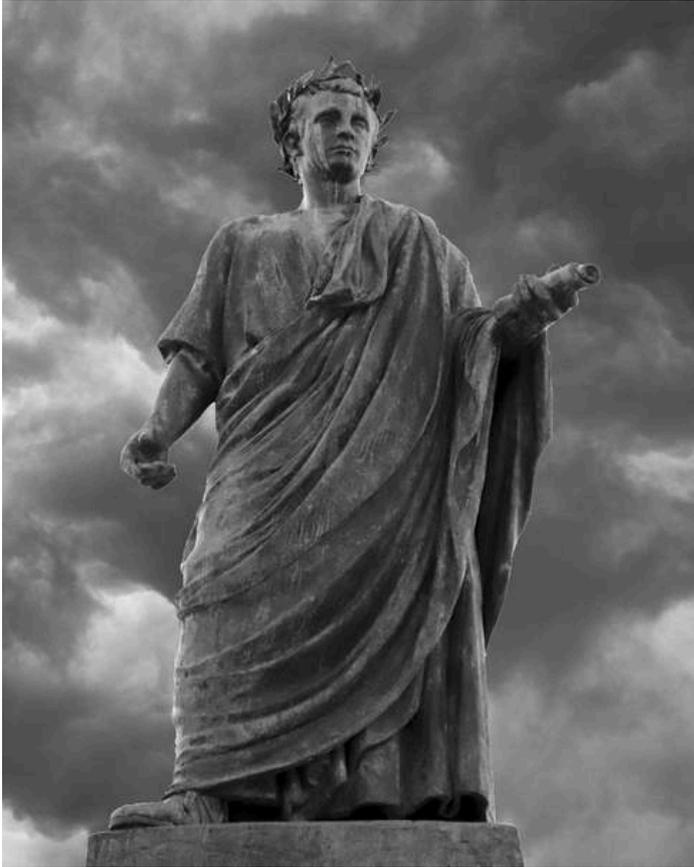
Happy Reading!



# The Story Behind Seize The Day

By Sandeep Kota

Quotes have always been around since the time of humans. They have been used to represent love, warnings, or simple advice. The quote to "seize the day" is a good example of this and has been used for centuries and is still popular among people. In this article, we will delve into the origins of the quote "seize the day."



The phrase 'seize the day' originated from Rome by the Roman poet Horace more than two-thousand years ago. 'Carpe diem' (the Latin translation of this quote) is one of the oldest phrases in history and has been altered by today's society to quotes such as: "just do it" or "YOLO!" (you only live once) but this strips most of the recognition from this slogan. The literal translation of 'Carpe diem' is 'pluck the day' which has been moulded into the more know slogan 'seize the day' and for certain individuals it is the closest thing they have to their way of life and philosophy of life like and ideology. You will find these people are adventurous, outgoing, and full of energy. This is because their lifestyle is to tackle anything they come across and seize any opportunities. The sentiment has been expressed in many literatures before and after the poet Horace. It is more commonly found in ancient Greek literature and especially lyric poetry. This crosses paths with Greek philosopher, Epicurus' teachings. For example, Robert Herrick showed a hint of carpe diem in the first stanza of "To the Virgins, to Make Much of Time."

In conclusion, carpe diem or seize the day is an empowering saying about enjoying life in the present and taking advantages of opportunities when given the chance. It tells us to focus on the joys around us at the specific moment and not to dwell too much on the future and the past.

**CARPE DIEM!**



# Seizing The Plate With One Flavour At A Time

**By Minyoung Modak-Chowdhury**

## Food: It sustains you

Everyone enjoys all types of food that come from all around the world. Some were created by accident, some for traditions and some as a gift. And finally, some that completely "seized the day".

### Budae-Jigae

Budae-jjigae (also known as Korean Army Base Stew) was the very first Korean American fusion dish. A jjigae is a type of Korean stew that often consists of meat, seafood, or vegetables while Budae is a term used for military and hence the name Korean Army Base Stew.

Budae-Jjigae was first made during the late 1950s during the Korean War. At the time, food was scarce due to both the war and oppressive Japanese rule forcing the people to combine the ingredients available and canned food from a nearby stationed American army to create the stew. The main ingredients of Budae-jjigae are ham, sausages, spam, baked beans, kimchi, instant noodles, American cheese, and gochujang, known as Korean red chilli-paste.



Even now today, Budae-jjigae has remained popular due to its low cost and simplicity, and there are many restaurants specialising in making the stew. Moreover, it is also a popular comfort food in South Korea.

### Bubble Gum

Gum has been around for many years even when the Ancient Greeks were around. Everyone likes a bit of gum.

But bubble gum itself was not successful until 1928 when a certain man called Walter Diemer happened to stumble across the perfect recipe to make the very first bubble gum.



Diemer was just an accountant for a company in America called Fleeer, and experimented with new recipes for gum in his free time, using an old formula made by Frank H. Fleeer in 1906. At first, Diemer thought it was an accident he made bubble gum but then he had a real accident when he lost the recipe the next day. It took him four months to remake it. It was made pink as the original product was a dismal grey and the only available dye was red which was diluted to make pink - a colour that really made it pop.

After its initial success in samples at shops, the owners of Fleeer began to sell Diemer's new gum named "Dubble Bubble". Now in the present, bubble gum is immensely popular and can come in many different flavours as well as the original showing that their success only grew by trying something new, by going beyond their bubble and seizing the day!

## Cronuts

Doughnuts are popular for its sweetness while croissants are known for its flakiness. A cronut is the union of a croissant and doughnut that first originated on May 10th, 2013, in New York City. It was made by a French bakery owner Dominique Ansel.

It all first began when someone pointed out to Ansel that he did not have the classic doughnut in his bakery menu. While Ansel had had a doughnut before, he was more unfamiliar with the concept of making it and more comfortable with making a croissant, the light, flaky pastry which he ate frequently as a child. And so, the three months of trial and error began and after more than ten variations, the perfect recipe was born, the very same one still used today. After a review from a reporter from a blog tried a Cronut and wrote about it, around a hundred people lined up to get the pastry itself. The bakery's website's traffic was increased by more than 300%.



The Cronut is shaped like any other doughnut but has the light flakiness of many layers inside like a croissant. There are now shops for cronuts in London and in Japan, not just New York. The bakery where cronuts were originally made, changes cream filling flavour every month. There have been over 36 different since its debut and it continues!



*Eureka moments*

# Some of our Greatest Scientific Discoveries

By Jannet Ali

## By Accident (oops?)

When we first start science what's the first rule we hear? 'DON'T PLAY WITH THE CHEMICALS!' But what if someone did? And what if they created something great? Something that would help mankind for centuries. Well, that did happen, in fact it happened quite a few times!

### Penicillin

It all started with some mold that was left out on a dirty plate, (someone forgot about the dishes...) however little did we know that this small action would have changed the fate of mankind for generations to come!

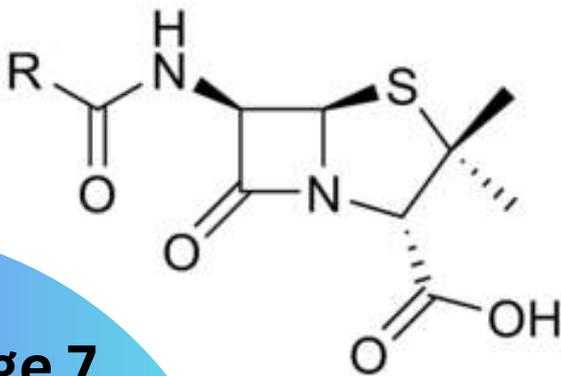
Sir Alexander Fleming, who was a Scottish researcher, is credited with the discovery of penicillin in 1928, at this time Fleming was actually experimenting with the influenza virus in the laboratory of the inoculation department at Saint Mary's Hospital in London.



As we now know and have seen Fleming was often described as a careless lab technician, Fleming had returned from a two-week vacation to find that a mould had developed an accidentally contaminated culture plate. Upon examination of the mould, he noticed that the culture had prevented any growth of the bacteria that he had placed on it.

After further research he had noticed that the spores would vary in colour sizes and how fast they would grow, sadly, Fleming had stopped studying about penicillin in 1931, however his research was continued and it was finished by Howard Flory and Ernst Chain who researchers at the university of Oxford who are in fact credited with the development of penicillin the medicine.

Without penicillin, we would not be where we are today. Thank you, Fleming.



## X-Rays

Röntgen was the creator of the x-ray however he was originally trying to find out whether cathode rays (which are electric streams of electrons that could only be seen in glass vacuum tubes) could actually pass through glass.

While walking in his Wurzburg laboratory in Germany, he noticed a glow that was projecting onto a nearby screen while the cathode tube was covered up. He did try to block the rays in order to disturb the glow but that was to no success. Then he decided to place his hand in front of this tube. He was amazed to see his bones in the image projected onto the screen, he then continued to experiment and learned the images could be photographed producing a simple version of the x-ray that we now know today.

However, the damaging effects of the x-ray wasn't known for some time, initially people believed there was no risks associated with the newfound technology at all, but as we now know the radiation emitted from these x-rays increased arrests of cancer and it damaged our skin and tissue cells. This is why doctor's, dentist, nurses will move away while x rays are taken but it remains perfectly safe for patients to use during check ups.



He was awarded the first Nobel Prize physics in 1901, but he never was able to get a patent for his discovery.



So, I want you to look around to find more, in fact, did you know that microwaves were also discovered on accident? However, I won't get into that with too much detail after all it's not very scientific. All jokes aside, DON'T play with chemicals.



# Herschel Heroes Seize the Stage

By Aahana Ramapantula



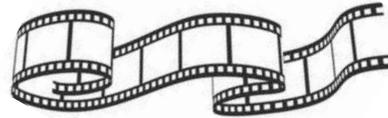
Drama can do a lot for a person. It can change their mental health and their mindset but most importantly it can help them let loosen up and be stress free. The following are a few Herschel associated examples involving the aid of the theatre in their success and in the carpe diem of their life.

Lina Gabari - Singh



Lina, a Herschel student from 2012 to 2019, struggled during her GCSEs as she said she took no subjects that she liked, and the pressure had really got to her. When she went to A-levels, she took Drama and found she felt much less pressure than when doing her GCSEs. She said that Drama just helped her get rid of all the stress and it was a place where she could just be herself and not have to worry about all the different subjects she did.

She is now an actor, talents and event organizer and an assistant director. She has assistant - directed in several movies for example, Little English (2022) and One Day (2024) as well as starring as Rana in the movie Girly Pop (2024).



Iain Lee

Iain Lee (born 9 June 1973) is a former Herschel student, former English broadcaster, writer, and television presenter and stand-up comedian who hosts the phone-in talk show The Late Night Alternative on "pay to view" Patreon. Lee began a stand up comedy career in the 1990s, initially performing on the London circuit exclusively before touring nationwide.



Lee considers his time as a stand-up to be a low point in his life, due to the fact that he started abusing drugs and alcohol during this time. He met Mackenzie Crook, who was also a stand-up comic at the time and the two became friends. Friendship and stand-up comedy helped him get rid of drugs and alcohol, overcoming his personal challenges which allowed him to do his very best in his future endeavours.



# Legally Blonde:

## A Movie Worth Viewing

By Zara Khan

"Legally Blonde," directed by Robert Luketic and released in 2001, is a feel-good comedy that has become a cult classic. At first glance, it seems like a lighthearted tale of a sorority girl, but it reveals itself as a clever and empowering story of self-discovery and seizing the day.

The film follows Elle Woods, played by Reese Witherspoon, who enrolls in Harvard Law School to win back her ex-boyfriend. Her journey quickly shifts from trying to prove herself to Warner to discovering her own potential, breaking stereotypes along the way.



VERITAS



At its core, "Legally Blonde" is about *carpe diem*—seizing the day. Elle's decision to attend Harvard, despite being underestimated, exemplifies her willingness to take risks and defy expectations. Her perseverance and positive attitude, even when faced with elitism, highlight her *carpe diem* spirit.

Elle's evolution from seeking validation to embracing her own worth is a powerful narrative of personal growth. Her resilience and determination to succeed, despite numerous obstacles, underscore the importance of persistence. Her journey shows that true success comes from dedication and self-belief.

Witherspoon's top tier acting facilitated the balance of Elle Wood's charismatic charm along with moments of intelligence, illustrating her as a role model especially for the aspirational young viewers.

She won the MTV Movie Award for Best Comedic Performance and the movie won the BMI Film Music Award. It was also nominated for a Golden Globe for Best Motion Picture- Musical or Comedy. To this day, the movie's relevance persists as after all hard work and perseverance hold no limits.



In conclusion, "Legally Blonde" is a celebration of individuality, resilience, and the courage to seize the day. Elle Woods' journey inspires viewers to embrace their uniqueness, take bold steps toward their goals, and approach life with optimism and determination.

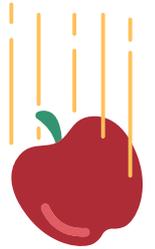
# Einstein's Triumph Over Newton



By Nidhi Pandit

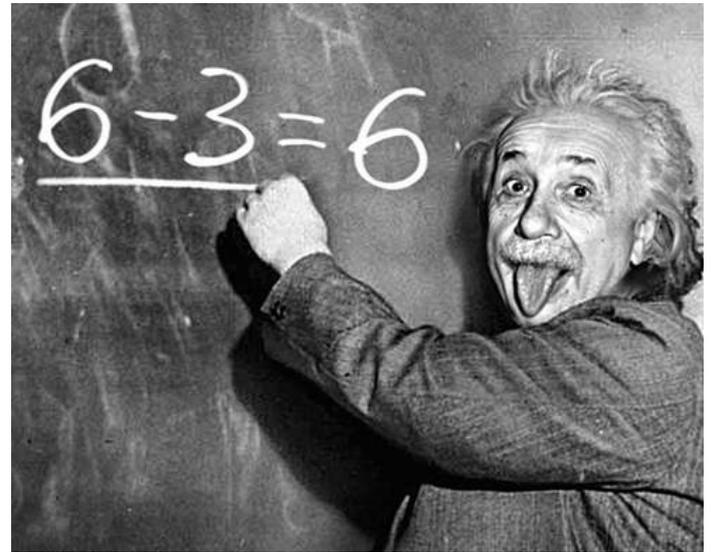
## Seizing the Day Through Scientific Revolution

In the grand narrative of scientific progress, few moments stand out as vividly as when Albert Einstein redefined our understanding of the universe, challenging the long-standing principles established by Sir Isaac Newton. Einstein's ground-breaking work in the early 20th century built on Newtonian physics and transformed it, demonstrating the profound power of innovative thinking and perseverance in the face of established norms.

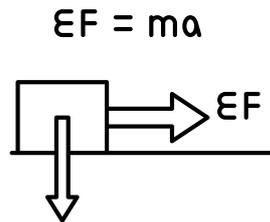


Newton's laws of motion provided the foundation for classical mechanics for over two centuries. His equations could predict the motion of planets, the behaviour of falling objects, and much more with astonishing accuracy. His deterministic view of a clockwork universe, governed by absolute space and time, was a paradigm that seemed indisputable.

However, by the late 19th century, anomalies that Newtonian physics couldn't explain began to appear. Albert Einstein was a young physicist with a passion for questioning the belief in Newton's Laws. In 1905, in his "miracle year," Einstein published a series of papers that would forever change the face of physics. The most famous among them introduced the Theory of Relativity.

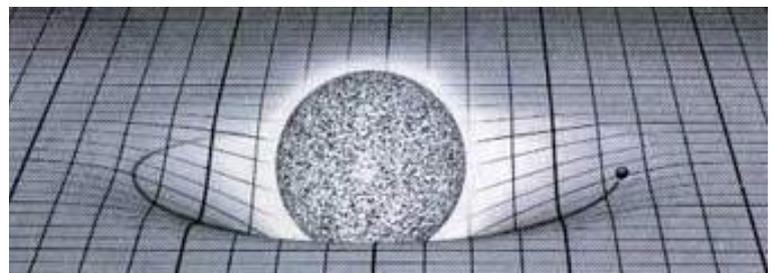
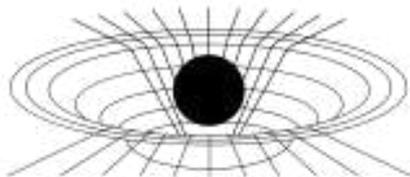


$$E = m \cdot c^2$$



## The Theory of Relativity

The Theory of Relativity addressed the inconsistencies between Newtonian mechanics and the emerging understanding of electromagnetism. Einstein proposed that the laws of physics are the same for all non-accelerating observers and that the speed of light in a vacuum is constant, regardless of the motion of the observer. This led to the revolutionary conclusion that space and time are not absolute but relative and interwoven into a single continuum: spacetime.

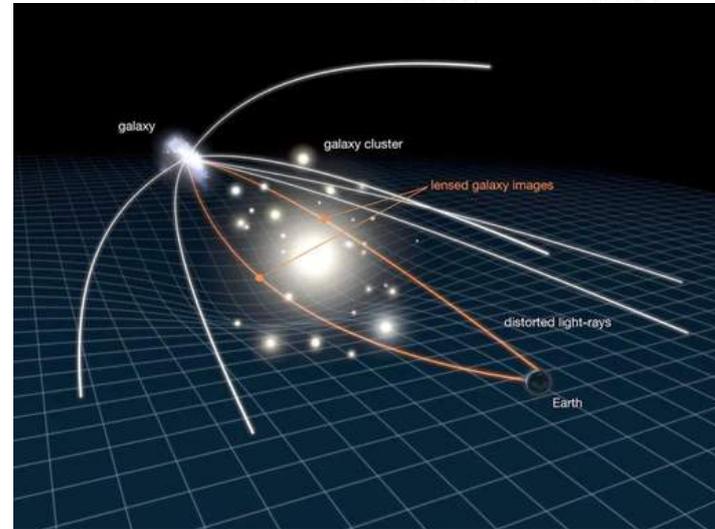
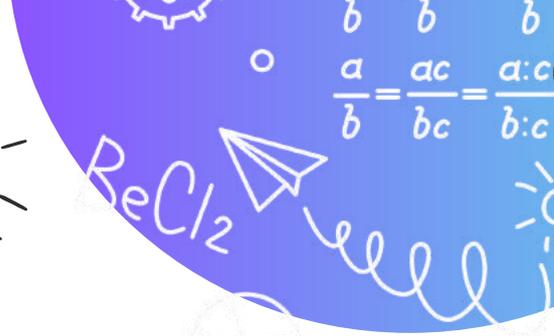


## General Relativity: A New Gravitational Theory

Einstein didn't stop there. He saw that the Theory of Relativity was incomplete because it didn't account for gravity. After a decade of intense work, in 1915, he presented the General Theory of Relativity. This theory proposed that gravity is not a force between masses, as Newton described, but a curvature of spacetime caused by mass and energy. Massive objects like the sun warp the spacetime around them, and planets move along these curves, which we perceive as gravitational attraction.

One of the first major confirmations of General Relativity came in 1919, during a solar eclipse. British astronomer Sir Arthur Eddington observed the bending of starlight around the sun, precisely as Einstein had predicted.

This observation validated Einstein's theory, and catapulted him to international fame, establishing General Relativity as a cornerstone of modern physics.

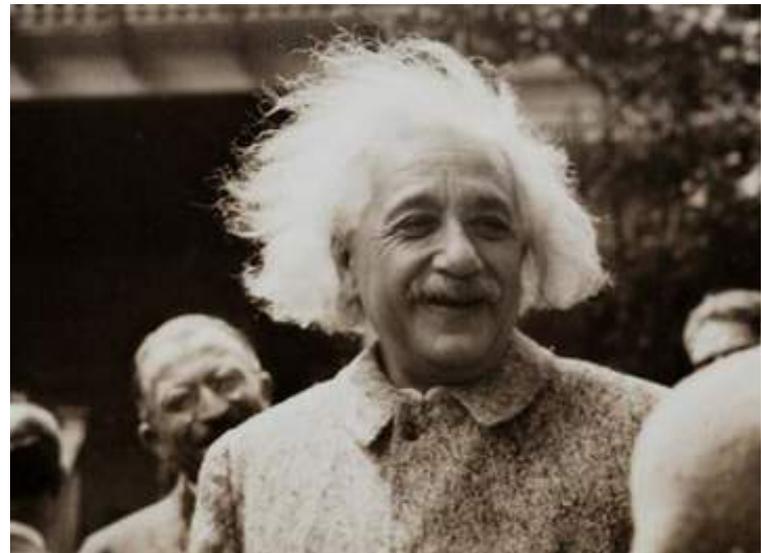


### Tackling the Issues: Persistence and Innovation

Einstein's journey was not without obstacles. His ideas were initially met with scepticism, and he faced significant mathematical and conceptual challenges.

However, his perseverance and unwavering confidence in his theories ultimately led to success. Einstein's ability to think beyond the conventional framework and tackle the fundamental issues of his time exemplified the essence of "seizing the day."

His work laid the groundwork for numerous technological advancements and deepened our understanding of the universe, influencing fields from cosmology to quantum mechanics. The story of Einstein's triumph over Newtonian physics is a testament to the transformative power of curiosity, innovation, and relentless pursuit of truth.



By challenging the laws that governed our universe, Einstein disproved aspects of Newton's theories and illuminated a path for future scientists to explore. His legacy serves as an enduring inspiration to seize the day, challenge the accepted wisdom, and push the boundaries of human knowledge.

# A Career At Goldman Sachs



## An Insider's Perspective

By Tanisha Shah

The decision to pursue a particular career at a relatively young age is filled with uncertainty and contemplation. For several people, a dynamic environment with hands on experience plays a key role in determining their career pathway. This was the case for our interviewee Evelyn Pandit, a former Herschel student, who chose an apprenticeship of Goldman Sachs, a global investment banking firm, over an offer from Oxford university.

### Evelyn's incentive to apply to Goldman Sachs

The initial reason to pursue an apprenticeship rooted from a deep desire to have practical knowledge and real-life work experience at an earlier stage in her life. Evelyn emphasized that finance is not some theory one can simply learn from a textbook but rather is based and shaped by the events that happen in everyday life. The effect of certain circumstances on the market highlights the unpredictability of outcomes, as seen by the impact of the French election showing how expectations differ from reality. This constant variation provides opportunities for continuous learning and in-depth exploration.

Evelyn mentioned that there is an unlimited depth of information available at Goldman Sachs. For instance, if one wants to delve into equities, the resources and support are readily accessible. This collaborative environment, where colleagues are always willing to go the extra mile and push each other towards success, shows a contrast with the more structured and theoretical focus of university education.



### Apprenticeship VS University

Through Evelyn's eye, we see that her apprenticeship has several advantages over a university education. Firstly, the hands-on experience and the acquisition of skills specific to certain job and roles are invaluable. Learning directly from seasoned market professionals provides insights simply not available in a book or classroom. Moreover, the development of soft skills, like networking and accountability, is necessary for growth in professional fields.

However, it is important to note that in the corporate world, one must take responsibility for their work and actively seek out opportunities. This proactive approach is often stressful initially but most certainly leads to significant advancement. The experience at Goldman Sachs teaches one to navigate the complexities of the corporate landscape, which is less straightforward than any educational path or layout highlighted in a textbook.



## Decision-Making Process

Deciding between pursuing a career at Goldman Sachs and continuing with university education was not an easy choice for Evelyn as both paths offer significant benefits and drawbacks. Ultimately, the decision hinges on personal preferences and career aspirations. For those seeking theoretical foundations and the traditional university experience, jumping straight into the corporate world may not be ideal.

For individuals such as Evelyn who thrive under pressure and enjoy being challenged to perform at their best, Goldman Sachs represents a compelling option with 4 years of work experience and a degree at the end of it all. It needs a careful evaluation of one's ability to handle the strenuous demands of a corporate career and a willingness to embrace a steep learning curve. Hence, like any vital decision, it must be explored and well-considered to personal preferences without any impulsivity.

### Challenges Faced

The primary challenge faced during Evelyn's decision-making process was separating well-meaning advice from personal biases. It is vital to recognise that it's your life and only you know what's best for you. Degree apprenticeships, like the one offered by Goldman Sachs, are still relatively new and their future is a bit uncertain. This uncertainty can be daunting when compared to the perceived stability of university education.

However, the certainty of a path should not be the sole deciding factor. Both university and degree apprenticeships come with their own set of uncertainties and potential changes. Thereby the best approach would be to evaluate each option present to you based on its own merits and what seems like the right fit for you.

# RIGHT FIT FOR YOU



### Advice For Aspiring Professionals



Evelyn kindly conveyed some extremely valuable information which would aid younger individuals who are considering less traditional paths. The key message she put forward was to trust one's instincts. It is essential not to be swayed by the opinions of others, even if they seem convinced of the 'right' choice. And ultimately, the prestige of a name matters less once you're immersed in the role.

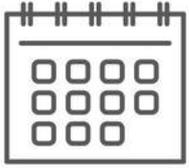
Evelyn emphasized that it is important to note that once you're in that path, you're the one that must live that life and do it to the best of your ability, not anyone else. Life after school isn't easy and is a lot less sheltered and a lot more tiring meaning at that point the 'name' associated with your choice isn't going to help you get through the day. You need to genuinely enjoy what you're doing for it to be worthwhile. Only then will you be able to reach your true potential, succeed, and be happy.



To conclude, Evelyn's choice of Goldman Sachs was based on the opportunity to learn from experts, develop practical skills and navigate the corporate environment in an enriching experience. For those who are considering a similar path, the key is to follow your instincts, weigh your options carefully, and choose what aligns best with your personal and professional aspirations.

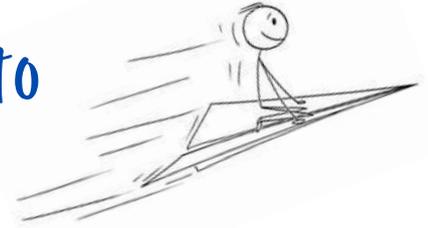
# How to Seize the Day at Herschel

By the team of Beyond the Bubble

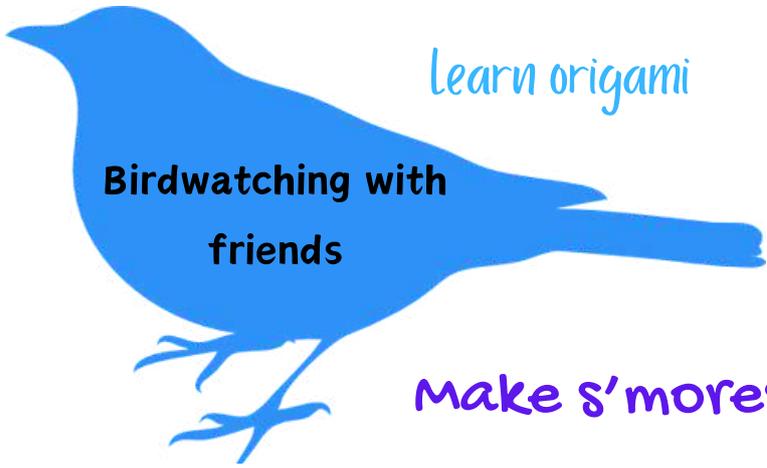


The first step you must take is to

 TRY SOMETHING 



This is a guide to help Herschelites explore Carpe Diem this summer!!



Birdwatching with friends

Learn origami

Build a sandcastle at an actual beach (Margate/ West Wittering/ Bournemouth)



Make s'mores!

SLEEP IN A HAMMOCK



Go swimming in the ocean



Have a water fight

Watch a musical in the theatre



Smile More :)

Laugh more :D

Live more <3



GO  
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Try a recipe from a different culture to your own

Spent time with your siblings without being paid

Listen to a different genre of music

# THE BUTTERFLY WITHIN

By Tanisha Shah



Standing at the edge of the ledge  
Looking below at the ants which scurry  
At the humans which hurry  
And those who bustle with obliviousness to their pledge  
only serve as a reminder.  
A reminder to the skin I shed  
A reminder to the shell I shattered  
And a reminder to the battles I overcame with strife.

The butterfly waiting to spread her wings to  
soar so high that she would never need to  
touch the stars in the sky, she herself would  
become one.

Metamorphosing into the great creature is  
beyond lovely indeed.

The reminder is all but a memory so fresh and clear that my  
flesh shakes with sudden pain and pride all at once.

Though flying across fields of daisies at the end  
of the day tends to get lonely.  
If only this little butterfly had a few more friends  
with her, life would look different.

Pain for allowing the intangible mystery of time to slip away  
so easily

Perhaps if you metamorphosed too,  
these two butterflies would

And pride for unravelling said mystery, uncovering my truth,  
shedding my cocoon, and becoming the butterfly within.

have flown far above all the grass and weeds  
together.

