

HARMONY

BIS NOVUS

EDITORIAL

Since the beginning, I believe Novus has always aimed to achieve harmony; a kind of harmony where writing and designs complement and shine together. Especially in this edition, I feel we have traversed much closer to this goal. Now, with the permanent inclusion of poems and poets within our magazine, our content has become increasingly diverse in perspectives and balanced in discussions: Thus, becoming harmonised – ‘like a puzzle where all pieces mend’ as beautifully put by our poet Eva. Not to mention, each of the creative design crafted by our designers, not only depicts the content in a thought-provoking manner, but also showcases the designers’ personalities and perspectives – blending, swirling and melding content and visual into harmony.

Therefore, it is quite fitting that our theme for this term is ‘Harmony’. Throughout the magazine, writers have delved into the concept of harmony: Its benefits and necessary presence in science and technology (Cassie Y11); its relationship with urbanisation (Cam Tu Y12); its existence in cuisine due to cultural interactions (Geonyeong Y11), as well as its presence in love (Chaewon Y10) and in music (Phuong My Y7). Furthermore, writers explored methods to achieve harmony in our personal lives, with one article examining the balance between ego and essence (Judy Y12) and another discussing the importance of self-care on mental health (Sunwoo Y11); not only that, the possibility of harmony and the current lack thereof, is analysed in the context of the situation between North Korea and South Korea (Dakyung Y8). Similarly, harmony is also depicted in two poems, with one poem taking a morbid turn (Xinyue Y13) – yearning for harmony at the end of it all – meanwhile the other treasures the precious harmony within our lives and nature (Eva Y8).

Needless to say, this term’s edition will be an amazing read. Enjoy reading!

-Thai Anh Hoang-

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HARMONY **THE INTERCONNECTED** **SCIENCE**

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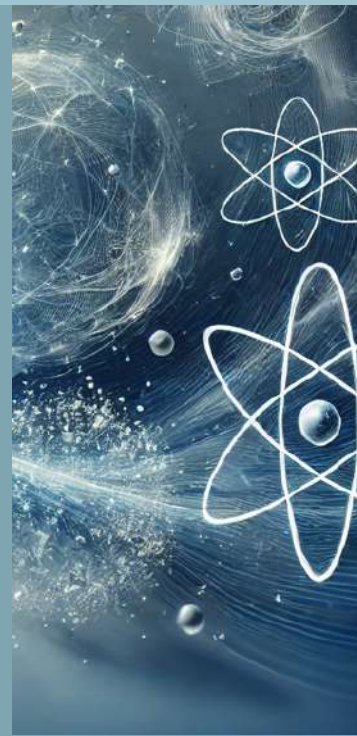
Harmony

Harmony in the context of science and nature refers to the interdependence, balance and order seen in natural systems as well as in various scientific principles. More specifically, it illustrates how different elements, forces or components interact effectively and synchronistically to bring stable and predictable results. To get a more complete picture of the correlation between harmony and science, let's explore how harmony works in science, some real-life applications of it, and more importantly how it plays a vital role in enhancing the living standards of humans.

THE LAWS OF PHYSICS AND ORDER

To begin with, have you ever questioned how planes fly? Well, there are more complex explanations of how the mechanism in planes works but we will just focus on how harmony can create a stable and safe flight. There are 4 main concepts including velocity, acceleration, lift and weight that need to be considered when designing an aeroplane. These 4 concepts work together effectively and seamlessly to create a balance that ensures a safe flight and guarantees the aeroplane moves gracefully through the air.

Moreover, when designing an aeroplane, aircraft manufacturers have to also consider and try to minimize the downside effects it causes to the environment, such as the release of carbon dioxide gas and other byproducts of the production process. From this example, we already see that harmony in real life is so fundamental that not only does it ensure safety and enhance performance, it also plays a crucial role in passengers' experience and environmental responsibility.





BALANCE IN ECOSYSTEMS AND HOMEOSTASIS

In Biology, harmony can be seen in the balance in ecosystems. Ecosystems are balanced by predator-prey relationships, nutrient cycles and energy cycles. A food chain describes how energy and nutrients move through an ecosystem, and the food supply in this case has to be maintained, whether it is from the producer to the consumers or any other way. This is also harmony as this cycle ensures the survival of ecosystems. Homeostasis is another example. It is the maintenance of a constant internal environment; for example, it helps make sure our body is at a constant temperature and if it goes past the set limit, there will be a mechanism activated to return the temperature to normal. This is an instance of harmony as despite external changes, our body still strives to maintain the internal environment for our own safety.

EQUILIBRIUM STATE

In Chemistry, equilibrium reactions are an example of harmony. Even when chemical reactions are happening, the concentration of reactants and products are unchanged over time. This balance represents a state of harmony when both forward and reverse reactions are occurring at the same rate. The equilibrium here metaphorically refers to the harmony as it is a balanced state that emerges from the interaction of two reactions, much like how the harmony in nature arises from the balance of forces.



Harmony

IN OPERATIONS OF WASHING MACHINES AND THE LIFE-CHANGING INVENTION OF LIGHT BULBS

Moving on to our practical applications of science, including household appliances and inventions that have changed the world. Washing machines are one example that shows harmony in the way it operates. They use a combination of mechanical motion, water and detergent in a balanced way to clean clothes. The harmony in the system relies on the delicate balance of water temperature, mechanical agitation and detergent action. Each of these components must work together to optimise the energy use and guarantee effective cleaning, demonstrating how harmony is central to modern technology.

Besides the application of harmony in technology, the invention of light bulbs also revolutionised the electrical industry and power generation. In order for light bulbs to function, the electrical current flows through the filament, which resists the current flow and heats up, towards the bulb where light is generated. Electrical energy in this process is converted to heat and light energy, in a controlled way. The balance between the amount of heat and light energy produced by the lightbulb, which aims for maximum efficiency (light) and minimum waste energy (heat), reflects the harmony in the system. This balance is also crucial as it prevents the light bulb from burning out.

THE ASSEMBLY OF RAW MATERIALS TO A FINISHED PRODUCT: CARS

CAR manufacturing, part of the automotive industry, also follows the fundamental principles of physics and chemistry - from the selection of raw materials, energy conversion to advanced engineering to ensure performance, safety and efficiency. Raw materials such as metal alloys, plastics and polymers, glass and ceramics are integrated harmoniously to create a safe and reliable vehicle. For example, steel as a hard and rigid metal alloy is used for the body and frame of the car as it has better strength, hardness and durability than other metals. Aluminium, on the other hand, is used for its lightweight properties (without sacrificing safety). This balance of strength and weight alongside the consideration of costs is necessary when designing a car's structure and body. If the car manufacturers neglect the concepts of harmony when designing a car, there might be subsequent risks and dangers, for example, safety issues. Cars that lack a harmonious design may not prioritise safety, leading to higher risks of injuries and accidents. Furthermore, a neglect in harmony when designing a car may reduce customers' experiences, thus causing more dissatisfaction which ultimately leads to a poor brand image.



From all the examples above, we can conclude that harmony is deeply interconnected to science, whether it is from the theory of the subjects or the real-life examples such as technology and car manufacturing. It exists in every manufacturing process, making sure that every step is done systematically and the components are integrated correctly and in a balanced way. Without harmony and balance in technology or any system, they would malfunction or threaten users' risks.




Written by Cam Tu Dang Y12
Designed by Thuy Lam Nguyen Y13

Urbanisation

Harmony

How Harmony Affects Social Harmony



The World Today:

In a rapidly growing and ever-changing world such as today, it is a wonder how individuals, communities, and governments have maintained a semblance of harmony in society- Or at least have tried to. As the global economy continues to flourish, urbanisation- the expansion of a city or town- has occurred in almost every single corner of the Earth. Some places may experience a slower rate, such as London or Paris, while other areas like Lagos or Uganda urbanise rapidly. Either way, it is a process that can positively and negatively affect societal harmony, ranging from cultural diversity to economic disparity.

Many factors increase urbanisation, but the majority can be classified into 2 main groups: Pull and push factors. Reasons for people to voluntarily relocate can range from searching for better job opportunities to places with higher living standards. On the other hand, push factors, as the name suggests, force people out of their homes to seek asylum in neighbouring countries. These people are victims of wars, terrorist attacks, prosecution, and natural disasters.

Overcrowding: A Consequence

Nevertheless, whether people are migrating voluntarily or not, that can bring many challenges to the area. The most obvious problem is overcrowding. This encapsulates both the aspect where there are much fewer living spaces but also the pressure on the supply of natural, essential resources like food and water. Depending on the rate of urbanisation, this poses a serious problem for the host country's government because they are unable to accommodate such an increase in immigration. This can lead to the development of unpremeditated, illegal, and informal squatter settlements. A prime example showcasing this is Karachi in Pakistan with a population of over 14 million. Of that population, more than 3 million people- 40% of the city- live in Katchi abadis, a name for illegal squatter settlements. This is due to the rapid immigration from rural Pakistan, India, and Bangladesh in the 1970s combined with the lack of attention from the government to regulate the uncontrollable increase. The city's largest Katchi abadis is Orangi with a population of over 800,000, spanning over 3240 hectares. It's not a stretch to imagine their most concerning problem is sanitation. Squatter settlements do not have formal plumbing systems installed so the people instead have to rely on bucket latrines which are then dumped out on the streets of Orangi.



Not just that, water that is used for drinking and cooking is likely to be found in a natural source like rivers, which too, are polluted. This promoted the spread of diseases through the community, but these people were unable to seek public healthcare due to the lack of investment in this sector. This would lead to a decrease in life expectancy but also increase both the death rate and infant mortality rate. Many different challenges arise from the urbanisation of areas, but overcrowding is one of the most concerning- These people live in inhumane conditions, surrounded by diseases, therefore social harmony is not achieved.



New York City

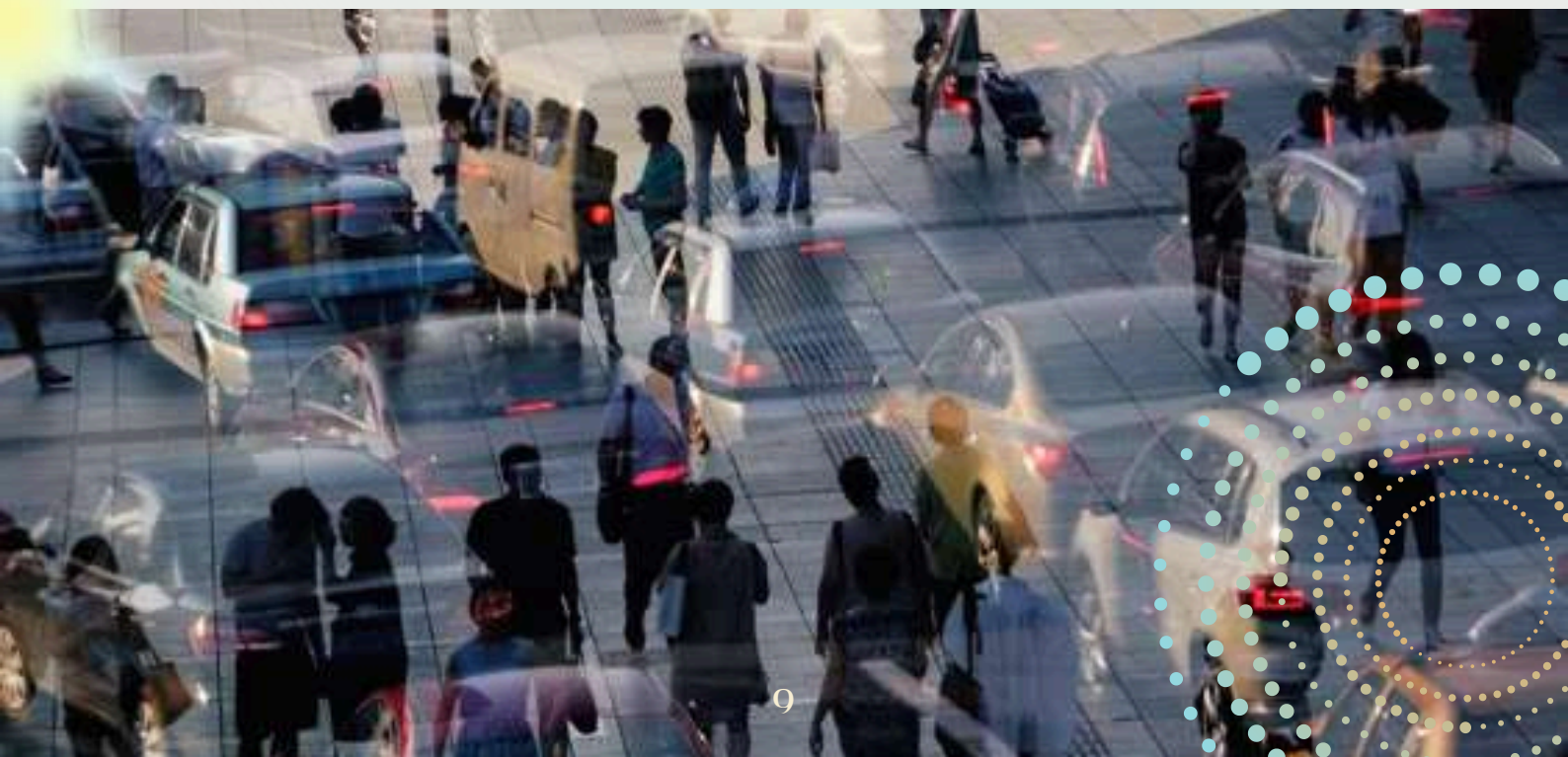
REWARD THE RICH, PUNISH THE POOR

Gentrification and polarisation are a less common but significant issue that arises due to urbanisation. There is no better example of this phenomenon than New York City. It is the most populated city in the U.S. with over 8.3 million residents. Though it is considered one of the most economically developed cities in the world, it also houses the greatest economic inequality between the wealthy and the poor. In 2024, the top 1% in the city receive 44% of the total income earned. Though the city has endured through times of depression and flourished through times of development, it seems that middle and lower-income families remained where they were almost a hundred years ago. In 2020, three property developers built luxury buildings in Flushing, Queens, home to more than 69% of the Asian communities, which greatly increased the value of land and in turn substantially increased living costs; Many of Flushing's longtime working-class residents were displaced as a consequence.

With surging prices around the city, these people are unable to move anywhere else. This makes it almost virtually impossible for the lower and middle classes to climb the social ladder. How do these people get richer when the monthly cost of living is \$1,690 without rent? One could argue that with average monthly wages being \$7,500, there would be much to spare. However, most of these workers earn just above the minimum wage at \$16/hour. It's a vicious cycle of poverty that has endured from the feudal systems of Europe in the 15th century: A capitalistic society rewards the rich, and punishes the poor.

The Government, The Communities The People

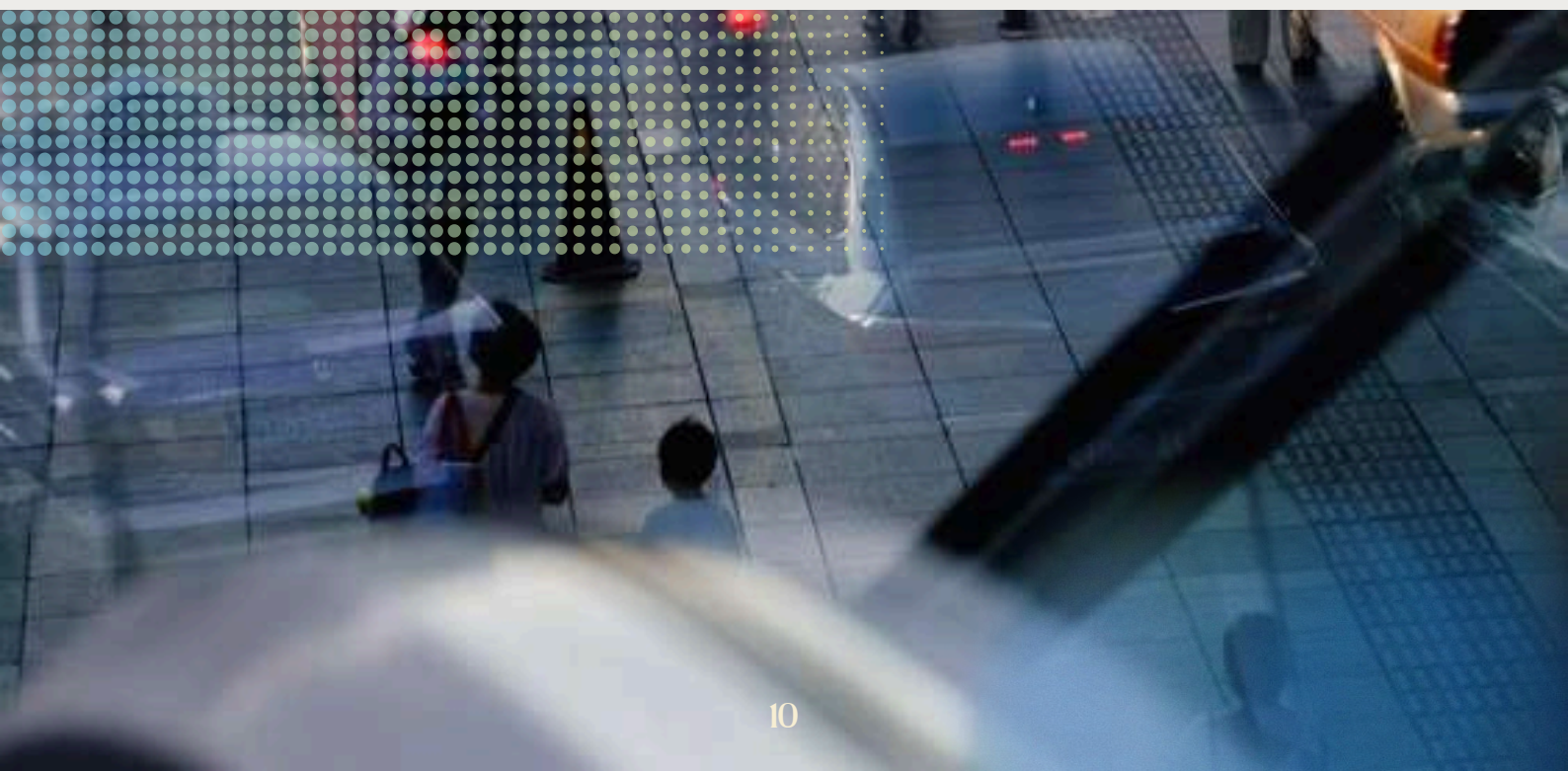
Though there seems to be a seemingly endless list of challenges it brings, urbanisation still inevitably occurs. Instead of trying to remove the root of the issue, one should instead focus on alleviating tensions and problems caused by this process. This begs the question: How is the government working to deal with urbanisation? Continuing with the example of New York City, the state government can increase progressive taxation- meaning the rich are taxed higher than the poor. It sounds simple yet is extremely effective. The government is increasing its tax revenue for future investments and closing the economic gap between the ultra-wealthy and the poor: Two birds with one stone. Like many other things in life, this decision also has a cost attached to it. The rich population may migrate elsewhere with better tax brackets. For example, Monaco is known as the country of millionaires and for a good reason: Estimates suggest that roughly 1 in 3 individuals have assets over \$1 million. It's also significant to note that $\frac{3}{4}$ of residents are foreigners. Combined with the state city's zero direct taxation policy, these factors drive the wealthy to move. This leads to a significant decrease in tax revenue, especially in a city such as New York, which then leads to decreased investments from the local government. Accordingly, reduced accessibility to education and higher crime rates will follow, to name a few. This proves that seemingly obvious and effective solutions offset the benefits of the policies aimed towards social harmony.



Of course, some apparent opportunities and advantages arise from increased urbanisation on social harmony. The main reason for urbanisation is usually to find more or better jobs, which can increase people's living standards. High immigration from different regions allows the host country to diversify their cultures. Not only that, it's also benefiting from a significant increase in the workforce paying taxes. The increased tax revenue received means that the local government can invest in numerous sectors such as education, healthcare, infrastructure, etc. which in turn increases living standards for its citizens and promotes social harmony.



If there's anything to take from this article, know that urbanisation is a double-edged sword, like many other things in life. Though it brings opportunities to both the host country and the immigrants, there are inherent issues that arise, ranging from economic inequality, gentrification, and racism, to overcrowding. Individuals, communities, and the government must learn how to adapt to these problems.






HARMONIZING Ego and Essence

Written by: Judy Kang Y12
Designed by: Phuong Chi Y12

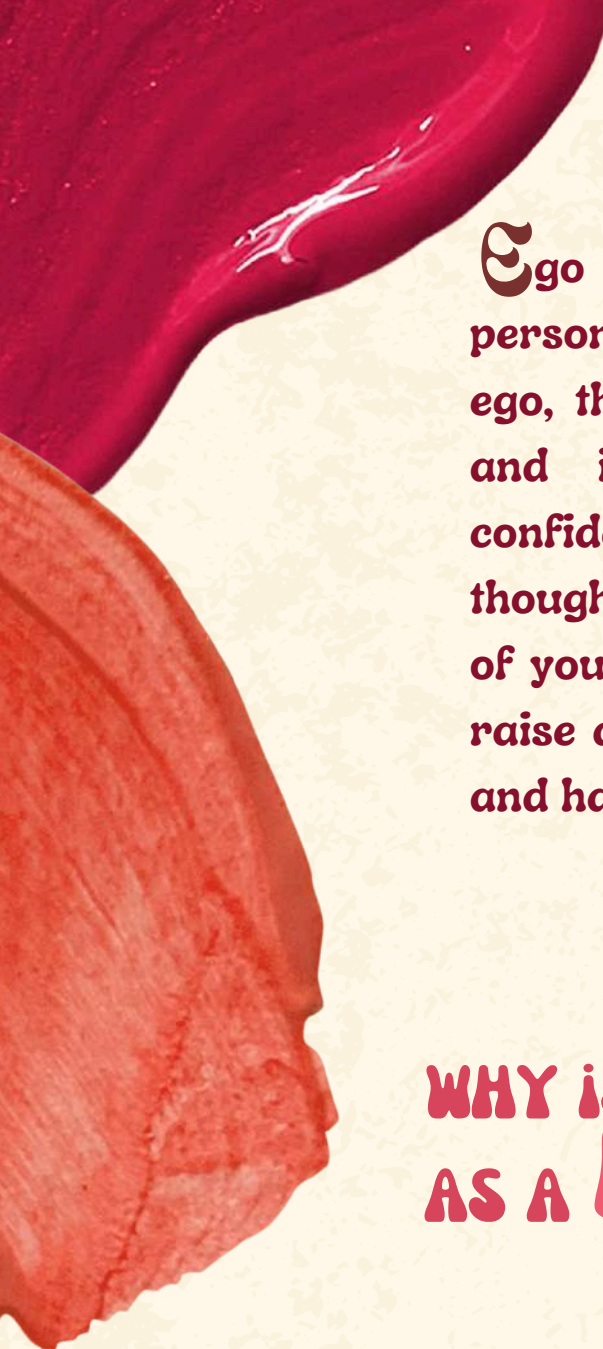
“

Do you feel like you are wandering aimlessly while everyone else seems to know their path? Understanding the concept of ego, essence and the harmony between the two could act as a compass in navigating your life.

”




...THE JOURNEY TO
AUTHENTIC SELF



Ego is the sense of 'self-worth'- how much a person values oneself. If a person has a high ego, they tend to think they are more valuable and important. Perceiving ego as merely confidence or self-esteem is too simplistic though, because it could be interpreted as a part of yourself that seeks the 'ideal' self. This might raise a question: If ego encourages us to desire and have passion, then ...

WHY IS EGO PERCEIVED AS A NEGATIVE THING?

The origin of ego could answer this question. Ego starts to develop from the moment you are born in this world. It is formed by the societal expectations, traumas, and any other factors that happened in your life. Meaning, ego can act as a trap limiting genuine self-expression - living in illusion rather than reality. Even more, those desires you thought are yours might be the biased preferences from the external world.




The ironic thing about ego is that it appears confident and content with itself, but actually it continuously seeks for improvement, until it reaches the point where you feel you deserve to be; it is when the ego vanishes. Though, ego is not just about overconfidence or being narcissistic. As it continuously seeks for growth, controlling ego may give clues on your path.

“ ego is **NOT** just about overconfidence
or being **NARCISSISTIC**

”

Essence is the quality of a thing that makes something what it fundamentally is. This is about one's immutable attributes. For instance, the essence of love might be a selfless connection - desire to nurture, support and bond with another person. This essence of love is not about the appearance of something, but the innate qualities present no matter the method of expression. Any kind of love, such as a parent's sacrifice, unconditional support, and voluntary acts of kindness can be a good example. Though how it is expressed has changed, it carries the essence of love.



WHEN TWO CONCEPTS GO EXTREME


When ego goes extreme, it literally becomes the enemy. A person with a massive ego, tends to not accept whenever they make mistakes, and is self-centred.

When essence goes extreme, it is closer on surrendering your whole life. Believing in determinism extremely, leading to nihilism and demotivation.

THEN HOW DO WE CAST AWAY Ego and Essence ?

It is actually useless to ask how to take off these values from our life, but it is better to ask how to control it as both are fundamental factors of humanity.

The principal reason for being aware of harmonising these two concepts is for your internal growth. To balance your state of mind which leads to success, or at least finding inner peace.



First step is to be aware, be aware that both essence and ego shapes our perceptions and wrongly manipulates our understanding of reality. Then, be aware of yourself, and consciously include mindfulness in your life. As you now know that ego is present when you feel dissatisfaction, as the moment of disappointment or emptiness drives in, pause for ten seconds. Then, in any form - write, speak or think - reflect on that moment. This will ultimately let you know what your ego is trying to avoid, trying to possess, and your fear, which leads to any judgement, then at the end, you will learn yourself.

Second step is to foster a sense of sympathy towards ourselves and for others. Ludicrously, ego is not the enemy. Though, it is a misleading friend of ours; the main role of it is to protect us from the perceived threats of the world. The point here is that it takes us away from the 'perceived' threats. Meaning, it is not more than what you think is dangerous.

Last but not least, it is important to “surrender”. In short, you do not dwell on how to control everything and “go with the flow” of life. This allows you to not have the pressure inside you, but it allows you think that things that need to happen will just happen. Be aware that this does not mean to give up your ability to determine your life, but to just follow the flow of your life - accept what happens naturally, committing yourself to the present, not allowing any gap for distractions to get into your mind would ultimately lead to a more peaceful internal world.

Practical methods could be journaling and meditation. Both allows reflection, and most importantly bringing these habits into your life is like reserving a time for yourself, having time to genuinely connect with your inner world, at least once a day, would surely transform and release your internal pressures.

To conclude, ego and essence are compulsory factors that build up humans. Rather than falling in the mud of the extreme of both, it is better to find harmony between them. Now, think of which value between those two are dominating you now? As you are aware of these concepts now, how would you like harmonize them?



MIDNIGHT ANXIETY

MIDNIGHT ANXIETY

WRITER: WANG XINYUE Y13
DESIGNER: JINGBANG CHEN Y12

BREATHING IN,
DEADLINES, A LINE OF DEATH.
IMPENDING DOOM STRIKES CLOSER AS THE TIMER

COUNTS,
UPWARDS. INTO MIDNIGHT,
WHIRRING SOUNDS OF THE DEHUMIDIFIER,
SUCKING MY BREATH AND SWEAT.
SUCKING MY SOUL AND LIFE,
LIKE A DEMENTOR HAVING ITS FILL,
LIKE A FOREST FIRE, UNSTOPPABLE TILL NONE IS
LEFT.

SUFFOCATING,
INSIDE, A SELF-CENTRED STAGE, YAPPING AUDIENCE AND,

THE SOURCE.
LIKE TRICKLING FIRE CRAWLING BEHIND BRAIN
NERVES,
LIKE WET HANDS GASPING THE BACK OF
SKULLS.

SUFFOCATING,

OUTSIDE, MELODIES DIE,
SHOTS THROUGH SKULL WITH BULLETS OF
ACHING NUMBNESS.
THE LAST CLICK OF A BUTTON,
AND THE LIGHT,

GOES OUT.
WORRIED ABOUT WHAT LIES IN THE DARKNESS,
WORRIED ABOUT WHAT TO WITNESS IN LIGHT.
THERE IS NOTHING THERE,
YET THERE IS EVERYTHING.
A HARMONIOUS SIGHT, NEVER ENDING WASTE
FLOWING OUT,

LIKE A FLICKERING CANDLELIGHT IN STILL AIR,
LIKE A BOAT SWAYING MEANINGLESSLY ON STEADY
LANDS.

BREATHING OUT,
FEELING THE HEARTBEATS PUSHING AGAINST

ORGANS,
FEELING THE BREATHS CONDENSING IN THE

THROAT,
FEELING THE SKIN COVERING UP THE BODY .
THE ENTITY INSIDE THE INESCAPABLE SKULL:
WORKS OF EVOLUTION, YET SO, ALIEN TO THE

TOUCH.
RESTLESS, YEARNING FOR, INTERNAL HARMONY.

EMBRACE THE HARMONY:

Balance Your

Life

For Better

Days

And

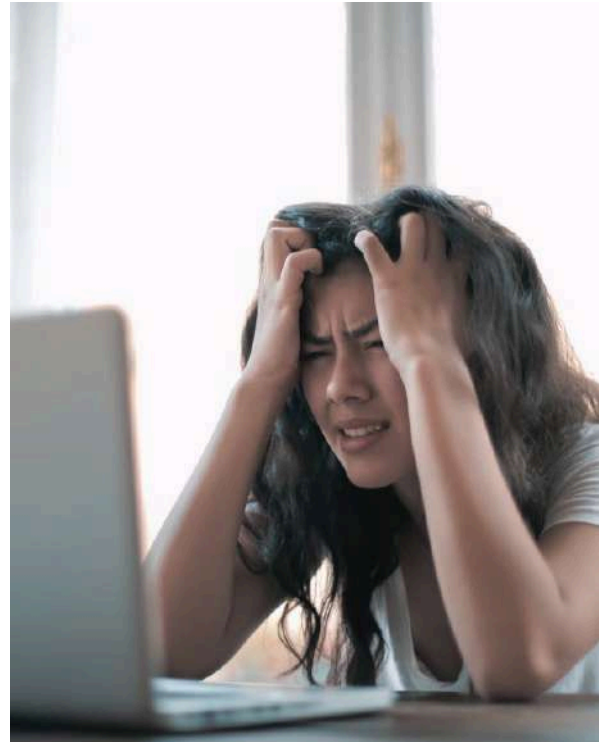
Stronger

Minds!

Written by Sunwoo Kim (Y11)
Designed by Hayeon Jung (Y11)

To begin...

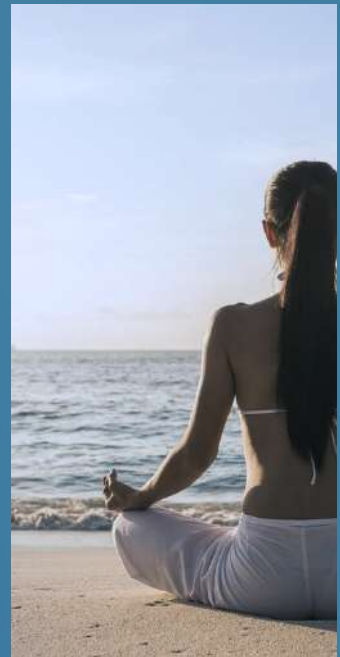
Trying to balance everything at once is a never-ending challenge. As you grow older, there are more deadlines and commitments you have to fulfill, and it is easy to get swept up in the chaos of these responsibilities. Things never seem to slow down, and you tend to forget to have your own time for the things that you enjoy. Cultivating harmony is significantly important in finding the sweet spot between work, relationships and self-care. In this article, we will explore the significance of achieving balance in the different aspects of your life.



Emotional stability

Imagine waking up every day with a refreshed mind and you are already ready to tackle whatever comes your way. This is a sign that you have a well-balanced mental state, meaning a good sense of control over your personal thoughts and actions. There are other ways you could see if a person has a good mental health – for example, often having an open and relaxed posture such as uncrossed arms and a straight back which normally signals confidence and comfort. Furthermore, a good balanced mental state provides an opportunity to perceive challenges as a chance for growth. This is because people who have a healthy mental health already have a strong coping mechanism, meaning they are better equipped to use coping strategies such as seeking support, which can alleviate stress. Not only that, people with a strong mindset tend to surround themselves with positive and optimistic people - it allows individuals to approach life's challenges with hope and confidence, seeing possibilities rather than limitations.

To achieve this mental state, emotional stability is an essential factor for this approach. This can be achieved by making an effective schedule for yourself which sets boundaries for when you should do your work and when you should relax - it allows time for self-care. Self awareness is also crucial as it involves recognizing and understanding your thoughts, feelings, and behaviors. For example, practices like mindful meditation further enhances your awareness by teaching you to observe your emotions without judgment, helping you stay present and grounded. Through this, emotional stability can be achieved and help develop a strong and balanced mental mindset, causing positive effects within yourself.



Healthy relationships and bondings



Relationships are an essential part in different aspects of life. They are the key to emotional support, mental well-being, personal growth and the sense of belonging. Harmony is an essential factor of relationships, because relationships thrive on mutual respect and understanding. When an individual maintains a balance between their needs and the needs of others, they can communicate more effectively. People with balanced schedules and healthy relationships are better equipped to show empathy and understanding, leading to stronger connections. By prioritizing their well-being, they create space for self-reflection, and this allows them to be more attuned to the feelings of others too. When not rushed or overwhelmed, you can engage fully in conversations, listen actively, and respond thoughtfully. Additionally, balanced relationships foster trust and open communication which is key in encouraging vulnerability and deeper emotional bonds. Ultimately, cultivating balance enhances your well-being and nurtures empathy, strengthening connections with others.

Enhanced Focus and Productivity

When things are well-balanced and in harmony with each other, people can obtain the ability to enhance their focus and productivity. When a person manages their time well because of the balance they have, they can concentrate on tasks without feeling distracted or overwhelmed. This leads to higher-quality work and greater satisfaction with achievements. For instance, someone who takes regular breaks and practices time management is more likely to complete tasks efficiently compared to someone who tries to do everything at once. While maintaining creativity and energy, it provides a rewarding experience.



Self-Discovery

Having harmony within a person's environment allows them to explore their identities, values, and passions. When there is balance in life, there's more space and time for personal development. You tend to have more time to engage in diverse experiences, such as hobbies, volunteering, or learning new skills which lead to profound insights about oneself. You might get to find something new about yourself that you didn't know. This journey of self-discovery fosters a greater sense of purpose and fulfillment, as individuals find inspiration and find new things to explore and learn.

Holistic Health

On a wider scale, mental well-being is interconnected with physical health. A balanced lifestyle promotes healthy habits, such as regular exercise, nutritious diet, and good sleeping habits as they are able to invest their time in multiple areas without being overwhelmed. Having good mental health enables you to disengage from damaging activities such as smoking or drinking, improving physical health by preventing diseases. Furthermore, good sleeping habits improves recovery and cognitive function which can be beneficial in lots of aspects such as during work. Being balanced and maintaining a good mental health means a person has more energy which increases physical activity and better health.



In essence...

Harmony and balance are essential to mental well-being. By fostering this balance, individuals can be more fulfilled with their lives. Prioritizing these aspects leads to a richer and more meaningful life, where mental health flourishes.



Harmony in food

FUSION FOOD

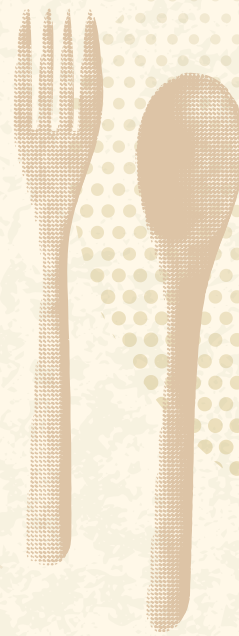


Written by: Leo (Geonyeong) Y11

Designed by: Que Anh Tran Y12



FUSION FOOD



INTRODUCTION

Food is a result of culture. So, most of the time, we can learn about the culture of a country or region by looking at their food. Therefore, fusion food is a harmony between cultures. Around the world there are a lot of fusion foods and in this article, I will discuss the charms and historical background of some fusion food.



MUSUBI

Musubi is the harmony between USA's Spam and Japan's Onigiri (rice ball), and the invention of Musubi is very interesting because the USA and Japan have different geographical and historical backgrounds. These two contrasting countries made a harmony for special historical reasons....

After World War II, many Japanese people decided to immigrate to Hawaii for greater financial opportunities. After they immigrated, they tried to fish to access their main protein source in Japan, but Hawaii's government didn't allow foreigners to fish. Therefore, Japanese people looked for



alternatives and they found Spam. Spam was a basic protein source during World War II, but because of supplies after the war, people stopped consuming it and there is a lot of left over Spam that can be bought at a low price. So, due to Spam being abundant and financially accessible Japanese people started consuming it as a main protein resource. Japanese people thought about how to cook them and many people came to the conclusion to mix it with Onigiri. They found out that the harmony of Spam and Onigiri had an amazing taste and great convenience, which became popular in no time.



This sensation of Musubi started on the local food market and was able to attract non-Japanese people's taste. This fascinating fusion of food spreads all around the world and still gets people's love. Nowadays, we can see this through a 35M views YouTube video about making Musubi. This shows that the harmony of two totally different cultures, has a lot of potential and is loved around the world.

NEW YORK CITY STYLE PIZZA

New York City Style Pizza is a fusion Italian food of Italy's roots and the city vibe of New York City. They are one of most iconic fusion foods in the world. This mouthwatering food has a solid history and is beloved around the world. This fusion of food started with Italian immigrants who arrived in the United States in the late 19th and early 20th centuries, and many of these immigrants came from Naples, a city well-known for its thin-crust Neapolitan pizza.



Gennaro Lombardi was one of them. He was the man who opened the first pizzeria in America, in New York City, in 1905. Starting his business, he sold pizza as a whole pizza for immigrants who missed the taste of Italy. However, he changed the recipe a bit because of the different environment, using coal-fired ovens instead of the traditional wood-fired ovens.



As time passed, pizza began to evolve. Unlike the Neapolitan pizza, which was small and made for one person, the New York-style pizza was larger and often sold by slice, which is an adaptation to the bustling city life. The coal-fired oven imparted a unique, smoky flavor to the crust. Pies were baked until they had a crisp, foldable edge, perfect for eating on the go. These changes, with more mozzarella cheese and a thin layer of tomato sauce, created the New York pizza as we know it today. After World War II, demand for pizza exploded because returning soldiers from Italy who tasted pizza fell in love with its wonderful taste. During this time, New York City style pizza had firmly established its own direction with its large slices, foldable crust and simple toppings (cheese, sauce, and pepperoni). Nowadays, this harmony of two cultures is loved around almost every part of the world. It even got a lot of love in Asia, which shows the harmony between fusion food has huge potential and wonderful taste to fascinate everyone's taste.



CONCLUSION



Fusion food like Musubi and New York-style pizza are remarkable examples of how cultural blending can lead to universally beloved dishes. Musubi, created by Japanese immigrants in Hawaii using Spam with Onigiri, turned an affordable wartime staple into a flavorful, iconic snack—proof that necessity can spark culinary genius. Likewise, Italian immigrants in New York transformed their traditional Neapolitan pizza, adapting it to the city's fast-paced life with foldable slices and a smoky, coal-fired flavor. These dishes show that when two cultures combine, they can create something harmonious—unique flavors that continue to captivate people worldwide.

HARMONY

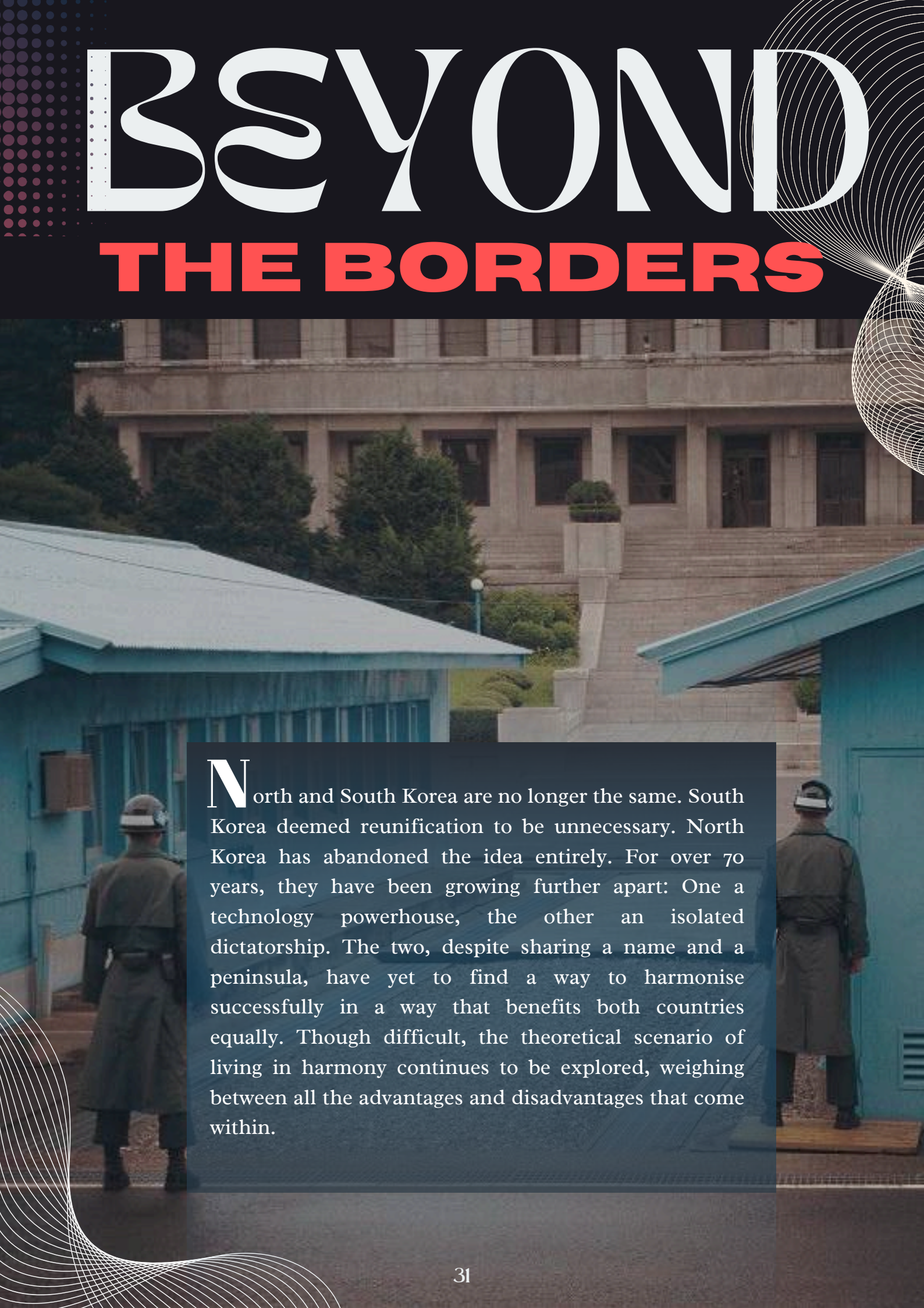


NORTH SOUTH KOREA

Written by: Hwang Dakyung (Olivia) Y10

Designed by: Tran Linh Chi Y13

BEYOND THE BORDERS



North and South Korea are no longer the same. South Korea deemed reunification to be unnecessary. North Korea has abandoned the idea entirely. For over 70 years, they have been growing further apart: One a technology powerhouse, the other an isolated dictatorship. The two, despite sharing a name and a peninsula, have yet to find a way to harmonise successfully in a way that benefits both countries equally. Though difficult, the theoretical scenario of living in harmony continues to be explored, weighing between all the advantages and disadvantages that come within.

THEORETICAL KORSA

“It is 2060. [...] Korean peninsula is now home to the world’s 10th-largest economy [...] The KTX bullet train, which served only the residents of South Korea when it was built in 2004, now criss-crosses Eurasia, linking Seoul with Paris.” (Imagining a unified Korea - Nikkei Asia). Hopeful ideas sparked from the Demilitarised Zone



(DMZ) between the two Koreas, which is a strip of bare land across the peninsula that marks their stalemate of 70 years. The DMZ serves as a constant reminder of Korea’s combined potential. North Korea’s abundance of natural resources, met with the South’s rapid growth could bring a lavish revival of lost traditions. Infrastructure projects could reach those of a futuristic utopia, going back to the KTX bullet train shooting across the entirety of Asia, no longer held back or isolated from the rest of the world. Perhaps military pressures would also be reduced, and a reunified Korea could reshape many lives: Unfortunate or disconnected.

BUT ONLY IF IT WAS THAT

EASY

The dream of Korea above, as far as we know today, is a mere fantasy. Certainly possible, but unlikely due to the risks and problems that come before we see any of these long-term benefits. Technically, the North and South Korea are still at war. The majority of South Korea is voicing concerns about higher taxes and more competition in employment. "People of my generation no longer have the luxury to think of grand ideas like unification," - many of the younger South Koreans like Jeong Joon-won, a 29-year-old artist, worry about the set-backs South Koreans could face.

Furthermore, the difference in social norms, values, lifestyles, and ideology between the two sides would most likely provoke social tensions. Having escaped the lack of human rights from the North, North Koreans are still bound to experience segregation and discrimination from the South. Schools would bring awkward discomfort among the younger generation of students. Specifically, housings and apartments would cause social tensions as lifestyles would differ greatly between the people from the two sides. Only after decades will we start to see benefits, but even this is not guaranteed.



Now all that's left is to consider whether the long-term benefits are worth the risks and discomfort brought to the two countries. 72% of South Koreans in their 20s voted the reunification as unnecessary in a survey conducted by the Korea Institute for National Unification. North Korea is developing further away from the South, investing in new military spy satellites and becoming more defensive against South Korea. "I believe that it is a mistake that we must no longer make to deal with the people who declare us as 'the main enemy' and seek only opportunities for '[our] regime collapse'" - Kim Jong Un. Whether the two countries end up in a reunification or not, the only way to open these theoretical opportunities into achievable possibilities is to build back the broken trust between the two sides. Perhaps further in the future, the Korean War will finally come to an end.

HARMONY

a poem

In the breeze, where the gentle whispers play
Nature dances a vibrant ballet
Birds sing melodious tunes, leaves sway in the breeze
Butterflies dancing with bees

Bright hues melt together
Amber and gold, painting the sweet weather
Our love blooms like roses in the springtime air
Hearts united with joy and care
Contentedness and joviality everywhere

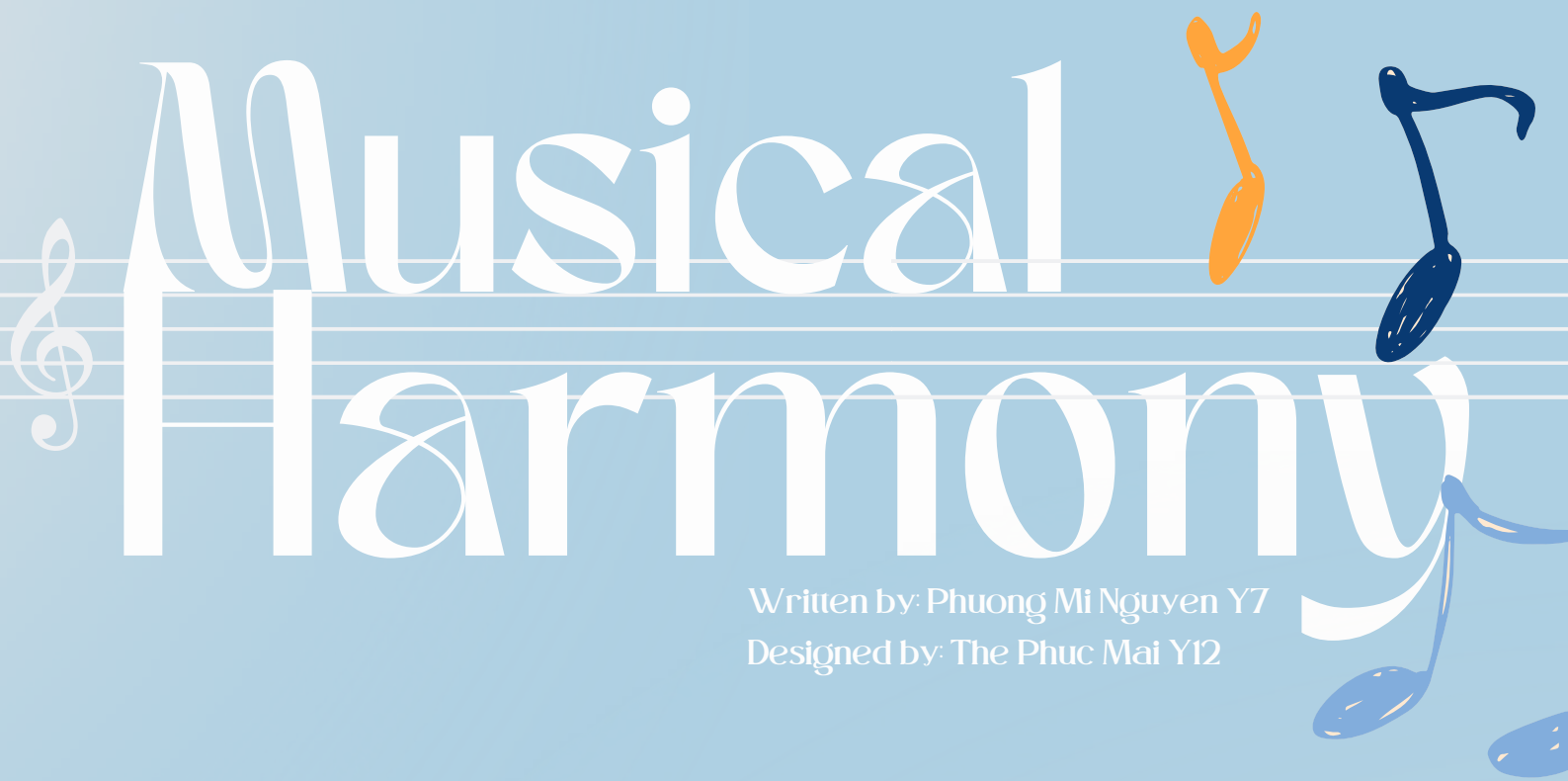
Different people, a perfect blend,
Like a puzzle where all pieces mend.
Once different entities, now as one
We dance forever
Under the bright, flaxen sun

So, let's dance under the starry skies,
With laughter bright and shining eyes.
In every heartbeat, in every laugh,

All as one, one as all
We find our way on this harmony path

Remember this not as a poem,
Not as a song
But something to say
Our life is precious in every way

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Musical Harmony

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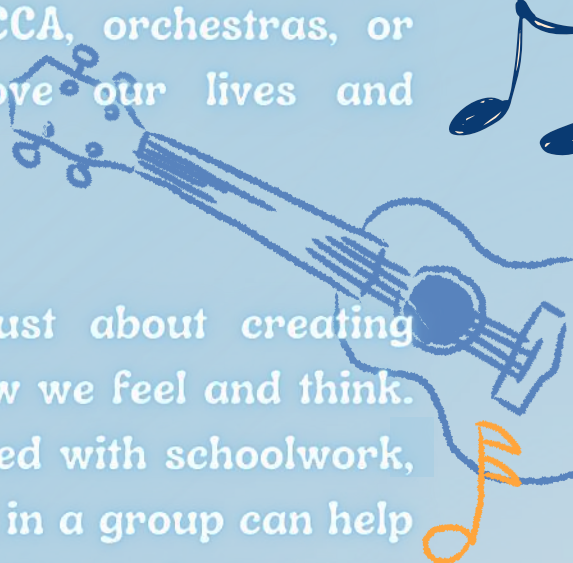


As a BIS hanoi student, I've learned that musical harmony is not just about notes blending together; it's about how musical harmony created strong effects on our brains and feelings, and can positively impact our friendships.

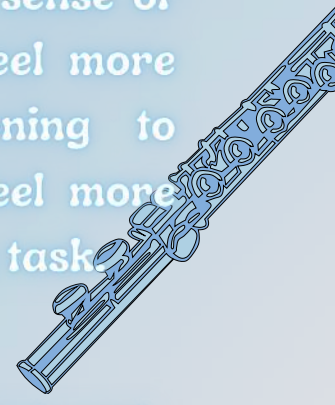
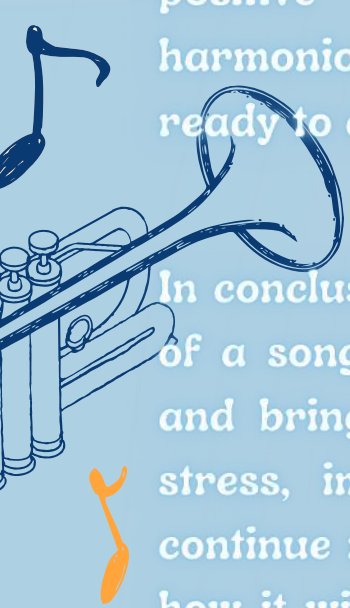




My experience in choir and band had shown me how harmony creates unforgettable moments, making listeners feel emotions like joy, sadness, or calmness. When instruments and voice come together, they can lift our moods and build a sense of community. In CCA, orchestras, or choirs, making music together improve our lives and strengthens our friendship.



Furthermore, musical harmony isn't just about creating emotions; it also has a big impact on how we feel and think. When I'm stressed or feeling overwhelmed with schoolwork, listening to harmonized music or playing in a group can help me relax. Harmony, the way different notes or instruments come together, has a calming effect. Soft, peaceful harmonies can release tension and clear my mind. The balance of sounds can lower stress and give me a sense of peace. Music with harmony can even make me feel more positive and motivated. Sometimes, after listening to harmonious music, I find I can focus better or feel more ready to do my homework or deal with a challenging task.



In conclusion, musical harmony is much more than just part of a song. It's a powerful tool that improves our emotions and brings us closer together. Music can help us reduce stress, improve focus, and become more creative. As I continue my musical journey at BIS Hanoi, I'm excited to see how it will continue to shape and improve my life. Through the power of harmony, we can find new ways to connect, express ourselves, and grow as individuals.

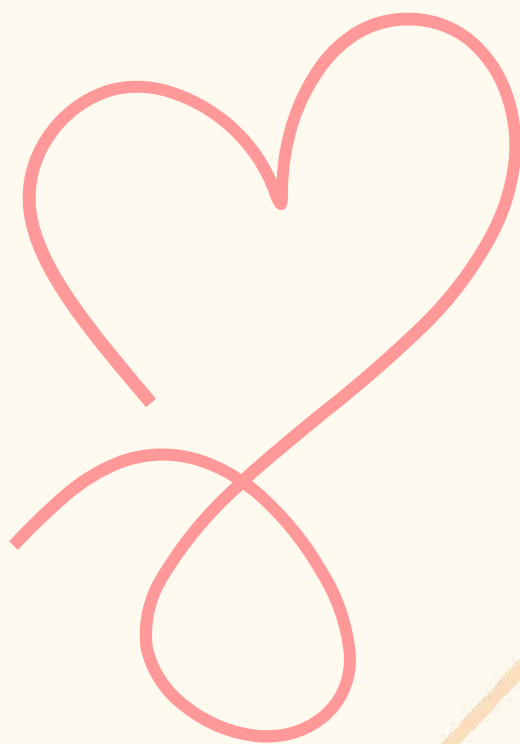



Harmony,

in love

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In its most pure state, love is a harmony of feelings, trust, and connection. It allows both partners to feel peaceful and balanced, by understanding each other and supporting each other, which creates a fulfilling relationship. A balanced, harmonised partnership creates a support system, allowing better communication to occur and help to foster emotional growth as well - resulting in conflicts being solved more easily and both individuals feeling heard.

In a world filled with diverse perspectives, harmony in love is essential since it fosters a sense of partnership and unity. A harmonious relationship should be a relationship where both partners navigate challenges together, and that creates a deeper emotional bond. A harmonised relationship should allow partners to listen to each other and express thoughts openly. It is crucial to have a supportive and trustworthy partner, but it may be difficult to find each other. Since it may be complicated to find a person that goes along well perfectly, differences are acknowledged and respected among each other which creates balance and growth.

In summary, harmony in love is stated as a combination of trust, connection, and understanding. It enhances communication, emotional growth, and resolves conflicts. Open communication and active listening form the foundation of this bond, and finding a partner who embodies these qualities can be challenging, but the journey is worth it. Therefore, harmonious love uplifts and inspires us to be our best selves.

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WHAT IS
YOUR
HARMONY