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BY: REMINGTON BASSIN

DREAMS

We all know what dreams are unique worlds created by your semi-conscious self. You could be flying above a huge city or being chased by some kind of monster you saw on YouTube. These unique experiences are interesting by themselves, but knowing the fact that there are different types of dreams makes you wonder what can happen in one. A few types of dreams this article addresses are dreams, lucid dreams, and sleep paralysis.

“Regular” Dreams

These dreams are probably the most common. They happen every night three to five times, in some cases even seven. During “regular” dreams, you are thrown into a random situation. You might be inside your favorite book or video game, or you could be inside a haunted house. You have almost no control of what happens in these. But sometimes, when you focus on something extremely hard before you fall asleep, it might affect your experience.

You might be saying to yourself, “I don’t experience dreams,” but this is not true. Everyone dreams, but some people forget their dreams. One way to train your mind to remember them is to leave a notebook and pencil on your nightstand or near where you sleep. Every morning, the first thing you do when you wake up is record everything you remember while you were sleeping in that notebook. It could be an image you saw or



even a fragment of a dream you can barely remember.

Nightmares also fall under the category. They are dreams where bad things happen. You could fall off a cliff or be chased by a monster. Nothing in these experiences is real, and you should remember that when you sleep.

“Regular” dreams are almost always trying to tell you something. If you have a dream where you are holding up a giant boulder, it could mean you are under a lot of pressure or stress. If you are running from a monster, maybe you are running from your feelings. But they don’t always mean the same thing. These dreams are the most common, but also the most important dreams there are.

Lucid dreams/nightmares

A lucid dream is one of the most fun and interesting things that can happen to you. Imagine this: you are experiencing a regular dream when suddenly, you notice something

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off. Something seems wrong, and you realize you are dreaming. Everything stops, and you walk around exploring your surroundings, thinking to yourself, Wow, this place feels, smells, and looks real.

These dreams are triggered when you are dreaming and you realize you are asleep. In lucid dreams, you can literally do anything your mind desires! Since you are basically inside your mind, you can create and do anything. You can fly over buildings or create new worlds just with a thought.

There are almost infinite possibilities of what you can do inside these dreams. But there is a list of cool things some people recommend you do during these experiences. One, get over your fears. If you are scared of heights, maybe summon a tower and teleport on top of it. You can't die in dreams, so you can't get hurt. The only thing that might happen is waking up if you fall off. If you are scared of sharks, you can summon friendly sharks and spend time with them.

Two, talk to your emotions. This might sound crazy, but you can find people just walking around in lucid dreams. These are people created by your mind without you doing anything. Each one has a reflection of your own personality. So by talking to one of these "Dream people," you are technically getting to know yourself better.

Three, practice hobbies or activities that you do outside of dreams. If you play the piano and you have a big performance the next day, during a lucid dream you could create a piano and practice. Studies have shown that if you practice a skill in a dream, it activates similar brain signals as physical practice, therefore giving almost the same amount of practice as practicing in real life!

This goes for almost anything: reading, instruments, drawing, painting, writing, etc. This can be a lifesaver if you think you need more practice on something and you just don't have the time to. There are so many things you can do during these unique dreams, but these are things I recommend you do.



While lucid dreaming is an awesome experience, there are some things that you might not want to do. For example, if you are inside a lucid dream, you should never think to yourself, "Wow, I can't believe my physical body is lying in bed"; this might destabilize your dream, thus waking you up. Another thing you shouldn't do is let your thoughts go wild/lose control of your thoughts. If this happens, your dream might turn into a lucid nightmare, which I will talk about later. If your thoughts start going crazy, try focusing on something like the sky or your breathing.

Something else you should not do is create realistic situations. For example, if you create a dream where you go to school and you ask out your crush and they say yes, your mind might confuse this memory with real-world experiences. So when you wake up, you might think you have a date with that person. One final thing you should avoid is looking in mirrors. Mirrors are weird in dreams, so when you look at your reflection, you might see a distorted

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version of yourself or even your deepest fear! This could make you lose control of the lucid dream and turn it into a lucid nightmare. If you ever have a lucid dream, make sure to keep these things in mind.

While lucid dreaming is fun, there is always a possibility of lucid nightmares. A lucid nightmare is a nightmare where you realize you are dreaming but can't control it. This can happen in the middle of a lucid dream if you lose control of your thoughts and something bad happens. If you are walking around a city, a demon could appear and attack you, or you could be flying and lose control. This can be unsettling because everything looks and feels so real. One way to get out of this nightmare is to focus on moving your physical body, which might wake you up.

To sum it up, lucid dreaming is one of the most exciting and fun things you can do. So if you ever experience one, you should take advantage of it.

Sleep Paralysis

Warning The things that happen during this dream cannot affect your physical body.

If you get scared easily, do not read this part.



Crash, you hear a loud noise in your room, you open your eyes to see what happened, but you realize you can't move your head. You try to move your legs, but they refuse to budge too. Panic fills your heart. You look

around your room, eyes darting from one thing to another, when suddenly you see a shadowy figure standing at the edge of the bed. You also feel like something is pressing against your chest, almost like someone is sitting on you. You hear whispers calling your name, and when you try to scream, nothing comes out. This lasts for around thirty more seconds before you can move again. The pressure disappears, the voices are silenced, and the thing standing by your bed is gone. This is called sleep paralysis.

Sleep paralysis happens when your body is about to enter REM, the state of dreaming, when there is a disturbance nearby. For example, if something falls in your room or a large truck passes outside. Your body wakes up, but your mind is still asleep. Therefore, you can't move your physical body. The demon (AKA sleep paralysis demon) that's standing next to your bed is your mind still projecting your dreams. But don't worry, everything that happens in these dreams, again, can't hurt you. Only around 6% of the world population experiences sleep paralysis once in their life. The chances are so slim to get sleep paralysis that you will probably never experience it! While sleep paralysis can be scary, it is also a very interesting type of dream.

Dreams are unique experiences where literally anything can happen. Knowing the different types of dreams can help you better understand how they work and how awesome they are. Through normal, lucid, and sleep paralysis, you can see how interesting they can be. If you want to remember your dreams, consider keeping a "dream journal" next to where you sleep. I think the reader could agree that dreams are the most distinctive thing that could happen to you.

BY: MANFOA MCKEEVER

Myths & Urban Legends

Have you ever heard of scary myths or urban legends? These stories come from different places around the world and can be creepy, interesting, or even mysterious. Here are some examples of myths and urban legends from different cultures.

Umibozu: Umibozu are vengeful spirits of drowned priests. They usually come in the form of a dark monk-like figure. These beastly figures live in the seas. They usually kill sailors by sinking their ships like most other sea monsters.

Yuki Onna: Yuki Onna is a Japanese winter spirit that preys on lost travelers in the snow and kills them by tricking them with her beautiful appearance and freezing them using her icy breath and power over snow.

Teketeke: Teketeke is a Japanese urban legend about a young schoolgirl who was crossing train tracks when she was struck by a train and her body was cut in half. She gets around by dragging her upper body with her hands, making a “teketeke” sound, hence the name, and attacks people by slicing them in half at the waist, replicating her own gruesome fate. She typically attacks with a scythe or a saw and targets people who are alone at night.

Suzaku: Suzaku (typically referred to as the Vermillion Bird of the South) is a Chinese legend about a mythological creature from Chinese constellations, representing fire, summer, and the south. It is one of the four divine guardians of the cardinal directions. Suzaku acts as a benevolent guardian, controlling flames, bringing vitality, and protecting against evil.



Tao-Wu: Tao-Wu is a fearsome beast from Chinese mythology and is one of the four perils, representing stubbornness, ignorance, and malevolence. It is often depicted as a human-faced tiger with boar tusks and an extremely long tail, possessing the power to see into the past and future but refusing to learn, serving as a warning against unvirtuous desires.

Annabelle: Annabelle is an urban legend about a doll that was possessed by a dead six-year-old girl named Annabelle Higgins. Surprisingly, it is based on a true story of a real doll that tormented and frightened its owners, writing creepy messages like “Help us” in actual human handwriting and attempting to kill a friend of its owner with deep claw marks and attempted strangulation. Knocking sounds and temperature drops also happened when the doll was around. At one point, people found blood on the doll's hands. It was locked in a museum case and remains there to this day.

These myths and urban legends show how different cultures tell scary and mysterious stories. Some are meant to warn people, while others are just meant to be creepy. Even though they might not be real, they are still very interesting to learn about.

BY: JAMES ANDERSON

World Conflicts Part 2

In a previous article, we introduced the Ukraine-Russia war and some of its basic facts. This article will take a closer look at what is happening, how it affects civilians, and what daily life is like during the conflict.

Day to Day Life

A day in either Ukraine or Russia near the ever-changing border can be similar to everyday life, but much more dangerous. A family might wake up and prepare for the day while hearing artillery shells or drone strikes in the distance. They may see troops moving through their town.

For men over 18 in Russia, it is especially frightening because they may be required to serve in the military due to mandatory conscription. At midday, a family might go out to buy groceries. Suddenly, explosions occur nearby. An alarm sounds, and people rush to shelters. The family takes cover while explosions continue outside. After hours, the sounds stop, and people return home.

If fighting reaches the area, people may evacuate quickly, taking only what they can carry. Ukrainians may move farther into safer areas, while Russians may move deeper into Russia.

State of War

The current state of the war is still changing. Ukraine is receiving money and advanced weapons, while Russia is facing military challenges and troop losses.

Russia uses mandatory conscription, which

means that once someone turns 18, they must join the military unless they have a valid exemption.

This can force people into service even if they had other career plans.

A major development in the war is the use of drones. At first, military drones were either large or used for reconnaissance, but now even small, inexpensive drones can be modified to carry explosives. These drones can damage tanks, bunkers, and trenches.

Because both sides often use similar uniforms and equipment, Ukrainian soldiers sometimes wear blue or yellow tape to avoid friendly fire. Reports have stated that North Korea has sent troops and supplies to support Russia, although many of those soldiers lack combat experience.

Military Vehicles

There are many types of vehicles used in this conflict. Russia uses Cold War-era T-72 and T-90 tanks. Ukraine uses German Leopard 1 and Leopard 2 tanks, American M1 Abrams tanks, and even modified civilian vehicles such as pickup trucks and golf carts. These vehicles are often equipped with machine guns or used to transport troops.



T-72

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T-90



Leopard 1



Leopard 2



M1 Abrams



Armoured Pickup Truck



Armoured Golf Cart

The Ukraine-Russia war is a serious and ongoing conflict that affects millions of people. It shows how war impacts not only soldiers but also civilians, including children. Learning about these events helps us better understand the world and reminds us how important peace is.

By Dylan Szymanski

Block blast!



THE END