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## Timing the cycle of life and death of radio galaxies using LOFAR

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# PROPOSITIONS

accompanying the dissertation

## TIMING THE CYCLE OF LIFE AND DEATH OF RADIO GALAXIES USING LOFAR

1. The presence of the core does not rule out the possibility of a radio galaxy being a remnant (This thesis).
2. A restarted phase may occur after a few tens of millions of years of inactivity (This thesis).
3. A combination of morphological and spectral criteria is crucial to selecting remnant and restarted radio sources at different stages of their evolution (This thesis).
4. The global host properties seem unrelated to the radio activity phase; hence the time scales are different, suggesting relatively short radio activity phases (This thesis).
5. High-resolution images at low frequencies yield information that was not possible to study before but is crucial for interpreting the life-cycle (This thesis).
6. Equal pay for equal work, oppression of minorities, and oppression of women are just some of the topics that tend to be labelled as political in order to distance the Universities from participating in them. Yet, as an educational institution, the University is obliged to participate in solving the misconceptions.
7. Public outreach is the duty of all of us. Having said that, there are too many essential voluntary duties.
8. Changes are harder to make if only oppressed people are the ones fighting for them. However, this does not make them impossible.
9. These days, for the most part, men are running the world. And it is really not going that well.
10. Nuclear energy and taxing the 1% of the biggest polluters is the first step in fighting global warming, and it needs to start now.
11. Nobody should be demanded to justify why they need an extension while on serious long-term sick leave.
12. Being admitted to a PhD programme should stop being referred to as a privilege but addressed as a result of determination and enthusiasm, despite the instability, low pay and a higher chance of psychological problems.