

WHY NOT

DECEMBER 2021

NEW BEGINNINGS

New year's resolutions and the different ways each culture celebrates!

FAYOUM'21
The seniors' day trip!

ANTI-BULLYING CAMPAIGN
Maadi Nārmer School's new initiative!

VOLUME 45

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FROM OUR EDITOR-IN-CHIEF

Anyone who knows me knows how much I love winter and all the festivities it brings along with it. I'm a person who keeps her heart open for a miracle, with a belief that life will always present great experiences and come bearing gifts.

Of course I've had my fair share of problems, stress, and unhappiness that I still go through sometimes but -as cliché as it sounds- this is how it's supposed to be and I wouldn't have it any other way.

We learn and we grow through these experiences, so let us live through all that is kind and great in this world along with all the scandals and burdens it throws our way.

As I'm now in my final school year -it's quite intimidating to say that- I'm slowly preparing myself to say goodbye to all that I have known for 12 whole years. To tell you the truth, I don't want to leave nor do I want to put an end to this chapter in life.

And this is what made me want to finally take charge of the school's beloved "Why Not?" I want to leave my footprint and legacy. To be remembered, but to also have solid evidence of what used to be, and remember my youth through this beautiful piece.

This issue's theme is new beginnings, new year's and celebrations, while that isn't necessarily the situation for me right now, it may be for you.

If you're reading this then my advice to you would be to live your youth to the fullest- like you've got nothing to lose because you really don't.

And I genuinely say this as it took me a long while to be able to let loose and have fun.

Life has so much to offer you, and worrying or remaining rigid won't ever be something you'll enjoy or even smile at when you look back. You'll never get these years back so let go of the tightness on your shoulders and start smiling and skipping through the halls more often.

Flourish and prosper, and take every day as a chance to do more, make a stance and leave your mark wherever you go. Take advantage of the new year and all the "new beginning" feels in the air and start checking off all the things you've been pushing aside for whatever reason.

Exist loudly and unapologetically,
Hanya Kotb.

EDITORIAL

FROM OUR MANAGING EDITOR

This issue's theme is new beginnings, and I think I speak for everyone when I say that it is terrifying. Starting a new chapter of your life and being unsure of what comes next is scary, and the uncertainty surrounding it makes it that much worse.

Being a high school senior is the strangest combination of excitement and sadness; excitement to be so close to the finish line, and sadness to leave the only life I've known behind.

I've been at MNS my whole life, so saying goodbye to the school I went to five days a week for almost fourteen years is going to be one of the hardest things I'll have to do, I'm sure.

Personally, I'm frightened by what the new year will bring, because as of the end of January, I will be a university student; starting university is already a huge step and taking it a semester early is making me even more nervous.

Adapting to a whole new lifestyle, especially since I haven't done any school-work for months -thank God for gap years- is definitely going to be difficult, but I'm hoping it'll be a fun experience that I'll look back on with fondness.

To those of you reading this who are much younger than me, each new year is going to bring its challenges, and from what I've learned, it's always best to tackle them one step at a time.

Every problem always feels like the end of the world, especially when you're a kid, but after overcoming the issue, I almost always realize that it would've been solved much easier if I hadn't freaked out.

So that's my advice to you: take it easy.

Don't panic when a challenge arises, try to remember that it will eventually get better and you will definitely look back on it and regret taking it so seriously and stressing yourself out for nothing.

Have fun and enjoy being carefree while it lasts.

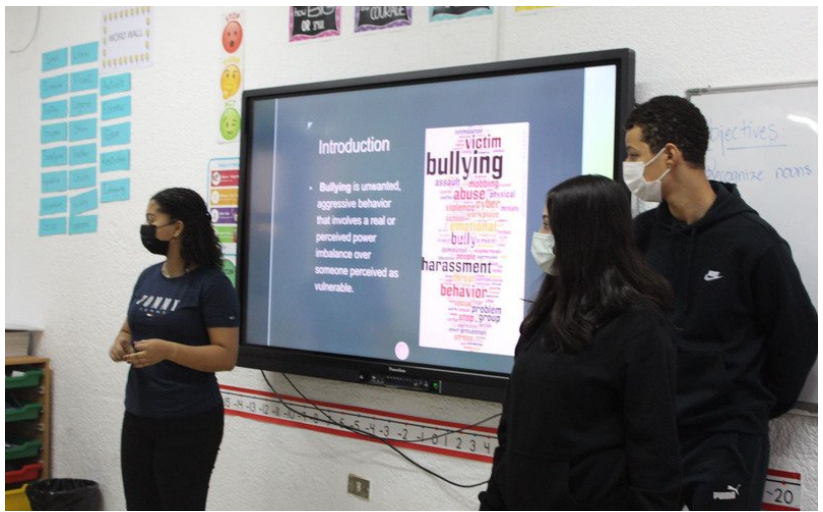
This new year is gonna bring change to us all, those going to university, the people starting a new grade, or even the ones taking up a new hobby.

To new beginnings and the experiences they'll bring,
Jana Elfeky

Anti-Bullying



Campaign




Unite Against Bullying



THE MAKING OF THE ANTI-BULLYING CAMPAIGN

BY NADA NAEL AND LAILA KANDIL



Bullying has always been an issue around the world, and thankfully, our school recognized the issue and decided to hold a campaign against bullying. To spread word about the campaign, MNS decided to make a “Friendship Day” on December 1st.

Preparing for the Anti-Bullying Campaign and Friendship Day was definitely not a piece of cake, but with the help of the community development team, we managed to pull through.

Tenth grade students and their teachers designed a tree full of inspiring quotes to draw attention to the campaign, and that was just the start of the preparations. Due to its vivid colours and huge size, you’ll definitely catch sight of it if you find yourself wandering around the third floor. Just as much as it’ll inspire you to become a better version of your own self, it’ll also definitely make your day.

Shortly after the tree was finalised and put up, the ninth graders gave it a go and started working on the “Words of Kindness” project. Almost all the students, and a few of our amazing teachers, created their own unique envelope; and as everyone was free to design it with whatever they liked, their inner artist shone through.



The owner of the envelope wrote his/her name on it and stuck it outside their classroom. Then, friends and teachers wrote positive comments about them, and put it inside of that person’s envelope.

BE KIND!

Every now and then, the students would check it to read what people wrote for them. No matter how much they read the same words over and over, it sure puts a smile on their face.

Another huge part of the campaign was talking to the younger students about bullying- through presentations prepared by ninth and tenth graders. Some were PowerPoints about the general idea behind bullying, and some were about personal challenges they faced.

Whether they were the bully or the ones getting bullied, they still had the courage to share their stories.

After the effort the Community Development Club put into this campaign, we all hope it made a difference to everyone- the bullies and the bullied.

It’s never too late to change and become a better version of yourself, and that’s what the Anti-Bullying Campaign is about.

DECEMBER FIRST: MNS' FRIENDSHIP DAY



BY ALY TAMER MANSY

December 1st was the day Maadi Narmer School decided to launch its anti-bullying campaign, in a day called "Friendship Day".

"friendship isn't a big thing it's a million little things"



Even though the event had a fun and light nature, it carried a strong message and made a clear statement against bullying.

The day was filled to the brim with activities that had a huge impact on the general atmosphere and mood in our halls.



The presentations mainly discussed the types of bullying, the reasons bullies become bullies and how to stop bullying.

A tremendous amount of effort was put in by the volunteers, and was certainly appreciated.

For starters, a lot of students volunteered to share their personal views against bullying and its effects on the younger generations especially.

Throughout the day, multiple classes from year 3 till year 8 were entertained by multiple presentations performed by different groups of high school students all in the sake of raising the younger generations' awareness about such a sensitive topic.

What stood out the most were the students who used the chance to print out words of optimism on their t-shirts to spread positivity.

Not to mention that the School Band performed well-known and loved songs throughout the day such as "Helwa ya Balady", "Etganen" and "Feeha Haga Helwa".

These timeless and iconic songs surely maintained the cheerful atmosphere for the rest of the rest to enjoy. Both students and teachers shared a moment of nostalgia as memories were brought back while singing along to songs that we all know by heart since we were born.

It was very notable that all of the students refrained from using negative words in order to show the impact of positivity in our everyday lives.

Thankfully, every single moment was captured and recorded so that this day can stay in our memories forever. All in all it was a very fruitful day, stressing the importance of spreading positivity and eliminating all acts of bullying around the school.

Students ended up learning about bullying through the research done and the presentation given, and friends were able to wear matching outfits. It was definitely a win for all.

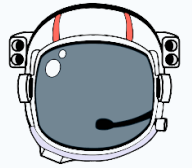
A LIST OF FILMS/BOOKS THAT DISCUSS BULLYING

BY ZEINA REDA AND HABIBA HOSSAM

Since we're running an Anti-Bullying Campaign here in MNS, we wanted to compile a list of movies and books that talk about bullying- showing how bullying affects a person and how this person can overcome it. So without further ado, here's what we came up with.

Wonder

This book approaches a type of criticism that deserves more recognition. It is based on the novel by R. J. Palacio which shares the story of how a little boy called Auggie struggles to fit into middle school due to his facial deformity.



Diary of a Wimpy Kid

Diary of a Wimpy Kid is one of the most popular books. Here's the lowdown: Greg Heffley is not having a good time in middle school. Even being at home is difficult because Greg's older brother Rodrick is a bully, just as bad as the ones at school. Diary of a Wimpy Kid, told through comedy, appeals to its target audience while also making its point to anyone who watches or reads it.

Harry Potter

Harry Potter is also another childhood favourite by the famous J.K. Rowling. Harry Potter is bullied at Hogwarts by other students. He suffered a great deal of pranks, embarrassments, and rejections. Even so, he maintained his strength, fought all of his enemies, and found comfort with his genuine friends.



Cat's Eye

The author, Margaret Atwood, examines the different ways in which females might do harm to one another. Cat's Eye is a book about a painter named Elaine who has to deal with the consequences of a terrible childhood connection. Cat's Eye is a must-read for those who want to understand why their young children have been bullied.



Disconnect

A phenomenon that has just lately become a plot point in cinema and television - a case of cyberbullying is included in one of the film's multiple stories. What distinguishes Disconnect is the way it tracks both bullies and victims.



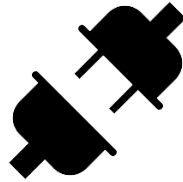
Mean Girls

A classic film that portrays unfair social groups and toxic beauty standards, but most importantly it perfectly displays the perspective of a bully and how to avoid being a mean girl.



The Karate Kid

This film teaches us not to be afraid and that there are multiple ways to fight back. It's about a teen that is taught the ancient art of karate as a way of self-defence, and he finds himself competing in a tournament against his bullies only to be confronted by his enraged and jealous school bully.



Face

Martin is the most popular kid in school - until a night out ends in a car accident, leaving him with a facial deformity. Face by Benjamin Zaphaniah shows how Martin's accident transforms him from being idolized by his schoolmates to being pitied, excluded, and bullied. It's a hopeful story about Martin rebuilding his life.

Heathers

In this savage parody of adolescent life, one thing leads to another, proving that bullying is never worth it. This film takes bullying in high school to a new level. It follows Veronica and her new boyfriend, JD, who is an anti-bullying activist. Veronica joins the most popular clique at school, but she despises her "mates" for their harsh conduct.



These are just a few of the many films and books that talk about bullying and how to overcome it. Being aware of the issue makes it easier to solve, so educate yourself and follow our list.



WHY DO BULLIES BULLY?

BY MALAK AZIZ

Problems will come and go quite quickly, yet it's still important to look deep into the psychological reason behind everyday conflicts. Essentially, psychology plays a major role in problem solving since it can explain why people act the way they do and help predict future behaviour.

Bullying is one of the most prominent and continuous social dilemmas in today's society. The act of bullying is a repeated pattern of deliberately harming and humiliating others- which can involve verbal attacks as well as physical ones. Revealing the psychology behind bullying and its victims may reduce the risk of someone you care about getting bullied.

We live in a world where being in control and more dominant will help you become superior and automatically "cooler". Naturally, your human instinct will drive you into craving more strength and putting in effort to gain it for the sake of a better life and treatment.

Unfortunately, some people's idea on how to "gain more power" is by bringing others down to lift themselves up. These types of bullies tend to target others who are - compared to them - smaller, weaker, or less smart. The easiest way to do this is by focusing on something unique about their victims and eventually make them insecure about it - to be specific - race, religion, body image, sexual identity, or gender.

By time, this process makes the bully feel a sense of security and superiority.

At first sight, bullies are seen as scary, powerful predators, which is partially true. Though after uncovering a bully's surface shell and allowing them to open up, most cases revealed that they've actually been exposed to pending trauma from their past that hasn't received closure yet.

From not receiving enough love from their parents to feelings of rejection they've faced from people throughout their life, unresolved trauma will always be a valid justification for a bully's behaviour.

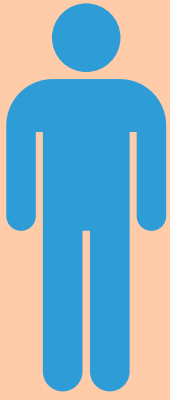
When personal issues aren't dealt with in the appropriate manner, they do not go away, as much as people want them to.

Eventually, suppressed trauma will affect the person's behavior and begin to reveal itself through ugly mannerisms, and bullying is just one of them.

As said before, being aware of the psychological reasons behind bullying and understanding them is definitely an effective phenomena that reduces the risks of getting bullied.

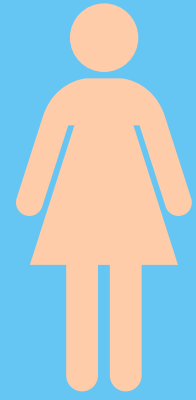
However, what's more important is to make sure you get the professional guidance needed in the case of getting bullied.

Don't be afraid to seek help. Speaking up about your experience can help both parties of the bullying process - the bully and the bullied.



GENDER INEQUALITY

BY HABIBA HOSSAM



Let me introduce you to a system called the patriarchy. For as long as mankind existed, women always had this boot on their necks forcing every single decision they had to take, even when it came to their day to day activities that seem normal to us now- going to work, being able to make conversations with strangers, having legal voting rights, wearing normal clothes, owning property or being able to make their voices heard.

When women fight back the pressure of the patriarchal boot they can no longer handle, they are portrayed as “mad” for being against the nature of male dominance. Whether you think it’s right or not -not being able to stand up against a clear form of bullying- it’s a very obvious injustice to women everywhere.

An imbalance in the gender system’s nature affects both men and women - I know right, it’s hard to believe. The boot mentioned before, which is also known as the patriarchy, causes our mentalities to shift to a more hateful perspective. This perspective devalues the female role and displays women as “the second gender”, leading to an unwanted load on the male species that produces various types of toxicity such as toxic masculinity - the idea of manliness that encourages unfair dominance.

Historically, women like Simone de Beauvoir for instance - a French writer and philosopher - was who Shakespeare would call a ‘strumpet’ for using her role as a political activist to try and destroy the patriarchy.

This type of hate crime still takes place in very little aspects of our lives despite several movements throughout the years like the Suffrage movement in the mid 1800s, the Women’s Liberation movement in the 1960s, and Riot Grrrl in the early 90s’.

Clearly, it is in our hands to not build up the wall of injustice that people have been trying to tear down for decades.

As of now, the term “feminism” is being used to inspire gender equality and to demolish the patriarchy - the evil factor preventing peace between the two genders. Yet, feminism is also being demonized by people who assume that feminism means preferring women over men. Assumptions like these root from toxic cultural beliefs which are enhanced for the worst with every time they are ignored or normalized.

The effects of these hateful comments towards women -or as some people may call them, misogynistic comments- build up an even higher wall of hatred that will become harder to destroy by time. So, why should we even allow it to happen if it encourages hateful beliefs?

To sum up, I believe gender inequality is a form of indirect bullying where one party harms, intimidates and coerces the other. It is up to us, the younger generation, to stop this injustice and make the change so desperately needed.

CYBER-BULLYING

BY LAYAN ELSEASI



There are various forms of bullying, one of the most prevalent yet overlooked types being cyberbullying. Cyberbullying has dramatically shot up as a result of the internet continuing to gain influence day by day.

But how do you define cyberbullying exactly? Cyberbullying is the act of intentionally inflicting distress upon another individual through the use of electronic gadgets whether on social platforms or messaging programs.

Even though the detrimental repercussions of cyberbullying on the victim can be extremely serious, it still doesn't get the awareness it truly deserves.

To begin with, if the bully happens to be bullying their victim on a social media application where millions of people from across the globe can witness it, they'll be left feeling severely humiliated. Furthermore, mental health conditions such as anxiety and depression are some of the most widespread mental health complications which victims of online bullying happen to develop.

Another concern is that everything posted onto the internet is permanent unless deleted by the user, and even after deleting these posts may still remain on some platforms. This obviously can have multitudinous effects on crucial aspects of life such as college & work; victims may get deferred or rejected from colleges and potential job opportunities given their reputation on social platforms.

Numerous bullies resort to cyber bullying for quite a few reasons. On the internet, anyone could come up with a fake name and run along with it which can make it either burdensome or impossible to pinpoint the bully as they're hiding behind a screen, and have the privilege of maintaining their anonymity; being anonymous also gives bullies the feeling that they are less likely to face any consequences for their actions.

Moreover, bullies could make the victims subject to constant pestering and harassment 24/7 as physical space doesn't pose an obstacle, whereas in order for any other type of bullying to happen, the bully and the victim would need to be in the same place.

How can you tell if someone you know is experiencing online abuse?

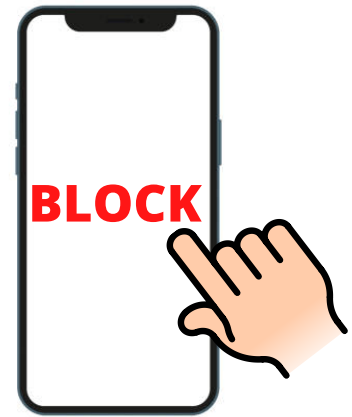
To begin with, you may start to notice that this person has started to distance themselves from the people in their inner circle, and have lost interest in things they were once passionate about. They may be reluctant about having a conversation regarding their online activities. Additionally, they can appear to be on edge after using social media.

There are countless methods that everyone can utilize in case they are experiencing cyber bullying. On every messaging application, there's an option where you can block an individual from being able to text you, therefore, hindering that person from reaching you. On social media platforms, you can always block the person, too, and report their posts for cyber bullying.

In some countries, laws have been put out in order to resolve this constantly growing issue, like Italy for instance. To elaborate, it's illegal to exploit the internet to cause anyone any harm alongside giving the victim or their guardian the right to take down any damaging content within the span of forty eight hours only.

To conclude, cyberbullying is a very threatening and constantly developing matter, which is why it's beyond salient to recognize it when it happens, and know how to deal with it correctly.

It's also of great importance to learn to spot a person who may be suffering online abuse given the pressing outcomes it can lead to.





ENTER

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CHRISTMAS PLAYLIST

BY NADA NAEL

Well, it's that time of the year again folks! That's right, Christmas is right around the corner and that could only mean four things: Santa Claus, presents, hot chocolate and Christmas songs!

Christmas wouldn't be Christmas if it weren't for the same carols and pop songs that we listen to every year, and luckily for you, I've gathered them all here for you to pick and choose songs to go in your annual playlist.

Mariah Carey's "All I Want For Christmas is You". It wouldn't have been an article about Christmas songs without it.

"Let it Snow! Let it Snow! Let it Snow!" by **Dean Martin**. Not a single time did I pass by a café in December without hearing this song blasting through the place, and I'm definitely not complaining.

"It's the Most Wonderful Time of the Year" by **Andy Williams** is one you obviously can't not listen to during Christmas. It's pretty much a crime if you don't.

Burl Ives's "Have a Holly Jolly Christmas". This song is so overplayed but no one's complaining because honestly, you wouldn't be in your right mind if you do.

"Last Christmas" by **Wham!** is also a staple, I mean it's just so catchy! I'm not gonna lie, I listen to this song all year round, not just during the Christmas season, but can you really blame me?

"Mary Did You Know" by **Pentatonix**. I remember the day it was released. I had it on repeat all day everyday to the point where I can now recite it word by word on the spot if asked to. Definitely wouldn't sound as angelic as them, but what can we do?



"Rocking Around the Christmas Tree" by **Brenda Lee** is truly an iconic one. Trust me on this, you absolutely have to listen to it on Christmas Eve. You just have to.

"Baby it's Cold Outside" by **John Legend** is my all-time favorite one. You can't not listen to it during the Christmas season. I'm serious, it's just so good.

Sia's "Snowman". Trust me when I say that it's probably one of the very few songs that'll actually give you serotonin just from watching its music video. It's absolutely heartwarming.

"Santa Tell Me" by **Ariana Grande** has an amazing effect on anyone who listens, but I mean, I wouldn't expect less from her. She's Ariana Grande for God's sake!

"Jingle Bell Rock" by **Bobby Helms**. Do I really need to mention this one? I feel like the entire world unanimously agreed that it is, has been, and will always be, Christmas's theme song.

Well, I think I've covered every song that will truly get you in the mood and prepare you for the Christmas season. Now, when your friends invite you to a Christmas party, be sure to be the one in charge of the music. You'll definitely be the talk of the night!

"IT'S BEGINNING TO LOOK A LOT LIKE CHRISTMAS"



WINTER BREAK GETAWAY



BY KHALED AHMED

As the winter break rains upon us, there are many places of interest to travel to but too much fear holding us back. With the lockdown due to Covid-19, the idea of traveling might seem hopeless to a lot of people but do not fear, for the greatest list of destinations is here!

Sharm El Sheikh is one of Egypt's top vacation destinations for many reasons. First of all, the colorful mountains that can be seen along the Red Sea are very beautiful in nature; the color of the mountains gradually changes to different shades of brown, red and yellow, making it breathtaking! In addition, as you step into the water, you will be fascinated by the amazing colors and varieties of different fish and coral reefs. That's why it's one of the most beautiful cities in the world!

Dahab is one of Egypt's most beautiful holiday spots, where you can rest, relax and enjoy the fascinating scenery. Famous for Bedouin life and exciting water sports, people from all over the world come and enjoy the mysterious tranquility it offers. I recommend not forgetting your camera as you won't be able to resist capturing the breathtaking views!

You might think there is nothing left to offer, but would you want to explore one of the oldest cities in the world?

Luxor is an ancient Egyptian city with a deep history like no other. There are so many pharaonic monuments and tombs that it's considered the largest open-air museum in the world!

When you visit these ancient attractions, you'll be impressed and speechless. You'll be able to see magnificent temples with unique architecture that date back to a thousands years. That's why it's a popular tourist destination in Egypt and around the world that no one can resist visiting.

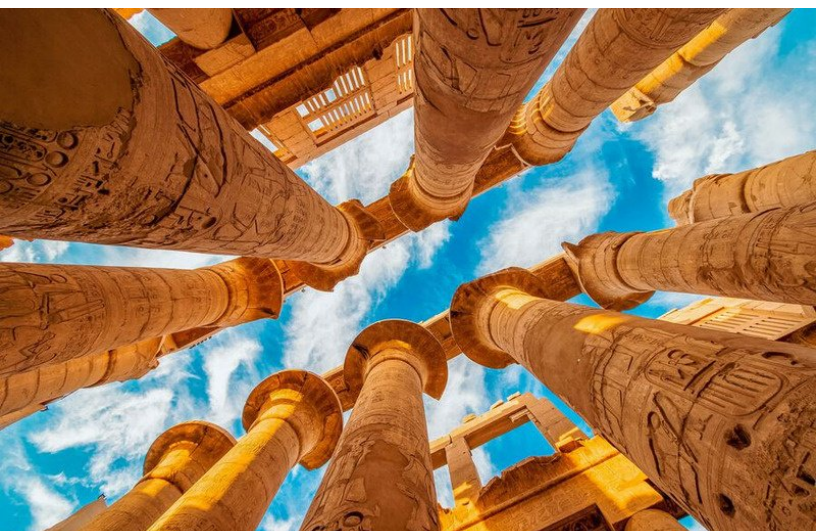
Since you're on vacation, in need of endless entertainment, you can head to Gouna! El Gouna is one of the main attractions of the Red Sea, made up of a group of islands surrounded by a lagoon where you can enjoy the features of the water wherever you go!

It also provides quick access to the waterfront, offering breathtaking views. Experience the resort town lifestyle in this lively place. You'll have a wide selection of hotels as well as many external facilities.

The city is fast becoming one of Egypt's most popular holiday destinations, as it offers an amazing atmosphere that will make you want to stay forever! Whether you're traveling with friends or family, El Gouna is undoubtedly the best place to visit while on vacation in Egypt!



All in all, there are so many destinations to visit on your winter break, where the views are amazing and the weather is perfect! Travel to any one of these places and you are guaranteed amazing memories. Take the chance before it's too late, and you find yourself starting the new term!



Christmas Baking

BY MALAK FAWZI

Christmas Tree Brownies

The therapeutic power of baking has been the theme of not only pandemic life, but also this festive season. There's nothing sweeter than treats that are made by hand and given with love. Whether it's cookies, cake pops, a gingerbread man, you name it, we've whipped it up. So consider this your go-to guide to level-up your holiday baking.

Making it is super simple, start off by buying brownie box mix or use your personal favorite brownie recipe for the base of our sweet creation. Whatever your choice was, you'll end up with a slab of brownie that's perfect for cutting into triangles to produce the look of the Christmas tree.

To make the tree trunk, you'll simply get mini candy canes and insert them into the bottom of the triangular brownies, and you'll be ready to decorate! Just like the making of the brownie, the decision is yours to either make your own buttercream frosting, or buy a can of green frosting. Insert the green frosting into a piping bag with preferably a star tip- to produce the wavy design of the Christmas tree. After the green frosting has fully covered the brownie, you can add multicolored rainbow sprinkles to represent holiday lights. And for the cherry on top of the cake, add a gold star sprinkle at the top of each tree!

TIP: the brownies will be easier to cut if you chill them first.



Ginger Bread Cookies

Sweet, surprising and modern, these fragrant cookies are a must have for Christmas; they'll fill your home with a festive aroma, perfect for those cozy winter nights.

In a large mixing bowl, beat butter, brown sugar, and cream together until smooth. A silicone spatula will be your best friend, as it'll help you scrape the bottom and sides of the bowl. Add molasses and beat in the eggs- one at a time to ensure perfect distribution. Then add cornstarch, cinnamon, ginger, salt and cloves, and stir until combined. Gradually add the flour while mixing, by the end, you'll notice the dough forming a ball. Roll out the dough to your preferred thickness and cut shapes with cookie cutters. You'll now be ready to put the cookies in the oven for about 10 minutes, or until the cookies are set around the edges and soft at the center.

INGREDIENTS:

- 1 cup unsalted butter (2 sticks), softened slightly but still cool
- 1 cup dark brown sugar (tightly packed)
- 2/3 cup molasses
- 2 eggs, large
- 1/3 cup cornstarch
- 2 1/2 teaspoons ground cinnamon
- 2 teaspoons ground ginger
- 3/4 teaspoon kosher salt
- 1/8 teaspoon ground cloves
- 4 cups all-purpose flour (you may need as much as 5 cups)



Cake Pops

If you're looking to bake some unique and cute homemade treats, then we definitely recommend trying one of these Christmas cake pops!

This recipe will save you from throwing out that leftover cake after any gathering. Warning though, they're so cute you might not even want to eat them.

Start off by melting white chocolate in the microwave and forming balls with crumbles of red velvet cake and frosting to help stick together and form a ball.

Dip your cake pop in the melted chocolate, so that it's fully coated. Freeze until the cake pop has formed a hard white chocolate shell. Then melt some white chocolate with red food dye and gently drizzle on top of the cake ball.

You can't go wrong with red velvet cake and white creamy frosting!



Chocolate Ganache

Another way to go is using sweet, dark chocolate if that's what you prefer. This time you'll use chocolate cake and chocolate ganache, make a cake pop with the same method used in the red velvet ones.

Once you have a cake pop, dip it into the melted milk or dark chocolate and go ham with the decorations!

You can decorate them with pretzels, red M&M's, and candy eyes to make these cute reindeer cake pops. Ridiculously simple, yet incredibly effective.

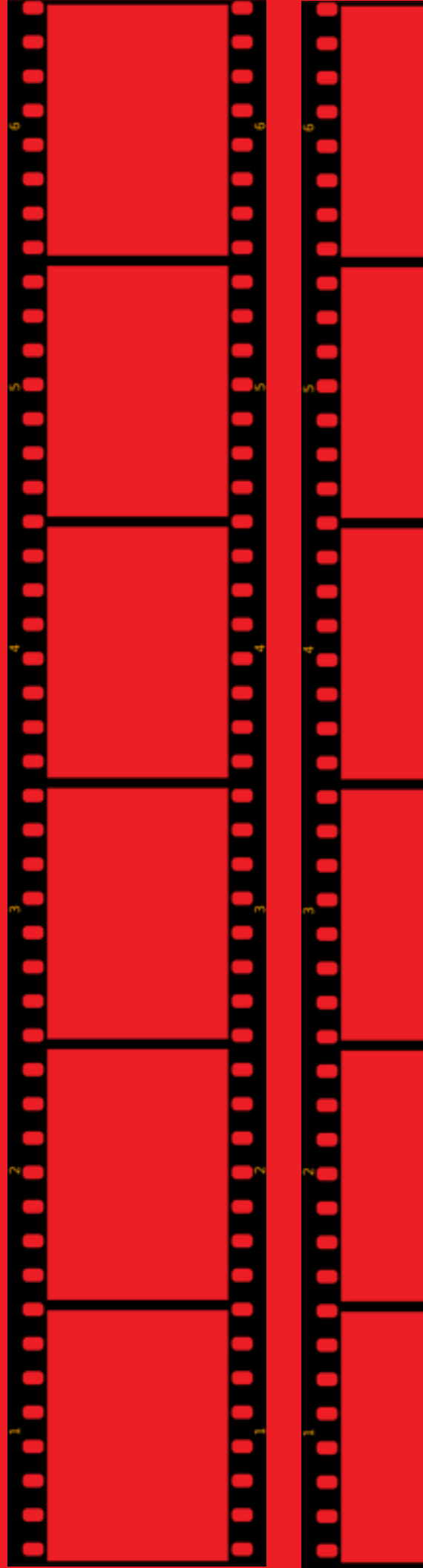
With all the experience from non-stop baking these past two years in lockdown, we are certain that you'll nail this year's Christmas baking!

Just make sure to put on some Christmas tunes, dance around the kitchen with someone you love, and bake them with all the love you can offer!



MARVEL

***FANS,
GET READY
TO
ASSEMBLE***



MARVEL-OUSLY NEW

BY ZEINA REDA

Following the release of Spider-Man: Far From Home, Kevin Feige announced the start of Phase 4 of the MCU (Marvel Cinematic Universe) on July 19th, 2019 at Comic-Con. Phase 4, which runs from 2021 to 2023, begins with the "Wanda Vision" series and concludes with the "The Fantastic 4" film, with the Hawkeye series being the most recent release.

Now that we've established that, let's learn more about Phase 4.

WandaVision, as stated previously, was the first Marvel series to debut at the start of Phase 4. WandaVision is a crossover of classic sitcoms and the Marvel Cinematic Universe wherein Wanda Maximoff and Vision, two super-powered people living an idealistic suburban life, begin to suspect that not everything is as it appears.

Following the release of WandaVision, a few other series were released, which include Falcon and Winter Soldier, which puts the focus on Bucky Barnes and Sam Wilson's post-endgame lives. Marvel has still yet to release many more TV series, with "I Am Groot" being the last.

Marvel has also released a number of films, including Shang-Chi and the Legend of the Ten Rings, in which Shang-Chi is drawn into the web of the unsettling Ten Rings organization, forcing him to confront the past he thought he had left behind.

Other films in the franchise include Of The Galaxy Vol. 3, Eternals, Thor: Love and Thunder and the eagerly anticipated Spider-Man: No Way Home. I'm sure by now that you have all already watched the movie with your friends in theatres, and if you haven't, are you even with us on the same planet?

And if you're a theory-obsessed marvel fan who's into breakdowns and easter eggs, you should follow these accounts:

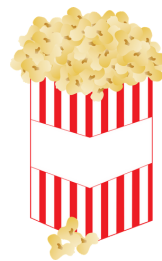


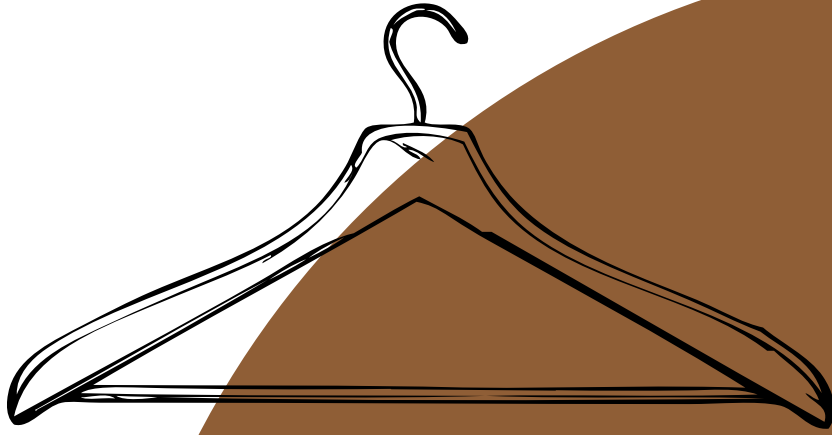
@supes - @theoriesbyt - @jstoobs

New Rockstars - Heavy spoilers on YouTube

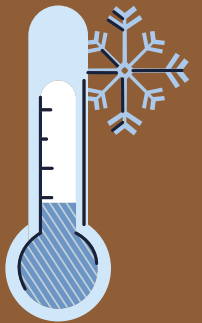
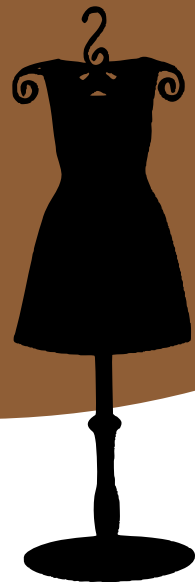


@marvel_legion





**“The secret of
great style is to
feel good in
what you wear”**



FASHION

Winter Outfit Trends 2021

BY LAILA KANDIL

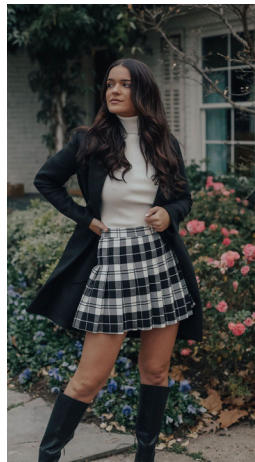
Temperatures are dropping and it's time for the winter section of your closet to shine. Coming from experience, it's definitely a hassle when putting together an outfit, so to prevent the struggle this year, I've gathered some of the trendiest outfits for you to see!

The best answer when you have nothing to wear is printed jackets. You'll simply be throwing it on top of a pair of pants and a plain shirt, but that doesn't mean you won't be the talk of the night! Whether that's jackets with shapes, random prints or even words, it still puts a simple and casual outfit together.



I know some girls don't always like the extra hassle, but come on, no one refuses to wear a skirt. Plaid skirts are now the real trend. Suitable for parties, gatherings and events, pairing the gorgeous item on a fitted blazer, a turtleneck or a cardigan is the way to go.

Leggings might not be groundbreaking, but I know we all love them; they scream "staying comfortable and in style". Leggings are literally the solution for everything. I'm not capable of thinking of one item that doesn't go well with the pair of pants. They go with every clothing item. It's crazy!



Denim. It thrives every season of every year, and people certainly never get bored of it even through the changing times and evolution of fashion. Denim jackets, pants and even some tops are now available at almost every clothing store, and with tonnes of shades available, you will never be repeating a denim outfit.

Last, but definitely not least, puffer jackets. Cropped or not, they should always be in your closet. Either break the colours of your outfit with a simple black or white jacket, or give your fit some life. They're very stylish, yet very cozy and will surely keep you warm.



Fashion is a big deal in our world, and I'm sure every one of us wants to stay on track. Easy but trendy is this winter's motive, so with all the above, you will have all eyes on you this season. The pleasure that comes from putting on a nice outfit is unexplainable, so do me a favor and try not to be in sweats this time of year, you won't regret it.



FAYOUM TRIP

On the 19th of November, MNS Seniors went on a day trip to Fayoum, for some much needed relaxation marking the end of the November session. The day started at 7.30am where they met up to ride the bus. The entirety of the two-hour ride to Fayoum was filled with music and jokes to no end.

After they arrived at their set camp, they had a filling oriental breakfast then went on a safari, stopping at two breathtaking locations, taking pictures until their phones ran out of storage. Going back to camp, they played games against each other in teams, and the top two teams competed in a treasure hunt- whoever found the treasure first was the ultimate champion.

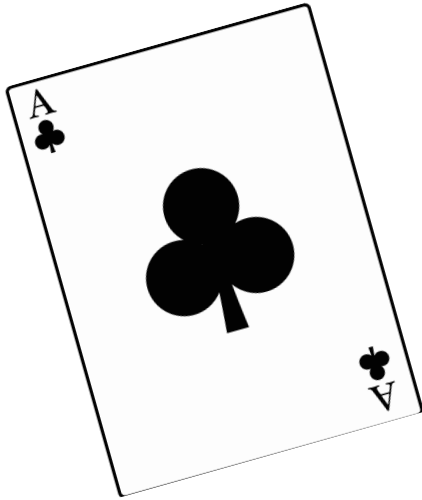


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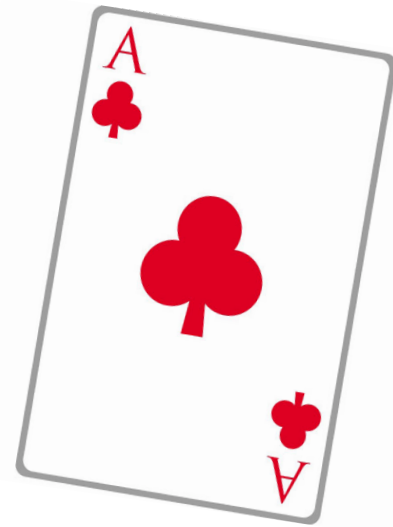
One of the highlights of the trip was sand boarding by sunset over the golden sand dunes, and aside from everyone falling and rolling in the sand, it was very fun. Afterwards, they had dinner and sat around the bonfire roasting marshmallows and singing songs.

The bus ride back was definitely much quieter as everyone was all exhausted after the great day full of fun activities, great views, and amazing bonding. A quick day-trip they won't ever forget, that's for sure!

ACE



OF



CLUBS

BY: MAZEN MARWAN

As stated before in the “Extracurriculars Made Easy” article published in our last issue, school clubs are one of the many ways you can spend your free time, and spice up your resumé. Here are some of the clubs available in MNS.

Starting with the club responsible for the article you’re reading right now, the Journalism Club! The Journalism Club is responsible for writing, editing, producing, and printing the school magazine: “WHY NOT?” (the one in your hands right now). The club is made up of high school students only; writers, and editors- the ones in charge- who go over articles and produce the final layout.

Next up, we have the trusted Community Development Club which is mostly made up of year nine and ten students due to their consistent presence at school. The club hosts fun and beneficial activities that help raise awareness and funds to improve the community which consists of the school and other organizations that need it. They were in charge of hosting the fundraising camp for grades five and six this year, and the Anti-Bullying Campaign that took place on the first of December, with many more exciting events to come. So stay tuned!

Further down the list, we have the school band! This club, unlike the rest of the clubs on our list, doesn’t take in students every year; since the band members have to know each other's styles very well, and members are only replaced when they graduate. This year is one of the rare years where you can apply to be one of the musical representatives of our school, and jam out until you graduate.

For the talented folk who liked the school band, you might also like the Art Club! If you’re a person who appreciates art and has fun letting your imagination run free, then this is the club for you.

You will find yourself crafting a variety of fun pieces, and best of all, you don’t have the pressure of it being part of your schoolwork!

Now for all the upcoming presidents, ambassadors, and mega-influential people out there reading this, well, thank me later. The club in question is the Debate Club, and for everyone hoping to improve their debating and public speaking skills, listen closely. In the Debate Club, you don’t debate, however, you conduct debates, and host debating lessons for grades seven and eight.

With the help of your team members, you talk to the students about a subject and using the tips and tricks they acquire along the way, they take a stance (whether for or against the idea) and try to defend it.

In short, this was a quick rundown on all of the available school clubs at our beloved MNS. Remember that you are not obliged, but only recommended to join a club.

Their communities are great and fun, and if you chose a club because it fits your interests, trust me, you’ll never regret that decision.

MAINTAIN THE MID-YEAR STRESS

BY MAZEN MARWAN

Tis' the season to be jolly! Tis' also the season to study for the dreaded January sessions, and try to cram five months worth of recorded classes in a couple of hours on high-speed. It can be very hard to try and fit in fun and relaxing activities and time for yourself in between all that studying you're doing, so I'm here to try and help you keep your sanity while you frantically type in "paper.sc" into the search bar.

Well, to start, I feel that the main problems we face while studying is either doing too little of it or wasting a lot of time in between it. A counter to that however, is following a schedule.



You can create a schedule for the following weeks, or even a daily one every morning! It all depends on how comfortable you'll be following it. Start it off by giving an estimate on how long doing a certain task will take you, then start it, and stop working when the time you gave yourself ends.

This will help you manage your time more effectively, and help you reduce the time you spend procrastinating, making you feel less bored at the end of it.

Another interesting tactic that might surprise you builds on the fact that your brain quickly gets bored from your surroundings, which leads to less effective studying, and ultimately wastes significant amounts of time. You can help yourself by changing your place of study more than once. It can be as simple as tidying up your desk, home office or bedroom, or even going to the nearest café, library, or co-working space to study there instead.

Doing that more than once, without it disrupting your schedule or train of thought, is very effective during long study sessions.

Something that I know you've probably heard a billion times is the importance of sleep. It might sound like a cliché but it's a cliché for a reason. When you sleep, the toxins in your brain that accumulate over the day get "cleaned out." Those toxins get in between the neurons inside your brain, making it harder for you to think clearly. So, make sure that you have a good night's sleep before your exams.

Studying during Christmas break can be difficult, but hopefully you can incorporate these easy things into your day-to-day routine, making it a little more bearable for you and that little guy up there doing all the heavy lifting during your exam.

With that being said, happy studying and Merry Christmas!



NEW BEGINNINGS



New Year's Resolutions

Interviews

BY MOHANNAD SAMER

With a new year comes a new beginning and a new opportunity for change.

We are given the golden chance to become the version of ourselves that we always hoped to be, yet in light of this opportunity, many often don't change.

Resolutions are often unachievable, phony goals that hold no value or meaning to those who chose them.

As a result, most resolutions are forgotten by the time February rolls around.

That leaves us with the question: Are resolutions still worth setting?

Despite their low success rates, resolutions can provide a jump start to permanent change when they are reasonable and actually achievable.

This is what **Dr. Mo'men El Fadly** was aiming for when he said he wanted to have a better work-life balance, setting a goal to "work less and have more family time".

In opposite yet similar fashion, **Ms. Kariman Hassan** went with a challenging but achievable resolution, hoping to finish her masters degree by the end of 2022.

Not all resolutions have to be achieved, though.

Some teachers have set resolutions they know will probably fail, however, to them, the fun of imagining your wildest dreams is still worth it.

For example, Dr. Ahmed Moataz stated he wanted to "travel around the world". While a somewhat generic goal to have, a huge grin still made its way across his face as his brain wandered far, imagining himself in a plethora of breathtaking locations.

Mr. Hamdy El Shal had a close but more specific resolution, wanting to "travel across Europe with his favourite students on their senior trip next year".

On a different note, some teachers believed that their insincerity makes resolutions unattractive.

These teachers expressed their dislike of everyone getting excited by the new year, setting meaningless goals and then putting them aside just a few weeks later. Resolutions have become more tradition and less actual goals.

The biggest advocate of this idea was **Ms. Manar Madkour**, who preferred to take her hands off the steering wheel and leave the achievements and changes that the new year will bring up to fate.

To conclude, it is clear that resolutions have lost a lot of their effectiveness in inspiring change. Nevertheless, even when they are planned to fail, resolutions can be an enjoyable tradition that make the holidays so much better. Moreover, in the rare cases, when they are meaningful and reasonable, a single resolution can improve or fulfill many lives.

For these reasons, I believe resolutions are still worth setting. It is almost impossible to imagine that a time could come when a tradition based on writing down your wild hopes and goals will ever fade away.

“NEW YEAR, NEW ME

SAME DREAMS FRESH START”

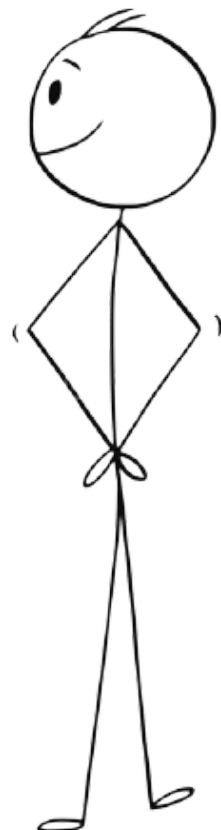
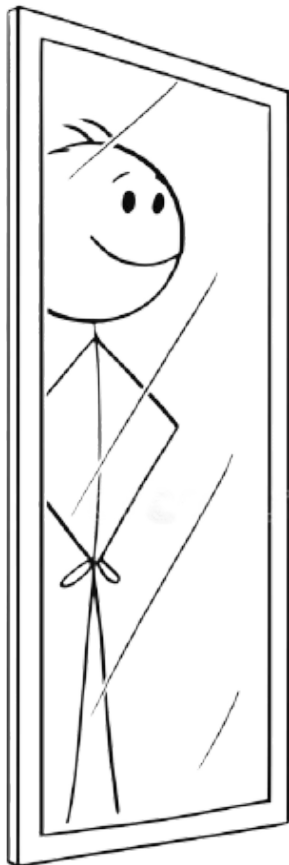
Perhaps the biggest cliché in history is the phrase "new year, new me." Similarly, the biggest lie to date may be "keeping the New Year's resolutions."

Most of us are at the expense of the New Year's charm and its promise to help us become completely new people.

We all think we're going to turn over a new leaf, get rid of all of our bad habits and be the person we always wanted to be. Is this all true or one big scam?

To get started, this type of spirit really gives you the opportunity to start over. In many cases, we lack the motivation to change for the better.

And now that we have the right mindset, we can make changes that we thought were impossible.



Whether you're trying to break a bad habit or start a new hobby, it's good to feel that you can do anything.

I personally think with the help of that mentality, you really can start a new hobby or stop a bad habit.

The issue with this is, after some time you'd lose interest in what you are trying to pursue or what you are trying so hard to stop and that fiery spirit would extinguish.

However, I am not saying it is impossible but rather difficult to maintain that mentality.

New Year, New Me

BY KHALED AHMED

Of course, there is nothing stopping you from reigniting the fire.

What are some of the ways you can maintain this mentality you ask? There's more than one way to go about doing so.

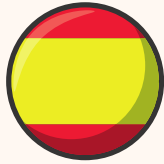
For starters, you can simply put a reminder on your phone to set off each day reminding you to pursue your goal. All you need is 21 days to form a new habit! This idea can be traced back to "Psycho-Cybernetics," a book published in 1960 by Dr. Maxwell Maltz. Another way of doing so, is trying to pursue your goal with other people.

Having more than one person motivated about doing something will inevitably lead to never losing interest.

In conclusion, the "New Year New Me" saying can work out if you put enough effort into it. It's as simple as putting reminders and doing it with your friends!

If you are really passionate about making a change in yourself for the better, then the best time is with the new year being so close! Take the chance and work towards achieving your resolutions!

How Different Cultures Celebrate



New Years



BY ABDELRAHMAN FAROUK

As we all know, New Year's is one of the most celebrated days in the year. It's a day where people around the world come together to celebrate the start of a new year. Most people celebrate by getting together with their family and friends before midnight, sit and wait for the clock to strike 12 to welcome the new year, and the new beginning it brings along.

However, not all cultures celebrate the same way. Today, we'll be talking about how different cultures celebrate New Year's.

Greece:

The Greek usually go out and play cards with their family, starting in the evening and going on till midnight. They do so because they believe New Year's is a time for good luck, and so they'll win their game of cards.

They also put onions on their doors as a sign of rebirth; this ritual is done to fill the new year with good luck. Their night ends with a champagne pop and a festive "Καλή Χρονιά!"

China:

The Chinese New Year (commonly referred to as the spring festival) is one of the most important holidays in China and it's so different from the rest of the world's. It is celebrated for fifteen whole days, and its date changes from year to year. They start out by cleaning their houses to sweep all the bad luck away, and then they start decorating so that families can gather for a reunion on New Year's Eve.

In China, New Year's Eve dinner is considered the most important meal of the year. They set off fireworks to celebrate and bring each other gifts which are usually red envelopes with money inside- to wish wealth and good luck upon the recipient. So have a "Xīnnián kuàilè" (新年快乐)

Spain:

The Spanish celebrate "Noche Vieja" by eating twelve grapes, one at each stroke of the clock; considered good luck for each month of the new year. They also host a parade for children on the fifth of January, called "Día de los Reyes Magos" (Three Kings Day). Children watch the parade and ask the people who are dressed as the Three Kings for a gift.

After that, children leave their shoes and dinner plates before sleeping, in hopes of getting a gift when they wake up. There is a dessert called Roscón de los Reyes, which is shaped like a doughnut and is covered with fruits, which has a hidden prize inside, and the person who finds it becomes the King/Queen of the house. Feliz Año Nuevo!

Each culture has a special and beautiful way of celebrating New Year's, with their own traditions and rituals.

Whether it's giving out gifts, making resolutions that you never stick by, having a family reunion, or even going out with friends, the most important thing is to have fun and enjoy the festivities of the New Year's!



Everyday Can Be A New Beginning, You Don't Have To Wait For New Years

BY MARIAM OKASHA

Every year, close to New Year's Eve, we hear people come up with new year's resolutions; things they swear they will start or stop doing. But most of the time, since we put so much pressure on ourselves to start doing so many things at once, we fail.

Failing so early in the year makes us disappointed and we immediately announce the year to be the worst in the first few days, just like Ross from Friends when he couldn't get his leather pants back on.

It sounds so cliché, but everyday can be the start of a new chapter, it doesn't have to be on January 1st. When thinking about why we wait till the last day of the year to 'change', the only thing I can think of is that we're probably scared. We keep procrastinating because we're afraid we won't be able to do what we want.

But there's no nothing to be scared of, because you don't have to be good at new hobbies once you start, and you don't have to stop bad habits at once. It's okay to take time, give yourself a chance to try, give yourself a chance to improve and even give yourself a chance to fail and try again.

I know this all sounds way too motivational and kind of cheesy, but it's still true; we overwhelm ourselves with unrealistic goals that we want to achieve in a day. In my opinion, New Year's Eve should be a time for reflection, a period where you look back at what you've achieved, a period where you give yourself a pat on the back of surviving the year, and a period where you right your wrongs and make amends. But normal days are the ones for change.

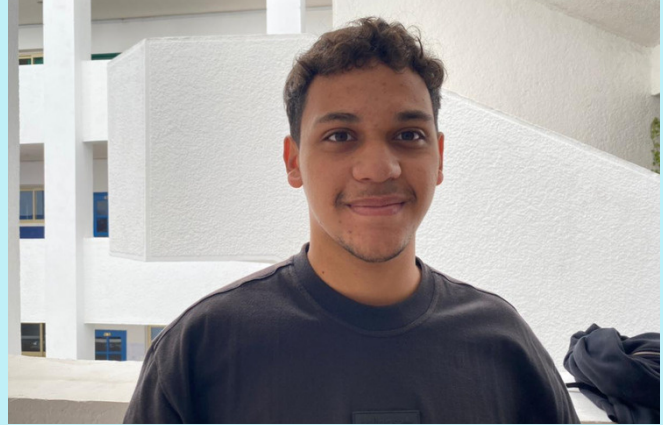
Starting is the scariest part, but you can do it, just wake up one day and decide that you will start playing the drums, that you'll stop eating fast food or that you'll start studying more, just start!

In the end, I leave you with a friendly reminder that it's okay to fail, but it's not okay to give up. With the end of the year approaching, I'd like to assure you that you did great this year, you survived hardships and struggles, and I'm proud of you. This is your sign, if you want to start something new, do it now, don't wait till the new year!

NEW YEAR'S RESOLUTIONS

I wanna be
an actor

- Ali Khaled



I want a nice shave
and win all my
boxing matches

- Mahmoud
Shallaby

I want to get into my
dream university and get
better in cross-fit while
maintaining a good social
life

- Habiba
Ahmed



I want to read more books <3

- Laila Fouad



I want to get good grades

- Mahmoud Nezar



I want to watch the fourth Spiderman
#spidermanfan

- Habiba Waleed



A-Stars, of course

- Omar Tarek



I want to stay the way that I am

- Abdallah Shoukry



I will end covid-19

- Ali Tamer 😎

We want to get a car and hit the gym ;)

- Ahmed Abdeltawab & Abdallah Hossam



I want to become a successful music producer and software programmer

- Hatem Yasser

I want to get into
my dream university

ღ3

- Karma Hamdy



I want to qualify for
the Egyptian swimming
team

- Hamdy



I want to adopt a new
dog so "Kola" can have a
new friend :)

- Nadine





A very special
thanks to Nour
Swidan, our
amazing graphic
designer. We
couldn't have
produced this
wonderful issue
without her!



MERRY EVERYTHING

AND

HAPPY ALWAYS

FROM THE

JOURNALISM TEAM