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# EDITCR IN-CHEIF'S NOTES

# Dearest Readers,

This is the first issue with my name on it as editor-in-chief (grade 9 mariam is probably crying tears of joy right now), I'm both excited and absolutely terrified. This opportunity couldn't have come at a better time, because this is my last year at my favorite home, our school. I promised myself that I will make the most out of this year, so I promise you that I will try my best to deliver the best issues possible, so that I'm able to keep the legacy of everyone who previously worked on this magazine alive.

In this issue, you will experience the hard work of our writers, editors, and designers. We were inspired by the idea of new beginnings, seeing that we are unfortunately done with our summer vacation and have just embarked on a new school year and a new season, hopefully bringing us new opportunities. We also worked on covering a wide variety of topics through our articles, from books to fashion to sports, we've got it all. So, no matter what your interests are, you will find something you'll like inside.

As we all begin a new year in school, and as I begin my very last, I'm urging us all to do our best, to spend as much time as we can with our friends, and to have zero regrets. Let's all appreciate that our lives are becoming somewhat normal again, after three years of chaos, so I hope we do our best to make the most out of everything.

I hope you enjoy every single bit of this magazine just as much as we enjoyed perfecting every tiny bit of it. Happy reading!

Mariam Okasha

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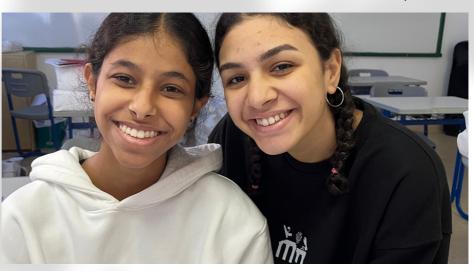
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"The music playing during our senior night"





Abdallah Shoukry

"Passing by all our old classes during the senior parade"

# FAUGS about our last first day



# Ammar El Halafawy

"Seeing everyone again, all in one place"





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Karim Anwar

"Taking pictures and making memories"





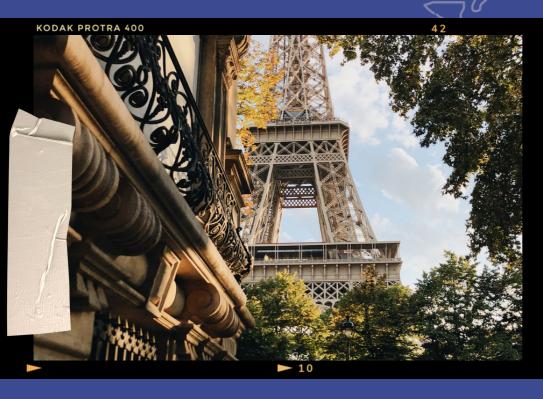
Interviewed by Mariam Okasha

/07

our time. Tan \* Manglagar post. Makea Advice to Freshmen Hello and welcome Narmerian to your freshman year! I'm sure you've heard a lot about high school and how brutal and ruthless it is academically when in reality it's not that big of a deal. In this article we're going to dive a little deeper on how freshman year really is, so get your pens and your papers ready for this school year and listen to this fresh take. First things first, we need to clarify how this year will impact the upcoming years in school. This year's curriculum-often referred to as "Core" - is essentially the basis of every subject you're going to take in the next year. If you manage to have a complete understanding of all subjects, chances are next year is going to be child's play for you since grade 10 is just this year's curriculum in addition to some extra details. Establishing a good basis will allow you to be a bit more relaxed in your Sophomore year and will allow the year to go way smoother, giving you an advantage before it even begins. Freshman year is undoubtedly one of the most exaggerated years in all of school. It is talked about and given attention to way more than it deserves which created this gloomy aura. Amongst all the fear-inducing rumours, there are a few things you have to be sure of. For starters, freshman year is as hard as any other year, on the contrary it is just the start of the fun at school. Luckily, It doesn't stop there; it only becomes more and more fun from here. All you need this year is balance between school work and other aspects of your life which is very much achievable. At the end of the day, life is as hard as you perceive it to be. It is up to you and only you for this year to be easy or not. Don't overcomplicate the subjects you take and everything will be fine, all you need is regular study. In addition, I cannot tell you how important it is to participate in all the extra- curricular activities. Go to all the trips, attend all the events and take part in all of the MUNs, especially the ones hosted by the school, which is always a whole lot of fun. School is a big part of your life and it can be a source of fun if you just think about it the right way. After all, it'll all be over before you know it. sincerely, sure g **Omar Tarek** iverse s also nethi t of s mos

# ANNUAL SENIOR

can you guess this year's destinations? FEB 2023





Only 3 months away, are you ready seniors?

# Way to go Narmarians!









































always achieving great things









































# THE ART OF STUDY METHODS

Which way of studying works best? Which technique is most productive, creative, and yields the better results? Well, the answer, as cliché as it sounds, is it depends on a few factors. Starting off there's the person studying, then there's what's to be studied, which for the record doesn't have to be a subject, it could be anything, and lastly there's the type of studying that's needed. Are you studying for fun? Or maybe an exam? Or perhaps it's neither for fun nor an exam. Maybe it's just the year-around studying, making sure we understand everything and taking all the time we need to process the information. However, if you were studying for an exam you'd be stressed, trying to cram in as much information as possible. Whereas studying for fun is when you actually do it. It's when you spend hours making aesthetic notes and colour-coding everything. It's when everything is done overtly. People who do this are called philomaths.

As you can see, there are so many factors affecting our studying that there's no 'universal' study method that works for everyone. Instead, you have to find what works for you and work with that.

The first study method I'm going to discuss is the **Pomodoro technique**. The idea is straightforward: you focus for 25 minutes and then break your focus for 5 minutes. You may ask "what's the idea behind it?" It's simple: having a 25 minute timer creates a feeling of urgency, but not in a bad way. It's motivational and helps limit distractions so you are most focused on the task in front of you. As for the 5 minute breaks, they're because the average concentration span of a human is around 25 to 30 minutes, so it just wouldn't make sense to keep on going when you can no longer focus 100%, would it? Even if the Pomodoro technique doesn't sound like it would be helpful to you, I'd still suggest you try it out you never know, you might end up liking it. There are so many Pomodoro Timer videos on Youtube with unique themes and even music. Some timers have classical music while others have pop, rock, or even film music!

Next there's the "study everything in one go" technique. The name explains itself: you study everything without taking breaks. Now, is it efficient? Sure. But can you really keep up with all the time you spend studying? That depends on you. Each person is different, and this technique will suit some better than others. But let's discuss it briefly. It's beneficial because, once you stop studying you're done for the day. But suppose the amount of studying you have is humongous: would you really be able to sit down and finish it all in one sitting? Here's another way to think about it, it's a bit like eating. Do you sit down and eat all of a day's foods: breakfast, lunch, and dinner, all in one sitting? Or do you split them up for the greatest effect? That's the way I visualise studying, but that's just me. Maybe this method works best for you, and if so, that's amazing!

The final study method I want to discuss is focusing on one subject, getting it done, and moving on to another. Let's take English and Maths as examples. You'll start off with English and study what needs to be studied, do its homework, and then most likely take a break. After the break, you'll do the same with Maths, but there's a problem: you might no longer be in the mood to study, or you might have become distracted by anything and as a result you'd be too distracted to study any more. Though that doesn't mean that this method isn't effective, this is just something to keep in mind.

So after discussing all three methods, does that mean that one is better than the other? That's far from the case—instead, it's you that makes a study method work because in the end it's gonna be you studying, so what matters most is not the number of people saying how a specific technique 'saved' them, but instead how much each technique appeals to you and how you'd feel applying it to your studying. Something to think about.

By: Aly Aboulela



# How to Romanticize studying

Tired of the same, monotonous study routine? Not to worry! While studying is an essential part of fulfilling one's education, it can get boring or in some cases annoying. Here are the top tricks to change your study game



Before we get into it, is it important to understand why we should stay interested? Well, if you keep studying with no interest at heart, you will see no good results. While some subjects might be offputting, you should still try to gain interest. Think of it this way: every information you learn will be passed on to the next generation but what if the information wasn't sent to your descendants in a complete form? Who will explain it to them and change their mind about something, perhaps? Remember that you are the future of this world, and if you just try you might change your mind about a boring subject and say that it might be exotic or fantastic to learn. If you keep going with that mindset, then I guarantee that your grades will skyrocket, if they're going downhill.

The journey begins, when you want to be involved in the process. Here are the steps:  $\langle \rangle \rangle$ 

# first

you can make yourself a cozy drink especially now that the holidays will soon be approaching. Hot chocolate, flavored tea, and coffee are to name a few. Try to change the **Environment**, you study in every now and then, for you can get bored quite easily by the same surroundings. You should open the windows of the room you're studying in to refresh the environment, or even work outside (go to cafes, parks, or the school's library). You can also keep something that motivates you on top of your desk like a picture of a role model, a quote, or maybe even a handful of chocolates!

# fake it till you make it

You can wear your favorite outfit that might resemble the profession that you want; for instance, a white jacket for a pretend doctor's coat, or a button up shirt with a simple vest for a pretend lawyer's suit. This technique has been proven helpful and fun for studying by many university researchers.

# Make sure your stationary

is aesthetically pleasing. Colors are a good way to grab your attention and keep you excited. There are no rules to how many highlighter colors you can have! Light up a scented candle, preferably lavender for muscle relaxation, or a lava lamp to set a simple, desirable mood.

Lastly, remind yourself th at you're doing this for yourself, and every effort you exert is getting you closer to where you want to be. However, don't push yourself over your limits. Take study breaks, go out with friends, watch movies, go to training, and you might even make study groups with friends. Point is, Balance your personal life and academic life. This is how you win and excel.

By: Alia Mohamed

# YOUR GUIDE TO STUDY SNACKS

By Omar Tarek

We've all been there, you're sitting in front of your desk studying, and all of a sudden, your mind starts to drift off, and think about food. Before you know it, you're in the kitchen looking for a quick snack to eat while you study. Fortunately for you, it turns out eating can be highly beneficial to studying. In this article, we will be discussing the most beneficial foods based on a few criteria; the most important one being its benefit to studying.



I will start off with the best snack, in my opinion of course, nuts. I put nuts at the top of the list because of its small size, enabling you to eat without paying much attention. It's also very easy to nibble on, without getting your eyes off of the book you're studying from. Some types of nuts also improve memory which is of utmost importance when it comes to studying.





Now we move on to sugary snacks. It is heavily debated whether foods high in sugar help with studying or not. In truth, it's both beneficial and harmful at the same time, a bit of both. Elaborating, eating sugar creates what is called a "Sugar Rush" which lasts about 40 minutes. In those 40 minutes, you will have heightened focus and energy. It is only when the sugar rush runs out that you begin to experience what is called a "Sugar Crash" where you feel a bit sleepy, tired and unable to carry out simple tasks.

I hope you know what you'll be eating next time you study, I know I do now. Hopefully this article made the decision a bit easier for you and goodluck with your studies!





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# JCIMUN'22 REVIEW

By Marwan Alaa

The 15th of September was the closing ceremony of week A of JCIMUN. I found it to be a great experience overall, so let's recap on everything that happened from Sunday to Saturday.

The event kicked off with the opening ceremony on the 5th of September, which was all around mediocre at best. The music was pretty boring and the food lines were too long; because there were only 2 food places at the event. You'd expect an event as big as this would try to appeal to a much bigger audience, but you'd be sadly mistaken.

On the contrary, days Sunday, Monday, and Wednesday were pretty nice. Most of these days were spent on lectures to help us understand the topic more, though Sunday was mostly spent on breaking the ice between the delegates and the ACs, who were super friendly and very well-informed about all the topics.

Tuesday was the highlight of the pre-conference days. It was by far the most fun out of all the weekdays; due to the talent show. It was designed in a very creative way to bring everyone out of their bubble. It gave everyone an opportunity to shine in their own unique way along with providing the viewers with an entertaining show.

As per usual MUN fashion, the final two days reserved for conferencing were truly the highlights of the whole event. They obviously were the most fun; due to the fact that you had to have heated debates against the delegates you spent all week sitting next to, and had to learn things like researching on the spot, and how to turn scenarios to your favor. Those were things that you learn through experience and not through a PowerPoint presentation.

All in all, the event was pretty cool. The only issue that seemed to arise though was how borderline embarrassing the catering was at the event. For example, the breakfast served during the two conference days was actually laughable. It was cold, poorly made and seemed to be a last minute decision. Luckily, something like that could be easily fixable in the coming events and I doubt will be an issue again.







# HIGHLIGHTS









# ANTI-BULLYING









TAKE A STAND AGAINST BULLIES

# CAMPAIGN







STOP BULLYING

# BULLYING AND HOW TO DEAL WITH ITBy Seif Nabil

Have you ever been humiliated? Terrified of the situation, you found yourself shaking in your own shoes; you seem as though a fragile victim of bullying in your own eyes. However, it is crucial for you to remember two things: **you're not alone and it's not your fault.** 

Bullying can be described as a plague to one's existence. It can make kids like us feel pained, scared, sickened and down at most times. Moreover, It can even prevent younger ones from performing tasks they would usually enjoy like wanting to play outside or even going to school. This is due to them feeling anxious or irritated when having to face many cruel methods of bullying. Consequently, it's hard to keep your mind on schoolwork when you're worried about the bully who's always on your tail.



### WHY DO BULLIES ACT THAT WAY?

A vital part you should consider when dealing with bullies is having to understand them. Most bullies are just seeking attention. They might think using their power over people is a way to be popular or to make themselves feel more important. When they pick on someone, it can make them feel bigger and more powerful. Psychologists proved that people tend to adapt to the society around them, thus making such behaviour a result of a harsh or cold environment the bully is used to.



### WHY DO BULLIES ACT THAT WAY?

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### **HOW TO HANDLE IT**

Most people find themselves helpless when it comes to dealing with a bully. According to the points mentioned above, you must not give the bully the grand reaction they were seeking to get out of you; this will only give them the power they crave. My other advice to you is to avoid the bully. Don't give the bully a chance. You can't go hiding or skip classes, of course. Yet, not giving the bully a fraction of your time would force them to open their eyes and see how pathetic it all is.

In some situations, you find yourself facing your bully against your will. In that case, Stand tall and be brave. As mentioned in the previous paragraphs, bullies pick the people they think they have power over. So, try to be a little braver - everyone is capable of so. You see, when you act brave enough to stop a bully, you get them to understand that you won't be an easy target for them to pick on; maybe they'll even quit their torment as a whole.

### **ACTIONS YOU SHOULD TAKE**

As opposed to being the victim, some sit back, watch and stay silent. It might seem threatening for people to defend victims and to stand up to bullies, but letting a moment pass without having your say has got to be one of the cruelest things you can do to yourself and others. Try to be there for your friends and your classmates - especially those constantly getting bullied. Stand up for them, and they will eventually do the same for you.

If it gets too far, it is of the utmost importance that adults get involved. Younger people are often afraid to tell their families or the school. However, you must find someone you trust and talk to them about your situation. For example: teachers, principals or your parents. At the end of the day, everyone gets what they deserve. The bullies get in trouble for their wrong doings. If they keep acting mean and hurtful, sooner or later they may have only a few friends left. The power they wanted slips away fast. Other kids move on and leave bullies behind – no longer scared of them. The good news is that bullies can learn to change their behaviour. Teachers, counsellors, and parents can help in that field. Bullies can change if they learn to use their power in positive ways. For that reason, we must not give into the wrongful ways of these bullies. To stay strong and to treat people with kindness regardless, is one of the greatest powers you could attain. Everyone has the right to feel safe, and being bullied makes people feel unsafe. Tell someone about it, and don't stay silent until something is done.

Do you always feel stressed?! Do you speak out or bottle up?! Are you afraid to express your feelings and seek help?! Do you feel overwhelmed and feel like there's no way out?! These are all very crucial questions that should be addressed. World Mental Health Day, which is on October 10th, is an important event that highlights important themes, tackling such issues. This year's theme, "Make mental health for all a global priority", focuses on raising awareness about how people should nurture their mental health and reach out for help if they feel like they need it, which helps overcome the social stigma accompanying mental health issues.

Mental health is a vital part of our wellbeing, as it affects our physical health, as well as how we think, feel, and act. It also influences how we deal with problems or challenges, interact with others, and make sound choices.

# would mental health day

# Hamza Ayman

There are a lot of mental health issues and disorders, and they all act as silent killers of positivity, happiness, and acceptance. Although each issue or disorder has a specific management or treatment plan, here are some tips for elevating your mental health in general:

- Allocate time for any type of exercise
- Maintain a healthy lifestyle and eat healthy food, You Are What You Eat!
- Engage in fun activities that help you chill and relax
- Minimize screen time
- Make sure you get enough sleep
- Maintain an attitude of gratitude by reminding yourself on a daily basis of the things you are thankful for
- Recognize and challenge your negative and counter-productive thoughts
- Spend time with positive people; positivity is contagious!



# Loving Yourself Isn't Vanity, It's Sanity

The secret to having the power of making the finest decisions and choices in life is prioritizing yourself and setting healthy boundaries. In other words, appreciation of oneself, not sacrificing your own satisfaction in order to please others, as well as not settling for less than what you deserve helps you have a more optimistic, promising, and bright outlook on life.

To begin with, knowing how to deal with the struggle of feeling unworthy might seem very challenging, but learning how to hold yourself in high regard would make it so much easier. Valuing yourself takes nothing but being kind to yourself,

to be specific, you should talk to and treat yourself in a way a healthy friend would. Unlike judging and criticizing yourself, this will have an extremely positive impact on your relationships and work. For example, it will make standing up for yourself an easier task and will reduce any social anxiety you might experience.

On top of that, the way you perceive and think of yourself really matters. If you believe in yourself, the way you view yourself and your ability to handle difficulties will improve. Believing that you are capable and that you have enough strength will make it easier for you to make decisions and understand your potential. Challenge yourself and your negative beliefs, rather than doubting and questioning your abilities. Trust that you are able to do anything you put your mind to.

Being aware that others may act or think differently than you allows you to understand things from multiple perspectives, and helps you accept yourself. Understanding that everyone has flaws and everyone makes mistakes allows you to forgive yourself and validates your feelings and opinions. It also helps you forgive others and build healthy relationships.

Most importantly, looking out for yourself and choosing what's best for you is the key to self-love. Taking care of yourself includes taking care of your emotional, physical, psychological, spiritual, and professional health. This means finding the correct healthy coping mechanisms and taking time out of your day, no matter how busy you are, to check-in with yourself.

JANA AHMED HASSAN





# HORROR MOVIE RECOMMENDATIONS FOR HALLOWEEN

As spooky season approaches, nothing's more exciting than curling up in front of your tv and picking out the perfect horror movie to send chills down your spine. The early dark nights and chilly weather put a perfect vibe for a horror movie night. Regardless of what your type in horror movies is, here are some classics that you'll find yourself going back to every October - maybe throughout the whole year. Whether it's psychological horrors, paranormal activity, or maybe even a murder chase, they'll all have you leaving your light on while you sleep.



### **Scream**

The 1996 horror classic – along with a 2022 sequel— "Scream" takes place in a peaceful Califrornian town, which quickly turns into a bloodshed after a series of brutal murders occur. A year after her mother's death, Sidney Prescott and her friends start experiencing a bunch of strange phone calls. They later find out that a serial killer who goes by "Ghost Face" is behind these calls and has now put Sidney as his target. The phone calls usually start quite simple and unalarming, mainly being a few questions like 'What's your favorite scary movie?' and gradually become more threatening and bloody.





### The Nun

When the young nun, Sister Victoria, sadly takes her own life, the Vatican decides to send the troubled Father Burke and novice Sister Irene to investigate the situation. Together, the pair come to a face-to-face encounter with pure evil in the form of a malevolent demonic nun. They both risk their lives, faith, and souls in an attempt to uncover the dark force that surrounds them and escape the nun's wrath. From the dark and disturbing air it sets, to the occasional jumpscares, this movie is guaranteed to stick to you and leave you paranoid at night Side note: Watch this one in big groups, with the lights on.

### **Get Out**

Chris Washington prepares to spend the weekend at his girlfriend's, Rose Armitage, parents' house. However he seems to be a bit worried about how they'll react due to racial discrimination. Chris is overcome by relief at the parents' welcoming treatment, although he later notices something that makes him feel quite uneasy. The African-American staff working in the house seem to have a bizarre behavior to them. After a few awkward conversations with the party guests and the parents, Chris finally comes to the conclusion that the Armitages might not be as pure as they seem. He decides it's time to get out.



### The Conjuring

In 1971, the happy family of Roger and Carolyn Perron find an old farmhouse to move into with their five young daughters. Soon the family starts to get haunted by weird noises and paranormal encounters. Turns out their dream house on Rhode Island was not so dreamy after all. Carolyn is later introduced paranormal investigators Ed and Lorraine Warren to help their dispose of the dark presence that targets them everywhere they go. The warrens soon convince the church that an exorcism is essential to save the terrorized family from evil spirits.

Based on a true story

By: Malak Aziz

# Halloween Costume Ideas

or special costume'?

Pavoint think of took, favorite holidays?

Shrifting 32 aster? On Halloween?

lot of the least

corner, we can't stop thinking about all the cool parties and events that are about to come. From the infamous Halloween special 'trick or treat' to all the impressive cooking and decorating. Speaking of it, what is trick or treating without all the creative costumes that children wear? Costumes are very obviously a staple of Halloween; they create the spark of the festive season, and they craft the spooky essence of Halloween night.

Without a doubt, there are endless types of Halloween costumes such as DIY cardboard cutouts, Frankensteins and zombies, costumes that vaguely resemble a very specific cartoon character, the surprisingly impressive costumes that catch you by surprise, all the way to that same white sheet that children wear and pretend the aghost. All of these used Halloween classics, but are now boring clichés. But why not try something new, build a new eye-catching costume from scratch. Here are some ideas to spark your inner Halloween costume designer!

Choose a friend or a sibling to the matching costumes with! You can go as Buzz Lightyear and Work the Cowboy. You can extend match costumes with a huge group of people, like dressing up as a band or a friend group from a ty series.

You can use LED lights to brighten up your costume and give it that unique edge, where you can put the lights in your costume mask or even your candy basket.

Take inspiration from your favorite game. Games such as Overwatch, Minecraft and others have fabulous character costumes that you can take inspiration from.

If you have a pet dog, you can dress up as shaggy from scooby doo, and give your dog the role of the crime solving dog!
You can do the same with the tale of the Little-Red Riding Hood, where, dressed up as the girl that delivers the food to her poor grandma, will be your very cute pet canine

People will be surprised and at the same time impressed when they see you around in a full tuxedo and shades. No one expects it, and they often think you're dressing up as James Bond or Men in Black (which is a

and get creative with it, the sky is your limit!

ismail fouad seifeldin

# FLOATING LIKE A BUTTERFLY AND STINGING LIKE A BEE

My Experience as a Fighter in a Kickboxing Tournament

16/9/22, the day I had my second amateur Kickboxing fight in The Lab, Maadi. As the fight gets closer, everything becomes more and more hectic. The week before the fight, I became very nervous thinking about how big or skillful my opponent might be. Having confidence in yourself and in the training you completed could help calm you down a little bit. On fight day, when I arrived at the place, my mind began racing because everyone I'm seeing might possibly be my opponent.

During the fight itself, I don't actually feel anything, but my mind keeps thinking, am I losing, or am I winning? The first round is always the hardest because I am getting to know my distances, my opponent's reaction, power, and speed. In the second

round, I began to show my skills by using different techniques that I had learned and practiced in training. As for the third round, I got a little bit tired, but having the mindset to push through no matter what allowed me to win the fight.

One of the best moments of your life is the one where the judge raises your hand, announcing that you have won. All the hard work and training you have done pays off at that moment. Seeing the joy in your family and friends' eyes is an amazing and unforgettable memory. But we can't forget that one of the most important aspects of sport is respect, so respect your opponent, coaches, and team and lastly respect yourself.

BY: ALY ABOUELLEIL



# A STAR IS BORN



### BY MALAK ABDELHAMID

Although Egypt has long been recognised for its success in various sectors, tennis was never one of them, at least not until May 5, 1996, when the first Egyptian Woman's Tennis Association (WTA) Top 100 champion, Mayar Sherif, was born in Cairo.

Mayar Sherif Ahmed Abdel-Aziz was born in Cairo and attended high school there. At the age of 15, she travelled to Spain to attend a summer training camp under the guidance of the Spanish coach Justo Gonzalez-Martinez. Mayar then went to Pepperdine University in California, where she excelled in the women's tennis championships. Graduating from Pepperdine University with a sports medicine degree in 2018 - that was when Mayar started her career as a professional tennis player.



On July 18, 2022, she attained her greatest ranking of World No.44. Mayar won her first WTA tour singles championship at the 2022 Emilia-Romagna Open. This 24-year-old has become an icon for many young Egyptian tennis players. She taught us how to be brave and how to fight till the end, not just on the court, but in all aspects of life. She is the epitome of a role model and has made us Egyptians proud.



Mayar started 2020 with a bang by competing in the Australian Open qualifiers, her first debut at a WTA tournament, where she was beaten during the qualifying rounds. She later won the title in March at a \$25k event in Antalya, Turkey by winning against Dalma Gálfi in the final. She made her WTA Tour debut in August, as she advanced through qualifying at the Prague Open. She lost three sets against Laura Siegemund in the first round, but then defeated Camila Osorio, Caty McNally and Giulia Gatto- Monticone in French Open qualification in late September 2020. Mayar was the first Egyptian female player to compete in a Grand Slam main-draw match, where she put up a brave fight against second seed and World No. 3 Karolina Pilisková, where she, unfortunately, lost but bowed out with her head held high.



# THE HEARTBREAK OF THE SEASON

BY MALAK ABDELHAMID

Although 2022 held some of the greatest tennis matches in history, it also left all of its fans heartbroken. There is a considerable difference between a great tennis player and a tennis legend, and two legends ended their careers this year. Roger Federer, regarded as the greatest tennis player of all time, ended his career by playing his final doubles match with his tour best-friend Rafael Nadal on September 24, 2022, at the Laver Cup, 02 Arena, London, UK, while Serena Williams, regarded as the best woman to ever hold a tennis racket, played her final match at the 2022 U.S. Open, losing to Australia's Ajla Tomljanovi on Sept. 2.





Federer was born on August 8, 1981, in Basel, Switzerland. Roger became the world number one junior in 1998, winning the junior title at Wimbledon. The next year, he received a total of eight wild cards, making his Grand Slam debut at both Paris and Wimbledon. He also reached his first World Tour semi-finals in the same year. The professional newcomer began the year ranked 301 in the global rankings and finished the season ranked 64th, an extraordinary achievement. In the year 2000, Roger began working with Swedish coach Peter Lundgren. He achieved big success at the Olympic Games in Sydney, reaching the semi-finals against very difficult competition. He met Swiss tennis player, Mirka Vavrinec, in the Olympic village, and they quickly became a couple and got married. Additionally, Roger won his first ATP tournament in Milan, ending Pete Sampras' winning streak at Wimbledon in 2001.

Sadly, 2002 was a tragic year for Federer, where he dropped out in the first rounds of the Grand Slam tournaments in Paris and London. He, nevertheless, qualified for the Masters Cup in Houston and ended the year on position 6 in the world rankings. His youth trainer, Peter Carter, died in an accident in South Africa in August, leaving Roger profoundly shaken.

After that, in 2004, Roger had a fantastic year, winning the Grand Slam championships in Melbourne, Wimbledon, and New York. He was the first player since Mats Wilander in 1988 to win three of the four major competitions (Grand Slams). Federer has 103 titles and 20 grand slams, including one French Open, five US Opens, six Australian Opens, and eight Wimbledon

Championships and has held the world number one position for 310 weeks. He retired at the age of

41 with the greatest record in history.

Serena Jameka Williams was born in Saginaw, Michigan, on September 26, 1981, to Richard and Oracene Williams. The American professional tennis player has held the top spot in the World Tennis Association (WTA) rankings multiple times over her illustrious career. Williams began serious tennis lessons when she was three years old, and she won her first maiden major title in 1999. Serena and her older sister Venus were trained to be tennis icons by their father from the age of three. They transformed the face of tennis with their own style and performance. Their raw force and athletic talent stunned opponents, and their sense of flair and presence elevated them to the status of court celebrities. Throughout their careers, they have won numerous doubles matches together. Serena won the French Open, the US Open, and Wimbledon in 2002, defeating Sister Venus in each final. She won her first Australian Open in 2003, becoming one of only six women in Open history to complete a career Grand Slam. The victory also fulfilled her dream to hold all four major titles at the same time, which she called "The Serena Slam." Serena went on to win her 23rd Grand Slam title at the 2017 Australian Open, while 3 months pregnant. Her daughter was born in September, and she

The 40-year-old has 73 singles championships to her name, including 23 Grand Slams, seven Wimbledon Championships, six US Opens, three French Opens, and seven Australian Opens. For 309 weeks, she was ranked first in the world.

returned to the courts in late December 2017, aiming to shake off the rust in time to defend her



Australian Open title.

Both Serena and Roger made significant contributions to the tennis world and are commonly regarded as the GOATs (Greatest Of All Time). Serena retired, stating that she intends to expand her family with her husband and Reddit co-founder Alexis Ohanian, 39, whereas Roger Federer retired due to the numerous injuries he has battled in recent years, forcing him to step down.



# **The Awaited World Cup**

The Qatar world cup is knocking on our doors, stirring up memories, provoking emotions, and setting expectations higher than ever. The tournament we'll be witnessing will definitely be one of a kind since it's the first world cup to be hosted in the Middle East and features tons of fresh new names hungry for the Coupe du Monde. Unlike most world cups, the Qatari World Cup is set to start on November the 20th, for obvious, heat stroke-causing reasons. The one thing that will never change though is that whoever you are, wherever you'll be, you'll be sitting on the edge of your seat watching and cheering just like the rest of us all along the way till the final in the Lusail stadium on December the 18th.

There are a lot of big names this year with their eyes set on the trophy, the most obvious one being the previous champions looking to defend the title, France. Starring the Blaugrana star Dembele, the top player of 2021 Benzema, and the controversy-causing, goal-scoring, drama-loving Kylian Mbappe, Les Bleus have a right to hope for gold. Moreover, it's sure that the English team, led by Harry

Kane, along with youngsters such as Bellingham and Foden, would love for football to come home. The Portuguese as well set sights to create history side by side with the football legend Cristiano Ronaldo, as well as the Spanish, German and Belgian teams.

A quick trip to South America would also reveal very promising squads, such as the Brazilian team longing to dance on the pitch and feast on whoever dares to oppose them. With an attack blooming with talents such as Neymar, Vini, Jesus, and lots and lots more Savanna-born stars, it would be a defender's nightmare to try and stop them. Their neighbours and the winners of the Copa America would also certainly have something to say, where Leo Messi, considered by a lot the greatest of all time, dreams of lifting the cup at the Lusail stadium along with the rest of the Argentinian team.

It would undeniably surprise most of us African fans to watch an African team rise to the spotlight. Sadly since the Egyptian National Team couldn't make it past the heart-wrenching qualifiers, we'll have to make do with other potential-filled teams like the Senegalese with Mane hungry for goals and Koulibaly acting as a cemented wall. Perhaps seeing an Arab team making it to the late stages would be even more satisfying, such as the Moroccan atlas lions with names like Hakimi and Ziyech hoping to astonish the world.

On the more tragic side of the coin, Qatar will be some great players' last world cup. The first names that jump to mind are obviously Lionel Messi and Cristiano Ronaldo. The two greats of the sport will lead their countries one last time for their final chance to win the trophy. This year's Ballon D'or winner, Karim Benzema, will be hoping for France to defend their title after missing out on the 2018 cup.

Some other significant names that we'll be seeing for the last time include Croatian Luka Modric, Luis Suarez, Robert Lewandowski, and German captain Manuel Neur.

While we are all excited to watch this World Cup, it is unfortunate that so many talented players are going to miss it. For us, the most devastating name is Mohamed Salah, who once again misses out on national glory. Norwegian wonder kids Martin Ødegaard and Erling Haaland have

to delay their World Cup debut till 2026. Additionally, Italy has failed to qualify, meaning we won't be seeing Verratti, Donnarumma, or Federico Chiesa in Qatar. Other young talents, such as Luis Diaz and Alexander Isak, were unsuccessful in qualifying this year.

The controversies surrounding the cup must not go unnoticed. It has been reported that migrant workers that have helped build the stadiums, the new airport, a metro system, road systems, and countless hotels have been systematically abused. Workers are forced into labour, put through inhumane working conditions, and have had their wages withheld illegally. Many have come out against FIFA and Qatar for allowing such brutal conditions, but there have yet to be any consequences enforced.



By: Aly Tamer & Mohannad

# The Formula One Cost Cap

For the past few weeks, the Formula 1 community has been in dispute over recent allegations. It has been reported that some teams have allegedly violated the cost cap during this 2021 season. A season which has already included its fair share of controversies.

# The Cost Cap

After the 2020 season, where teams like Scuderia Ferrari and Mercedes-AMG Petronas F1 Team (Ferrari and Mercedes) spent upwards of US\$400 million, the FIA—the governing body for motorsports like Formula One—decided to institute some budget regulations. Their goal was to level the playing field and bring more competition to the sport; as now the big teams have to manage under the budget of the smaller ones. This budget cap settled at around US\$145 million for the previous 2021 season.

# **Procedural Breaches**

Both the Aston Martin Aramco Cognizant F1 Team and Oracle Red Bull Racing (better known as just Aston Martin and Red Bull) were found to be in procedural breach of these rules. Although sounding like a major violation, procedural breaches can be as simple as incorrect filing of paperwork.

When Aston Martin was found to have overspent last year, the FIA were very mild with their choices of punishment, as Aston Martin was seen to have had no competitive advantage. Since Williams Racing was fined a mere US\$25,000 for a very similar breach -relating to the late submission of files- it is safe to say that Aston Martin might face a charge similar to that of Williams.

# **Minor Overspend**

For Red Bull though, the issue is a little more complicated. See, they have been reported to have a minor breach in the 2021 season.

Minor breaches are defined by the FIA to be an overspend of up to 5% of the cost cap—around US\$7.25 million, which they sat comfortably under, with an overspend later reported to be totalled at around US\$1.8 million.

The breach is rumoured to be distributed across four main areas. These include internal costs, such as sick pay, catering costs, use of spare parts and a UK tax situation. It is odd, though, that catering costs are reported to have contributed up to US\$1.2 million to the breach. Although these overspends have no relation to the car, they allowed for more money to be spent on development.

The question still remains. What penalty will Red Bull receive? And what does that mean for their 2023 season?

#### Red Bull's Penalty

It must be noted that the overspending did not give the Red Bull Racing team an edge in 2021 only. Since the cost cap regulations are set to continue till at least 2026, the breach has given their car extra development; which will have a lasting advantage over the next few seasons.

For that reason, other teams saw that a mere fine was not enough, with some even suggesting that infamous RBR driver Max Verstappen be stripped of his 2021 Driver's Championship. Although that is unlikely, Toto Wolff, Mercedes-AMG F1 Team Principal and CEO, declared that if there was no harsh punishment given, Mercedes are ready to spend as much money as they need to compete for the 2023 title. After all, for the big teams, a cost cap with a fine penalty is not a cost cap; it is a cost recommendation.

Therefore, the FIA has proposed a penalty of a fine and 25% reduced tunnel time for the 2023 season—time that is given to each team before the season's start, where the car is tested in a wind tunnel for aerodynamic performance.

In addition, the winners of The Constructors' Championship, which are Red Bull for the current 2022 season, already have the least amount of wind tunnel time for the following season.

Further reduction of this available time would have a great impact on Red Bull's next season; however, this disadvantage is seen by the FIA and most of the other teams to compensate for the illegal advantage they gained last year.

Red Bull has disagreed with this proposal, viewing it as too severe for a minor breach. Thus, negotiations are still ongoing, leaving the entire F1 community eagerly waiting to see how this story unfolds.

By: Mohannad Samer

#### **Sidemen Charity Match**

After 4 long years, notorious YouTube sensation "The Sidemen" finally brought back its annual charity football match, bringing the English group and other YouTube stars together on the pitch as a way to raise money for several UK charity organizations, being: Teenage Cancer Trust, Campaign Against Living Miserably, Raise of Sunshine, and M7E. The match was held in the Valley Stadium in South London, home of Charlton Athletic F.C.. The match achieved worldwide success, by featuring numerous popular content creators from the likes of MrBeast, IShowSpeed, Noah Beck, LazarBeam and, of course, KSI who lead the charity match, while former Premier League referee Mark Clattenburg officiated.

SDMN

#### **Highlights:**

The game was a tight contest between Sidemen F.C. and the YouTube Allstars team with countless highlights. Miniminter, a Sidemen F.C. member, scored 3 goals and

3 assists, along with settling his third goal with an impressive lobbed shot from 40 yards, securing his hat-trick and the win for his team.



One of the funniest memes to come out of the match was definitely the American YouTuber IShowSpeed seen waiting in offside positions repeatedly.

After spending much of his time in an offside position, Speed scored an offside goal, and after hitting Cristiano Ronaldo's "Sui" celebration, the goal was considered offside (naturally). After hearing the news, Speed decided to steal the referee's yellow card and whip him with his shirt.



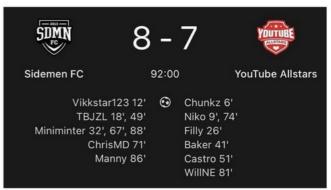
Another piece of on-field drama also happened, when YouTuber, Sidemen F.C. player and known smack talker, KSI, just before the match, called out Speed and promised that he would be "exposed" on the pitch. Just 16 seconds into the match, Speed struck back by taking down KSI with a crunching tackle and then celebrating like he had won his team the match.



#### **Result:**

After a total of 15 goals were scored by the end of the match, and hundreds of thousands were raised for charity, the Sidemen's third charity game was the best on record yet. Making KSI tweet: "do it again next year".

The match ended with an 8-7 victory for the Sidemen, which lead to many football fans praising the Sidemen event, with some saying that it was more entertaining than any professional match during the international football break.



By the end of the event, The Sidemen reported that over £1,000,000 had been raised to share across their four chosen charities.



People who may have missed the live stream can watch the entire pre-match show on the Sidemen YouTube Channel.



It's safe to say that the Marvel Universe is *pretty* well known. It's one of, if not the biggest, comic universe of all time that is now famous for the movie adaptations of their comic stories. From 2012 to 2019, the Marvel Cinematic Universe (MCU) had a successful run when they seemed to be out of reach; every decision they took seemed to be successful. The release of Avengers: Endgame's back in 2019 was the end of an almost 11-year slow-burning build-up in which Marvel teased viewers for the grand finale of the "The Infinity Saga," they called it. Even after Endgame, Spider-Man: Far From Home closed their third phase of movies with a bang, reaching \$1 billion in box office revenue and hyping up the next phase, called "The Multiverse Saga."

However, lately, with the start of phase 4, it seems as if the MCU has been prioritizing quantity over quality; as they have been releasing movie after movie with very little time in between which, as a result, ends up with Marvel movies being rushed, resulting in bad dialogue and even worse special effects (VFX), taking a massive toll on their reputation.

Another issue raised after the acquiring of Marvel by Disney. The Mouse forced them to make movies more PG-13 and kid-friendly. Take the new Thor movie "Thor: Love and Thunder" as an example. The entire movie was about a group of children defeating one of the strongest villains in the Marvel Universe. Looking at the situation objectively, it's safe to say that the MCU seems to have lost its charm. Numerous theories exist now regarding this subject, where some claim that adding TV shows to the mix created a rift; Some believe that the new characters are not well suited for people who are not comic book readers and some people just want Iron Man to come back.

When you look at their main rival: the DCEU, you can easily see how they have been growing in tandem with the downfall of the MCU. You can give that credit to the fact that DC was able to release one of the greatest movies of all time, it being The Batman, all while Marvel was producing twice as many films and television episodes. In a single year. Someone needs to hit Marvel with the harsh truth, and that is that whatever they are planning is not going that great so far.



ABILITY TO SOAR-TO FLY OUT OF
HARM'S WAY
BEFORE THE
FINAL CATACLYSM--







#### The Black Panther Returns Without the Black Panther

If you're a Marvel fan, or a general superhero nerd, then you've definitely heard of Marvel's latest addition to the MCU, "Black Panther: Wakanda Forever", which was surely able to grab our attention. Ever since Chadwick Boseman's tragic death back in 2020 as a result of a horrendous battle with colon cancer, those of us who weren't mourning were left wondering, how could the Black Panther franchise possibly continue? Well, apparently Marvel Studios have pretty convincing answers.

According to Ryan Coogler, the director, the film was meant to tell a very different story. "I spent the last year preparing, imagining, and writing words for him to say" were his words. It's clear that Boseman's tragedy shocked him as much as it shocked us, as he seriously considered quitting directing altogether. Chadwick's co-star, Martin Freeman, even described it as "strange and sad" to continue filming the movie after the calamity. However, in contrast to all this sorrow, Marvel Studios have confidently claimed that the film will push Marvel's story to new heights.





The movie seems to take a bittersweet tone, as it is meant to be a tribute to Chadwick Boseman's legacy, as per Coogler. The decision will certainly appeal to anyone looking for closure regarding the star's farewell. Moreover, many new and interesting characters are joining in, such as Namor, the first mutant and king of Atlantis, and Ironheart (AKA Riri Williams), who is allegedly the new Iron Man. On top of that, it is clearer than day in the trailer that

Shuri is meant to apprehend a bigger, more crucial, role in the of Shuri, who is an

amazing character with lots to give, having a main role is for sure a promising one that sets expectations high, maybe even high enough that she can take on the torch from Chadwick and become the new star of the franchise.

It is in no doubt that Chadwick will be missed in our hearts and that he left a gap in the MCU that cannot be replaced. Nonetheless, Marvel's new project looks like a very much-needed hit in the right spot. Of course, we will have to wait till the release date on November 11th to forge our opinions, but for now, it is safe to say that Boseman's legacy won't be wasted in vain.

### THE HOLLYWOOD TATTLER

We all know that celebrities have chaotic, wild and... strange lives. Don't worry, though; we got you! Here is where you'll find all the red carpet industry has to offer; the *juiciest* celebrity gossip and the latest pop-culture news covering all topics.

By: Layla Ahmed Abdelrahman & Alya Mahmoud Samy



Starting with a massive scoop, the fashion mogul and iconic singer Rihanna welcomed her baby boy with A\$AP Rocky this June after the power couple

Coincidentally, the Met Gala icon Blake Lively has just announced her 4th pregnancy with film star
Ryan Reynolds. She shared candid pictures with her baby bump before the paparazzi can and is

announced their pregnancy just this January.

"relieved" that everyone knows now.





There was some more immensely exciting news that was shared lately. Businesswoman and media personality Kourtney Kardashian got married to Travis Parker on May 15, 2022. It was said that they put on their wedding three times; the last one being held in Portofino, Italy, and, of course, all the Kardashian-Jenner sisters were there.

There was also a Disney confirmation that there will be a remake of the fan-favorite Hocus Pocus premiering exclusively on Disney Plus on **September 30, 2022.** 



In other sadder news though, we recently lost two very influential and downright legendary Hollywood superstars: Olivia Newton-John and Angela Lansbury.

Angela died peacefully sleeping in her Los Angeles house at 1:00 am on October 11, 2022. She was a Hollywood icon who took part in numerous television series and received an Emmy nomination for best actress in a drama series for every season of Murder, an honorary Academy Award, six Golden Globes, an Olivier award, 6 Tony awards, and many more.





Olivia died a warrior during her third battle against stage IV breast cancer at the age of 73. A private funeral took place in California, USA, where she was cremated and had her ashes spread at the Santa Ynez ranch she passed away in, and "in other places that I love". During her life, she won multiple Grammys, People's Choice Awards and placed on the Billboard Top 100 several times.

She will always be remembered for the remarkable roles she portrayed, especially her outstanding acting in "Grease" and her one-of-a-kind songs.



Calling all Potterheads! Robbie Coltrane, most known for his heartfelt role in the Harry Potter franchise as Rubeus Hagrid, has died at 72 years old, leaving people absolutely devastated.

Robbie Coltrane has left a huge void in our hearts as he calamitously took his last breaths on October 14, 2022. We should all pay tribute to the hundreds of significant characters that he portrayed. Not only was he one of the most admired Harry Potter characters ever, but he was also a comedian that drew smiles on people's faces. Please raise your wands for the exceptional Robbie Coltron, the kindest giant and the

Cracker".

# FASHONWEEK By: Laila Found

Calling out all the fashion lovers, the 2023 Paris fashion week recap article is here to fill you all in on this year's events! If you're a fashion enthusiast you definitely know that on the 26th of September, the 2023 Paris fashion week began.

Starting it off with Issey Miyake - a Japanese designer - who was known for always taking a step out of the box with quirky designs and exhibitions. After the tragic news of his passing, the brand paid tribute during this year's fashion week in Paris.

With an extremely heart wrenching introduction, the show started out with dim lights and soft colored designs. However, not too soon later, the music kicked up the beat and so did the designs with eccentric shapes and colors.

But what really set it apart from any other show was when the models began to dance, leaping and spinning across the runway.





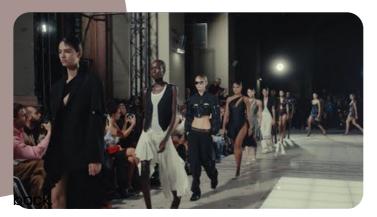
"We see design as a process driven by curiosity, bringing joy, wonder and hope to life, and of course with a touch of playfulness."

- ISSEY MIYAKE

If you've been on the internet the past few weeks, you have definitely seen the iconic Coperni video of Bella Hadid and the miraculous spray-on dress.

The show started like any other, if not more boring than most; mainly consisting of black and white designs that were simple yet fashion forward. But none of that mattered the moment Bella Hadid walked out and was spayed with a web-like material and voila! out of nowhere, she was in an elegant white dress.

Bella confessed they hadn't done a rehearsal beforehand, so they were taking a huge risk but in the end it was definitely worth it.





This Versace runway is proof that fashion moves in a never ending cycle because the fashion nightmare that was the 2010s is

Fringe leather purses, the Jeffrey Campbell LITA boots, and slashed back tops are trends we prayed would never meet the light of day again; however, Versace gave them an unexpected glow-up. They were introduced during the show as bold accessories but you would have never recognised them due to the unbelievable new modern take, making them actually wearable.





Lastly, Gucci with two separate runways with the exact same models at the exact same time. "Same same but different".

You may ask "How did they manage to pull that off? Well, they "simply" got 68 sets of twins to walk the runway, shocking right?. Each set of twins walked out at the same time; however there was a wall separating the stage but slowly halfway through the show the wall began to rise, revealing the other side. Most of the attendees said they believed it was a mirror at first, until the twins walked the stage hand in hand.



from Bob Lefstez to Kanye West and Kim Kardashian, Taylor Swift has had her fair share of drama over the years, but this could easily be considered her most important debacle with another influential person in all of her time.

After releasing her debut album back in 2006, Taylor Swift has topped the Billboard Hot 100 too many times to count, and received a total of 41 Grammy Awards to become a household name.

However with a net worth of 570 million dollars, problems arise. Just before releasing her 7th studio album "Lover", her contract with Big Machine Records expired causing Taylor Swift to find a new record label to continue her career with. She explained the reason for switching her record label in an interview saying, "I walked away because I knew once I signed that contract Scott Borchetta (the owner of Big Machine Records) would sell the label thereby selling me and my future. I had to make the excruciating choice to leave behind my past."

During the havoc of switching record labels the masters for her music - that allow her to be in full control of her songs were acquired by Scooter Braun the new owner of Big Machine Records and then sold for 300 million dollars. Unable to buy her masters back, Taylor has started to rerecord her previous music; starting with 'Fearless' and then 'Red' which both contain hit songs like 'You belong with me', 'Love story', and 'I knew you were trouble'. Many people assumed that Swift would continue rerecording her music to be able to own her songs as well as to continue to profit out of them, but she surprised the world by announcing on the stage of the VMAs the release of her 10th studio album, "Midnights".

"Midnights" will be the first ever Taylor Swift album of its kind with a genre she's never dived into before: rock. She is known for experimenting with her music every few years, her tastes ranging from; country, alternative, pop, electropop, and then independent folk. Taylor Swift has been slowly unveiling her track list, revealing a song featuring Lana Del Rey that got several fans even more eager for the album's release.

On October 21st at 12am (get it?) the album will be available for the world to listen to, along with another highly anticipated album called "The Car" by Arctic Monkeys. We are all excited for her new album, but only time will tell if it can achieve the legendary status of her previous work.

WHYNOT | PAGE BY: MARIAM HANTIRAH

## —fall - winter 22/23 —

#### WHAT ARE THIS SEASON'S TRENDS?

As summer ends and winter crawls in, you are probably wondering about what to do to stay trendy and up-to-date this season. In this article, I've listed all of the fashion trends that you will need to know to stay stylish during the next 4 months - to help solve one of your many struggles.

#### Belt it!

This might be one of the simplest, yet most useful trends this season. There isn't even a certain style! Belts of all shapes and sizes becoming are really popular, whether they stand out or not. This is one of my favourites, as everyone has a belt in their wardrobe. Plus, a belt goes with almost anything you have from plaid skirts to flared jeans!



#### **Boots. NORMAL boots**

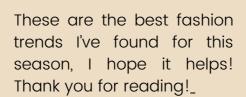
In previous years, 10cm high heel fancy boots got everyone head over heels. However now, luckily our regular comfortable walking boots are back and more glamorous than ever. Ranging from colours like black, brown and mahogany, they can last you all season long.

#### Neon everywhere!

This is the most peculiar trend in this list so far - I must admit. Usually, winter colours are warm browns. reds and beige, but this year is completely different! Neon pink, purple yellow are the new winter colours now. I think that this is mostly a result of how greatly social media and technology are affecting the fashion industry. On platforms like TikTok though, you have to be bold to be noticed.

#### **Everything Oversized**

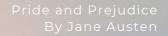
At last! I present to you a popular trend this season. Oversized pants, sweaters, shirts and even sunglasses are what everyone is wearing now. I believe that this style is the best for winter, as it will keep you warm and comfortable all throughout. Who says you can't be cosy and chic at the same time?

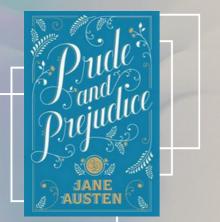






If you're in a reading slump, if you don't know which book-tok book is worth it, or if you just want to take up reading but don't know where to start, this article has got you covered. This list is diverse so I promise you'll find something in there to fit your taste.

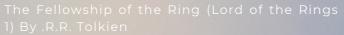


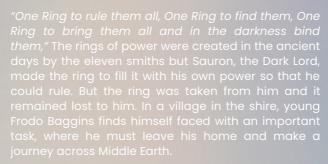


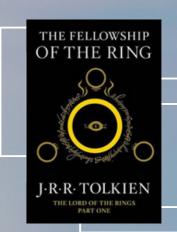
"I have been meditating on the very great pleasure which a pair of fine eyes in the face of a pretty woman can bestow."

The Bennet family has 5 daughters, and in the age where the only thing a women can do is marry, all of them were pressured to find wealthy suitors to secure the family. Elizabeth refuses to marry except for love and when she meets brooding, proud and rich Mr.Darcy, they both want nothing to do with each other at first. But does that change over time?







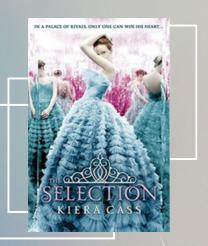


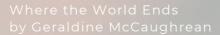
#### The Hunger Games (The Hunger Games 1 By Suzanne Collin



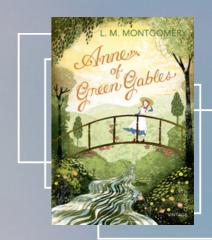
Could you survive on your own in the wild, with everyone out to make sure you don't live to see the morning? In the ruins of a place once known as North America lies the nation of Panem, a shining Capitol surrounded by twelve outlying districts. To "keep the memory of the revolution alive", but in reality to scare the districts into obedience, the Capitol forces the districts to send a boy and a girl between the ages of 12 and 18 to participate in the annual Hunger Games. The 12 boys and girls fight each other to death, until only one of them, the victor, remains. Katniss Everdeen steps forward to take her sister's place in the Hunger Games, but to win, she has to make decisions that weigh survival over humanity.



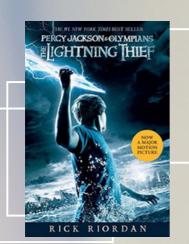


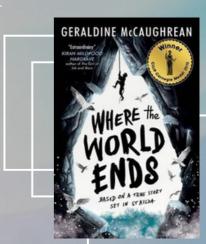














With Universities from 10+ Destinations

18TH OF NOVEMBER 2022, 3PM-10PM KEMPINSKI, RING ROAD

UK, USA, CANADA, GERMANY, NETHERLANDS, MALAYSIA, SPAIN, SWITZERLAND, DUBAI, MALTA+



# UPCOMING

Only the best adventures for our dedicated Narmerians.





look for the senior stickers around campus!

# 

**WHY NOT** OCT/NOV ISSUE #47