

NOV/DEC 2022

ISSUE #48

MAADI NARMER SCHOOL — British Division High School

ISSUE #48

WHY NOT

Christmas isn't Christmas without narmerian input! Everything from Christmas snacks to movies, episodes, activities and more!

This month brought out the Neymar in us during the world cup and the Greta Thunberg buried deep during COP27.

This month's issue isn't all too serious, flip through and read striking fun facts, Formula 1, and Twitter drama.

BIG THANK YOU TO...

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editor's notes

Dearest Readers,

Writing this note is always a joy that fills up my heart and makes the enormous time and effort I spent on an issue bearable. But this one is particularly special because it's winter and Christmas, my favorite time of the year. If you're not fond of the cold wind, the smell of rain, or the unexplainable perfect feeling of wearing a hoodie, you are definitely a fan of the time off from school.

We have made this issue a crash course in preparing for the holiday season, as well as a fun and light, read you can enjoy while looking out the window and watching the sun trying to come out of the clouds. Through this issue, we have tackled a variety of topics, from everything Christmas to World Cup news and Twitter, so it's safe to say we've got you covered.

This issue was a bit too hard on us, but thanks to my amazing team members, we were able to come through. But also thank you reader for picking up this copy, your support means a lot to each and every member of the journalism club!

Mariam Okasha — Editor in Chief

**JUST A TIP, THIS ISSUE IS BEST ENJOYED WITH A GIANT MUG
OF HOT CHOCOLATE, HAPPY READING!**

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**THE BEST TIME
OF THE YEAR!**

AT MNS

WHY NOT?
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HOW TO GET INTO THE CHRISTMAS SPIRIT

by: Ahmed Said

Realisation

It's the 24th of December. You wake up, go downstairs and realise that you don't have anything ready for Christmas, even though it's Christmas Eve! So, you go to your nearest supermarket and you find yourself overwhelmed by this variety of Christmas-themed stuff. You'd planned to come here and buy a couple of items, but you'd forgotten what you had originally wanted. Now all you want to do is go back home and drift off back to sleep, no need to worry though here is everything you need to know.

Christmas Necessaries

The first thing you should do is go to the lighting section, there you'll find your first type of decorations; the Christmas lights. Your second stop should be the plant section and look for a Blue Spruce tree or a Nordmann fir tree, both of these make up for a great eco-friendly Christmas tree. Now what's a Christmas tree without some ornaments, but before you move onto the ornaments section, here's a quick tip for you; it is way more fun to go to the toys section, buy little toys and hang them up as ornaments than to go to the ornaments section. Anyways you guessed it, our next stop is the toys section, any kid's wonderland. There, look for the smaller more creative toys they seem to stand out a lot more than the larger, gloomier ones.

More of Christmas

After you're done with all of that, head to the clothing section and buy yourself a Santa hat, take it as a reward for all the hard work you've

done. Before you forget, you can also start a countdown for Christmas. The next stop is any baker's comfort place; the baking section. There, find yourself some gingerbread house ingredients. Now, don't you forget about getting presents for friends and family members from all around the supermarket, and don't forget that Christmas is about giving not receiving. Finally, look for a big Christmas sock, then check out and go home.

DIY Christmas Activities

Once you return, go ahead and make yourself a Christmas playlist with all your favourite Christmas carols. Things like All I Want for Christmas Is You, Jingle Bells, Wish You a Merry Christmas, Rudolph the Red-Nosed Reindeer and many more. If you're going to have a party, now's the right time to invite your friends and family. A major part of Christmas is watching a Christmas classic, for example: Home Alone, How the Grinch Stole Christmas, Merry Madagascar etc. Now for the moment, we've all been waiting for, start making your gingerbread house, and remember; your creativity has no limit.

Final Preparations

Turn on your Christmas playlist, call over your family and start hanging up your Christmas lights, decorating your Christmas tree, hanging up your sock and wrapping the presents, all while video calling your friends, right there and then you'll feel what's known as Christmas joy; the mix of feeling cold and excited, the joy of having your friends and family around you and finally the Christmas spirit! Lastly, before you drift off into your imaginative-filled dreams, fill up a cup of milk, bake a fresh batch of Santa's favourite cookies, place them near your chimney, and wait for Santa's next present!



Jolly-Good Christmas Activities!

By: Menna Hossam & Nour

Guess what? Christmas is right around the corner, and we couldn't be more excited! For that, we decided to share some creative activity ideas so that we can all enjoy the Christmas spirit together. From crafts to cookies, we've got you covered!

1. Enjoying a fun Christmas-y movie

As we all know, during this time of the year, there are some Christmas classics that we've all watched at least 100000 times like Home Alone and The Nightmare Before Christmas. A fun thing to do is invite friends or family over and watch one of these classics one more time, because no matter how boring it may sound, watching one of these movies with your loved ones will never get old.

2. Wearing Ugly Sweatshirts

Well, we can all agree on how dressing up in Rudolph sweatshirts and Santa clause slippers is probably the thing we anticipate the most! The fun thing about it is that you can either match with your besties and have photo shoots, or just stay home all day wearing something cosy, both options slay in my opinion. If you're wondering where you can find ugly sweatshirts I got you; Zara and LC Waikiki have some of the best!

3. Making your own gift

This one's probably the most creative we've got. I know Christmas is all about giving each other presents, but why don't you give YOURSELVES one too? I mean, what's better than treating yourself with something you know you'll love, and it doesn't even need to be anything lavish or expensive! My definition for a gift is things like mason cookie jars or a nice simple painting you've always wanted to do. These are not only cost-friendly, but they also boost your self-love.

4. Make Hot Cocoa

Joining the warm cookies you've made earlier, a chocolatey drink with a fluffy marshmallow on top could make anyone's day with no doubt. By whisking together cocoa, sugar and about 2 tablespoons of milk in a small saucepan over medium-low heat, you've made yourself a perfect creation in a mug.

5.Baking Christmas cookies

If there's one thing that shouts Christmas, this would be it. The internet is full of recipes on how to bake all kinds of cookies and other fun pastries that take less than an hour to make, which is why this is probably the easiest thing you can do. But obviously to make it really count as a Christmas activity you have to do it with someone close to you, not necessarily a big group of friends. After they're ready the real fun is to devour them all right on the spot, preferably while watching that one Christmas movie of yours.

6. Host a family/friends game night

Nothing sounds better than having a fun time with the people that are dearest to you! Such moments could be the merriest of times with rounds of games, cracking inside jokes every second, and nonstop laughter circling the room which could be just what you need. Christmas activities like trivia questions, charades, and your classic card games with a themed twist could lighten anybody's mood anyday. Truly sounds like one heck of a night to remember!

7. Secret Santa

A classic Christmas staple. A smile will definitely stamp your face with this one! The surprise of it all is what makes it count. Members of your friend group or family are randomly assigned a person to whom they have to give a gift to without anyone knowing the identity of the other person. A gift could range from a bottle cap to an item on your wishlist, so it's definitely you and your luck!

8. Do a photo collage

Memorabilia has always had its turn on people. Looking at photos from 5 years back, you probably questioned yourself how did your mom let you go out with that hairstyle? Or why did you follow such a horrendous trend? Having a dedicated collage could bring up the Christmas jolly, and is entertaining to make with your favourite people. For example, you could pass around a pair of glasses, reindeer ears, or even Santa's hat and take pictures of everyone wearing them! You could use any type of camera, and stick them into a photo book to dedicate it to Christmas every year.

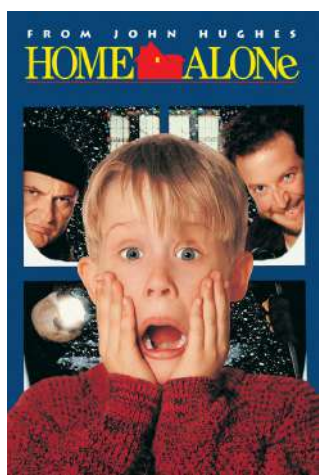
9.Throw a Christmas party

As cliché as it sounds, a little partying couldn't do any harm, right? We're talking twinkle lights and ornaments with a side of punch and good beats!The invites, the people, the chaos, heck, the fun of it all!

With all these activities We 100% assure you that the season will be filled with full fun to commence, without a dull moment! Merry Christmas, and happy new year to all!

CHRISTMAS MARATHON

Christmas is that time of the year where all you want to do is cuddle up in a blanket with a warm cup of cocoa and watch a bunch of movies. In this holiday, all the vibes are happy, giggly and all about family and gathering together. So here is a list of the most perfect movies that fit the Christmas categories.



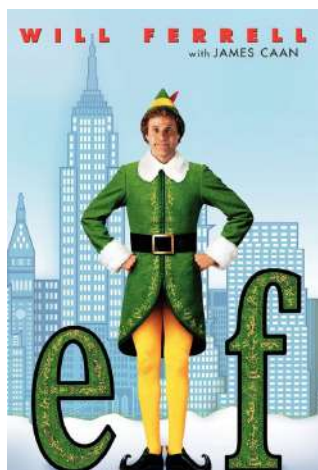
HOME ALONE

This is a Christmas favorite all over the world. Everyone enjoys watching this movie due to its hilarious events and adventurous feeling. The setting is quite christmassy and instantly puts you in the mood. The movie starts off with a family traveling for Christmas but ends up leaving their son at home by accident. Right after that everything starts to go downhill.

The Grinch

Even though this entire movie is about The Grinch hating Christmas, many people really enjoy watching it. It was released 5 years ago in 2018 after the first book in 1957 and is all about him playing pranks alongside his dog, Max. The movie has a sense of play and fun to it, I'm absolutely sure you'll love it!





elf

The movie was first released in 2003 and went on to be one of the most viewed Christmas movies ever. It's about a boy named Buddy who was raised among elves his entire life only to discover he's not one of them. On that note, he leaves in search of his biological father. Filled with comedy, fun and family, this movie is all you need in the lovely time of Christmas.

Falling for Christmas

This is the first movie on our list that's released this year; on November 10th. This movie talks about a young newly engaged woman who went through a terrific accident and lost her memory, it then takes you through her journey of trying to find her family and getting to know herself. So buckle up and get ready for an emotional rollercoaster of a movie.



A BOY CALLED CHRISTMAS



Lastly on our list, we have A Boy Called Christmas. It was released last year on November 7th and there was a lot of positive feedback. It takes you through the journey of an ordinary boy who discovered Christmas while being on an adventure with his 2 pets, his reindeer and his mouse, searching for magic to help his village.

By: Hla Ahmed and Sherif Mohamed





TIS THE SEASON FOR CLASSIC SITCOM EPISODES!

By: Farida Ahmed

Christmas is the perfect time of the year to wrap yourself in blankets and watch holiday-themed movies and TV shows, but mostly SITCOMS. It honestly feels like writers and directors do their best work when it comes to holiday episodes. Whether you're spending the holiday with your family or your friends, you will definitely enjoy watching these episodes.



"The One With the Holiday Armadillo" (Season 7, Episode 10):

Starting off with everyone's favorite, Friends had more than a regular Thanksgiving! But this one was unexpected as Ross had to give Ben aka his son and Monica's nephew a special Christmas. He appeared as Santa's Tex-Mex friend: The Holiday Armadillo, only for Chandler to find a Santa suit and surprise Ben. Joey joined them by wearing Superman. If you can survive this episode without giggles, you're stronger than we are.



"The 23rd" (Season 1, Episode 9):

New Girl's first Christmas episode brought hilarity in our hearts. Jess is unsure about her new relationship, and she freaks out when she receives an expensive gift from Paul and Nick is trying to escape his own family problems. Meanwhile, the gang attends Schmidt's holiday office party. In my opinion, The party was the highlight of the episode.



"How Lily Stole Christmas" (Season 2, Episode 11):

In How I Met Your Mother's hilarious Christmas episode, Lily takes away her Christmas display after she finds an old message in Marshal's answering machine where Ted called her "Grinch" after she left Marshal. Meanwhile, Barney is too sick for his Christmas plans.



“Express Christmas” (Season 3, Episode 10):

This is the first episode of Modern Family that we see the whole cast together for the holidays. They were gathered at Jay and Gloria’s pool on the 16th of December, when they realized that they wouldn’t be able to spend Christmas Day together, so Phil came up with “Express Christmas” on the 16th of December so that the whole family can spend the holiday together. Phil’s consideration is why he holds a special place in all our hearts.



“Christmas Eve Eve” (Season 6, Episode 10):

New Girl’s last Christmas episode was one of the best sitcom episodes. It’s even better than the “LAXmas” episode! It makes my stomach hurt from laughing. Jess tries to organize a Secret Santa in the loft, but she forgot to put her name in the hat. Unexpectedly, Reagan surprised Nick for the holidays. In all honesty, the stars of this episode were Winston and Cece as Winston was freaked out that his gift for Cece won’t come on time, so he took Schmidt with him shopping to find another gift. Their gifts to each other was a funny inside joke between them. “Bean Bag chair? Bean Bag chair!”



“Christmas Party” (Season 2, Episode 10):

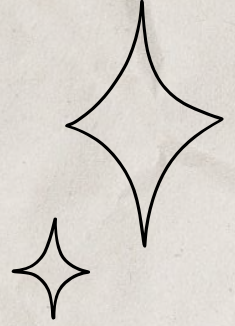
For many years The Office Christmas episodes have been everyone’s favorite. After Michael suggests a game of “Yankee Swap” with the Secret Santa gifts, everyone wants the “iPod” that Michael brought to Ryan. Meanwhile, Jim worries someone will get his personal gift for Pam but Dwight has his eye on it already.



Yippie Kayak” (Season 3, Episode 10):

Brooklyn Nine Nine’s fan favorites Jake, Gina, and Boyle get into a “Die Hard” situation while doing last minute Christmas shopping when a group of criminals break into the store they’re in. Meanwhile, Amy is trying to prove that she’s tough like Rosa and Holt by taking part in a “Polar Swim” in the Atlantic Ocean in DECEMBER!! I shivered just by reading this .

3 EASY *AND* DELICIOUS CHRISTMAS STAPLES TO SPICE UP YOUR HOLIDAY FOOD PALETTE



MORNING COFFEEMAS!

Everyone loves coffee, everyone loves Christmas, this drink is what we call the best of both worlds!

To make this you need:

- 10 c. water
- 1 1/4 c. ground coffee
- 1 tbsp. brown sugar
- 1 tsp. ground cinnamon
- 1/4 tsp. ground cloves
- 1/4 tsp. ground cardamom
- Whipped topping, for serving
- Sprinkles, for serving

Directions

Step 1

Pour water into the coffee maker. In a medium bowl mix together coffee grounds, sugar, and spices then pour into the coffee filter. Brew coffee according to coffee maker directions.

Step 2

Pour into coffee mugs and finish it off with whipped cream and sprinkles and enjoy!

DINNER IS SERVED!

Are you a sweet potato lover? if you are, then this fondant sweet potato dish is made just for you!

All you'll need is:

FONDANT POTATOES:

- 1.5 kg / 3 lb sweet potatoes – 3 thick ones
- 25g/ 1 1/2 tbsp butter , unsalted, melted
- 1 1/2 tbsp olive oil
- 3/4 tsp salt , kosher/cooking
- 1/2 tsp black pepper
- 1 1/4 cups chicken stock , low sodium (or vegetable stock)
- 1 garlic clove , finely minced



MAPLE BUTTER PECAN SAUCE:

- 1/2 cup maple syrup
- 30g/ 2 tbsp butter
- 1/3 cup pecans , *chopped*
- 1/2 tsp cinnamon
- Pinch of salt

AND, FINALLY TO SERVE:

- 1 1/2 tsp fresh thyme leaves (*highly recommended*)

To make this delectable dish you'll follow these steps:

- Preheat the oven to 240°C/465°F (220°C fan).
- Cut the potatoes into 3cm / 1.2" discs.
- Place the potatoes in a large roasting pan or baking sheet.
- Drown with butter and oil, sprinkle with half the salt and pepper. Squidge around, turn potatoes, sprinkle with remaining salt and pepper.
- **Roast:** Place in the oven and roast for 20 minutes.
- **Baste, add stock:** pour the stock in around the potatoes, and scatter the garlic into the liquid.
- **Roast to absorb stock:** Return to the oven, and roast for a further 15 to 20 minutes or until most of the liquid has been absorbed/evaporated.
- **Assemble & serve.**

MAPLE BUTTER PECAN SAUCE:

- Place pecans in a saucepan or small skillet over medium high heat. Stir for 30 seconds until you can smell the pecans. Add remaining ingredients, then once the butter melts and it starts bubbling, simmer on medium heat for 1 1/2 minutes until it reduces and thickens slightly (it gets thicker as it cools).
- Transfer to a serving jug. Serve over potatoes.

THEN COMES **DESSERT!**

I bet all the sweet-toothed readers have been waiting for this one! Christmas is all about treats, and these cookies definitely won't disappoint!

Ingredients

- 225g / 1 cup unsalted butter
- 1 cup (220g) white sugar
- 1 1/2 tsp vanilla extract
- 1 large egg
- 3 cups (450g) flour
- 3/4 tsp baking powder
- 3/4 tsp salt

-ICING FOR SUGAR COOKIES


STEPS TO PREPARE:

- Preheat Oven to 180°C / 350°F (160°C fan). Line 2 baking sheets.
- Beat butter and sugar in a large bowl until creamy
- Add egg and vanilla, beat until completely combined.
- Add flour, baking powder, and salt.
- Start mixing slowly, then beat until the flour is incorporated
- Dust the work surface with flour, scrape dough out of the bowl. Pat together then cut in half, then shape into 2 discs.
- Roll out, sprinkling with flour under and over the dough so it doesn't stick.
- Use cookie cutters to press out shapes and use a knife or spatula to transfer shapes to prepared baking sheets.
- Bake for 10 minutes, swapping trays halfway, until the surface is pale golden and the edges are just beginning to turn light golden.
- Allow cookies to cool down before removing them from the tray.



TRY OUT THESE RECIPES FOR YOUR FAMILY AND FRIENDS AND DON'T FORGET TO HAVE A **HOLLY JOLLY CHRISTMAS!**

By **Salma Assem**



SECRETS OF A SUSTAINABLE CHRISTMAS

What do you think of when you hear the word recycle? Is it recycling centres? Sorting out items based on the material they're made of? Or is it maybe paper instead of plastic, or even multi-use items for things we usually think of as "single-use", such as metal straws instead of their plastic counterparts, tote bags instead of plastic bags, and maybe even refillable pens? Now that's all well and good, but the case is for such items, they're quite expensive, don't you think? So there's another way to recycle, and it's repurposing, and for now, we'll focus on repurposing items for Christmas.

To start, a great idea is to look for things that if not recycled would be of great harm to the environment. Plastic bottles come to mind, as they're one of the biggest factors contributing to environmental damage. So how do we use them? Well, let's think: we could use them as a terrarium, an organizer for pens, or even to separate egg yolks, but that's not Christmas-like if I do say so myself, so we're gonna use them as DIY snowglobes.

We'll start by cutting our bottle into 3 sections: a bottom part, a middle one, and a top one. However, we won't be using the middle section since we want our snowglobe to be less tall, and more round. After that, we'll fill up almost the entire bottom section with water as well as add some glitter (the more the glitter, the more the magic), and then we can add our centrepiece. This could be many things, but for the sake of example, let's use a table tennis ball. We'll first start by using a black permanent marker to draw eyes and a mouth, then we could draw an orange nose and add it to our snowglobe. Last but not least, we'll glue the top to make sure no water can get out, and finally, we can decorate the bottle cap with a ribbon or with some markers. After that, it's

ready to shake, and you've got a homemade, environmentally friendly, DIY snow globe!

What we're gonna discuss next is less Christmas-y but perfectly fine to talk about: Ferrero Rocher. We all love it, don't we? I mean, you'd be hard done to find someone who doesn't like it. It's a perfect blend of crunchiness and chocolatey goodness; it's just Mwah! But we're not here to discuss the chocolate itself (although it is very yummy); instead, we're going to discuss the boxes they come in. Not only are they aesthetically pleasing, but they're also a great way to store items, whether that be school supplies, books, or even a snack box. They're such a versatile way of storing items and the fact that they come in many different sizes makes them even more useful, so it would be a shame to throw them away if you could use reuse them in more environmentally friendly ways.

Countless other ways exist to recycle and reuse items we have at home; so many that it would be silly to discuss them all here, so here's an idea: look around you right now, whether that be at home, school, or wherever you're sitting and list three items that can be repurposed instead of throwing them away—done that? Now choose one of them and start work on repurposing it. It's just so much fun, and frankly? That one small item you repurpose changes a lot, even if it doesn't seem like it.

—Aly Abouelela

Christmas Traditions Around the World

Human beings are creatures with massive minds which causes each one to think differently and have distinctive methods of celebration. Everyone has their own method of dealing with things; they grieve differently, worry differently, and most importantly, they rejoice differently, which brings us to the point of this article. Christmas is one of the most important holidays around the globe which is why each country has its own traditions when it comes to it. Some are just basic traditions such as decorating trees and hanging lights while others can blow your mind.

Christmas in Norway is a holiday for you if you despise cleaning. Long ago, Norwegians believed that December 24th was the day when witches and spirits would emerge from the woods and fly away. Because a witch's primary mode of transportation is (obviously) the broom, people in this country will hide all brooms and cleaning materials before Christmas to keep witches at bay.

In Italy, it's all about Befana, not Santa Claus. Befana, like Santa, visits houses on the Feast of the Three Kings - January 6th - and leaves sweets and gifts in socks for good boys and girls. Bad children are punished with coal, dark chocolates, or sticks.

Though Befana is depicted as a decrepit old woman coated in soot, she is friendly and will sweep dwellings with her broom before leaving, dusting away the previous year's difficulties behind.

Now give it up to the number 1 of weirdest traditions. During Christmas, St. Nicholas gives gifts to good children, but Krampus punishes wicked boys and girls in Austria and other Central European countries. They're all scared of him - he is genuinely terrifying; half-demon, half-goat, and is frequently shown with thick chains that he thrashes for dramatic effect. Krampus, like his cheery counterpart, visits households on December 5th - the Feast of St. Nicholas.

Although there are these strange traditions and many more, no one can ever forget the feeling of the normal beautiful Christmas traditions, where we have the glorious Christmas tree that everyone decorates with their favorite increments and we have Santa, whom I believe we all thought he was real at one point. Christmas will always be a lovely holiday and a wonderful reason to celebrate.

By: Malak Abdelhamid

5 Places to Visit in The Capital During Christmas



Searching for the right vibes for this year's jolly holiday? Look no further. There are plenty of exciting places to visit in Cairo to celebrate the Yuletide event. From posh hotels to more casual and homey places, here are the top picks for this year's unforgettable Christmas!

Fairmont Nile City hotel has it all. You can book a reservation to enjoy their buffet that has a variety of options from Egyptian cuisines to French cuisines. Their most special however is their seafood. Due to the holidays, they offer a huge discount on selected seafood items like crab and lobster. If you still have no idea where to go with a loved one, go book your reservations now - the places sell out like hot cakes! The hotel offers a luxurious feel with Christmas lights and tall trees decorated throughout to get you in a celebratory mood.



If you're into nice dinners, JW steakhouse is the right place to enjoy a hearty meal. The restaurant is famous for their special Christmas cakes that are only made once a year and are always a huge hit! Don't forget to wear a fancy dress or suit and tons of accessories for this will be one posh evening you will never forget. It is recommended to book a few weeks prior since it's a popular Christmas spot. Although you could bring a family, it's recommended to bring a maximum of 2 people along, since the place requires a quiet environment to set a mature, relaxed mood.

Christmas is all about family love, so take your family and build gingerbread houses! Gourmet supermarkets offer the option in their stores where you can build and customize your very own gingerbread house. Not only is this a fun activity for family and friends but is very much suitable for all ages. They also offer a gluten-free option for those with allergies and much more inclusivity in all their ingredients.



Like arts and crafts? Art cafe in Maadi is your go to spot .Around the holidays, the staff spend time organizing arts and crafts to be done - from Christmas tree ornaments to huge snowmen! This activity is especially fun for kids, since they get to get their hands dirty with paint and smudge on large canvases to create a masterpiece.You can also DIY your own gingerbread man as an ornament from a cardboard box, decorate it and hang it up on their Christmas tree displayed outside.



Lastly, you can take a cruise in the Nile Cruiser in Manial. Enjoy a nice dinner or lunch and sing along to Christmas carols. You can watch as the sun sets and dance along with some jazz music played by professionals in the background. Many celebrities have recommended such a cruise as a place to celebrate any festive occasion. Near the end of the cruise, Christmas cookies and hot drinks like hot cocoa with marshmallows are set up on a corner to make your very own. The vibes are very cozy yet modern and old-money inspired. When you get off the ride, the staff all wish you a jolly good Christmas!

There are plenty more places around Cairo you could go, but these are some of the best. Enjoy the New Year's and have a Mary Christmas!

By: Alia Mohamed

ALL YOU NEED TO
KNOW IN ONE PLACE

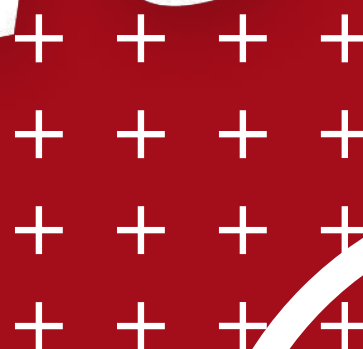


SCHOOL



NEWS

WHY NOT?
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12.2022



NARMER MODEL UN





an unforgettable experience





December 2022



CONGRATS!



A short story by: Assma Ashraf - Grade 8

A BRAND NEW START



Today is the day.

Today is the day that a friendship that ended six years ago begins once more. Tingling with excitement, those are the words that sprint through my head as I drive towards the airport (I think I might crash if I don't contain this bucket of emotions).

I can hardly think straight; all that I can feel is blood pumping through my veins, my heart thumping outside of my chest, my world spinning. As the airport approaches me with open arms, I might just explode. With sweaty hands, I step a foot into the airport.

There she is.

A second after I walk into the airport, the familiar scent of strawberry pound cake befriends me, rushing through my body and calming me down. Suddenly, I'm 13 again, wrapped in the warmth of my best friend's hug.

When I pull away, I see a completely different person.

She's taller – way taller; in fact, she used to be shorter than me. Her pixie cut transformed into long and luscious rivers of gold, flowing over her shoulders and down her back. What used to be shy and fearful eyes became confident pools of glimmering water.

The first thing she muttered, with a smirk, was: "Hey shortie."

"Okay, you cannot do that to me. That's not fair," I laugh.

"It's not my fault you're still the same height as you were when we were 13."

Despite her newfound style and confidence, when I look into her diamond eyes and contagious laugh, she's still the same kind and smart and funny girl that I've always known.

As the sunny day blends into a crimson sunset, and the stars begin to smile down at us, we drive through all the old places in our town that hold a treasure chest of memories and love. We talk about our life and all the things we've been doing: she's a business student at Harvard; I'm a successful interior designer.

"You've become so confident and beautiful," I tell her.

"Yeah? Well so have you. I remember you in 5th grade when you were all quiet and insecure. Look at you now."

Driving through town, we point at the mall we always used to shop at, the ice cream shop we always bought from, the school we always hated. We remember our embarrassing moments (like that time she dropped the entire ice cream cone on her shirt), and our fun moments.

Happier than I've ever been, I hug my childhood best friend once more, savoring her scent and the feeling of an everlasting bond.

"I love you, Kayla," I whisper into her sweater.

"I love you too, Mia," she whispers back.



AN AWAITED REUNION

A short story by Mariam Ahmed (2005)

grade 8

With butterflies in my stomach, I turned off the car and started walking to the airport gates. It was getting chilly, so I adjusted my jacket. Like Jewels, my eyes glowed and lit up when I saw her. Sabrina, my childhood best friend. Oh how I've missed her. We ran into each other's arms and stayed there a while, with tears in our eyes – joyful tears. "I can't even describe how much I've wanted to see you, Sab," I whispered in her ear.

"Me too, Kat. Me too." She responded.

We talked some more and decided for a meet up at our favourite park; I couldn't even sleep from excitement.

I put on my floral pink dress and walked out the door, a big grin stuck on my face. After a ten minute drive, I made it and found her sitting on the grass under a tree with a picnic ready to be enjoyed. "Oh my! What is all of this?" I laughed.

Smelling the fresh air, we started chatting about our memories together in high-school. When she brought up our epic fails at prom, I couldn't keep it together.

"Wait, wait. Please tell me you remember our sleepovers together," she interrupted.

"When we smashed mom's car into the neighbour's porch!" I screamed. "I got grounded for three whole months because of you, idiot."

"Whoops! Not my fault her car was a mesmerising purple one. Seriously, how can a little girl control herself?"

We got to talking about her experience living abroad, and what Sabrina has done over there in college. "I got into art school, just like I told you." She smiled.

"No way! I got into poetry school here too!" I said in awe. It was really crazy how much life had changed.

Later on in the conversation, she told me about how she got a new dog named Polly. Showing me a picture, I noticed how adorable she was. Even better, Sab dyed her hair a gorgeous blue colour – she looked like a rock star. I couldn't help but comment on how pretty her blue beach waves looked today.

"This was so fun. We should do it again while I'm still in town," she got up to leave. "I'll be here until Sunday."

I nodded, hugged her goodbye, and left in my car. If nostalgia was a person, Sabrina was that to me. All my life I looked up to her as an older sister, a role model, a best friend. Very few of my friends have made me feel that way; she's just too special to me.



NARMER'S FUNDRAISING CAMP



The school camp '22 was the highlight of the month. The event took place on the 3rd of November after school and ended on the evening of the following day.

After school, we, as the organizers, and year 4 and 5 students changed into green, red, blue or yellow shirts according to the team we were assigned to. We gathered at the school's garden, where we began to eat koshary. Then the organizers set up the tents in their place. Afterwards, the hectic and boring part was over and the real fun started, they started to play the Treasure hunt. Even though it didn't go as planned at all, it was still pretty amusing. After a tiring search, we finally had a break. There was also a tattoo artist. Personally, I didn't get inked, but I saw him create various tattoo designs that I actually liked. After that came the dance show which was very intriguing. After that, the time for watching movies and eating pizza approached, and what made this part even more enjoyable was that we were able to get popcorn or cotton candy. That was it for that day, so we went to sleep. Overall, I enjoyed the first day, but the lack of a clear, well structured plan and organization for this day affected our level of satisfaction.

When the next day arrived, we started off by preparing and heading towards the football field to start exercising. Then we had Fool and Falafel sandwiches for breakfast which were okay. Afterwards, teams alternated between the relay run and musical chairs, which were the 2nd best activity in my opinion, followed by a game called 'banana/ orange/ apple' where banana steps forward, orange turns around and apple steps backward. Later, we played a game where the winner was the first person to grab the tissue then pass the ball. There were other fun activities such as dancing for girls and football for boys. Finally, we had the final meal of the camp, McDonald's. Despite it being delicious, the food wasn't hot by the time we got to eat it. As for the best activity in my opinion, it had to be the water balloon fight. Sadly, the number of balloons was too few, so we couldn't enjoy it long enough. To wrap up the day, the winners were announced (a tie between green and red) and the giveaways were given out by Mr. Ahmed Shanan. The last thing we did was the piñata, it was chaotic yet entertaining.

I really wish I could partake in an event like this one soon. It was definitely not free of flaws like any other event, but it was an exciting experience that I would love to experience once again.

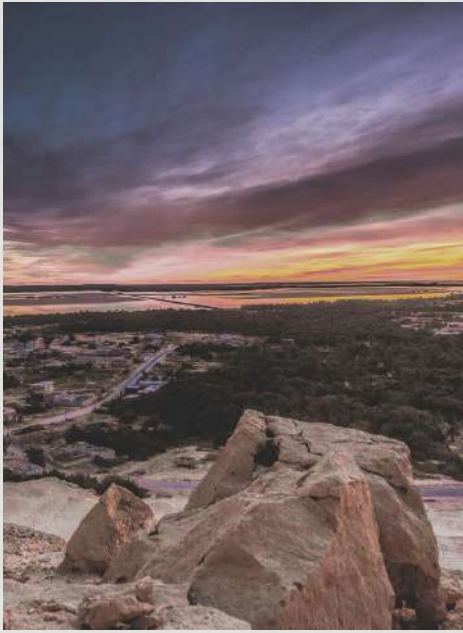
Omar Saeed



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November, 2022



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SPORTS && ENTERTAINMENT



WHY NOT?
ISSUE #48
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THE SCOOP OF THE SEASON: FORMULA 1 EDITION



Another year and another season of Formula 1 about to end. Drama everywhere; team mates fighting, crashes, mechanical failures, the works. 1,077 World Championship events have been held over 72 seasons in 34 countries and under 53 race titles at 76 racing circuits, and each Grand Prix comes with its very own drama.

Starting with Max Verstappen, he won the world championship with 429 pts, leaving Charles Leclerc and Sergio Perez fighting for second place, where the fate of the silver would be determined in the last Grand Prix of the season.

The energy and enthusiasm in Abu Dhabi was all above anyone's expectations. Once all red lights were out, the tension was everywhere especially, between Perez and Leclerc, till the last second. Finishing off with Charles taking the second place behind him, with only 1.332 seconds, Perez in third. Perez said, "I'm pleased because I gave it all, you know. Obviously when we look back, there were things we could have done better, like that middle stint, you know, we were still thinking that we were on a one-stop at that point." On the other hand, Leclerc was also satisfied with what they had accomplished, Leclerc said: "I was [at] 110% from the first lap to the last lap. Honestly, we had the perfect race for us, there was not much more [we could do] today." Max Verstappen extended his record by taking his 15th win of the season in Abu Dhabi, and the Red Bull driver said his team couldn't have done much better in 2022. The top three drivers in the championship plus Vettel signed off with donuts in Abu Dhabi, as well Daniel Ricciardo, in his final race with McLaren.

Retirement seems to be a big headline among some familiar faces. Daniel Ricciardo, McLaren's driver, broke his fans' hearts when he admitted that he wouldn't be racing in 2023 to channel his focus on guaranteeing a driver seat closer to the front in 2024. "I think the reality is now I won't be on the grid in 2023," he said. "I think it's now just trying to set up for 2024." Are the choices he made when he was with Red Bull, leaving them, is what led him here? It wouldn't matter anyway because Red-bull, on Saturday 19th of November 2022, in the last qualifying session for Ricciardo in this season, offered him to be their 3rd driver. Although this was just speculation in the beginning, Ricciardo announced that he would be joining Redbull for the 2023 season as their reserve driver. "I'm finally back home," Ricciardo posted following the news.

Sebastian Vettel, the four-time world champion, has announced he will retire from Formula 1 at the end of the 2022 season. His career has to be one of the most remarkable, where he drove for top teams Red Bull and Ferrari, and ended his career in Aston Martin. His legacy will forever be remembered, as we hope he finds happiness in this new journey.

The hottest drama of the season has to be the Verstappen-Perez incident. Verstappen was in 5th place, while behind him was his teammate, Perez in 6th. Verstappen was asked multiple times to let Perez pass, as it was crucial for Perez to score those extra points to beat Leclerc in the fight for second, but he didn't allow him to pass. This is despite the fact that Verstappen had already scored enough points to secure the championship. When Lambiase, his mechanical engineer asked, "Max what happened." The two-time world champion replied: "I told you already last time, you guys don't ask that again to me, OK? Are we clear about that? I gave my reasons and I stand by it." Perez said on the radio: "It shows who he really is." No one really understood why Verstappen did that, since Perez played a key role in his winning of the championships.

As the season comes to an end, we are both sad and excited. We'll obviously miss watching the weekly Grand Prix, and we'll miss the drama, but we're also excited to see next year's rookies and what they'll do. Till next season, we'll miss you Formula 1!



By: Khadija Kamal

WORLD CUP STADIUMS

This World Cup had a lot of ups and downs, didn't it? Stadiums are one of these. On the one hand, they appear to be out of this world, but on the other, 6500 workers died in their construction. Let's put this tragedy aside and focus on the stadiums.

1. Khalifa International Stadium

The Khalifa International Stadium has been in operation since 1976, unlike all of the other stadiums, which have been built in the last three years, with the World Cup in mind. The Khalifa International Stadium was redeveloped to increase its capacity to 40,000. It will host its first World Cup event on November 21.



2. Lusail Iconic Stadium

Lusail Iconic Stadium has the highest capacity (80,000) among the eight venues. It will also be the busiest stadium of the lot, hosting a total of 10 matches, including the final and closing ceremonies. The seats are arranged over two tiers and concealed by a curved exterior of golden. It will host its first match on 22 November and the final on 18 December.



3. Al Bayt Stadium

The Al Bayt Stadium, set to host nine

matches, will be the stage for the opening ceremony and FIFA World Cup 2022 opener between hosts Qatar and Ecuador on November 20. The multidisciplinary studio Dar Al-Handasah also created the tent-like stadium in Al Khor, which will host the football tournament's opening game on 20 November. It contains 60,000 seats over four stands.



4. Stadium 974

Stadium 974 is named after Qatar's international dialing code, as well as the number of shipping containers used to build its staircases, kiosks, bathrooms and parts of its exterior, interesting, right? The 40,000-seat venue will host its first match on 30 November. The containers, many of which were originally used to transport materials to the site, feature alongside a modular steel structure that was developed to be demounted and repurposed.



5. Al Janoub Stadium

To the south of central Doha in Al Wakrah is the Al Janoub Stadium, a building featuring the signature sweeping forms of its co-architect Zaha Hadid Architects. The 40,000-seat venue, which will host its first match on 22 November, was created featuring a fully retractable roof to help keep players and fans cool. Its distinctive form is intended to resemble the sail of a dhow – a traditional fishing boat seen in the city's harbor.



7. Ahmad Bin Ali Stadium

To the south of central Doha in Al Wakrah is the Al Janoub Stadium, a building featuring the signature sweeping forms of its co-architect Zaha Hadid Architects. The 40,000-seat venue, which will host its first match on 22 November, was created featuring a fully retractable roof to help keep players and fans cool. Its distinctive form is intended to resemble the sail of a dhow – a traditional fishing boat seen in the city's harbor.



6. Al Thumama Stadium

A traditional ghafiyah cap worn by men throughout the Middle East was the reference for the circular Al Thumama Stadium. Located to the south of Doha, the stadium has a circular form containing a concrete bowl with 40,000 seats for spectators and will host its first match on 21 November. Its unique design has a functional purpose too, protecting spectators from the sun "in a similar way to how the ghafiyah is used to cover one's head from the heat". This will work in tandem with a cooling system powered by solar energy.



8. The Education City Stadium

Some may call it the "diamond in the desert", the Education City Stadium is the eighth and final venue for the 2022 FIFA World Cup Qatar. It will host its first match on 22 November. It is designed to deflect strong sunlight and can be illuminated at night. Also, there are many unique details about this stadium such as, a skybox for autistic children filled with games where they can watch the match through soundproof glass, an indoor warm up area, sauna, jacuzzi and a massage room.





Elon Musk, otherwise known as “genius”, philanthropist, billionaire, is maybe not so much of a genius after all. Recently, Elon has completed a major deal, finalising the Twitter takeover. Even though he originally agreed to buy the company back in April in unofficial terms, Musk tried to waver out of the deal. Ultimately failing, he was entitled to complete the USD\$44 billion buyout.

Soon after Elon took charge, both CEO Parag Agrawal and Ned Segal, the CFO, left the shipwreck to its doom. However, things started to

fall apart upon the firing of Vijaya Gadde, head of the legal policy, trust and safety, as well as the board of directors.

To make matters worse, even normal employees weren't safe from the ensuing madness as they were offered an ultimatum. This was present in an email directly from Musk titled “A fork in the road”, where he declared, “We will need to be extremely hardcore. This will mean working long hours at high intensity.” The Internet was furious as Elon clearly dehumanised his

employees for what is unfortunately not even the first time.

To add salt to the wound, Elon announced the launch of Twitter Blue—a premium \$7.99 subscription service that includes some features most important of which is a blue checkmark added next to your username. This checkmark is idiotically identical to the one given to verified accounts.

To no one's surprise, chaos dominated with numerous parody accounts taking over the platform. From

cyber trolls damaging many celebrities' reputation to impersonators of Elon himself, Twitter soon became a battlefield of conflicting information.

Most notably, an account imitating Eli Lilly and Co.—one of the largest pharmaceutical companies in the United States—announced that their insulin pens would be free of charge. This caused a sharp drop in their stock value after they were

forced to publicly deny any misleading messages. This among other controversies caused most advertisers to stray away from Twitter, fearful of the negative connotations currently surrounding the platform. Moreover, this has exposed the company to potential lawsuits.

As advertisers have always and will remain Twitter's biggest revenue stream, this sudden backlash is threatening the company's future. In response, Twitter

Blue subscriptions have been paused, and the blue check has been removed from some accounts. Nevertheless, the company still lies in jeopardy. After all this obscenity, one has to wonder why Elon even decided on buying Twitter with no plan in sight.



THE ULTIMATE MARVEL MOVIE MARATHON GUIDE



The Marvel Cinematic Universe is continuously expanding. Marvel provided viewers with an endless amount of superheroes to adore, and you might think it's hard but it's never too late to start your MCU journey. If you don't want to get lost on the way, follow this guide to the perfect marvel movie marathon.

It might sound shocking that there are over 30 marvel movies, but once you start watching them you'll never want to stop. You're going to start with Phase One - also known as the 'Infinity Saga'. Phase one are movies from 2008-2012, and they are essential to get into marvel.

PHASE ONE:

- Iron Man (2008)
- The Incredible Hulk (2008) (skipping is okay)
- Iron Man 2 (2010)
- Thor (2011)
- Captain America: The First Avenger (2011)
- The Avengers (2012)

After you're done with Phase One, You'll move on to Phase Two. Phase Two has movies from 2013-2015.

PHASE TWO:

- Iron Man 3 (2013)
- Thor: The dark World (2013)
- Captain America: The Winter Soldier (2014)
- Guardians Of The Galaxy (2014)
- Avengers: Age of Ultron (2015) (Get your tissues ready)
- Ant-Man (2015)

If you think you're near done then you won't be ready for Phase Three. Phase Three of Marvel is the longest, and most enjoyable phase from the four. Phase three will have you laughing, crying and it will include lots of adrenaline rushes. Although the third phase of marvel is loved by many fans, some don't like 'Captain Marvel' which was released in 2019 and starred a female superhero for the first time in the MCU. On the other hand, no marvel fan can deny that

'Avengers: Endgame' was an astounding cinematic experience and smashed box office records. Watch phase three to be able to praise and criticize the movies without having to blindly trust a critic's opinions.

PHASE THREE:

- Captain America: Civil War (2016)
- Doctor Strange (2016)
- Guardians of the Galaxy Vol. 2 (2017)
- Spider-Man: Homecoming (2017)
- Thor: Ragnarok (2017)
- Black Panther (2018)
- Avengers: Infinity War (2018)
- Ant-Man and the Wasp (2018)
- Captain Marvel (2019)
- Avengers: Endgame (2019)
- Spider-Man: Far From Home (2019)

After phase three, you'll move on to phase four which recently came to an end. Phase four reached a finale with 'Black Panther: Wakanda Forever'. This phase includes movies from 2021 and 2022, and it starts with 'Black Widow' which was a long awaited solo movie starring the incredible Scarlett Johansson. Another name for this phase is 'The Multiverse Saga', and it will officially end with The Guardians of the Galaxy Holiday Special in December.

PHASE FOUR:

- Black Widow (2021)
- Shang-Chi and the Legend of the Ten Rings (2021)
- Spider-Man: No Way Home (2021)
- Doctor Strange in the Multiverse of Madness (2021)
- Thor: Love and Thunder (2022)
- Black Panther: Wakanda Forever (2022)2)



-If you've successfully reached this far in your marathon, all you have to do now is wait. Phase Five of the MCU starts in February 2023 with 'Ant-Man and the Wasp: Quantumania'. If you want to go an extra mile to fully understand this cinematic universe, then you should consider watching shows like 'Wanda Vision', 'Loki', and 'Hawkeye'. Watching the shows will guarantee your understanding of the timeline and will give you the title of a certified marvel fan.

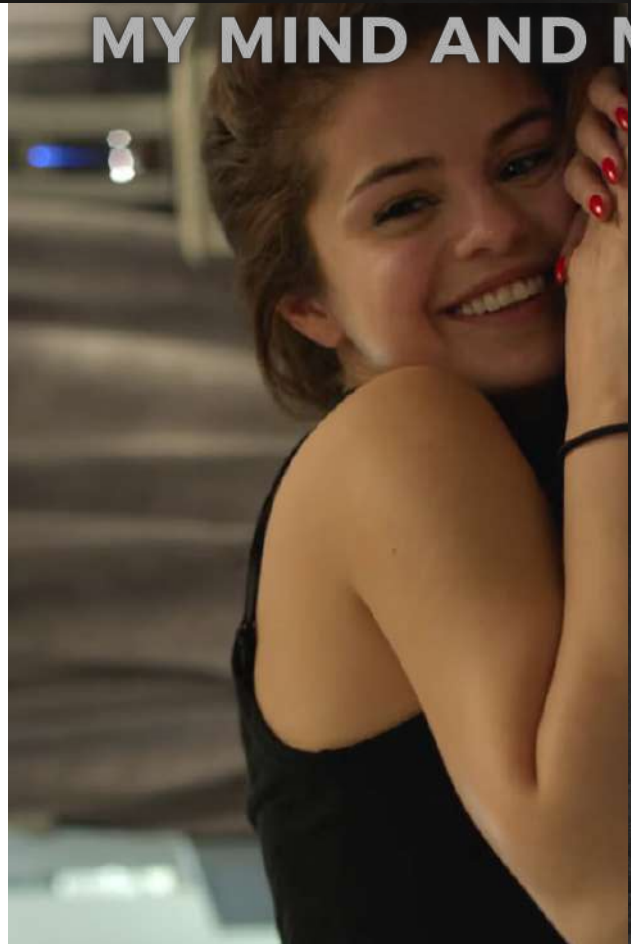
By: Mariam Omar

SELENA GOMEZ: MY MIND AND ME

In the powerful film *Selena Gomez: My Mind and Me*, Selena Gomez offers an incredibly raw, honest exploration of her life. The film, which came out in November, spans over a six-year period and discusses how the talented artist started to question when she would be good enough because of body image issues, self-doubt, depression, and a variety of other issues. The film shows singer and actress Selena Gomez learning to love herself after she was diagnosed with lupus and bipolar disorder. After getting diagnosed, Gomez is seen in the movie learning to love and accept herself.

In *My Mind & Me*, Selena discusses her issues with her health in sensitive detail, including her 2016 hospitalization at a mental health facility and the heartbreaking way her mother, Mandy Teefey, learned she was seeking treatment. Gomez at first struggled figuring out how to manage the diagnosis. She took every opportunity to learn as much as she could about bipolar disorder. This played a huge part in helping her handle life after diagnosis. "I'm just making it my friend now. I think I needed to go through that to be who I am and I am going to keep going through it, but I'm really happy. I'm at peace. I'm angry. I'm sad. I'm competent. I'm full of doubt. I'm a work in progress. I am enough. I am Selena," says Selena.

Selena Gomez opens up about lupus; brief glimpses in the film reveal the actor and well-known singer undergoing tests and treatment for the disease, which required a kidney transplant for Gomez in 2017. She experienced a mental breakdown in October 2018 and was described as "despondent and emotional" as a result of lupus problems that resulted in a low white blood cell count. She then canceled the remaining dates of her "Revival" concert tour 55 days into it. She talks about how having lupus impacts her daily life and the physical suffering she experiences.



throughout the documentary. At one point, we see her sobbing on camera due to her unbearable joint pains. "I haven't felt it since I was younger. Now it just hurts. Like, in the morning when I wake up, I immediately start crying because it hurts, everything," she said. In a heartbreaking confession, she expresses concern over whether she will ever be "good enough" on her own or if her ex-boyfriend, Justin Bieber, will always be a part of her life. Her health deteriorated as a result of the pressure to be perfect, a very public breakup with Justin Bieber, and having lupus while dealing with extremely stressful situations. You can see the emptiness in her eyes throughout the film as the makeup artists get her ready for an interview. She felt that she was defined by her prior relationship with Justin Bieber because it was brought up in every interview. Her perspective on life was ruined by being plagued for years by that one relationship.

Gomez has a compelling story to share, and *My Mind and Me* offers viewers a peek behind the curtain at a woman who was fortunate enough to make it out of the dark alive thanks to a strong support system and mental health professionals. The Rare Impact Fund, which Selena also started, has raised \$100 million for free mental health care for young people. Additionally, she hosted the first-ever Youth Action Forum on Mental Health at the White House, where she and the president spoke about her suggestion for a mental health curriculum for the nation's public schools. If even one person is motivated to seek help as a result of watching the documentary, it will have achieved its goal. Be sure to check out the documentary along with her new single *My Mind & Me*.

With Ahmed Sameh

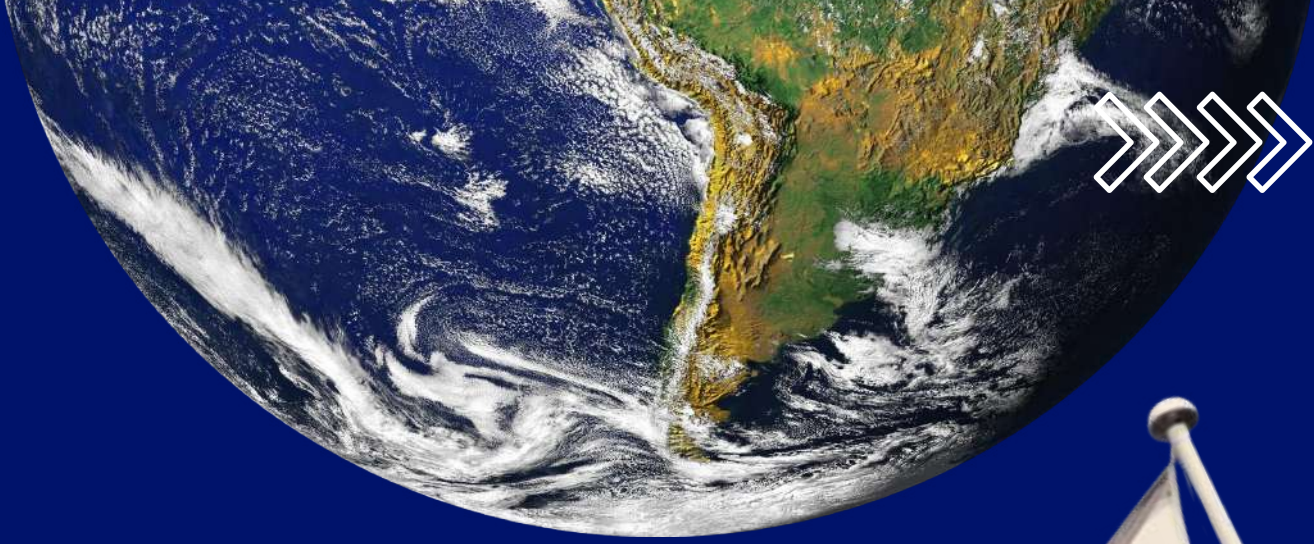
Fun Facts about Parrots

- 1-most parrots are omnivorous
- 2-when many species of parrots get together they stay together for life
- 3-parrots lay about 3 to 8 eggs at a time
- 4- the world record of most words learned by a parrot was 1728 words
- 5-in india it's illegal to have a parrot as a pet



- 6-parrots have amazing eyesight they can see ultraviolet rays which humans can't see
- 7-parrots have over 400 taste buds
- 8-parrots are attention seekers like some humans
- 9-parrots are kept as pets by over 3000 years
- 10-parrots are one of the most intelligent animals in the world

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BE AWARE



WHY NOT?
ISSUE #48
NOV/DEC 2022



SOCIAL MEDIA

A DOUBLE EDGED SWORD

In our daily lives, we experience many interactions with various people, but that doesn't necessarily mean that we can't interact with others from the comfort of our homes. The reason for that is obviously because social media platforms exist. Starting from platforms such as Facebook and Whatsapp, which are mostly popular with adults to Instagram and Tiktok, which have kids and teenagers obsessed with them these days, including yourself.

Though social media practically exists everywhere in our lives now, that doesn't mean that it can have the best impact on society, especially children of young ages who already use social media. That also doesn't mean that it doesn't help us very frequently. I personally agree that social media has many uses, but if it is used excessively or incorrectly, it may lead to many issues and can strongly influence a person's life to the point where it becomes extremely unhealthy.

What are the advantages of social media to us? Firstly, if you have relatives who live in foreign countries, the best way to connect with them is through social media platforms. Social media can connect you and update you on what is happening around the world and the latest news, trends and upcoming events. It can also connect you with other cultures and educate you on many topics. For example COVID-19, which without social media and communications, we wouldn't have known where it originated or how many people are affected by it around the world. Social media is also effective for marketing, since many small businesses started off as online stores. It can also raise awareness on many overlooked topics or events and help in raising funds to people or communities in need. As for the entertainment part, you can call your friends, play online games, discover many old and new movies and music, etc.

Even though the advantages of social media sound very convincing, it also has its dangers and disadvantages that we all need to be aware of. Starting off with the worst one that can affect a person's mental health negatively - cyberbullying. Now that we have the ability to create multiple accounts and post anything publicly, creating fake accounts, fake pictures and texts, commenting on anything openly without restraint and posting rumors about one another has become something common. Cyberbullying causes its victims to be severely humiliated, which will affect their mental health and their social status terribly.

This leads us to another point which is the spread of false and misleading information which can be about anything or anyone. Rumors are also a very large part of what people can post on social media. This can damage many communities, businesses and a person's online reputation. Other examples of the dangers of social media include cyberstalking and hacking, which can happen when you share your personal data or accept strangers onto your profile.

Furthermore, social media has become an addiction to many people from kids to adults. This can hinder us from being productive and connecting with people outside of our devices. Social media has set unrealistic beauty standards which can lure people, especially adolescents, to compare themselves to many people online, and start developing insecurities as a result of that.

Fortunately, there are ways to avoid the dangers of social media, and ways to use it correctly. We can start with decreasing the time we spend on social media platforms and give our minds a break from the unhealthy content we might consume from them. Avoiding social comparisons and building self-esteem is also crucial to avoid feeling unhappy or unworthy. Along with that, avoid doom scrolling, since it can lead to fatigue and anxiety based on the law of attraction which indicates that our lives are a predominance of our thoughts and what we consume. So, we should only follow pages or profiles that promote positivity and filter our feeds from any negative content.





COP27 OVERVIEW

The Climate Conferences of the Parties (COP) has been held annually since 1995 to host a diverse range of individuals –including world leaders, politicians, experts, and others– who attend these two-week parleys to discuss the global climate crisis. Each year, the conferences bring signers of the 30-year-old United Nations Framework Convention on Climate Change (UNFCCC) which is in short an international environmental treaty addressing climate change. The UNFCCC is signed by every UN member state, as well as Palestine, the Cook Islands, Niue and the Holy See. Every nation, country, or state is effectively involved, for a total of 197 signatory parties. Representatives from all parties meet every year for the COP to discuss climate change action. Following COP26 in Glasgow last year, the 27th COP is currently being held in Sharm El-Sheikh, Egypt this month.

SAMPLE FINANCIAL & TECHNOLOGICAL AGENDA

Group discussions on a new goal for climate finance, which now is to reach US\$100 billion by 2026, is on the COP27 agenda. The talks are scheduled to end in 2024, but developing countries argue that COP27 should result in an "early agriculture" – Immediate debate on

a set of basic parts, to reach the desired effect, to begin within the projects. The COP also strongly encourages parties to consider discussing with technical experts, and other related figures to develop ways for the evaluation and analysis of the effects of response measures. As well as developing and working on using methods and tools to support the decrease of national climate change and development policies, especially in developing countries. Lastly, managing more national and particular case studies to help the exchange of best practices among countries.

SAMPLE ENVIRONMENTAL & SOCIAL AGENDA

Throughout the conferences, the council has released a decision to initiate the development of a framework for the global goal of adaptation, which will be publicly informed by a structured approach to the Glasgow–Sharm el-Sheikh work programme in 2023. Ministers stated in the draught text among other things the land and freshwater ecosystems; oceans and coastal ecosystems; interconnected water resource management; reliable food systems and agriculture; urban areas, colonies, and territories; infrastructure; distinguishable cultural heritage; health; poverty and income levels; mountainous areas; and biodiversity. Moreover, related to gender engagement, they have specified on tackling multigenerational social equality and equity; natural justice; environment and society adaptation; nature-based solutions; anticompetitive approaches; native, domestic, and regional governance; transnational approaches; and knowledge of traditional, local, and indigenous peoples.

EGYPTIAN PREPARATIONS AND GREEN PROJECTS

In preparation for the extravagant event, Egypt has spared no effort in living up to the great expectations set by the world's nations. This proves particularly true due to the vast measures the African nation took to state that it is worthy of hosting COP. Major environmental projects have previously been discussed by world leaders, but this year, these ideas have come to reality in Sharm El-Sheikh. Regarding solar energy projects, two plots of land have been allocated for the establishment of two new solar power stations, the South Sinai governor announced on Wednesday. The governor also reviewed several environmentally friendly transportation projects, explaining that Sharm El-Sheikh will provide all gas stations in the city with electric car charging units. In addition, the city will equip parking lots and hotel garages with said charging units. Furthermore, the country initiated building the first central park in Sharm El-Sheikh. The protocol aims to develop Sharm El-Sheikh into the first sustainable green city in Egypt, the South Sinai governor said in the statement, indicating that the design and dimensions of the central park are in accordance with international sustainability standards, the statement added.

EGYPTIAN PREPARATIONS AND GREEN PROJECTS

Due to the latest COP, it has become obvious where each member of the UN stands in the war against pollution and climate change. While the vast majority of the conference offered aid, there rose a few exceptions who did not seem as keen to save our planet. Casting an ominous shadow over the talks is Russia's invasion of Ukraine, itself financed by the sale of Russian gas. The conflict has unsettled the global energy market, skyrocketed inflation and led to the demand for more oil and gas drilling. "Putin's abhorrent war in Ukraine and rising energy prices across

the world are not a reason to go slow on climate change, they are a reason to act faster," stated Prime Minister Rishi Sunak of Britain. Saudi Arabia and the United Arab Emirates have also been far from cooperative, claiming to be "responsible" gas producers. Struggling to save his country's falling economy, President Xi Jinping of China did not attend the meeting, raising doubts concerning the nation's willingness to fight against climate change, while Tuesday's midterm elections in the United States have brought new uncertainties about the future direction of American climate policy. Egypt hosting the annual event has driven many eyes to the fact that countries that take part in the least to cause global warming -like Egypt- suffer the most of its consequences. Therefore, to hold the rich, industrialized countries accountable for their pollution, the issue of funding for loss and damage has become on the official agenda for the first time.

by: Salma Emad & Adam Sherif



ANIMAL TESTING



Does it ever cross your mind that certain products that you use in your everyday life may have an immoral effect on other living beings? You will definitely read the information written on the back of the product, but have you ever noticed a label that says, "cruelty free"? And what does that phrase mean?

Well, let me introduce you to animal testing, an issue that is prevalent nowadays yet severely overlooked. Scientists use animal testing to test endless products such as deodorant, makeup, toothpaste, new medicine, household cleaners and a lot of other things. This devastating topic was shed light upon and taken action against in the year 2021. Multiple girls started throwing away makeup that has been tested on animals which taught many brands a lesson resulting in them practicing cruelty free methods of testing products.

Each year more than 110 million animals including: mice, rabbits, dogs, cats, hamsters, birds and guinea pigs are killed in the U.S due to animal testing. These poor animals have to endure forced chemical exposure in a number of ways such as oral force-feeding, forced inhalation or injection into the abdomen and muscles etc. The high level of exposure to drugs, chemicals or infectious disease can cause illness, pain, distress or death. In addition to that, the animals die feeling extremely depressed.

The good news is that numerous brands quit animal testing when protests protecting animal rights started to emerge in order to prevent facing any financial issues due to the recognition the matter has gained in a short period of time. Some of these Brands are: Amway, Avon, Noxell, Cover Girl Cosmetics, Revlon and Mary Kay Cosmetics, recently became cruelty free.

However, some well-known brands continue to engage in this horrible act such as: Dior, Colgate, Chloe, CeraVe, Burberry, Bioderma and Maybelline. They want to keep those poor animals in life-threatening conditions without any regard to the lives of these innocent animals. They are proving that they don't care about the lives of the innocent animals they're putting at stake that are left in life threatening conditions.

Scientists that partake in animal testing think that it is beneficial for humans. However, animal testing has been proven to be unreliable by other credible scientists as we don't share the same DNA as animals. So, for example, if a medication was proven to work on animals and humans take it based on the tests carried out on animals, they might feel unwell or even die! So that proves that animal testing is an inaccurate way of testing drugs.

Replacing animal tests with alternative testing procedures does not mean putting human patients at risk. Instead, switching to other means of testing products used will ensure the quality as well as the humanity of our science. Almost every type of human and animal cell can be grown in the laboratory. Scientists have even managed to coax cells to grow into 3D structures, such as miniature human organs, which can provide a more realistic way to test new therapies. Cell cultures have been central to key developments in areas such as cancers, sepsis, kidney disease and AIDS, and are routinely used in chemical safety testing, vaccine production and drug development. Both healthy and diseased tissues donated by human volunteers can provide a more relevant way of studying human biology and disease than animal testing. Human tissue can be donated through surgery, for example, skin and eye models made from reconstituted human skin and other tissues have been developed and can be used to replace the cruel rabbit irritation tests. Also, human tissue can be used after a person dies. Lastly, computer models can be used to "model" parts of the human body and then can be used for testing.

Can you imagine your beloved pet suffering and being tortured to death? Probably not. Now is your chance to stand against animal testing by boycotting any products that sell products that have been tested on animals.

By Mariam Ismail





WHY NOT?
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MAKE 2023
YOUR YEAR



“My Favorite moment was when we all came to school in world cup jerseys, and played football. It was so much fun.” - Mariam Rabie & Waleed Tamer

“My favorite moments of 2022 are when Morocco advanced to the semifinals, and when I got a dog.” - Zeina Reda



NARMERIANS' TOP 2022 MOMENTS

“My favorite moment is when we
got together in Siwa, and we
actually got along so well.” - Jana
Gamal



“I loved spending all
year with my friends” -
Adham Abdeltawab



“One of my favorite moments this
year was when I bought tickets to
Fauzia and Rodge's DJ concert live
at the North Coast.” - Nour Swidan

another year, another fulfillment



It is almost that time of year when you begin to have full-on conversations with yourself, biting your nails down to their beds, as a result of overthinking on a way to become a better version of whom you think you are now. You guessed it. New Year's resolutions.

Every person has their interpretations on resolutions that may as well be as big as starting a self-managed business, or as small as hoping to study for better grades in the upcoming and very near future. Nevertheless, they are still possible no matter how high your hopes may be. Right? Well, they are, in a way. It all depends on how strong your will to do so is.

Repetition of each yester-year

To be frank and quite brief here, only about 16% of people do follow through with their resolutions for at least the first two months of the upcoming year. After those two months, they start getting bored which may result in giving up on their goals. Why is that? Having a strong will to do something, whatever that may be, is strongly determined by how you face it and overcome it. Have you ever wondered why only 16% really do continue with their resolutions? It all depends on how determined the person doing so is. What ends up happening each year is reoccurring in a way? The first week, excited, ready to start the list of resolutions pinned on your bedroom wall, ready. The second week, pretty bummed out, no results, everything's the same. The third week, already given up.

New year, Same old routines

This is the sole reason why giving up is the easy and fast way out of this vicious cycle. Oftentimes, well rather most of the time, you unintentionally lock yourself up in this yearly cage where you're only hyper focusing on this exact goal with the exact same routine. Every. Single. Day. As a result, boredom emerges from its shackles to taunt you until you eventually give up.

How to stop this curse

The key to this solution has always been up there, in your mind. While there might be an infinite number of solutions to this specific one, my advice is to start every day with a new beginning than the last. Whether it is starting your day with a different meal or socializing with the people surrounding you is still fresh, not to mention, a new start to your day. Add daily activities in between. Try not to hyper-focus on your resolution too much and rather take small breaks to relax, or go out with your friends. Remember, having and wanting to achieve a goal has its path, whether it takes a few days or years. Do not throw all your work into the same cage you freed yourself from just because you have not achieved your goal yet. All will come with time and patience.

Farida Kamel

TOP 5 MOMENTS OF 2022

1. SLAP OF THE CENTURY

Making the top of the list is the distinctive argument between two well-remarked artists on one of the most major influential events of the year, the 94th Annual Academy Awards. While Chris Rock was giving his comedic speech, as the host; the comedian seemingly joked about Jada Pinkett's shaved head, a result of her suffering from Alopecia. He took it a tad bit too far, offending Will and Jada and knowing Will Smith, he couldn't just stand there and do nothing. Smith got up on the stage and forcefully slapped Chris Rock. This was truly an unexpected situation. It was both savage and dramatic. Many celebrities criticized him for using violence, while others took his side, saying that Rock's joke was unacceptable.

2. DEPP V. HEARD

Second on this list is probably one of the most hysterical trials of all. Early 2022, Amber Heard allegedly implicated and accused Johnny Depp of domestic and sexual abuse multiple times during their relationship, which had come to an end in 2017. Their defamation trial began on April 19th, and throughout the whole thing, Heard's lawyers tried to do everything in their power to prove Amber's innocence, mainly drawing focus to Depp's past alcohol and drug addiction. Additionally, text messages, voice recordings, and phone calls between Heard and Depp were submitted as evidence. During the trial, Amber had claimed that she had to wear makeup to cover up her so-called bruises due to Johnny's behavior and her sister also announced that "he once hit her and repeatedly struck her head". The amount of backlash Heard endured was quite heartbreaking, where countless videos were published making fun of her and her famous "My dog stepped on a bee" speech. Nevertheless, on July 1st justice was served, Amber was sued for \$10 million dollars. Moreover, Johnny Depp claimed that the jury gave him "his life back," helping him redeem his flawless reputation back.

3. QUEEN ELIZABETH II

This year we also received some pretty devastating news. On September 8th, Queen Elizabeth tragically, but peacefully, passed away. We all loved and admired her, since she was a strong-willed woman who served in the war, and modernized the monarchy. As queen, she did good things and bad things but despite everything, we will all miss her dearly.

4. HAILEY BIEBER AND SELENA GOMEZ REUNION?

Hailey Bieber and Selena Gomez left the media melting down when pictures of them posing together were published online. Selena Gomez and world-famous singer, Justin Bieber, were dating in the early 2010s for about 12 years. When the 'it couple' broke up in 2018 they left the world crumbling in shock. About 5 months later Hailey Bieber and Justin Bieber tied the knot after a whirlwind engagement. Surely, Selena fans just went off "exposing" Hailey and coming at her with a lot of hate and bullying. Rumors about them despising each other after Justin replaced one of them with the other only after 5 months of being apart started circulating. I admit it was heart-wrenching for all our Jelenas hearts; however, seeing them both fabulously reconnecting, dynamically shutting down rumors was a real power move.

5. TOM BRADY QUITTING THE NFL

Tom Brady, an icon to American football, might just retire, or so we thought. The star started pursuing the sport about 25 years ago and has been thriving ever since. He started playing for Michigan Wolverine in 1995, then moved on to New England Patriots in 2000, and finally landed in Tampa Bay. Additionally, he has been ranked no.1 in the top 100 NFL players, so it's obvious he's a legend. However, when news started circling about him quitting mid-season, alongside divorce rumors, we were stunned. But in the end, he denied all rumors, saying, "I've never quit on anything in my life".

This year really delivered hectic news, iconic moments, and more. It surely was a hilarious bumpy ride, but we're so excited to embark on a new journey, the journey of 2023.

By: Layla Ahmed Abdelrahman



WHY NOT #48

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