



## The Bayan Post

“Innovative, Insightful,  
Informative”

Welcome back Bayan Students!!! Hope you had a soothing break and a Happy New Year. With the arrival of January, semester exams are getting closer and closer; start reviewing from now to catch up and avoid cramming. Mr. Abdulbaky has organized a field trip to visit BIC and check out the technology used to maintain the formula 1 races. In addition, the students pay a visit to the Bahrain International Karting circuit, where they went karting along their teachers. It was a really great experience for the physics students. However, keep in mind three weeks are left for the exams, so study well and good luck.

Basel Al Jishi Editor-in-chief

### **BayMUN VIII, Newer, Bigger, Better**

Model United Nations has always been an important part of the Bayan highschool experience. With the 8th annual Bayan MUN having taken place on the 27th and 28th of November we thought we'd give you some history of BayMUN and Model United Nations around the world. Before it was ever called Model United Nations, MUN began as a number of student led simulations of the League of Nations dating back to as early as the 1920s. When the United Nations was established in 1945 the Model League of Nations changed to what we know today to be the Model UN. It is debated which MUN conference was the first in the world but the top contenders are Berkeley MUN (BMUN), Harvard MUN (HMUN), and National Model United Nations (NMUN NY), having been held sometime in the early 1950s. Model United Nations is, as the name suggests, a role play of the actual United Nations. Students get together on conference day, each representing an assigned country in one of many councils. Issues are given to each delegate beforehand

and they're given time to research and write position papers. On conference day delegates within each council are given lobbying time where they get in groups and develop sustainable resolutions to each issue. Each resolution is then debated by the council as a whole and, through voting, the council decides which resolutions pass and which do not. BayMUN was among the first MUN's on the island, dating back to 2008, and has surely

come a long way since.

The first event made its mark in history with more than



350 participants and 4 councils - General Assembly, Human Rights, ECOSOC, and the Security Council. 5 years later, BayMUN 2013, was the biggest milestone for BayMUN as it was the year The Hague International Model United Nations (THIMUN) affiliated us into its program, making BayMUN the first internationally recognized MUN in Bahrain. This was a direct result of the efforts and tireless dedication put in by our beloved MUN director Mrs. Radia Ali and the BayMUN teams throughout the years. Now, 2 years after affiliation, BayMUN has surpassed everyone's expectations with a bigger and better MUN than ever before. It hosted over 400 participants, including 7 international students from Qatar, in diverse councils and the first Arabic council in the region (Majlis Al Nuwab). Last year Bayan Model UN showcased perfectly the months of hard work put in by the BayMUN team and Mrs. Radia and truly resulted in a one of a kind MUN experience. Great food and a fruitful debate; we truly cannot thank the team enough for a wonderful experience, and we can't

wait to see how BayMUN evolves and what records it sets throughout the coming years.

### **Book Review: The Book Thief**

**By: Zain Buhindi**

Death, according to the Merriam Webster dictionary, is the end of the life of a person or organism. But how can a person accept it as something so candid; a soul has just left the earth -whether it was of a child or adult - and it will never be seen again. To avoid the pain



and pressure of dealing with this bleak matter, people tend to seek a distraction. While subjected to the horrors of WWII Germany, young Liesel finds solace by stealing books and sharing them with others. After her brother died on a train journey to her foster parents'

home, Liesel changed and the meaning of her stealing is not left unexplained. She has been robbed of a brother,

who dies at the start of the book. Her mother disappears, and then Liesel is left in foster care. A great deal has been taken away from her. Then, Hans and Rosa Hubermann take her in. Despite Rosa's sharp tongue and Hans's lack of work, their home is a loving refuge for the nightmare-ridden girl. Narrated by Death,

this big, expansive novel is a leisurely working out of fate, of seemingly chance encounters and events that ultimately touch, like dominoes as they collide. The writing is elegant, philosophical and moving. Even at its length, it is a work to read slowly and savor. It will be

widely read and admired because it tells a story in which books become treasures. And because there is no arguing with a sentiment like that. It will be widely read and admired because it tells a story in which books become treasures, and because there is no arguing with a sentiment like that, it will live in the hearts

### **Pablo Neruda**

**By: Razan Hafud**

When appointed honorary Chilean consul in 1927, Pablo Neruda was not prepared for the poverty and injustice to which he would witness. This newly



found position, in combination with the outbreak of the Spanish Revolution, inspired fierce commitment to a political cause, laced with a sincere promise to nameless workers. Neruda's voice echoed across

borders. He criticized what he thought to be unjust, and did so using a language that is simple enough for all to understand. Paired with his poems' worldly issues, that was what made him an international poet

### ***The Portrait In The Rock***

Oh yes I knew him, I spent years with him,  
with his golden and stony substance,  
he was a man who was tired -  
in Paraguay he left his father and mother,  
his sons, his nephews,  
his latest in-laws,  
his house, his chickens,  
and some half-opened books.  
They called him to the door.  
When he opened it, the police took him,  
and they beat him up so much  
that he spat blood in France, in Denmark,  
in Spain, in Italy, moving about,  
and so he died and I stopped seeing his face,  
stopped hearing his profound silence ;  
then once, on a night of storms,  
with snow spreading  
a smooth cloak on the mountains,  
on horseback, there, far off,  
I looked and there was my friend -  
his face was formed in stone,  
his profile defied the wild weather,  
in his nose the wind was muffling  
the moaning of the persecuted.  
There the exile came to ground.  
Changed into stone, he lives in his own country.

### Why are you so obsessed with me?

By: Mariam Al Bastaki & Yahya Al Hayki

A type of delusion that forces an individual to believe that another person who usually has a high social status is in love with them — is labeled as Erotomania. During an erotomatic episode, the patient would think that a secret admirer is declaring their affection by signals, glances, social media contact, or telepathy.

The patient would then react by means of letters, phone calls, gifts, and visits to the unwitting recipient. Any denial of affection by the object of this delusional romance is dismissed and ignored by the individual, and is seen as an attempt to conceal the forbidden love from the rest of the world.

The delusions are mainly in an erotic nature, and in some extreme cases, the patients believe that the person they are obsessed with are meeting them through a disguise. Also, many people with erotomania display a less than standard ability to recognise faces, although their ability to recognise voices or names does not change. Moreover, there have been cases where people with psychiatric problems since a very early age have displayed erotomania, while in other cases, perfectly normal people have started getting these delusions after an injury to the right cerebral hemisphere. As of now, there is no specific method to treat this disorder, and only general psychiatric medication is used.

According to a case study, when John a 16 year old student met a senior at his school he quickly believed that they were meant to be together. Over the next few years, that senior became a news anchor and John had little contact with this graduate. Then, he started professing his love in love letters. They did not write back, and so he started to collect pictures of the student



even after they had left the city. Staff at John's school referred him for a psychiatric assessment. He was convinced that their relationship was inevitable. Although he could not explain what attracted him to this student initially. Any further contact between John and this fellow student could result in criminal charges.

### Health benefits of tea

By: Shaikha Al Khalifa

Tea is the most widely consumed beverage in the world next to water. It is the only beverage commonly served hot or iced, anytime, anywhere, for any occasion. Scientists have found that those who drink 12 ounces or more of tea a day were about half as likely to have a heart attack as non-tea drinkers. Here are health benefits of some teas:

**Green tea:** Made with steamed tea leaves has antioxidants that prevent clogging of the arteries, burns fat, counteracts stress on the brain, reduces risk of neurological disorders like Alzheimer's and Parkinson's diseases, reduces risk of stroke, and improves cholesterol levels. Green tea also reduces risks of some cancers like breast cancer, prostate cancer and colorectal cancer.

**Black tea:** The health benefits of black tea include beneficial impacts for high cholesterol, diarrhea, tooth decay, low-concentration levels, digestive problems, poor blood circulation, high blood pressure, and asthma. Black tea is one of the most popular teas known to man, and is well known for its medicinal qualities and health benefits.

**White tea:** Health benefits of white tea include reduced risk of cancer, cardiovascular disorder and improvement in oral health. It has antioxidant and anti-aging properties which help in maintaining good health and healthy skin. It protects skin from the harmful effects of UV light. With its antibacterial properties white tea protects the body from various infection causing bacteria

**Oolong tea:** Health benefits of oolong tea include the reduction of chronic health conditions such as heart disease, inflammatory disorders, and high cholesterol

levels, while providing vital antioxidants, promoting superior bone structure, robust skin and good dental health. Oolong tea is fragrant with a fruity flavor and a pleasant aroma.

**Hibiscus Tea:** The health benefits of hibiscus tea include relief from high blood pressure and high cholesterol, as well as digestive, immune system, and inflammatory problems. It helps to cure liver disease and reduces the risk of cancer. It can also speed up the metabolism and help in healthy, gradual weight loss. Hibiscus tea is rich in vitamin C, minerals and various antioxidants, while also helping in the treatment of hypertension and anxiety.

### **Jaqueline Suriano**

**By: Hanan Abdulaal**

Jaqueline Suriano, the designer of handbags, does not keep just one work satchel. She has many. At only 24 years of age with knowledge gained from one of the best universities in the world of fashion, she launches her own unique designs in a brand portfolio. With the dream of having her own company, Jaqueline returned to El Salvador after establishing her career as a fashion designer at the prestigious University of Parsons. Being born in the US and raised in El Salvador, the artist says, has strongly influenced her designs. For one, her work is greatly influenced by the Salvadoran artist Nicolas Shi, whom she has admired since high school. Her former art teacher, AKA Bayan's very own Ms. Eillen Angulo, said that even as a student she would always produce adaptations of Shi's work, which is also what she seems to be doing now with her handbags. The company focuses on promoting Salvadoran art and design. Its mission is to create high quality handbags with the best



resources, which are elaborated by artisans under the direction of the designer. Moreover, Jaqueline says that with the vast opportunities El Salvador has given her and her family, it has created a passion in her to someday give back to

this beautiful country. It is when she found her passion for design that she decided to manufacture all her products in El Salvador to show the world what Salvadorans are capable. Overall, fast-moving trends have many retailers struggling to define their identity, but Jaqueline Suriano has found a place in affluent women's closets but churning out sleek functional handbags chic enough for any.

### **My Cup**

**By: Rawana Al Dajani, Fatima Janahi, and Salem Bin Huwail**

Have you ever stopped and looked at the things you use daily? Have you ever really wondered how they affect the environment around you? It is truly astonishing how an ordinary product, such as a cup, has a significant impact on the environment, depending on its nature. The most commonly used cups are plastic, paper, and ceramic. So, the big question is which type to use?

As accessible as they can be, plastic cups can put your health at risk. Plastic is non-biodegradable, however, it can react with different substances including sunlight and release toxins that may be absorbed by plants and will eventually accumulate in our system causing diseases ranging from allergies to cancer. Most people believe that plastic is a safe choice since it can be easily recycled. The shocking truth is that most plastic leftovers are shredded and end up in landfills in India or in the Pacific ocean



forming the great Pacific Patch killing and harming birds and marine organisms. Recent studies show infiltration of plastic molecules in sea salt crystals, which are used on a daily basis in all our meals. As more plastic is being thrown "away", cancer rates continue to rise. On the other hand, paper cups have grown to become one of the most common cups used worldwide believing that they are very hygienic, eco-friendly and practical. Surprisingly, paper cups in many ways are just as bad to the environment as plastic cups, or maybe even worse. According to The Canadian Study, "the paper cup

consumes 12 times as much steam, 36 times as much electricity, and twice as much cooling water as the plastic cup". Not only that, the process of papermaking itself is a pretty awful process as it requires a variety of objects such as ink, plastic, chemicals, water and multiple fuels, other than the eradication of the trees which result in a lack of emission of oxygen and absorption of carbon dioxide, and habitat loss. Regarding the myth of paper cups being "recyclable", only about 5% of the paper cup can be recyclable and the process is extremely difficult due to the thin plastic film from the inside. Moreover, paper cups are not biodegradable and will still be a paper cups 20 years from now. However, a ceramic cup sounds like the best alternative and the most reasonable decision, ceramic cups are much more durable, long lasting, and can be reused multiple times, unlike plastic or paper cups. But, in reality, a ceramic mug's environmental cost is enormous. According to Adharanand Finn in the Guardian, one needs to use the ceramic cup over 1,630 times, for almost 4 years in order for it to pay back its environmental cost. This is due to the excessive use of energy in their production, the use of hot water, detergents, and dishwasher in cleaning it. So, the question at hand is what cup should you use? By now, we are pretty sure that you are wondering who the ultimate winner in the battle is; Paper or Plastic or Ceramic. Well, the answer is, none. Glass is the champion; it is easy to recycle and never loses its integrity, however, other materials, if recyclable, will be changed to lower quality products and will consume tremendous amount of energy while still producing wastes. Your "cup" can make a difference. Life is about choices, choose wisely...

### **3D Organ Printing**

**By: Faisal Al Doseri**

Gone are the days when 3D printers merely built plastic trinkets — scientists say 3D-printed structures loaded with embryonic stem cells could one day help doctors print out micro-organs for transplant patients.

Embryonic stem cells, obtained from human embryos, can develop into any kind of cell in the body, such as brain tissue, heart cells or bone. This property makes them ideal for use in regenerative medicine, repairing and replacing damaged cells,

tissues and organs.

Ninety percent of the cells survived the printing process, according to the new study. The cells proliferated into embryoid bodies within the hydrogel scaffolds and generated the kind of proteins that would be expected from healthy embryonic stem cells,

"The grown embryoid body is uniform and homogenous,

and serves as [a] much better starting point for further tissue growth," says

Sun, one of the researchers behind this discovery. "It was really exciting to see that we could grow embryoid bodies in such a controlled manner."

