



THE BAYAN POST

A newsletter written by Bayanees, for Bayanees

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HERE WE GO AGAIN...

by Jumana Bin Huwail



Welcome back, Bayanees! I hope you're all staying safe, well and keeping yourselves entertained.

One year into lockdown, and it's safe to say a lot of us are very, very bored. In terms of virtual education, we are, more or less, back to square one, only this time, we are more empowered to control the disease. I am about to say the cliché that you have heard too many times but to prevent it altogether, please take the proper precautions - mask up, social distance, and stay at home. Stay informed about the virus-- this is key to protecting yourself and others.

Luckily, now is a better time than ever to finally dive into one of those I-never-would've-thought hobbies you've been putting aside! Gyms are closed - learn how to shuffle and get that cardio on at home! Maybe try gardening, ironing beads, DIY home improvements, or even learning some new recipes to cook (side note: may come with a little extra weight). Some of my favorite lockdown hobbies include playing on my Nintendo Switch, drinking Chai Karak in unhealthy amounts, and catching up on podcasts, books, and movies (fairly certain I might have finished Netflix). In fact, I just picked up *The Alchemist* by Paulo Coelho - I've been meaning to read this book for ages! Finally digging in... better late than never.

Nonetheless, we're so excited to present you with another issue to love and be inspired by! Go ahead... turn the page and get lost in the February issue of The Bayan Post!

surviving winter semesters

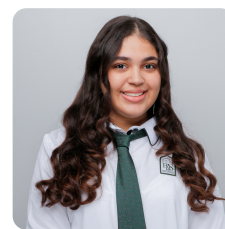


Art by Rasha Al Khalifa



STEPS FOR APPLYING TO UNIVERSITY

by Lulwa Al Mansoori & Aysha Al Mutawaa



As we are all high school students, it's essential to keep up with the new college updates and make sure that you are having all the specific requirements - before it's too late. College is the next step after graduating, it's our first challenge of being adults. It's a place where you will meet different people with diverse backgrounds and interests no matter where you go. There are many majors and programs to choose from, but how do you decide which one fits you best?

Here's a good tip: start by researching early and look at the different programs available throughout different universities. Don't focus on one major. Instead, be open to learning about different majors and programs as your interests may change throughout high school. When deciding on a major, make sure you are interested in it and not being pressured by your classmates or family members. At the end of the day, you get to decide what career you want to pursue in the future!

Steps for applying:

- **Choose where you want to go and what you want to study.** The first step for every student is to determine what you would like to major in. As soon as you figure it out, start thinking about which university suits you best and if you see yourself studying there in 4 years' time.
- **Make sure that you're aware of all deadlines and key dates.** Always make sure you know the required deadlines for your desired universities, otherwise you might miss potential opportunities. So don't wait until the last minute and remember to seek out help!
- **Check the entry requirements.** Entry requirements for universities include the criteria and certain qualifications that you need to enter, therefore it's best to be sure about your grades and whether you meet the university's qualifications.
- **Write your personal statement.** The personal statement is the most important part of your application. It gives you a chance to showcase your personality, hobbies, and experience to impress the admissions team. Your personal statement needs to convince universities that you have the study skills to motivate yourself and work hard.
- **Apply early.** There is always a deadline for the universities, although applying early can be a good idea if you're sure which college you want to attend. Not to mention, you can also get a decision earlier in the process.



Always remember at the end of the day what interests you is what's important and not what others are interested in. Please remember that this is your future and not someone else's. Good luck to all of you as you make your final decisions!

2020 REWIND

A playlist curated by Aysha Alsada and Zain Al Hashemi



It's over already?

2020 has been a tough year for us all. On the plus side, there were a LOT of amazing songs that were released. To honor the year that was 2020, we decided to look back at the top tracks of the year.



Ariana Grande & Lady Gaga - Rain on Me

Mall music. Rain on Me is the epitome of mall music. Next time you're standing in line for an iced coffee listen closely to the background-- this song is probably playing. However, this isn't a bad thing. Mall music is just clean music that is easy on the ears making Rain on Me a great song to listen to when you want something fun, yet light. A song that you don't have to pay close attention to since the lyrics make no sense.



Harry Styles - Golden

Although Golden has originally come out with Harry Styles' second album Fine Line, Golden has been re-released as a single in October of 2020 and we're not complaining. If you ever catch yourself in a vintage convertible on the coast of Cinque Terre, Italy, you have to play this song. Styles even said it himself in an interview with Zane Lowe for Apple Music, "I used to drive to the studio, and it's the perfect PCH song. It's like driving down the coast is what the song is for. It feels so Malibu to me."



5 Seconds of Summer - No Shame

The world collectively hates 2020, but the world also hates March of 2020 even more. It was the month the Coronavirus spread like wildfire all over the world. However, possibly the only good thing that came out of that month is the release of 5 Seconds of Summer's latest album, CALM. CALM is also the best album 5SOS has released to this day due to their newly adapted and personalized sound. If the last time you listened to a 5SOS song was in 2013, we highly recommend you revisit their songs because they are far better now. If there's only one song you could listen to off of this entire playlist, you have to give No Shame a try. It's vintage and new, rock and pop, calm (wink) and exciting, and so much more that you could only find out when you listen to it.



Doja Cat- Say so

Who hasn't learned or at least seen the Say So TikTok dance? This record made Doja Cat one of the most successful upcoming artists of 2020. It's honestly just a great song to vibe out to. It's a high-gloss bit of retro disco, amazing to get lost into.



Taylor Swift - Betty

Folklore, Taylor Swift's eighth studio album, a blessing. Not only did she announce the album a day before its release, but she exceeded all of our expectations. Betty is one track that stands out. Betty is a very Taylor Swift song. The casual plucking of the guitar, the obsession with young love, the weaving of a folktale. It's classic Taylor, in an album that's anything but that. It's just really catchy, something you can bop your head to.



Shawn Mendes - Wonder

Wonder was announced as Shawn's leading single for his fourth studio album, Wonder. Not only does the music video give us major Harry Potter vibes, but the song just feels like a fantasy. It really takes you on a journey. From those heavenly vocals to the build-up and the drop, it's intense and beautiful. It also can really get you into your feels sometimes. Ideal winter song if you ask me.

LAZY & FUZZY? WE'VE GOT YOU!

by Dana Bani Hammad and Dana Al Awadhi



Here's how to get back on a studying routine after a break:

1. Invest in a planner/calendar.

Electronic or paper-based, as long as it works, use it! A simple and effective way to coordinate the coming days, weeks, and months is to have a planner to plot down all the important upcoming dates. This will lead to a lot of development of priorities and reducing stress!



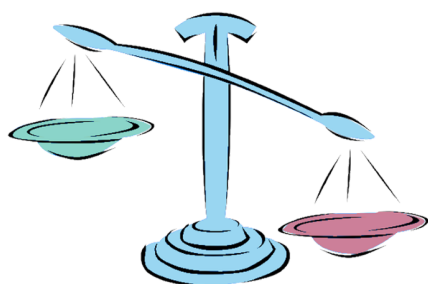
2. Set a time table.

A routine ensures the completion of work. It's easy to fall between the cracks & waste time procrastinating. Suddenly, your exam date is closer than expected. Ensure that your routine is not too busy & don't forget to have a fair amount of time set for each subject!

3. Start as soon as possible.

You must build a pattern. Stay alive for the target. The sooner you start working on all your schoolwork, the better. You lay the groundwork for a routine by doing this, which will become stronger with time. Note, the more you are exposed to how your mind works, the better your mind's focus will be.





4. Create a balance between life & work.

Never make the mistake of overloading the amount of work you have. Once your brain gets flooded, take it as a signal to take a break. The more you dump into a brain that's drained, the more you dump out. Stop & refresh. Relax, draw or watch an episode.

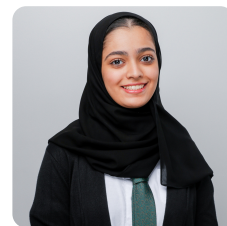
5. Maintain a healthy lifestyle.

The most important factor of all is to take care of yourself! This can be achieved by fixing your sleep schedule & getting enough sleep (up to 8 hours a night). Another important fact to take into consideration is to keep a balanced diet.



THE ATYPICAL DRAMA OF FREERIDGE

by Faten Abdulla



Freeridge in Los Angeles California is where you will find yourself closely following the story of the iconic core group that consists of five kids of color Monse, Cesar, Ruby, Jamal, and sometimes Jasmine.



The show *On My Block* is mostly a comedy except when it isn't. The series is full of teen drama but it's not entirely typical. The events also involve a treasure hunt, gang violence, loyalty, and finding one's identity. The group of friends have grown up in a neighborhood in LA ruled by two gangs the Santos and the Prophets. The two gangs happen to also be beefing for years. Cesar, one of the main characters, comes from a family of Santos. During the summer when the friend group is transitioning from middle school to high school, Cesar gets roped into duty which eventually gets between him and his best friends.

Cesar's loyal friends try to sort out different ways of trying to get him away from gang life, leaving him, an innocent teenager stuck between major life decisions. A member of the friend group is determined to find the RollerWorld money as a way of helping Cesar start a new life. Legend has it RollerWorld was a Freeridge business that the Prophets had been using to launder money back in the '80s but was stolen and buried somewhere in Freeridge. As the friend group tries to find a solution for Cesar, gang violence, transitioning to high school, finding out one's true identity, romance, and loyalty all lead to events that make you question whether the friend group's loyalty is really in place and whether Cesar's destiny was written in favor of Santos.

On My Block is a show where you will find yourself cringing at the screen during some scenes but you will enjoy it. The first couple of episodes may trick you into believing that it is a boring show but the comedy-drama series definitely deserves a shot!



WILL CONSUMERISM END THE WORLD?

by Lulwa Al Khalifa



Throughout the last decade, we've seen an exponential increase in demand. Demand for richness, diversity, and novelty all to satisfy our desire for a better quality of life. It would surely seem that if anything were to endanger our ability to sustain these features, it would be something we'd want to confront, not merely for ourselves but for generations to come. However, this socioeconomic system that encourages the consumption of material possessions, in ever-greater amounts, does come with a hefty cost. The more demand we create for the production of certain goods, the more we exploit Earth of its resources to maintain these desires. In attempting to convince you of this, I'll examine how the denial of climate change is related to capitalist views.



Climate change is a threat, and it is no secret that human behavior is the perpetrator. The significance of science is that it aims to not only seek an objective understanding of the world, but that it is committed to sharing the truth, at times against our self-interest, and allows us to recognize what is essential to any life worth living. If climate change is a threat to life, we should put in our best efforts to mitigate it. Yet, our collective actions go against this "truth." Not only do people deny that climate change is a cause of human activity, they even deny its very existence. How can this be possible? What can cloud judgments of what science has made clear? Have we decided to ignore it? Donny Miller said, "In the age of information, ignorance is a choice." It seems we can choose not to know. After all, zoos, museums, and natural exhibits aren't exactly reflections of nature. Each is a substitute for a natural world that we are destroying. They also show that we are keen on fooling ourselves.

Those of us who are unfazed by this phenomenon have values that cannot be made to relate with facts about the planet. These values include that we have atmospheres capable of absorbing endless emissions and pollutants to sustain the outward levels of material productions, or that we have enough sources of clean low-carbon energy. Another belief is that we have infinite sources of clean water and air, and enough rare earth minerals (for technological objects). Lastly, the consumption of material goods is the idyllic form of a luxury experience. The economist Herman Daly calls this "the myth of endless resources." This myth is the central operative model of modern capitalism. It is no surprise that the consequences of this include pollution, deforestation, and disease. It is crucial to acknowledge what we are putting at risk so we can keep driving cars and eating burgers.

Although, it is important to note that human behavior can change. There is more to us than self-interest. These environmental crises are fixable. We can hold businesses accountable for excessive emissions, compel firms to adopt clean energy sources, plant trees, and develop new antibiotics. It is important to remember that the capitalist world is the actual planet on which we live.

The capitalist world is an unsustainable market venture that is built up of Earth's exhausted sources and is advertised to us in facts we know to be false, yet we tend to not think much of it. The planet, among all its ecological systems of living and nonliving things, is not an infinite waste disposal. The Earth cannot support our current levels of excessive production.

To be clear, it's not that we have to devise an entirely new political ideology, it's just that small changes need to be made for our individual and collective actions. Great methods include recycling and reusing. These methods would clean our society from trash, keep the Earth from drying, and reduce the amount of energy, water, and chemicals we exhaust out of the planet. Also, buy less. Creating less demand for certain commodities is one of the most impactful things an individual can do. After all, the power of whether or not a business continues to flourish lies within the consumer.



Everyday sustainable innovations are being designed and implemented by scientists and entrepreneurs all over the world. This decade will mark the increasing reliance on environmental ethics in business. It is important to remember that Earth is our home, we must take care of it.

JIM ABBOTT: AGAINST ALL ODDS

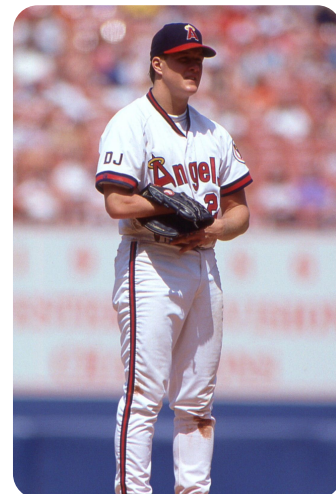
by Zain Sarhan



It's hard to even imagine yourself living with a disability, right? Many athletes have disabilities yet that pushed them to be better and prove others wrong.

Jim Abbott was born on September 19th, 1967 in Michigan, United States. Though he pitched his final game in 1999, Jim Abbott will forever remain an example of perseverance after staging a successful MLB career despite being born without a right hand. It is safe to say that his story has inspired many athletes and millions of people around the world. It just goes to show that no matter who you are, whether you are disabled or not, and if you give it your best shot, you could accomplish big things.

It states that he played baseball for around 11 years exactly from the year 1989 to 1999. At first, his parents were hesitant about him playing baseball due to his disability and suggested that he should play soccer instead. But he quickly proved his parents wrong by practicing each day with a rubber ball thrown against a wall, and as he went on practicing, he gradually improved his speed.



At age 11, he joined a Little League team and hit a NO HITTER in no time - this magical moment was his early signs of success. As time moved on, he was always surrounded by a sea of doubts because he was disabled, but those quickly got shut down as he proved his competitors wrong after winning major games throughout his career. Articles mentioned that during his senior year of high school, his batting average was 427. He then went to college ball at Michigan and won two big 10 championships. In the year 1989, The California Angels picked him up as the 8th pick in the first round of the baseball amateur draft.

The inspirational story of Jim Abbott teaches you the refusal to let any disability or physical obstacle prevent you from achieving. Prove to people how strong you can be despite everything! It is easy to fall into the trap of thinking you're not capable, but it's time to change that "I can't" mentality into "I CAN".

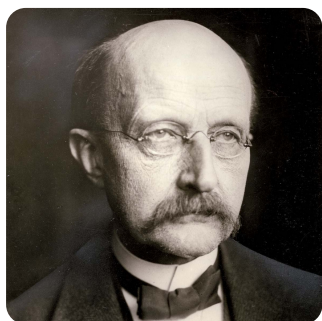


PREVALENT UNCERTAINTY

by Zeyad Al Sakhi



The dogma of scientific determinism had been avoided by the majority of people, seeing that it trespassed on religious grounds, yet remained the standard assumption. Despite that, in the early years of the 20th century, a handful of scientists refuted this notion of conditioned cause and result. Indicative evidence of such discrepancies in this conception emerged in the calculations of British scientists Lord Rayleigh and Sir James Jeans. Their observations hinted that a body characterized by its intense temperature, such as a star, has to emit energy at a ceaseless rate. The laws at the time had insinuated that all hot objects must transmit electromagnetic waves uniformly despite the frequencies.



This had been counterintuitive for Max Planck and to avoid such absurd results he proposed that the variety of electromagnetic waves must surely not be emitted at an arbitrary rate but in foreseeable quanta. Moreover, each quantum according to Planck had a specific measure of energy that escalated the more the frequency of the wave had become. Thus at a high enough frequency, the discharge of a single quantum would require more energy than was adequate. This resolved the issue of infinite emission as the radiation of higher wave frequencies would naturally dwindle, and so the rate at which the body would lose energy became limited in extent.

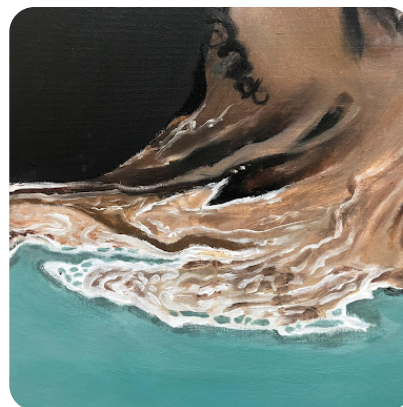
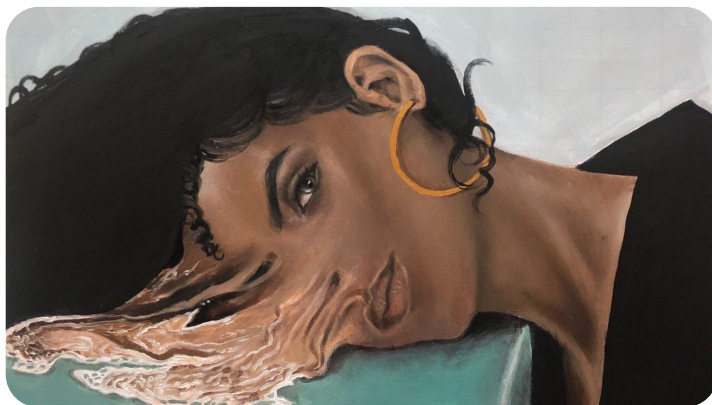
This hypothesis set the fundamental basis of quantum theory as it explained the observed rate of emission of radiation from bodies of significant heat. While clarifying several of the arisen issues, this theory's ramifications for the idea of determinism was not perceived until Werner Heisenberg, a fellow German physicist had methodically constructed a renowned uncertainty principle. This postulation stated that the more accurately one knows the position of a particle, the less accurately the momentum becomes; and vice versa. Heisenberg had realized that in the dimension of the minute particles, one cannot measure any property of a particle without interacting with it in some way or the other. Unequivocally, this introduces an unavoidable uncertainty into the result. Therefore, the properties of a particle can not all be measured precisely and exactly. This principle gave a vital relationship between the momentum and position of an object/particle. This limitation was manifested to be critical when dealing with minuscule particles such as electrons but its consequences were seemingly negligible for ordinary-sized objects such as cars or helicopters.

In an endeavor to measure the position and momentum of an electron, it is necessary to shine a light on that electron and detect the reflected light using a microscope. To simply put it into perspective, before the collision the photon strikes the particle in an attempt to observe its position. Thus after the collision, the sudden impact changes the electron's momentum, making it uncertain and difficult to predict. To achieve the minimum amount of uncertainty in position, the wavelength of the light must be altered in a certain way. In the case of determining the position accurately, it is imperative to use light with a shorter wavelength. Following Planck's essential law, a photon with a shorter wavelength has a larger amount of energy. This would transmit a large "shock" or "kick", causing the electron to inevitably recoil. However, to determine its momentum with detailed precision, the extent of its endurance is a minor "kick", therefore the light of a longer wavelength, in this case, is better used.

Therefore, if the positions and speeds of all particles within the observable universe were measured to ample accuracy at a particular instant in time, it would be plausible to infer the motions of all particles at any time in the future and past. The uncertainty principle posed a threat to this ambitious idea, yet it helped us fathom the world by refining our primitive beliefs. Heisenberg showed that the uncertainty in the position of the particle times the uncertainty in its velocity times the mass of the particle must always be greater than or equal to a certain quantity, commonly known as Planck's constant. This meant for quantum physicists that subatomic events have to be predicted mostly through using probabilities, and therefore calculations had to be modified to adapt to this newly introduced idea. This principle unavoidably became the fundamental, impregnable property of all that is in this boundless world.

DELIQUESCE

Art by Marwah Bu Asalli



(Disclaimer: the views expressed in this article reflect only the author's interpretations)

The Law of Attraction is the ability to attract whatever we are focusing on into our lives. It is believed that regardless of age, nationality, or religious belief, we are all susceptible to the laws which govern the universe, including the Law of Attraction. It is the Law of Attraction that uses the power of the mind to translate whatever is in our thoughts and materialize them into reality. In basic terms, all thoughts turn into things eventually.

I feel like we blame the universe for things that we bring onto ourselves. To have a harmonious relationship with the universe, one must accept the fact that there is indisputably a power greater than yourself. As soon as we surrender and have faith in the universe, everything in our lives aligns accordingly.

As a means to communicate all humanity and their neglect of the Law of Attraction in this universe, I painted *Deliquesce*, a mixed media surrealistic painting of a young lady laying on a turquoise table in which her face is melting.

The piece represents how the Law of Attraction works in our daily lives. The girl depicts all humanity when we voluntarily put ourselves into situations we may not want to be in. The table she is laid down on is a hot table that had caused her face to melt. The figure knows that the table will melt off her face, however, she lays her head there anyways and in response, her face starts melting off. Therefore the figure has the ability to solidify her face back to normal. She is the only one in power and responsible for keeping her face melted or solidified. Oftentimes we blame external factors for any situation in our lives. But the truth of the matter is that everything in our lives is simply a result of our own manifestation.

On the other hand, even though the resistance the figure has towards the laws of the universe is evident in this painting, one can also make note of her facial expressions that suggest otherwise. The melted face showcases suffering manifested from the mind. The divisive nature of the mind creates an illusion of a separate self-identity which allows for suffering. However, the figure embodies inner wholeness amid the self-induced suffering. The young lady has surrendered to her own manifested affliction. Due to the ultimately paradoxical universe, surrendering to pain equals the prevalent sensation of oneness. The answer to awakening to the metaphysical connection of one's being and the nature of the self is simply surrendering.

MEMES BREAK

by Muneera Kanoo and Laya BuHassan

The assignment was due at 11:59

Me at 12:00



Professor: "What inspired you to write this essay?"

Me: "The due date"

