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LAWS AND CONFLICTS: WHAT ABOUT THE PEOPLE?

BY MUNEERA AL SADEH & NOOR AL BINFALAH

For centuries, our world has been characterized by conflicts, wars and chaos. The human instincts of desire, greed and hatred being some of the main drives that ignite such events, ones that often come with detrimental effects on not only the nation itself, but the people of the nation.

Today we witness, in different parts of the world, various conflicts. From the Russian invasion of Ukraine to the Taliban Takeover in Afghanistan, human rights are being violated along with the loss of endless innocent lives.

It is crucial to assess the damage these conflicts have on the people of the nations themselves, for this death and destruction that they leave in their wake not only impact the lives of those living through it, but shape society and its outlook for generations to follow. These include a wide range of aspects, from mental health to poverty and the decline of living standards necessary for people to live a normal life.

As stated by the National Library of Medicine, “War destroys communities and families and often disrupts the development of the social and economic fabric of nations. The effects of war include long-term physical and psychological harm to children and adults, as well as reduction in material and human capital.”

These conflicts include wars waged between nations as well as civil wars, all of which have been proven to have immeasurable damage on individuals of society, but do people in power ever stop to think of these impacts?

In a survey conducted by the World Health Organization (WHO), they found that in cases of such conflicts “10% of the people who experience traumatic events will have serious mental health problems and another 10% will develop behavior that will hinder their ability to function effectively. The most common conditions are depression, anxiety and psychosomatic problems such as insomnia, or back and stomach aches.”



Wars are often waged as a result of conflicts between people in power, whether they may be ideological, religious, economic or other. They leave in their wake a void which cannot be easily filled and lead to a rise of social issues which are often overlooked. It is the people of the nation who have to suffer consequences of these actions and as such, one must ask, no matter how just the reasons may be rushing into war: what about the people?

WHY IS TIKTOK GOOD?

BY AYA AL DAAYSI AND AL HANOUD AL MUBARAK

Many will disagree, but TikTok is a fantastic app that helps people improve their confidence and social lives, as well as their academic lives. In some ways, TikTok is an app that many people are reluctant to post or engage in, but they still have it downloaded to watch what's going on in the world and to enjoy other people's participation in trends. Personally, TikTok has taught me a lot of new skills and has piqued my interest in politics. I was able to make my voice heard without having to reveal my identity as a result of it. Yes, it has a negative side, but so does everything else in life; nothing is flawless all of the time, but not when it's handled wisely.

This is a free app for everyone. It has been beneficial to people who are interested in starting a business or even promoting a cause; I've met many people and even learned about many new local stores in Bahrain that I would not have known about if it wasn't for TikTok, especially because they do recommend what you are interested in. It's a platform that allows people to learn new skills, earn money, and even discover new hobbies. "TikTok challenges" encourage viewers to make their own videos that are related to your company. This type of user-generated content boosts your brand's credibility and aids in attracting new clients. It assists you in creating ads and provides engagement and follower-growth advice. TikTok not only helps small companies find new consumers, but it also lets brands make a genuine difference by connecting people all over the world. It's a place to be inspired, to learn something new, and to have a good time while doing so.

TikTok is seen as an instructional tool that fosters creativity, and it can assist in creating a motivating teaching atmosphere for students. TikTok is a fantastic educational tool. Some teachers use TikTok films to illustrate difficult concepts, while others will allow students to submit TikTok videos for additional credit. I believe it is a fun way to learn because many teenagers are more interested in social media these days and would devote all of their attention to it. It would motivate students to complete their work because they would be able to use their favorite app while doing classwork and not feel bored or forced. Many people have discovered their passion for dancing through TikTok, and others use it as a studying platform because many people record videos of themselves explaining a subject that has been requested. It allows people from all over the world to interact and share their cultures and customs, as well as inform others about current events in our society.



CRISTIANO RONALDO- A LIVING LEGEND

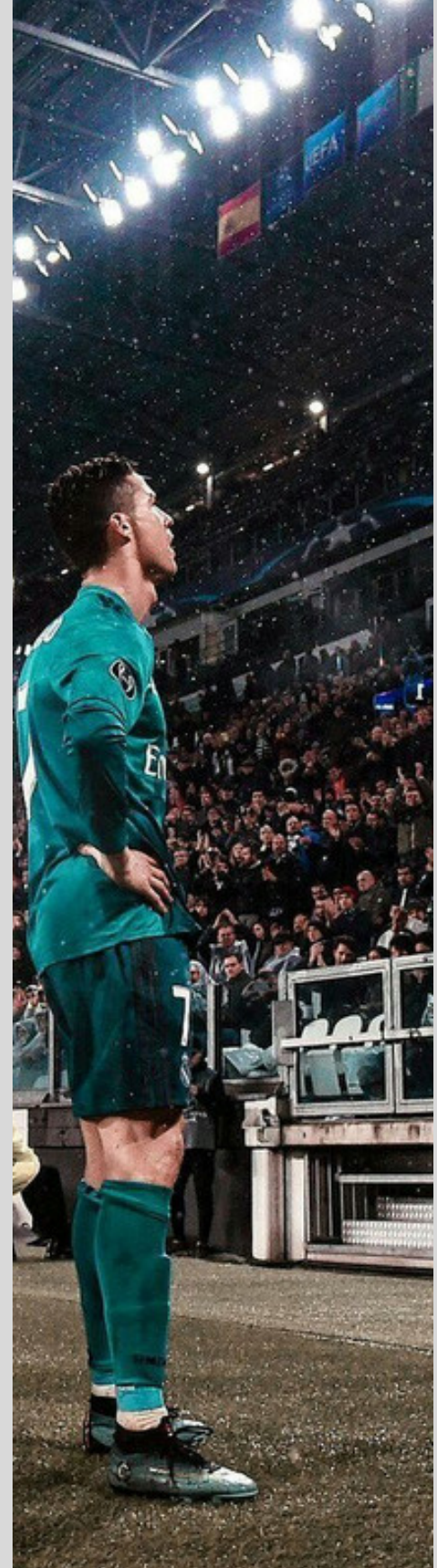
BY MOHAMED RAIS

WORDS DON'T EXPLAIN THE LEVEL OF GREATNESS AND DOMINANCE THAT CRISTIANO HAS REVOLUTIONIZED.

Cristiano started his career at Sporting Lisbon in his home country of Portugal. As a 17-year-old, his speed and skills were unmatched by any player his age, but he was still a relatively unknown player. That all changed when a friendly game between Manchester United, who was one of the best teams in the world, but they were slowly declining. They needed to refresh their team with new young talents. During the game, Cristiano destroyed the group. He caught the eye of one of football's most excellent managers, Sir Alex Ferguson after the game players like Giggs and Rio were begging Sir Alex to buy Cristiano since they thought they could help solve the teams' problems and replace David Beckham. Hence, Sir Alex signed Cristiano immediately but offered to stay on loan at Lisbon for another year. Still, Cristiano decided to go straight to Manchester, which is a testament to his elite mentality.

After the first couple of seasons that were relatively inconsistent and erratic, but after the first two seasons Cristiano arrived, from the 2006/7 season till the 2008/9 season, he was unplayable, he won everything collectively and individually, his trophy cabinet over those three years were, three premier league titles, one champions league, one Balon d'Or, one FIFA club world cup, two league cups, and an F.A. Cup, and Cristiano successfully got United Back to their peak. After Ronaldo's loss in the champions league final to F.C. Barcelona, he decided to go to Madrid, where he became the most expensive player. In his nine seasons of absolute greatness and challenging moments, Cristiano put his name in the handful of great players, winning absolutely everything, including four champions leagues in five seasons and four more Balon d'Or, those nine seasons where the best performing and successful Cristiano, and the fact he did all of that after his horrific and possibly career-ending knee injury and his level of competition with another player who is also possibly the greatest of all time known as Messi, adds to the level of greatness the great man has.

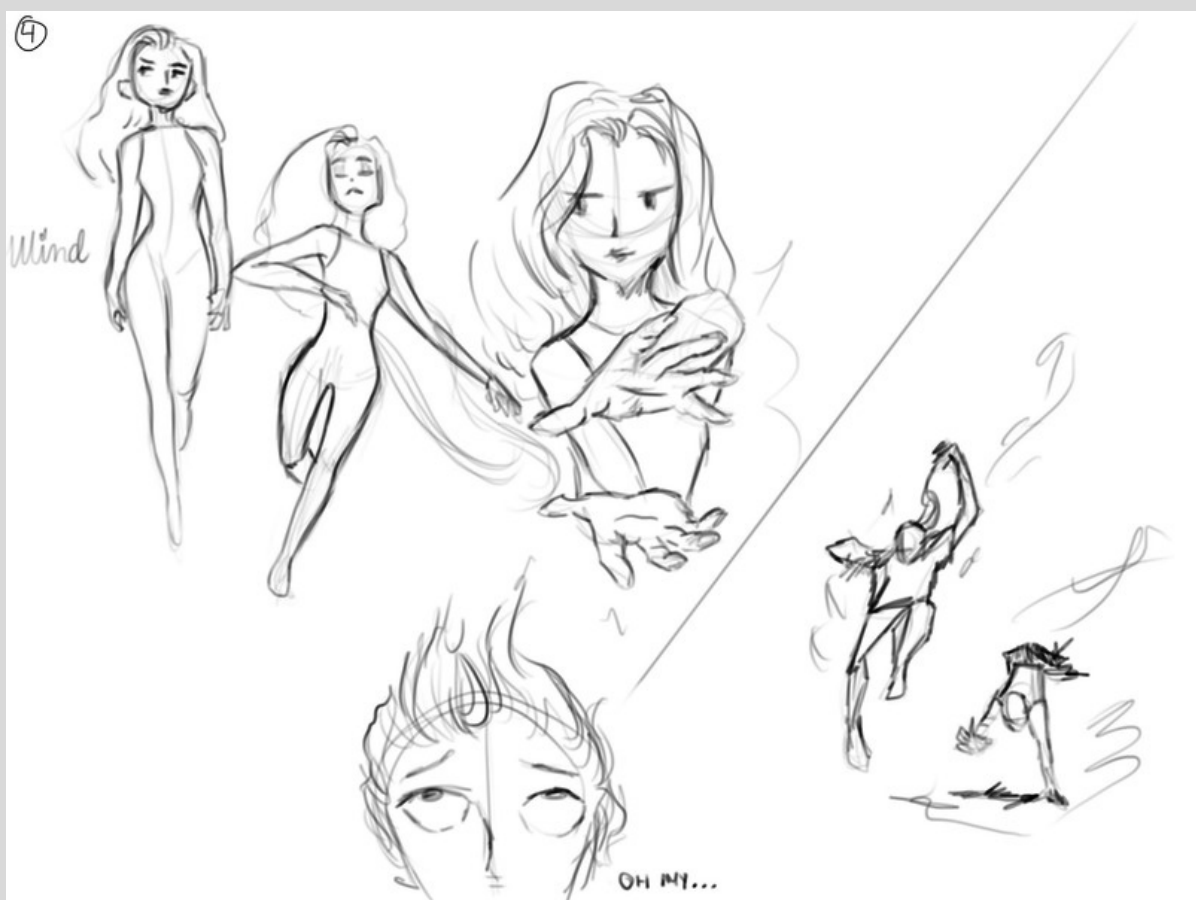
After his 5th career champions league, Cristiano decided to go to Italy and play at Juventus. Ronaldo's stay in Italy was also a success but not to the extent of his two previous moves. The main reason it failed was that Juventus parched Ronaldo at 34 years of age. They wanted him to carry an aging and inferior team to European glory. Unfortunately, Ronaldo couldn't grant the club's wishes but was the team's top scorer for all three seasons. He won the league twice in those three years, including a few domestic titles like the Copa Italia, after Ronaldo's final season where he was the league top scorer, and a great campaign in Euro 2020 where he won the golden boot in the tournament, Cristiano decided to return to Manchester, the return is known as the last dance, and so far the 37-year-old has been nothing short of brilliant. Cristiano has been dominant and sensational to watch for two decades now, and it's time for everyone to appreciate every moment we get to see from him finally.



THE WEATHER IN BAHRAIN NOWADAYS...

BY BUDOOR ALI





THE TRUTH BEHIND POPULAR SONGS

BY DANA ALSHAIKH



In the album “Stranger in the Alps” by Phoebe Bridgers, the gut-wrenching song “Funeral” appears to have an equally gruesome backstory. The song was written after the singer's friend passed. It captures the cursed essence of going to the funeral of a loved one, and seeing all the moments turn into memories. Bridgers recalls speaking to the parents of her friend in the lyrics, “And I've been talking to his dad/ It makes me so sad/ When I think too much about it I can't breathe,” indicating the impact the death had on everybody.



It's not common to find songs where the lyrics are a dialogue between two people. The song “Fourth of July” is a beautifully written piece, where each verse details a conversation between the singer, Sufjan Steven, and his dying mother. His mother Carrie was suffering from stomach cancer. The hardest part of losing someone you love is losing the memories of them as time goes on. “Did you get enough love, my little dove? Why do you cry? And I'm sorry I left, but it was for the best though it never felt right. My little Versailles.” The singer depicts his last memories with his mother in this daunting piece.



The album “Lover” by Taylor Swift was released back in August of 2019, filled with upbeat songs (almost entirely except “Soon You’ll Get Better”). The song portrays the constant anxiety she experienced when her mother was diagnosed with cancer. The singer recalls the ups and downs **“What am I supposed to do, if there's no you?”** Each line is filled with an ominous and shattering sentiment. Most diseases and deaths are not in our control, and there is nothing more devastating than that statement.



As graduation day inches closer with every passing hour, the fear of growing up and leaving friends and family behind reels in. “Class of 2013” by Mitski captivates that dreadful feeling of being thrown into adulthood. The artist recorded this song as a college student, about to graduate. The lyric **“Mom, am I still young? Can I dream for a few months more?”** illustrates how graduation is a bittersweet sensation and a beautiful experience, although it's not a shocking thought to want to stay young and careless forever.

SAD: THE PSYCHOLOGICAL EFFECTS OF WEATHER

BY FATIMA A. RASOOL AND NORA YOUSIF

Have you ever heard of the phrase “seasonal depression?” What if we told you that the weather actually has an impact on your mood?

Seasonal Affective Disorder, also known as SAD, is a type of depression related to changes in the season. SAD begins and ends around the same time every year. Most people with SAD have their symptoms start during fall, and continue into the winter, making you feel drained and moody. The symptoms start to lessen and resolve around spring and summer. At rarer times, people with opposite patterns start in spring and summer.

Symptoms for SAD may start off light, but become heavier overtime. Signs and symptoms for fall and winter SAD are:

- Oversleeping.
- Appetite changes, especially overeating and craving carbohydrates.
- Weight gain.
- Low energy or feeling sluggish.

On the other hand, spring and summer SAD symptoms include:

- Insomnia (trouble sleeping).
- Poor appetite.
- Weight loss.
- Agitation and anxiety.
- Increased irritability.



People with bipolar disorder are at an increased risk of seasonal affective disorder. In the case of being bipolar, episodes of mania may be linked to a specific reason. Spring and summer can bring on symptoms of mania or hypomania (less intense mania), anxiety, irritability, and agitation. They may also experience depression during the months of winter and fall.

The reasons behind SAD remain unknown to us. However, there are many factors that contribute to it. Decreased levels of sunlight may cause SAD during winter, as this may lead to feelings of depression due to the disruption it causes to your body’s internal clock. It may also cause a drop in serotonin levels – a neurotransmitter that heavily affects your mood. Additionally, changes in season can lead to a disturbance to the balance of your body’s melatonin levels. This hormone plays a role in your sleep patterns and mood, and can lead to SAD when its levels are distorted.

Seasonal Affective Disorder is more often diagnosed in young adults rather than older adults. There are many serious effects it may have on a person’s life. SAD can lead to social withdrawal, trouble with school work, and more. It may even be a catalyst for other various mental health disorders which can gravely affect a person’s lifestyle.

It is important to manage symptoms if they are noticed early on. There is no way to fully prevent the development of SAD, however, taking early steps does help in preventing it from getting worse over time. Treatments such as phototherapy (light therapy) and medications can help ease complications. If you notice serious changes in mood, appetite, energy levels and motivation around the time of year SAD is often expected, we strongly encourage you to see a professional about your symptoms!

TECH REVIEWER RECOMMENDATIONS

BY ALI AL JESHI

If you are like me and love watching tech videos, then I have a list of YouTubers that you might find interesting.

Phone-Based Reviewers:



Marques Brownlee is one of the most popular tech YouTubers who reviews the latest phones in the market, ranging from Apple to Samsung to One Plus and more. He provides very technical reviews discussing the best features of the phone, while also focusing on the drawbacks of the devices. I find his reviews to be honest and unbiased, especially because they are not sponsored by any of the phone companies featured. While he mainly focuses on phone reviews, he also critiques other accessories like smart watches and makes reviews for electric cars designed by Tesla, Ford, and other car manufacturers.



Another phone/tech reviewer is *Lewis George aka Unbox Therapy*. Similar to Marques Brownlee, Unbox Therapy reviews the latest phones from any brand you can think of. However, Unbox Therapy shows you exactly what you get once your package arrives and how you will actually use it on a regular basis. He does this by opening the package on camera, and showing its unique functionalities that makes it different from other phones. In addition to phone unboxing, he reviews cars, smart watches, computers and many other weird tech gadgets.



If you ever wanted to know how strong your phone is, *JerryRigEverything* is the right channel for you! *Zach Nelson* is a tech-based YouTuber who tests the durability of phones through various tests. He mainly focuses on screen strength and structural integrity of the phone. If the phone does not break beyond repair, he disassembles it and looks at the components inside that make it different and unique from other phones. Like most other phone reviewers, he also does other types of videos. Most prominently, car reviews.



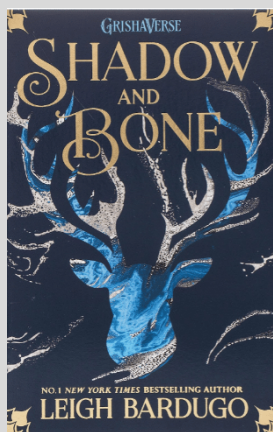
Arun Maini, known as Mrwhosetheboss on YouTube, is a tech YouTuber who not only reviews phones, but also conducts tests to identify flaws in them and attempts to potentially solve them. The way he edits and/or records his videos is very engaging and entertaining. In addition to phones, he reviews tech such as TVs, smart watches, accessories, robots and more. What makes him stand out is his interest in sharing the issues he comes across to others!

FROM THE SHELVES TO THE BIG SCREEN

BY ZAIN ALRAYES

There's nothing like reading a book and then being able to watch it as visual media afterwards. It's fascinating to witness an image you had in your head as a movie or a television show. Almost all of our favorite movies started out as novels. *Harry Potter*, *Little Women*, and Stephen King's titles are among the most well-known. In this post, I'll introduce you to several lesser-known and underappreciated books that have been turned into films which you must enjoy!

SHADOW AND BONE – By Leigh Bardugo/ ★★☆☆



(Fantasy – Young Adult)

"Fine," he said with a weary shrug. "Make me your villain."

This novel follows Alina Starkhov's first-person narrative. When we first meet Alina Starkhov, she works as a cartographer. Soon, Alina finds she holds tremendous abilities that may hold the key to freeing her world from an evil entity known as The Fold, which is home to frightening Volcra creatures.

This is the first installment of a page-turning trilogy that will have you emotionally attached to the characters by the end. Netflix just adapted it into a television series, and season 2 is set to premiere this year!

HIDDEN FIGURES – By Margot Lee Shetterly / ★★★★★



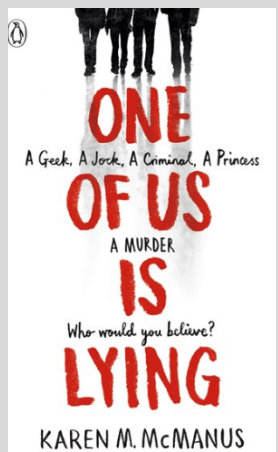
(Biography)

"Every Time We Have A Chance To Get Ahead, They Move The Finish Line."

This book tells the untold story of the African-American Black women who were vital in calculating Neil Armstrong's flight paths and landing trajectories. These ladies functioned as human calculators for NASA, using only paper and a pencil. It highlights how they overcame racism and sexism while fostering success.

After you've finished reading this book, go ahead and watch the film! Both the book *and* the movie will leave you awestruck at what these remarkable ladies have accomplished.

ONE OF US IS LYING – By Karen M. McManus/ ★★★.5



(Mystery – Young Adult)

"Five students walk into detention one day, but only four make it out alive."

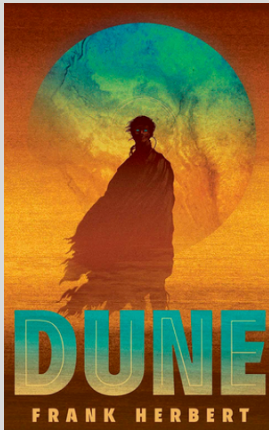
Bronwyn, Addy, Nate, and Cooper are all suspects in the murder of Simon Kelleher, and *One of Us is Lying* recounts their narrative. Each of the high schoolers has a secret that they would go to any length to keep hidden, but how far would they go to keep their secrets hidden?

When you are done reading, you can watch the Netflix-adapted TV series. I have heard though, that the book is slightly better than the tv series.

TRIGGER WARNINGS: Discusses MDD (Major Depressive Disorder)

DUNE - By Frank Herbert/ ★★★

(Fiction)



"Fear is the mind-killer."

The narrative of Paul Atreides, heir to a royal family burdened with managing an inhospitable world where the only item of worth is the "spice" melange, a stimulant capable of prolonging life and increasing awareness, is set on the desert planet Arrakis. This melange is a reward worth taking innocent souls for across the known cosmos. Seeing this new world later on the big screen will be incredible!

Note: Recommended for advanced readers.

ARLO LITTLE RETURNS: THE PUZZLING WRINKLES

BY LEYANA AL DAJANI

Hypnotized by his maturation, Arlo Little bugged his eyes at the mirror in front of him. He seemed perplexed and dissatisfied. Therefore, he decided to do what he did best, “to Grandma Little I go,” Arlo sighed as he walked out of his bedroom.

“There’s my champion!” Grandma Little excitedly claimed, instantaneously dropping her face as she noticed clear signs of irritation from her grandson’s expression.

“Don’t give me that look, Grandma. I’m getting older by the day.” Grandma Little gave a bemused look, “oh, whatever are you talking about?”

“Grandma, I’m growing up at a pace faster than what I’d personally prefer. Do you see these wrinkles forming on my forehead?! I am not going to make it past 30,” he whined.

Grandma Little chortled at the silly child before her and said, “my sweet boy, there is a difference between growing up and growing old. Sometimes I feel like I haven’t grown up yet. Everyone grows old, Arlo, but not everyone can better themselves and become finer members of society. We take this world for granted and do not treat our land right. We abuse our power, and we neglect what is important.”

“I’m not sure I’m following, Grandma,” says Arlo, puzzled yet concentrated. “So growing up doesn’t mean getting old and wrinkly?”

“That’s not always the case, dear. I’ve worked with many people during my time, and I have seen both wondrous and questionable sights. One was watching a teacher celebrating twenty years of experience, only to have learned nothing - no improvement whatsoever. Whereas another celebrated twelve years of longevity, authenticity, and generosity. The wrinkles on your face do not define your abilities to expand your knowledge, nor do they act as a limitation.”

She seemed to have gotten carried away because of one look back at her grandson. He was already busy writing out in his little journal. “You and that journal should get a room,” Grandma Little teased. Arlo simply giggled, saying, “who else will reduce my chances of a creased face?”

MEME GALLERY

BY BUDOR ALI

