

A Message From the **Editor-In-Chief** Leyana Al Dajani

**Greetings Bayanees,
Wishing you all had a successful
first month back!**

We start the school year anew. As you know, with each year, we change. We strengthen, and we grow. Looking into the past, during the heightened time of COVID-19, we were all so different. I know I don't only speak for myself when I say it felt somewhat like a fever dream. Well, if you haven't already, it's time to wake up. Starting from this academic year, we are the first to finally experience a regular school life again. While it's hard to break out of your routine, push yourself *for* yourself. The only results worth congratulating yourself for, are the results you truly wanted to achieve - because remember,

"There are no shortcuts to any place worth going."

Until next time, stay strong, and stay safe.

A Mini-Look Inside:

**Zain Abu Rumman &
Aya AlDaaysi:**



Our Favorite R&B Songs of
The Year

Khalifa Al Khalifa:

Media's by-product of
communication:
Misinformation



Muneera & Lateefa Al Sadeh:

Not Another Teen Movie:
2000s Adolescence Movies You
Probably Forgot About



**Ali Al Jeshi & Zain
AlRayes:**

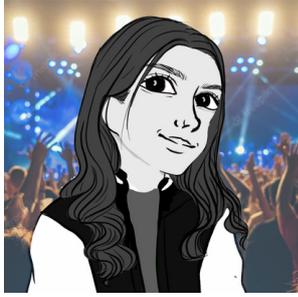
3D Printed Organs

**And Many
More ...**



If you're unable to locate the Bayan Post on the BBS website,
we've got you covered! Click the newsletter below.





By: Zain Abu Rumman & Aya AlDaaysi
Grade 12



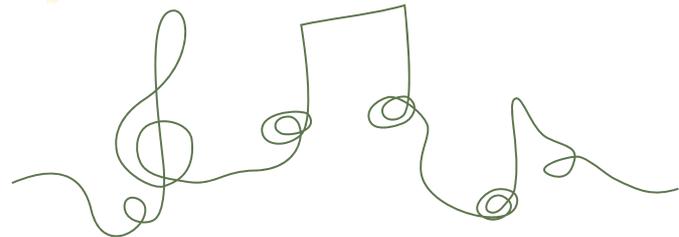
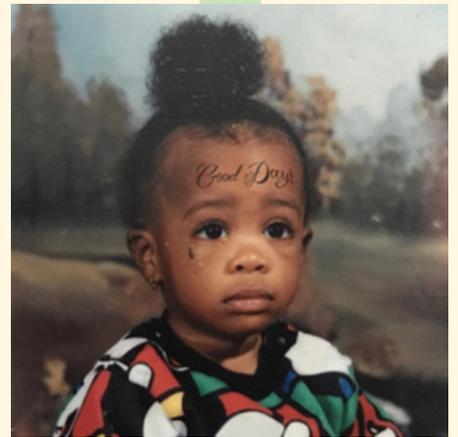
Out of Time - By The Weeknd



Out of time, the song had gone viral and became a trend on every social media platform, after the drop of The Weeknd's fifth studio album "Dawn FM," on January 7, 2022. Following the release of his hugely popular album "After Hours" in 2020, Abel makes a musical comeback with this album. The Weeknd discusses a story between two people where a misunderstanding ensued and they could not resolve their issues in time. Later on, The Weeknd released a music video following this song, where he featured famous Korean actress Hyeon. The crowd went wild due to her appearance, and the video now has over 57 million views.

Good days - By SZA

SZA, who was born Solána Imani Rowe and was raised in New Jersey, has quickly emerged as one of the music industry's most vulnerable and lyrical poets. SZA's second song since the iconic 2017 album, "Good Days," peaked at No. 10 on the Billboard Hot 100 during the week of January 30, 2021. According to Genius, the song debuted on Christmas Day 2020 and is a true present... of positivity and tranquility. Genius said that the song's chorus, "Good days, always inside / Good day living in my mind," is an attempt by SZA to turn away from the negativity of the past and present and focus on the future.



Money Trees - By Kendrick Lamar



Let's play one of the 2012 songs we grew up with and still enjoy today, to bring back some classics. The beat is incredible and makes it sound quite modern, which is why it has also recently been trending again. Lamar essentially suggests that becoming wealthy offers comfort and protects you from the challenges that people experience on a daily basis in "Money Trees." However, the desire for a lot of money is also accompanied by wickedness. Due to this, a person might have to decide to take extreme measures in order to become wealthy. It reveals the pervasiveness of gang culture. Further discussion focuses on how hard it is for residents of these neighborhoods to earn enough money to leave the area, and live happily elsewhere. Lamar illustrates global issues and how racism limits certain prospects in life.

Media's By-product of Communication: Misinformation

By: Khalifa Khalid Al Khalifa
Grade 12

Global Issues

The mainstream media transformed into a pillar underpinning the global society. It encompasses the essence of functioning democracy. For that, it is highly influential on people's thoughts and ideals by being the main source of feeding one's mind with different kinds of information. Albeit its advantages of increased connectivity and keeping the user updated, it comes with drawbacks; the most prominent one being misinformation.

To commence, I would like to raise an intriguing question: what makes what we see online believable? Is it the credibility associated with the website? Or possibly an inherent bias that is heuristically evolved through research? The only matter humans could face with certainty are the untrustworthy sources which intentionally transmit false information to deceive or misguide users should be combated urgently. This pervasive form of sociotechnical deception and spread of misinformation transnationally sparked political rumors and speculation between different governments; transferred shams affirming global warming is a hoax intending to weaken democratic reforms; and misinformed healthcare workers combatting deadly diseases.



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For instance, the Ebola pandemic and COVID-19, about its impact. The disintermediated environment caused by obtaining the news directly from the media fosters trepidation and perplexing about global matters, which causes a sudden change in users' behavior.

A prime study conducted to analyze the diffusion of misinformation on Facebook revealed astonishing findings about the social phenomena of cascade dynamics(1). It is more commonly referred to as herd behavior and studies the concatenated decision-making process due to social influence. The stark dichotomy in the subject of study, between conspiracy theories and scientific knowledge, highlighted divergent social behavior: conspiracy theories resulted in a simplification of causations by neglecting the complex nature of real problems, and portraying them one-sidedly, which made a large proportion of users accept it as knowledge. Whereas, scientific information was less prevalent, as they require a research-stemmed backbone that exhibits evidence of scientific approaches for the justification of certain posts. Correspondingly, people opted for more accessible forms of knowledge, and the number of theories and mere speculative concepts outweighed evidence-based scientific information, reflecting a tragedy of misinformation.

After being aware of this reality, you might ponder about the role you have amid this media mayhem. My utmost suggestion is to be a critical consumer of online news by not believing whatever headline comes first or seems the most appealing. Stop. Take a minute to fully read the article. Then reflect upon the credibility and trustworthiness of the information. By undertaking these steps, you would no longer be from the credulous percentage of the modern 21st Century!

Citations:

1: Byford, J. Conspiracy Theories: A Critical Introduction. Palgrave Macmillan, 2011. Accessed 27 September 2022.



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Not Another Teen Movie: 2000s Adolescence Movies You Probably Forgot About

By: Muneera & Lateefa Al Sadeh
Grades 12 & 11



Wake us up when September ends! A new September, another school year to survive. As high schoolers, we've convinced ourselves that we barely have any time to spend on entertainment, but we all know that's just a lie we've learned to believe. Yes, dedicating time to your studies is important, but so is indulging in your favorite activities from time to time. What's the harm in grabbing some popcorn and switching the TV on? Just for an hour...or two...or even three...

Teen movies over the past decades have uniquely presented diverse, yet familiar stories. Whether a character is striving to enter their dream university, or has simpler hopes such as impressing a love interest, teen films have consistently succeeded in telling relatable stories. Although some movies discuss more serious topics, other classics like *Clueless* and *10 Things I Hate About You*, can be considered a form of escapism.

We've gathered a few forgotten teen movies from the 2000's you should probably watch to take your mind off of school for an hour...or two...or even three...(jokes this time)

I3 GOING ON 30

Starring: Jennifer Garner & Mark Ruffalo

jennifer garner mark ruffalo



"I wanna be 30. Thirty and thriving..."

Jenna, a girl in Junior High, is fed up with being thirteen years old and all the restrictions that come with. On her birthday, she makes an odd wish. Suddenly, she wakes up the next morning as a 30 year-old woman...

A lighthearted fantasy, *13 going on 30* is a prime example of the saying, "be careful what you wish for."

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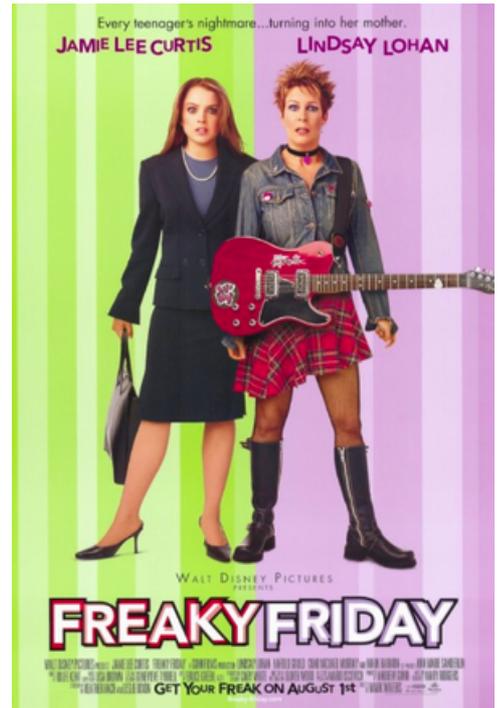
“It's easy to be you. I'll just suck the fun out of everything.”

FREAKY FRIDAY

Starring: Lindsay Lohan
& Jamie Lee Curtis

Originally a novel by Mary Rodgers published in 1972, this adaptation of Freaky Friday revolves around the lives of a mother and her daughter who simply do not get along. After an unusual incident, they are forced to see life through each others' eyes when their bodies are switched.

Although it's filled with comedic drama, Freaky Friday does deliver an important message to young audiences between the lines: the importance of bond and appreciation between a parent and their child.



THE PRINCESS DIARIES

Starring: Anne Hathaway & Julie Andrews



“A queen is never late. Everyone else is simply early.”

Mia Thermopolis is an ordinary teenage girl going through the awkward stages of high school. Her entire life changes when she receives news that her absent father has passed away. To her surprise, he was also the prince of Genova. Mia is now a princess, and life is never the same...

Anne Hathaway's first ever film, Disney produced - The Princess Diaries, has become a cult-favorite amongst many since its release in 2001.

Honorable Mention:



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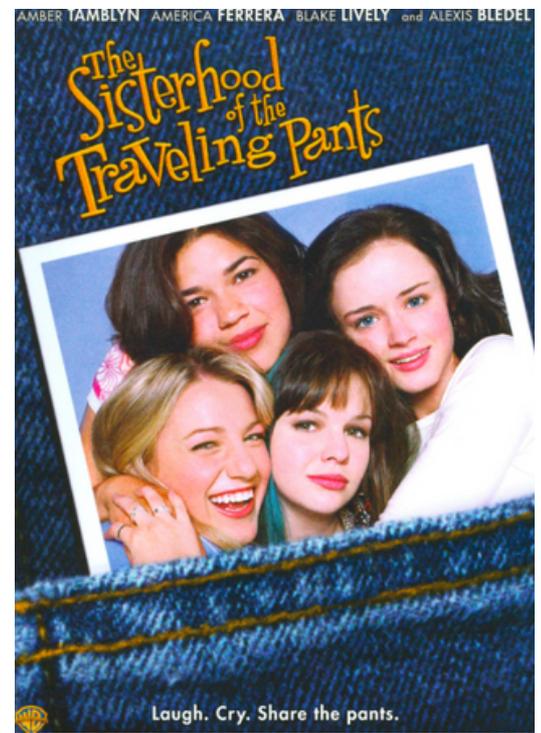
THE SISTERHOOD OF TRAVELLING PANTS

Starring: Blake Lively & Alexis Bledel

“The real magic of the pants was in bearing witness to all of this and in somehow holding us together when it felt like nothing would ever be the same again.”

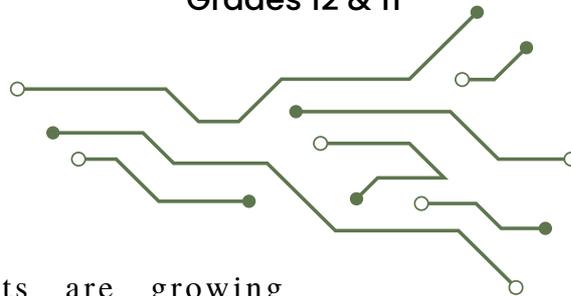
One pair of pants. 4 best friends. The first summer apart. Carmen, Tibby, Bridget, and Lena make a pact to stay in touch during the summer by shipping around a pair of jeans that magically fit each of them perfectly, regardless of their different sizes.

Based on a novel of the same name, this movie features heroines that recognize and value the friendships they've held on to throughout their youth, despite growing up and moving forward.

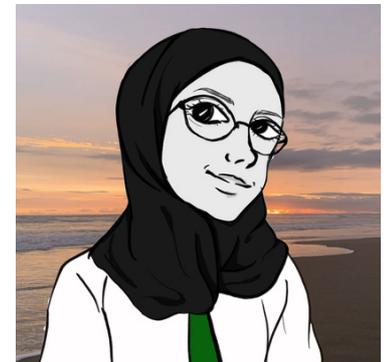


3D Printed Organs

By: Ali Al Jeshi & Zain AlRays
Grades 12 & 11



Technology



The transplant waiting lists are growing excruciatingly long and people's lives are at stake. For that, scientists are eager to perfect this new thought of technological marvel. 3D printers are now reaching a level of advancement that would allow medical experts to not only provide replacement body parts to those in need, but to also facilitate drug testing and provide advanced personalized medicine. This would ultimately palliate organ shortages, saving numerous lives along the way!

A further gratifying part of this advancement is that we will be able to aid animals as well. We will have the ability to 3D print, and make a difference in regards to saving extinct animals. That way, we can contribute to the flourishing of various endangered species.



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Although this technological advancement has paved the way for us to save millions of lives, we should take a step back and consider the risks that come along with it. There are a few areas that should be studied further: the ethicality, the tools, and the success rates (focusing on the organ not the procedure) of the transplants.



Since transplanting 3D printed organs involves introducing entirely man-made devices into the human body, many ethical practices and regulations have to be considered. This in itself holds negative connotations, which can be a deterring factor for many individuals who might be willing to participate in clinical trials that aim to test this technology. Furthermore, it impedes progress to reach accurate findings and conclusions, which are vital to the success of these transplants. The niche nature of these procedures also makes costs significantly higher, which limits them to the wealthy who can afford it. The debate over whether or not the use of embryonic stem cells in labs—which are needed to ensure an organ match and reduce the chances of rejection—is ethical or not is continual.

The delicate nature of organs makes it imperative for scientists to ensure that even the smallest discrepancies do not occur during the 3D printing process. Since 3D printing is relatively new, inaccuracies are bound to happen during the printing stage, which can be life threatening when it comes to organs. Thus, these machines need to be engineered such that every little detail is not overlooked. For instance, the human kidney, as small as it is, performs seven vital functions to human health, ranging from pH regulation to creating hormones that aid in the transport of oxygen. Any minor inconsistencies when printing a 3D version of the kidney can be fatal.

While significant progress has been made to solve these complications (yay!), there is one shortfall we have yet to solve. Scientists are not sure how they would keep the cells alive during the printing phase until they get implanted to the patient's body. This might be considered one of the major drawbacks as 3D printed organs made up of dead cells will do no good to anyone. As a matter of fact, it would be a major waste of materials, resources, and most importantly funding, which could have been put into other types of more reasonable research.

Finally, while the drawbacks here might slightly outway the benefits, researchers are still optimistic about the success of 3D printed organs. With that, it is truly mesmerizing to witness how greatly progressive the technological sector has become.

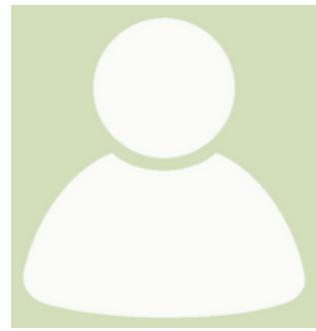


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Mindfulness In Fall

Psychology

By: Budoor Ali & Fatima Al Kuwari
Grades 11 & 10



How interesting is it that seasons have such a profound effect on humans? Many people associate seasons with specific events and times in which they behave differently. As fall sets in, many dive back into their regular routines, making socializing with friends easier. With this season comes comfort and motivation. The start of school in September has long been associated with fall, as a time of fresh beginnings for many. When it comes to summer, most people associate it with contentment and relaxation. This is due to it typically being a holiday-season, and since summer vacations are more frequent, schedules are less predictable.

While this season is associated with wonderful feelings of new beginnings, that is not the case for everyone. Some people develop symptoms of SAD (Seasonal affective disorder) during autumn. This disorder describes the depression that some people experience at the start of the season.

Fall brings a myriad of advantages to our lives, and it is a great time to strengthen our resilience, and avoid winter slumps. Instead of neglecting this season, you may have the opportunity to incorporate these feelings of motivation into strengthening yourself, and improving your own mental and physical health. Practicing mindfulness is a way to build your resilience. There are countless ways to implement mindfulness into everyday life. For example, you can map out your goals with personal growth in mind. Simply enjoying time outside with family and friends away from technology can also be a satisfactory alternative. Sports, arts, leisure, or the likes of them are great productive ways to spend your time. Another way could be going outside to take in a few deep breaths of fresh air while focusing on your breathing (though we acknowledge Bahrain's weather). Taking a walk while giving your full attention to your surroundings and living in the moment is mindfulness. Something as effortless as taking a break from everyday tasks to watch the rain outside can relieve stress.

Kelly Winston, a Psychology professor at the University of Mississippi states, "the avoidance of suffering produces suffering." This encourages accepting feelings of unpleasantness that may come with the changing of the seasons, because it can aid symptoms of SAD by improving resilience. We encourage you to do things like this, because it can help ease anxiety associated with change by helping you look at the bigger picture.



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DID SOMEONE SAY PIZZA?
PASTA? LASAGNA?

ITALY

You can find the finest dishes in Italy. It is a place tourists from all over the world visit, especially in the summer to attend festivals and outdoor activities. Not to mention what Italy is most famous for... their gelato ice creams which are most enjoyable to try in the summer. There may be various countries to try it from, but nothing beats the original.

Some of the restaurants I would recommend for your next visit are:

- **La Pergola, Rome:** The only three Michelin-starred restaurant in Rome, this establishment is renowned for its inventive Mediterranean cuisine. Additionally, it features a roof garden that amazes visitors with breathtaking city views.
- **Il Pellicano:** Using local fresh ingredients, Il Pellicano tantalizes diners with its flavorful Mediterranean meals. They receive daily deliveries of bone steaks, lamb, and just caught fish right to their kitchen door. The restaurant also draws customers in with its stunning views and eye-catching features.
- **Piazza Duomo:** Known for its innovative and creative Italian dishes and its trendy and stylish restaurant design, it is one of the finest restaurants in Alba's center. This restaurant was given three Michelin stars, and it utilizes Japanese methods and aesthetics while honoring the rich culinary traditions of the area.

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If you are a fan of exploring beautiful architecture and spectacular views of nature and sunsets, Florence (or Firenze) in Tuscany is the place for you. Tuscany, Italy is full of ancient buildings and medieval castles. It is surrounded by terraced landscapes and idyllic hills, offering elegant countryside views along the driving route in spring.

Some of the places tourists love to visit are The Lovely City of Pisa (for photography lovers), The Uffizi Gallery (for art lovers), Monasteries in La Verna (for heritage lovers) and Alpi Apuane (for hiking and nature lovers).

Many of us have heard of the famous canoe rides in Venice.

The city is known for its gondola ride through its canals.

Tourists have enjoyed the tradition of taking a gondola ride around Venice's canals. The Grand Canal, which carves a broad S-shaped path through the city, is the broadest and most well-known waterway.

FUN FACT

Did you know Italy's last king ruled only for 36 days?



DONE BY: RAYAN DASHTI

Grade 11

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Teacher by day, Athlete by night



By: George Andraos
Grade 11



Fulfillment, something we all desire. Some search for it their whole lives, getting it in small amounts here and there, leaving us longing and craving for more. Whether we obtain it by accomplishments or daily acts of kindness is up to us. This is how Mr. Daniel Thomas got that fulfillment. On the 23rd of September, he and his team participated in a 4-kilometer “team run” held by the BIC (Bahrain International Circuit). He is no stranger to marathons and runs. However, this was his first official race of the year, and with him feeling ‘a little unfit,’ clashing with the hot weather of 41 degrees that day reflecting on the hot concrete, things were not looking so great for poor Mr. Dan. At least that’s what he thought. He and his team ended up placing third out of roughly 45 groups of four. Mr. Daniel was the fastest of his teammates, completing the 4K run in around 18 minutes. The group’s result was exceptionally surprising -- so unexpected that they were halfway home when “we got a phone call to collect our trophy.” That day, Mr. Dan felt a sense of achievement, got his whiff of pridefulness and satisfaction, as he deservedly should. Balancing life and school/work, and giving yourself time to acquire these doses will fuel you, keep you in the right state of mind, reduce stress, and release the built-up unspoken thoughts that constantly circle in your mind. “A sense of achievement... does wonders for your self-esteem and mental health.”

The hunt for achieving goals could do marvels for the human brain. The constant search for gratification keeps it busy, whether it is running, writing, reading, singing, etc. However, approach it in the wrong way and it could do the exact opposite. If you don’t have that something, search for it! Keep putting yourself out there, scavenge the earth until you find that one thing that makes you happy and healthy, either mentally or physically.

As Mr. Dan stated, “the idea of participating in something or striving for something that you are not sure you can achieve is a really powerful and profound feeling.” Even if you are not sure that you are up to the task, do it anyway, take your shot! What's the worst that could happen? Fail? Then fail. As long as you get something out of it, that is all that matters.

As soon as you get a taste of what could be your own sense of fulfillment, you will hound after it. “I felt really proud of myself,” as we can see from the joy on Mr. Dan's face, *so why not you?*



How This Internet Myth Introduced Itself to The Gaming World

By: Noora Yousif
Grade 11

START



On whichever side of the internet you're on, you may have either heard of something called "The Backrooms," or have seen a picture of it without knowing where it's from --having the topic being somewhat popular on TikTok every now and then. It's an internet creepypasta (an internet urban legend) that originated in 2019. A user subsequently shared an image of an oddly large room with hideous yellow wallpaper and dollar store lighting, accompanied by cheap yellow carpets that were popularized in the 1990s. The photo was taken with a Dutch angle, giving the image depth and a more ominous feeling. More users contributed images that fit the theme provided, and the Backrooms were born. Surprisingly, it took the creepypasta world by storm, with multiple fanarts, series, and games being based on the endless and eerie location.

The Backrooms are characterized to be an endless maze consisting of randomly generated office rooms and environments, categorizing themselves into levels with an entity lurking in each one. The Backrooms themselves are normally described by the smell of the moist carpet, buzzing fluorescent lights, and walls the color of monochromatic yellow. However, not all levels provide an office-like setting or feel to them.

Around the time it became a videogame, a Youtube channel called *KanePixels* started creating short films on the Backrooms, adding to the already present lore, and making it feel like a real place. The short films are a part of a saga dictating how a clandestine research facility made contact with another plane of existence, also known as the Backrooms. The videos are enlisted and edited to look like tapes from the 1980s to showcase a research team's journey through the Backrooms and the strange, unsettling things they've found. The videos provide a comic, yet compelling environment that later led to the development of many different Backrooms video games.



There have been multiple different adaptations of the internet urban legend (multiple steam variations, Roblox games, etc.) but the starter game to play is, "*The Backrooms Free Edition*," providing you with all the advice needed at the start: venture as far as you can without going insane. Subsequently, there isn't a plot to the game, just one goal: to escape. Every level is randomly generated, leaving you to either wander for an hour or ten minutes until you find the exit.

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The controls are fairly simple; WASD to move, E to interact, and TAB to view your watch. The game is essentially somewhat of a walking simulator, accompanied by sensations of anxiety due to the sound and visual designs. The hideous wallpaper is repeated endlessly, the lights flicker and hum in an exasperating manner, and if it was possible to smell things through your computer screen, the floors would smell like a wet, moist carpet.



As stated early on, each level has an entity lurking on it. If you're careful enough not to sprint around corners and take time to check what lies ahead first, it's quite easy to stay clear of them. The game insists on you checking your watch every 30 seconds to keep your character's sanity in check. However, the farther you get, the more distorted your reality becomes regardless. Accompanied by flickering and distinguishing lights, along with shifting patterns.



The Backrooms' game excels in creating an eerie, yet oddly familiar environment for the player, along with paying homage to its source of creation. It provides a mix of existential terror and childhood fear, from around the first play through. Nonetheless, the game is quite repetitive and the player is bound to get bored at some point. Either way, one trip into the distorting reality of the Backrooms is more than enough.



Opinion

The Destruction of The Library of Alexandria

By: Al Hanouf Al Mubarak & Abdulla Al Thawadi
Grade 12

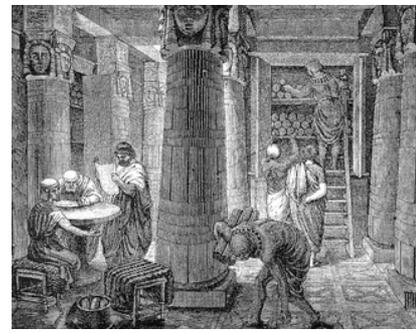


The mysterious Library of Alexandria in Ancient Egypt housed one of the greatest collections of knowledge and literature of antiquity—before it was destroyed. This disaster took place over 2,000 years ago, but we still feel the effects today. Historians believe that the knowledge that was contained in the Library of Alexandria has set back human development and advancement by a millennium. Many people like to believe that the library fell in a single fiery blaze. However, historians have long since debunked that idea.



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The formation of the library began at the start of the Ptolemaic dynasty, and it was intended to contain a copy of every book in the world. Later, one of the library's buildings became home to over a hundred scholars, who would work on their scientific research, give lectures, and publish and collect a variety of different manuscripts and scriptures. They even had to construct more buildings as the collection of scrolls and books grew to be too vast for a single building to hold.



Most people blame the destruction of the library on Julius Caesar. In 48 B.C.E, during Caesar's siege of the city of Alexandria, it was said that he had been in the Royal Palace and was surrounded by Egyptian fleets. He burned down the fleets to escape, but the fire went out of control, subsequently leading to the library being destroyed—as was believed. Although, a scholar does make reference to the library about twenty years after its supposed destruction, leading historians to believe that Caesar had only damaged part of the library. There is not enough evidence to suggest that Caesar caused the complete destruction, nor was it intentional; therefore, it is unjust for him to be blamed for it. The eradication of the vast collection of documents was the result of centuries of unrest in the region.

Some blame the destruction of the library on Emperor Theodosius I, who was on a mission to wipe out paganism. He had the Bishop of Alexandria destroy a pagan temple, which was thought to be located near one of the library's buildings. Additionally, some believe that this is what caused the library to be burned to the ground. However, there are no sources that even mention the demolition of a library at that time. Finally, there are others that blame the Arabs that conquered the city in the year 640 C.E. It's believed that they stated, "they will either contradict the Quran, in which case they are heresy, or they will agree with it, so they are superfluous." Then, they're thought to have gathered all the manuscripts and used them as fuel for all the city's bathhouses. It is true that they may have burned down a Christian library in the city, but it's highly unlikely that it was the Library of Alexandria. This is due to the fact that there was no mention of it at all, and that by that year, it's almost certain that the library didn't exist anymore.

In conclusion, contrary to popular belief, it was not a single, dramatic catastrophe that led to the fall of the Library of Alexandria. Rather, it was a gradual deterioration that took place over the course of several centuries, due to Alexandria's increased volatility.

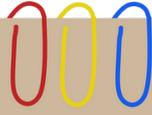




I Am An Insect

Creative Writing

By: Leyana Al Dajani
Grade 12



I wrote this poem to remind you that there is always light at the end of the tunnel. Instead of wallowing, become a butterfly!

*Once upon a time,
Lived a butterfly
She was very sublime,
Wise and shy*

1

*On a Summer morning,
It rained
Butterfly was mourning,
For she was ashamed*

2

*A day is a month,
A month is a wound
Glue it together once,
The butterfly is
doomed.*

4

*Let her cry,
She will bloom
Little butterfly,
Back to the cocoon*

5

*She had lost her wing,
Guidance and control
So she began to sing,
In order to feel whole*

3

*She returns a healed branch,
Searching impatiently
Earning a second chance,
She flies again graciously.*

6

“If you find a butterfly with a broken wing, **the insect is probably never going to fly again.** The butterfly can, however, live.”

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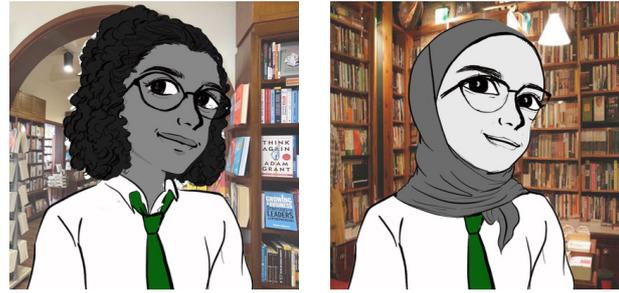
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Book Recommendations By Your Favorite Celebrities

Book Reviews

The beauty of reading is that anyone can be a reader. From actors to singers to models, we find that many people share the love of reading no matter how diverse our tastes might be. Here is some insight into the reading tastes of some well-known celebrities.



By: Dana AlShaikh &
Fatima A. Rasool
Grade 11

Tom Hiddleston's Book Recommendations:

1. *The Great Gatsby* by F. Scott Fitzgerald

Published in 1925, *The Great Gatsby* by F. Scott Fitzgerald has gone on to be a phenomenal novel still being read by masses today, and is even required reading for some high school students. Set in the Jazz Age on Long Island, the story follows Jay Gatsby, an incredibly wealthy man. He is renowned for his glamorous parties, but Gatsby is always perceived to be alone, observing the crowd, waiting for something --or someone. *The Great Gatsby* is a remarkable tale of how one man's obsessive longing changes his life. "It is a celebration of intemperance, and a condemnation of its destructiveness...It is a book in which the glory of imagination smacks into the grimness of real life." (*The Guardian*).



In his reply to a Twitter user, Hiddleston stated, "I loved it. I remember walking around Paris in June 2010 listening to Frank Muller reading *The Great Gatsby* (Unabridged). Perfect."

2. *Anna Karenina* by Leo Tolstoy

Anna Karenina has been acclaimed to be "the world's greatest novel." It depicts life in Imperial Russia and contains many themes of human nature such as hypocrisy, love, jealousy, family, and society. The story discusses the relation between Anna Karenina, the wife of Karenin, and Count Alexei Kirillovich Vronsky. The novel follows Anna's social and mental turmoil as consequences of her actions, and the unraveling of her life into tragedy. Throughout the novel, Tolstoy demonstrates a prominent awareness of the endless range of human emotions as he explores them through his characters.

Tom Hiddleston has mentioned his love for the Russian classic, *Anna Karenina*, in response to a fan asking about his favorite book of all time.

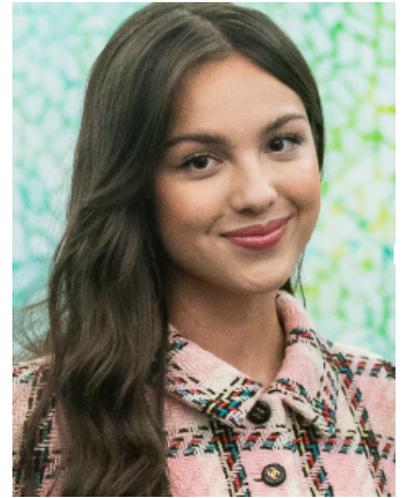


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***Olivia Rodrigo's* book recommendation:**
The Curious Incident of the Dog in the Night
***Time* by Mark Haddon**

Mark Haddon reached the hearts of many young kids suffering with Asperger's Syndrome with his enchanting writing. The story follows fifteen-year-old Christopher Boone, who lives with Autism spectrum disorder. Although the young boy is incredibly talented and a practical genius, he also struggles with understanding social norms, and experiences difficulties when interacting with others. The story begins when Christopher is framed for his neighbor's dog's death. Now filled with determination to clear his name, Christopher goes on a mission to find the killer. Imitating his favorite detective, Sherlock Holmes, he begins to question people on their whereabouts the night of the crime. The story divulges into the brain of a so-called "outcast" and gives the reader a taste of what it feels like to be one.

Olivia Rodrigo expressed her love for this story through social media, consistently calling it one of her favorite books.



***Bella Hadid's* book recommendation:**

Our Women on the Ground: Essays by Arab Women Reporting from
***the Arab World* by Zahra Hankir**



A beautiful collection of essays from Arab women around the world, tackling the negative stereotypes forced onto them by Western culture. Zahra Hankir changed the perspectives of many people when she wrote this book, after enduring many hardships as a Lebanese journalist. This nonfiction classic articulates the stories of nineteen Arab women who report on their experiences, from discrimination to other complex issues. Middle Eastern women are continually painted in an appalling light. The book was written to attempt to change the stigma centered around Arab culture. *Our Women on the Ground* takes the reader away from the negative stereotypical lens, revealing the true nature and culture of these divine women.

The social media star often uses her platform to advocate on behalf of Arab women. So, it's no surprise that this is one of Bella Hadid's treasured books.



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Audrey Hepburn

By: Maryam Farooq
Grade 11

Fashion

Audrey Hepburn is one of the most profound fashion icons. She acted in movies like *Breakfast at Tiffany's*, *Roman Holiday*, and *My Fair Lady*. One of her most famous quotes is, “elegance is the only beauty that never fades,” and she stood true to it.

Audrey Hepburn is a fashion icon because of her poise, her elegance, her beautifully dressed characters, and her wonderful friendship with Herbert de Givenchy. Audrey and Givenchy met when he was dressing her for her movie *Sebrina*, and afterward, they grew a lovely friendship based on love and trust.

Givenchy created the perfume **Interdit** especially for Audrey, and wanted her to be the face of the perfume, as she was the inspiration. Givenchy stated in an interview that Audrey had always been his muse ever since they had met. He also stated in an interview with *The New York Times*, “she was kind. When the telephone would ring in the studio, I knew when it was her. I would answer, and she’d say, ‘I know you are busy, but I want to send you my dearest appreciation,’ and she’d hang up. That was Audrey.”



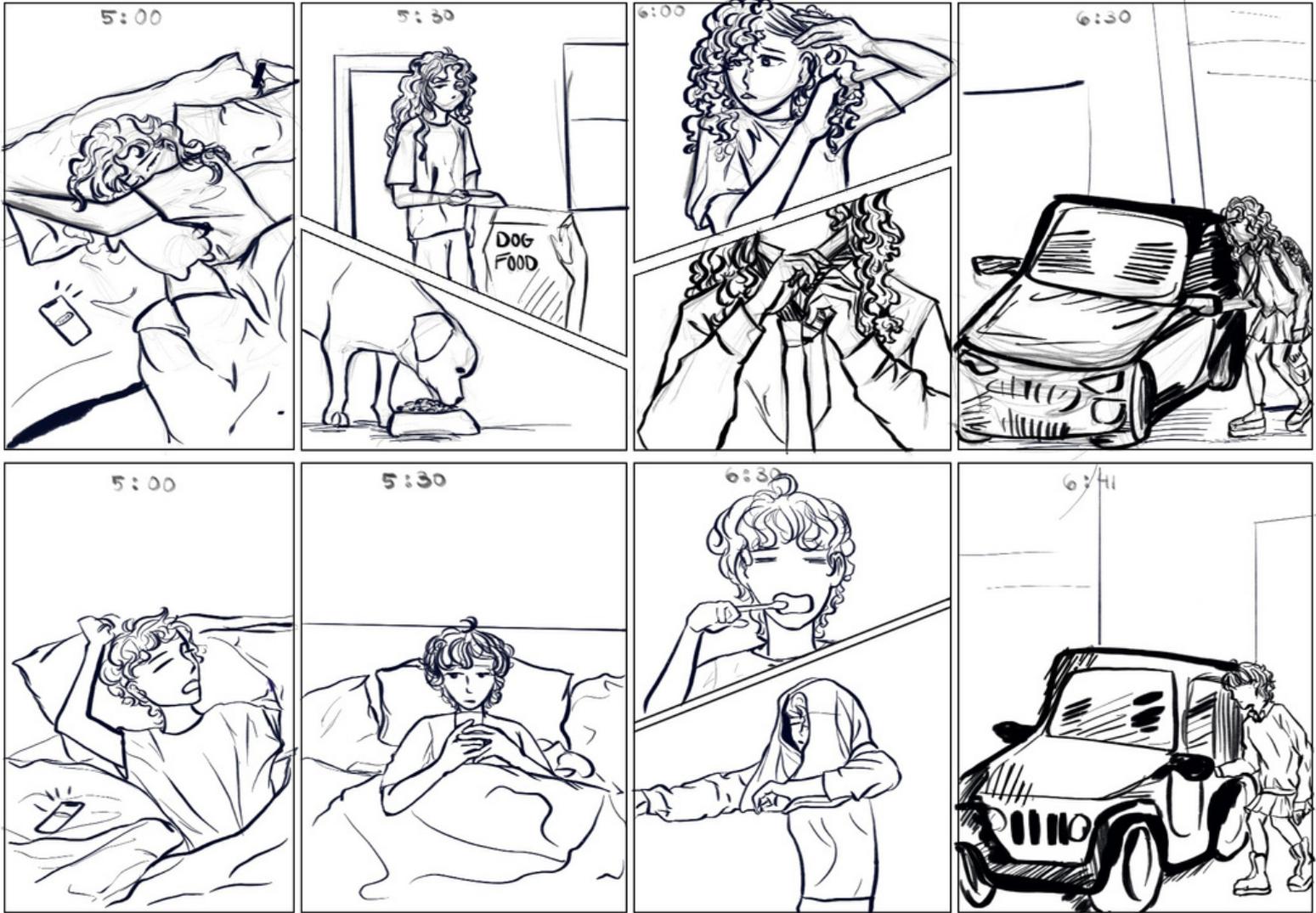
Each piece Audrey wears embodies a sense of grace, elegance, and refinement, which resonates with so many women and young girls today. The clothing Audrey wore ranged from a little black dress to ballet flats to feminine tea dresses. She made wearing pedal pushers and simple, unadorned tops into an art. She was enlisted in the International Best Dressed List Hall of Fame. Her signature style was cropped Capri trousers and high-neck tops paired with ballet pumps.

Audrey dressed with poise and style, and her confidence is what made her looks as iconic and everlasting as they are known today. Moreover, she was not afraid to experiment with her clothes and wear what she felt comfortable in, as long as it pertains to her own style. She was distinctive in her choice, and refused to imitate any set fashion standard. With her confidence and nonchalant demeanor, Audrey Hepburn went on to become one of the most loved fashion icons women look up to today.



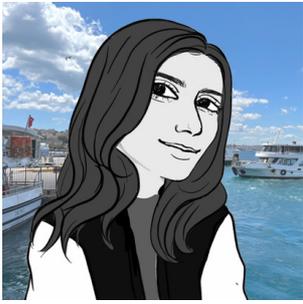
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Monotonous Beauty



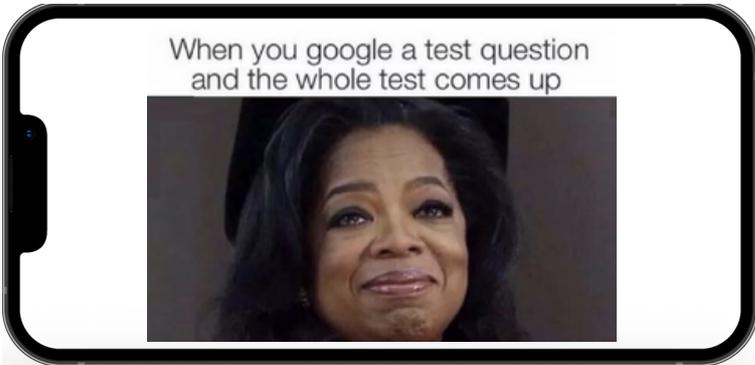
By: Wasna Al Saif & Noor Al Mosawi
Grades 11 & 12



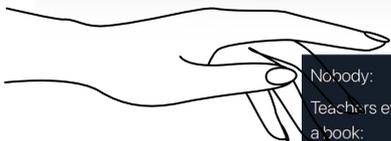
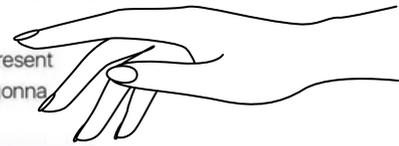


Memes

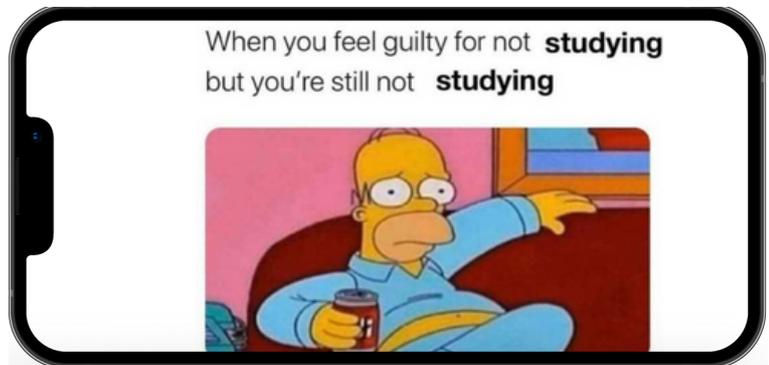
By: Leyana Al Dajani & Ali Al Jeshi
Grade 12



When nobody volunteers to present and the teacher says they're gonna start picking people



Nobody:
Teachers every time they flip a page on a book:



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Post you next month!



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