

The Bayan Post



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Welcome to yet another year of what I am sure will be an insightful and thrilling edition of The Bayan Post! To all new members- I extend a warm welcome and I hope that you find this an engaging and fulfilling experience. To those who graduated- Your contribution will not be forgotten and we wish you all the luck in your future endeavors! As the year's proud editor-in-chief, and alongside my co-editor Suhaib Rajab, I hope to continue encouraging a love for voicing opinions, so that each reader may put down their copy having learned a thing or two about the world or perhaps even about himself/herself.

A Message from our Former Editor-in-Chief 2019

by Saraya Al Saffar

It is almost time to say good-bye to yet another fulfilling year at Bahrain Bayan School. With the class of 2019's graduation on June 12th and the juniors taking over in their place, a new environment will be molded for the future students of this honorable school. To all the new teachers and students that joined us this year, we hope you have enjoyed and bonded with our school's community. To the seniors leaving us, we hope that you find home at the universities abroad and in Bahrain. As president of the Bayan Post, I'd like to thank my colleagues, the student writers from 11th grade, I am entirely proud of the work and effort you all put into this newsletter and hope that one of you will take my place next year. Viva Bayan!!!



An Apocalyptic Age of E-Waste

by Mirna Ashour



We are all familiar with that glorious feeling of unboxing a brand new sleek phone, picking it up ever so gently, and peeling off the protective plastic to unveil the fragile beauty beneath. Soon after, you pick up your presently used phone and suddenly it has lost all of the appeal and glamour it once carried. You can no longer believe that this bulky, battered slab of metal was once your most prized possession- now an unrecognizable hunk of shattered glass and broken metal. You toss the ancient relic aside, its successor proudly inheriting the sacred throne in your back pocket.

This inevitable process of replacing our electronic devices is the nature of our consumerist society. Newer, faster, more compact, and efficient technology is developed every year, and all of a sudden we find ourselves with an itching need to upgrade to the latest and best

in the market. Most people stash away their older devices, although no longer in use, as backups for when their current device is getting repaired or as a hand-me-down to a family member who needs it. But what happens when these devices can no longer be put to use? Where do these intricate works of engineering and design wind up in the long term? Well the unfortunate answer is simply: a landfill.

While some companies accept the return of older phones from their customers in exchange for a reward of some kind, the majority of outdated devices are destined to a landfill somewhere in Asia or Africa, where they are left abandoned and forgotten. The fact of the matter is, electronic waste does not decompose. It isn't composed of biodegradable matter that is capable of breaking down over the years. We also cannot melt it all down in a pot and reuse it, as most electronics are composed of a cocktail of materials which simply cannot be separated or sorted the way we do with recyclable plastic and metal; the various components of a phone must be stripped apart, from the battery to the glass and the plastic. Yet, each year, around 20 to 50 tons of electronic waste are disposed of, with only 12.5% being recycled. However, even if all the waste is sorted, much of it cannot be recycled as electronics are typically designed for a very specific purpose and device design, after which, they are rendered completely useless.

The worst part is, most people are unaware of what happens. We blindly consume and upgrade products, concerning ourselves only with the immediate disposal of these products, and not what comes after. The result is: electronic waste is packed with toxins that seep into the soil beneath them, making the land unfit for future use. Not only that, but there are thousands of workers being exploited to carry the tedious job of handling and sorting this waste and burning the useless parts, all the while exposing themselves to extremely harmful chemicals, as well as releasing toxins into the air in the form of fumes or smoke.

Action must be taken before our lands begin to overflow with streams of waste and toxins.

The solution, however, is not to avoid upgrades or halt the electronics industry, but rather we as consumers must be more responsible and ethical in our consumption and disposal of waste. The manufacturers of these electronics must also implement new policies that cut down on their production of waste. This can be achieved through manufacturing electronics that are toxin-free or recycle-friendly, and requesting to take back and recycle all products sold to customers once their lifespan is over.

Maybe this, after all, might convince you enough to rethink the necessity of your next purchase, and perhaps even decide to be more generous towards the current device in your pocket.



Milk and Honey - by Rupi Kaur



“if you were born with the weakness to fall you were born with the strength to rise ...”

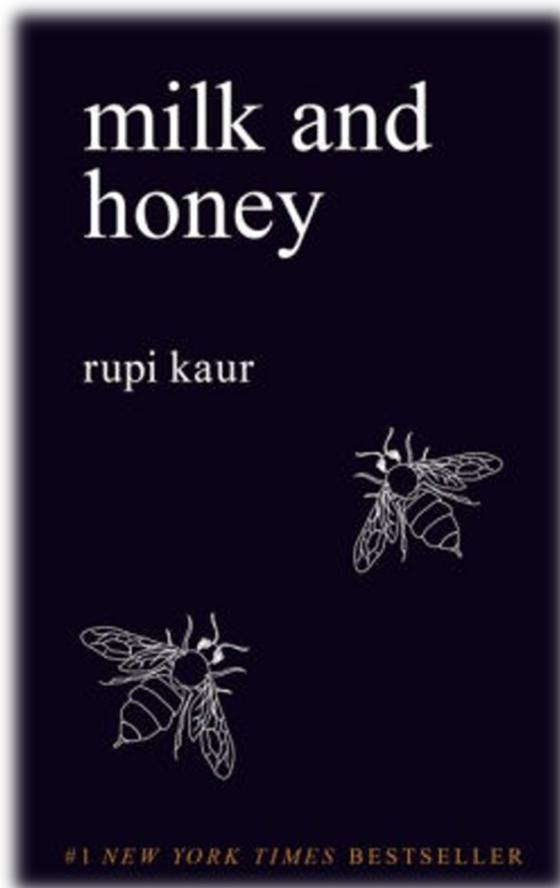
by Hanin Al Mudawib

A d Raw. Heartfelt. Unfiltered — an utterly humane account of the different stages one embarks upon throughout the course of their life. The tale commences upon a child gasping their first breath up to the dawning revelation of one’s true life mission and purpose, the poet placing great emphasis on the significance of one’s experiences in shaping their stance, the momentary cruelty of life a harbinger of lessons to be learned. Each section of the poetry book entices a collection of poems written in the perspective of an ever growing speaker, the book a representation of the stages of her life as it follows her from childhood (the hurting) to her first relationship (the loving) onto her consequent breakup and the healing process to follow.

Acting as a catalyst of inspiration and the will to persevere despite all odds, Kaur’s unconventional take on poetry reigns in the modern flare upcoming poets usher in their wake, taking the world by storm through their experimental techniques that manifest the inner depths of human emotion and sentiment. Poetry was devised to be personal, to relay a story that is true to your experiences, a solicited outcry of expression aided by the desire to reciprocate a prolonged tale into one’s mind.

I often found myself pausing to think of a poem’s premise, going as far as reading aloud the words strung across the nimble pages of the book, utter disbelief and keen consideration drawn against my features as I am made to process my entire being right before my eyes. Without much delay (save for the moments I simply could not go on forth without rereading the same three lines over and over again, memory after the other flashing into my field of view), I had been able to absorb the words Kaur had beautifully phrased in a concise yet strikingly candid manner, a mere word sending me back to different phases of my life that corresponded to the theme of each section of her book.

A comforting account of an array of personal and sensitive universal issues, a reaffirming reminder that perhaps even in the instances whereby we feel as if we are at the brinks of despair in our fight against the universe, the scarce forms of kindness in the world will begin to glimmer as if to lend a shoulder to cry on, a hand reaching out to pull you from the endless pit that looms upon the abyss. The voice of reason emerges to remind you to look around for you had been too busy reminiscing with eyes glued to the ground, perhaps you were never alone.



Animal Agriculture: The root of our problems?

by Selma Algosabi

By now, we've all heard how the climate crisis is imminent, and we only have a certain amount of time to live. Most of the population is aware that change is vital, be it from governmental bodies, or the people themselves. Many have encountered strange environment enthusiasts, who make us uncomfortable with their "extreme" views. Usually, we reply with the standard "I'm only one person, I will not make a real impact" when our role in this climate crisis is questioned, showing that people still do not fully comprehend how this works. Most governments and corporations will tell the general public that reducing domestic waste emissions and electrical use. What is not advertised, however, is that animal agriculture accounts for much more greenhouse gas emissions, and uses a greater amount of resources. This shows that the best way to reverse climate change is through adapting to a more plant-based diet, as animal agriculture is responsible for 91% of Amazon deforestation, and is responsible for 18% of all greenhouse emissions.



When conversing with others on this issue, I am met with a response claiming that the impact of animal agriculture is an insignificant issue, especially compared to other pressing issues our world faces today. These issues range from world hunger, the water crisis, and inequalities around the world. Most people fail to connect the two seemingly unrelated issues, not understanding how the two relate. To put it simply, raising cattle for a rising population with a growing demand for meat uses a substantial amount of water, which could be used for other purposes. Around a third of the world's freshwater supply is used for producing animal products, it takes around 2,500 gallons of water to produce one pound of beef. As for world hunger, an omnivorous diet around the globe can only feed around 35% of the world's population, while a plant-based diet can feed 100%. This is because around 50% of grains grown are fed to livestock, and 82% of starving children live in countries that export their grain to be fed to livestock, which is then eaten by western countries. Across the globe, people eat 21 billion pounds of food and drink 5.2 billion gallons of water each day. Meanwhile, animals eat 135 billion pounds of food and drink 45 billion gallons of water daily. This shows how humans have failed to see the root of the main issues currently faced and needs to look beyond what is spoon-fed to us by corporations that profit from our ignorance.



IS YOUR DATA ACTUALLY STORED ON THE CLOUD?

by Suhaib Rajab



Cloud data storage has become a very popular form of data storage, most people use it to backup their data, the idea behind it is, for example, if you are getting a new phone, you can just store your data on the cloud, get rid of your old phone, then when you start up your new phone, you can go back to the cloud to restore your data back onto your new phone. But have you ever stopped to think what ‘the cloud’ really is? Well it’s not what you think, no data is actually stored on an actual cloud or even on some remote island somewhere in the world. Cloud computing is using someone else’s network that you get access to over the internet to store your data, the way this differs from normal data storage or backups is that usually the data would be backed up on another device, or a USB stick, SD card, or somewhere else on your local network, cloud computing is when you break out of that boundary and store your data elsewhere, nowhere near your own network. For example, when iPhone users upgrade to a new phone, Apple gives them the option to backup their data on iCloud, which is their own cloud network, so that when you upgrade phones, you can easily just restore your data from Apple’s iCloud servers onto your new device. So how does Apple benefit from this? Well believe it or not, they benefit immensely from it. The creation

of iCloud makes it way more convenient for the users to save their data without having to deal with any hardware or physical connectivity. This convenience motivates the user to upgrade phones, because they have all the same data they had before, but just on a new and improved iPhone, and once the users reach a certain storage limit, they will be asked to pay a certain amount for a storage capacity upgrade, and that is yet another way Apple benefits from cloud computing.

Cloud computing has really given the technological world that we live in room for a big step, and it makes sense why it does. Storing your data on the cloud is a win-win for everybody, unless of course it gets hacked and your data gets put out for the world to see. But overall, cloud computing has been a pro for both the company and its users.



The Importance of Womanhood and the Essence of *Becoming*

by Toleen Qasem

Before diving into the topic of this month's issue, I find it necessary to give some background as to who I am. Toleen Qasem, a senior at the Bahrain Bayan School, an outspoken feminist, and ultimately, a hard-worker, and a part-time comedian as I like to see it.

I chose to write and discuss womanhood, empowerment, and the essence of *Becoming*, as I notice the changes in women and girls in Bahrain, in school, and all over the world. It's crucial to understand our own value, and what we can essentially bring to the table. I am only 17, so my knowledge about the "real world" can be somewhat viewed as one that is lacking. However, I read, and feed of interactions with other humans, through whom have also shared their experiences, thoughts, and opinions. Those regarding laws, jobs, education, and even movements such as "girls supporting girls" and many others alike.

If I could discuss one thing I have learned about womanhood it would be that sensitivity should be embraced. This also applies to any and every person you interact with, woman or not. Sensitivity is one of the most difficult complex topics that I have had to deal with over time because I've always been dubbed "too sensitive" or "too emotional" all of my life. And I am. But I've come to learn that it's not something to be ashamed of, in

fact, it's one of my most redeeming qualities. When you start to realize the beauty of sensitivity, you eventually learn to be honest with others about your thoughts and feelings. That moment is when you can truly start to feel free and open about who you really are. To be honest with yourself and the people in your life, is to embrace your sensitivity and realize that it is a gift to be shared. Those who are meant to stay in your life will understand. Never consider changing who you are for anyone.

As for the aspect of *Becoming*, I capitalized the word as it is the title of Michelle Obama's memoir. A book highlighting her highs and lows, ups and downs, and everything in between. It is a piece of art, in my humble opinion. The essence of *Becoming* is the moment when a person realizes that every factor of their past is what led to them being in the spot they're in right here, right now, in present time. With her refreshing candor, Michelle Obama was able to capture my heart and many others like me, who were simply looking to read a book about "America's greatest First Lady", and left with a sense of enlightenment, and advice about school, jobs, friendships with other women, and even relationships. Her personal journey allows readers to grasp the importance of such experiences. The joy of making new friends, going to college, and even reading a new book as such. Understanding the stepping stones through which this great woman came to be, inspires me, a young dreamer, to trust the process. To trust that the path I created for myself is the one which will lead to fruitful success in any aspect I wish.

Michelle Obama did this through opening up, being vulnerable, and expressing sensitivity. An essential factor when attempting to connect to others. She saw the beauty in her life's experiences and shared it with the world, knowing that she could reach out to those who needed it most. Her kindness and empathy is what led many others behind her, helping shape the society, exhibiting the importance of womanhood, and ultimately, the essence of *Becoming*. *Becoming* confident. *Becoming* vulnerable. *Becoming* honest. *Becoming* You.



Depression Begins in the Gut

“All disease begins in the gut” - Hippocrates

by Dana Bani Hammad



We have always linked healthy eating to healthy living. However, what was never truly emphasized is the importance of healthy eating in regards to mental illnesses. Research conducted at the Columbia University Irving Medical center revealed the relationship between depression and constipation, hence elucidating for new possible treatments for depression. It is quite intriguing to look back at how science has evolved in regard to depression throughout the years. As such, in the very early years, it was viewed to be associated with demonic possessions, then it transformed into a sickness of the brain where depressed individuals were barbarically treated with lobotomies. Nonetheless, these ideologies have rapidly evolved, especially when the Human Genome project demonstrated the link between genetics and depression, in which the development of depression was found to be related to the 5-HTP gene. Thus, today the generally accepted theory regarding the onset of depression is consolidated by the diathesis stress model which states that depression can be triggered by both genetic and environmental factors. Additionally, an idea which has also revolutionized the hypothesis behind the origin of depression is neuroplasticity. This refers to the fact that the brain is capable of changing in response to the environment.

Moreover, one third of those who suffer from depression, suffer from constipation as well.

This concept was further explored through a study conducted on mice that highlighted the manner in which when 5-HTP is released slowly in the brain, then both constipation and depression tend to be alleviated. In order to explore this further, we must look at antidepressant medications which typically target the neurotransmitter serotonin.

It is important to note that 95% of the body's serotonin is actually produced in the gut. For that reason, serotonin not only affects intestinal function, but also sleep, mood, appetite and an individual's well-being. In other words, the microbes within the gut are capable of influencing emotions as well by generating a signal that ultimately targets the brain. Moreover, within the laboratory experiment conducted by the researchers, it was evident that by increasing the levels of serotonin in the gut and the brain, then depression was consequently alleviated.

Therefore, scientists could be able to provide a treatment for depression by slowing down the release of 5-HTP. However, much research is still needed in this field and trials must be conducted on humans. Nonetheless, this would revolutionize the treatment options for depression.



Overall, depression affects the human body in various ways. For instance, it can affect the body's ability to maintain homeostasis. Constant low moods and feelings of despair can consequently affect weight and metabolism. Not only that, but also if the depression persists and remains untreated, then it can further develop or intertwine with problem such as Generalized Anxiety Disorder (GAD), metabolic syndrome, hypertension, fibromyalgia and several other conditions. Upon examining these conditions, it is evident that these can affect the body in a physical sense, as they can lead to lethargy, irregularities in heartbeat, weight gain or loss, and muscle pain. Thus, it is undeniable that there is a relationship between depression and homeostasis. Depression is a very complex disorder that is caused by a chemical imbalance which affects the brain, it has a biological basis as well as psychological and physical health aspects to it.

Artificial Intelligence: Man's new best friend?

by Zeyad AlSekhi

Will mankind ever step foot into the domain of the unknown- and perhaps the unethical- to conceive an entity akin to its nature via technological means? It is rather perplexing for the mediocre man to formulate a response to such a question, especially sufficiently. Thus, sharp insight and wit are necessary to solve this baffling paradox, especially if we ought to raise our hopes up for the flourishing of society in the near future.

Artificial Intelligence is, in layman terms, a machine's ability to mimic a human's faculty of obtaining knowledge through experience. AI is a broad term, broken into the subcategories- Artificial Narrow Intelligence and Artificial General Intelligence. The former is machinery able to perform only one given task in the best way possible, and the latter is machinery able to execute multiple tasks, comprehending and learning similar to humans. ANI is already in ubiquitous use as we speak in various industries from retail and tourism to science and research, as this type of system has become the forefront technology used by multinational corporations all around the world, for it takes accurate measures and implements certain decisive actions upon said measures in the workplace. This form of "weak" Artificial Intelligence has become rather ubiquitous as of now, however, the opposite is true for its "stronger" counterpart, Artificial General Intelligence. Researchers are striving to acquire the formidable capabilities that such a system possesses in all fields as the benefits at stake are limitless.

Moreover, AGI, upon implementation, will be an absolute unit in the world of technology for it can develop itself, through machine learning, to no boundaries. AGI will have the capacity to program its inner wirings at the speed of light ultimately leading to an intelligence boom in fields that were not thought of to be replaceable, such as those that require creativity. Finally, this system when launched will be the remedy to society's many plagues, both in a metaphorical and literal sense.



Social Media: A deadly epidemic?

by Khalid Tamim

Social media has become an increasingly significant leisure in the last decade. People use these various platforms for numerable reasons, either for problematic reasons, or just excessive use, to catch up with the latest news and trends. This compulsive use can result in narcissistic traits arising, as well as conflicts related to self-esteem. Narcissism is a personality disorder that is defined by symptoms that tend to show such as behavior of grandiosity, lack of empathy and self-admiration. It is also often associated with having an unhealthy relationship with one's intellect. Many claims have risen in the past few years that states social media platforms such as YouTube, Snapchat and Instagram have become easier than ever to “self-promote”, and advertise for yourself.



In a world, where social media platforms regardless of their content, has immensely dominated the lives of individuals from various aspects, separating them from the real world, and becoming the new trendy lifestyle for a big portion of people out there. A world where checking someone's Facebook status, is the new version of having a direct one to one conversation between two tangible, physical forces, thereby resulting in a new way of communication, through the virtual world of technology. This attachment to social media has led to the rise of narcissistic character traits amongst millennials and especially children. Where a drastic shift in children's goals and aims in life have appeared since the uprise of the deadly epidemic known as social media! In fact, an increase in extrinsic values rather than intrinsic values is shown among children using these kinds of platforms on a daily basis. Where they are more likely to value money, image and fame over community, affiliation and self-acceptance. Nonetheless, children appear to have narcissistic traits, when they start to self-evaluate and undergo social comparison. This is when the child starts to use phrases such as “I’m special” or “I am the best”. Although this may often be misinterpreted as strong self-esteem, it can actually grow along with the child as he grows and develops in numerous ways.

The effect of social media on youth, is no different, were, millennials use these sites for various reasons. Such as, keeping in touch with their friends. However, the potential downside is that they actually tend to focus more on certain parts of people's identities. In fact, people who show more narcissistic characteristics, and have an inflated sense of themselves tend to be more active on social media and post more attractive pictures. That is because they feel that people are always interested in what they upload, and want people to know what exactly they are doing in their lives. Thus, associated with the ideology that social media platforms encourage self-promotion and a toxic mindset filled with narcissistic values and other self-centering ideas. Another reason is that children tend to use social media as a stress relief source when they feel entitled and a victim of empty praise. For instance, when children feel, forgotten or insignificant, this creates an instant gratification, where they actually start to believe that they are valueless. In action, they head to social media platforms to relieve these conspicuous flaming feelings of uncertainty and total confusion as reverse psychology. In a short period of time, these children find themselves, fighting over fame, being the center of attention- and who stands out the most, the one who is accomplished by acting in certain ways and mimicking narcissist actions, thinking it would make them more noticeable. So, resulting in a continuous feedback loop, where they feel lost, and rely on social media to escape reality, but suddenly find themselves trapped in a cage called narcissism and ego!

All in all, Social media is an arena for self-enhancement and self-promotion, where narcissists grandize themselves through presenting their false identities online. That is to make their social image more credible. As these online activities help boost these individuals’ egos due to the instant feedback they receive from other users.

Saving the world one plastic bottle at a time

by Maryam Ahmed



The United Nations has constructed 17 sustainable development goals. These goals are designed to meet our needs while protecting future generations' resources to meet their personal needs. Bahrain has prioritized these goals and has implemented them within the government action plan that has started this year and will end in 2022. The first phase of this plan aims to eliminate the use of plastic bags in malls and supermarkets all around Bahrain by 2019. After implementing this law, many citizens started limiting their own plastic usage and started heading towards environmental friendly options. Today, I encourage you all to stop using disposable plastics and try to adapt to a sustainable life without them. By utilizing your own reusable water bottle, you are actually saving around 1,500 plastic water bottles annually. Also, it has been scientifically proven that consuming plastic straws regularly causes different diseases such as heart problems and cancer. So, believe me when I say this, these

small changes make a significant impact on our planet and ourselves. Here are some simple ways that will help you reduce your consumption of plastic:

- Purchase your own reusable bags and always have them around in your car, at home or even in school.
- Stop using plastic straws. It's not difficult at all! Many shops in Bahrain have started selling stainless steel and glass straws so these options are available for you to buy and use for hot and cold drinks.
- Pack your food in reusable containers for school instead of disposable sandwich bags.
- Use eco-friendly bottles and mugs for your beverages instead of paper cups or plastic cups.

I encourage you all to try these ideas or even set a target for yourself to accomplish some of these goals by 2019. Another way to help you achieve your goal is creating challenges for you and your friends. For example, you could record how many plastic bottles each of you consumed in a month and reward the winner to be the person that constructs a challenge for the upcoming month. I know that most of you keep hearing or reading news about plastic straws or bottles, and you might be probably annoyed by people that keep telling you to reduce your plastic usage. But trust me, I was one of those people who don't really care about the environment or understand the negative impact our actions leave on our planet and ourselves. However, if you think about it for a second, we have a great responsibility towards our planet, and as humans we are unique since we have a brain that allows us to think and analyze situations to learn and solve issues we face. Unfortunately, while we have brains, we managed to ruin everything God has created perfectly. We think we are so smart yet we burn forests, use fossil fuels, consume plastic, throw our waste into the ocean, and fill up landfills. If anything gets ruined in our planet, all the systems, all of this beauty, will disappear. Our planet provides us with everything we need and way beyond that, and yet we can't manage to save it from mistakes we have created. Every time you use plastic you are contributing to the destruction of your own home, planet Earth.

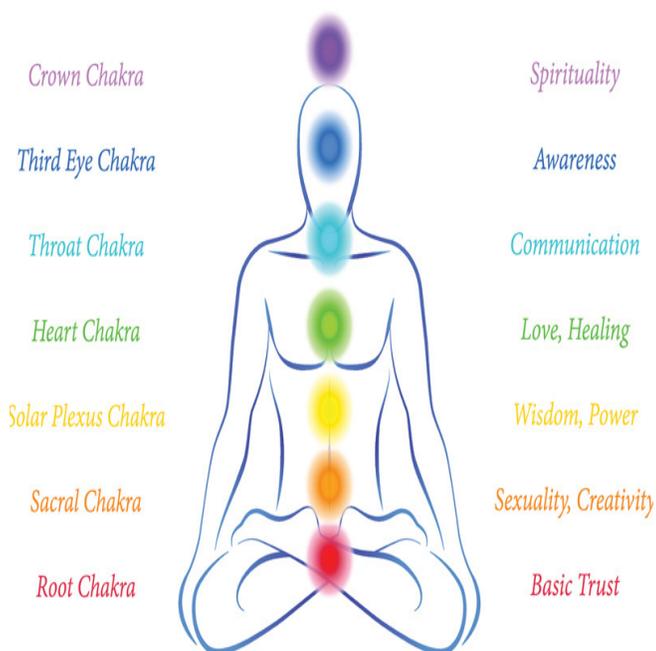
So dear Bayanees, the next time you decide to use a plastic bottle, think twice about the consequences of your decision.



HAVE YOU BEEN THINKING OF OPENING YOUR SECRET BODY CHAKRAS?

WELL, YOU'RE IN THE RIGHT PLACE

by Jumana Bin Huwail



Some might consider this “overly spiritual” or “mystical”, while others might have a receptive, open outlook on this topic. Perhaps you've already heard or read about human chakra, but for those that didn't, this article will be great exposure for your personal knowledge.

The word “Chakra” is derived from Sanskrit, which literally translates to “wheel” or “circle of life”. Originally, the chakra system originated in India between 1500 BCE and 500 BCE and was mentioned in the ancient sacred Hindu text, the Vedas. It was later practiced traditionally and has formed as a purpose in their culture and life. As idealistic as it may sound, we can't say they're real nor we can't say that they aren't.

Okay, enough talking Jumana. So now, what are exactly “Chakras”? Chakras are energy channels of the body. In other words, Chakras are wheels of energy that awaken different functions of the body that govern our state of physical, mental, and emotional health. We can't possibly survive without Chakras, as they give life to our bodies and they can be considered as “spiritual organs”. They make us human.

Opening one's chakras mean energizing one's energy centers to a great extent. By that, you're giving your body the required energy and strength to find balance within your body and mind. With that being said, one can regain full physical, mental, and emotional consciousness by effectively activating their body chakras through various techniques such as yoga, exercising, meditation, etc. You can obviously not see those chakra points opening up physically, but you'll sense an inner change for sure.

However, it should be noted that your chakra has to be continuously balanced, in order to prevent it from weakening and getting blocked. Meaning, emotional or physical issues (injuries as such) can impact the chakra's effectiveness. For example, poor love experiences can weaken and imbalance a person's heart chakra, which is the chakra center that houses a person's feelings and emotions.

It is believed there are 114 chakra centers located in the human body, however, we target the 7 ‘main’ fundamental chakras, beginning at the base of the spine and moving all the way up to the crown of the head. The seven chakras have an associated color, symbol, and a Hindu god. Additionally, the chakras found on the lower part of our body are responsible for our instinctual side, and the highest ones are responsible for our mental side.

Football: The Beautiful (and racist) Game

by Hussain AlShaikh

Discrimination and racism exist in sports- it is not surprising, especially in a sport as culturally diverse as football, as everyone has inclinations for or against a certain group. Despite the fact that a degree of professionalism is expected from those who run associations like Federation Internationale de Football Association (FIFA) and The Union of European Football Associations (UEFA), fans are still comfortable expressing their racism on a day to day basis. This favoritism or nitpicking when it comes to race has infested this beautiful game and is present in all the community.

The efforts of FIFA and UEFA to contain this pandemic are ridiculous in comparison to what would actually be required to solve the issue. Racism, for the most part, has been normalized amongst football fans. These tactless so-called fans scrutinize players of color or of a certain cultural background for doing just that, embracing their identity. A victim of this discrimination is Kalidou Koulibaly of Napoli and the nation of Senegal. Koulibaly has been on the receiving end of racist chants throughout his whole career. The racism includes monkey noises aimed at him in his match against Inter Milan, and even an instance where the game was stopped to calm the fans. This happened against Roma in 2019 where the match was brought to a halt due to the racist chants aimed at Napoli players, namely Koulibaly.

In England racism is not only present among fans, but is even more blatant in journalism. The Sun and The Daily Mail, amongst others, target players of color like England national Raheem Sterling and crucify them for actions that they would praise another player for, all depending on the player's racial background. A glaring case of racism was displayed when Manchester City prospect Phil Foden was praised for buying his mother a home- an article with the headline "Manchester City starlet Phil Foden buys new £2m home for his mum" was published by The Daily Mail. Two years prior Raheem Sterling, who plays for the same club as Foden, was criticized for filming the house he bought his mother and The Daily Mail stated that the "England flop" was showing off and was untouched by his nation's defeat. It's obvious that the pendulum that dictates the newspaper's comments swings from one extreme, vilification and disparaging to glorification and applause.

It is saddening that this happens regularly in Europe's top leagues where clubs are supposed to be governed more tightly. UEFA needs to start applying aggressive and suitable long term consequences instead of the measly fines that fans get from time to time for casual territorial chants. Governing authorities like FIFA and UEFA need to mirror the ruthlessness of these territorial fans when it comes to punishing them. Just as the fans are unforgiving and heartless towards players of color, FIFA needs to be in their punishment process. There's no point in raising awareness anymore. UEFA carrying out "No to Racism" public campaigns is great for their PR but serves no benefits in the grand goal of treating the problem. The players wearing "No to Racism" armbands or holding pennants with the same message will not frighten these abusers into reevaluating themselves as these people have shown no contrition or remorse. The footballing world is in dire need of effective long term measures to combat its widespread racism.

