

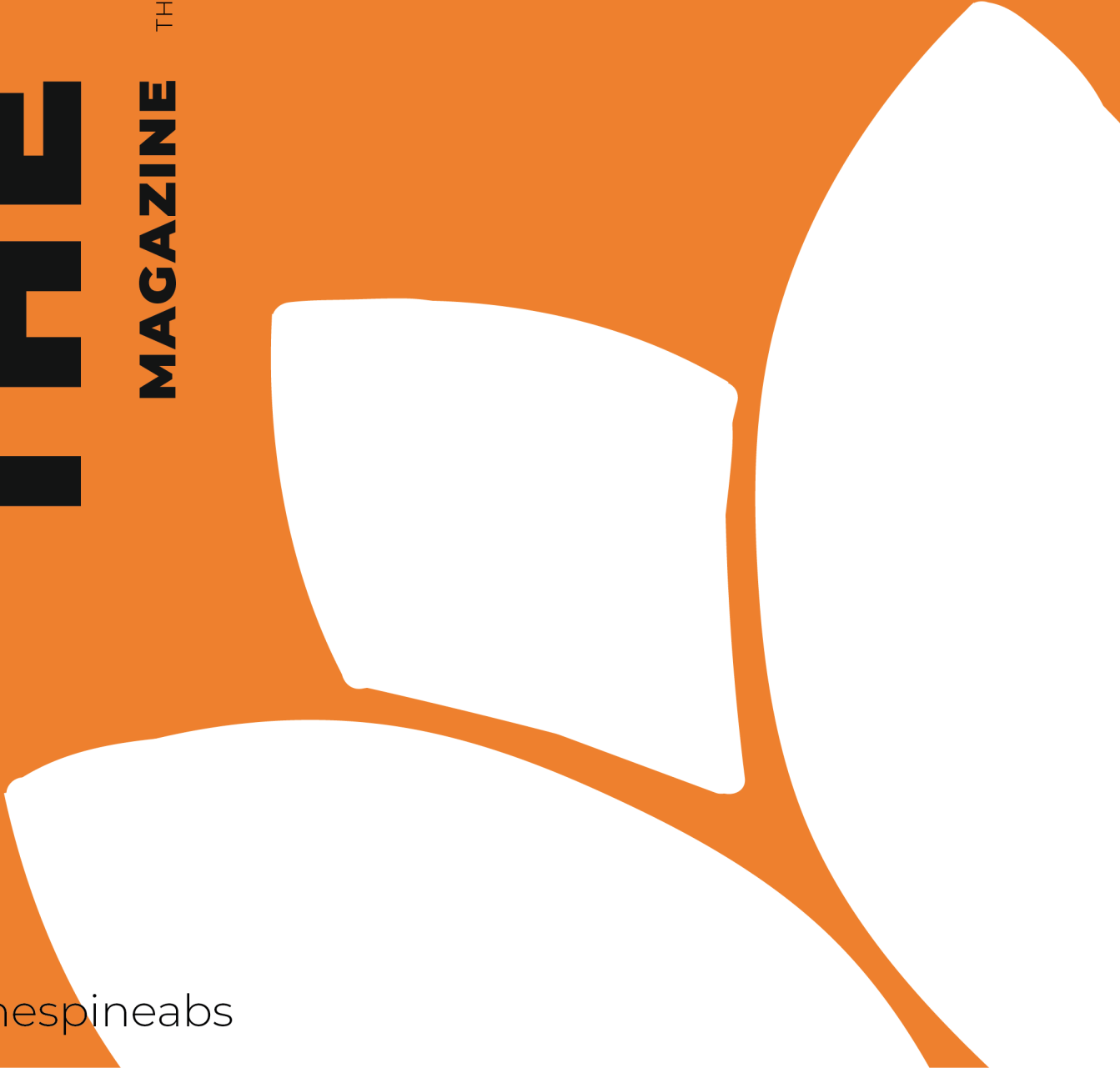
# THE SPINE

**MAGAZINE**

THE OFFICIAL AMMAN BACCALAUREATE SCHOOL MAGAZINE

**NEW  
BEGINNINGS**

2019  
**ISSUE 9**



  
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# Editor's Letter:

Dear readers,

Welcome to Issue 9 of The Spine! The theme of this issue is 'New Beginnings'. This phrase bears a lot of significance to each and every one of us in a unique way. Maybe you've just transitioned to the IB, or you're a senior thinking about universities and about to embark on a new chapter of your life. Perhaps you're just mentally preparing yourself for a new term. Regardless, we're all undergoing significant changes. Hopefully, this issue will serve to both ease such transitions, give you a bit of a giggle, and open your eyes to something new.

In this edition, The Spine has also witnessed some fresh, exciting developments in terms of the content we're featuring. We have our newly introduced 'Alumni Column', in which we hear from our ex-editor, Janine Hadidi, and an interview with our new Principal, Mr. Joss Williams. Don't worry, we still have our usual lighthearted reviews, and even a quiz to guess your IB subjects. Let us know if it works! Needless to say, this issue also makes sure to strike a balance between our jolly content and the more serious articles covering heavy topics that our world is confronting today.

On a more general note, I've been part of The Spine for three years now. Admittedly, it isn't the most well-known

activity, but its members have a true appreciation for it that can stand the test of time. Yes, we've encountered some bumpy roads lately, but for better or worse, our dedication has endured. Simply put, The Spine has a certain spirit to it that even the power of words cannot express, and one that only its people will understand. It's a channel for students to express themselves, and our love for it is what keeps it alive. Here at The Spine, we breathe words and save memories in written form, which last forever. Looking back at Spine articles is like walking down memory lane. Every piece reminds each member of the wonderful time we're spending together. Tens years from now, I hope to look back at this issue and others alike to reminisce these moments. So I would like to call on each and every student who reads or even skims through this edition to seriously consider not only joining The Spine, but to leave your individual print on it, and spread the word to others who might be interested. Personally, The Spine has changed me in indescribable ways, and I wouldn't be the person I am today had I not been part of it. Without further ado, I hope you enjoy reading this issue as much as we enjoyed making it!

Best wishes,  
Zaid Tabaza

# Supervisor's Note:

Hello ABS Spine readers and welcome to the Autumn 2019 issue of The Spine!

With both a new team and a new look, we're bringing you this issue with tidings of New Beginnings as we move towards the new decade!

We have a jam-packed issue for you with an IB selection quiz (just for fun -top marks all round, I promise!) reviews of firm favourites Young Sheldon and Black Panther, alongside a recipe for rather decadent triple layer brownies we have your entertainment needs taken care of as we head towards the winter break. We also have your emotional side covered with a list of books designed to support your mental health and well-being, as well as the minefields to watch out for in the IB College itself!

As always, we're on the lookout for new talent for the ABS Spine team as a staff or freelance member, so if you fancy coming along please join us on Mondays, week A in the IB College Film room!

For the moment though, please read on, enjoy and have a safe and happy winter break!

TTFN,  
Miss Gill



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# Interview with New Principal

By: Zaid Tabaza

In the spirit of 'New Beginnings', this issue would lack without an interview with our new Principal, Mr. Joss Williams. After multiple years of dedication, we have expressed farewell to Mr. Stuart Bryan in a wonderful celebration of his immeasurable contribution to this school. At the same time, ABS has turned a new, bright page marked by the addition of Mr. Joss into our community. Excited by the prospects of this change, I had the pleasure to interview Mr. Joss and discuss the plans and vision he has for the future of ABS. I'm glad to share the insights of our conversation with you.

1. What are you most looking forward to?

I'm most looking forward to interactions with students. I'm excited to attend lessons, engage with students by watching some games, attending plays, and partaking in the school life generally.

2. What's your impression about the school so far?

I feel really privileged to be the new Principal of this school, because it is such a great school with such a wonderful reputation. It is really exciting.

3. What do you think of teachers, students, and staff members that you've had interactions with so far?

They've all been very welcoming. The pupils seem very bright and intelligent. I think the main thing is that people are very welcoming. It is a big change for the school, but they've made me feel like we're all in this together, and ready for a new chapter.

4. In your opinion, what's the greatest challenge ahead?

The greatest challenge ahead is the pace of

change in the world. All educational institutions are at the end of the day establishments. They're created, they have structures, they have buildings and classrooms, and tend therefore towards inflexibility. The world is moving at a pace that it has never moved at before. I think the greatest challenge is for us as educators to make sure that the pupils are ready for the world that you will face. You will change a job or role every 1.5 years in your career, and we have to prepare you for that.

5. What are your main goals for the coming year?

My main goal for the coming year is to consider my mother's advice. My mother said, 'You have two ears and one mouth, and try and use them in that proportion.' We are a learning organization, and that isn't just the pupils; it's the teachers and everybody involved in the school. So, I too have to learn.



<https://web.facebook.com/AmmanBaccalaureateSchool/photos/>

# Tips from a Spine Alumnus

By: Janine Alhadidi

Let's be real. IB was like a series of awkward, yet hopeful first dates that made you want to creep into a little hole and cry incessantly, while simultaneously making fun of the whole situation. But hey, it was worth it, right? Hmm - not quite. I mean, although you do get somewhat of an advantage in some of your classes, by the time you get to university, you're pretty much just as lost as the exchange student sitting next to you in lecture halls that can barely understand English as it is.

Don't get me wrong though, there is nothing sweeter in life than a flexible schedule, freedom, and actually curating your classes the way you want to. Well, except for rushing through a year long curriculum in a 12 week semester, doing readings longer than my reddit feed, and overdosing on caffeine during finals season. Other than that, university life is grand- I guess. All jokes aside, university really does change you, excite you, and challenge you in ways that the IB could never dream of. Whether it's game days, university events, protests, or Frosh Weeks (or as non-Canadians like to call it, Freshers Week), you can pretty much guarantee that you are going to have the time of your life during these formative years, regardless of the route you decide to take.

Still, I find myself unbelievably nostalgic of my time in IB: chilling in my teacher's offices, MUN conferences, and of-course, pizza-filled laughing spectacles during Monday Spine meetings. I think it's safe to say I tried almost every after-school extracurricular at ABS, but to be perfectly honest, there's no sentiment that fully encapsulates what the Spine meant to us during high school. It was a place where we felt comfortable to be ourselves, laugh our hearts out, playfully teased Miss Gill, and wrote about all the satirical/weird/creative topics that we felt incredibly passionate about almost every week.

My time at the Spine as an editor has taught

me to unapologetically write about topics that I am interested in, work in teams, and deal with Adobe InDesign's weird lags right before issues are due for submission. Every single one of these skills have helped me to continue on to write for my university newspaper as well. So, to all you Spine-ers that have just joined the team, I have a few pieces of advice I'd like to share with you. First of all, welcome! Don't forget: NO bags on the tables. Secondly, I hope you signed up for this for legitimate reasons other than your university applications (like pizza, which was my reason for signing up). Believe it or not, you've chosen an activity that actually places priority on your opinions as a student, and wants to see them turn into reality in every issue.

The Spine is going to sincerely prove to you that what you think is a weird emo movie obsession, is another person's guilty pleasure. What you perceive as a helpful step-by step tutorial on how to operate a GoPro, will be someone else's lifesaver upon reading it. P.S. during your time at The Spine, you best believe you need to learn how to use InDesign, because at one point or another, you are all going to need to know how to operate it.

With that, I send you Spine-ers my regards, as I continue to freeze in the Arctic with my soon to be fellow Canadian student p-eh-nguins up North.





# Multitasking

By: Zaid Tabaza

As life becomes more hectic and stressful, we can't help but feel overwhelmed and in need of more effective work habits. One technique that people have introduced in an attempt to cope with the growing demands of life is multitasking. What boggles my mind the most about this process is the extent to which we oversimplify its definition. The question everyone is inclined to pose pertains to whether or not multitasking is real. In answering this question, people tend to go with "yes" or "no". I, on the other hand, believe that the answer is nuanced and more intricate than we seem to give it credit for. I like to approach this topic with a sense of optimism that multitasking is indeed viable and productive. I think that multitasking, one way or another, exists. The possible manifestations of it is what I am trying to explore.

The real challenge lies in our endeavor of defining multitasking. In my opinion, defining it as "the handling of more than one task at the same time by a single person" is far too generic and ill-conceived. Looking at it from a scientific viewpoint, the first question that crosses my mind upon reading that conventional definition is whether it aligns with the actual processes that our brains undergo while contending with more than one task simultaneously? In other words, although we might be able to work on several tasks within the same time frame while oscillating our focus between them, to what extent can we actually be working on them at the same time? This also raises the question of whether multitasking is an impediment or an enhancement to our effectivity. As much as I enjoy contemplating such stimulating questions, I personally and unfortunately, do not possess the answers for them.

Aside from that, an interesting potential outcome of multitasking is that it can have a positive impact on your sense of progress and can boost your productivity, as you know that

you are advancing in several tasks and not only one. However, there are times in which multitasking can without doubt be risky and even life threatening. An example of that is texting while crossing the street, or using your phone while driving. In such cases, multitasking would not only likely hinder your productivity, but will also place lives in jeopardy, and is an imprudent choice.

It is interesting to observe how successfully or disastrously multitasking can turn out to be. Nonetheless, we cannot deny that multitasking, if done in moderation and through effective training, is an idea that appeals to most, and can induce remarkable effects on our lives. I personally don't think the idea is far-fetched, and I believe that we have been doing it since the dawn of time, although to a lesser extent and in more hidden forms. In the same way, we can continue to pursue it and can make it more of a reality if we push ourselves towards it. Nonetheless, the question remains, what limit exists to it and at what fine line can it become ineffective or dangerous?



<https://www.medicalnewstoday.com/articles/323704>

# Feeling Demotivated?

By: Ali Attaa

IB, deadlines, family, commitments, and friends can all lead to burnouts. hard stage that most of us go especially considering the rigor of our program. Indeed, it's very common for students like you and me to find ourselves to be lost, demotivated, and just stressed about work, grades, and school in general. So, this article goes to all of you out there seeking help during this stressful time. The following books have been reviewed and read by experts that suggested them to those who have struggled with motivation, amongst many other issues. Also, you'll be glad to know that each of these books are available to borrow from the IB Media Centre if you ever need them!

## 1. Drive: The Surprising Truth About What Motivates Us (by Daniel Pink)

This book is one of my personal favorites, and one that I read when I was severely unmotivated during my first few weeks in the school, and I simply can't emphasize enough on how much it has benefited me. Basically, the book conveys essential findings from research on what motivates people. It starts out in simple terms with examples of reward and punishment incentives, which represent intrinsic and extrinsic drives respectively, giving rise to the name DRiVE. Basically, it discusses three ways through which you can amplify your intrinsic drive, thus increasing your motivation to persevere through times of low morale at school or work.

Availability at Media Centre: Available 2/2 copies

Buy your own: At Virgin Megastore City Mall

## 2. Who Moved my Cheese (by Spencer Johnson)

Many people who have read this book said that they found it to be both interesting and useful.

In short, the author of the book introduces us to his parable on how to cope with change and stop being afraid of what lies in the future, focusing on thriving in an environment of constant change and uncertainty. I gained three important lessons from reading this book. First of all, "Stop thinking too much about your cheese and start chasing it". Secondly, "Even the biggest cheese doesn't last forever, so try to see change coming". Finally, "Don't worry there's always new cheese to be found. The minute you start moving things will improve."

Now, I will not go in to detail about these, as you should read the book yourself to understand and benefit, but I will say that I recommend it overall!

Availability at Media Centre: Available 1/1 copies

Buy your own: Available at Virgin Megastore City Mall

## 3. The Monk who sold his Ferrari (by Robin Sharma)

Before reading this book, I had heard some really great things about it, and when I read it, I was able to understand why. It's a self-help book revolving around a business fable that has been derived from the writer's own experience after leaving his career as a lawyer at the age of 25. It contains many inspirational quotes including my favorite "Everything is created twice, first in the mind and then in reality." Here are some of the lessons learned from my reading experience. It's important that you foster your mind as it will blossom your expectations. My favorite one which applies to most students are demotivated by poor grades is, "There are no mistakes in life, only lessons. There is no such thing as a negative experience, but only opportunity to grow, learn and advance along the road of self-mastery."



This one is my favorite because it just gives some very general life rules that can easily be applied to anyone anywhere! Reviews by critics such as Paulo Coelho, the renowned author of the novel "The Alchemist", were very favorable. He described it as "a captivating story that teaches as it delights".

Availability in Media Centre: Available 1/1 copies in Arabic

Buy your own: Available at Virgin Megastores City Mall

4. The Gifts of Imperfection: Let Go of who you think you're supposed to be and embrace who you are (by Brené Brown)

While I haven't read this book yet, I've heard really great things about it and I am planning to read it soon! I will leave you with a quote by the author himself "Authenticity is a collection of choices that we have to make every day. It's about the choice to show up and be real. The choice to be honest. The choice to let our true selves be seen." The first lesson of the book is to never compare yourself to others. Doing so makes you boring not better. Life isn't a competition. You must be original and create something unique that fits you. The second lesson is that the biggest enemy for work isn't playing, it is depression. We have been taught since infancy that playing is a distraction. From what I've read, it appears to me that the author says that playing and having fun is an integral part of the work environment, so it is very important to stay creative while working and use resources that awaken the magic within you.

Availability in Media Centre: Available 1/1 copies

Buy your own: Available at Virgin Megastores City Mall

Do you have any recommendations to share? Get in touch with us via email [@thespine@abs.edu.jo](mailto:@thespine@abs.edu.jo).



<https://lithub.com/wp-content/uploads/2019/07/used-books-store-2.jpg>

# The IB College Minefields

By: Nofe Hammouri

As we near the end of Term 1, I'd like you to congratulate yourselves. You will know that the IB college is the literal definition of a minefield; ranging from the bathrooms, to the cafeteria and even the classrooms. First and foremost, being able to operate the sinks in the bathrooms is a talent that requires much skill, which is very difficult to perfect. The sinks are designed in a specific way to ensure that you get splashed no matter how far you try to distance yourself. No matter how brief your visit to the bathroom is, chances are, you are probably going to get wet. The degree of the splash depends on the technique you are using to avoid the splash. If you try to distance yourself from the sink, this is probably ineffective, since the physical extent you can distance yourself, while still being able to reach the sink, will still be too short to shield you from the showers. However, I would personally advise standing to the right/left of the sink, and wash your hands horizontally, because apparently, this is the most effective way to minimize the total damage. Please don't get me wrong, you are reducing damage, not eliminating it.

As you continue to embark on your journey in the IB College, you might also stumble upon an

area that has a ping-pong table. These areas are usually very crowded with a high possibility of being hit in the face with ping pong balls. Whenever you walk around any area with a ping pong table, expect to be bombarded with ping pong balls. Also, being able to get a turn in one of these matches is a very difficult task, since nobody seems to be keeping track of the turns.

Probably one of the most dangerous minefields in the IB College are the classrooms, given their inability to have regulated temperatures. As some might know, the temperatures in the IB classrooms are unanimously regulated, and therefore the temperature is decided for you. I am not sure who thought this was a good idea, but I'm certain they have a logical explanation for this. In months such as March or October, where the weather is fairly unpredictable, you are bound to endure the temperatures- ranging from raging infernos to replicas of the North Pole, with nothing in between. Evidently, we are put in very challenging situations during such months and we must make a very difficult decision: do we endure the cold or the heat?

Do you know of any IB college minefields I've missed? Let us know!



# Thoughts on Diets

By: Nadine Hosh

In our ever-changing globalized world, we are constantly aspiring to outperform others around us, be it in terms of cultural expression, personality or wealth, all of which are important factors. Our obsession with appearance, however, is an utterly different social construct that often greatly impacts how we're seen. This fixation leads to widespread, eccentric dieting methods used by everyone (from super models to high school teenagers). In this new craze that controls our world, these "fad" diets encourage the depletion of nutrition found in specific food groups, including carbohydrates and sugars that reduce the amount of energy and focus retained by a growing teen. A fad diet is a diet popular for short time spans, similar to fashion fads. Such diets are often accompanied by the promise of rapid weight loss and other health advantages, including greater life expectancy and reduced chances of cancer.

The encouragement they receive from social media stars and platforms only further intensifies the issue and convince teens to follow such diets. Their minds are enveloped in the social construct where being thin is the new "sexy", which only further reinforces the concept. Additionally, peer pressure plays a huge role in developing the idea of extreme diets where teens sacrifice their own physical and emotional health only in attempt to look more appealing.

From a social and cultural aspect, teenagers especially females, are put under extreme and unrealistic expectations of maintaining their figure in a healthy way. Often, comments made by close family members diminish the confidence these teens hold, forcing them to adopt radical dieting methods in order to please their family members and "fit in".

When someone's diet focuses specifically on weight loss, their main goal is to eat fewer calories than the body uses, which in turns leads to the burning of body fats as an energy substitute. The process itself can often take months. However, the growing impatience in today's youth often poses a challenge with the dieting methods, as they expect quick and effective results with little to no work.

This leads to the utilization of extreme diets, often including liquid diets, low calorie diets and at times, complete starvation. Not only have these methods been proven unscientific, but they also pose huge health risks against teens whose bodies are still developing and whose growth can be stunted by the lack of nutrients.

This process doesn't stop here, however, as many reports suggest a growing addiction that teens face with losing weight, which can later on very easily lead to Anorexia Nervosa. Anorexia is a medical condition characterised by a person's continuous obsession with losing weight. Anorexia has the highest mortality rate compared to other mental health issues. The physical angers of starvation often result in a state of declined mental health.

Diets, when used in a healthy and managed way, can be quite useful to teens, especially those battling childhood obesity or other related illnesses. However, when used in the negative way as many teenagers do, it greatly affects our physical well-being, especially considering that teens require nutritional support to nurture their growing bodies. The lack of such nutrients could lead to insomnia, brain fog, dizziness and could in turn possibly lead to death in the case of starvation. Given that teens require up to 1,300 milligrams of calcium each day, a reduction of such can result in more growth deficiencies and often osteoporosis at a very young age, as it causes bones to weaken. This cripples one's personal figure to such an extent that day to day tasks, such as shaking someone's hand or drinking water, can become a burden.

In conclusion, diets can be either unhealthy or healthy. In most cases, the eagerness to look perfect is rooted within teenagers and young adults, who want to find quick methods to do so. This usually leads to an unhealthy path of dieting, which will hurt them in the long run. Nonetheless, dieting can also be seen in a positive light when dealing with diseases such as diabetes and obesity, as it prevents the development or worsening of such diseases.





# Are You Happy?

By: Abdullah Al Alami

What happened with your exam? Did you pass? What about your college applications? You actually work for this company? That must be AWFUL! Blah blah blah blah...

Seriously, are you willing to keep on answering these questions for the rest of your life? Are you willing to keep up that fake smile of yours just to avoid these people who are just annoying you with their meaningless, judgmental questions?

Let's face it, throughout your life, have you ever encountered a situation where someone simply asked you, "Are you happy?". Well, if you have, the chances are unfortunately very low ...

Everyday, and I mean everyday, we are sadly forced to go through situations where we consider what other people will think. "Should I wear this? NO, I wore it last week." "What will they think about my hair?" "Is it good enough?" Reconsider your thoughts, really. Is it worth the time and energy to be this insecure about what others think? NO! Believe me, and take my advice for this, you should do what makes you happy... It is you at the end of the day, not them! If you like a certain dress, why not wear it again for another party? Who cares? If it makes you happy, just go for it...

Therefore, I might be the first person to ask you this question: "Are you really happy?".

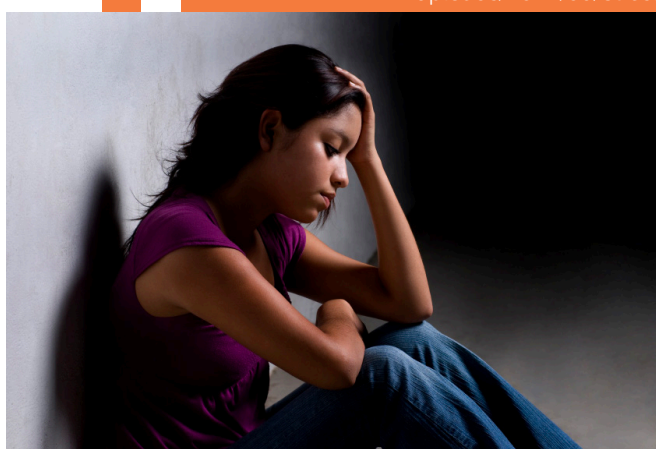
Be true to yourself. If you're not happy, think of the new experiences that you'd like to have and that you'll truly enjoy. Maybe it's a new sport. Perhaps it's cooking classes. It might even be something as simple as timeout from certain people. It's ultimately your decision.

I recently read a book called "The Secret", by Rhonda Byrne. Basically, in the book she writes about the Law of Attraction, which simply states that as humans our thoughts tend to

attract reality, as long as we believe in them. For example, when you wake up late for school or work and think that your day will be awful, surprisingly it turns out to be so! At the same time, if you wake up feeling good and relaxed, your day will most likely be so as well. Therefore, if you want happiness, just believe in it and keep it in your thoughts; you'll start noticing how your mood becomes more positive. It's as if the world responds to your thoughts like a genie and says: "your wish is my command." The universe doesn't care whether you think negatively or positively. It'll simply respond to your thoughts by bringing them into reality! So be careful of what you think....

It may be hard to keep all the positive thoughts in your mind at first, and I'm not saying you will be able to eliminate all the bad days of your life, but at least try. With time, you will eventually manage to control your thoughts and maintain a positive attitude. When people say your life is in your hands, they mean it! So again, are you happy?

<http://mymeditativemoments.com/wp-content/uploads/2011/09/Stressed-Teen.jpg>



# Triple Layer Brownie Recipe

By: Ghassan Al Daoud

## Ingredients for Dark chocolate brownies (layer 1):

1/2 Vegetable oil  
1 cup sugar  
2 large eggs  
Teaspoon of vanilla extract  
1/4 teaspoon baking powder  
1/3 cup unsweetened cocoa powder  
1/4 salt  
1/2 cup flour  
Teaspoon of whole milk  
1 bar of dark chocolate  
Butter to grease pan

## Ingredients for Chocolate Fudge (layer 2):

2 cups white sugar  
1/2 cup cocoa powder  
1 cup milk  
4 tablespoons butter  
Teaspoon of vanilla extract  
Butter (to grease pan)

## Ingredients for Cakey Avocado Brownies (Layer 3):

1 ripe avocado  
2 cups and four tablespoons unsweetened soymilk  
1 cup maple syrup  
1 cup coconut sugar  
1 cup whole grain spelt flour  
1 cup unsweetened cocoa powder  
2 teaspoons of baking soda  
1 teaspoon of salt  
1/2 cup chocolate chips

### Layer 1: Dark Chocolate Brownies

- Grease a 9x11 inch pan until thoroughly oiled.
- Preheat an oven at 180 degrees Celsius.
- Thoroughly mix 1/2 a cup of vegetable oil with one cup of sugar.
- Using a balloon whisk and a glass or metal bowl, mix two large eggs with one teaspoon of vanilla extract, and whisk until thoroughly mixed and a light froth begins to develop.
- Mix together 1/4 teaspoon of baking powder, a 1/3 of a cup of unsweetened cocoa powder, 1/4 teaspoon of salt, and 1/2 a cup of flour in a separate bowl.
- Add the vanilla and egg mixture to your oil and sugar mix, and mix thoroughly.
- Slowly and in smaller portions, mix the oil, sugar, vanilla and egg mixture with the dry ingredients until a thick batter is developed.
- Add a teaspoon of whole milk to the batter and thoroughly mix.
- Break apart a bar of dark chocolate.
- Soak a kitchen towel in warm water, and then wring the towel out.
- Lay your moist, warm towel over your chocolate bars enough for the chocolate to "sweat" in order to have a layer of moisture around it.

- Toss your moist chocolate in flour in order to coat them to prevent them from sinking to the bottom of the brownie.
- Gently fold your dark chocolate into your batter.
- Pour your batter into your greased pan, and then place your pan in the oven for 20 minutes.
- Using a fork, make sure that the inside of the brownie is cooked and spongy, However, if the top is still uncooked, then turn on your broiler for one minute.
- Take your brownies out of the oven, and let them cool before taking them out of the pan. Make sure the brownies come out as one piece.

### Intermediate layer:

Take the filling of a double stuffed Oreo out, and lay them on your brownies, and then, using a fork, poke them reaching through the Oreo filling into the brownies. Make sure to save the cookies!

### Layer 2: Chocolate Fudge

- Grease a 9x11 inch pan.
- In a pan, combine 2 cups of white sugar, 1/2 a cup of cocoa, and one cup of milk. Stir to blend and thoroughly combine, and then bring the mixture to a boil, making sure that you stir constantly. Reduce the heat and allow

it to simmer. Do not stir again.

- Place a candy thermometer in a pan and cook until the temperature reaches 114 degrees Celsius.

(If you don't have a candy thermometer, then cook until a drop of the mixture in a cup of cold water forms a soft ball. Feel the ball with your fingers to ensure it is the right consistency. It should flatten when pressed between your fingers.)

- Remove from heat and add four tablespoons of butter and one teaspoon of vanilla extract. Beat with a wooden spoon until the fudge loses its sheen and becomes matte.

- Pour into the greased pan and place it into the fridge. Once it has cooled, take the chocolate fudge layer out and place it on top of the brownies/ Oreo stuffing.

#### **Intermediate Layer:**

- Spread a layer of peanut butter, Nutella, or marshmallow fluff onto the fudge.

#### **Layer 3: Cakey Avocado Brownies**

- Grease a 9x11 inch pan.

- Preheat the Oven to 190 degrees Celsius.

- In a blender, combine 1 ripe avocado, 2 cups and four tbsp. of unsweetened soymilk, 1 cup of maple syrup and 1 a cup of coconut sugar. Blend until smooth.

- In a large bowl, combine 2 cups of whole grain spelt flour, 1 a cup of unsweetened cocoa powder, 2 tsp of baking soda and 1 teaspoon of salt.

- Mix the wet blended ingredients with the dry ingredients.

- Add the chocolate chips and stir together until combined.

- Sprinkle on a handful of chocolate chips.

- Bake for 15-20 minutes until a fork comes out clean.

- Allow to cool for 15 minutes.

- Take the brownies out and place them on top of the Nutella/PB or marshmallow fluff layer.

Enjoy!





# Young Sheldon - Series Review

By: Zaid Tabaza

The day I dreaded has been and gone. "The Big Bang Theory" has ended. The series made its way up to my top list of comedies since I started watching it a few years ago. Its greatness is proven by its ability to maintain production over the course of more than a decade. Alas, it is now over. Fortunately, a spinoff to the show, called *Young Sheldon* has begun. Like most spinoffs, however, *Young Sheldon* was anticipated by the assumption of underperformance, which is completely justifiable for a sequel to such an amazing show. Nonetheless, I can definitely say that this show has refuted such preconceptions and surpassed any expectations I set for it.

For those of you who didn't follow the original series, it essentially handles the story of a party of friends, most of whom are scientists, who are brought together and influence each others lives and relationships. The prequel gives us an insight into the upbringing of Sheldon, a prominent, intriguing and amusing character who becomes a theoretical physicist in the original show, and the prequel itself already gives us a glimpse into Sheldon's bright future.

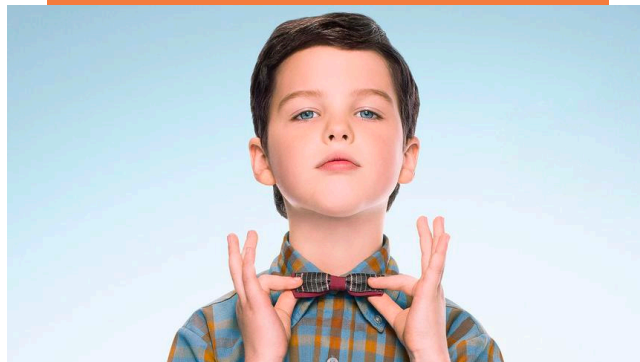
For a show intended for younger audiences, I was surprisingly engrossed. A particular strength was the humor instigated by the ironic and humble environment in which Sheldon was brought up, and comparing it to what became of him in the original series. Watching this show in retrospect to the original one, I enjoyed putting the pieces together and using events from either shows to untangle certain plot holes and make sense out of everything.

Another praiseworthy aspect of the show is its well-thought out storyline, as it revolves around a curious and unusual character that magnetises the attention of many. Furthermore, closely observing the childhood of such a character allows for intimacy to be built with

the audience and makes both series more entertaining. Each episode is brief (around 20 minutes) and handles a different adventure that *Young Sheldon* undergoes, which helps avoid dullness. The remaining characters are also well-chosen and are depicted in an affable, yet somewhat sarcastic manner. The great resemblance between the actors playing young and old Sheldon in terms of appearance as well as attitude is simply fascinating. The general vibe given off by the show is nostalgic and friendly. Perhaps the only weakness of the prequel is that not many of the characters in the original show are introduced, which could be an interesting addition to consider in future seasons.

In case you're wondering whether or not you need to watch the original show to enjoy this one, I can assure you it isn't a must. In fact, I must confess, I myself didn't watch the entire 12 seasons but rather only the recent ones. However, exploring the original show is advisable as it will make the prequel a more compelling watch.

The first few episodes I've watched have really sparked my hope for a satisfying continuation to the original series. I truly deem this show to be a promising successor to the *Big Bang Theory*.



<https://uploads.jovemnerd.com.br/wp-content/uploads/2017/09/v-young-sheldon-1-1210x540.jpg>

# Black Panther - Film Review

By: Nadine Abdul Jalil

There is never a bad time for Marvel, and I would like to take a moment to revisit one of my favourite additions to the Marvel Cinematic Universe in recent years, *Black Panther*.

With an amazing cast, including Chadwick Boseman, Michael B Jordan, Forest Whitaker and Martin Freeman we are given this beautifully created movie, that balances both the seriousness of the plot and hilarious jokes we have come to expect through previous MCU movies. And hey, if you're saying that Chase's scene wasn't the most rebellious thing that you've ever seen, then we really can't be friends.

For me, this film differentiates itself from other Marvel movies by being more character oriented, rather than focusing on the power. It doesn't repeat the plot of nearly every superhero movie's third act of fighting an army with a sky beam, as seen in movies like the *Avengers*, *Suicide Squad*, etc... Andy Serkis is ironically the actor behind the gollum in the *Lord of The Rings* franchise. The movie begins shortly after the events of *Captain America: Civil War*, after T'Challa's father was killed. (He is now about to be crowned king of Wakanda, is also the Black Panther and handling the problems that come with it- I don't envy his position!)

In relation to the characters, both Chadwick Boseman and Michael B Jordan give amazing, emotional performances, especially considering the fact that the movie was filmed using a green screen. All I can think of is what kind of imagination one must have to pull off that type of performance when all you can see is a green sea. The story arc given to King T'Challa was very interesting, considering that during *Civil War*, he was a man on a revenge path. In this movie, we are able to see the goodness of his heart, and what type of person he is. He's portrayed as a good king, and as his father says

to him, it's hard to be a good man and a good king. *Civil War* was a good introduction to his character, it gives the arc more relevance and really strips away the armour, and so we see the king behind the armour (similar to *Iron Man 3* and the first *Thor* movie, but we do still see him as the *Black Panther*, which was spectacular).

This movie also did spectacularly well in teaching us some of the Wakanda culture and kept the audience intrigued while watching. It almost as if you leave the theatre feeling like you've had a crash course in Wakanda culture! An important aspect in all Marvel movies is the humor, which in this case, did not overpower the drama of the film. Generally, the supporting cast was amazing and hilarious, all the way from the amazing warrior women, who protect Wakanda, to T'Challa's sister, Shuri, who all have great moments. Another point worth mentioning is Michael B Jordan's performance as the villain 'Kilmonger'. He really suits the role of a villain. We clearly understand his motivation when he's on screen, which brings me to the one problem I had with this movie; it feels more like they tried to squish two movies together with the two villains. I feel like I could have had more time to concentrate on building up one villain, rather than having to focus on both in one movie.

But all in all, *Black Panther* was fantastic! It has your fun superhero "stuff" in it, but it is really about a king coming to the throne and dealing with being a new king. I think most people who watch *Black Panther* are going to enjoy it. It's definitely worth a watch; you'll either love it, or really love it!



<https://www.fanteesia.com/wp-content/uploads/2018/10/black-panther-banner-2048.jpg>

# IB Subjects Quiz

By: Abdullah Al Alami

We can tell which IB subjects match your personality based on this random quiz. Answer the following questions and score them according to the points included between brackets. Add up your total score and compare it against the results interpretation provided below.

Q1: Choose a weird pet to have:

- a) A Tarantula (1pt)
- b) Fennec Fox (2pt)
- c) Hedgehog (3pt)
- d) Pygmy Goat (4pt)
- e) Bearded Dragon (5pt)

Q2: Choose between these embarrassing situations:

- a) Calling you teacher mom (1pt)
- b) Being caught stalking (2pt)
- c) Waving back at someone and realising they were waving at another person behind you (3pt)
- d) Arguing your point and then realising you were wrong (4pt)
- e) Going in for the hug when they are going in for the handshake (5pt)

Q3: Choose between these breakfasts:

- a) Just coffee (1pt)
- b) Acai Bowl (2pt)
- c) French Toast (3pt)
- d) Pancakes and Waffles (4pt)
- e) An omelet (5pt)

Q4: Which Picture Causes You Anxiety?

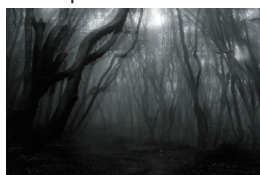
a) (1pt)



b) (2pt)



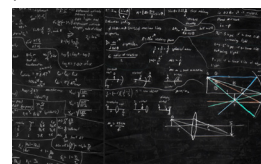
c) (3pt)



d) (4pt)



5) (5pt)



Q5: Choose a superpower:

- a) Invisibility (1pt)
- b) Super-strength (2pt)
- c) Mind Reading (3pt)
- d) Time Travel (4pt)
- e) Flying (5pt)

## Results:

5-9: Math, physics, biology or chemistry HL.

You're in a complicated relationship with your GDC. You think every other subject is a piece of cake. Your IQ exceeds your weight (in grams). Before any exam, you contemplate turning into a serial killer or psychopath.

10-14: Business, Econ, CAS and EE.

You think you'll become the next Steve Jobs. You like and share memes related to your subject choices to show your intelligence. You lack respect from HL sciences. You like projects and prefer practical work rather than having exams.

15-19: History, global politics, and ESS.

You're an activist on twitter. You're passionate about feminism and human rights. You also like to write a lot.

20-25: TOK and/or one of the arts.

You're very philosophical. You don't really know what you know except that it exists. You're very spiritual and also lack respect from HL sciences. You're an excellent thinker.