

# THE SPINE



# Winning at Life!

Manus x Machina: Fashion in an Age of Technology

Ballet Through the Eyes of a Clumsy Child

Why the SAT's Will Be the Death of Me

June 2016  
ISSUE

06

Veganism

# THE SPINE

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THE SPINE MAGAZINE



THESPINEABS



THESPINEABS

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# Editor's Letter

Welcome readers!

We have exciting news. Mind boggling news. So, prepare yourself and listen closely.

You know that long haired, comedic editor/writer we had before? Oh, and that really tall 'squat' enthusiast, AKA Juan Gonzalez? Well they're gone. Forever. Given that we are constantly told to seize every opportunity for success, we decided to take them hostage in Miss Gill's Film Room, and finally get on top of the Spine, as editors.

Don't you worry, though, we've provided Sam with several squat workout DVDs and 'as seen on TV' muscle stretchers. As for Sanad, we've given him a lifetime supply of combs and Terry Pratchett books. So believe us, they're good to go.

Having dealt with that, we can finally proclaim our excitement to be bringing The Spine forward once again this issue, with our one of a kind writers and editors.

We hope to continue entertaining you with funny anecdotes, epic fails, reviews and weird interests, not to mention our all new mini-series featuring Bill in many new and fascinating situations.

Whether you're a video game/movie geek, rant enthusiast, creative storyteller, lover of fashion, or all around bored human being; The Spine's got your back. With our beloved Miss Gill (AKA Gillpocalypse) by our side, and eccentricity up our sleeves, we vow to make sure that the Spine never ceases to blow your minds every issue.

Now as we bid you farewell for now, we sincerely hope that you enjoy this issue of The Spine. May you find your path to winning at life, dear reader, and may we join you in that quest!

Here's to us winning at life together!

Kind Regards,  
Elea Taffet & Janine Hadidi  
Editors of The Spine

Welcome to the latest edition of The Spine!

In the spirit of "Winning at Life", hopefully you've all managed to make it through e-examinations/ end of year exams and finals unscathed, and are looking forward to the fun, peace, quiet and relaxation of the summer break - I know I am!

As always we have a fantastic evening fun filled issue for you this term - the first issue without ANY of our original team (Miss Gill wipes away a tear...), but I hope you'll find it interesting and engaging. I will admit at this point, however, that I'm starting to really worry about some of our team - I mean, really, who thinks peanut butter-dipped hamsters should ever make it onto ANYONES menu? For more on this, please take a look at Noor Abdel Nabi's 'Bucket List' article and decide for yourselves!

We have features looking at family life, Second Life, and even life on Planet Spaceball for you to peruse this term, so please enjoy!

As always, we're always looking for new talent to join us as staff or freelancers, so get in touch for more information if you think you might be interested, meetings are held on Mondays after school 3:15 - 4:45 in the Media and Film room.

TTFN,  
Miss Gill

# 5 Reasons Why I'm Slowly Dying Inside

*Written by: Ali Ibrahim*

Do you ever get that feeling after certain events where that your body and soul are painfully disintegrating at a slow pace? That's what I usually feel. Now I'm not nihilistic nor am I emo in any way, but I just want to vent out all my first world problems and pet peeves into one article.

## **Reason #1: The infamous question towards all people who wear glasses, "How many fingers am I holding up?"**

Now this is a pretty common problem. If you wear glasses like me, it's pretty much a guarantee that one smug jerk asked you this notorious question with your glasses off. Let me start off by saying if you still pull this joke on other people, you're pretty much as dead to me as almost all the parts of my body. After all the years of living here on Earth, haven't you come to the conclusion that not all people who wear glasses are blind? Just because I wear glasses, I am not Hellen Keller. Just a word of advice, don't do this to people who have glasses. Chances are they've heard it a million times before. It's also not really the best icebreaker unless you want them to hate your guts from the get go.

## **Reason #2: Playing games with people who don't speak the same language online**

You've probably come across this problem if you play team based games like Counter Strike, League of Legends, or Dota. These games are extremely fun when played with team spirit, great communication between the players. However, playing these games can be the most infuriating thing when they are unwilling to speak English. I don't understand Polish, French, Russian and Spanish, and I don't have a problem with speaking your mother tongue. When I specifically look for servers with English speaking teammates, I expect to communicate in English and not talk in Russian to my fellow comrades. I swear, I think playing these games is a cheaper alternative to

Rosetta Stone. Because of them, I am able to swear in 5 different language and no one would know. Thanks Dota!

## **Reason #3: Lemon Iced Tea**

If you're friends with me, you probably know I have a deep love for ice tea. Water to you is like ice tea to me. Despite my love for almost all flavors of ice tea, there is an ungodly one that deserves to be condemned; which is lemon iced tea. If you drink lemon iced tea, just know that you committed one of the biggest sins in my book. It is seriously disgusting. If you want to drink iced tea, why not drink peach, raspberry, strawberry, or even mango for goodness sake? Instead you choose to drink that swill known as lemon iced tea. Do the world a favor, stop drinking lemon iced tea so that the soft drink industry can stop producing it. If you want to drink something with lemon, make lemonade.

## **Reason #4: Programming**

First off I'd like to say that I love programming, I seriously do. The thought of creating awesome contraptions like games, websites or databases is extremely fun in my book. However, it comes with the very damning price of compiling errors. Imagine setting up a TV in your living room; You spend 6 hours on it setting up the frame, connecting the plugs, and making it look good. At the end of the day it doesn't work because you forgot to setup the remote. That's programming in a nutshell.

## **Reason #5: Tech Support**

As mentioned previously, I love programming and I also love computers. This comes with a price though. Just because I have an interest in the world of technology and computers, it does not mean that my name is Rajat from Microsoft tech support here to solve all your troubleshooting problems. If you want to fix your computer, look it up, or get an actual engineer. I'm just a student, buddy.

# The Second Life Mentality

*Written By: Faisal Tarawneh*

**W**ith everyone busy with their own lives in our day and age, relaxing has become a thing of a past. Nevertheless people have found away to bypass reality, to enter a world of fantasy and delight. To the common person this process is mostly known as playing video games. Video games are a gateway to a separate dimension; they transport people into worlds full of mystery and wonder. An example includes the widely recognised Fallout games, which put you in the shoes of an apocalypse survivor in a world full of mutants and monsters. Other games such as Goat Simulator give you the opportunity to live life to the fullest as goat!

Now come the infamous multiplayer online role playing games (MORPGS for short), which allow you to have your own unique characters, while still interacting with real people inside the game. This is home to games such as Second Life or World of Warcraft, which are the pinnacle of role playing games, giving you the power to meet people online in a virtual world. These games have become so popular; the social aspect has even begun to rival the likes of Facebook and Twitter.

Games can be a fun break from life; allowing you to relieve the built up tension through entertaining yourself. This is one of the many reasons people inhabit virtual worlds; believing that they have no place in their real monotonous lives, and choosing to spend time online, with virtual friends, sort of like an actual “second life”.

Probably the most popular game that gives players the option to live a virtual life is the hit role playing game, Second Life. The appeal behind Second Life is massive, it allows you to create a character of your choice, giving you the power to replicate your physicality, or giving you the option to create someone entirely new. Once your character is set up, you are free to do a nearly unlimited amount of things.

These include playing games, having a profession, and even giving you the option of starting a family with ‘real’ people. This is truly the reason why it is called

Second Life. These factors may appeal to some; others might find the idea of having a virtual family and life disturbing.

Games like Second Life and World of Warcraft are fully immersive, meaning that they give you the ability to fully submerge yourself into the game, and this is partly why they are a huge hit. These sorts of games help people cope with the stress of everyday life, breaking the monotony and allowing them to live unique and wonderful lives. Role playing games basically serve as a haven for people feel unwanted in the real world, giving them the ability to form bonds with similar people, and thus giving them a second home where they feel accepted. Acceptance plays a huge role in the reason in why so many people choose to immerse themselves in these games, and this is where they usually find it. Believe it or not, people actually end up forging long lasting friendships over these games. As much as people claim players are antisocial, gamers often meet new people, with whom they form bonds with.

To conclude, although there is great controversy behind the subject of people almost having a second life in a virtual world, it is understood that there are many benefits for doing so. As a result, games such as Second Life have culminated huge amounts of popularity, proving that games like these have a place for everyone.



# The Arts in the IB College

*Written by: Mika Taffet*

The Arts as a subject choice are not usually very welcomed by parents. Many children have heard their parents say “I find that the choice of ditching an art for a science is great, but only if it is of your will, and not because of you parents. The IB offers many arts ranging from visual arts to film, with a bit of everything in between. ABS has been nice enough to provide us with a wide choice of them.

The Arts are not some “easy seven classes” that you take to fulfill your class requirements. An art is something you take because you love it. If you do take it because it fulfills your class requirements, there is a high chance you’ll hate it and drop it.

I used to think that law was the way to go after finishing school, but that was until I saw the fantastic option of Film HL on my class list. I think that choosing Film was the best decision I have ever made. Having done a bit in my old school I know that I enjoy the subject, but this took my love to a whole new level that I now look at universities and ask them if they offer Film.

But there is more than just film in the arts. There are also the options of Literature and performance, Theatre, Music and Visual arts. Having asked around, the people who take these classes are certainly talented. If you have a talent, then go for it. Sit down with your parents, explain to them why this will not destroy your future, and do it. Seriously. The arts are a fantastic way of opening up your mind and letting your ideas flow.

One of the best parts of taking an art is the freedom of choice when a project is given. Obviously, when guided or given boundaries in other subjects it is easier to come up with ideas, but one way to get over that is by sitting down with a blank piece of paper, and having one minute to write down every single idea that passes through your head. Easy inspiration.

Even with lack of inspiration, The Arts are the only IB group where having a project is not a burden, more so a piece where a part of your ideas and soul are put into it. Even with boundaries on a project for a class, no matter how tight the boundaries are, will end with different projects amongst students. That is something that I find incredible. The fact that people who are in the same class, will be so different.

Sometimes ideas will certainly be similar, but I assure you that they will never be the same. Film is a class that makes my day better, no matter what. I am pretty sure that the best cure for depression is a long lesson on the evolution of angles over the years with the development of CGI. I’m already relaxed just thinking about it. There is something in The Arts that is special: it is that you can’t express yourself in Chemistry, or Math, let alone Physics. This is the only class where after some theory, all you have to do is be yourself, let yourself be guided by passion and tadaaa!.....art. The IB offers arts, why waste a fantastic opportunity to develop and improve your talent?

# Why the SAT's Will Be the Death of Me

Written by: Jude Barwalsa

SAT, ACT, IELTS, TOFUL- you know, just to name a few college requirements. As a current junior, stressing out about universities and their requirements is a given. It all started when the eleventh graders began attending university fairs, assemblies, and meetings, where we are given a bunch of pamphlets, brochures, and handbooks. But let's focus on university fairs; you're walking around in the Dajani Hall, staring blankly at those weird, unheard of universities that are in the forests of Iowa, or in the middle of deserts in Arizona, as you contemplate what you've gotten yourself into. Because at this point, you have now made eye contact with the university representative, which means there is no turning back. The representative starts asking you if you've heard of them, you go along with the conversation and say "Yes, of course!". Then they start asking you what you want to major in, so you answer them, but then you regret it and wish you just said you're undecided. But it's too late now, you're in too deep. So the representative starts going on and on about the program they have, which then leads to the housing, tuition, safety, sports, faculty and alumni. Lastly, they reach the scariest part of all, which is when they ask you to write down your contact information to get updates and latest news about admissions. That's when you start reminiscing about those happy times during the break, when your friends told you "Don't go to the University fair!" but you insist on going and now you regret it, badly.

University fairs can be pretty helpful too, to be honest. You get to see what colleges you're interested in, and if your grades (and overall achievements) will enable your acceptance. Oh and you'll see how much stress will be thrown over you when you find out their SAT requirements. Just like that, with that rapid blink of an eye, your entire future relies greatly on that bloodcurdling, spine chilling SAT score. The SAT is easier for some than others. Some are just naturally good at maths; they can remember maths skills and formulas easily, they

can remember trigonometry, algebra, geometry, imaginary numbers, sequences, graphing, parabolas, and other useless information easily. While others check to see if they multiplied  $4 * 4$  properly on the calculator, you know, just to assure themselves that they got the correct answer.

Since the SAT's are spoken of immensely by universities, I realised at the beginning of this year just how much of my fate relies on this single score. It is this time when you start examining your top three Universities in search of their SAT requirements, you then notice their average is a 1300 and above, you close the tab.

During this disappointing time, I decided to take part in an intense SAT course. This was set up and prepared for by ChalkTalk, an online website dedicated to helping students achieve their goals on the SAT. So, I attended the first class of this course and was directly given a practice SAT test. They do this four times. Meaning that every other week I would take a four-hour PSAT, allowing me to see improvement with this course, that helps me with Math and English. As soon as I got my first score back, I noticed what an ominous road I had ahead of me, and it was one long road.

As time went by, my score really did improve! I mean I did have two incredibly educated teachers, so if I didn't improve, someone wouldn't have been doing their job right. The first official SAT of the year is May 7th, and everyone is going mad! The amount of online practices I have done online is prolific, I just hope it pays off, we all do. We creative kids who are disasters in math really hope Universities become less adamant when it comes to SAT's affecting our acceptance rate. We hope Universities can feel the passion through our applications, which is our job to accomplish! Good luck to us all, May the 7th be with you.

ChalkTalk website: <https://chalktalk.academy>



# Types of Families

Written by: Faisal Tarawneh, Noor Abdel Nabi and Mohammed Naser Al Talib

## Full house:

Living with your family after the age of 18 is quite common in Jordan, unlike Western countries such as the US, where you are expected to leave home at the age of 18 and actually pay for your living accommodations. Jordan encourages you to live in a house with your family, and when I say family, I mean your grandpa, grandma, mom, dad, uncle, two aunts, and your siblings. I know this first hand as I live in a house that is reminiscent of the old 1980s sitcom "Full House", and like the sitcom, the large number of family members ensures chaos. This can be entertaining, but also quite infuriating, and also with the number of family members resembling the population of China, life in a Full House can be quite tiring.

A house overflowing with your loved ones does not always mean you'll love them 24/7. What I mean is, there is a constant source of distraction; in my case, it's everyone wanting to watch the Turkish series they love on the highest volume so they can hear every detail while you're studying for that upcoming chemistry test. Another setback to living in a Full House is the constant onslaught of house guests. Feeling thirsty? Too bad, seeing that the kitchen is near living room (where the guests reside); the quest to quench your thirst will be a long and treacherous one. Knowing Arab guests, they'll also probably ask you questions in the form of an interrogation!

Now these predicaments specifically refer to my experience in a Full House, but I am sure that almost anyone living in a large family household would encounter problems. I am sure anyone living in similar conditions will experience levels of tension so high they could rival Burj Khalifa. Meaning when a conflict erupts out of nowhere, you WILL be sucked in, making it your problem.

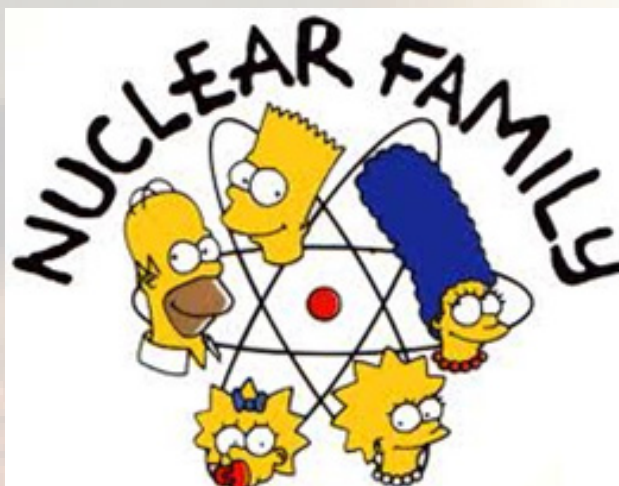
With all these cons you might be thinking to yourself, "Why on Earth would anyone choose to live in a so called Full House"? This is reasonable of you to think if you exclusively look at the negative side of it. In contrast to what you might think, living in a Full House is actually quite a special experience. The most obvious upside is the holy cuisine you will grace your mouth with, which will be conjured up by your chefs (AKA grandparents). Another upside of living in a family of this scale is your birthday. As you'd expect; you'll undoubtedly be able to horde enough treasures and goodies that will surely suit your fancy. Aspects like these make me forget the about horrors of living in a house with my entire family, and rather help me enjoy the frantic life of a Full House!



## **Nuclear family:**

A nuclear family may sound pretty atomic (no pun intended...), but once you get to know all the gory details of living in a nuclear family, and what it's like from a person who's experienced it first-hand, you begin to understand why it's actually called a nuclear family. Broadly speaking, a nuclear family is simply a family comprising of a couple and their dependent children. Having lived in one for 15 years, I can proudly say that I'm more than qualified to be writing this article on all you need to know about living in a nuclear family!

With a nuclear family, you'll never have to endure a single second of boredom. There's literally never a dull moment. No matter how calm things may seem now, chaos can erupt at any second. Honestly, the best way to describe a nuclear family is through the domino effect; it goes like this: your sister borrows (steals/borrows, it's all the same to her) your shirt, your mom scolds her, your brother finds an excuse to join the argument, causing your dad to side against you. In a matter of seconds, it develops into a full-blown war with everyone lashing out at each other. Fast forward to 2 minutes later and there you all are watching TV, eating dad's special popcorn recipe (aka microwave popcorn with a hint of salt... recipe attached) like nothing happened.



Tech Insider. N.p., n.d. Web. 24 May 2016.

In a nuclear family, everyone's bundled up together. There's not a minute spent without someone by your side to annoy the living daylights out of you, but entertain you nonetheless.

Unfortunately, living in a nuclear family has its cons as well... a lot of them (surprisingly, the previous paragraph was actually discussing the pros...). First and foremost, your action-packed life becomes tiring. Nuclear families don't do breathers; it's this after this after that... until you crack. There's also the issue of privacy; living in a nuclear family entails having time for every single family member 24/7. You can put up all the "please knock before entering" notices you want, but none of them will do you any good because the minute one of your family members feels a hint of boredom, he/she will barge into your room and completely dismiss the notion of 'privacy'. However, all these cons are nothing when it comes to the last and greatest one, which only the youngest member of the nuclear family (aka... me) has to endure. This is because once the older siblings go off to college, adapting to the new, calm, humdrum life at home is pretty tough (take it from someone who knows) You get so accustomed to the hectic life of a nuclear family, that having no pesky siblings rat on you to get brownie points with your parents becomes something really difficult for you to deal with. It's like one day you're screaming your lungs out because your brother ate the last cookie, and the next you're bawling your eyes out because there's no one here to watch "Two and a Half Men" with you (or steal the remote and flip to whatever channel they prefer).

Here's to every single youngest child out there trying to make it in a nuclear family. It gets better. You'll make it out alive, I promise!

### **Living alone:**

Hey, you. Yes, you. Do you have a family? Yes? Good. Imagine them disappearing, for a sec. Try to. Why don't you even try to hire someone to make them disappear, if you can't, use your imagination. That's got to make you feel lonely, right? Imagine waking up alone. Cooking alone. Cleaning alone. Living alone. Lame and boring, yeah? That's basically how it felt like, unless you lack responsibility and decide to turn your apartment to a party/bar/club, whatever you wish.

Despite having a gigantic extended family, my nuclear family consists of: my father, my Mother, and The lonely child. Guess which one of them is writing this. My father is busy 'making it rain' in some rich city. My mother is pursuing her dreams of being an artist. Then there is me. I'm that child that is somehow the responsible-irresponsible person, that owns the house all to himself. I am that child that is free, boundless, unrestricted, in order to do extremely stupid... things.

Despite the fact that I am an only child, I am not lonely. I spend most of my time with my friends, and therefore am able to enjoy the luxury of having many friends. However, it comes with a side effect. My friends did not descend from heaven, they have very bad habits that they bring to the house whenever they come over. When that happens, the house either turns into: a bar, club, or a weedery, depending on the group of friends in the house. That rarely happens in the house though, my friends and I tend to do the hell-sending habits outside of the house. On most Thursdays, we usually get home by 1 am, then stay up till 3 am until we pass out. Fun.

On Fridays I usually attend gatherings with my friends, or repeat Thursday's events all over again. This depends on my friends' moods, but we do fun things either way. That's the beauty of having the freedom of living alone and doing whatever you wish; you can do whatever you want, whenever you want. I'm so used to it to the point that I will start to cringe whenever I hear someone say something along the lines of: "I need to check if it is ok with my parents", or "Let me ask my mom if I can". It feels good being free.

Well... maybe it doesn't always feel good to be free Every now and then my responsible-self will kick into my consciousness and tell me to wake up, warning me that if I don't, I will fail the IB. Nobody wants to fail the IB, unless you smoke cigarettes at a corner of a school campus (I am not hinting at anything I promise). There are a few days of the week where I sacrifice my social time, my sleep, and my hygiene, to make use of all my time to finish my tasks and study. Yeah, I might be free, but I'm not that free. I can do what I want, but I can't. Most people in my position would just use the situation to their short-term advantage and be failures. Thankfully my parents have raised me well, so I know how to behave even when they're not around.

I still want that Thursday though.

**“With Great Power  
Comes Great  
Responsibility”**

Spider-Man

Saturday - Nov 10, 2012(2:00 am)

# The Real Hero

*Written by: Hashem Amad*

Did you ever read a comic book or watch a movie about your favorite super hero when you were young? Have you ever just stared at a super hero in awe, mucus and saliva dripping down your chin, as you said: “WOWZERS, I sure hope I can be like him when I grow up!” Well, I want you to throw everything you know about super heroes in the trash, right next to that Art Degree you so dearly loved. Why you may ask? Because today I’m going to tell you how to be a real hero.

“A hero is an ordinary individual who finds the strength to persevere and endure in spite of overwhelming obstacles.” (Christopher Reeve) What I’m trying to say is you is that you automatically become a hero if you eat falafel while going out with your friends, and end up not letting any sort of gases out. Nobody would’ve known the pain this person went through, making him a “hero in the shadows” if you will, which only adds to his righteousness.

However, if you’re one of those frankly wonderful human beings that derive pleasure from watching their friends writhe in pain as nuclear gases are let out by you, then God knows there is a special place in hell for you, specifically the throne.

Picture this: a new movie has just come out and you are the first to watch it out of the people you know, but there is this one guy who has been waiting for this movie for who knows how long. You want to be a hero? Don’t talk about the movie in front of him! This gets on my nerves. What benefit do you get from spoiling the movie for him other than watching him huddle under his pillow and cry? What’s worse are the people that “accidentally” spoil the movie, it’s like “Opps, sorry for crushing your dreams and ruining your entire perspective of this movie, it just sort of slipped out.” Why would you talk about it in the first place? If it’s really difficult to keep your mouth

shut I suggest drinking hot sauce. Hot sauce? You sit there and ponder why I picked hot sauce. Because you can’t spoil the movie if you can’t breathe. A real hero makes sacrifices.

Both of these factors make you a real hero, but if you want to be the friendly neighborhood Spiderman of your generation then listen up: if you use someone else’s phone and end up not opening any social media sites and sending messages to the person’s crush, then you are hands down one of the greats. I must admit, however, that I myself am guilty of sending multiple inappropriate messages to my friend’s parents after they generously let me call my own parents from their phones.

Nevertheless, the worst quality a human can have, which I admit that I am guilty of, is writing “looking for hot males in my area” on a Facebook post and sending it to every person your friend ever knew. Satan himself would fear your cruel and ungrateful soul if you have ever done this.

To wrap it all up, in all seriousness, a hero is someone who is willing to give up something in order to help others, whether it’s holding in gas after a falafel sandwich, holding one’s tongue to give a friend the best experience of watching a movie, or simply resisting the urge to send messages from your friend’s phone to others. Everyone can dress up as superman, but not everyone can be the real Superman.



# Distractions

*Written by: Elea Taffet*

With some of my time spent trying to study (and when I say some, I mean most), I somehow find a massive thing in the way. He likes to be called Distraction. Distraction is always there, regardless of how much homework you have or how desperately you need to study for your next test. All Distraction wants to do is get your attention. He doesn't care at all that you are trying to study, work, or are even just attempting to do something productive. This is why your parents are always mad at you; because of what Distraction does to you and your grades. Even though you love Distraction, he is your parents' biggest enemy. To make matters worse, Distraction can come in many different shapes and sizes, ranging from movies and TV shows, to social media sites.

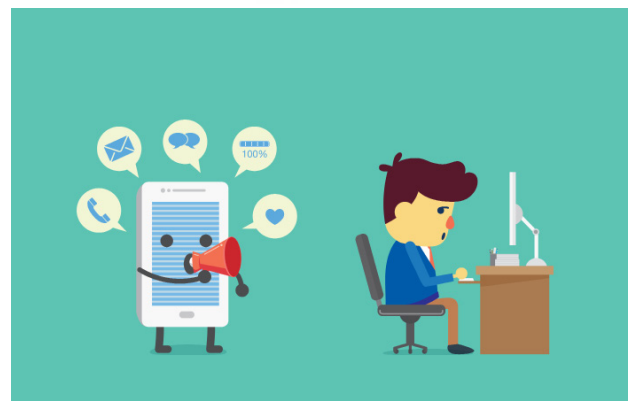
Movies and TV shows are the worst. When Distraction takes this shape, there is no stopping him from ruining you. You start working, being productive, then Distraction appears out of nowhere and pushes you to go off task to pay attention to him. He comes out of the blue, and he will always eventually take over no matter how much will power you put into ignoring him. This will make you wonder what happened to the whole afternoon you had to study for that test. You always tell yourself "Okay, I'll pay attention to Distraction, but only for a bit"; meaning "I'm only gonna watch one episode". Ten episodes later you still find yourself trying to ignore Distraction who is silently forcing you to go on and on with your episodes to satisfy his needs.

In addition to movies and TV shows, Distraction can also come in the form of social media. This is a pretty bad one, as in this shape he can appear almost anywhere as long as you have some sort of way to get online. Distraction in this form is unstoppable; once you get started, there is no going back.

You are forced to read post after post, scrolling through *every single one you haven't seen yet*. When you are finally done looking at the newest posts, you think: "I finally dealt with Distraction, now he's gonna leave me alone". Only you are wrong. This is just a warm-up for Distraction, as he wants to see more. This makes you want to go on YouTube, *9gag*, Pinterest, Reddit, Tumblr, etc. until you run out of websites to scour.

After these sites come Snapchat, Facebook, Instagram, Whatsapp, etc. These are the sites that are purely for you to talk to people. They are even worse than the other sites because people answer you! Because of this, you can stay online for hours and hours, all started by your "friend" Distraction. This then continues for hours because of your online friends. In a way, when you are on these social media sites, even though it is because Distraction is making you, YOU are harming each other by replying.

I know that he is stronger than you and you can't help it, but Distraction is seriously taking over your life now. Soon enough, he will definitely ruin all your chances at succeeding in life. I know parents don't understand what he does to all of us so they can't do anything to help, but I am telling you; try to save yourself before it is too late.



# How Do You Measure Happiness?

*Written By: Jenna Haddad*

**A**s Bob Marley once said; “Money is numbers and numbers never end. If it takes money to be happy, your search for happiness will never end.” (Marley) Sociologists have found that general social comfort and happiness today are almost completely dependent on money. Unsurprisingly, psychologists have also concluded that one’s personal and individual happiness is also dependent on the average earnings of the individual.

There are countless sayings that address happiness; many that suggest that happiness is a journey and not a destination. Happiness being a journey makes a lot of sense to people who associate happiness with money and success. Having money and being able to comfortably spend it means getting all what you want, which is the definition of happiness to some. While some may think that happiness is a result of money and success, others – myself included, find that happiness does not have a set definition in deprivation of the use of synonyms such as ‘joy’, ‘satisfaction’ or ‘comfort’. Hence, a single description of happiness is thought to never meet everyone’s indescribable interpretation of happiness.

Happiness through self-confidence and self-love is one interpretation. People who find happiness through loving themselves believe this interpretation. Self-love could be done through body positivity, being optimistic, or even a healthy lifestyle full of the things one enjoys. Although, building self-love and self-confidence takes time, it only occurs with an optimistic will to block out all negative thoughts and energy and focus on bettering ones surroundings; ones lifestyle; and ones-self towards others.

Happiness through music and visual arts is also a definition of happiness. Many find these to be a means of so-called ‘silent-self expression’; which is self-expression without words. Many people are not open to this, as this idea often evolves into an image of a sort of hipster/live in the moment lifestyle - which is absolutely fine, but going back to the money issue, many find that money takes dominance meaning

you should choose your career based on ‘sufficient’ income. Sufficient income varies depending on the person and his or her personal needs, hence one is free to pursue whatever lifestyle they wish as long as it makes them happy, considering no career comes with a set price tag. The image of this lifestyle is often associated with people who choose the arts as their career. These people are sometimes seen as careless and laid-back spenders. Little do they know, many people who find happiness in the arts actually have a separate dominant career on which they depend on for major income, and others have normal jobs. Art and music are often experienced as a hobby, but that does not mean that they don’t make spectacular jobs. Music and art are extremely therapeutic and are scientifically proven to have a certain effect on the body, which releases happy hormones that cause feelings of pleasure and joy, so it is not too difficult to see how someone would find happiness within this field.

In many opinions, achieving happiness through success is like a game of monopoly: the faker the happier. This could be seen as cheating; lying; and betraying people to get what one wants. It can also be seen as being: dedicated to, working hard for, and achieving what one wants. Money cannot buy happiness, yet it can buy many things that make one feel like they fit into a certain society. It can also help one make extravagant memories, which are desired by many (travelling the world, going to high class/dress code restaurants; flying first class on a plane; etc....).

In conclusion, happiness cannot be measured by a scale or a ruler so it cannot be defined for good, and it certainly is not a synonym for ‘money’. After looking into this issue on a deeper level, I have managed to come up with my own definition of happiness - and possibly yours too: happiness is being at a point in your life where you are doing what you love, surrounded by the people you love and the people who love you.

# 7 Weird Things You Can Find on a Bucket List

*Written by: Noor Abdel Nabi*

A bucket list is not, as the name suggests, a list of buckets; it's actually a list of all the things you fantasise about doing before you die, but will probably never do! Now I could go ahead and explain why it's actually called a bucket list, but do you seriously care? Didn't think so. Let's dive right into the heart of this article.

Some people want to climb Kilimanjaro, others want to visit the Eiffel Tower, but there are a few precious people who dream about brushing their teeth with Nutella... and these pleasant folks are the inspiration behind this article. I present to you the 7 weirdest things you can find on a bucket list.

## **Slow dance with a sloth.**

To start with, I know what you're thinking; let's face it, sloths are pretty lovable. At least, Sid the Sloth was. In any case, I personally don't think slow dancing with a sloth would be a particularly fun experience, considering their 'interesting' feeding habits (i.e. they feed on human feces). You might want to cross that off your list now, amirite?

## **Bake a hamster, dip it with peanut butter, and eat it.**

Before all you vegetarians pounce on me for this inhumane suggestion, I'd like to say I think that hamsters would make a pretty delicious meal. And what's a great meal without dip? Peanut butter! I'm drooling already.

## **Run all the way up an escalator going down.**

Besides the potential risk of breaking your neck, this is about as enticing as running 15 laps barefoot in a field covered with Lego pieces. Seriously though, why would anyone in their right mind add this to their bucket list knowing that: 1- It involves running.  
2- You might end up in a whole lot of pain.

## **Plant a tree and watch it grow.**

I don't know if you've missed your third grade science classes, but here's a shocking fact: most trees take about 25 years to grow. What part of watching a green bundle of leaves grow 0.000003 cm per minute is interesting? I think you'd need to have a pretty pathetic life to want to do this before you die. Go skydiving, or go climb Kilimanjaro! You need a change... and you need it fast.

## **Yell at a fainting goat.**

If by a small chance you haven't lost faith in the human race by now, then this will surely make you do so. I mean, first of all, the goat is fainting! Call a vet, try mouth-to-mouth CPR, do anything you can, but don't yell at it! How could you possibly be that heartless? Honestly, goats are extremely underrated; we don't give them nearly enough credit for their luscious cheese. Back to my point, why would you even consider yelling at the cute little goat, let alone, yell at it while it's fainting!

## **Print a copy of every registered .com page.**

You my friend, are the reason behind the "please consider the environment before printing" notice after every email. Of all the selfish things the human brain has managed to come up with, this one takes the cake. WHY, I ask you, WHY? Sure, it'll be pretty awesome to see a huge stack of a billion pages, but our world is dying my friend. You're forcing me to go all Mother Theresa on you, but think about the polar bears.

## **Get punched by Mike Tyson.**

I understand you're a fan and all that, but the guy can literally bite your ear off. Have some sanity. Do you seriously want to spend the rest of your life with dentures?

As eccentric as these bucket list suggestions might seem, you'd be surprised at what they might lead to; who knows? Maybe you have a hidden passion for licking eye balls. So go ahead and do anything you think deserves a spot on your bucket list! You won't regret it.

# Ballet Through the Eyes of a Clumsy Child

Written by: Janine Hadidi

**B**ack when I was a squeaky little Disney Channel wannabe child, I knew that I would not end up like everyone else in school. Sure I was average height, average weight, and the right amount of sassy, but I can safely say that I never stood still for more than a single minute at a time.

When it became abundantly clear to my mom that I was encoded to immerse myself in mischievousness and hyperactivity from a young age, she decided to take action.

She first began with the whole “you need to start learn to be more graceful” talk, which off course, created no sense of obligation in me whatsoever. Why would I ever want to be graceful? Graceful people were inevitably boring, and the land of boring is where they settled in. It didn’t matter to me that I had a few falls here, and a few mishaps there, at least I was not boring!

Well, I soon realised that my life was governed by my mom’s word, and her sweet candy bribes, so I was coerced into going on a secret car ride to a cool place that she promised would teach me a thing or two about gracefulness. When we finally pulled over I realized that we were right in front of a ballet studio. My mind quickly tried to connect the dots: Poster child ballet girl: body pretzel+hair up+ Pink= Ouch! Oh the agony!

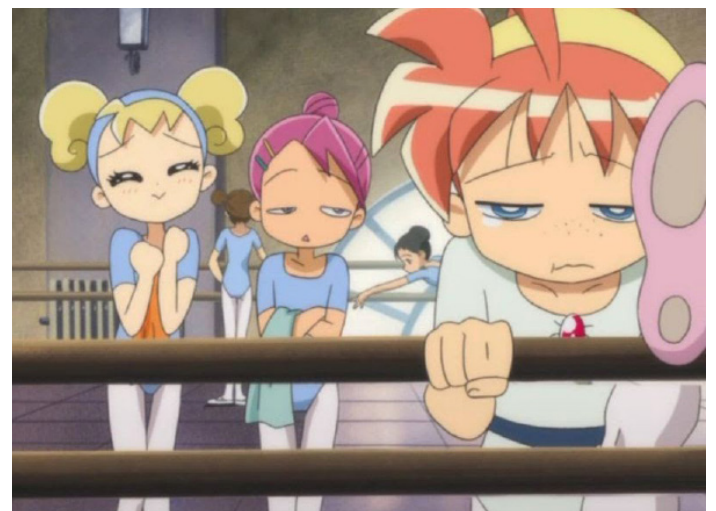
As I entered my first lesson, my eyes widened in confusion when I saw the twists, turns and jumps of the older class which got me seriously thinking I would soon be revisited by the happy meal I’d had for lunch. Being the adventurous child I was, however, I managed to gallop, jump and sprint my way through the class in spite of it all.

Truth be told, my first lesson wasn’t all that bad. Sure my pliés were not the best, and my toes were not pointed ALL the time, but who even cared? To me, it was an opportunity to narrate my stories through dance, from my weird dreams of being eaten alive by a monkey, to my love for theatre and performance. But above all, the thought of going against gravity seemed nothing short of miraculous to me.

*Telegraph*. N.p., n.d. Web. 24 May 2016.

Seems too good to be true right? Wrong. There was a catch, and that catch was a force to be reckoned with; I had to be patient and bear the wrath of my ballet instructor from hell.....lets call her Nanny McPhee. She didn’t physically look like it, but she was a heart wrenching monster that loved to stretch out our muscles till we felt numb. I couldn’t wait until I could break free from the grasp of the bar so I could charge my way into the centre continue my spree, but of course every time I attempted to do so I was rebuked until I eventually surrendered and did what she said. The alternative would be repeating my exercises for turnout and upper back more times than I could count as a form of “punishment” And you thought that your coach punishing you with 100 pushups was tough...

Fast forward 14 years now and I’m still surviving! That small little disney child wannabe is now a full frontal “graceful” 16 year old! Just kidding. Nothing has changed. The only thing that has developed is my love for ballet. Somehow my passion grew more and more throughout the years, and the pain that came with stretches was somehow more bearable. I realised that it was about those little repetitions that made a difference, and my ability to listen to instructions that could put me on track towards being a tolerable yet semi-graceful ballerina. Maybe you should try it too, but always remember your toe pads during pointe day. If you don’t I cant promise the pain will be pretty!



*Blogspot*. N.p., n.d. Web. 24 May 2016.



# Veganism

Written by: Jenna Haddad

Many people blindly conclude that veganism and vegetarianism are absurd, but, all vegans and vegetarians have their own personal reasons for cutting out animals and/or animal products from their dietary options.

Some people believe that animals deserve to live, and do not believe in this so-called 'cycle of life'. However, others might have seen a split second of a cow being slaughtered in a video and decided that they would not like to pay any further contribution or encouragement to such actions.

Others might follow religious rules, and yet some find these lifestyle choices absolutely ridiculous. This is due to various reasons. Statements that may indicate those reasons include: "OMG I like literally cannot live without burgers" or "interesting, but where do you get your proteins from?"

Vegetarians and vegans have a raging hate for thousands of phrases and stereotypes about their chosen lifestyle due to the amount of times they hear them. Here are some typical conversation fragments that show common misconceptions people might have about veganism and vegetarianism

**Person:** "OMG that sounds cool, you know once I didn't eat meat for like three days in a row!"

**Me:** Wow congratulations.

**Person:** "Hey do you want to stop by steak hou... oh I'm so, so, so, so, so sorry. We can go to a salad bar if you want. I didn't mean to.."

**Me:** Relax we can go wherever you want...

**Person:** "We were born to be carnivores so we are meant to eat meat"

**Me:** Remind me again why I should care?

Despite all possible reasonings and objections, here are a few vegetarian/vegan recipes you can try out (even if you don't want to become one full time!):

## Nice cream (vegan/vegetarian ice cream):

### What you will need

1. Two bananas (could be ripe but not necessarily)
2. Any other fruit you like
3. More or less than half a cup of water (if vegetarian, milk could be a substitute for a creamy effect. If vegan, soy milk or almond milk could be used)
4. Sweetener such as white/brown sugar, artificial sweetener, honey, etc. (optional)

### Directions:

- Chop both bananas and any fruit(s) chosen.
- Place in a blender; add in your choice of liquid Blend until smooth.
- Place in container and freeze for a minimum of 4 hours (recommended overnight) or until firm.

## No-bake vegan brownies:

### What you will need

1. 2 cups of pitted (moist) dates
2. 1 cup of slightly crushed walnuts
3. ½ a cup to 1 cup of cocoa powder (can vary depending on personal preference)
4. 1 tsp of vanilla extract
5. A high speed food processor

### Directions:

- Start by putting the 2 cups of dates along with the 1 cup of walnuts in the food processor, pulse until you get a thick paste-like consistency
- Then, add in the cocoa powder and the vanilla extract and pulse again
- Take dough out and place in a deep pan
- Place pan in fridge for 30 minutes

## Spinach & beans salad with Balsamic dressing:

### What you will need

#### Salad:

1. A handful of Spinach
2. A handful of any type of nut (optional)
3. About 4 chopped mini pickles (optional)
4. About 3 Labaneh balls (Arabic cheese) OR feta cheese cubes
5. More or less than half a cup of white or red beans

#### Dressing:

1. About 2-3 tablespoons of balsamic vinegar
2. About 1 tablespoon of fresh lemon juice
3. Two pinches of table salt
4. One tablespoon of olive oil

### Directions:

Mix in all dry ingredients making sure to put in the chosen cheese last. Add the wet ingredients (dressing ingredients) one by one separately onto the dry ingredients. Mix and enjoy.

# Childhood Jordanian Torture Games

Written by: Seif Eses

We were all children at one point of our lives, yet we embraced our childhood in many different ways. As a child, I spent my free time playing games with my friends in our local neighborhood. Sounds normal, right? With Jordanians however, these 'kid friendly' games are a matter of life or death. Nevertheless, this does not stop us Arabs from playing them, because they are fun! Here is my guide to Jordanian childhood games that you can play with your friends, or your enemies:

**Sallah:** Sallah is basically an intense game of "Duck, Duck, Goose", but without the ducks or the geese. Gather fifty or so of your friends and place that guy you hate in the middle. The objective is simple; a random member from the group slaps the victim across the neck and it's the victim's job to find out who hit him without opening his eyes. I suggest playing this game with the founders of the IBO, adding guillotines to the mix.

**Jahsheh:** Remember that pony that you wanted as a kid, but never got because your father just couldn't afford one? Well this game, and guide to potential death or injury, is exactly what you need to play for that dream to come true. Firstly, form your friends into a make-shift train of ponies, the 5 players grasp onto each other in a line and face their fate. The second team of 5 players, in turn, jump on their backs trying to balance themselves. First team that falls loses. It might not seem as bad as it sounds, but once you face a guy that can probably break your back while simultaneously causing an earthquake (since he ate 500 nuggets the day prior), that thought will be abolished.

**Al- Mafadil Al-Damawiyeh:** You have not made use of your coins to their full extent of usefulness until you've played 'Al- Mafadil Al-Damawiyeh', otherwise known as 'Bloody Knuckles'. In order to begin, steal half a JD and grab your most daring friend. Firstly, place your knuckles straight down on the table as the opposing player flicks the coin at your hand as

hard as they can. Take this in turns and seize the game once one of the players has blood pouring out of their knuckles. Winner takes the pot.

**Layla:** This guide only tackled physical pain until now, but Arabs never leave other forms of pain aside. Let us begin with Layla! Little girls have many aspirations as children; they may dream of becoming princesses as they spend their time playing with dolls and trying on dresses. Our lovely little sugarplums of Jordan contrast to these aspirations. They do enjoy playing games, but not normal games that you would expect them to play, instead playing a game known as "Layla". The game consists of having a volunteer sat in the middle as the rest of the group surround the seated victim and emotionally torment her through song. Some lyrics include "Layla, Layla, why are you crying? Do you want a friend? Just stop trying." This might be an effective game to solve depression if you take into consideration the potential risk of suicide!

**Sallah (Version 2):** Let us get back to violence. We learned about sallah previously, but there is an extension to the game that tops everything else mentioned in this guide. Once again, gather 50 or so of your friends and enemies and stand still in a silent room. A random player starts by taking the role of the leader and gives a command to everyone else, the last player to respond faces the punishment whereby all players beat up the loser until he/ she can't see the light of day. Pleasant, right? My strategy to this game is playing with Stephen Hawking and commanding the group to stand up, try it!

Well now you know how to embrace your childhood the Jordanian way. If your childhood has passed, then up the level of the games. For example, you can play sallah with knives in true Jordanian fashion. If you are incapable of playing any of these games, pass them onto your future children. Go ahead. You can now finally call yourself a Jordanian! Have fun!

# Why We Play RPG's

Written By: Ali Ibrahim

**A**s a major video game enthusiast, my favorite type of video games are Role Playing Games. RPGs are usually games where you can be whoever you want, go wherever you want, and play however you like. Games like this include *The Elder Scrolls*, *Fallout*, and the *Dark Souls* series, which all have their own unique worlds and characters that offer us a new experience as if you were in a different world

The first reason I love Role Playing Games, is that there's no wrong way to play the game, therefore each person has their own distinct experience. The right way to play it is according to your own liking. For example, I like to go for completing the games in its entirety; including all the missions, side objectives, and so on, to make me feel accomplished. Others may opt to go for a very casual way of playing the game and just go with the flow, and see where the game takes them.

Another reason I love RPG's is that they grant you a passage out of the real world. Some of these games are very immersive, and sometimes make you forget that you live on this planet.

With worlds so large and vibrant, you explore new areas like suspenseful dungeons, massive cities, the wide wilderness and so on. With characters that are dynamic and realistic, you begin to feel attached to them. These games come with lore that is so rich and in-depth, the world seems it has been around all the time. From all these aspects, it's certainly hard

not to feel immersed in these worlds. As a result of the immersion I feel like I've been playing the game for 5 minutes, it turns out I've been playing it for 5 hours instead.

However, the main selling feature of an RPG is the ability to escape reality. You can be someone else in a different world. You can be good, evil, sadistic, crazy or anything you desire; only the characters inside the game would be the ones to judge you. You have a role in the story, and you have a great significance in the chain of events. You make the decisions in these games, and you suffer the consequences later on in the game. It's almost as if it were real life, isn't it? You can be remembered as the hero that saved the land from all its perils, or you can be the villain to curse the whole world to its own demise. The choice is yours.



# Manus x Machina: Fashion in an Age of Technology

Written by: Jude Barwalsa

YES! The day we've all been waiting for has finally arrived, The (annual) MET Gala took place on May the Third! Last years theme was China: Through The Looking Glass- where all gowns and looks were inspired by Chinese heritage and fashion. This year, the theme was Manus x Machina: Fashion in an Age of Technology, where all the looks were fashion forward and ahead of their time.

The Met Ball is known for its extravagant interior designs and delicious foods, here are a few numbers that VOGUE calculated to summarize the fashion event of the year: 50,000 hours were spent on "setting up" the event, event designer Raul Àvila, spent countless hours preparing for this day alongside his team (Raul has been the event designer for many years). There were 610 guests, 65 tables, almost 1 million flowers (which traveled 2,500 miles as they were originally from Columbia), 325 bottles of champagne, 70,000 square yards of carpet, 300 table arrangements, and 7 types of flowers on each table.

This year's hosts and honorary chairs were Anna Wintour (the Editor in Chief of VOGUE), Jony Ive (the Chief Design Officer of Apple), Taylor Swift (you know who she is), and Nicolas Ghesquiere (the creative director of Louis Vuitton). Pretty impressive bunch! The events theme allowed the guests to be as creative as possible and wear whatever they felt was future-inspired! Karolina Kurkova attended the event in a gown that lit up according to people's reactions on Twitter! Marchesa created the look, and it did not happen over night! Hundreds of hours were needed, and many LED lights!

Claire Danes was another attendee who admired the theme. She wore a custom Zac Posen gown, that was more than it appeared. When Claire first walked the carpet, it looked like she was wearing a plain pastel blue gown,

then she entered the dinner. Claire's dress lit up across every inch and piece of fabric! Zac Posen is a genius for creating and designing such a one-of-a-kind gown; Claire was a real life Cinderella.



Below: Kendall Jenner (wearing Versace), Joan Smalls (wearing Balmain) and Liu Wen (wearing Iris Van Herpen).



What an unforgettable evening for the fashion icons of the world! This years MET was hugely successful and exciting to watch, what do you think next years theme might be?

Dailymail.com, Heidi Parker For. "She Was the Most 'intelligent' Guest! Karolina Kurkova Models Gown Full of LED Lights That Change with Her EMOTIONS at Tech-themed Met Gala." *Mail Online*. Associated Newspapers, 03 May 2016. Web. 08 May 2016.  
Garcia, Patricia. "The 2016 Met Gala Theme Is Announced! Fashion in an Age of Technology." *Vogue*. N.p., 13 Oct. 2015. Web. 08 May 2016.  
*Popsugar*. N.p., n.d. Web. 24 May 2016.

# Bill Plays Video Games

*Written by: Mohammed Naser Al'Talib*

Guys, the Summer Steam Sale is approaching. Summer break is nearing. Your wallet is telling you no, but your body is telling you yes. Many people are preparing their moms' credit cards to spend hundreds of dollars on games, including our dear friend, Bill.

Bill has been a good boy recently. His good grades and good behavior have given Bill the attention he's never gotten before. His mother decided to reward him, by allowing him to use her credit card. JK, Bill has no mother. His father is in the hospital because he has a drinking problem, so Bill took this opportunity to steal his credit card to buy a few games to release his anger and stress:

## **Counter-Strike-**

Since Bill has had issues with bullying, violence, and bringing guns to school, he decided to try out the very popular game played by many professional players: "Counter-Strike: Global Offensive". There go his father's credit card details. Poof. Up goes his father's credit card balance.

As Bill started to play Team Deathmatch on CS, his hate for people increased. Bill learned that the gaming community, especially the Counter-Strike community, is extremely toxic (and Russian), or as how the community calls itself: cancerous. As Bill continued to play Counter-Strike, he became better at the game, and better at the native Russian language. Everybody started to wish diseases and death upon him, because Bill is much more skillful than the masses of gamers. Once Bill realised his potential, he decided to go 'pro'.

Bill dropped out of school and quit his part-time job at McDonalds. Bill stole some more money from his father to travel to Europe so that he could to join a Counter-strike team. Bill joined one of the best teams in the competitive scene, and was a major asset. Bill actually did something with his meaningless life!

## **Goat simulator-**

Bill bought this game by accident. Bill was under the influence of exam sleep deprivation, just like his mother was in that car accident years ago. Thanks exam sleep deprivation. Bill decided to

give the game a shot because... why not? The game started up, then... Bill became a goat. Bill ate some grass. Bill pooped all over the place. Bill ate his own poop. Bill went on an adventure. Bill crossed the road. Bill got run over.

Bill ragdolls 10 meters away from the car, and received points. Nobody cared about the goat that has been run over, nobody should care, because Bill was happy because he had points. Bill wanted more points, so Bill back-flipped, then got run over by a car, and received even more points. Bill jumps off a 15-story building, and lands on a child and breaks his legs, receiving even more points. Bill then found the best alternative to self-harm: The Goat Simulator.

Bill has become addicted to The Goat Simulator. All his harmful urges and desires for world domination are being fulfilled through the game. Over the course of an hour of gameplay, Bill has: Summoned Satan, and became the goat-spawn of Satan. Caused massive car accidents. Terrorized cities. Kidnapped children. Pooped everywhere. Spewed propaganda all over the globe. Bought the government. Bill has become the goat version of Donald Trump. I think we should force Bill to uninstall the game.

## **Call of Duty: Black Ops – Zombies mode-**

Bill has been a such a boss lately: he became a counter-strike champion, a goat, what else? Well, Bill decided that he wants to be the best man in the world. And that's only possible if Bill is the only man in the world. Bill has been welcomed to the zombie apocalypse, where waves of zombies attack him, and gets stronger wave by wave. Bill is the only human being alive, making him the best man in the world.

Bill was quite scared of the zombies at first, but over time he has gained more confidence. Bill learned many things in this nightmare: how to reload a gun, how to rebuild barriers, survival skills, first aid, etc... Bill mastered these skills and has become a master at surviving a zombie apocalypse. JK, he hasn't died so far because the zombies can't tell Bill from the rest of the zombies. Take a damn shower Bill.



# Ask Alice & Alex!



## Welcome to Alex & Alice, the Spine's resident Q&A experts!

**1. What is the best alternative to Netflix and Chill when BAE don wanna Netflix and Chill?**

*Alice:* Hmm... what about series and cookies? Bae is bound to like chocolate chips!!

*Alex:* Fox News and shoot; it's where you watch Fox News with bae and then you have the insatiable urge to shoot yourself afterwards.

**2. Should I be afraid if my cat stares at me while I sleep?**

*Alice:* Oh no honey! I'm pretty sure your cat is being a loving pet and in some way it is trying to protect you, I'm sure it is showing affection as well as care.

*Alex:* No the cat simply wants to gnaw your face off for sport. Come to think of it cats remind me of myself...

**3. What came first, the chicken or the egg?**

*Alice:* This one always fiddled with my keys... I guess I think the egg came first but the concept is all too confusing!

*Alex:* Does it matter?!? Crack open the egg and have it for breakfast then chop the chickens head off, deep fry it and have it for lunch.

**4. How can mirrors truly reflect our image, when all our eyes do is DECEIVE US?**

*Alice:* I'M A HUGE FAN OF JADEN SMITH. LOVE YOU JAYJAY OMG.

*Alex:* Dear God you're right, quickly poke your eyes out with knives to stop them from deceiving you!

**5. Why can we drink a drink, but not food a food? That's the question we should be asking...**

*Alice:* I believe that all nouns should be used as verbs as well! I'm glad someone has finally questioned it like I have all these years!! It's time to shirt our shirts, glove our gloves AND food our food!!

*Alex:* After reading your question I could actually hear the gunshots of my brain cells committing suicide, but since I have nothing better to do let me answer. Food isn't a verb, deal with it.

**6. Why do stars exist?**

*Alice:* There are all sorts of scientific reasons why stars exist, but I like to think that every person turns into a star one day!

*Alex:* Stars exist so idiots can use zodiac signs to explain everything that happens,.

**7. Why do you love red?**

*Alice:* I love red because it is known for being the color of passion and love! A lesser known fact about the color red that really seals the deal is that it is the color that a unicorn tail turns into while it walks on rainbows.

*Alex:* I love the color red because I'm a Leo so I have to.

**8. Why is Mika still in the Spine?**

*Alice:* He is such a sweetheart...oh! And he brings the pizza.


*Alex:* Because he is a great source of entertainment, we play connect the dots with his pimples to pass the time.

**8. Why is Basit so dank?**

*Alice:* WELL HIS MEMES OF COURSE!!!

*Alex:* If by dank you mean Delusional Arsonist who Needs a Kick, then that's because he is Basit, no other explanation needed.

**Ask Alice & Alex anything on SurveyMonkey!**  
([www.surveymonkey.com/s/D9NKXC7](http://www.surveymonkey.com/s/D9NKXC7))

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 The Spine Magazine

# Batman Vs. Superman: Dawn of Justice Review

*Written by: Bana Biltaji*

Batman Vs. Superman premiered March 20th 2016 after a long period of anticipation from many fans of both the comics as well as the director Zack Snyder who had already directed Man of Steel. It is a superhero movie based on the beloved DC heroes Batman and Superman. The movie is considered part of the Sci-fi, adventure, fantasy and action genres with a running time of two hours and thirty one minutes.

Dawn of Justice aims to show the audience a conflict between what each of the heroes thought to be heroism. Batman is a self made hero who's had his share of a dark past which molded him into the self made hero that he is. Batman relies on his intelligence and technology with the help of his butler Alfred Pennyworth who's been with him through it all. Superman is quite literally a "super" human, he possesses power that human beings do not, for he is not from Earth he is from a planet called Krypton. Superman has an extensive list of powers which include- but are not limited to- superhuman strength, flight, and x-ray vision. Each of the heroes have had their fair amount of attention whether it was through the comic books they originate from or the movies that have premiered after. The depiction of both characters essentially "against" one another is what sets this movie apart, especially when considering that they are both heroes.

If you're anything like me, then you're really pumped when you hear about a new superhero movie... especially when the movie is based on comic book characters. I went to see Batman Vs. Superman as soon as I possibly could in the movie theatre since I was just that excited. I must say that this movie was absolutely not what I had expected and many of the fans that excitedly waited shared my opinion.

Dawn of Justice featured many beloved characters some of which were incredibly dynamic. Both the main characters Superman and Batman were dynamic characters in the sense that their opinions and goals managed to completely change from the beginning to the end of the movie. Both Batman and Superman faced personal inner conflict along with conflict from the outside world. The heroes did have a common enemy, none other than the son of the infamous deeply disturbed Lex Luthor, Lex Luthor Jr.

Lex Luthor Jr., the main antagonist, is a character who did not change their (his) goals since the beginning of the movie till the end. However, Luthor progressed by evolving his goals rather than changing them, making him an extremely interesting character. In addition to the main antagonist being the shared enemy, Superman's love interest Lois Lane and Batman's butler

Alfred are characters that remained stable throughout the movie. However, they did serve a very important purpose by assisting the main characters.

A someone surprise to the masses was that Diana Prince made a somewhat surprising appearance as well, which in turn brought hope for a sequel. Lex Luthor's assistant Mercy Graves was a cardboard cutout of a character representing the stereotype of the beautiful assistant to the wealthy man who also happened to serve the purpose of being Luthor's body guard as well. The characters were cast to perfection with actors who were noticeably invested in their characters.

The places that the events occurred in throughout the movie were modern time Metropolis and Gotham. The story is one that builds up slowly from the beginning to the very end but it was seen as a weakness that this build up was occurring at an extremely slow pace. The movie gets more exciting towards the end for the beginning was considered tedious by many critics and fans. The use of artistic license and changing the original events of the comic book received mixed reviews. That being said, this movie did a great favor to all the people who didn't want to study up on the origin of the characters.

I personally found the beginning of the movie incredibly boring and there were far too many dragged out combat scenes. The movie in itself is not one I would gladly re-watch due to the lengthiness of the build up towards the climax. In my opinion the movie's best features were mostly in characterization from the actors as well as the set design for every individual scene. I would suggest not watching this movie with the 3D glasses feature for if there is such a thing as "too HD", this movie was "too HD".

# Spaceballs Review

*Written by: Mika Taffet*

Spaceballs is one of the best movies in the history of humanity, prehistory and the time when bacteria was the only form of life on earth. It is the story of Planet Spaceball, that has run out of air. President Skroob of Planet Spaceball therefor attempts to find the code to the air lock of Planet Druidia. This movie is not just a cheesy story. It is an exquisite take on the famous franchise, Star Wars (I only said exquisite because no other word in the English language can explain how fantastic this film is).

This movie is perfect. Nothing is wrong. However if a moviegoer examines the movie in the most literal of ways, they would find it terrible. It would be the worst pile of 80's cheese in existence. But if you choose to watch it in the way it is supposed to be watched, you are elevated into a whole new level of sarcasm, and a 4th wall broken so many times there's no point in having it in the first place.

It is an absolute gem. No, that's not enough. It is part of USA's national treasure. Actually, it is an international treasure. It is the 8th wonder of the world. If NASA ever wants to send a new rocket in a new galaxy in order to communicate with the ever existing theory of extraterrestrial life, they should send a copy of Spaceballs in the rocket. To give you an idea of how great a parody it is, I'd like to just mention that one of the most iconic characters of any movie ever, the greatest of all Jedi, master of the force, Yoda, has now become Yoghurt, master of the Schwartz.

When spaceships have bumper stickers that say "We brake for nobody", you know that it is going to be one heck of an hour and a half. The movie goes overboard with ridiculous puns, terrible jokes, and hilarious villains, and when Jamming a signal means launching a pot of jam at a radar, we know that the director has managed to reach the epitome of humour. This is a movie that we don't deserve, but that we certainly need.

Being made in 1987, it does have decent special effects for its time. But after watching it now, the obviously fake space, and badly made flying RV, just add to how deliriously amazing the movie is.

Even with these world class puns, according to IMDB it is rated just 7.1, and that is just more proof that the public opinion is wrong. It deserves more than 10. It's so good that it deserves to be the only movie ever rated IMDB that is out of 20, because it is on another level, and so it should not be rated among the peasant equivalent of movies. Spaceballs is an out of this world movie. It deserves a MTGFO (Movie Too Good For Oscars). The only adjective that can even remotely describe the movie, is dank.

Guys, if you're still reading this, I just hope that you're doing it while watching Spaceballs at the same time. Please go and watch it.