

# THE SPINE

WORLDWIDE

Overseas

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Senior Pranks

Movie Reviews

Personal Project Tips

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Issue  
08

# THE SPINE

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## Supervisor

Gill Deesi

## Editors

Ali Baker  
Jude Snober

## Contributions:

Nadine Abdel Jalil  
Miral Ali  
Ali Baker  
Eddie Bannyan  
Bana Biltaji  
Ghassan al Daoud  
Zeena Edilbi  
Jena Haddad  
Nofe Hammouri  
Talal Kawar  
Rand El Muhtadi  
Zinya Salfiti  
Jude Snober  
Zaid Tabaza  
Mika Taffet  
Amjad Qubain



THE SPINE MAGAZINE



THESPINEABS



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# Editor's Letter

Written by: *Ali Ibrahim*



**A**fter 12 months, 6 internal assessments, a physics extended essay, MUN, theatre, and many other obstacles, Issue 8 is finally here!

Yes it's overdue, hence the theme of "being overdue", but better late than never eh? I can finally check off the reminder to finish Issue 8 on my phone that has been reminding me for 12 months, so I guess that's an accomplishment.

In this issue you might find a few old familiar names - past members of The Spine who have moved on to greener pastures (university). We had a few articles that we didn't publish last year, and we didn't want to let their efforts go to waste. We also have some bright new faces, who will hopefully carry The Spine to a brighter future and perhaps give it the justice it deserves. I would like to wish all the luck to the future team, and hope all the best comes to The Spine.

Although this is my only issue as chief editor, it is also my last issue. I kind of regret not going through with 90% of my ideas with The Spine, but nevertheless here we are, and what happened happened. I love The Spine, I love the idea of it, I adore its essence, and it was a big part of my IB life.

My main reason for continuing The Spine was not the CAS points, or for the sake of universities, rather for the community. The Spine has brought me closer to those I can call friends, peers, or, more aptly put, a family. I remember when I was first invited to join The Spine by one of my friends Sanad Tabbaa, who was editor at the time. From joining The Spine, I was able to develop my friendship with those who I already know, and form new bonds with people in the school that I've never met. From all loud, but enjoyable conversations, the delicious pizza from Papa Johns, and the never ending banter found in every meeting, I'm certainly going to miss this activity. The Spine isn't MUN where people are put in a hierarchy, The Spine isn't a varsity team which assesses your worth based on your physical skills. The Spine is a community of awesome people, sharing awesome ideas, to create an awesome magazine.

I know that was very cheesy, but I feel like I needed to give The Spine it's justice. I would like to thank all the members I've had the pleasure of working with, but most of all I would like to send my gratitude towards Sam and Sanad for introducing me to this awesome activity. The Spine will always be a part of me, and I hope it will always be a part of the school.

Well hello there, long time no see!

I am happy to (finally) welcome you to issue 8 of The Spine! It's been a long time coming, with several changes in personnel, but one incredibly important constant - the passion of the team.

With our 'exiting' students from last year taken up by their finals, and a good part of the rest of the team taken up with the Arabic production of Point of View (myself included!), it's taken us a little longer than usual to get to you, but never fear - under the guidance of our new editors issue 9 will be following hot on the heels of 8, and normal service will be resumed.

We have an exciting issue for you, with a range of articles from our student team past and present, and while overdue this issue serves to be a goodbye to our graduates, and a welcome to our latest newbies, so please sit back, relax and allow us (just this once) to take the advice of The Doctor and forget all rational thoughts of 'timey-wimey' constraints, and simply **enjoy**.

Don't forget, we're always on the look out for writers and designers, with openings for both freelance and staff positions - if you're interested get in touch with us at [thespine@abs.edu.jo](mailto:thespine@abs.edu.jo), speak to one of the team or come along to one of our weekly meetings, Mondays at 3:15 in the Creative Media and Music Room. And yeah, there's usually pizza...

TTFN, Miss Gill

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# Palestine

*Written By: Zinya Salfiti*

**A**s I sit confined between the walls of our theatre, amongst students that I share a country, an ethnicity, an age, and a home with I'm baffled by the way that we talk to one another. When I find two students in the same grade-with a common upbringing and home country- raising their voices, accusing the other of not being patriotic enough- talking about the same country that each of their grandparents were forced out of - I don't see solutions. How can two opposing political parties reach consensus if two students from the same school can't even converse respectfully? I understand conflicting opinions and opposing perspectives, I accept disagreement and debate, but I will not tolerate chaos.

Thirty years ago, no one would have known a Muslim from a Christian, Shia from a Sunni, or a Catholic from a Protestant, because in reality, there is no difference. In life, however, we come across circumstances that we don't have total control over; some days, much like the day before yesterday, we are shot down by decisions made about our home by people who can't even point out Jerusalem on a map or by people whose existence as "leaders" disgrace the meaning of the word itself. I acknowledge that life has circumstances that are not always anticipated,

and that some situations are not in our hands, but it is in the way that we deal with this that will guide us to a solution.

The problem is our division. The reality is we are a divided people, and that is the true cause of this turmoil. What we don't understand is that identity exists purely to celebrate diversity. Our division mirrors the way the Apartheid Wall divides our land, so long we allow division to rule, we will not find strength to prevail. But you see, they know this, everyone seems to know this, everyone but ourselves. Division is what he wants because he knows that our unity gives us strength. This is why "Intervention" exists: invade, destroy, divide, and wait for us to pick out the differences that destroy us.

The whole world can see that if we stand together, not as Jordanians, Palestinians, Iraqis, or Syrians, but as Arabs and as people of the world who understand the magnitude of this situation, the strength of power that we have, the impact we can make by boycotting.

I am so much Jordanian as I am Palestinian. I see no difference between the Hatta draped over my shoulders or the Kuffiyeh wrapped around my neck.



# Foreigners Are Here Too!

*Written By: Rand El Muftadi*

**T**he Amman Baccalaureate School is known for being a welcoming community to international students and teachers. But something that I've been noticing recently are the assemblies disregarding the language barrier that is between the Arab teachers and students and those who are international. I have been contemplating what they feel like during Arabic language assemblies, so I decided to find out and get their opinion on it.

Over the course of two weeks, I asked our international teachers and students on how they feel during said assemblies and presentations. Many of them feel simply bored, and can you blame them? They are sitting in an assembly with a language they don't understand for an hour where they could spend it finishing up work and doing something productive. It's already boring when you listen to a topic you've heard about a thousand times but hearing it in a different language makes it all the more tedious. Others feel annoyed, saying that since they signed up for an international school then the school should at least try to make an effort into speaking the language that everyone can understand, in this case, English. When they try to ask their fellow friends for translation, they end up being berated for speaking, they're simply forced to sit there.

Now I also see the problem with that, not everyone in Jordan can speak English, but the majority can despite the rustiness of it. They are the ones who are also insecure about it. But the majority of the students and the faculty here at ABS are bilingual, if you are having a hard time communicating your thoughts. The international students and teachers will still appreciate the effort in the communication and will wait patiently. Don't create an inconvenience out of it by asking another student or teacher to be the translator between you for that will be frustrating for all the parties involved. So despite feeling a bit unsure about your abilities in English, take initiative and use it nonetheless.

Regarding the assemblies, I understand that this problem has been discussed before. But I would like to offer a new insight into it. Instead of defending it aggressively, I want to lead you into a world where everyone speaks in Sanskrit, except for 5 people including you. Imagine walking on your first day, everyone is greeting each other in Sanskrit, you already feel left out because you are joining a school in a new culture but you can't even make friends because you do not understand the language. You go to the welcoming assembly and they still speak in Sanskrit, you don't feel welcomed at all, you feel lonely and helpless. What are you supposed to do? This is the mindset that I would suggest putting yourself in to emphasize with the international students and teachers, to understand what they go through on a day to day basis. Sure with time, they can pick up on certain words, but they won't be able to speak fluently in such a short time period. Please let us make the assemblies in English and if we cannot, well I have a couple of solutions that can be implemented to finally solve this problem.

Firstly, if we must hold Arabic assemblies. Let's have a transcript on the board, write down everything that the person is saying in Arabic and write it down in English. This can help many people understand the presentation or the assembly in session. If this proves to be an inconvenience, we can simply just prepare the Arabic presentation in English and send it to those who are really interested in the topic discussed, it can be that simple. Finally, if all else fails. I suggest giving the international students and teachers a choice; a choice to attend the Arabic assembly or not. Again, many of them feel that they can take advantage of the hour to do something else, to catch up on their studying, to finish the load of work they have. It seems quite reasonable, if they are not going to take away anything from an assembly they don't understand what's the point of attending. I really do hope you take our wonderful international students and teachers into consideration, they deserve that, it's the least we can do,

# Let's Talk About Senior Pranks

*Written By: Ali Ibrahim*

My my, it's that time of year again isn't it? When the senior class starts plotting and scheming their pranks, the school starts preparing faulty counter measures to prevent them, and the Disciplinary Committee starts having regular meetings with the usual suspects. It's nothing new. Whether it's egging the school, releasing animals labeled '1', '2', '3' and '5', or publicizing a "reputation ruining" social media account, seniors always find a way to cause mischief, while the school tries to prevent it. I understand your concern, your fear, and your stress when it comes to students conducting these pranks, that may "ruin" the school's reputation. I understand that these pranks may not coincide with the ideals of the precious "Al-Tarbiyah", but please understand there is a way to minimize the damage of them.

Put yourself in our shoes. You are currently in the last year of IB. You are sick and tired of all the IA's, all the syllabus and terminology, and the never-ending flow of tasks that are being shoved down your throat. You are still damaged from the monstrosity that is the E-Assessments, and experience PTSD whenever you hear the word Global Context. You are in the final year of your school life, you need to let off some steam. We want to let off that steam.

But the school wants to prevent us from doing that, understandably so; I too would be very cautious of what our class might do as a senior prank and I would try everything to prevent any harmful actions. But it's not that simple, everyone knows that the more you try to prevent a person from doing something, the more likely they'll do it and abuse it. It's human nature, and it applies to these senior pranks. The more you try to damage control, and prevent us from making these pranks you are building an even deeper grave for yourselves.

The first step to stopping this problem with destructive senior pranks is to acknowledge that both the school and students are at fault here, but both are doing what they think is right. The students, like I said, want to release frustration and have a good laugh, while the school is trying to prevent any malicious or destructive prank. We must reach an understanding to finally resolve this problem, since I believe this whole thing is

caused by a misunderstanding.

Over the years I thought that pranks were just there to get back at the school and trying to cause havoc, but I realized recently that pranks around the world in other schools are actually fun for both the students and the school. I think that we as students should devise our pranks that are not destructive, that do not make the cleaner's life a living hell, and are smart, clever, and fun. Now, I don't want to give any ideas, but such pranks like filling the hallway with balloons, messing with the school TV, or even just grilling kebab in the sports field are not that destructive (well maybe the last one is kind of problematic, but I'm pretty hungry) and everyone wins in the end! I would also suggest the school to be more clear with their stance on these pranks, and communicate with the students about their overall perspective on the situation as a whole. I know that the school doesn't mind the pranks, but they have to be reasonable.

In the end, I hope that both the students and the school find a compromise when it comes to senior pranks, because we cannot seriously expect a year without them since they are fairly inevitable.



<https://www.pinterest.co.uk/pin/705587466589150120/>

# Applying to an Alternative Major

*Written By: Bana Biltaji*

**A**lternative majors are those which are not commonly chosen by students. They are majors that have smaller classes with more specific areas of studying. The word alternative indicates that these majors challenge normative areas of education.

When applying to university and choosing a major, one is often encouraged to go into an area of study that they enjoy. But how does one approach the majors selected by very few of the world population? First and foremost, if you are embarrassed by your choice of major, just remember that this course is there for a reason. The reason this major exists is because there are others in this world just like you. However, that will not make explaining the fact that you aspire to be a Beetle Historian to your parents any easier. Sure, your guardian might find your desire to study the mortuary sciences rather morbid, but it is you who shall go through classes about embalming and not them. Essentially, what I am trying to say is, do not let anyone's opinions about your major affect your decision.

When I applied to university, I chose an alternative major. Although my parents were not in opposition, a lot of my family members were. I had a distant aunt who was absolutely convinced that I was throwing away my long time passion for a lifetime in scrubs as a med student. I had another distant relative who was convinced that I wanted to be a marriage therapist instead (odd as I don't recall mentioning a passion towards exclusively helping couples with "marital" issues). My grandmother even thought I was wasting my abilities to memorize events which would come in handy as a news reporter, apparently my dream job, despite that I never once mentioned it to be so.

It took some time to convince my family that I am passionate towards my major and not the mounds of potential money I could make in the future, which brings me to my second point: forget the money. I can confidently say that you would earn more doing a job you enjoy and one that you are exceptional in, rather than a major that is commonly known for making a decent income.

No one can succeed in an area they do not enjoy. Having a strong foundation of study for the job you dream to have could lead you to countless opportunities.

My third and arguably most important point comes as a piece of advice stemming from observation. People who wish to apply to an alternative major usually have to prove their passion around their family. My biggest piece of advice is to make sure that you are not trying to prove a point to anyone when preparing for your major. Instead, take the chance to prove to yourself just how great you can be doing what you love.



# Mika's Guide To EE

*Written by: Mika Taffet*

The IB includes many components and when they are put together, they add up to a nightmare. Constant deadlines, TOK, and of course the extended essay. Makes me shiver every time these words come up. But don't worry about it, Mika has got you covered on the EE. Before I get into this step by step guide on how to not lose the will to live over a 4000 word essay, I must say that you must not make it sound worse than it is. Secondly, just know that this precious summer break between Grade 11 and Grade 12 of yours will be spent working, and trust me, use that time well. Don't think you have time to spare, because you don't. As time goes on, assignments will pile on, and so will the pressure.

Now that we have that out of the way, let's get started.

1. What is your favorite subject? The first answer that pops into your head is what you should base your EE on. One of the key components to success in the EE is the love for that subject. Not only will you enjoy spending hours on end doing research but you will find it easier to write as well.
2. Each IB subject is varied. You have to find something specific that you find absolutely mesmerizing. This aspect of that subject must not only pique your interest. It must grab it and drag it to the deepest depths of the Mariana Trench. Make sure you explore your favorite parts of this subject, and use your coordinator's expertise on the subject to your advantage.
3. Getting help from your coordinator is probably the best thing you can do for your EE. Chances are, your coordinator knows a hefty amount of information on your area of study, and can really help you zero in on a great question, and can guide you when it comes to researching and writing your EE. Make sure, triple check and then just look back and confirm that you are sure you want to write your EE on that specific topic.
4. Once you have an idea of exactly what you want to write, the first thing you want to do is to make the roughest outline. It does not matter how scrappy your outline is, as long as it

gives you direction. Use this as a basic, big picture guide that helps you to stay on track. The biggest mistake that can be made by an IB student whilst doing the EE, and many will agree that this should become the 11th commandment: "Thou shalt not think you can write an EE on a topic in which you have moderate passion or interest in."

5. Ok, so you should now be at a stage where you have a direct and clear plan. Summer is coming up, and you are excited to leave school and enjoy your holiday. If you are like me and find yourself getting lonely because you have no friends, do not fear: the EE is here to help. It will very easily eat up any free time you could potentially have.

6. You have now handed a rough draft of your EE, and all fragments of your will to live has vanished into the abyss. But whatever happens, don't take the easy way out; your EE won't write itself. The feedback you get may be a killer at first, as you just see your workload progressively increase to the point where you should be working 28 hours a day in order to keep up with all of your assignments. But then you realize that your feedback is a godsend and that you feel like you might just pass the IB. Just finish up on that feedback.

7. Seriously. That feedback is the only way you won't end up with a D on the EE.

8. Ok so you are done with your feedback, and have spent your limited amount of hours with your coordinator (what were they thinking in the IBO when they thought of this? Seriously, do they not make the whole process not difficult enough?). All that is left is to really make sure you have absorbed every word out of your coordinator (some say it helps to fall asleep with a picture of your coordinator above your bed, there have been cases where students have dreamt of their EE during the night and had a flash of genius that solved any remaining issues with that essay).

9. Hand it in and avoid it like the plague for the rest of your life.

Now off you go. You're wasting precious time!

# Character for a Day

*Written By: Rand El Muhtdi*

**O**n Sunday, the 5th of February, Rand El Muhtadi completely disappeared and Rosaline Capulet visited the Amman Baccalaureate School. For those of you who did not attend the introduction, Rosaline is a Capulet who is Juliet's cousin from Romeo and Juliet. She adopts a punk Elizabethan style which uniquely expresses her and speaks in the modern language, as she finds the "thee, thy" nonsense to be just that, nonsense.

I never thought the Character for a Day would ever be easy. I was faced with many different challenges throughout the day, whether it was ignoring classmates who did not understand that this is actually my graded project to teachers who found my character difficult to deal with. I was called by my real name more often than I should, and was spoken to in Arabic even though my character has no understanding of that language. I was catcalled at, I was mocked and I was forced to deal with the immature tomfoolery from my fellow peers. So please, everyone I need you all to comprehend the fact that when a character is spending the day amongst you, the person behind it is actually trying to get a good grade. We are not doing it to make fun of you

or make you jealous, we are doing this because this is a project and a technique that is used to channel characters. So for the love of God, play along.

I've discussed the social challenges of Character for a Day but what I have yet to discuss is how hard it is in the theatrical sense. When choosing to take on character for a day, you are signing yourself up for putting the character first, you don't ever think for yourself. You think in the mindset of the character, you do everything that the character would do. There is no you, there is only a foreign character who is going through a school day as a student. I had to react to technology in the way of a 15 year old born in 1593, I had to treat my classmates like strangers despite knowing for over 10 years. I had to switch bodies and brains with my character and that can be intimidating for several reasons. One of them being, you have no idea how your day will progress, there is no Rand that you are used to, there is Rosaline who has been put in a very awkward position where she had to interact with people she has never met.

I had no expectations, nothing to reassure me that everything will be normal. I had to relinquish control and immerse myself in my character and my surroundings.



# The eight essentials for your school bag

Written by: Jude Snober



## 1. Your headphones.

Let's be honest, who can come to school without their headphones? Whether you use them on the bus, during break, or even halfway through class, everyone must have them. Besides, save yourself the trouble of asking someone to give you theirs.

## 2. Chargers.

When will people understand that there's a 0.0% chance they will find a charger by jumping from class to class asking for one? The people you're asking have probably got up and asked themselves!

## 3. Gum.

Beware of taking this one out of your bag. If you want it to last more than 5 minutes, make sure it's hidden somewhere people won't look. And work on a good poker face, because as soon as you give one person a piece, you've already lost the whole packet.

## 4. A watch.

We need to stop asking teacher's how long is left for an exam. You may be ready to hear that you should wrap up, but the kid that hasn't started their conclusion yet, isn't.

## 5. A water bottle.

If you're in the MYP, then this isn't as big of

a struggle for you. But everyone needs water.

Don't say that you're going to "get it through the day", or "grab some juice from the cafeteria", because when you're dehydrated, good luck trying to find a bottle. Unless you strike a karate pose by the cooler, you're going to have to find someone willing to share their bottle with you.

## 6. A hair tie.

Girls, this one's for you. Actually, guys too. Sometimes girls need it so much, they'll disregard the fact that you most likely don't use a hair tie and hunt for one in your bag anyway. Just please, have one on you. You never know, you might have a pop quiz and need one!

## 7. A lens cleaner.

Unless you know someone that's had their glasses for less 2 weeks, don't expect them to have the cloth that cleans them. You will need one sooner or later because your jumper won't do the job as efficiently.

## 8. An interim report/reprimand.

Whether you like it or not, you're probably going to find one of these in your school bag. Whether it's because of a missed deadline, being late to class, or bad behaviour, it will find its way to you.

Be careful!

# Top Tips for Surviving the Personal Project

*Written By: Zaid Tabaza*

**U**nless you've been living under a rock, you're probably familiar with the MYP Personal Project (PP) on some level. Three weeks ago, I (finally, phew) clicked the submit button on Turnitin to hand in my first draft report. Looking back, my experience was nothing close to a smooth ride. In fact, it was full of obstacles that I had to find my way around. But as pressurising as it was, I can safely say that it was a transformative experience, and a turning point that helped me grow on a personal level, opening my eyes to certain aspects of my character that I never knew existed. If I were to send my 9th grade self a set of key tips to survive and make the best out of the personal project, they'd go as follows:

## **1. Make it personal.**

You're stuck with your PP for two years. This can either be good news or bad news. You choose by making the decision of whether to make it revolve around an issue of personal significance to you or not. It will take over a huge share of your time and energy, so in order to avoid any demotivation or boredom, live love and breathe your project.

## **2. Invest a lot of time and effort into it.**

Do not hesitate to put in the time and effort for the personal project. If you do so, you will find that it will significantly help you grow your personality and will teach you life-long skills. More importantly, you'll actually enjoy it.

## **3. Dissect the criteria.**

As boring as it is, ignoring the assessment criteria is a fatal mistake. I recommend breaking each strand down carefully to figure out what is required. Every single word matters. I mean it. Pay attention to the specific terms that distinguish between the different levels. Not being aware of it is a barrier that may stand between you and the grade you want to achieve.

## **4. Seek a lot of feedback.**

Make sure to receive as much feedback as possible, on a frequent basis. It would be very helpful to schedule meetings with your supervisor at least once every two weeks and to show him/her your work for feedback. You can also plan interviews with experts in the field you are exploring, which would be very useful during the research phase.

## **5. Organise and juggle wisely**

In order to reach your targets, I find it very useful to treat every piece of school work fairly and give them the time they deserve. So manage your time efficiently between school work and the personal project and do not allow any one to interfere with another. Design a detailed schedule/checklist for your tasks and have it ready ahead of time. Ticking items of your checklist will give you a sense of achievement and boost your morale. I also can't stress enough on the importance of prioritisation. Try your best to stick to your plan and to avoid anything that would distract you from doing so.

The personal project is unlike any other project. It is not traditional and dull. But rather vivid, interesting, and personal. So, in order to make the best out of it, work strategically because it can get tricky and you might lose sight. I'd definitely advise my 9th-grade self to follow the tips above!

# La La Land Review

*Written By: Rand El Muftadi*



**A**h La La Land, a cinematic masterpiece with a touch of emotional trauma. It was one of the most anticipated movies of 2016 and I have to say, it was pretty good.

The movie revolves around Mia (Emma Stone) and Sebastian (Ryan Gosling) who are striving to make it in the Hollywood and the music industry respectively. Let me start out by saying, Stone and Gosling are truly a match made in acting heaven, their chemistry perfectly encompasses just what a relationship should be, a mutual support system. Gosling charmed the audience with his portrayal of the passionate Sebastian who was a character for the books, while Stone captured everyone's hearts as the girl that everyone relates to. So in terms of the acting, I'll give it a plus.

The music was a very important aspect of the movie, the score is reminiscent of the 1950s, it is enchanting yet bubbly which is a good combination for a movie. The songs are catchy and cute, though I wouldn't say anything was provoked within me. But I was dancing and smiling the whole way through the musical numbers, so I'm generally happy. The dancing was absolutely stellar and possibly the best aspect of the film. Each move was perfectly choreographed to the beat and the tone. And don't get me started on the

Gene Kelly like montage shown at the end of the movie. It was astounding to see all the beautiful colours, costumes and dances all incorporated in those heavenly 10 minutes.

Now this is where I might upset a few people, I've already complimented Gosling and Stone on their acting. But the singing was not done well. If a movie is to be cast for a bunch of singing actors, it should be cast with professional singing actors. Gosling's voice was dry and stark of emotion, Stone's voice was emotional but her voice was simply not in the right key and therefore giving the impression that she cannot sing. The part of soprano was not done right for her voice. For a big budget movie, you would be expected to get a good vocal trainer who can help the singer perform to the best of their ability. Another negative is that the movie itself is a bit dragged out in terms of unnecessary plot points and reprises of songs, it felt as though the director was trying to include too many ideas and it felt diluted in a way. Generally, I thought that La La Land was a well made movie and I thoroughly enjoyed the love story that was played out. The movie is perfect for a relaxing evening at home. Just watch out for the ending.

# Movie Review: 1922

*Written By: Zaid Tabaza*

**W**henever I hear about a horror movie, the picture that comes to my mind is almost never matched by my actual experience when I watch it. In other words, horror movies and I have a history of continuous disappointments. The main reasons behind why I feel this way is that most horror movies lack substance and are executed in a sickening manner, while having no thorough plot developments or added value. Despite that, I have never been able to resist watching them, especially when it originates with Stephen King, an author universally acknowledged to be the King of Horror. King is one of the few writers that has been able to defy my negative perception of horror movies. That is because he effectively touches upon the psychological component of horror in his books which many filmmakers fail to do. I always look forward to a Stephen King book to movie adaptation.

Just recently, I watched a horror movie called 1922, originally written by King and adapted into a screenplay by Zak Hilditch. The movie handles a relatively simple story of a farmer, called Wilfred James, who plans to murder his wife to protect his farm work, and drags his son into it. Although it doesn't sound very original, what differentiates this movie from others of its type is its great build up and the moral messages it puts across, which are rarely conveyed in horror films. Although I was disturbed at many instances by the extremity of King's horror, I must say that I was impressed overall.

The movie takes place in a forsaken farm in the middle of nowhere, and the sound-scape that is used is instrumental in creating the horrific atmosphere we experience. The movie alternates between the farm and the hotel room in which Wilfred writes his letter of confession years after. In terms of the degree of horror the movie exhibits, I definitely would not advise you to watch it if you are easily frightened. A mild example is seeing rats enter the mouth of a dead woman and invade the home of Wilfred as the ghost of his wife haunts him. The sound choices are very appropriate and aid in the development of events and scenes as they amplify tensions and engage us into the movie, making us feel as if we are standing right next to Wilfred. The characters in the movie are limited but carefully developed so that much of their intentions are revealed while also leaving the audience to reach their own conclusions about the rest.

The underlying theme behind the movie is that actions have consequences, and no matter how hard we try to escape our rightful punishment, we will be confronted by it eventually. In Wilfred James' case, he believes he can get away with the murder of his wife, especially as he is convinced that he has summoned the conniving man within him, which he claims exists inside of every man. I have to admit, for a mere instant during the movie, I believed he could possibly get away with it, particularly when the sheriff interrogates him and he insists that his wife unexpectedly ran off while being able to maintain unreadable facial expressions and being backed up by his son. However, he soon realises that his punishment will take on a different form as he starts to regret his actions when his son abandons him and he ends up all alone, being haunted by the memory of his wife and experiencing abnormal occurrences.

The last few minutes of the movie are the most captivating, as the gist is summed up. At the very end, Wilfred finally reaches the inevitable conclusion that we've been waiting for and he declares it in the final line by saying, "In the end, we all get caught."

Overall, I certainly recommend viewing for any fan of horror, or of Stephen King.

# Haikus: IB Edition

*Written by: Ali Ibrahim*

To express how my soul is slowly disintegrating into oblivion, I would like to share a few haikus:

Five assignments due  
All tomorrow at nine-thirty  
Looks like no more sleep

Soggy oily food  
What does this remind you of  
Seems like Mirabelle

What the hell is this  
I don't see any number  
Math higher level

I feel empty now  
I think I will go and sleep  
Nope, still have IAs

School is acting up  
I wonder what is happening  
C.I. S. visit

Going to rest now  
3 new strikes from managebac  
TOK Essay

Nerf guns and drag force  
Twenty trials repeated twice  
Extended Essay

Externals are soon  
Syllabus not yet completed  
I am gonna die

How much can I fit  
Into a haiku format  
Oh no I'm out of

