

JUL

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CONTENTS

Hope you had a great
spring break!

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Teacher Interviews	3
Dubai Duty Free Tennis Championships	5
Ignorance or Arrogance	7
Say Yes	8
Minimalism	10
Holi	12
The Second Survivor	13
Check This Out!	15
Editors Note	16

Le Bavardage

with Mr. De Garis
and Ms Radcliffe



Mr. De Garis

1. What did you do over your summer break?

Move to Dubai from Central London! It took a lot of organising, and I spent a lot of it visiting family and friends in the UK so didn't take a holiday this year! My wife and I were married in December 2017 and have yet to take a honeymoon so hopefully something special in 2019!

2. What's your 90's jam?

Strawberry (if you're choosing condiments). Born Slippy by Underworld (if you're looking for a legendary "choon!" that defined a generation and launched Trance music into the mainstream).

3. Pizza or Chocolate?

My local Italian take away in London does a mean Nutella Pizza, so why be made to chose between the two?

4. Everyone has had more than one kitchen disaster, what is your most memorable kitchen disaster?

Attempting a roast beef dinner for the first time in Dubai, literally everything went wrong (I can cook a mean Roast so this did not go down well in our household), it was an unmitigated disaster. My wife still refers to "The Roast Gate Incident" when she wants to poke fun at me! We took our dinner guest to Nandos instead.

5. What was the last movie you watched?

Robocop (the recent remake version), was on one of the Du channels last week, it was truly awful and hurt my eyes but just couldn't turn it off!

6. Describe your life using film titles

Growing up - Dazed and Confused
Most days - Its A Wonderful Life
Since moving to Dubai - Titanic (reference the legendary Dubai stone)

7. Would you rather fight one horse-sized duck or a hundred duck-sized horses?

Do I get a weapon? Ps. I have just shown this to my A2 Economics class and it is the most engaged they have been all year.

1. What did you do over the summer break?

As a fulltime working mum I can't remember what I did yesterday never mind 8 months ago! Let me think...

I went to Mauritius on holiday with my family then spent three weeks in the UK travelling around and seeing our loved ones. It seems like a lifetime ago now!

2. What's your 90's jam?

Oh wow there are so many! If I have to choose just one, it would probably be a TLC classic. I'm sure you've never heard of them? Ultimate girl band.

3. Pizza or Chocolate?

Chocolate! I'm not really a fan of pizza.

4. Everyone has had more than one kitchen disaster, what is your most memorable kitchen disaster?

I love to cook but I'm not a fan of baking cakes. I once made some muffins that you could kill a man with. They were like rock!

5. What was the last movie you watched?

Bohemian Rhapsody - I loved it.

6. Describe your life using film titles

The Bucket List

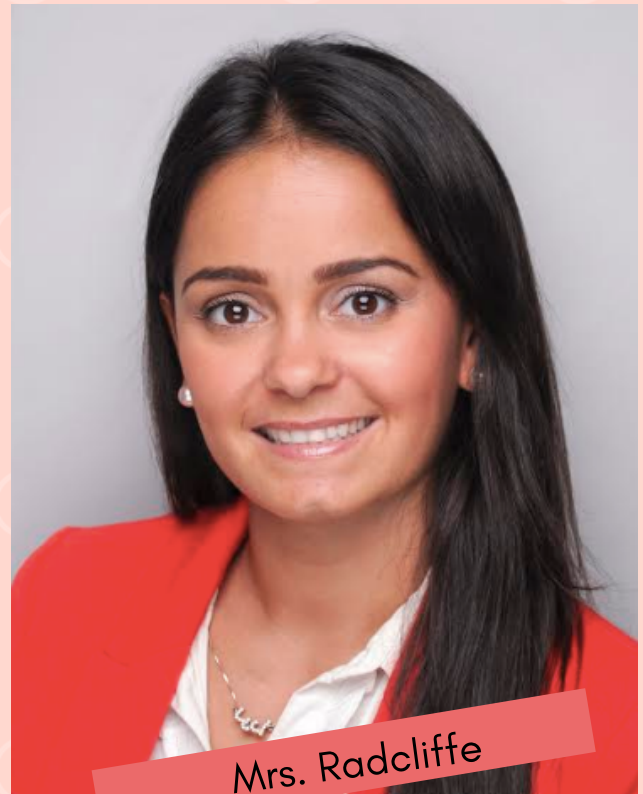
The Pursuit of Happiness

Confessions of a shopaholic

Eat Pray Love

7. Would you rather fight one horse-sized duck or a hundred duck-sized horses?

A hundred duck-sized horses. Fighting them off would be easier in chunks.



Mrs. Radcliffe

Chilly winds, a building feeling of anticipation, loud cheers, Mexican Waves – what an atmosphere at the Dubai Duty Free Tennis Championships. I love visiting the Tennis Stadium every year to see my favourite players. This year as well, I was lucky enough to be able to see some of the top seeds fend off their opponents.

The Women's week was great to watch, with many stunning rallies on display through the week. I saw Petra Kvitova fight back from a first set loss, to beat Katerina Siniakova 6-7, 6-4, 6-4. This tie was one of the longest played throughout the tournament, spanning 2 hrs and 35 mins. Throughout the first set, Kvitova seemed really sluggish and it reflected in her game. However, after the first set she finally and quite suddenly regained her form and significantly upped her game. This sudden on-rush of adrenalin seemed to be too much for Katerina to deal with and she started to make many unforced errors, losing the next two sets and thus allowing Kvitova to secure her place in the next round of the tournament.

One of the most exciting games of the entire tournament in my opinion was the tied match between Angelique Kerber and Dalila Jakupovic. During the first set, it seemed as if Dalila would win the set as she was leading 5-1 with 3 points remaining.

Dubai Duty Free Tennis Championships 2019

This stopped, however, as Kerber took a deep breath and found her groove. She fought back that deficit, breaking Dalila's every serve and managed to win the set 7-6. She continued this rampage in the second set, beating Jakupovic 7-6, 6-3.

This was the exact grit and determination which Naomi Osaka lacked when she lost to Kristina Mladenovic 6-3, 6-3. Osaka started out well enough, keeping her serve and then breaking Kristina's serve, but it truly all went downhill from there. She visibly never really got into the game and disappointed her entire fan base in Dubai when she lost the match. Despite crashing out of the tournament so quickly, she still was humble enough to sign autographs for her fans and take selfies after the game. I feel extremely lucky to have been able to get her autograph, as she is a promising player with great things sure to come in the future.



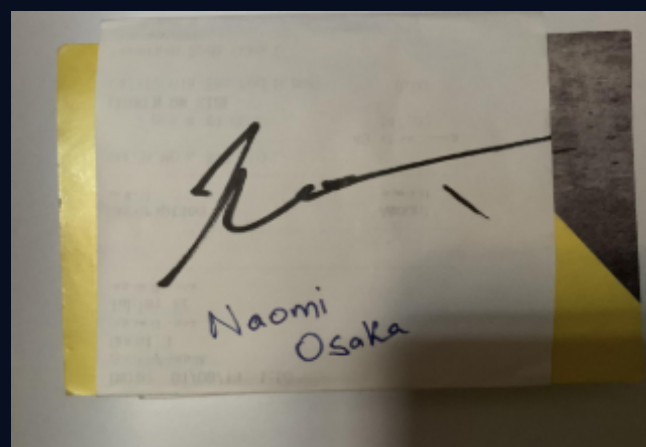
Moving on to the men's week, the opportunity to see Roger Federer play against Philipp Kohlschreiber in the first round was incredible. The first set went well for Federer as he won 6-4, with lots of good rallies.. However, Philipp bounced back in the second set and surprised Federer with a lot of good serves. This did not faze Federer however, as he destroyed Kohlschreiber 6-1 in the final set.

Roger's immense form definitely shone as some of his serves crossed the 200km/h mark. After this impeccable win, there were hordes of fans waiting outside to get his autograph. Federer is truly a great sportsperson, as he took the time to patiently sign autographs for most people standing there, although he must have been tired from his intense match. I once again was one of the lucky fans who was able to get his autograph and I will cherish this for the rest of my life.

Overall, I found that this year's Championship was definitely one of the greatest. First off, the fact that many of the lower seeded competitors got to shine during this championship as they ended up coming on top of some of the top players in the world. Proof of this, are players like Belinda Bencic and Kristina Mladenovic, who are seeded low but were able to beat the types of Petra Kvitova, Simona Halep and Naomi Osaka.

Another thing this championship proved to the world is that age really doesn't matter. Roger Federer is a prime example of this as he keeps on winning championships despite being past the age at which most professional tennis players retire. He won his 100th title here in Dubai when he beat Stefanos Tsitsipas in the finals, which I think is an extremely impressive achievement.

In a nutshell, the Dubai Duty Free Tennis Championship is a great tournament, one, which I hope, will grow even bigger from year to year and attract more and more top players so that tennis fans in the UAE can watch their favourite players in action.



Ignorance or Arrogance

Who are we to decide between life and
death?

Or on who we blow Death's rotting breath,
Or whose heart it is in the vise grip that we
hold,
Or whose life thread we decide to unfold?

To see the light leave a thousand eyes,
To root the storms of a thousand skies,
To see youth and beauty decay into a brisk,
black, bitter, cold abyss,
A dark fatal kiss, an eternal bliss.

Who are we to pass judgement?
On an innocent fool, or an innocent tyrant,
To hold the strings of a puppet called fate,
To manipulate. To change.
Out of hate in love, or out of love in hate?

Who are we to govern the afterlife?
To snare mortality, to fiddle the fife,
Burn, Buried or Cremated, what does it
matter?

After all, we're as mad as the Hatter,
If we think we won't end up at Death's altar.

SAY YES!

"Nothing ever becomes real till it is experienced"
- John Keats

When was the last time you tried something for the first time?
Willingly?

Sometimes we're asked to do things we aren't completely against but seem to find no reason or benefit to want to do, or even more simply just can't bring ourselves to do. Well to that idea, I will give a reason you can use to motivate yourself which pretty much applies to almost everything you do (or don't), and that would be Experience.

Knowledge can take you many places in this world. Gaining the knowledge which will take you far however doesn't come from your textbooks but rather from experiencing things in and out of your comfort zone. Even if you feel that the difference to your life or your lifestyle is minimal after the experience, it is still a change and as humans, we should constantly strive to better ourselves.

Experiencing something brand new can help you develop your previous interests or help you discover your love for something which you before had no idea you had a knack for. It could be anything from trying a new sport or jumping off a plane, the choice is yours!

- For example, this year I took the initiative to start drawing for myself and found that it quickly became something that I love and that I thoroughly enjoy doing in my free time. I had put this notion off for years thinking it would be boring and that I would never enjoy it due to my disinterest in other fields of art, but trying it anyways helped me find a hobby which I love!

What I learned from that experience is that you may surprise yourself in what you end up liking, or having a knack for. Of course, it is impossible that you find yourself in love with everything new you try but at least at the end of that experience, you will know some things which you definitely don't like!

For example, I tried writing poetry recently and to me, it was a dull activity and definitely something I didn't see myself enjoying. However, maybe in a few months or even an year, I will have changed and would be a willing poet, and thus retrying writing poetry then would be more to my taste.

Another issue that somehow always happens to appear in the mind when we have the opportunity to try something new is fear, fear that something will go wrong. Fear is your worst enemy when it comes to learning, but you should remember that experience will always outweigh the risks, and that if you don't take risks, then you won't get anywhere.

So,

Do you want to try this new dish? Do it! Do you want to sign up for the basketball team? You can always try! Do you want to try skydiving because you saw it on the TV? Go ahead!

Whatever it may be, try!

"A mind that is stretched by a new experience can never go back to its old dimensions and old thoughts"
- Oliver Wendell Holmes

Minimalism

Minimalism is a word which is commonly thrown about on our Instagram feeds by over enthusiastic and yet wholly unaware Insta celebs who have created it into an aesthetic and almost a personality type with which they brand themselves. Chances are all of us can name influencers on social media who have talked about how they have adopted minimalism and how it is so “great and fresh”, only to post another “cleaning my messy apartment” video thrice a month.

Minimalism is not throwing away everything in your house and living like a caveman. Minimalism is not getting all glass (and gold-rimmed) furniture and hiding away all your hoards in the closet.

Minimalism is an intention.

Minimalism is at its core the internal gauging of objects and the value they hold for you. It is the removal of objects which distract you from things you like and actually want around you. It almost forces you to make a better more valuable surrounding for yourself so that you can thrive.

Joshua Becker, the founder and editor of Becoming Minimalist (a website which helps people discover ways to transition into minimalism), talks about how minimalism to him is freedom from the passion of possession. He talks about how in modern culture, people who are able to possess everything are looked up to and idealized as a dream life, with all of the material wealth they need. To him, minimalism is an escape from the everyday consumerism of our modern world which allows him to avoid materialism and instead focus on important things such as relationships, experiences and “soul-care”.

Minimalism is a way to disengage from the tension of everyday life and instead focus on yourself and things you want to do, rather than things you have to do. It is a call away from the idealization of celebrities and the constant flow of tasks everyone has which never seem to finish.

To achieve minimalism, rather than simply sitting down one Saturday afternoon and trying to clear out your items, try instead to break it over a long period of time. Avoid the more difficult items (books, sentimental objects, souvenirs) at first and instead look at things you don't even want in your room.

For example, that ugly scrap which somehow made your way into your art-book and into your room? Throw it away! Recycle it! Don't just let it rest in your room for the next eternity unnoticed and collecting dust.

Go even further and try to clear out time. Look at your plans for the week and if you see events and things which take up your time but don't give you any satisfaction or build up to one of your larger goals, then remove it!

Don't fall into the trap of glorifying being busy because being busy doesn't mean that you are thriving, it simply means you may have taken a tad too much onto yourself and now you are stuck doing things which drag your mood and will to live down. Remove such activities and make more time for rest and sleep, things which may sound foreign as exam season approaches but things which will benefit you just as much as your three hours of Biology revision.

Be stricter with the way you assess things and their value, and only do what you know will benefit you either mentally or in the future for your goals.

Of course, not everyone will be accepting or able to partake in minimalism but introducing even simply basics of the process can help you feel more decluttered and ready to face your next challenge, which personally I think is very important as students with growing tensions and responsibilities.

Do what you need.

Declutter your space, and declutter your mind.



Holi is a hallowed festival in India that marks the beginning of spring. Dozens of Hindu families congregate in the spirit of the day by throwing brightly coloured powdered paints onto each other. Like all religions markings, the celebration is soused in tales and legends, each tale giving a divergent explanation.

However, the most sought-after telling revolves around an ominous king called Hiranyakashipu, who was so self-indulgent that he instructed everybody in his kingdom to worship only him. His son Prahlad, however, dismissed his father's tellings and prayed to Lord Vishnu instead. Furious with his son, Hiranyakashipu and his sister Holika devised an evil plan to kill Prahlad. Holika owned a special shawl that she kept unharmed from fire and decided to use it as a weapon to kill Prahlad. So, she lay Prahlad on her lap and sat on a burning pyre. However, by praying to Vishnu for immunity against the fire, Prahlad was able to survive the flames. Thus, it is said that Holi is a parable about the power of faith and religious devotion.

In India, Holi typically lasts between two and four days. The first day includes a bonfire (commemorating the tale of Prahlad and Lord Vishnu) and the consumption of large quantities of food and alcohol continues into the night. Holi is seen as a notable social leveller in India as children can splash elders with water, men can douse women with colour and the rules of propriety and hierarchies in societies are often forgotten about during this process. Groups of revellers go around shouting "Holi hai bhai Holi hai, bura na mano, Holi Hai!" (It's Holi, don't be offended, it's Holi)– the communal summoning kindred with the festival acts as a warning as well as a plea for forgiveness.

The replete vibrancy of Holi is known to bring a sense of positivity and renewal to our lives; the beginning of spring is translated as a new beginning for many people. The festival signifies the triumph of good over evil– people are brought together to play, forget and forgive and to repair previously ruptured relationships.

THE SECOND SURVIVOR OF HIV

According to UNAIDS (United Nations programme on HIV and AIDS), there are currently 36.9 million people currently living with HIV (Human Immunodeficiency Virus) or AIDS worldwide. Of these, 1.8 million were less than 15 years old, most infected by their HIV-positive mothers during pregnancy, childbirth or breastfeeding. Since HIV is a virus, it can't be cured easily like a bacterial disease could be with antibiotics. Because of this, scientists and doctors are still yet to find a cure. Only two people in the World have been successfully treated against HIV, the second person still under observation until recently.

The patient was not only suffering from HIV, but from advanced Hodgkin's Lymphoma, a form of blood cancer that could not be treated with chemotherapy. Like the first patient, he required a bone marrow transplant, in which blood cells are destroyed and replaced with those from a healthy donor. Experts from Cambridge and Oxford University treated the anonymous patient, diagnosed with HIV in 2003, in the UK by replacing his white blood cells with HIV-resistant versions from a rare donor. Following the success of the transplant, the patient could stop taking antiretroviral drugs, which are drugs that are able to suppress the infection but never entirely eliminate it from the body. Even while the patient was under observation for eighteen months, there was no sign of the virus. The same stem-cell technique was used ten years ago on Timothy Ray Brown, known as the "Berlin patient".

The medical team who treated the patient was led by Ravindra Gupta, a communicable disease physician at Cambridge. He explained the results in a paper published by Nature.

"At the moment the only way to treat HIV is with medications that suppress the virus, which people need to take for their entire lives, posing a particular challenge in developing countries," Gupta claimed.

"Finding a way to eliminate the virus entirely is an urgent global priority," he continued. "But is particularly difficult because the virus integrates into the white blood cells of its host."

Though this is a great accomplishment, it is problematic to say whether the patient has been "cured", which can only be confirmed if the patient's blood remains uninhibited by HIV for longer. Eighteen months after ending ARV therapy, however, there were no signs of the virus' return.

"By achieving remission in a second patient using a similar approach, we have shown that the Berlin patient was not an anomaly, and that it really was the treatment approaches that eliminated HIV in these two people," Gupta mentioned.

Patients with rare cases can be treated in other ways to the normal HIV treatment, but perhaps more research and attempts at treatment can further progress the task of discovering a cure for all HIV patients. In the near future, I think that alongside finding a cure to the disease, scientists will eventually begin to focus on HIV prevention methods, most likely vaccinations, before continuing research on cures.

And as a History student who has studied Medicine Through Time, this method has been primarily used to eventually find the remedy to some of the greatest killers, such as cholera and tuberculosis. Once a potential preventative method has been found, doctors should try and test them on healthy volunteers. Since cures have been found for only some patients, doctors and scientists should be looking to test any new cures on larger sample sizes of volunteers who have been diagnosed with HIV.

Through a series of tests and research funded by Product (RED) and other non-profit organisations, someday we can reach the end of the road to treatment for the disease that is affecting billions each second.



Riddle Me This!

Q: Name an eight letter word that has kst in the middle, in the beginning, and at the end.

Q: A boy has as many sisters as brothers, but each sister has only half as many sisters as brothers.
How many brothers and sisters are there in the family?

Q: What is the difference between a school boy studying and a farmer watching his cattle?

Q: Suppose you want to send in the mail a valuable object to a friend. You have a box which is big enough to hold the object. The box has a locking ring which is large enough to have a lock attached and you have several locks with keys. However, your friend does not have the key to any lock that you have. You cannot send the key in an unlocked box since it may be stolen or copied. How do you send the valuable object, locked, to your friend – so it may be opened by your friend?

Got the answer? Reply to JC Juice with your form to win some chocolate!

Editor's Note

The journey started in Y10, when I wrote book reviews. Relaunching the magazine in Y12 was such an exciting rush as we figured out what articles students enjoyed and got to know about the fun side of our teachers. I still remember chuckling when Mr. Kesterton sent in his "accurate" portrait for the interview and when Mr. Lawton claimed the lion to be his spirit animal because he enjoys his lie-ins. And, all the facts I've learnt from your articles! From Ryu's Hadouken to artificial neural networks, it was interesting to read about such a diverse range of topics and understand your views on them.

We'd like to give a massive thank you to Mr. Simpson for all his endless support over the past 2 years! We really could not have done it without him!

Hope you have a fantastic summer and wish the new JC Juice team good luck! -- Ebani

I'm so glad to have been able to work at the JC Juice these past two years. All the drafts, the editing, the research and the coordination of it all have all been worth the amazing response we get after publishing each issue. Thank you so much for continuing to support the magazine, and we wish next year's JC Juice's editors the best of luck for the next 12 issues. ¡Adios! -- Scott

Since joining the JC Juice team as an editor after its relaunch, I have been immensely thankful to all its readers, writers and contributors for supporting this magazine. We wish next year's team the very best of luck and once again, thank you! -- Wen Qi

Thank You!

To the readers – your feedback and relentless participation is what keeps the magazine going!

Thank you to the writers! Without you, there would be no magazine.

