



JC JUICE OCT'22



# TABLE OF CONTENTS



Pg 3-4: The re-launching of Expo 2020

Pg 5-6 Going Maskless and the psychology behind it

Pg 7-8: Pollutants reach the deepest part of the ocean in the Mariana trench

Pg 9-11: No Limit - The Case of Audrey Mestre

Pg 12-17: Gravitating towards Gravitons

Pg 18-21: They Might Have Been Great Authors, But They Were Bad People

Pg 22-23: Book Review- Alex Rider

Pg 24-25: Trussonomics: The Pound & The Mini Budget

Pg 26-28: Promising Podcasts!



Maria Davvi  
*Editor in Chief*

Renata  
Tabanova  
*Lead Editor*



# The re-launching of Expo 2020

Tanishqa Garg

The moment we've all been waiting for- the reopening of Expo 2020! With the UAE, Saudi Arabia, Morocco and Egypt pavilions continuing to function, Expo city is a place where you can continue to enjoy with friends and family. Not only this but His Highness Sheikh Mohammed bin Rashid Al Maktoum, the Vice President, Prime Minister, and Ruler of Dubai, previously unveiled the legacy plan: The New ExpoCity will be a smart and futuristic destination for business and innovation driven by; sustainability, innovation, education, and entertainment.

## *ExpoCity:*

The new ExpoCity is a museum of the memorable Expo 2020 which left us all with inspiration, hope or even new beginnings and it will continue to do so through ExpoCity. The UAE will continue to take new initiatives that will help us all throughout the world.

## *Pavilions:*

If you haven't seen the pavilions before you can still get a glimpse of some of them in ExpoCity.





**Pavilions like UAE, Egypt, Saudi Arabia and Morocco will be up and running for the enjoyment of future visitors. Some core Pavilions like the Women's, The Vision, Mobility and Sustainability Pavilions are also open!**

***The Vision Pavilion :***

**The Vision Pavilion is among the many pavilions that signify the transition of the UAE into a smart future. The vision pavilion was made to show the journey of His Highness' passion to help his people and for the future of the UAE to thrive. This was a symbol of hope for many countries around the world. Therefore the vision pavilion is an exemplary example of unity throughout the UAE.**

***Mascots:***

**Kids can enjoy meeting the mascots Latifa and Rashid, their robot guardians Opti, Alif, Terra, and Salama the Ghaf tree. Kids can also enjoy the classic ride of 'All around the world which is a merry-go-round ride. Food and Beverages are also available of all kinds and there are food trucks as well!**





# **Going Maskless and the psychology behind it**

**Noora Alali**

**For the past few years, wearing a mask has been a mandatory law due to the COVID-19 pandemic that took the world by storm, but after three long years, we can go maskless in malls, supermarkets, hotels, restaurants and schools. This of course has been a major change, as we can now see everyone's faces and smiles that have been hidden under a mask. The UAE Government anticipates that COVID-19 will continue to circulate but at levels that won't put stress on the healthcare system disproportionately. If you're ready to ditch the mask but feel anxious about doing so, this could be due to the fact that wearing a face mask has become second nature for many people during the pandemic. There's a psychological reason why you feel this way, according to David A. Moscovitch, a professor of psychology at the University of Waterloo. Moscovitch's recent research has found that mask protocols during the pandemic increased struggles with social anxiety. Social anxiety is characterized by an intense, persistent fear of being watched and judged by others, it is fear of the unknown that initiates when contemplating about the future and 'what if' scenarios. People with social anxiety tend to be worried about behaving in ways that do not conform to social norms. Many things during the pandemic and post-pandemic era reduced the frequency of people socializing, obviously with obstacles such as social distancing and online school it was difficult to maintain a social life like before, however, some may argue that in some ways the pandemic did help people to socialize.**



**Due to the fact that platforms for online meeting, most famously zoom, became popular during the pandemic and to this day is still utilized. Personally I have seen it being integrated into many things ever since it's been introduced during the pandemic, such as quick meetings and conferences, and even things like work experience and online tutoring classes have turned online rather than face to face.**

**For people who struggle with social anxiety, having a break from social obligations and showing your face in public might have felt comforting. Beyond a face mask's purpose for containing Covid, wearing a mask almost serves as a security blanket that relieves some of the social pressures that come with fears of exposing flaws in appearance or signs of anxiety.**

**We're now very close to a point where the majority of people believe that it will take at least a year (into 2023) for normality to resume – or that it will never return. And of those who don't think this, the majority of them are increasingly unsure about what will happen.**

**At some point, the majority of us will become used to how things have changed, and we will begin to see our changing world as normal. For those of us who have lived through the pandemic, it will be in our minds forever. But how we look back and remember the pandemic, and the times before March 2020, will keep on changing.**





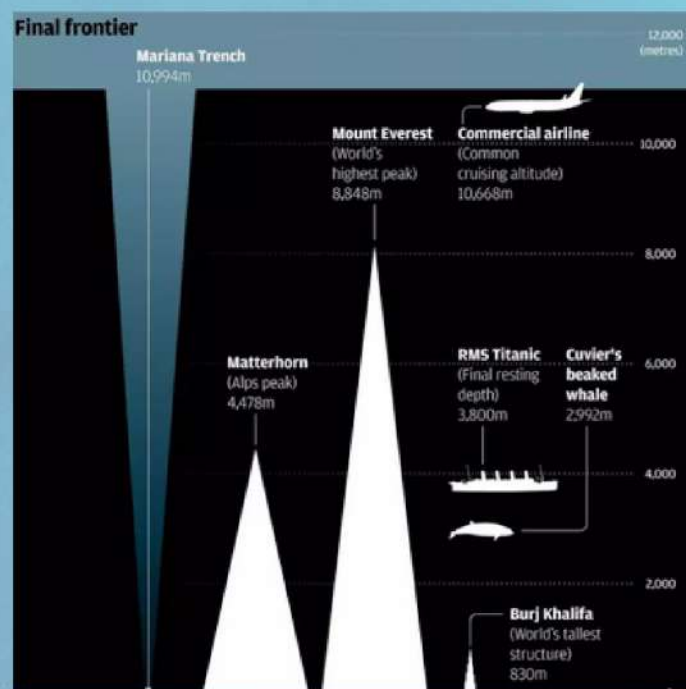
# Pollutants reach the deepest part of the ocean in Mariana Trench

Ridhan Mahanty

The Mariana Trench is known to be the deepest point of our ocean. It is extremely deep and difficult to reach so that is why it is said that more people have explored the moon than the Mariana Trench.

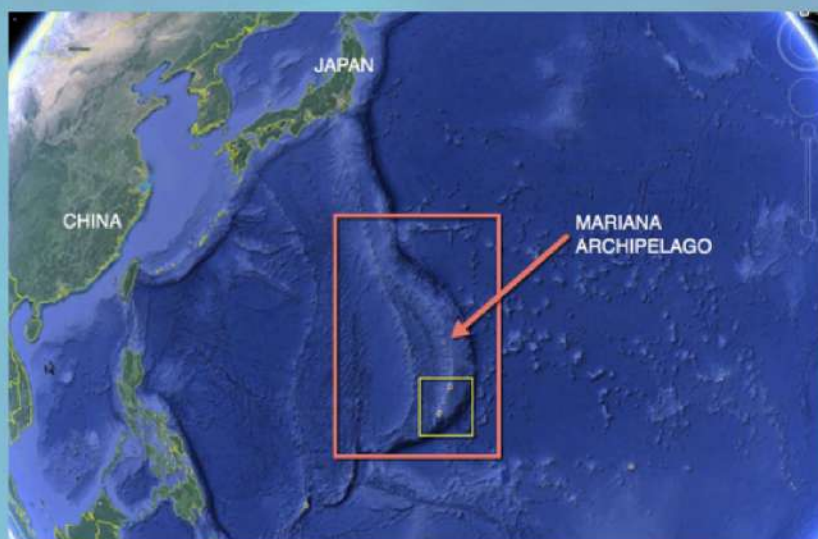
The Mariana Trench is located in the Western Pacific ocean and can be viewed from outer space as a crescent shape. It reaches to a staggering depth of 36,070 feet therefore is completely dark.

The depth of the Mariana trench can be compared to 13 Burj Khalifa's stacked on top of each other and it is deeper than the height of the highest peak on Earth - Mount Everest. Due to the freezing temperatures and hostile conditions in the trench, there are little more than 200 organisms that can be found there such as crustaceans and amphipods.





**According to a study by scientist Jamieson, high levels of persistent organic pollutants (such as Polychlorinated biphenyl that were widely used in electrical equipment) were detected in the fauna found at more than 10,000 meters depth in the Pacific Ocean's Mariana Trench. Persistent Organic Pollutants or POPs are toxic and have adverse effects on human health and animals. Exposure to POPs can reduce reproductive success and thus the population growth of sea creatures. They are chemically stable and do not degrade in the natural environment. These chemicals have been used in the manufacture of electrical and electronic equipment for many years, although their use has been largely phased out in new equipment.**



**How did the chemicals reach the Mariana Trench? These chemicals were produced in the 1930s and 1970s to be used in paints, plastics, electronic equipment and more. Of this, 65% is now contained in landfills or still within electrical equipment. But more than 35% was accidentally released into the environment.**

**These pollutants are resistant to natural degradation and so persist in the environment for decades, therefore once they find their way into rivers, coast lines and the open ocean and then sink many kilometers below the waves. It is evident that the chemical pollution has been able to reach even the most remote places on our planet...**



# No Limit - The Case of Audrey Mestre

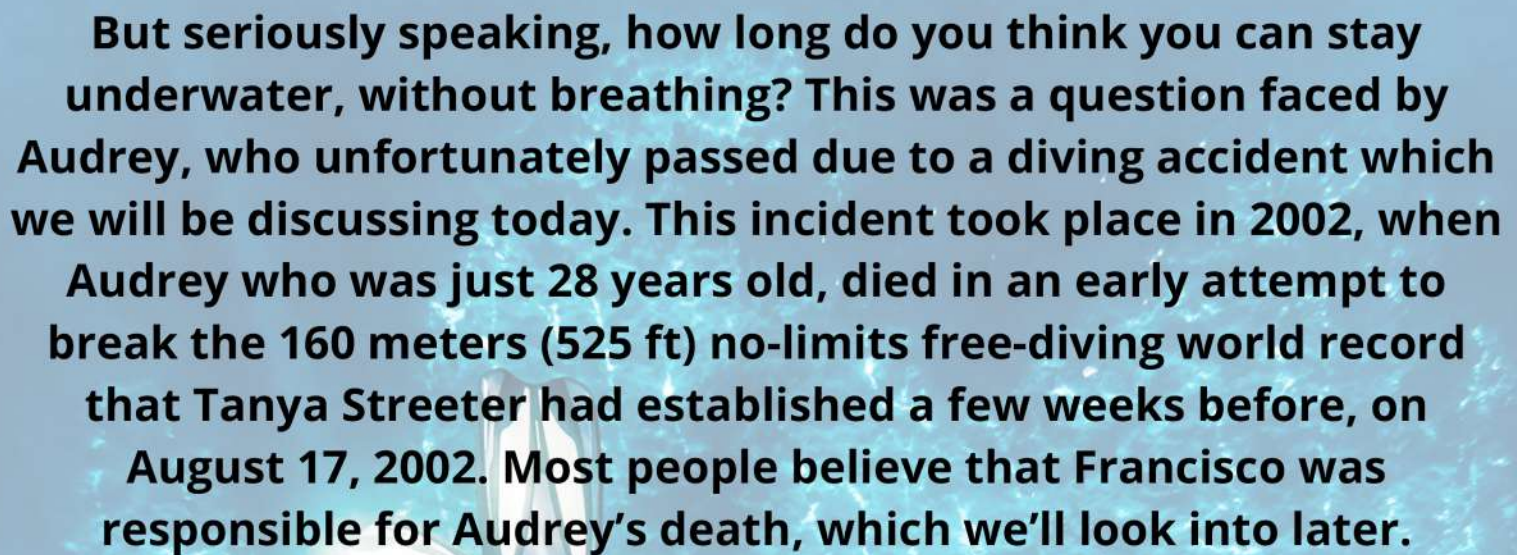
Ansh Mandal

We are often faced with such situations in our life, wherein we are forced to think about whether to set limits or lead a life without any. If you always put limits on what you can do, physical or anything else; it'll spread over into the rest of your life. Hence, the purpose of a No-Limit Life is to provide direction & encouragement to achieve success and heights by living a life without limiting yourself. However, most importantly, one needs to be cautious of the circumstances and their outcome as well.

This story is about one such individual, Audrey Mestre, who decided to live her life without any limit and achieved success in free-diving on a single breath of air at a very young age but lost her life in an unfortunate incident.

Let's begin with introducing Audrey Mestre - a female free diver, who began swimming when she was a baby and won a gold medal in a 54-meter swimming competition at 1 month of age. She became a seasoned scuba diver by age thirteen but did not get full certification until her sixteenth birthday due to French law. In 1996, her interest in underwater sports led to her meeting free-diver Francisco Pipin Ferreras. They developed a relationship and Audrey soon moved to Miami, Florida to live with Francisco. There, she took up serious free diving with him as her instructor and was soon reaching record depths. In 1999 the two diving enthusiasts married and the following year, Audrey Mestre broke the female world record by free diving to a depth of 125 meters (410 ft). A year later she broke her own record, by descending to 130 meters (427 ft).



A diver is shown underwater, wearing a blue wetsuit and a Boush Pro air tank. The diver is positioned vertically, with their head pointing upwards. The background is a clear blue water with some light rays visible. The text is overlaid on the image in a bold, black font.

**But seriously speaking, how long do you think you can stay underwater, without breathing? This was a question faced by Audrey, who unfortunately passed due to a diving accident which we will be discussing today. This incident took place in 2002, when Audrey who was just 28 years old, died in an early attempt to break the 160 meters (525 ft) no-limits free-diving world record that Tanya Streeter had established a few weeks before, on August 17, 2002. Most people believe that Francisco was responsible for Audrey's death, which we'll look into later.**

**Free-diving is a considerably dangerous sport, where a person dives in a deep-water area, surviving as long as possible without a breathing apparatus. Many people have lost their lives attempting this sport (to break the world record), one of which includes Audrey herself. The free diving they took part in is known as "No Limit" free-diving. In this particular type of free diving, the diver descends with a heavy metal bar until they are able to reach record-breaking depths as far as the diver is concerned. Once the diver is ready to go up, they will use an airbag to shoot up to the surface as quickly as possible.**

**Audrey held the female world record until August 17th, 2002, when another free-diver named Tanya Streeter attempted to break Audrey's record with an astonishing 525 ft (keeping in mind Audrey's record of around 430 ft). During the dive, it is said Tanya had a few short stops during the dive, but eventually was able to reach the target depth in 3 minutes and 20 seconds.**

**On October 12th, 2002, Audrey made a hurried and unprepared attempt to break Tanya's record of 525 ft. Francisco's team was quite unprepared as there were only two safety divers, compared to the sixteen that Tanya had. The dive was controversial and heavily criticized as the setup did not match common freediving safety standards.**



Much of the diving community's critique targeted her husband Francisco, who had hurried an underfunded organization for this record attempt. People also say that Francisco kept the team away from the air tank, claiming he had already filled it, which was eventually the main reason for Audrey's death. Hence, the people believe that the fatal accident was caused by him.

Only two minutes into the dive, she reached around 560 ft and broke the world record. Upon reaching 560 ft, Audrey opened the valve on the air tank to inflate the lift bag which would raise her rapidly to the surface, but the cylinder had no air in it. One of the safety divers noticed this and used his regulator to help Audrey ascend and inflated the lift bag with his air supply but the bag did not rise fast enough due to insufficient inflation, a strong current, and the riser rope being non-vertical. The original airbag eventually reached the surface, but without Audrey. She finally surfaced, with the help of another safety diver after more than eight and a half minutes; however, was unconscious, and without a real doctor at sea or shore, later died.

To summarize, Audrey Mestre died of a lack of air in her airbag and lack of immediate medical help upon surfacing, but apart from that the main reason for her death was her / her team's hunger to break the world record of no-limit free-diving, which in true sense does not have any limit.

Although most people believe that Francisco was the cause of the accident, with no proof, there will never be a definite answer.

What do you think? Do you believe that he was the cause of the incident, or otherwise? I believe that even if she would have survived, someone else or herself would have continued to make successful and unsuccessful attempts to break the world records. To this day, it is said that the world record for free diving is held by Herbert Nitsch, an Austrian free-diver, with an outstanding 214 meters (702 ft) in "No Limit" free diving in 2007, earning him the title of "the deepest man on earth", which even after 15 years still remains unbroken.



# Gravitating towards Gravitons

Rosa Di Sante

Gravity. The thing that summons a fond memory symbolically compressed in the one instance of a falling apple from its tree of a bearer on a pensive Isaac Newton. One of the four fundamental forces that hold sway over all matter in our universe; the other three being the strong nuclear force, the weak nuclear force and the electromagnetic force. Yet the reason for its now disparate nature lies in the fact that it is the only one of these four forces whose force carrier particle has not been physically observed; the postulated and theorized graviton. However, their existence would, if anything, make just simple sense. But alas, we are not here to force compliances into hard set theories of our making... we must let science pave the way and our gift of innate curiosity and skepticism to guide us. What are gravitons? How and why would they work in real life?

But first...

## What are force carrier particles?

These can be referred to as "messenger particles"...for other particles. So really, they are like the signals our phones give out to another phone when we want to text someone. Force carrier particles deliver messages between other particles, however, particles cannot communicate if they do not share a force carrier particle which they can both understand. Sort of like if I sent a message and it ended up in Portuguese to the English recipient on the other side; different languages, different force carrier particles.



Another example: an electron (so a charged particle) can easily communicate and respond to force carriers of the electromagnetic force-in this case the photons- but neutral particles can't as they are not charged and we know that photons only react with electrically charged particles. Each force has their respective force carrier particle as seen below

Fundamental Force Particles				
Force	Particles Experiencing	Force Carrier Particle	Range	Relative Strength*
<b>Gravity</b> acts between objects with mass	all particles with mass	graviton (not yet observed)	infinity	<div> much weaker  ↓  much stronger </div>
<b>Weak Force</b> governs particle decay	quarks and leptons	$W^+$ , $W^-$ , $Z^0$ (W and Z)	short range	
<b>Electromagnetism</b> acts between electrically charged particles	electrically charged	$\gamma$ (photon)	infinity	
<b>Strong Force**</b> binds quarks together	quarks and gluons	$g$ (gluon)	short range	

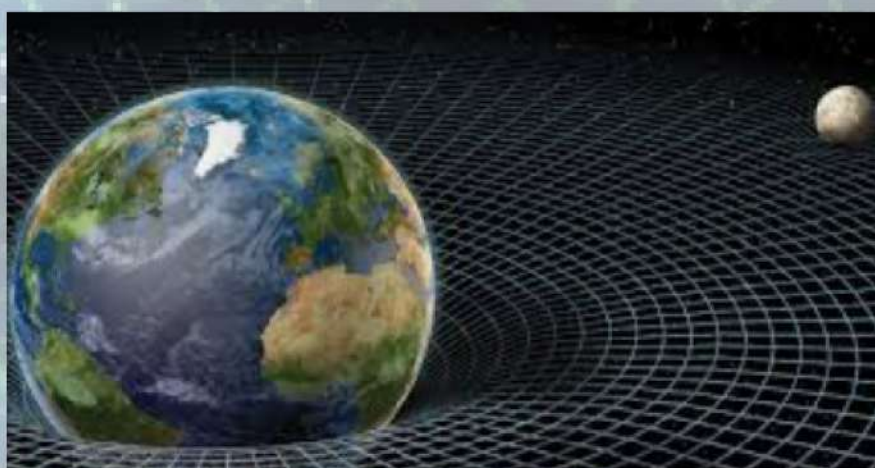
\*the "range" is the total distance traveled by the particle when it is charged before it stops

### A predicament for quantum physics and general relativity

In December 1926, Einstein wrote a letter to German physicist and mathematician Max Born, asseverating his skepticism on Born's new view of quantum theory at the time. In it, he writes "Quantum mechanics is very impressive. But an inner voice tells me that it is not yet the real thing. The theory says a lot, but does not really bring us any closer to the secret of the old one" and one may have most frequently heard the last phrase of how Einstein was convinced that "God does not play dice".



**It is currently quite a struggle to integrate Einstein's theory of gravity, also known as General Relativity or GR with that of quantum mechanics which is more about describing what happens in the subatomic view of things. This is because GR is a classical field theory and classical field theories do not use quantum mechanics. While quantum mechanics leans more to the particle structure of forces and describes forces with reference to "exchange particles", Einstein's classical approach theorized that matter distorts the fabric of spacetime resulting in a strong, attractive force field. While these take on different views of gravity, they are not contradictory (in a sense that if one theory exists the other can exist too and merge with each other) for we know that the other three forces are describable in both senses such as the most common example of electromagnetic waves. What makes general relativity different from quantum physics is that in general relativity occurrences are continuous as well as deterministic\*. Contrastingly, since occurrences in quantum physics are a result of the interaction of particles, the occurrences are actually indefinite and probabilistic. When something is deterministic in physics it means that it can be completely described using the fundamental laws of nature**





## But why are quantum occurrences probabilistic?

Let's assume two locations; A and B. They represent two sharp peaks in the wave function of an electron. Now let's assume that the wave shape covers A and B equally. The probability of finding the electron at location A or B in this case would be 50% if an experiment were carried out to measure its location. An electron is present simultaneously in every area that its wave function covers prior to being detected, though. Quantum objects, like electrons (and gravitons), have a sort of probabilistic existence in which they can be anywhere and do anything at any time. It is actually present in several locations at once. The same concept can be described with Heisenberg's uncertainty principle.

This experiment may be analogous to the probabilities of getting a heads or tail in a coin flip...saving the fact that when the coin lands on the hand and is covered, whether it is heads or tails is already determined whereas with the electron experiment, whether it is in location A or B is still uncertain until the very moment their locations are measured.

If gravitons did not really exist then that would mean that gravity could not be a theory within the quantum field. Which goes against this goal to achieve the 'Theory of Everything'; a theory that aims to provide an all-embracing theory that unifies quantum mechanics and classical physics into a single framework to understand all of physics and explains the rules of the universe. While we do not know if gravitons actually physically exist, there are some properties scientists thus far have a good idea about...



## What we know...

By virtue of the fact that gravitational forces exist between particles, regardless of their position in relevance to each other, the gravitons must be massless as gravitational force has an extremely, actually essentially infinite, range and its propagation is that of the speed of light (in order to travel at  $c$  the particle's mass has to be necessarily none or very little). In truth, studies made from gravitational waves emitted from colliding black holes insinuate that any such graviton would have to be at the very least a billion, billion, billion times lighter than the electron (which is  $9.1093837015 \times 10^{-31}$  kg)! Additionally, their total angular momentum\*, or their 'spin' would have to be 2.

\*the property of a spinning object and product of its inertia (a property of matter that prevents changes in velocity speed or direction of its already spinning motion) and angular velocity.

## But why does the particle have to be massless?

Nothing with any mass can move faster than light because as an object goes faster and faster, its mass rises. Additionally, if it were genuinely moving at the speed of light, its mass would be infinite. The more mass it gains, the more energy is needed to move the object as the greater its resistance increases in speed therefore if there is infinite mass, infinite energy would be required to move. That is not possible and so it needs to be massless.

## Conclusions...

So, look out everyone! If you happen to observe a massless particle with a spin of 2 know for sure that it is a graviton!



A particle detector would need to be extremely large and hefty in order to detect a graviton... So much so that it would collapse into a black hole! Although there is currently no success in the detection of gravitons, we are able to detect gravitational waves which are basically an immense amount of gravitons in flow, once we develop more advanced, and the right detectors there could be a chance to observe some...though at the moment it is quite improbable if not impossible. Despite gravity being potent on a planetary scale, it can be quite weak at smaller scales on earth. In such a way that when a magnet tugs a paperclip, it defies the planet's entire gravitational field and succeeds. Hence the tremendous struggle to physically observe their action and existence. Though, the aforementioned simple sense being made thanks to them would serve as a stepping stone to the 'Theory of Everything'. Can the whole universe really be summed up collectively with one unifying theory? I guess you *could* say only time can tell! Until next time!



# They Might Have Been Great Authors, But They Were Bad People

Muhammad Salahuddin

*(Warning this article contains serious themes)*

**Fiction is sacred. A way to express a message through imaginary people, places and things. Some fiction is entertaining, some is boring and some even inspirational.**

**Those who write the works of fiction are authors. If you have a favorite book, I'm sure you have a favorite author. Authors have the ability to transform words into powerful paintings in the minds of readers. Although a pen is not mightier than a sword, an author that knows how to correctly use a pen can make one mightier than anything on this planet. But what happens when these powerful authors aren't as good at being people as they are at writing?**

**In this article, we will be looking at great authors who were able to captivate readers in their respective fictional worlds, who were in reality, horrible people...**

- 1. Let's start off with a banger, Roald Dahl was an anti-semitic. Dahl, loved by children worldwide, who wrote mystical and legendary tales about chocolate factories and giant peaches was actually an open racist.**



Whenever Dahl dropped by the office, "secretaries were treated like servants," and, "tantrums were thrown". He was such a terrible person that even his wife nicknamed him "Roald the Rotten." In the unedited versions of Charlie and the Chocolate factory, Oompa Loompas weren't the famous otherworldly orange characters we know and love today, they were previously written as black characters supposedly intended to be 'slaves'. Although, currently, there isn't any evidence that Roald Dahl wrote the oompa loompas as slaves, however it was HEAVILY implied. He doesn't sound like that great of a person, now does he? However, the final nail in the coffin was significantly worse, so I'll just let you read it for yourself... "There is a trait in the Jewish character that does provoke animosity....even a stinker like Hitler didn't just pick on them for no reason." WOW, just WOW. This was on the record by the way! Dahl specifically requested for it to be on the record... So how is it that an openly racist and terrible person like Roald Dahl is praised for his children's books and why are his books read to impressionable, young children across the country? If you think it can't get any worse, then buckle in. By the end of this list, you'll be wishing that the pen was never invented and that we were still writing with feathers...

2. Continuing on the trend of racist authors, let's check out Jack London. You may not have heard of him. But if you're a diehard English nerd or weren't in Jumeirah College all your life, you may have heard of his most famous book "White fang". In the book, there is a line that reads "As compared with the Indians he had known, they were to him another race of superior gods." Essentially saying that white people are superior to other races. YIKES. London didn't stop there though. The essay called "The salt of the Earth" argues that white people are masters and are the pinnacle of human evolution. And that genocide is just natural selection. A shocker! Another day, another respected well established literary mastermind whose skills in writing clearly outclasses his skills in logic and reasoning.



**3. Catcher in the Rye!** If you're like me and love reading, you have undoubtedly heard of or read the masterpiece known as "Catcher in the Rye". A story focusing on 2 main themes: protecting the innocent and isolation. Well, it's clear that J.D Salinger, the author of "Catcher in the Rye" was a bit too familiar with isolation, turning him into a disgusting pervert. Salinger would write letters to young teenage girls attempting to lure them into relationships. He even once had a relationship with a 14 year old girl when he was 53! But when it came to women his own age, he was, well, a weirdo. Once a missionary from the red cross rang on his door bell and upon seeing this, Salinger saw the red cross uniform and thought "THIS IS A THREAT!". His response was to pull out a gun... and he ALMOST shot her?! Catcher in the Rye is a book about what isolation can do to a person but Salinger himself showcases what sudden fame and isolation does to a reclusive person. Yet again, a terrifying tale where the pen is mightier, or well, more disturbing than the sword. Yes, the sword can kill, but the pen can manipulate people into wanting to kill themselves. In this case, Salinger used his writing capabilities to lure in young girls.

**4. Whilst on the topic of weirdos; William Golding, author of "Lord Of The Flies".** "Lord Of The Flies" is a book that many of you should know. It's one I studied and analyzed for a year in my old school and it's a book that you often cover in year 10 and 11 in the GCSE curriculum. To put it simply, the main message of the book is that human beings have 2 instincts: the instinct to live by rules, act peacefully, follow moral commands, and value the good of the group, against the instinct to gratify one's immediate desires and act violently to obtain supremacy. It was one of the darkest books I've ever read, so it makes sense that it couldn't have been written by someone sane. Warning!! This is extremely disturbing and if you are sensitive, you might want to scroll onto another article now!



**William Golding tried to assault a 14 year old girl, and they supposedly fought for 10 minutes before the girl was able to fight him off and run away. "Lord Of The Flies" is a book about the inner "darkness" inside the hearts of civilized people, explaining Golding's belief that everyone has "animalistic urges". Golding himself clearly being a prime example of his own writing...**

**Now, that was heavy, but I hope it showcases just how important writing is. How it can indoctrinate and manipulate people, how people can become obsessed and how they then praise and celebrate authors who often don't deserve the praise. I myself was a huge fan of some of the authors on this list, thinking to myself that they were inspiring heroes. When in reality, they were far from it. To reinstate, the pen is not mightier than the sword but an author who knows how to wield a pen is mightier than anything on this planet...**

**And to conclude, if you like a book, praise the book, if you like a movie, praise the movie. If you like a game, praise the game. But perhaps research before mindlessly throwing around praise, as you never know, you might be praising a great author who was a horrible person.**



# Book Review

## ALEX RIDER

Krish Khakharia

Alex Rider is a book series, which consists of 14 books, by British author Anthony Horowitz. It follows the story of a 14 year old London schoolboy, Alex Rider, who is forcefully recruited into the MI6, a British military intelligence, following his uncle's death. Each of the 14 books focuses on one of the missions he takes across the world; like spying on rich people and terrorist groups under fake names who are armed with ingenious gadgets. Essentially, Alex Rider is the young version of James Bond.

### The Villains

Most of the villains within the book series are rich billionaires with plots to increase their wealth. For example, in the eighth book, Crocodile Tears, the antagonist is Desmond McCain, the owner of a charity organisation. It is later revealed that this charity actually causes accidents in order to hoard the profits.

However, some of the villains work in schools for wealthy children. In the second book, Point Blanc, Dr Grief is the headmaster of Point Blanc Academy, a school meant for the sons of billionaires and politicians who often got involved in crime. However, the school holds a dark secret, for Dr. Grief plans to control the world through his students.

Yet, one of the most influential villains in the entire series is the criminal organisation known as SCORPIA. This organisation is very dangerous and founded by intelligence officers during the cold war, after seeing that their governments would soon have no use for them.

Alex Rider



Alex Rider is a fourteen year old spy working for an organisation called MI6. According to the police, his uncle died in a car crash while not wearing his seatbelt. But Alex knew that this wasn't the case, since the windscreen was covered in bullet holes. After being recruited, Alex doesn't tell anyone about his involvement in military intelligence - no one would believe him. But in book 5, *Scorpia*, he tells his best friend Tom Harris about it. He was then one of the only people that knew this, apart from Jack Starbright, Alex's legal guardian and Sabina Pleasure, another of his friends. Despite Alex's continuous efforts to leave MI6, he is always forced to return after being targeted by criminal organisations or to bargain with MI6, in return for his safety or privacy from the press. He has never trusted anyone in the organisation apart from John Smithers, who provides him with the gadgets needed to complete his various assignments.



# Trussonomics: The Pound & The Mini Budget

Maryam Fayyaz

The exchange rate between the GBP and the USD has historically been between 1.2 and 1.4 and this has provided a certainty and stability to businesses and consumers in both countries. Prime Minister Liz Truss's 'mini budget' - which includes record tax cuts (not seen since 1972) in response to low economic growth rates for the UK - has caused the exchange rate to fall to a low of 1.03 (as of 27th September, it has recovered to 1.07).

Although this use of fiscal policy should theoretically bring the UK out of a recession, this plan is counterproductive to rising inflation rates. The Bank of England's recent rate hike by 50 basis points to 2.25% would reduce economic growth due to lower consumption leading to lower aggregate demand.

You might be wondering why the shortest-serving Prime Minister decided to introduce a 'mini budget'. Well, the big rise in energy costs in the UK has led to the massive cost of living crisis, and Truss's aim was to increase economic growth through textbook expansionary fiscal policy. However, the timing of these tax cuts came during the Bank of England's decision to increase interest rates (i.e., contractionary monetary policy) - and despite Truss's belief that this will improve the UK's economy, this may in fact add to inflationary pressures due to the higher incomes available, leading to higher consumption and borrowing.



The lower tax rates are also supposed to encourage businesses to invest more, and this would mean that GDP may increase - suggesting higher economic growth - but the main downside of economic growth is high inflation. In a period where inflation is already raging, many economists argue that Truss's decision was not the most wise. The economic decisions made by Truss and Chancellor Kwasi Kwarteng will mean that the Bank of England will have to significantly increase interest rates in order to sustain and hopefully recover the value of the British pound sterling.

Truss's use of 'Reaganomics' -or trickle-down economics - is spiking major criticism, as not only has it not worked, it is associated with the likes of Margaret Thatcher, and, you guessed it, Ronald Reagan. Reagan's policies in the '80s did lead to higher real GDP, and lower inflation & unemployment rates, but at the same time, critics said his supply-side policies favoured the rich. It's also no secret that Thatcher is one of the UK's most hated Prime Ministers.

Once again, history seems to repeat itself, and Truss's tax cuts will probably benefit the rich - but unlike Reagan's policies' impact, there seems to be no sign of slowing inflation. Not only are higher inflation rates a possibility, but according to Deutsche Bank, the UK's Debt to GDP ratio will also increase to 102% (the highest level of debt since 1964). What's more, Truss's first 3 weeks as prime minister saw the UK's stock and bond markets lose \$500 billion in value, highlighting how Truss will go down in history: another example of a failed attempt at trickle-down economics.



# Promising Podcasts!

Angelique Hill

Hey JC!! Have you ever been looking for a podcast but just couldn't find one you liked?? Well, same! Fortunately, JC Juice has you covered!! We're introducing a new part of the magazine called 'Promising Podcasts!'. Podcasts are a great way to further your knowledge, work on your attention span, and stimulate your brain! As well as being super interesting and great for whenever you have a spare minute. You could listen to podcasts instead of being on your phone, when you're tidying your room or even on your way to/from school! It's time JC had a way of sharing our favourites!! So, onto the recommendations!

**Recommended by Mr Stokes:**

- **Fozcast - The Ben Foster Podcast**
  - A football podcast co-hosted by former professional footballer Ben Foster and Tom Ocho. A variety of different guests are welcomed onto the podcast where they discuss interesting topics and football around the world!
- **The Coaches' Voice Podcast**
  - A group of coaches that react to the biggest English football talking points from over the weekend, each week different guest coaches share coaching tips and ideas regarding that week's talking point
- **They walk among us**
  - An award-winning UK true crime podcast



### **Recommended by Reese in 11G1:**

- **Today in focus**
  - **A podcast by The Guardian that explores and delivers a deeper understanding of each of the magazine's headlines to listeners, with a posted podcast every weekday**
- **Anything Goes with Emma Chamberlain (14+)**
  - Especially recommended;
- **Body image & self-acceptance**
- **Advice session #14**
  - **Advice on dealing with overwhelm & social anxiety**
- **Quality over quantity**

### **Recommended by Miss Deans:**

- **Diary of a CEO by Steven Bartlett**
  - **A podcast where 29 year old, ex-CEO & founder of Social Chain shares insights of his own, as well as those of guest speakers about each of their different experiences and journeys through life & the world of entrepreneurship**
- **The James Smith Podcast**
  - **'Everyday waffle' from 'no-nonsense' personal trainer James Smith**
- **The Bare Performance Podcast by Nick Bare**
- **Weekly podcast series with Nick Bare focused on how to optimise one's health, performance and life through discussing topics including nutrition, peak performance, fitness and more**

### **Student recommended:**

- **The JPS Pod**
  - **Hosted by JPS teachers Mr Williams and Mr Huntley, with regular guest speakers, about what goes on in the minds of the JPS community**



- **Wow in the world**
- **Co-hosted by Mindy Thomas and Guy Raz, the podcast focuses on the latest real stories in science, technology, and innovation. Recommended as ‘It makes science enjoyable, and is laugh-out-loud funny!’, the podcast is definitely something JC’s science community might want to check out!**
- **Game Theorists (recommended by Jeshal in 9F1)**
- **A podcast about video game theories given MatPat (narrator of the Youtube series Game Theory)**
- **Freshly grounded**
- **A weekly podcast by co-hosted by entrepreneurs Faisal & Sam where they discuss everything from business to conspiracy theories to current world events**
- **Google recommended:**
- **Today, explained**
- **A podcast focused on explaining daily news to listeners**
- **Your wrong about**
- **An engaging podcast hosted by journalist Sarah, who reconsiders an event or person that may have been misperceived by the public eye**
- **Stuff you should know**
- **A podcast focused on a variety of random topics from doppelgangers to true crime, to how clowns or license plates work!**
- **Have a listen to some of the podcasts above. You never know, maybe you’ll find one you really enjoy! If you have a podcast you like and want to recommend for our next ‘Promising Podcasts’ page, please do below with the provided link. They don’t have to have a specific theme - they can be anything from motivational podcasts to daily news ones or even your favourite sport podcast! So get recommending!**
- **<https://forms.gle/oyznb1q84NVrAKSeA>**  
**Enjoy your listening!!**



# EDITOR'S NOTE

Hi JC! We at the JC Juice team hope you've enjoyed reading this month's edition. Our writers and editors worked extremely hard to research and discuss relevant and interesting topics for you to enjoy!

If you have any suggestions or topics you would like to see in next month's article - or you would like to write an article yourself - please send us an email at [jcjuice@jumeirahcollege.com](mailto:jcjuice@jumeirahcollege.com) and we will be in touch with you.

- Maria Davvi and Renata Tabanova, Editor-in-Chief and Lead Editor

*Thank you...*

- To Mr Simpson, for all the support and advice!
- To this month's writers : Angelique Hill, Ansh Mandal, Krish Khakharia, Muhammad Salahuddin, Noora Fareed Al Ali, Ridhan Mahanty, Rosa Di Sante, Tanishqa Garg
- To our editors Aditi Karode, Angelique Hill, Muhammad Shuja Saddat, Reyna Mehta and Wiktor Blazik for their hard work getting this edition out!

**... and lastly and most importantly to our readers, because without you, there would be no magazine.**