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JC Juice

TABLE OF CONTENTS



Pg 3-4: How to deal with exam stress

Pg 5-6: Why it's important to go to school

Pg 7-10: Imran Khan's removal of Prime minister due to external forces

Pg 11-14: The discoveries of Stephen Hawking

Pg 15-17: Sustainability

Pg 18-19: Fast fashion

Pg 20-21: Haunted

Pg 22-23: Since when did toys have a gender

Pg 24-25: A group of polar bears and their recent arctic visit



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How to deal with exam

stress

Wiktorija Blazik

For a lot of students, tests and exams are one of the biggest sources of stress. Unfortunately, we're right in the middle of exam season, meaning that a lot of students have 10+ exams in the coming weeks, with some having two on the same day! Fortunately, there are many things you can do to overcome exam stress and make the exam season as bearable as possible.

The first thing you should do is make sure you're actually prepared for your exams. If you feel confident about your ability to perform well in a test, you're probably going to feel less stressed about it. In order to be prepared, you need to study correctly - use active recall! Basically, active recall is when you remember the stuff you've learnt. It's different from passive recall, which is when you just read over your notes or the textbook, and it's significantly more effective! If you want to feel more confident with your level of knowledge for an exam, include active recall in your revision! Some methods you can use are making flashcards, doing practice questions, or doing past papers.

Another thing you can do to decrease exam stress is to make a study schedule. One reason why people get overwhelmed when studying is because they feel as though there is an inordinate amount of content to revise. By making a study schedule and planning out when you study each topic and each subject, you won't get overwhelmed. This is because you'll have planned out what to do each day, so you'll know that you'll be able to cover all the material before the exam. Also, study schedules have the added benefit of preventing procrastination.

One reason why people procrastinate is because they feel directionless and unable to decide what to do next - by making a study schedule, you'll know exactly what to do next instead of wasting your time procrastinating.

Another thing you can do to ease exam stress is to set reasonable goals. I don't mean things like, "I want to get 110% on every exam". Unfortunately, you cannot control what is tested on the exam, so you can't control your grade. Even if you've memorized the textbook, there's still a chance that you'll make a silly mistake (don't worry, it happens to the best of us!). Focus on the things that you can directly control. Set goals like, "I want to study for 3 hours every day", or "I want to be able to understand the difference between covalent and ionic bonding". By setting yourself goals like this, you'll be a little happier with your score, even if it's not exactly what you wanted, since you'll know you'll have achieved your goals of understanding the content.

Practicing meditation and mindfulness can be incredibly helpful for decreasing exam stress. Scientists have proven that meditation helps to unjumble the thoughts that are causing your stress. Because you're focusing your attention on something calming rather than the exams that are coming up, you'll feel less stressed and more balanced. As well as this, meditation can actually boost your exam performance! Since meditation helps you practice your focusing and concentration skills, you'll be more focused, therefore more productive and successful during your study sessions and even your exams.

Finally, the most important thing you can do to prevent exam stress is by talking about it. It's much easier to externalize what you're feeling rather than keeping it all bottled up. Exam stress is incredibly common, so it's likely that a lot of your friends are also feeling stressed. Talking to each other about it is very helpful, since you'll know that you're not alone. Also, it's very fun to complain about how difficult exams are with friends who can relate to your situation!

Why is it important to go to school

Swastika Issar

School plays an extremely important role in every person's life and in child development. It is certain that the children of today are the future of tomorrow. It's undoubtedly true that school not only promotes interest, but it also empowers students with opportunities to become successful individuals in the future.

First and foremost, school is incredibly important because students of any age can gain knowledge. Going to school helps develop a variety of new skills and talents. It's undeniable that school also helps one find their passion, to pursue a career. School does not only prepare students for the future, but also for the real world. When going to school, discipline in the classroom begins with time management, priority-making, and following all the rules. There is no doubt that by going to school, one will inevitably learn a great range of things under 1 roof.

Following on, going to school helps enhance one's social skills drastically. Be it the classrooms, school transport, corridors, playgrounds, or washrooms, you're surrounded by students. Hence, one must socialize and make new friends during the school journey. This is a great opportunity to make new friends and learn about new cultures by interacting with other students and teachers. These friendships will surely be cherished as unforgettable memories.

Last but not the least, going to school will help to develop logical, critical, problem solving skills. It not only teaches one how to be a great team player, but also how to make independent decisions. As one transitions from school to university, further to the corporate world, one may encounter lots of challenging situations in their every day life.

For example, one might have to live on their own; away from their own family, pay off any loans, or take care of any financial situations. Its undeniable that if one chooses to go to school, then he/she will be in a better position to make the right decisions as compare to someone who has never been to school.

Without a doubt, going to school plays a vital role in one's growth and progress. The education, skills and talent acquired in school not only enhances livelihoods, but it also develops one's social skills tremendously. With these remarkable benefits, it's like going to school is the medicine to success! Therefore, going to school is extremely beneficial.

You can learn:

- problem solving skills**
- components of social skills**
- improve social skills**
- gain knowledge**

Imran Khan's removal as Prime minister of Pakistan due to external forces

Muhammad Shuja Saddat

It's a story of tenacity, courage, and belief. It's a story of a single person against the world. It's a story that's inspired me so much that I've felt compelled to share it with you. Imran Khan. Who is he, and why is he such a big deal? Khan started his career as a cricketer, bursting onto the scene at the age of 18 against England, and reaching the pinnacle of cricket achievement across his 25 year cricket career, as he captained and led the Pakistan cricket team to a 1992 Cricket World Cup victory. But that's not where his story ends. In 1994, he began his journey of philanthropy, traveling across the world to raise funds for opening Pakistan's first internationally recognised cancer hospital, providing free treatment to 75% of the patients there.

In 1996, he took the biggest step in philanthropy, as Khan founded a political party, Pakistan Tehreek e Insaaf, which means the justice movement of Pakistan, with the aim of bringing equality throughout his country. And he struggled to find his footing as a novice in the world of politics, but after 22 difficult years he became the prime minister of Pakistan in 2018. Sounds like a pretty influential character, right?

So what happened next? At the moment, after completing 3.5 years as prime minister, Imran Khan has been removed from power, allegedly due to conspiracies hatched by external and internal forces disapproving of his principled stance. Khan has openly talked about his beliefs; about how Islamophobia is unfair on the billions of Muslims living around the world, and how in his foreign policy he has sought equality, honor and dignity for Pakistan. Well, that obviously didn't sit well with some countries, who were used to treating developing countries as 2nd grade nations.

One of these foreign powers is said to have participated in the conspiracy of toppling his government. So, for the first time in Pakistan's history, a no-confidence motion was held to decide whether Imran Khan was to be removed or whether he was to stay. There were a total of 347 seats, 155 of which belonged to Imran's party. Imran's biggest opposition had 84 seats. The majority vote needed for Imran to be removed was 174. It seems impossible for him to be removed, right? Wrong. The majority vote of 174 was achieved, not because everyone wanted Imran out, but because it had been arranged to happen.

What makes his removal all the more shocking is that he was one of the few, few non-corrupt politicians in the history of Pakistan.

Before and after his tenure as the prime minister, his achievements include providing people facing poverty with their basic human rights, such as good healthcare, education as well as food and shelter. This displays his commitment towards the country as a citizen and as a leader, which leads us back to his unjust removal as PM.

Now, let me talk to you about why you should care. Pakistan is a large country, with a population of around 227 million people, which is more than the population of France, Germany, and England combined. That is a LOT of people, most of who are young people. It has a huge potential for tourism and prosperity, if handled by the right people that potential can be tapped into and used for the benefit of Pakistan and the entire surrounding region, which includes the UAE. If Pakistan is handled properly, it could produce more qualified and educated workers, who could in turn move to the UAE and help it grow. Businesses from Pakistan could move to and invest in the UAE, again helping it flourish and prosper. A prosperous Pakistan would also be a huge place for international businesses to come and invest in. With a stable economy and a stable government, a large country like Pakistan would be a goldmine for companies to invest in

So, what happens now that Imran has been removed? Protests are being held across the country, and also around the world by Pakistanis living in foreign nations. The outpour of support is unprecedented. The rallying cry on the street is that people want freedom and Justice, and they see Imran as their only hope, who can save them from shackles of corruption and social injustice. This story is still unfolding, and it's been an inspirational ride that people will talk about for years to come. I fully support Imran Khan as he fights for justice and carries out protests across the country, and I wanted to share his story so that you too can witness this history in the making .

Cricketer

Tenacity, courage, belief,

25 year cricket career

1992 world cup

1994 philanthropy

1996 pti , justice movement of pakistan

2018 pm

Equality honor dignity foreign policy

347 seats, imrans 155, majority 174, biggest opposition 84

Talk about why you should care: Pakistan population 227 mil people, england germany france,

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The discoveries of Stephen Hawking

Rosa Di Sante

The search for truth is vital, the conservation of fault, even more so. At least that's how I picture any major advancement throughout the course of history. We must maintain some levels of skepticism at all times when it comes to major discoveries in any field of knowledge, and while we shall be prepared to defend all appropriate reasoning, we must do this conditionally. While we progressively make new discoveries and adjust previous ones (or in some cases, completely refute them), we must also be predisposed to have our own claims challenged and disproved.

However close to the truth we may be, we don't know, but Stephen Hawking dared to try and brush it with a finger.

Singularities and a mathematical tug of war...

Of course, you can't talk about singularities without mentioning the great tug of war between the Steady State theory and the Big Bang theory. As in all battles, there must be one clear winner. What exactly are we dealing with though? Well...

Steady State:

- The Universe has always existed and it is always expanding.
- Maintaining a constant average density all the way throughout.
- Matter continuously creates new stars and galaxies at the same rate that old galaxies get farther away from us and become imperceptible.
- Unchanging universe.

Big Bang:

- The Universe had a beginning in which it was at an extremely dense and hot state (at a single point).
- Started expanding (to as large as it is now) and will continue to expand.
- Galaxies only have an initial creation and age over time.
- Changing universe.

So basically: Steady State says that the universe has always been present and will continue to be and that there are a mix of new and old galaxies while the Big Bang says that the universe has the same galaxies that age and that it had a beginning and will have an end.

It turns out that the Big Bang theory would be more accurate...

To come to this conclusion, Hawking had one key section to make absolutely certain was taken into account before performing any calculations and that is to "assume that space-time is singularity-free." Stephen Hawking relied primarily on a quite old method for proving mathematical theories: Proof by contradiction. You will first have to assume that whatever you are trying to prove is not true...after that, you show that the conclusions based on that assumption are distinctly false, they cannot work. Hawking showed that a universe lacking of all singularities would be simultaneously opened and closed*...a contradiction; he was right in thinking that "the assumption that space-time is non-singular must be false."

*Gravitational attraction is what could stop the universe's expansion. More mass=more gravitational attraction Less mass= less gravitational attraction.

A closed universe would have enough matter to stop the expansion of the universe, which could lead to a re-collapse (Big Crunch). An open universe is one in which there isn't enough matter to stop the expansion of the universe which could lead to either a Big Freeze or a Big Rip.

Even earlier than his 1966 PhD thesis in which he disproved the Steady State Theory, it was around 1962-63 during which another blow at the steady state theory was given due to the discovery of *quasars**.

**Now, here is some etymology for you:* This is a portmanteau word (a word made from separate words or parts of words to form a new one), combining "quasi" and "stellar" and it's a contraction for "quasi-stellar radio source". They resembled stars in photographs hence "quasi", meaning "almost" in Latin and "stellar", in Latin, "stella", which is "star". It almost seemed like a star but is in fact an extremely bright and distant nucleus of a young galaxy. Basically, a ring of matter surrounding a black hole.

A quasar is thought to be a luminous galactic core, powered by a supermassive black hole. Quasars are so far away from us that their light takes billions of years to reach Earth! So, quasars are objects from the past which indicate that a few billion years ago the structure of the universe was very different from how it is today. Which means that the universe is changing and contradicts the Steady State theory.

However, the thing that sealed the fate of the Steady State theory was delivered by radio astronomers, Arno Penzias and Robert Wilson...by accident. These scientists discovered the cosmic microwave background radiation which is thought to be leftover radiation from the Big Bang.

The Steady State theory has explained this background radiation as the light from ancient stars which has been absorbed and emitted in all directions by galactic particles. Most astronomers were not convinced by this explanation because the discovered CMB was very smooth, meaning that it did not come from different small sources in different locations because if it had there would be inconsistencies in its distribution; some parts would be more dense than others...

Hawking proposed that the universe began as an infinitely small, infinitely dense point...a singularity.

The Steady State theory is now no longer accepted by most cosmologists. Today the majority of astronomers consider the Big Bang theory to be the best description of the origin of the universe.

In Stephen Hawking's Words:

'The Steady State theory was what Karl Popper would call a good scientific theory: it made definite predictions, which could be tested by observation, and possibly falsified. Unfortunately for the theory, they were falsified'

Thanks to Hawking, we have one more idea made more clear. This was just one of his contributions though, and the urge to write about more of them has never taken hold of me more than it has now. I hope the urge of discovery tingling in our brains will forever continue to live on, and that while we erase and rewrite, our daily lives and future will be clearer still. Because in the end, "We are just an advanced breed of monkeys on a minor planet of a very average star. But we can understand the Universe. That makes us something very special."

— Stephen Hawking

Sustainability

Ansh Mandal

What is the first thing that comes to your mind when I refer to the topic of my article "*Sustainability*"? Well, let me help you to understand the meaning of this complex word as per my interpretation. It means *small changes we can make, to help look after the planet*. Making these changes helps protect animals, plants and our natural resources so that future generations will be able to enjoy them.

As I expand the meaning further, Sustainability is about survival and taking only what you need, then let it replenish at a rate that keeps the source producing so that it can be taken from again without depleting it completely. An example of sustainable, is the practice of reduce, reuse and recycle.

Why is Sustainability important?

It is practically difficult to create a list of all the reasons why so many individuals, groups and communities all around the world are working towards this goal. But most importantly, *sustainability comes down to the kind of future we are leaving for our next generation*. At the moment, we are producing resources, using energy and creating waste at a rate that isn't sustainable and this would lead to environmental issues, such as pollution and climate change, which cause harm to the environment, wildlife and humans. By making some small changes to our lifestyle, we can reduce our carbon footprint and help to tackle these issues.

How can we be sustainable in our lifestyle?

Everything we do in our day-to-day life has an impact on the planet, from the food we eat to the car we drive.

Of course, I am not saying that we should only eat vegetables (just imagine having to eat Broccoli everyday!), and start riding a bike everywhere (just imagine doing so!). Although, we can still try consuming less meat and only making our parents drive when necessary. It's small changes like these that could help us to lessen your environmental impact.

How to live a more sustainable lifestyle

If we want to live a more sustainable lifestyle but don't know how, try following some of these tips: 1. Save energy, 2. Eat less meat, 3. Use reusable alternatives, 4. Go paperless, 5. Use renewable energy, 6. Recycle and reuse, 7. Grow your own produce, 8. Donate unused items, 9. Save water, 10. Buy fair trade products, 11. Drive less, 12. Don't waste food, 13. Wear sustainable clothing, 14. Use eco-friendly cleaning products. The list goes on! See, isn't it now simple to understand how our generation can follow sustainable goals to take care of our planet?

Is UAE a sustainable country?

The UAE has made various attempts in recent years to become a more environmentally friendly country and has undoubtedly succeeded. UAE focuses on achieving sustainable development goals that would enable access to clean energy, adequate and affordable food, quality education, health care, sustainable economic growth, healthy ecosystems and increased resource efficiency, as all these issues resonate strongly in the country.

On October 1st, 2021, Expo 2020 opened to the public introducing many countries and their achievements from all around the world. With more than 191 participating nations, numerous pavilions, events, attractions and experiences, Expo 2020 Dubai aimed to inspire and initiate change and create a better future with a focus on sustainability, opportunity and mobility.

We were also presented with the sustainability (also known as the “green”) pavilion and this pavilion had solar panels, which would gather renewable energy. Did you know that the energy gathered is equivalent to generating up to 4 gigawatt hours of electricity a year — enough to power about 370 average households - enough to charge more than 900,000 mobile phones. Fascinating!

Recently, UAE announced ban on the use of single-use plastic bags that will be effective from July 1st, 2022 and to discourage the use of single-use bags, there will be a charge of 25 fills from the effective date. Don't you agree with me that we shouldn't be actually waiting to change ourselves on that date, or should we start making it a habit to carry our own 'reusable' jute or cloth bags from home before heading out to buy anything from the supermarkets. That's a good beginning in my opinion, and the process shouldn't end at this.

Let's all work together by making small changes in our lifestyle and keeping sustainability as 'top of mind recall' for our actions, by asking ourselves that “Is there a sustainable way of doing what we are doing?”. All ideas are welcome, and like they say:

“Think globally, act locally”



Fast Fashion

Khwaash Kapoor

Waste in the clothing industry

Whilst the temptation of low-priced but stylish clothing would be enough to send crowds running to a store, the abundant environmental impact from its production and disposal is slowly but surely contributing to the Earth's ever-growing problem of climate change and global warming. And that isn't going to change anytime soon if we don't do something about it.

Textile waste

Picture this: you buy a top that almost every one of your friends has, forget it exists, find it when it's no longer trendy, and throw it away. Now multiply that one top by 7.9 billion people. Surely, you can see how the disposal of one top creates a whole lot of waste (7.9 billion tops in landfills)!

And yet that number's quite an understatement. You see, the average consumer throws away 70 pounds (31.75 kilograms) of clothing per year. Because of this, textile accounts for over 9% of landfills, and this statistic is continually growing as time goes on.

What can you do about it:

- Stop purchasing clothing from micro-trends! Unless you've been eyeing a clothing piece for a while and your desire to buy it hasn't changed, do not buy clothing that'll be cringy in less than a week. You aren't doing yourself, the environment or your bank account any good.
- Consider donating the clothes. Whilst thrift shops are scarce in Dubai, we have plenty of clothing bins instilled throughout Dubai where you can be rid of your old, unwanted household goods, clothes, toys, and footwear. These clothes are then sold, or given away, with proceeds donated to relief aid for special needs families.

- **Purchase from responsible brands! Whilst Shein may be unbelievably cheap, the quality of clothes they produce truly reflects the price. Instead, choose to purchase something for a slightly higher price that'll last you a significantly longer time!
Buy quality over quantity.**
- **Buy second-hand. Whilst this might be difficult in Dubai, initiatives such as the clothing swap one we just held at JC can massively help decrease clothing waste. Lose the stigma associated with second-hand buying - used clothes aren't disgusting!**

92 million tonnes of textile waste is created yearly and the equivalent to a rubbish truck full of clothes ends up in landfill sites every second. It can take over 200 years for the materials to decompose in a landfill, and whilst this occurs, textiles can generate greenhouse methane gas and leach toxic chemicals and dyes into the groundwater and our soil. We're slowly destroying the environment with our irresponsible purchases and incessant micro-trends. So please, purchase consciously, and, if possible - sustainably.



Haunted

A story by : Ansh Mandal

There was said to be a peculiar, gloomy house at the end of the town, by the lake. Recordings of eerie sounds were reported almost all the time. What could be there?

I shivered abruptly as I neared the dilapidated, isolated house. Blood gradually dropped on the front doorstep. Suddenly, the door creaked open, by itself. Not even a single soul was identified in the ominous resident. Immense patches of cobwebs were spotted almost everywhere. Petrified as I was, I gulped...and entered.

Unexpectedly, the door slammed shut as I wandered in, breaking the silence. Pumpkins lay on the ground and flickered with light, letting out a high-pitched cackle. Ignoring it, I strolled across the area, in hope of finding any sign of life. As I continued with my journey, I came across a skeleton on a rocking chair, which was moving? Who was controlling it? Suddenly, a devilish figure grabbed my neck and whispered in my ear in a sombre tone "You're next," and was gone in a flash.

Out of the blue, gloomy, spine-chilling music started playing from an unknown destination and footsteps approached at a steady pace. Spooked as I already felt, I bolted towards the nearest door and locked myself in frantically. In a sigh of relief, I looked up and saw a hooded figure not more than 10 feet away from me. "Welcome ba-a-a-a-a-aack," the hooded figure exclaimed in a playful voice.

Shrieking, I kicked the figure with all force and snatched it's hoodie off, revealing its identity. That was when I caught sight of their grotesque, unearthly, deformed face. He had pale, greasy skin and bruises all over his face. One ear hung from its spot and looked like it was about to fall off. No hair and a hunched back but stared at me motionless. At that slight moment, I knew exactly who it was, the town's unknown wanted murderer.

"Now you've done it!" the man snarled and lunged towards me but instead, fell to the ground due to the agonizing pain in where I hit him. As he crawled, helplessly, I knew this was my one and only chance. I unlocked the door and dashed towards the closest window and leapt out. Glass shattered everywhere but I was undamaged, leaving the horrendous scene without ever looking back.

And then I woke up, drenched in sweat.....

THE END

Since when did toys have a gender?

Arav Prasad

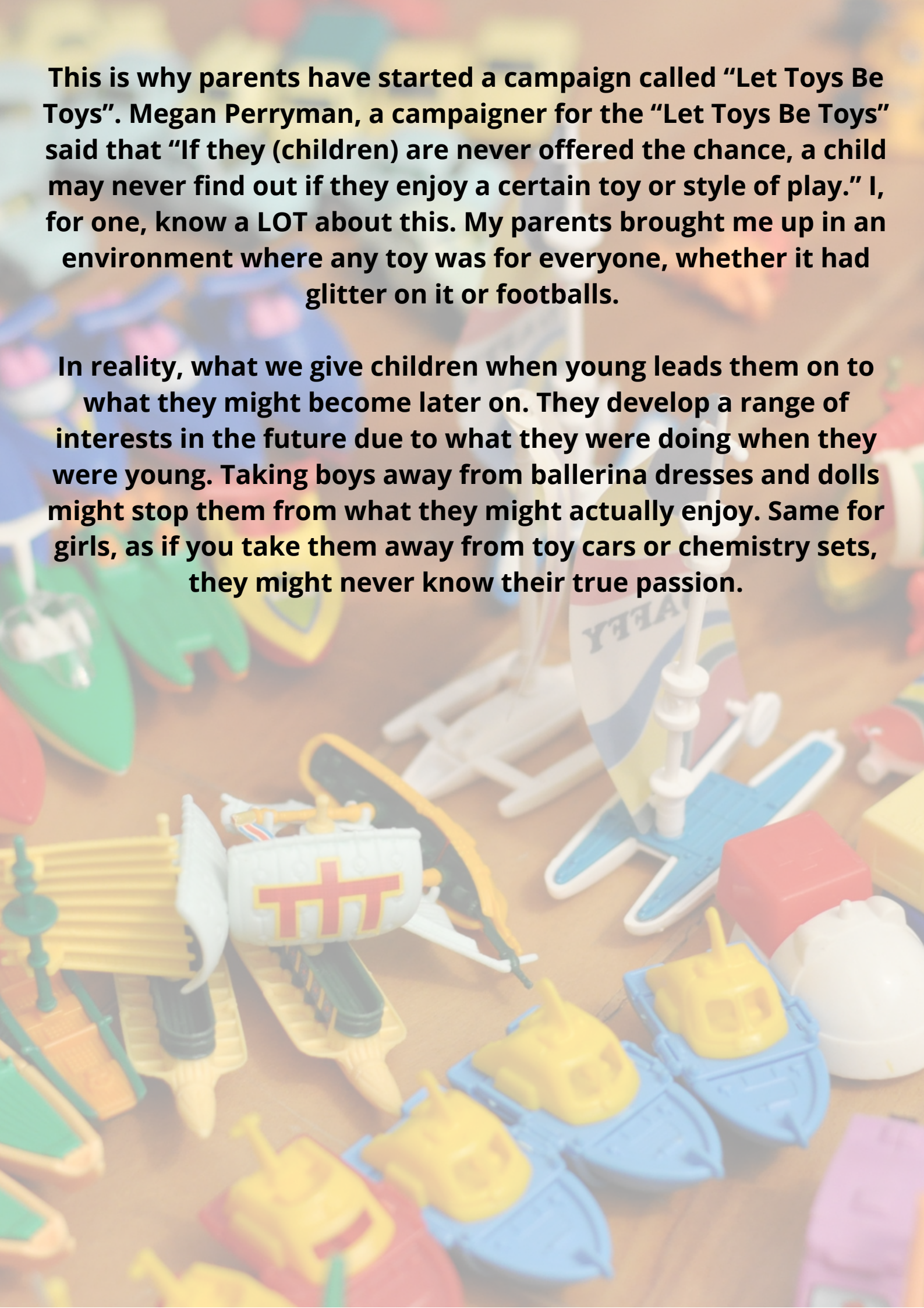
When I was young, I remember waking up and playing with my cars or my LEGO toys, and how I would see my mom or dad sitting happily on the couch smiling down at me as I ran around the house with my idiotic sound effects of an engine. Even though I admit that the mini-transformers were fun, I never had the chance to play with dolls or ballerina figures, and when I heard that my mom was throwing away all the toys my sister had grown up playing with, I immediately took them in. Whether it was barbie dolls or action figures, they were all the same to me.

However, this isn't universal, as most places in the world separate their toys from girls and boys. When walking into a toy shop, you're faced with a struggle whether to walk down the blue aisle with their action figures and machines, or the pink aisle with their ballerina dresses and barbie dolls. The way we grow up, from your parents to the things you play with, they all influence what your opinions later on are, and gender influence in toys is a big part of that.

Unfortunately, the small part of our lives where we give boys the LEGO sets, and the girls' Barbie playhouses actually affects what happens in the real world, as a study in 2013 showed how sexes and gender stereotypes hold back both men and women from their dream jobs still. The Wordplay Zinc Survey questioned 2000 people as to what jobs men and women should get. $\frac{2}{3}$ of the people surveyed said that they would rather have a female florist, and a male electrician. This goes to show how outdated stereotypes still have an influence in the lives of today.

This is why parents have started a campaign called “Let Toys Be Toys”. Megan Perryman, a campaigner for the “Let Toys Be Toys” said that “If they (children) are never offered the chance, a child may never find out if they enjoy a certain toy or style of play.” I, for one, know a LOT about this. My parents brought me up in an environment where any toy was for everyone, whether it had glitter on it or footballs.

In reality, what we give children when young leads them on to what they might become later on. They develop a range of interests in the future due to what they were doing when they were young. Taking boys away from ballerina dresses and dolls might stop them from what they might actually enjoy. Same for girls, as if you take them away from toy cars or chemistry sets, they might never know their true passion.



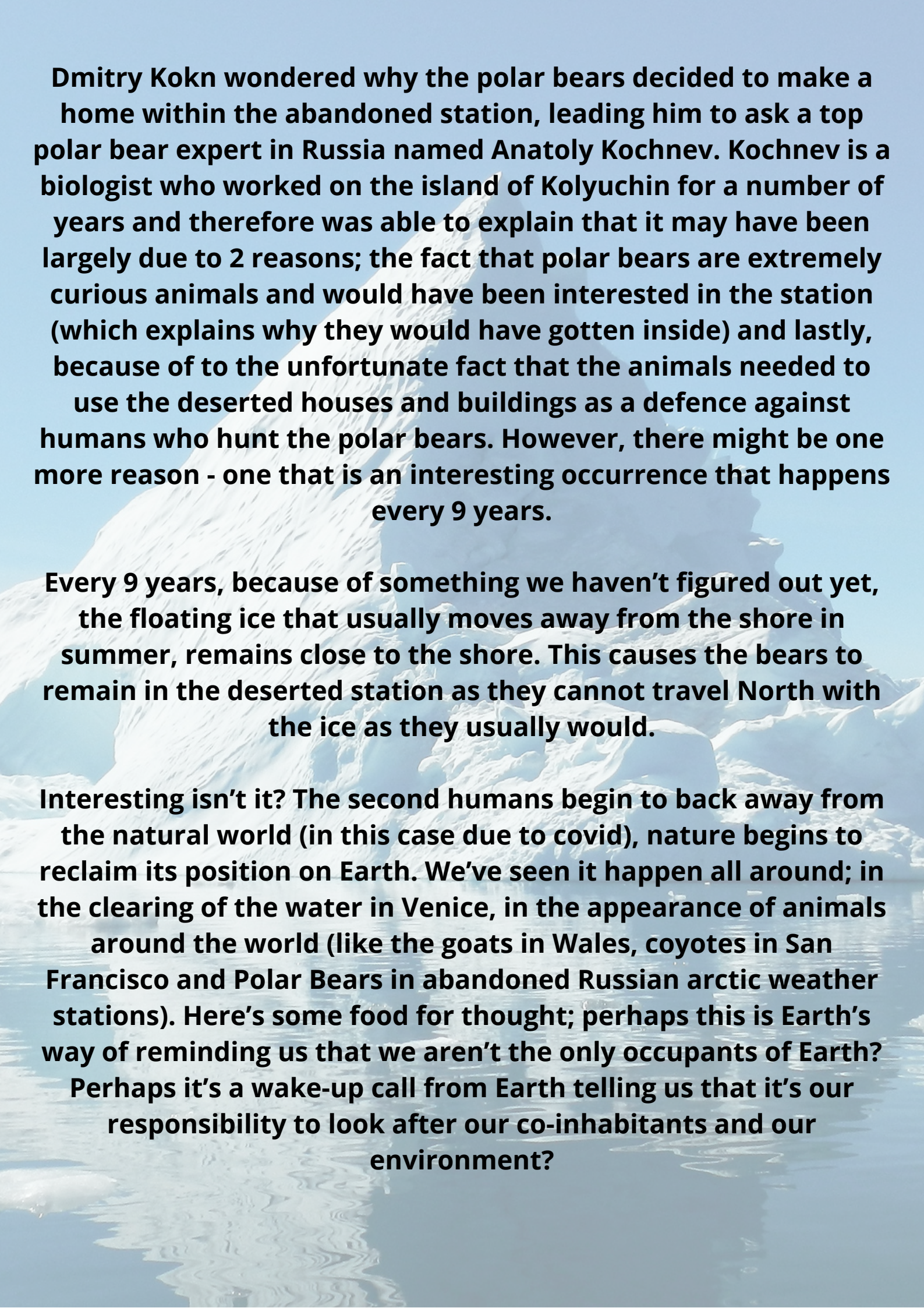
A group of polar bears and their recent arctic visit

Angelique Hill

In the late summer of 2021, a well-known wildlife and underwater photographer named Dmitry Kokh went on a trip to Wrangel Island in hopes of encountering interesting animals to photograph. Wrangel is a Russian island that is located just above the Arctic Circle (which acts as a nature reserve under Unesco's protection) and just happened to be one of the few places on Earth where polar bears can be found in large numbers. This led Kokh to stumble upon a group of polar bears taking shelter in an abandoned Arctic weather station!

One day while on the trip, the weather forecast expected bad weather so the captain of the yacht they were travelling on approached an island - Kolyuchin - to escape the storm. In Soviet times, Kolyuchin had an operating polar weather station however it was closed in 1992 leaving the station abandoned (a perfect home for future polar bears!). Kokh's team noticed movement in some of the windows of the abandoned buildings and someone decided to take a closer look through binoculars and that's when they noticed the polar bears living in the station!

At the time, Kokh says that there were around 20 polar bears that could be seen and most of them were male. This is because the females and the cubs mainly kept to the side of the station that was closest to the shore. Kokh decided to take photos via a drone as it was allegedly too dangerous to land on the island that day. The drone had to be equipped with a special low-noise propeller feature so that the animals could be photographed without alerting or disturbing them.

A polar bear is seen from behind, walking across a large, white, textured ice floe. The bear is dark against the white ice. The background is a clear blue sky and a calm blue sea. The text is overlaid on the image in a bold, black, sans-serif font.

Dmitry Kokn wondered why the polar bears decided to make a home within the abandoned station, leading him to ask a top polar bear expert in Russia named Anatoly Kochnev. Kochnev is a biologist who worked on the island of Kolyuchin for a number of years and therefore was able to explain that it may have been largely due to 2 reasons; the fact that polar bears are extremely curious animals and would have been interested in the station (which explains why they would have gotten inside) and lastly, because of to the unfortunate fact that the animals needed to use the deserted houses and buildings as a defence against humans who hunt the polar bears. However, there might be one more reason - one that is an interesting occurrence that happens every 9 years.

Every 9 years, because of something we haven't figured out yet, the floating ice that usually moves away from the shore in summer, remains close to the shore. This causes the bears to remain in the deserted station as they cannot travel North with the ice as they usually would.

Interesting isn't it? The second humans begin to back away from the natural world (in this case due to covid), nature begins to reclaim its position on Earth. We've seen it happen all around; in the clearing of the water in Venice, in the appearance of animals around the world (like the goats in Wales, coyotes in San Francisco and Polar Bears in abandoned Russian arctic weather stations). Here's some food for thought; perhaps this is Earth's way of reminding us that we aren't the only occupants of Earth? Perhaps it's a wake-up call from Earth telling us that it's our responsibility to look after our co-inhabitants and our environment?

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 and we will be in touch with you.

- Maria Davvi and Imogen O'Connor, Editor-in-Chief and Lead Editor

Thank you...

- To Mr Simpson, for all the support and advice!
- To this month's writers : Wiktoria Blazik, Rishabh Gandhi, Angelique Hill, Swastika Issar, Khwaish Kapoor, Aditi Kapoor and Ansh Mandal
- To our editors Ananya Mehta, Aarush Jaiswal, Aditi Karode, Namisha Batheja, Reyna Mehta, Joshua Stapley and Emma Thomas for their hard work getting this edition out!

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