# MINDSPARK!

## entertaining and factual, simply that.

### issue no.2 | july 2021

**Exclusive!**
INTERVIEW WITH
SGIA ALUMNUS,
PARTH

INDONESIA
TO REMOVE
KPK

LEARNING HOW
TO CODE
*At Home Edition*

*Music*
TO US

**GREAT**
*Exercises*
TO DO DURING
THE PANDEMIC

COVID-19
*Laboratory Testing*

**ORIGINAL COMICS**
RECOVERING FROM THE
*Pandemic*

# EDITOR'S LETTER

Dear readers,

Hello!

I can't believe that we haven't seen each other for over a year. How have you been? Thankfully, vaccines distribution has picked up its pace during the break and I'm hopeful that we will return to school very soon. To remember this moment, we decided to set this semester's theme as "Recovering From the Pandemic". From discussing our students' wonderful CAS activities to teaching you how to learn coding at home, we believe that we were able to create both an entertaining and informative magazine. The 11th grade IB students have worked hard to produce this 2nd edition of Mindspark and we hope you will enjoy it.

Have a great day!

Sincerely, David Lee, the editor

# CONTENTS

Due to the COVID-19 pandemic, students in Batam have been trapped for more than a year in their respective homes and schools have conducted online lessons via various online learning platforms. Although the Indonesian Government has been pushing for face-to-face learning, the COVID-19 cases in Batam unexpectedly surged and the city is currently in the red zone. This forced students to return to home-based learning to ensure their safety until the situation is alleviated.

Having experienced online learning for more than a year, we realized that it has brought various impacts, both positive and negative, to learning and the students themselves. Firstly, the online learning approach is relatively ineffective for students to acquire knowledge compared to face-to-face learning. As online learning relies on technology and the internet, experiencing internet connection problems is not a rare occurrence; it has been experienced by students and teachers alike. This puts on time and knowledge constraints onto the teachers who deliver lessons and the students who listen to them.

We garnered opinions from a number of students regarding their thoughts on the impacts of online learning, some preferred home-based learning because of its comfort, convenience, and flexibility. For example, during recess, students who feel tired can take a short nap, watch their favourite television series, or spend time with their families since most family members stay at home due to the pandemic. When students go to school for face-to-face learning, they seldom have their meals with or even meet
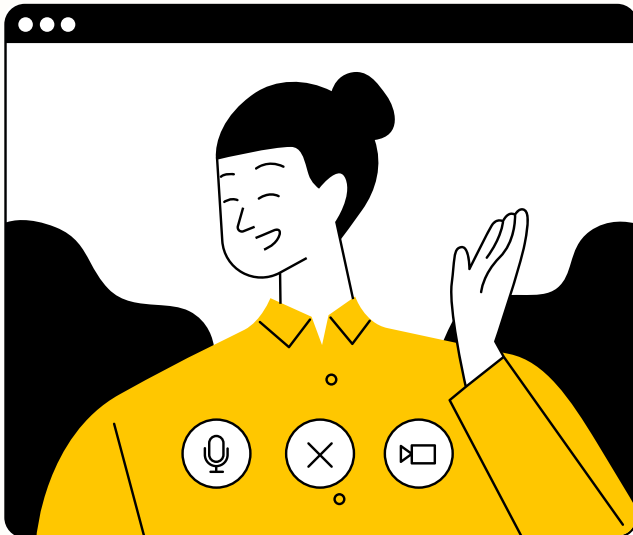
# SCHOOL & STUDENT LIFE UPDATE:
## COVID-19 EDITION
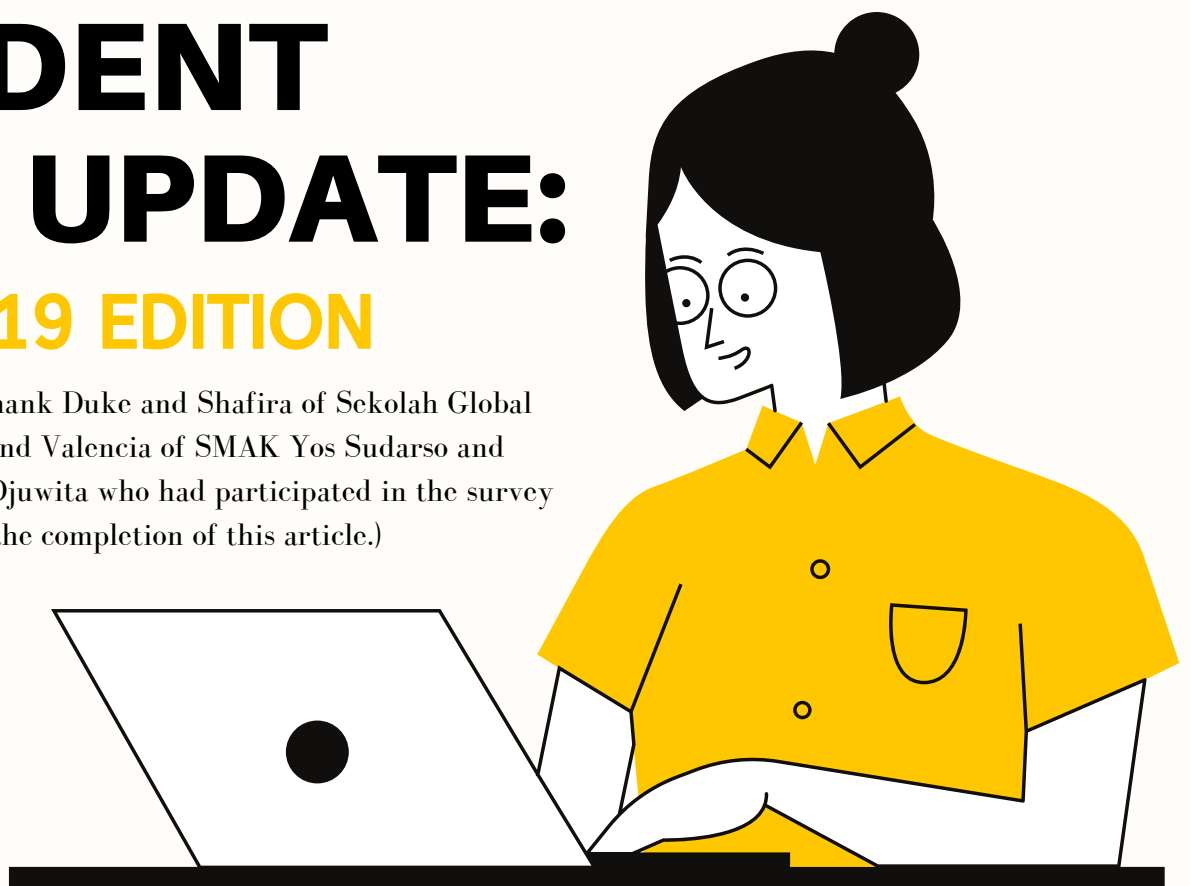
their family members at all. Most students also find it easier to do assignments using a laptop because they type quicker than they write, enabling them to complete tasks faster.



However, despite the benefits it brings, some students argued that online learning made them become more reluctant to study as they are in the same isolated environment every day. Since learning is conducted virtually, students and teachers are unable to have direct interactions. This, in turn, makes students sleepier, less attentive to lessons, and even reduces their interactive and communicative skills with friends and classmates. Moreover, students need to spend a minimum of 6-8 hours in front of their computer or laptop screens everyday to attend classes and complete tasks and homeworks afterward. This long period of staring at the laptop or computer brings adverse negative impacts, especially to students' eyes, as it becomes tired easily and could even lead to myopia (nearsightedness).

Online learning has many advantages as it has disadvantages. On one hand, students get to learn in a cosier environment and spend more time with their loved ones. On the other, their efficiency and productivity decreases drastically, and they miss out on conversations and excursions with friends. Overall, face-to-face learning is arguably more effective for both teaching and learning as it allows interactions between students and teachers at school. For this to be made possible, let us hope and pray that the COVID-19 cases would decrease soon, the pandemic would be declared over, and the schools will reopen in due time. Until then, stay safe, everyone!

# INTERVIEW WITH SGIA ALUMNUS, PARTH SINGHAL

## A TALK ABOUT THE IBDP, CANCELLED EXAMS AND FUTURE PLANS

(This interview was conducted by Athul and was written by Anna and Cindy.) A denotes words by Athul, the interviewer, and P denotes words by Parth, the SGIA alumnus.

**A: First of all, what was the reason you chose the IB diploma programme?**

P : The main reason why I chose IB was because IB judges the students practically and theoretically. They have internal assessments (IA), extended essay (EE), Creativity, Activity, Service (CAS), and Theory of Knowledge (TOK), whereas most other institutions focus mostly on exams. IB judges the students practically and theoretically, so it's a fairer judgement, even though that might not have been the case for the May 2020 batch. But, in general, that was the reason.

**A: How did you feel after graduating from the IB diploma programme?**

P: I felt that I was better prepared for university because university requires you to single-handedly manage your time. There's no support from the institution itself. IB prepares you for that because you have to manage your time for the IAs, EE, so on so forth.

Therefore, in my opinion, it's a much better preparation for further education compared to other educational programmes.

**A: How did you keep up with all the IB requirements, such as IAs, EE, and CAS?**

P: To be honest, I was behind all my deadlines until the last minute. You can ask all my teachers; I never submitted anything on time. I had always waited until the D-day itself to submit them and it usually got to the point where I would have to request deadlines to be pushed back. However, my teachers were kind enough to give me deadline extensions, so I made sure that my first draft was the best it could be such that the improvements I needed to make were minimised.

**A: How did you feel when you found out that the exams were going to be cancelled due to the COVID-19 Pandemic?**

P: Initially, I had mixed feelings. On one hand, I had already started preparing for the exams. I studied Maths, Physics, and all the other subjects I was weak in. Additionally, I was somewhat looking forward to the exams because I've been studying for the past two years. On the other hand, I was delighted because I no longer needed to prepare myself for the exams. I think the line "I hope I still get the score I deserve even though I won't be doing the exams" summarises my feelings perfectly.

### A: What struggles did you encounter throughout the years of undertaking the IB programme?

P: I would say that the main struggle during IB was time management. The unit tests, the assignments, and the internal assessments were all fine. It's just that if you don't manage your time well in the first year — which nobody does because they can't anticipate the severity their workload would get in the second year — it will be a massive challenge. The EE and IAs will all be due within a certain period of two months [in your second year], during which everyone needs to rush to complete them. It gets even worse if you don't work well under pressure. The last few months of IB were the most difficult to get through.

### A: What are your future plans and goals? Is there anything you want to achieve in the future?

P: I want to have 10 million dollars in my bank account by the time I turn 30.

### A: Very nice, very nice, I hope you can achieve that.

P: Hahaha, thank you. On a serious note, if you're talking about university, I would like to prepare a startup. I'm already working on a few things and I've talked to a few people. Yes, I'd say that's my plan: work on a startup, then stay in Australia and build it up with my friends and colleagues.

### A: Nice. Before we wrap up this interview, are there any tips you can give to your juniors who are undertaking and/or would like to undertake the IB diploma programme?

P: One tip would be to maintain a good relationship with teachers. It turned out to be quite useful [for me] during my years in the IB diploma programme. Another tip would be to manage your time well because, as I've mentioned earlier, if you don't work well under pressure, it will be tough for you. This might not be the case for the people who can work well under stress, but if you're not one of them, I highly suggest you to get ahead of your deadlines to avoid unnecessary burdens on yourself.

### A: Alright, that concludes the interview. Thank you for your time, Parth.
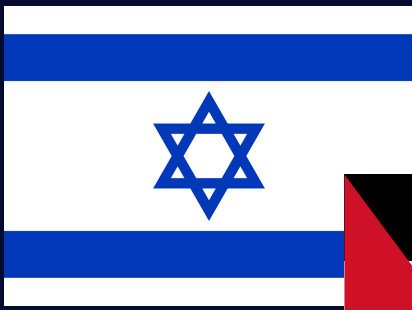
# The decades old conflict between Israel and Palestine

On May 14th, 2021, the conflict between Israel and Palestine intensified as members of HAMAS (a faction of the Palestinian leadership that is well known for their violent actions) started shooting rockets into Israel, killing 12 people. In retaliation, Israel launched an airstrike at Gaza and according to the Gaza health officials, this attack killed at least 240 people in the process. On May 21st, the bloody 11-day conflict came to an end when Israel and Gaza agreed to a ceasefire. While some people may see this as a simple skirmish between two opposing nations, this conflict extends decades, where the line between right and wrong becomes blurred and mixed together. In this article, we will explore the historical context of this conflict and broaden our understanding of this deadly dogfight.

Signs of the conflict started appearing as early as 1917. During the First World War, Britain gradually started to consider the idea of establishing a permanent home for the Jews in Palestine. Therefore, in November of 1917, the official decision to support the establishment of a Jewish home in Palestine was made known in the form of a letter from Arthur James Balfour to Lord Rothschild. This letter is also known as the Balfour Declaration. However, the British cabinet did not understand the complex issue between the Jews and the Palestinians. Therefore, Britain decided to retract their decision in their colonial mandate, which opposed the creation of both the Jewish state and the Arab state in the land of Palestine. This decision, arguably, jumpstarted the hostility between Israel and Palestine.

The unwise declaration of the British was followed by another mistake, this time by the United States. In 1945, President Franklin D. Roosevelt assured the Arabs that the US will not intervene until it has consulted both the Arabs and the Jews of the region, hoping for a peaceful establishment of a Jewish homeworld. When Truman succeeded Roosevelt as the president, he made his best effort to find a way to effectively resolve the issue of Palestine's future. In 1946, Truman created a special cabinet, led by Assistant Secretary of State Henry F. Grady. This cabinet was to take part in the negotiations with the British on the future of Palestine. President Truman also publicly voiced his support for a Jewish state in October 1946. Furthermore, the United Nations Special Commission of Palestine devised a method to partition the land of Palestine between the Arabs and the Jews.

Disaster struck when the United Nations passed Resolution 181, also known as the partition resolution. This resolution proposed a method of dividing Palestine into a Jewish and Arab state, starting in May 1948 when the British colonial mandate was coming to an end. This resolution effectively displaced Arabs already living in areas that were designated as a Jewish state. Unhappy with this result, the Arabs declared that they will attack Israel immediately after their establishment. This placed the United States, the de facto leader of the United Nations, in a dilemma: risk all-out war in the Middle East and recognize Israel and a nation, or break the promise of President Truman and retract their support for Israel. Ultimately, the US decided to recognize Israel as a legitimate state, sparking the following series of warfare and disputes.

# Myanmar: Land of the Generals?



On the first of February 2021, fitness instructor Khing Hnin Wa was recording a video for her aerobics class near the parliament building in the capital of Myanmar, Naypyidaw. Nothing seemed out of the ordinary, but black SUVs accompanied by armoured trucks were seen in the background storming towards the parliament building. Unknown to Hnin Wai, she just recorded the beginning of the military takeover of Myanmar. Those vehicles were sent by the military to detain the democratically elected State Counsellor of Myanmar (equivalent to the title of prime minister) Aung San Suu Kyi and other members of her party the National League for Democracy.

This is not the first time democracy was snuffed out in this Southeast Asian country. Myanmar started as a blooming democracy after it gained independence from the British. However, this came to a swift end as in 1962, general U Ne Win held a

military coup and plunged the nation under a military junta for the next 20 years. The military junta was involved in various human rights abuses such as murder, torture, and rape. They also forced relocations during the aftermath of Cyclone Nargis. The regime suppressed any resistance, imprisoning political opposition and killing up to 3000 protesters. According to Human Rights Watch, the junta also forcibly recruited children into the Tatmadaw, the national armed forces of Myanmar. This rule of terror lasted until 1974, where thanks to the changing political landscape, the junta was converted to a constitutional dictatorship until 1988.

In 2011, President Thein Sein, the first civilian leader of Myanmar in nearly 50 years, pioneered a series of political and social reforms that allowed for more freedom and civil liberties in the country. These reforms included lessening the state's grip over the press and releasing political detainees. Among those released was Aung San Suu Kyi, human rights activist and daughter of the national hero Aung San. As an advocate for democracy and an outspoken critic of the regime, she was arrested by the junta and was put under house arrest for fifteen years.

After she was released, Suu Kyi and her party-the NLD-competed in the 2015 Myanmar elections against Thein Sein's pro-military Union Solidarity and Development Party (USDP). The 2015 election was the first fairly contested parliamentary election in Myanmar and the NLD won a majority in both legislative chambers, allowing them to form a government. Aung San Suu Kyi however, was not allowed to be in the position of president. Thus, the position of State Counselor was made specifically for her, which held powers above the president. Her status as the de facto leader of Myanmar signified the end of military rule in Myanmar and the start of a new era of democracy, where leaders were appointed democratically through fair elections.

In the 2020 elections, the NLD won the majority of seats in both legislative chambers for the second time. However, this election was not as fair as the one held in 2015. In some sections of the country, polls were not held due to instability, according to the government. This election undermined the ethnic minority voters that existed in those regions, which the military saw as a chance to take over Suu Kyi's rule. USDP and the military appealed to the electoral commission, accusing the NLD of fraud. However, their claims were dismissed. The military, however, did not back down.

On February 1st of 2021, the first parliamentary session was supposed to take place. However, the military stormed the parliament building and detained Suu Kyi and other members of her party. Vice President Myint Swe, a former general, became the acting president. This was possible thanks to the Myanmar constitution's clauses 417 and 418. These clauses granted the military the authority to declare a 1-year "state of emergency", where the military holds power over the administrative powers of Myanmar. The clause was invoked by the acting president following Suu Kyi's arrest, bringing the nation back under military rule. Until now, commander-in-chief Min Aung Hlaing holds power over the country.

Deposed president Win Myint and Suu Kyi have been tried by the military. The charges they face could land Win Myint three years in prison, and Suu Kyi six. The police announced that they had filed charges against Suu Kyi because she possessed illegally imported walkie-talkies in her home. She was also accused of misusing disaster relief funds for the Covid pandemic. Her trial on February 16 has been held in a secretive manner with limited information conveyed to the public.

The state of Myanmar's democracy is now, sadly to say, unclear. The military has prevented the spread of information to the outside world by swiftly suspending television broadcasts and internet access across the country during the first stages of the coup. Thousands took to the streets to protests in the former capital city of Yangon so that democracy would be restored. However, these protests were met with heavy resistance from the military as they proceeded to kill two unarmed protesters on February the 20th. While the international community has condemned the military takeover, the military has shown that it has any intention of backing down.

# NO MORE KPK?

It all began with a test where an anonymous source had leaked information to the media, snitching that there are 75 employees from the Corruption Eradication Commission (KPK) who would not pass the Civil Servant Civic Test (Tes Wawasan Kebangsaan ASN) and would not pass the Civil Servant Civic Test (Tes Wawasan Kebangsaan ASN) and would be fired. The test would be required for all KPK members starting 2019 due to changes brought by the revised UU KPK (undang-undang komisi pemberantasan korupsi). The revision turned KPK employees from being independent employees to being civil servants, who are directly accountable to the government.

Feri Amsari, Director for the Centre for Constitutional Studies, found the test suspicious. For this, he condensed his arguments into three major reasons:
Firing 75 of the KPK employees had no legal basis as the Civic Test would only be executed by the commission regulations (Perkom No 1/2021) and not by the national law;
The test is inappropriate for sorting employees as most of the test was filled with ideologies, politics, communism, religious radicalism, Papuan separatism and the LGBT community;
Most KPK members who did not pass the tests were affiliated with members from high ranks which were mostly involved in high-profile anti-corruption cases.
A throwback to the establishment of KPK:
A Ministry of Justice steering committee along with assistance from Asian Development Bank had drafted Law no. 30 in 2002 to address anti-corruption. The law was launched and executed by the DPR (dewan perwakilan rakyat) the year after, establishing a legal basis to establish the KPK.

By this rule, the KPK's duties were summarised into 4 major parts:

1. Supervising and coordinating other states' institutions on fighting corruption
2. Investigating and prosecuting accusations of corruptions
3. Preventing corruptions
4. Monitor the state governance

Though famous locally and globally for their successful bodies, the KPK might be in peril.
Let us view the timeline of this newly revised rule:

As many are opposing these accusational efforts in order to weaken the KPK, this pinnacles the petitions brought to the Constitutional Court (MK). The following comprises the key dates leading up to the revised UU KPK:
1. In 2009, the chairman and deputy were arrested with accusations of bribery and murder. After investigations, the allegations turned out to be a conspiracy conjured by businessmen, police officials, and politicians to frame KPK leaders
2. In 2012, DPR approved the draft of RUU KPK to be processed. Indonesia's former
3. President Susilo Bambang Yudhoyono stated that he will not sign any further revisions.
4. From 2015 to 2016, RUU KPK was added into the National Legislation Program (Prolegnas). Jokowi's administration pulled away from the discussion of this rule, and disapproved of the attempts to weaken the KPK.
5. In 2019, Jokowi and the DPR approved the UU KPK, thereby sparking protests. Some of the figures in the KPK, including five former KPK commissioners, made a petition for a judicial review of the UU KPK.
6. By May 4, 2021, the MK accepted the petitions for the judicial review.

There was a constitutional court ruling on May 4. Seven formal judicial reviews and materials were brought to oppose the UU KPK. Despite having seven reviews and arguments against the UU KPK, only one was accepted. The concerning factor is the court's granting of the judicial review of articles 12B (1) and 47 (1) which include forced search, wiretapping, and seizure that could only be done by investigators once they had received the permission. The Constitutional Court decided that this intervention threatens the independence of law enforcement institutions. With this, investigators will no longer need a permit; instead, they would just need to report their activities.

The government stated that the purpose of this revised rule is to limit the excessive powers investigators have, as some had noted that the KPK is being used by powerful or influential people to bring down their opponents. The government also wanted to prevent local decision making from slowing down. Most importantly, there were rumours of radical Islamic forces having seeped their way through the KPK. Conversely, critics are seeing that the government is just trying to protect their allies. As there are two sides to this matter, we would not know for sure what the government is planning for the KPK.

# MUSIC
# TO US



## WHAT IS MUSIC TO US?

### TO: BELLA

Music provides me, and so many others, with a sense of comfort. Music is my go-to whenever I'm feeling happy, sad, angry, and many more emotions I can't possibly mention. Music gives us an opportunity to express ourselves, and acts as a universal language to everyone around the world, as music speaks to us all. Music means a lot to me, and I would consider it to be something I can't live without, which I'm sure, many people can relate to.

### TO: CINDY

Music to me is my choice of healing where I can find myself being consoled. Listening to music brings great comfort to me which makes me feel more relaxed and calm. It is always there, keeping me company whenever I am feeling down, happy, sad or even stressed.

### TO: FILICIA

Music is something a lot of people cling on to whenever they're feeling however they're feeling. To me, music is my safe space, I tend to listen to a song that I find meaningful and would also take my time to go back and read the song's lyrics. I listen to music everyday and I would try and change the songs from genre to genre each day, so that I can venture out of my comfort zone for music (genres). Music makes me feel at peace with myself and most of the time, I would do my work while vibing along to my playlists.

### TO: JUNIA

Music is a way to express one's feelings without having to directly say it out loud. When I understand the story that the music is trying to convey, it makes me feel at peace. It is something that can be with me no matter what emotion I am feeling and there is always music that can accompany my day regardless of the mood I am in.

# WRITERS' PERSONAL SONG RECOMMENDATIONS

## happier – Olivia Rodrigo

RECOMMENDED BY: BELLA

It is a newly released song, having just been released on the 21st of May of this year. Olivia Rodrigo writes about wishing an ex-love's happiness with a new person as they move on to a new relationship, but still to reminisce about their past together, despite sounding selfish. I love this song because of how the singer portrays her feelings into the song, as her emotions could clearly be noticed from the lyrics and the way she sings.

## Treat People With Kindness – Harry Styles

RECOMMENDED BY: FILICIA

This song written by Harry Styles was released in 2019. The message that the lyrics are conveying is literally in the title, which is to treat each and everyone with kindness. It does not matter if they are fat, skinny, short, tall, black, white, straight or gay, we should be treating them kindly and supporting them, as they are also humans and we all have one thing in common which is the human race. Last year, we saw a lot of inequality incidents happening all across the world. I think that the lyrics can be a positive message that should be conveyed to everyone to treat people with kindness.

## Hope – H.O.T

RECOMMENDED BY: CINDY

It is a song released in 1998. Its lyrics convey a message that there are always people by our side that will support us, so no matter what problems we are going through, do not give up because there will be hope and we are not alone. I love this song because it has really wonderful lyrics which I can relate to and help me learn something really meaningful.

## Not Barbie – Tiffany Young

RECOMMENDED BY: JUNIA

This song was written and sung by Tiffany Young in 2019. Not Barbie's lyrics tell us that dressing up and changing ourselves to please others is not what is important. But, accepting ourselves without needing the acceptance and validation from anybody else should be what we focus on instead. I really love this song because even though it is a song about encouraging self-acceptance, Not only that, the song's lyrics are also really thoughtful and meaningful as it creates a contrasting comparison to the Barbie dolls which is often dubbed by people to be perfect.

# NEW RELEASES

Newest Releases from SPOTIFY (as of May 21, 2021)

COMPILED BY: BELLA

## ALBUMS:

1. Sour by Olivia Rodrigo
2. (L)only Child by salem ilese
3. Sealed and Icy by Twenty One Pilots
4. parallel universe pt. 1 by Alaina Castillo
5. Dear OHMYGIRL by OH MY GIRL
6. VWETO III by Georgia Anne Muldrow
7. The Off-Season by J. Cole
8. Advice- The 3rd Mini Album by TAEMIN
9. Love Letters by Agatha Chelsea
10. Better Mistakes by Bebe Rexha
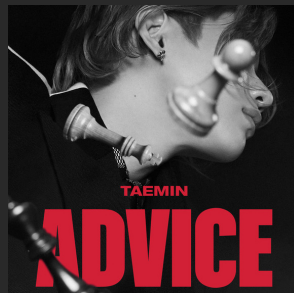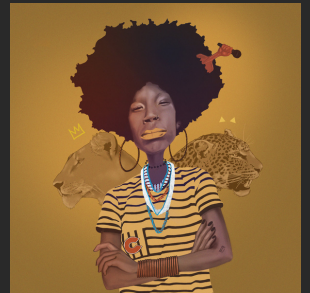
## SINGLES:

1. Butter by BTS
2. Next Level by aespa
3. Leave Before You Love Me by Marshmello ft. Jonas Brothers
4. SUN GOES DOWN by Lil Nas X
5. Too Many Tears by 88rising ft. Warren Hue
6. wasting time by a kid named rufus
7. good 4 u by Olivia Rodrigo
8. Believers by Alan Walker ft. Conor Maynard
9. Motorbike by Leon Bridges
10. Frankenstein by Claire Rosinkranz
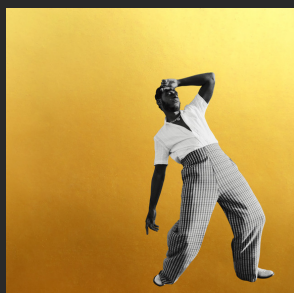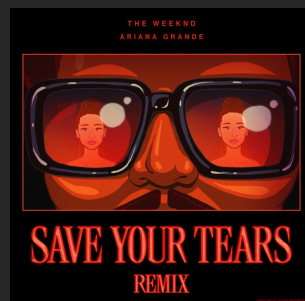
# TOP 50 GLOBAL CHARTS

## FROM SPOTIFY'S TOP SONGS AS OF MAY 2021
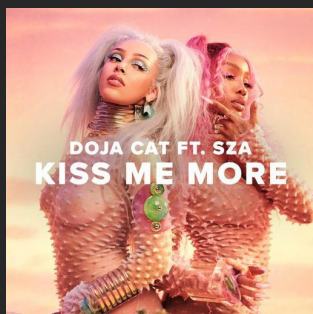
1. good 4 u by Olivia Rodrigo
2. MONTERO (Call Me By Your Name) by Lil Nas X
3. Kiss Me More by Doja Cat ft. SZA
4. Peaches by Justin Bieber ft. Daniel Caesar, Giveon
5. Levitating by Dua Lipa ft. DaBaby
6. m y . l i f e by J. Cole ft. 21Savage, Morray
7. deja vu by Olivia Rodrigo
8. Astronaut In The Ocean by Masked Wolf
9. Leave The Door Open by Bruno Mars ft. Anderson .Paak, Silk Sonic
10. a m a r i by J. Cole

11. p r i d e . i s . t h e . d e v i l by J. Cole ft. DaBaby
12. Fiel by Los Legendarios ft. Wisin and Jhay Cortez
13. Pareja Del Año by Sebastian Yatra ft. Myke Towers
14. RAPSTAR by Polo G
15. i n t e r l u d e by J. Cole
16. Save Your Tears by The Weeknd ft. Ariana Grande
17. drivers license by Olivia Rodrigo
18. 9 5 . s o u t h by J. Cole
19. Am by Nio Garcia ft. Flow La Movie
20. Body (Remix) by Tion Wayne ft. Russ Millions, Ardee, E1 (3×3), ZT (3×3), Bugzy Malone, Buni, Fivio Foreign, Darkoo

21. Friday - Dopamine Re-Edit by Riton ft. Nightcrawlers, Mufasa & Hypeman, Dopamine
22. Your Power by Billie Eilish
23. Blinding Lights by The Weeknd
24. Heartbreak Anniversary by Giveon
25. a p p l y i n g . p r e s s u r e by J. Cole
26. telepatía by Kali Uchis
27. l e t . g o . m y . h a n d by J. Cole ft. Bas, 6LACK
28. The Business by Tiësto
29. DÁKITI by Bad Bunny ft. Jhay Cortez
30. 1 0 0 . m i l ' by J. Cole ft. Bas
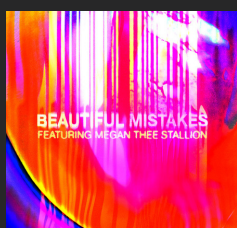
31. Botella Tras Botella by Gera MX ft. Christian Nodal
32. p u n c h i n ' . t h e . c l o c k by J. Cole
33. Runaway by AURORA
34. Save Your Tears by The Weeknd
35. EL MAKINON by KAROL G ft. Mariah Angeliq
36. t h e . c l i m b . b a c k by J. Cole
37. Heat Waves by Glass Animals
38. Hold On by Justin Bieber
39. Up by Cardi B
40. Mood by 24kGoldn ft. iann dior

41. Build a B*tch by Bella Poarch
42. Beautiful Mistakes by Maroon 5 ft. Meghan Thee Stallion
43. Your Love (9PM) by ATB ft. Topic, A7S
44. Watermelon Sugar by Harry Styles
45. Arcade by Duncan Laurence
46. Bandido by Myke Towers ft. Juhn
47. Miss The Rage by Trippie Redd ft. Playboi Carti
48. h u n g e r . o n . h i l l s i d e by J. Cole ft. Bas
49. Goosebumps - Remix by Travis Scott ft. HVME
50. WITHOUT YOU by The Kid LAROI

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# CAS EXPERIENCES!

OUR FELLOW SCHOOLMATES AND CLASSMATES HAVE WILLINGLY SHARED THEIR FUN EXPERIENCES FROM THE ACTIVITIES THEY DECIDED TO DO FOR THEIR CAS EXPERIENCES, LET'S SEE WHAT THEY DID!

*Providing food for those who are in need*

SERVICE

# Learn To Cook Fried Rice & Donate It To People In Need.

## BY KENNETH 11A

Kenneth has done many CAS activities, but... one of his favourite CAS experiences was to learn how to cook fried rice and then donating the fried rice that he cooked to those in need. Talk about contribution to society huh? One of the many main reasons he enjoyed the cooking session was that he was able to collaborate with some of his friends. Despite that, he was so happy to see the smiles on the people's faces when he and his friends gave them the fried rice. Here, we can all see that Kenneth is a very dedicated IB student as he is showing characters of the IB learner profile! One of them being 'caring'!

Kenneth also has a creative approach for balancing school homework, tasks, and assignments with CAS activities. He prioritized his school assignments, homework, and projects, and once those were completed, he began his CAS activities and some of the reflections. He felt that this approach was effective and appropriate for him.

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cooking fried rice

Interestingly, even though this CAS activity was his favourite, Kenneth faced some challenges such as difficulty in communicating with people. To overcome this difficulty, he kept practising his communication skill which helped him to boost his confidence.

We all know that CAS activities can be challenging. Based on Kenneth's experience, the school collaboration between SGIA and JWACS school is the most challenging CAS activity. One of the main reasons is, he had difficulty communicating with someone he had never met before. However, we believe that the collaboration helped him to gain more knowledge and get to know each other better.

During this pandemic, Kenneth tried his best to find interesting CAS activities. However, we all agree the pandemic has limited us from the outside. Based on Kenneth's experience, he had faced some difficulties, one of them being the difficulty to find a supervisor to supervise him in his CAS activity. The main reason is the hectic schedule and safety precautions. However, if that happened, Kenneth kept looking for potential supervisors and reached out to them online. And that is how he overcame his difficulty.

All in all, we agree that this pandemic has been a problem for all of us and that many of us have encountered a variety of difficulties, both academic and non-academic. Interestingly, much like Kenneth's experience, we all have at least one solution to solve the difficulties. We hope Kenneth's experience encourages us to search out and enjoy more interesting CAS activities. And we all wish each other good health; stay safe, everybody!

By Clarissa 11A

# COVID-19
## *Laboratory Testing*

CLARISSA HAS DEFINITELY PROVED HER POINT WHEN SHE SAYS SHE TRIES TO FIND UNIQUE AND RARE CAS ACTIVITIES AND OPPORTUNITIES, DESPITE HER CHOICES BEING CUT SHORT DUE TO THE ONGOING GLOBAL PANDEMIC, WHEN SHE CAME UP WITH THE IDEA OF DOING A LABORATORY TEST ON THE VIRUS THAT HAS AFFECTED HUNDREDS OF COUNTRIES AROUND THE WORLD, COVID-19 (CORONAVIRUS).

IN THIS CAS ACTIVITY, CLARISSA LEARNED THE MANY DIFFERENT WAYS AND METHODS OF TESTING FOR THE VIRUS SUCH AS THE ANTIBODY RAPID TEST, SWAB REVERSE TRANSCRIPTASE POLYMERASE CHAIN REACTION TEST, ANTIGEN SWAB RAPID TEST, AND THE ANTIBODY SEROLOGY TEST (ELISA). SHE LEARNED ABOUT HOW THE TESTS WORK, AND THE PROCESS BEHIND TAKING THE TEST.

BALANCING THE PILING OF SCHOOL WORK, PROJECT, AND CAS ACTIVITIES IN A BUSY SCHEDULE IS NOT AN EASY THING TO DO. BUT CLARISSA MAKES IT WORK BY SETTING UP A SCHEDULE FOR WHEN SHE WILL PERFORM HER CAS ACTIVITIES, AND WHEN SHE WILL FINISH OFF HER PENDING SCHOOL TASKS AND REFLECTIONS TO BE ABLE TO MAKE ROOM AND TIME FOR CAS ACTIVITIES.

DESPITE EVERYTHING, CLARISSA HAS ALSO EXPERIENCED DIFFICULTIES WHILE PERFORMING HER CAS ACTIVITIES. WHEN SHE WAS DOING HER DIGITAL DRAWING CAS ACTIVITY, SHE EXPERIENCED SOME DIFFICULTIES NAVIGATING THROUGH THE DIGITAL DRAWING APPLICATION THAT SHE WAS USING, AS WELL AS NOT HAVING BEEN ACCUSTOMED TO THE DRAWING PEN AND TABLET YET. BUT SHE OVERCAME THIS ISSUE BY CHANGING HER APPLICATION INTO ONE THAT IS EASIER TO NAVIGATE AROUND, AS WELL AS PRACTISING MORE DIGITAL DRAWINGS TO THEREFORE DEVELOP THE AREAS SHE FEELS LIKE SHE'S LACKING IN.

BUT SHE OVERCAME THIS ISSUE BY CHANGING HER APPLICATION INTO ONE THAT IS EASIER TO NAVIGATE AROUND, AS WELL AS PRACTISING MORE DIGITAL DRAWINGS TO THEREFORE DEVELOP THE AREAS SHE FEELS LIKE SHE'S LACKING IN. IN SHORT, DESPITE THE ONGOING GLOBAL PANDEMIC, FUN AND INTERESTING CAS ACTIVITIES CAN STILL BE DONE WHILE STILL BEING SAFE, MAINTAINING SOCIAL DISTANCE, AND FOLLOWING HEALTH PROTOCOLS PROVIDED BY HEALTH OFFICIALS IN EACH COUNTRY. CLARISSA HAS PROVED THAT POINT BY COMING UP WITH AN INCREDIBLY, INTERESTING CAS ACTIVITY THAT SHEDS SOME LIGHT ON CURRENT GLOBAL ISSUES AS WELL! WE CAN'T WAIT TO SEE WHAT OTHER INTERESTING CAS ACTIVITIES SGIA STUDENTS HAVE TO OFFER!

# THE CIPANAS CAS TRIP

by Felisha Chendra 12A

AMONG FELISHA'S NUMEROUS CAS EXPERIENCES, HER CAS TRIP WAS HER FAVOURITE. HOW AMAZING WOULD IT BE IF WE WENT ON A TRIP FOR CAS? WHATEVER... HOWEVER, WE CAN STILL INDIRECTLY EXPERIENCE THE THRILL FELISHA EXPERIENCED THROUGH THIS INTERVIEW WITH HER!

FELISHA WENT TO CIPANAS, WEST JAVA FOR HER CAS TRIP. SHE DEFINITELY LEARNED A LOT OF THINGS THROUGH THIS TRIP! SHE MENTIONED THAT SHE VISITED CHILDREN AND TEENAGERS IN THE YUM ORGANISATION AS WELL AS LOCAL SCHOOLS TO TEACH THEM. SHE LEARNT MORE ABOUT PLANTATIONS AND EVEN VISITED SOME TOURIST ATTRACTIONS THERE!

WE KNOW THAT WHEN TRAVELLING, WE CAN LEARN A LOT OF THINGS FROM THAT LITTLE TRIP! DURING THIS CIPANNAS TRIP, FELISHA LEARNED A BUNCH OF THINGS, SUCH AS A LOT OF PLANNING, HAVING THIS ONE-OF-A-KIND LIFE EXPERIENCE, AND OF COURSE, THE DIFFICULTIES AND CHALLENGES. THIS TRIP MANAGED TO TAKE FELISHA OUT OF HER COMFORT ZONE, EXPOSING HER TO THE LIFESTYLE OUTSIDE THE CITIES AND EVEN ALLOWED HER TO MEET MANY MANY DIFFERENT PEOPLE FROM DIFFERENT BACKGROUNDS.

DURING HER TRIP THERE, SHE HAD TO FOLLOW A STRICT LIST OF ACTIVITIES ON HER ITINERARY. WHEN ASKED ABOUT THE EXPERIENCE, SHE REPLIED THAT SHE LEARNED A LOT FROM BEING IN CHARGE OF THE ITINERARY, WITH TASKS LIKE SETTING THE SCHEDULE FOR ALL ACTIVITIES. THIS SKILL SHE WORKED ON DURING THE CAS EXPERIENCE EXTENDED OUTSIDE OF HER TRIP AND SHE WAS ABLE TO EVEN APPLY IT TO HER DAILY TASKS LIKE HOMEWORK, PROJECTS AND ALL OF HER ASSIGNMENTS.

ANOTHER MEANINGFUL EXPERIENCE FELISHA HAD ON HER CIPANAS CAS TRIP WAS OVERCOMING CHALLENGES. SHE LEARNED THAT THROUGH COMMUNICATION AND DISCUSSION WITH HER TEAMMATES, SHE WAS ABLE TO SOLVE MANY DIFFICULT ISSUES SHE FACED. FELISHA NOT ONLY SOLVED THE ISSUE WITH HER TEAMMATES, SHE AND HER TEAMMATES EVEN DISPLAYED THE IB LEARNER PROFILE WHICH WAS THE 'COMMUNICATORS' AND OPEN-MINDEDNESS!

SINCE WE ARE FACING A GLOBAL PANDEMIC AS WE SPEAK, WE ASKED HER IF SHE EXPERIENCED DIFFICULTIES PLANNING HER CAS EXPERIENCE DURING THIS HARD TIME. SHE SAID THAT DURING THIS LOCKDOWN, SHE WAS NOT ABLE TO CONTINUE WHAT SHE HAD STARTED IN HER CAS EXPERIENCES BECAUSE OF THE STRICT COVID-19 RELATED RESTRICTIONS THAT THE GOVERNMENT PLACED.

# Food for Tuna-ight!

## CELEBRATING WORLD TUNA DAY EVERY MAY 2ND!

## Seared Ahi Tuna

### (2 servings)

**Ingredients:**

- 2 4-6 oz. Ahi tuna steaks
- Kosher salt
- Freshly ground black pepper
- 2 tbsp. black sesame seeds
- 2 tbsp. white sesame seeds
- 1 tbsp. vegetable oil

**Procedures:**

- Season 2 4-6 oz. tuna steaks all over with salt and pepper depending on your preference.
- Combine the 2 tbsp. black and 2 tbsp. white sesame seeds on a shallow plate.
- Gently press tuna steaks into seeds to coat them on all sides.
- In a medium skillet over medium-high heat, heat oil until hot.
- Add tuna steaks to the pan and sear for 30 seconds to 1 minute per side, depending on the desired doneness.
- Transfer the Tuna to a plate and enjoy! Yum yum!

# Spicy Tuna Roll
### (2 rolls per serving)

**Ingredients:**
- 1 ½ cup sushi rice (cooked and seasoned) (each roll requires ¾ cup (135 g) sushi rice.
- 4 oz sashimi-grade tuna
- 3 tsp sriracha sauce
- ½ tsp sesame oil (roasted)
- 2 green onions/scallions (cut into thin rounds)
- 1 sheet nori (seaweed) (each roll requires half sheet; cut in half crosswise)
- 2 Tbsp toasted white sesame seeds
- Spicy mayo

**For Vinegar Water for Dipping Fingers (Tezu):**
- ¼ cup water (4 Tbsp)
- 2 tsp rice vinegar

**Procedure:**
- Make vinegar water for dipping fingers (Tezu) by combining ¼ cup of water and 2 tsp rice vinegar in a small bowl
- Cut the tuna into ¼ cubes (or you can mince the tuna).
- In a medium bowl, combine the tuna, Sriracha sauce, sesame oil, and some green onion
- Lay a sheet of half nori, shiny side down, on the bamboo mat. Wet your fingers in Tezu and spread ¾ cup of the rice evenly onto the nori sheet.
- Sprinkle the rice with sesame seeds.
- Turn the sheet of nori over so that the rice side is facing down. Line the edge of the nori sheet at the bottom end of the bamboo mat. Place half of the tuna mixture at the bottom end of the nori sheet.
- Grab the bottom edge of the bamboo mat while keeping the fillings in place with your fingers, roll into a tight cylinder. Lift the edge of the bamboo mat and continue to roll it forward while keeping gentle pressure on the mat.
- With a very sharp knife, cut the roll in half and then cut each half into 3 pieces.
- Put a dollop of spicy mayo on top of each sushi and garnish with the remaining green onion.



HAPPY COOKING!

## Crispy Chicken Lollipop
### (3-4 servings)

**Ingredients:**

- 10 (880g) Chicken Drumsticks
- Salt & Pepper to taste
- 2 tbsp. Soy Sauce
- 4 tsp. Ginger-Garlic Paste
- ¼ Cup Flour
- ⅛ Cup Cornflour
- 3 tbsp. Chilli Paste
- Water as required
- Cooking oil

**Procedure**

- Put the chicken drumstick on a chopping board. Use a knife to remove the bottom part of the drumstick and we will get a chicken lollipop. Repeat this step for the remaining chicken drumsticks.
- Put all of the chicken lollipops and add salt, pepper, soy sauce and 2 tsp ginger-garlic paste to a large bowl. Mix carefully and wait for 15 minutes.
- Take another bowl and add ⅛ Cup Cornflour, ¼ Cup Flour, 2 tsp. Ginger-garlic paste, salt, pepper, chilli paste and water in that bowl. Mix all of the ingredients gently until it forms a thick batter.
- Pour cooking oil in a deep pan and heat the oil for frying with medium heat.
- Dip the chicken lollipops into the batter one by one.
- Fry all of the chicken lollipops in batches for 8 minutes until the colour is golden brown.

YOU MIGHT NEED A HEN-KERCHIEF

DANCE LIKE A CHICKEN DAY ON MAY 14TH!

- After 8 minutes, take the chicken lollipops out for 10 seconds and put it back in the pan for 3-4 minutes to make the chicken lollipops crispy.
- After 4 minutes, drain the chicken lollipop using a kitchen paper towel.
- Serve the chicken lollipops into a plate and add chilli sauce to enrich the taste.



# Chicken Noodle Soup
## (10 servings)

**Ingredients:**
- 2-1/2 pounds bone-in chicken thighs
- 1/2 tsp. salt
- 1/2 tsp. pepper
- 1 tbsp. canola oil
- 1 large onion, chopped
- 1 garlic clove, minced
- 10 cups chicken broth
- 4 celery ribs, chopped
- 4 medium carrots, chopped
- 2 bay leaves
- 1 tsp. minced fresh thyme or 1/4 tsp. dried thyme
- 3 cups uncooked kluski or other egg noodles (about 8 ounces)
- 1 tbsp. chopped fresh parsley
- 1 tbsp. lemon juice
- Salt
- Pepper

**Procedure:**
- Pat chicken dry with paper towels; sprinkle with salt and pepper.
- In a 6-qt. stockpot, heat oil over medium-high heat. Add chicken in batches, skin side down; cook until dark golden brown, 3-4 minutes.
- Remove chicken from pan; remove and discard skin. Discard drippings, reserving 2 tbsp.
- Add onion to drippings; cook and stir over medium-high heat until tender, 4-5 minutes.
- Add garlic; cook 1 minute longer.
- Add broth, stirring to loosen browned bits from the pan. Bring to a boil.
- Return chicken to pan. Add celery, carrots, bay leaves, and thyme. Reduce heat; simmer, covered, until chicken is tender, 25-30 minutes.
- Transfer chicken to a plate. Remove soup from heat. Add noodles; let stand, covered, until noodles are tender, 20-22 minutes.
- Meanwhile, when chicken is cool enough to handle, remove meat from bones; discard bones. Shred meat into bite-sized pieces.
- Return meat to the stockpot. Stir in parsley and lemon juice. If desired, adjust seasoning with additional salt and pepper. Discard bay leaves.
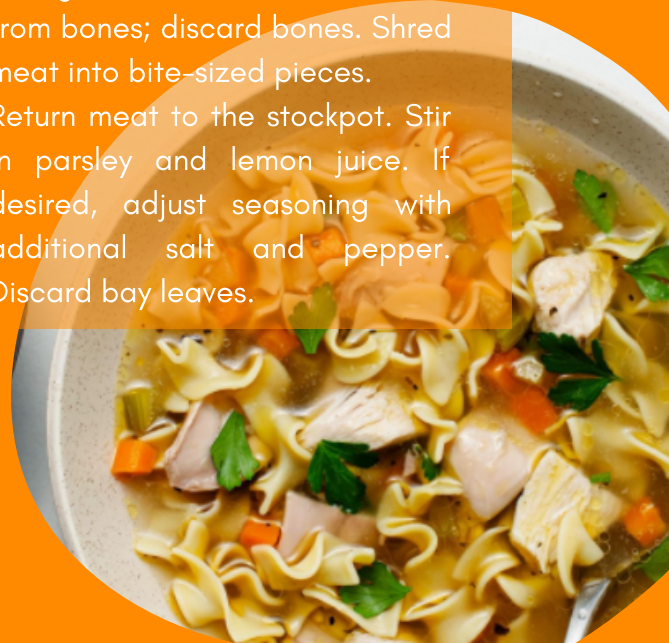
Hope you have an eggo-traordinary meal!

# LEARNING HOW TO CODE AT HOME

By: David Lee 11A

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The world is still in the middle of the fourth industrial revolution and the ability to interact with computers is becoming more important every day. Be it to look for a fun challenge during the break or to prepare for next year's classes, this article aims to show you what you can do to learn programming at home. Here are the methods used by the author during his summer break to enter the world of coding.

# 1. edX



a. Cost: free (to an extent)
b. Difficulty: hard - very hard
c. Certificate provided: yes

edX is an organization that provides students all over the world access to informative courses through the internet. This website not only contains coding lessons but also contains lessons on business, literature, mathematics, and more. The teachers in these lessons are from reputable organizations and universities, such as Harvard University and the Massachusetts Institute of Technology (MIT). Therefore, you won't have to worry about learning the wrong information. The author specifically recommends CS50x, offered by Harvard University. While other courses need you to pay money to access course materials, notes, and exercises, CS50 offers all of its resources to students for free. Be aware that many courses on this website are very challenging, but it will be a great way to get hands-on experience in computer programming.

# 2. YouTube



a. Cost: free
b. Difficulty: easy - very hard, depending on the channel and its content
c. Certificate provided: yes/no

If edX provides well-structured activities in a set path, YouTube is perfect for those who want to learn at their own difficulty level and pace. Furthermore, all content on YouTube is free for you to watch. This carries the handicap that everyone can post information, regardless of qualification. However, if you start by following verified YouTubers and check the comments for criticism of the channel, your risk of encountering false information is minimised. One problem with YouTube content is that there isn't a concrete way to verify your skill through exercises and acquire proof of your achievement. Some channels offer certificates, but many of them require payment. Therefore, YouTube is a more casual approach to learning, which should be kept in mind when choosing your path.
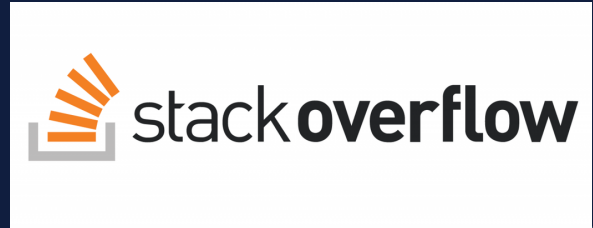
<u>Notable YouTubers</u>:
- Programming with Mosh
- Tech with Tim
- freeCodeCamp.org

(The author is not sponsored by any of the aforementioned YouTubers. There are YouTubers the author watched himself.)

# 3. Stack Overflow/Real Python/documentation websites

a. Cost: Free
b. Difficulty: good luck to you if you're only using these
c. Certificate provided: no

Now that that's out of the way, Stack Overflow allows you to browse your programming questions. In fact, if you encounter an error and search it up on your web browser, the first result will most likely be a Stack Overflow thread. However, there is a limitation to this: in order to ask a question, you need to know what you're doing. This problem continues in other documentation websites. Therefore, the author recommends incorporating this into other lessons/videos to improve your learning experience.

All these methods have their advantages and disadvantages. The author recommends mixing these resources up to make the most out of your time: acquire direction and activities through edX, improve your overall understanding through YouTube, and solve specific queries and errors with websites like Stack Overflow. I wish you all the best of luck!

P.S.: If you get to learn computer science next year, lucky you.

# ECONOMICAL AND ENVIRONMENTAL IMPACTS OF MINING CRYPTOCURRENCY

## BY: ATHUL 11A

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Cryptocurrencies have made considerable progress from their generally dark beginnings. While the mainstream financial world once disdained digital currencies as tools for criminals and speculators. The crypto world has gained trend and evolved to establish it as a real and (possibly) world-evolving space. The trend for Crypto's is increasing on a day-to-day basis, they change prices every second and the market runs 24 hours a day for a whole year.

While trend increases, cryptocurrency comes with consequences. Over the past few months, environmentalists have raised worries about the energy utilization of digital currency mining, which may cause expanded fossil fuel byproducts and environmental change.

# FUN (BUT NOT SO FUN) FACT:

"Bitcoin and other proof-of-work cryptocurrencies require large amounts of energy, due to the computations needed for mining. By the latest estimates, the bitcoin network uses as much energy in one year as the country of Argentina." – Investopedia

"According to Digiconomist, a cryptocurrency analytics site, the Ethereum network uses as much power as the entire nation of Qatar."

# HOW DOES MINING AFFECT THE ENVIRONMENT?

Complex Networks, millions or not billions of dollars of Crypto need to be secured, with numerous safety and encryption methods. High Energy is needed to keep up with the system requirements, therefore Energy Consumption is skyrocketing. Instead of storing account balances in a central database, cryptocurrency transactions are recorded by a distributed network of miners, incentivized by block rewards. These specialized computers are engaged in a computational race to record new blocks, which can only be created by solving cryptographic puzzles.

Environmentalists have made an analysis of Cryptos, which mentions as prices increase the mining becomes less efficient requiring more energy. This due to the fact that the mathematical puzzles to create the block becomes more complex as the price goes up, eventually the whole network will need more energy and computing power to process and handle the whole system. The entirety of this has consolidated to connect cryptocurrencies with non-renewable energy sources such that numerous financial backers presently can't seem to recognize.

# ECONOMICAL IMPACTS OF CRYPTOCURRENCY

Cryptocurrencies affect the economic, political, cultural, and social life of humankind.

Digital Money isn't turning into a substitute for genuine money, yet it can turn into a catalyst for the development of another currency. Right now, without guidelines and certifications to ensure bitcoin purchasers, there is a danger of corrupt people showing up available.

Beforehand, governments needed to disallow or confine the utilization of digital currencies, however now numerous nations are decidedly arranged towards the new innovation.

Through digitalization, cryptocurrency can be moved anyplace on the planet at basically no cost and can be exchanged with the assistance of crypto signals. In this way, the danger for digital currencies is that the state doesn't direct a free loan fee strategy. The world economy will change, and monetary standards will go into electronic reserve funds. The quantity of financial backers is developing each day, and therefore, electronic resources will be esteemed considerably more than they are presently.

# nft for noobs

BY: ANTHONI ANGWYN

## Non-Fungible Tokens (NFTs)

In modern times, you may have heard and/or watched news talking about transactions of so-called "objects", namely NFTs. These "objects" have been met with great interest by individuals across the globe, but have simultaneously confused many due to being a relatively new term never heard or seen before. Therefore, this article aims to provide you with an understanding of these NFTs and some of their examples.

# What is an NFT and how does it work?

NFT stands for non-fungible token. It is referred to as a digitalised asset stored as a unit of data, which is then stored in a blockchain whereby said asset becomes unique, non-replaceable (non-fungible), and represents its ownership.

For a deeper understanding, here is an example of fungibility: let's say you want to buy a sweater online for $25. If you buy the sweater, you generally don't care about which specific sweater they send you as every sweater being produced in your chosen size and color is identical and worth the same to you; hence making said sweater fungible or replaceable. Now, let's say you did purchase the sweater and now you want to purchase another sweater for $25 of the same exact model as the sweater you bought before and currently own. This new sweater would not have the exact same model as the one you purchased before (and now own); hence making the sweater you own (and previously purchased) non-fungible or non-replaceable as it is the only one of its kind.

The blockchain essentially functions as a digital ledger in which every transaction is recorded publicly on the internet — thus making it viewable by anyone — and is unalterable. For example, let's say you want to buy some cookies from a person called Allen. Allen charges you $2 for those cookies and you swipe your bank card to pay for it. Normally, the bank would see this transaction and process it. However, in this situation, the transaction is sent to the blockchain where several computers keep tabs on everyone's transactions 24/7. If you (somehow) do not have $2 in your account to pay Allen, those computers will traverse through all recorded transactions, notice that you have insufficient funds, and reject your transaction. If you do have $2 to spare, all those computers will see the transaction request for those cookies and approve it; you have $2, so you pay Allen and he gets $2. That transaction is then recorded into the blockchain. Everyone can now see that Allen received and currently owns an extra $2.

In the case of NFTs, let's say that Bob wants to give $4 million to Mike in exchange for a credible digital certificate (a token, perhaps) that says that a picture of Mike's pet dog Bimbus is now owned by Bob. The blockchain, which handles the transactions, only cares about whether Bob has $4 million available in his account, and all the computers keeping tabs on the transactions would check if Bob does indeed have $4 million. If he does, the transaction will be approved, then recorded and made accessible to the public (keep in mind that it is unalterable) in the blockchain that Bob now owns the picture of Mike's pet dog Bimbus. The picture's ownership is now cemented as Bob's.

# What are the properties of NFTs?

NFTs have numerous properties which set them apart from other items and objects. Those properties include:

- Uniqueness: Every NFT has different properties which are stored within their "token's" metadata; basically, it is data about other data. (Come on, remember your ICT lessons.)
- Provably scarce: There are limited amounts of NFTs which can range up to having only a single copy. The number of available "tokens" for said NFT can be verified by checking the blockchain, therefore displaying its provability.
- Indivisibility: Majority of NFTs cannot be split into smaller units, which means that you cannot buy or transfer fractions of the NFT. (It's kind of like how you split the bill amongst your friends after eating in a restaurant, except that in this case, you can't.)
- Guaranteed ownership of the asset.
- Easily transferable.

NFTs can be implemented to any blockchain with smart contract programming, which means that it can automatically execute, control, or record relevant events and actions in accordance to the terms of an agreement (similar to the Terms and Conditions section that we always scroll through and accept without reading). Some notable ones include ERC-721 and ERC-1155, which are both part of the Ethereum blockchain.

# What can be NFTs and what are some examples of them?

Anything that can be represented digitally can be an NFT; therefore, it can be a multitude of things (try to imagine some yourself!). Some NFTs come in the forms of artworks, images, GIFs, video clips, video game items, music, essays (yes, you didn't read that wrong), and much more.

Some notable NFTs include:

- A GIF of Nyan Cat (I'm pretty sure many of you know what this is) which was sold for 300 ETH (approximately $600,000) on February 19, 2021.

- The first ever tweet of Jack Dorsey (which says "just setting up my twttr"), the CEO of Twitter, which was sold for over $2.9 million on March 2021.

- A CryptoKitty (a virtual cat from the game CryptoKitties) named Dragon which was sold for $172,000 in 2018.

- A collage (a collection of snippets of art) made by digital artist Mike "Beeple" Winkelmann called "Everdays: The First 5000 Days", which sold for $69.3 million (yes, it is quite a hefty sum, isn't it?) on March 11, 2021.

- A CryptoPunk (a randomly generated digital character) called "CryptoPunk #7804" which was sold in 2018 for 4200 ETH (approximately $7.5 million at that time).

If you have the skills and time, you can actually create and sell your own NFTs for big bucks, similar to what happened with the aforementioned NFTs. (Don't take my advice for granted, though.)
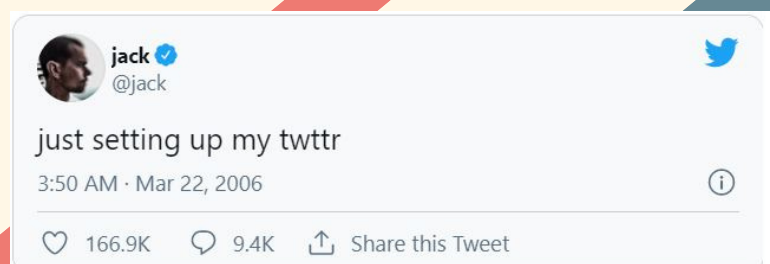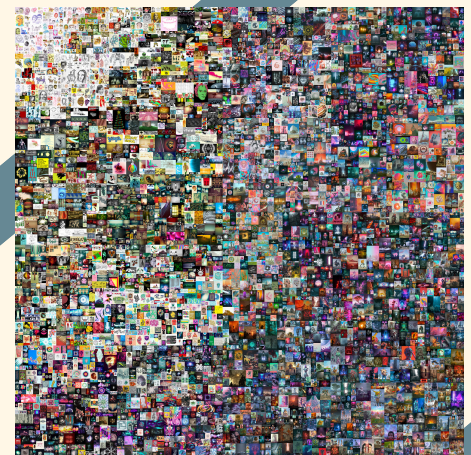
The Summer Olympic Games (also known as the Games of the Olympiad) are a major international multi-sport event normally held once every four years. The Games were first held in 1896 in Athens, Greece, and were most recently held in 2016 in Rio de Janeiro, Brazil. As for 2020, the Olympics were postponed to this year in Japan, even with the surge of COVID-19, it is almost confirmed that the games will proceed this year. On each Olympic occasion, gold medals are granted for the lead position, silver awards are granted for runner up, and bronze awards are granted for the third spot; this custom started in 1904. The Winter Olympic Games were made out of the accomplishment of the Summer Olympics. The Olympics have expanded in scope from a 42 rivalry occasion program with less than 250 male contenders from 14 countries in 1896 to 306 occasions with 11,238 competitors in 2016.

Tourists come rushing to the host city and the games fill in as a possibility for the hosts to feature their way of life and cultural developments to the rest of the world. A few economists contend that the jobs, the travel industry, and TV income that the Olympics produce help both the regional and the country's economy. However, the bids are awarded seven years prior to the event, which is enough time for many economic and political shifts to take place. This can make hosting the games difficult. Frequently, nations take on the challenge of a host without properly evaluating the expenses, opportunity costs. An example of this is the 2016 games in Rio de Janeiro. The expenses caused by construction, marketing, and hosting of the Olympics became a major burden on the economy.

# Is Hosting The Olympics Worth It?

"Since the inception of the modern Olympics in 1896, the 1984 summer games in Los Angeles was the only time that a host city has profited from hosting the event. This was made possible by upgrading existing infrastructure rather than investing in new stadiums, hotels, highways, and trains."

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The positive financial impacts of facilitating the Olympics don't just end when the games do. Being the most broadcasted and notable sporting scene on the planet, hosting the games draws substantial attention to the host city. If successful, the Olympics can be a great way to attract travel and corporate investment.However, since the expectations for the Olympics are high, quality, security, volume and infrastructure need to be top-notch.
Various hosts, including Brazil, Greece, and the Soviet Union were monetarily affected by the expenses of the games and confronted political strife accordingly.

Therefore, hosting the Olympics can be a waste of billions of dollars if the host nation isn't prepared economically and socially. In this case, investing that money in improving the nation's infrastructure may be a better choice. However, for those that are prepared for the challenge, a chance to host the Olympics can become a once-in-a-decade chance to attract worldwide attention and investment.

# GREAT EXERCISES TO DO DURING THE PANDEMIC

The world is suffering from the COVID-19 pandemic where the virus has spread to every corner of the globe, infecting those in its way. In an effort to slow down the spread of this virus, social interactions became limited and people were forced to stay home under lockdown. One way to improve our body's immune system and increase our chances of surviving the virus is through exercising. However, with social distancing protocols, it would be better to not exercise at the public gym. Without equipment or encouragement from friends, it would be hard to stay motivated to exercise. However, being active is important, "Aside from the physical health benefits, exercise can also improve mood and mental health, says Rance Bryant, M.S. Director, Riverside Wellness and Fitness Center. That would really be beneficial when coping with the COVID-19 outbreak.

**1. Choose where you will work out**
To start a healthy activity, go outside in a non-crowded place, as you need to let sunlight touch the skin. Activities you can do in these areas are walking, running, cycling. This will help your muscles stay active and exposure to sunlight is good for your skin as well as your immune system. Try listening to music while doing those activities to stay motivated and relaxed.

**2. Ways to improve your exercising experience**
Joining a virtual group fitness class is a great way to do gym activities during this pandemic as you can get expert guidance at home. Virtual classes will help you feel connected to work with other people. If virtual classes are not your taste, watching videos about exercise tutorials would be an alternative method of acquiring proper instructions on your chosen activity. Fitness applications and websites like YouTube are great places to find these videos.

**3. Common exercises you can do**
Bodyweight exercises are common and easy to perform at home. Push-ups are performed by making a T-shape with your body and lifting your torso while facing downwards with only your arm strength. Floor bridges are when you lie on your back with your knees bent and your feet flat on the floor. Push your heels and slowly raise your hips off the ground until the knees, pelvis, and shoulders are in line. Squats are beneficial for muscle stabilization and it is one of the most well-known forms of exercise. Lunges are a challenging exercise where balance is important. To do this, extend your left leg to the side and bend your right leg, then do the opposite ways. Planks are also challenging as it is the torso that but holds a forearm plank or push-up position for 20-30 seconds and keeps your hips straight with your body.

That is all you need to do to keep your body healthy and fit. These exercises would be better conducted 4 times a week at least. Other than that, the number of proteins and vitamins you consume is very important too as it helps your body and muscles after exercising. So eat plenty of vegetables, fruits, and other healthy consumables to keep your body strong and fit.

# PHYSICAL BACKGROUND

## By Harley
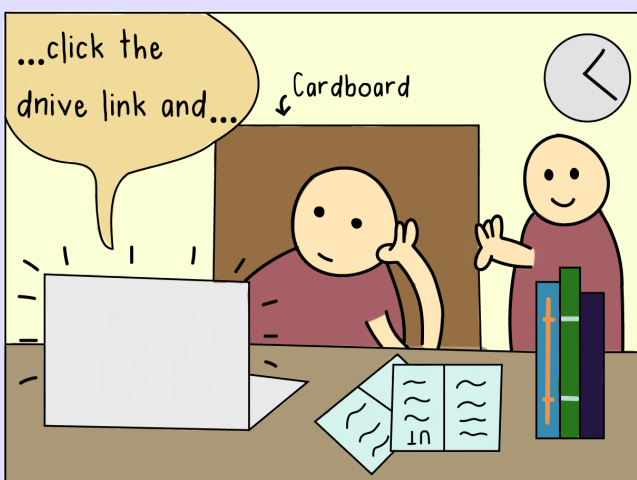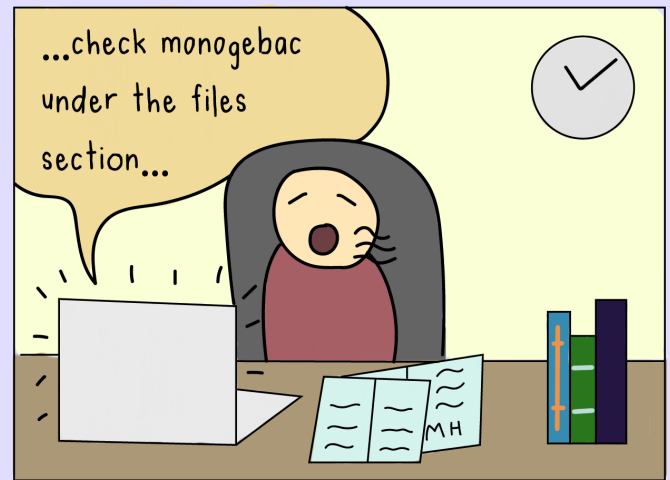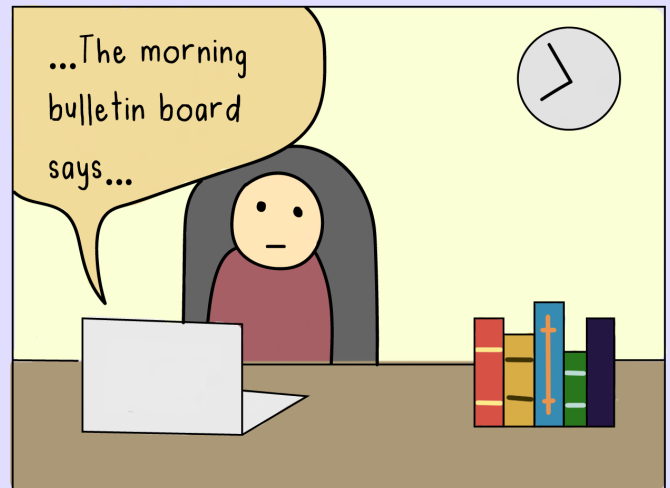
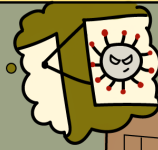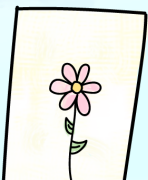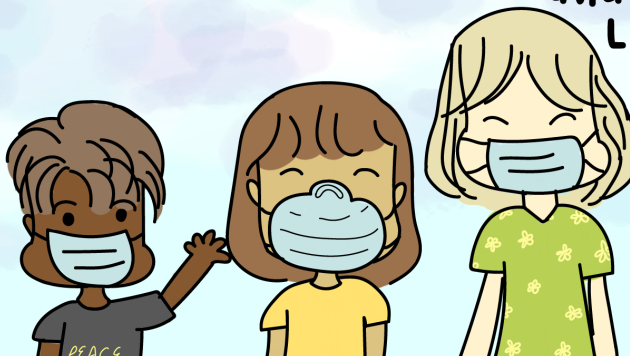# Sources/references (article)

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