

# RAHA VOICE

RAHA INTERNATIONAL SCHOOL/YEAR 2011-2012/JANUARY ISSUE

## Trip to Verbier

BY MARCELO TORRECILLA  
(GR. 11)

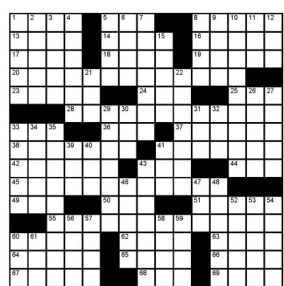
It was 6:00 AM, a cold morning in Abu Dhabi, and we were gathering at the airport. That time was neither usual nor common for us, besides for going to school. We were approximately 20 students and 2 teachers; Mr. Daniel Lundin and Mrs. Kirsten. When the time finally arrived, we said bye to our families, and hours later boarded on the plane. Full of excitement and anxiety we flew for almost seven hours. Geneva was waiting for us with a cold weather and, a small inconvenience; our luggage was missing. After waiting for the impossible, at that time, to happen; we abandoned the airport; hopping our bags will be delivered the next day. Luckily that was the case. We took a bus to our main destination, Les Elves Installations in Verbier. We had time to contemplate the tall mountains, the unique houses, part of the city, and most importantly as we got closer to Verbier, the magnificent snow. One of the most exciting weeks was ahead of us, waiting for us to enjoy it.



We were received with a warm welcome by the staff, and the dinner. Most of us were exhausted from the long trip, and some anxious for snowboarding/skiing right away. After dinner, we tried our gear, checked our rooms, and the installations of Les Elves. Everything was perfectly planned; our schedule was full with skiing/snowboarding, various activities, in and outside Les Elves, trips to the mountain, city, etc. The daily schedule was pretty organized, waking up at 7:00, having breakfast from 7:30 to 8:00, and then getting ready for snowboarding/skiing. These two activities were the base of the whole

trip, as we practiced them for almost 7 hours each day. At 12:00 we usually had lunch; next, more snowboarding/skiing till 16:00. After we arrived to the 'camp' we got ready for evening activities, which consisted in: shopping in the city, swimming or staying, and doing different activities. These activities took place from 17:00 18:45. Dinner was always at 19:00. After dinner we had a night activity organized by the instructors crew; we had activities like, watch a movie, music video, and competitions against each other, dancing, disco and ice-skating. Finally, bedtime was around 22:00.

Continued on Pg 2



New Crossword Section by  
Aiden Allero on the 2nd last  
page



New Bell System for the  
School?



Stop Littering!

## Trip to Verbier, Switzerland Continued...

The element that impressed me from this trip was the beautiful snowy environments, the mountains full of pines and evergreens, the organization of everything, and most importantly the city itself, Verbier. Every time we had the chance of visiting the city, we never hesitated and went every single night. The Christmas was always present, with colorful decorations, tall Christmas trees, and the festivity in atmosphere. The first language spoken there was French, many gently and warmly addressed us in English, but a few relied on French, but anyways it is always interesting leaving the daily basis and learning new languages, for some of us. The hot chocolate was always the main choice in every cafe; we were amazed by the typical Swiss and French gastronomy which included; Fondue, chocolate, bread, wine, cheese, and much more.



(Rashid Afary, Saif Al Hameli and Saif Arar)

The trip to Verbier was a remarkable experience for all of us, and the teachers, who were always there to assist us. This experience will stay in our memories for life. We met wonderful people from different cultures. We experienced a new lifestyle full of interesting changes. Some learned snowboarding/skiing skills from scratch; myself for example, we were staying among a French culture, familiarized with snow, contemplated the beauty of Swiss landscapes, tasted a totally different gastronomy (far away from our basis). In general it was an unforgettable experience full of memories, achieved challenges and cultural values.

## A New Bell System?

BY ALIOSHA BIELENBERG (GR.8)

Why doesn't Raha have a bell, like so many other schools worldwide? That's the question I put to Brigid Toner, our Senior Vice Principal.

Raha, she said, had not had a bell installed from the start because the administrators felt that in a small school, it was extraneous, especially as not all the buildings were completed. But, as I soon found out, the administration now feels that "a school bell is necessary as Raha grows".

Starting from March 2011, the school had looked for quotes from various companies, and had decided on one relatively recently. The contract was signed, and the materials for the new electric bells as well as the electronic clocks for the common areas were delivered "last weekend"; That is, on the 6<sup>th</sup> or 7<sup>th</sup> of January. "Hopefully, [the clocks and bells] will be up and running in the next few weeks," Ms. Brigid added.

I'm not sure whether I prefer the bell system, but, as an excited student put it, "... [A bell] makes things much easier!"

## **Gum Fines in the UAE**

**BY MAXINE DE LA REY (GR.9)**

Authorities in Abu Dhabi in the United Arab Emirates (UAE) have set steep fines for those who will be found spitting gum or throwing cigarette butts on the road, a report of the news site "Emirates 24/7" said on Sunday.

According to the [report](#), the Abu Dhabi municipality as part of a crackdown on what it described as "rejected behavior in public."

"Those found spitting will be fined Dh100 while persons throwing cigarette butts on the road will have to pay Dh200. A Dh500 fine has also been set for those who dump waste in public places," Emirates 24/7 said.

In a statement published in Alittihad daily on Monday, the municipality of Abu Dhabi said it had issued 267 penalties against such offenses in Abu Dhabi this year.

"The penalties were issued during campaigns launched by the municipality to curb such practices and create public awareness of the need to keep the city clean and preserve its aesthetic image," officials were quoted as saying. - VVP, GMA News

Original Source: GMA network.

## **Listening to Music Reduces Stress**

**BY LYDIA AIT (GR.11)**

Maybe sometimes we endure experiences where we hurt ourselves accidentally and caused pain. But haven't you ever asked yourself whether it was linked to your thoughts? Research done by the University of Utah assesses the potential benefits of music for diverting psychological responses to experimental pain stimuli. They hypothesized that music may sidetrack perceptive effort from pain. However if their hypothesis turns out true, the key to successful pain control from this method would be the degree of effort put in by the patient in the diverting role. The scientists experimented with 143 individuals. While they were given musical notes and asked to locate the deviant melodies, the scientists were given safe pain shocks with electrodes. Music helped reduce pain by triggering sensory trails that compete with pain pathways, encouraging emotional comebacks, and enhancing cognitive devotion. This has come to a conclusion that music definitely aids in lessening physical pain even if it nonetheless just information received cerebrally.

## **Stop Littering!**

**BY ZAPAER ALIP (GR.11)**

On Thursday February 9th, a group of students from grades 7 - 11, with the help of the Eco Warriors, organized a school clean up at lunch. Roughly 5kg of litter was collected, during the 30minute break. Yet there is a tone of litter out there within school grounds. Most of the litter collected consists of waste from food materials such as plastics from juice packs and water bottles. Litter is a small thing, it really is, that is what makes it hard to clean up. There is just so much of the stuff and everywhere that it overwhelms both the cleaners and the environment. Litter is waste, and it takes a long time for the plants and soil to break down even the smallest pieces of plastic. When not picked up, it can fly away with the wind and end up in habitats. Camels suffer the most, as they consume the plastic mistaking it for food, they die slowly thinking they are full, (due to the plastic, as it damages their stomach) of starvation. So next time, pick up the litter, even if its not yours.



# Movie Review

BY CHARLOTTE DE BEKKER (GR. 11)

**Name:** Into The Wild

**Year of Release:** 2007

**Directed by:** Sean Penn adapted from Jon Krakauer's best-selling book

**US Certificate:** R

**Genre:** Drama/Biography/Adventure

Into the Wild is based on the true story of Christopher McCandless (Emile Hirsch). Who, after graduating from university as a top student, abandons his possessions and gives all the money in his saving account to charity. Sick of all the superficiality of the world he goes on to leave his family and his old life behind, to embark on a journey to Alaska. There he plans to live a life of solitude; living off the land as well as becoming one with nature and himself. He hitchhikes all the way to his final destination and along the way he meets a number of interesting people that shape his life. Not only does he learn more about life but he learns more about himself.

This movie may not be for everyone; it is not filled with action or romance. However, I thought it is a brilliant movie as it presented me with a realization that life feels like it is planned ahead for us. We go to school, university, get a job, settle down, have children and then we die. We fill our lives with objects and superficiality. But when these are stripped away whatever is left is your real self. Seeing your real self, without all the layers covering up your flaws, is a scary thing, there is something immensely brave about leaving the pretenses, material objects and false façades behind. McCandless claims his independence of both the constricts of society and of the superficiality we experience in life.

I really enjoyed seeing the characters' journey, not to mention the breathtaking cinematography by Eric Gautier who manages to truly capture the nature of the beauty which surrounds McCandless in every scene.

Into the Wild is not about dying. It's about being alive so you don't have to experience a death that precedes the physical one.



# Big Events

BY KIMBERLY GALEA (GR.11)

What? Big Boys Toys UAE

Where? Atlantis The Palm, Dubai

When? 10th - 11th February 2012 : 13:00 - 22:00

Target Audience: Vehicle enthusiasts.

Website: [www.bigboystoysuae.com](http://www.bigboystoysuae.com)

What? Gourmet Abu Dhabi 2012

Where? Several Venues (visit website for more info.)

When? 08 - 23 February, 2012 : 09:00 - 23:00

Target Audience: People interested in culinary arts

Website: [www.gourmetabudhabi.ae](http://www.gourmetabudhabi.ae)

What? Abu Dhabi International Book Fair 2012

Where? ADNEC, Halls 8 - 11 & Abu Dhabi Hall

When? 28 March - 02 April, 2012 : 09:00 - 22:00

Target Audience: Book enthusiasts and literary lovers

Website: [www.adbookfair.com](http://www.adbookfair.com)

What? David Guetta, Live in Abu Dhabi

Where? Yas Arena, Abu Dhabi

When? 2 February, 2012

Target Audience: Club-goers

Website: [www.thinkflash.ae](http://www.thinkflash.ae)

What? Abu Dhabi Festival

Where? Emirates Palace & Abu Dhabi Theatre

When? 11 March - 06 April, 2012 10:59 - 23:00

Target Audience: Art and culture enthusiasts.

Website: [www.abudhabifestival.ae](http://www.abudhabifestival.ae)

What? WWE Raw World Tour

Where? International Tennis Complex, Zayed Sports City, Abu Dhabi

When? 9 - 11 February, 2012 : 19:00 - Doors open at 17:30

Target Audience: Wrestling enthusiasts.

Website: [www.thinkflash.ae](http://www.thinkflash.ae)

Y	S	A	R	B	P	D	D	U	H	F	U	N	I	G	Q	Z	V	S	I	N	A	S	D	E
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R	Z	T	D	A	I	C	A	O	U	D	J	O	K	E	S	Q	A	I	B	H	L	J	K	I
T	V	W	L	P	W	P	O	Y	R	Y	X	H	I	A	D	I	A	V	R	B	O	U	W	C
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O	Q	L	P	A	X	N	O	P	L	W	N	O	A	S	S	E	M	B	L	Y	T	I	T	E

1. FOOTBALL
2. PARTY
3. RANDOM
4. ASSEMBLY
5. MUSIC
9. FRIENDS
10. EDUCATION
11. EPIC
12. HOCKEY
13. XBOX
17. INTERNATIONAL
18. RAHA
19. JOKES
20. COOL
21. AWESOME

WORD CROSS  
BY AIDEN ALLERO (GR.11)

## Your Opinions on the Raha Voice

In the last couple of months, we have been surveying students randomly on how we can improve the Raha Voice. As nothing is perfect and everything can be better. Some of the issues mentioned were the lack of consistency, lack of pictures, not having interesting content and only having one copy per class room.

We are constantly working on improving the Raha Voice, we are trying our best to get out student related content but we cannot publish all the content we wish to publish because this is again an educational facility aka School. However, we have had news sections in the newspaper such as the Movie/Art/Events sections on page 5 and 6. We are also asking for your opinions on news stories and events happening in and around the school. If you would like to voice your opinions on a matter or issue that is important why not email us? Your articles may even end up in a magazine or local region wide newspaper such as 181 Youth or Khaleej Times.

We are also working on providing more copies for each advisory class, as this a free non sponsored newspaper reliant on the Media and PR departments of the school. How many copies we provide relies on the mercy and mood of the department. Graciously they have been quite generous. We also have an email distribution system in place so if you would like to get a copy of the newspaper via email send us an email with the subject line : subscription. The Raha Voice will also be available via the Managebac system.

Finally, a more important issue is that teachers did not give the newspapers out to their advisories, which is very odd. Perhaps there was a misunderstanding, but we encourage asking your teachers if they received a copy so we can make sure everyone gets access to the Raha Voice. If you have any comments or questions please feel free to send us an email.

### FROM THE EDITOR

As the editor of this newspaper, I would like to express my sincere thanks to all those who have helped in producing this newspaper. Below are a list of, students and teachers who need to be recognized; without their support and contributions this newspaper would have never been published.

Ms. Brigid, Charlotte de Bekker, Zena Khalil, Shauna Emig, Maxine de La Rey, Aliosha Bielenberg, Cooper Lay, Susanne Malik, Kimberly Galea and Lydia Ait.

Special Thanks to Mr. Jim Buie

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Send us an email any time, from content ideas to improvements we read every one of our emails. We're serious about this, seriously. We are always looking for new writers, photographer, illustrators, and copy editors.