



*Magazine

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ISSUE

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English

FLOWERS

**A JOURNAL PREPARED BY THE STUDENTS OF THE
DEPARTMENT OF ENGLISH**

EDITORIAL

Welcome to the second issue of the English department journal. We are really proud and exuberant to acclaim that we are ready with all new hopes and hues to bring out this issue , which is going to surely unfold the unraveled world of the most unforgettable and precious moments of our college. The journal is to be viewed as a launch pad for the students' creative work in writing. As the saying goes, mind like parachute works best when opened.

This humble initiative is to set the students' minds free in the realm of imagination and experience to create a world of beauty in words. The enthusiastic beginning of our young writers are undoubtedly sufficient to hold the interest and admiration of the readers. This souvenir is indeed a real attempt to make our new talents give shape to their creativity and learn the art of being aware because success depends upon our power to perceive, the power to observe and the power to explore. We are sure that the positive attitude, hard work, sustained efforts and innovative ideas exhibited by our young writers will surely stir the mind of the readers and take them to the surreal world of unalloyed joy and pleasure.

Head of the Department of English

Dr. Marwan Najib Tawfiq

Assistant Professor

INTERVIEW

DR. WAFAA A. ZAINALABIDIN

WITH 4th YEAR STUDENTS



Dr. Wafaa with 4th year students ADNAN & AUSAMA

“I love to be a Medical Doctor, or even a Pharmacist!”

AUSAMA:

What is your first name and surname?

DR. WAFAA:

Well, my name is Wafaa Abdullatif Abdulaali and my family's name is Zainalabidin.

ADNAN:

If you recall your memories, how can you describe the first school you joined?

DR. WAFAA:

What do you mean by first school? You mean my primary school when I was a kid? You mean?

ADNAN: Ya, ya.

DR. WAFAA:

Ya, they were very beautiful days. These memories are unforgettable. I always think about them and recall these memories and by the way, my primary school is close to our present house. It is very close. That's why I always take a walk beside the building to look at the classes. I wish I could enter the building because in every place of this building I have sweet memories. It's AL_Thaqafa in AL-Muhanddiseen Neighbourhood.

AUSAMA:

Flowers are considered as a symbol of beauty. So, what is your favorite type of flowers?

DR. WAFAA:

Actually, I don't have a specific type of flowers. I love all kinds of flowers, because they are natural and they are created by God. Everything created by God is of great esteem for me. But to tell you the truth, as others, I love the "Jasmine." I prefer this type of flower, which is a characteristic of our country.

ADNAN:

As reading is the source of knowledge, what kind of books do you prefer, and why?

DR. WAFAA:

Okay, maybe if I answer this question you will get surprised. You know that I'm specialized in English language and literature, and my field of specialization is poetry. So I have been reading and teaching poetry for a long time; may be now for more than thirty years. But, if you go home and see my library, you will get shocked to see a shelf or two of medical books. I have lots of medical books. I love Medicine very much, that's why even in my family I'm called as a doctor from early childhood, and I mean a medical doctor. But, here I'm a doctor of Literature. I love Medicine very much and I hold that job to be a Physician in my high esteem. Although these days, you know corruption is everywhere including among doctors to

my dismay. But even though, I always wish I could be a Medical Doctor. Besides medicine, I read books on religion, especially the three Abrahamic religions. The Quran is my first book, and then comes the Bible and books on Arabic philosophy. I also read Arabic literature, mostly the modern one, besides Arabic poetry. In brief, I love all kinds of human knowledge.

AUSAMA:

Sometimes, music makes us feel relaxed, especially when we got stressed in our daily life. So, what kind of music has an effect on you?

DR. WAFAA:

Per se, Music is a production of human mind, heart and feelings. And as commonly said music is the food of the soul. So, I appreciate all kinds of music but this doesn't mean that I can tolerate all types of music. To tell you the truth, I don't like the Western types of music, I mean the high-pitched, or noisy as the Pop or the hip-hop, disco, etc. I am okay with the classic ones and the slow types of music. Even though, there are symphonies as I always listen to symphonies. Regarding Arabic music, of course I love the Arabic music, not much from the recent type, I prefer the traditional Arabic. Nowadays, generally speaking Arabic and Iraqi song tradition has gone too low, missing the joy we have with the old traditional music. Iraqi song has gone too low. But this doesn't mean that there are no good songs of these days. I love some of these songs of course. To tell you the truth, in my car, I do not have but several tapes, besides a score of Quran Tarteel tapes.

ADNAN:

If you have a new chance to join another job, what would it be?

DR. WAFAA:

Yes, I told you. I love to be a Medical Doctor, or even a Pharmacist.

AUSAMA:

How would you evaluate the lesson you've just taught, and what would you do differently next time?

DR. WAFAA:

To tell you the truth, every day I learn lessons and I teach lessons. Like, for instance, as you can see now I'm reading the final version of my student's thesis. She is writing an M. A. thesis. But, I have a friend who is very dear to my heart and I always think of friendship as something respected. And, I always think of friends as dear ones, dear people in our life who can enlighten our lives. So because of that

friend came to me and wanted me to proof read her paper which is written in English, she is from another college. I put my duties aside and I did hers. So, the lesson I always teach to my friends and students is that I should do good things as much as I can. This is a sacrifice I do every day, even for strangers. I do that for Allah's sake. So, I can say that I steal from my time for those people to do good things for them, to do some work they need. That's why I put aside my important things. I have been reading her paper from the early morning, from Al-fajr prayers and now I have just finished it and I called her, she came and picked it up. She was surprised by the speedy achievements I have done on her paper. So, her joy and her thanks were enough for me. I was happy for the light I brought on her face. Alhamdulillah, this is how I also feel happy and, of course I do that for God's sake, too.

ADNAN:

What are some of the current issues in education?

DR. WAFAA:

Yes, these days one of our problems with learning and teaching English Language is the rules that are imposed on us by the Ministry of Higher Education. Like, they don't give us the freedom to select or to choose the courses or the materials that we have to teach. So, you feel that you are chained by these traditional rules while the world is developing, leaving these old fashioned regulations behind. You know I have been to other international and very important universities of the world like Harvard University, the University of Kent, the American University of Beirut, and the University of the Punjab in India. I have been in to several other universities. I have seen many things that I feel sorry that we don't have in our country and in our universities. Among others, I am fully aware of this retarding problem, to my chagrin. I feel sorry that we don't have the necessary steps to race with such very prestigious institutions. Even, they do not give us the hearing to speak out suggestions, to voice our pains, our sufferings, and nothing of this is done in our University, unfortunately and in our Ministry as well.

“I always think of friendship as something respected.”

AS A SUCCESSFUL BEHAVIOR TO HELP STUDENTS,

“mentoring clever students and encouraging them to join the M.A studies. And then, to supervise their theses, and then finally, they become teachers.”

AUSAMA:

What will you do if something goes wrong?

DR. WAFAA:

It depends on what kind of that thing, ya.

AUSAMA: In general?

DR. WAFAA:

To tell you the truth, I have never done anything which I have planned and it has gone wrong, never. I always put a plan and I follow it, and I insist on it. And, there is a very famous three-word-line of verse by an American poet called Hilda Doolittle. She says, “Persistence, persistence, persistence,” three times. Persistence means to insist on what you want to achieve. This word “Persistence” means many things. You have to insist on what you want, you have to follow the plan, you have to keep it in your heart and your mind, and think about it every day, and then you try to do the best you can in order to reach the goal or achieve it, so that you can reach it. And in this way, things come true. That's why I can say that nothing in my life that I have planned in advance, and has gone wrong.

ADNAN:

Could you please describe a course or a topic that you would teach?

DR. WAFAA:

Oh! A topic I would like to teach is “Women's Poetry” because this type of poetry is neglected in our country. I would love so much to teach anything written by women because it is a very rich field of knowledge! Very rich!

AUSAMA:

What does collegiality mean to you?

DR. WAFAA:

Yes it means corporations; it means mutual respect; it means obedience to ethics, to rules; it means sincerity in your feelings, in doing duty, in helping each other, in respecting each other, and so many other ethical things.

ADNAN:

Can you tell me about a successful behavior management strategy you have used in the past that helped engage a student or group of students?

DR. WAFAA:

There are many, many examples in my life like mentoring clever students and encouraging them to join the M.A studies. And then, to supervise their theses, and then finally, they become teachers, and I feel that I have done a good job on this level. There are a good number of these former students who have become now my colleagues. That's why when I retire Insha'Allah, they are going to see my legacy in a good way because they imitate me, I see that they go in my footsteps. Not only that, but even the material I have taught them, they are teaching them after me. Although I do not encourage that because English Literature is very rich they can go to choose other texts to teach, but what I see is that my handouts, my material, they imitate me even in the way I teach. That makes me happy but at the same time I wish they could just find their own way to depend on texts they discover, on books they read by themselves and not depend on what I have given them only.

ADNAN:

We are all here in the department, proud of you.

DR. WAFAA:

Proud of me! Oh, but I haven't taught you.

AUSAMA:

We hear about you from our teacher, MR. AHMED ABED.

DR. WAFAA:

Oh, you mean my former student?

ADNAN: Yeh.

AUSAMA:

He always mentions your name. But, we do not touch that experience with you.

DR. WAFAA:

Insha'Allah one day we will be somewhere together.

ADNAN: Insha'Allah .

AUSAMA:

Insha'Allah . What qualities do you have which would make you an effective teacher?

DR. WAFAA:

What qualities I have? Maybe number one is ethics. I am careful about ethics like for instance I have to be careful when I am in touch with the

students. I have to be careful when I deal with the students, I have to be careful when I teach in the class; I have to be careful about my picture in front of them. So, in this way you can say that we have melted ourselves in a mould, so that we will not make mistakes in front of our students. That is the way we have to appear in a front of students so that they would stay in an aura of respect for us, so that they will keep an aura of respect and admiration for us to be role models for them. That is how I think about it.

ADNAN:

Wherever we go in our department we hear your name uttered regularly by our teachers, classmates. How could you attract their attention and respect?

DR. WAFAA:

Maybe because I am a successful scholar, maybe because I have lots of achievements, international achievements. I have also a name on the internet. Because of many things they know that I have achieved. So, they try to be like me. May be this is the reason. And, not only that, but you can ask them why, why they speak about me too much. Really! I don't know whether they speak or not! They always tell me that they speak about me in front of their students. They say that once you came to the department, you gave us a great positive energy to all of us and for that we want to be like you. Alhamdulillah, which is bi fadhliallah!

ADNAN:

Thank you Prof. for giving us from your precious time!

DR. WAFAA:

You are most welcome! Nice to meet you.

AUSAMA:

Nice to meet you.

DR. WAFAA:

Thank you so much.

ADNAN:

Nice to meet you, too.

4th YEAR

AUSAMA MOHAMMED HAMED
ADNAN ISA HEMOOD

HISTORY OF THE ENGLISH LANGUAGE



Germanic invaders entered Britain on the east and south coasts in the 5th century.

The history of the English language really started with the arrival of three Germanic tribes who invaded Britain during the 5th century AD. These tribes, the Angles, the Saxons and the Jutes, crossed the North Sea from what today is Denmark and northern Germany. At that time the inhabitants of Britain spoke a Celtic language. But most of the Celtic speakers were pushed west and north by the invaders - mainly into what is now Wales, Scotland and Ireland. The Angles came from England and their language was called Engisc - from which the words England and English are derived.

Old English (450-1100 AD)

The invading Germanic tribes spoke similar languages, which in Britain developed into what we now call Old English. Old English did not sound or look like English today. Native English speakers now would have great difficulty understanding Old English. Nevertheless, about half of the most commonly used words in Modern English have Old English roots. The words be, strong and water, for example, derive from Old English. Old English was spoken until around 1100.

Middle English (1100-1500)

In 1066 William the Conqueror, the Duke of Normandy (part of modern France), invaded and conquered England. The new conquerors (called the Normans) brought with them a kind of French, which became the language of the Royal Court, and the ruling and business classes. For a period there was a kind of linguistic class division, where the lower classes spoke English and the upper classes spoke French. In the 14th century English became dominant in Britain again, but with many French words added. This language is called Middle English. It was the language of the great poet Chaucer (c1340-1400), but it would still be difficult for native English speakers to understand today Modern English.

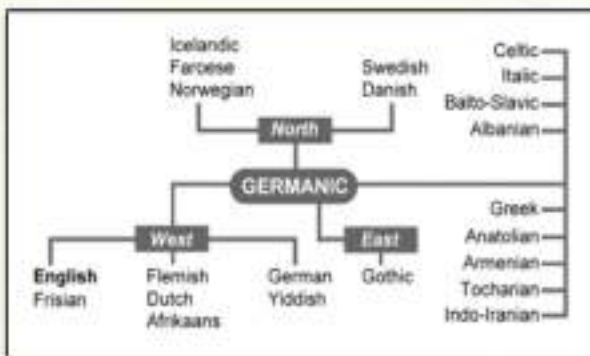
Early Modern English (1500-1800)

Towards the end of Middle English, a sudden and distinct change in pronunciation (the Great Vowel Shift) started, with vowels being pronounced shorter and shorter. From the 16th century the British had contact with many peoples from around the world. This, and the Renaissance of Classical learning, meant that many new words and phrases entered the language. The invention of printing also meant that there was now a common language in print. Books became cheaper and more people learned to read. Printing also brought standardization to English. Spelling and grammar became fixed, and the dialect of London, where most publishing houses were, became the standard. In 1604 the first English dictionary was published.

Late Modern English (1800-Present)

The main difference between Early Modern English and Late Modern English is vocabulary. Late Modern English has many more words, arising from two principal factors: firstly, the Industrial Revolution and technology created a need for new words; secondly, the British Empire at its height covered one quarter of the earth's surface, and the English language adopted foreign words from many countries.

Varieties of English



From around 1600, the English colonization of North America resulted in the creation of a distinct American variety of English. Some English pronunciations and words "froze" when they reached America. In some ways, American English is more like the English of Shakespeare than modern British English is.

Some expressions that the British call "Americanisms" are in fact original British expressions that were preserved in the colonies while lost for a time in Britain (for example trash for rubbish, loan as a verb instead of lend, and fall for autumn; another example, frame-up, was re-imported into Britain through Hollywood gangster movies). Spanish also had an influence on American English (and subsequently British English), with words like canyon, ranch, stampede and vigilante being examples of Spanish words that entered English through the settlement of the American West. French words (through Louisiana) and West African words (through the slave trade) (also influenced American English and so, to an extent, British English).

Today, American English is particularly influential, due to the USA's dominance of cinema, television, popular music, trade and technology (including the Internet). But there are many other varieties of English around the world, including for example Australian English, New Zealand English, Canadian English, South African English, Indian English and Caribbean English.

FACTS ABOUT ENGLISH



'E' is the most commonly used letter in the English language. In fact, as many as one in eight of all the letters written in English is 'e'.

There is no word in the English language that rhymes with **month**, **orange**, **silver** or purple.



'Queueing' is the only word with five consecutive vowels (five vowels in a row). This is a great word to use when you play hangman!



Due to a printing error, there was a word in the English dictionary from 1932 to 1940 which didn't have a meaning. The word was 'Dord' and it became known as 'ghost word'.



'Pronunciation' is the word which is most mispronounced in the English language!

NOUN

• A noun is the name of a person, place, thing, or idea.

Examples

man... school... house... happiness

Sentences:

• The young **girl** brought me a very long **letter** from the **teacher**, and then she quickly disappeared. Oh my!

PRONOUN

• A pronoun is a word used in place of a noun.

Examples

she... we... they... it

Sentence:

• The young girl brought **me** a very long letter from the teacher, and then **she** quickly disappeared. Oh my!

VERB

• A verb expresses an action or being.

Examples

jump... is... write... become

Sentence:

• The young girl **brought** me a very long letter from the teacher, and then she quickly **disappeared**. Oh my!

ADJECTIVE

• An adjective modifies or describes a noun or pronoun.

Examples

pretty... old... blue... smart

Sentence:

• The **young** girl brought me a very **long** letter from the teacher, and then she quickly disappeared. Oh my!

ADVERB

• An adverb modifies or describes a verb, an adjective, or another adverb.

Examples

gently... extremely... carefully... well

Sentence:

• The young girl brought me a **very** long letter from the teacher, and **then** she **quickly** disappeared. Oh my!

PREPOSITION

• A preposition is a word placed before a noun or pronoun to form a phrase modifying another word in the sentence.

Examples

by... with... about... until

Sentence:

• The young girl brought me a very long letter from **the** teacher, and then she quickly disappeared. Oh my!

CONJUNCTION

• A conjunction joins words, phrases, or clauses.

Example

and... but... or... while... because

Sentence:

• The young girl brought me a very long letter from the teacher, **and** then she quickly disappeared. Oh my!

INTERJECTION

• An interjection is a word used to express emotion.

Example

Oh!... wow!... oops!

Sentence:

• The young girl brought me a very long letter from the teacher, and then she quickly disappeared. **Oh my!**

* ENGLISH WORDS FROM ARABIC ORIGIN

4th YEAR
ESRAA SUHEIL SAAD
RADI NIMER KHAZAL



Benzoin, Benzene

لبان جاوي
'lubān jāwī'

Benzoin, lubān jāwī, benzoin resin, literally "frankincense of Java", is a natural resin from an Indonesian tree. Arab sea-merchants shipped it to the Middle East for sale as perfumery and incense in the later medieval centuries. It first came to Europe in the early 15th century. The European name benzoin is a great mutation of the Arabic name lubān jāwī and the linguistic factors that caused the mutation are well understood.[57] Among European chemists, benzoin resin was the original source for benzoic acid, which became the source for the 19th-century benzene.



Bezoar

بازهر 'bāzahr'
بادزهر 'bādzahr',
(from Persian pādzahr)

A type of hard bolus, containing calcium compounds, sometimes formed in the stomachs of goats (and other ruminants). Today in English a bezoar is a medical and veterinary term for a ball of indigestible material that collects in the stomach and fails to pass through the intestines. Goat bezoars were recommended by medieval Arabic medical writers for use as antidotes to poisons, particularly arsenic poisons. That is how the word first entered medieval Latin medical vocabulary.



Borax, Borate, Boron

بورق
'būraq'

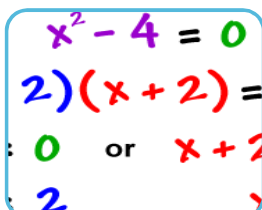
Various salts, including borax. Borax (i.e., sodium borate) was in use mediievally primarily as a fluxing agent in soldering gold, silver and metal ornaments. The ancient Greeks and Romans used fluxing agents in metalworking, but borax was unknown to them. In medieval Europe there was no borax except as an import from Arabian lands. The Arabs imported at least part of it from India. From Arabic būraq, Latin adopted the name borax | *baurach* in the 12th century, meaning borax for fluxing metals, and sometimes later more loosely meaning any kind of salts for fluxing metals.



Alchemy, Chemistry

الكيمياء
'al-kīmīā'

Alchemy and medieval chemistry, and especially "studies about substances through which the generation of gold and silver may be artificially accomplished". In Arabic the word had its origin in a Greek alchemy word that had been in use in the early centuries AD in Alexandria in Egypt in Greek. The Arabic word entered Latin as alchimia in the 12th century and was widely circulating in Latin in the 13th century.



Algebra

الجبر
'al-jabr'

Means completing, or restoring broken parts. The word's mathematical use has its earliest record in Arabic in the title of the book "al-mukhtaṣar fī ḥisāb al-jabr wa al-muqābala", translatable as "The Compendium on Calculation by Restoring and Balancing", by the 9th century mathematician Mohammed Ibn Musa al-Khwarizmi. This algebra book was translated to Latin twice in the 12th century. In medieval Arabic mathematics, al-jabr and al-muqābala were the names of the two main preparatory steps used to solve an algebraic equation and the phrase "al-jabr and al-muqābala" came to mean "method of equation-solving". The medieval Latins borrowed the method and the names.

NIMRUD CITY

The archaeological city of Nimrud is a 3,300-year-old Assyrian city. It is situated on the banks of the Tigris River 30 km (20 miles) south of Mosul. It was a capital of the Assyrian empire, also known as Kalhu. It is a real treasure and the most important archaeological discoveries of the 20th century.



The city was founded by King Shalmaneser I, but was neglected until it was chosen by King Ashur Nasir II as the capital of the Assyrian state. The general layout of the city of Nimrud was designed as a square surrounded by an eight-kilometer wall, supported by defensive towers.



The British archaeologist Austin Layard discovered the city of Nimrud in the 19th century. The British archaeologist Max Malasson was active in the site during the 1950s. It was a source of inspiration for the well-known novelist Agatha Christie in her novel Crime in Mesopotamia.

Throughout its history, much of the area lies in rubble, with shattered statues like one of Nimrud's archaeological monuments called, the Winged Bull or Lamassu. Also, its Temple Tower, a Ziggurat has been reduced to a fraction of its size.



In this case, Nimrud City has been subjected to various looting, the last of which was the terrorist attack in 2014, by ISIS organization. Such an attack witnessed the savage blowing up of its ancient monuments and artefacts.



The UN Educational, Scientific and Cultural Organization (UNESCO) described the destruction of Nimrud City as a "war crime", saying ISIS was "clearly determined to wipe out all traces of the history of Iraq's people."

3rd YEAR
SAJAAD AHMED ALI

LEARN FROM YOUR MISTAKES

2nd YEAR
ZAKARYA MOHAMMAD

Anger can kill motivation.

- It makes you not want to try. Avoid getting stuck in fruitless attempts at retaliation when you get mad at someone. Better to let go of anger than to waste time and energy doing something snarky to hurt the person who ticked you off. Instead, focus your energy and creativity on positive behaviors. Only good can come from it.

Nurture the trust in your relationships.

- Living with the strength of spirit you get from really knowing that someone you love and trust has your back is one of the most wonderful parts of being connected to another person. In fact, it is one of the great reasons for being in a relationship. Don't disrespect the trust that is given to you, but honor it. On that note, know when to stand up for yourself if someone in your life is being untrustworthy.

When you apologize, show that you mean it deeply.

- To truly forgive you, whoever it is that you hurt needs to be able to know that you feel his or her pain. Once you understand this, and if you repeat back what you heard someone say, the person you hurt will feel that you are making the heartfelt apology that is needed to create closure and help you both move on.

You can't really enjoy life unless you're being nice.

- There are a few folks out there who get off by making others suffer, but for those of us who are emotionally fit, if you're treating your partner in a shabby manner, you aren't going to feel as good about yourself as you would if you were being a nice guy or gal.

Don't give up on yourself.

- There will always be slackers, and there will be others who are wildly more successful than you've ever dreamed of being. You have your own special blend of secret sauce, and once you perfect the recipe, the world will be begging for more. Comparing yourself to others just confuses what really matters.

Do not be inhabited by your past choices.

- You did what you did; it's in your past and you can't change it. What you can do now is to start making things as good as they can be from here on out.

A LESSON FROM LIFE



A LESSON FROM LIFE

She comes out of her house rushing with her papers, her bag and her personal computer. She didn't want to be late for the driver is waiting her to come. She gets inside the car and catches her breath to say good morning. Sarah was an M.A. candidate at the research stage. She was supposed to get her degree three years ago, but she could not, because of ISIS control over Mosul, which forced her to stay at home and quit everything, the simplest things for life were not available. It was difficult for her to do what she used to do so easy before the ISIS domination. Despite her family's attempts to convince her to leave Mosul and complete her study at another university, she determined to stay in Mosul, believing that these problems lead her to create creativity. She tried to invent something new in her field of study and decided to do it after liberation. Sarah is aware of the importance of the role of women in society, taking in the consideration the importance of what she is doing as a student. This story is one of thousands of girls and women who stayed in Mosul. The role of women in society is not limited to raise children or housework. Today, they are involved in most of the previously socially rejected businesses, and they have become in command positions as well as men. Sarah is about to finish her research today and is preparing to discuss the Master's thesis with pride.

TRANSLATED BY
OBAIDA MOHAMMAD AL-HEAALY
2nd YEAR





LIFE HAS TAUGHT ME

- ☞ *Life has taught me, to make my heart a town with warm houses and roads of forgiveness.....*
- ☞ *Life has taught me, not to wait for a respond of kindness but to believe in myself before asking anyone.....*
- ☞ *Life has taught me, not to regret anything and imagine hope as a light which accompanies me everywhere.....*
- ☞ *Life has taught me , that when I rejoice I make my joy show happiness around me and when I am aggrieved hide it as spring hides its autumn effect.....*
- ☞ *Life has taught me, that my flaws make me believe that everyone we see is happier than me.....*
- ☞ *Life has taught me, that silence is no longer surrender but a volcano waiting ... so do not consider it as a sign of surrender because calmness antecedes a storm...*
- ☞ *Life in short, is a piano with white and black keys both necessary to give its melody and it's like a play whose nice performance is not of that importance but its duration and effect.....*



WRITTEN BY
AMINA KHIDER FATHI
2nd YEAR

READING A POEM

MY LAST LADY

I turn around all the time looking for you
Like a blind man searching the way
I can't find it or even what to do,
To know where is my lady in these roughest days

Within her eyes, there is a lot of love,
And her face is shining like the bright sun
She caught my heart with her delicate smile,
And like a dove, flying at my window with her marvelous charm

O' my lady, why'd you hurt my soul?
My love was not a shame to deeply cry at your close door
So, don't blame my goal with your ignore,
Cos I wasn't playing –games but eagerly want to love you more

You are my last lady ever,
No one after you never
I promise to keep you deliberately,
Inside my broken-heart, secretly

WRITTEN BY
QAIS MOHAMMED YUNIS
4th YEAR

ON AGING TRANSLATION

On Aging

Maya Angelou

When you see me sitting quietly,
Like a sack left on the shelf,
Don't think I need your chattering,
I'm listening to myself.

5 Hold! Stop! Don't pity me!
Hold! Stop your sympathy!
Understanding if you got it,
Otherwise I'll do without it!

When my bones are stiff and aching
10 And my feet won't climb the stair,
I will only ask one favor:
Don't bring me no rocking chair.

When you see me walking, stumbling,
Don't study and get it wrong,
15 'Cause tired don't mean lazy
And every goodbye ain't gone.
I'm the same person I was back then,
A little less hair, a little less chin,
A lot less lungs and much less wind,
20 But ain't I lucky I can still breathe in.

عند الكبر

عندما تراني أجلس بهدوء
ككيس ملقى على احد الرفوف
لا تظن اني أحتجك لتثرثر معي
فأنا أصغي إلى نفسي
انتظر . توقف لا تشفق علي
انتظر . لا تبدي تعاطفك
أعلم يقينا انك حين تملكه
فبني لن أحتججه

عندما تتصلب عظامي وتولمني
وقنماي لا تقوين علي تسلق الدرج
حينها ساطلب منك معروفا
لا تجلب لي كرسي هزاز

عندما تراني أسير متعثره
لا تمنع التفكير وتفهم خطأ
لأن التعب لا يعني الكسل
و أن للوداع لا يعني الرحيل
أنا ذات الإيمان الذي كنته سابقاً
شعر أقل بقليل . وجه اتحف قليلا
ريتان متقلصتان أكثر . ونفس اضعف كثيراً
ولكن ألمت محفوظا اني لا أزال أستطيع التنفس

ترجمة : د. انمار حمودي سعيد

TRANSLATED BY
DR. ANMAR HAMMOODI SAEED
ASSISTANT PROFESSOR

HEAR ME, DON'T HEAR ABOUT ME

There was a young boy called Martin studying at school. Martin has many friends but he trusts one friend called John, tells him secrets and details of his life. John, the closest and the most honest friend of Martin is one year older than him, yet this year has never affected their friendship. One day, John heard the rest of his friends talking badly about Martin, and he decided to share their talks about him to know what they were saying. They were so jealous from Martin because he was the cleverest in Math class and all the teachers like him. On one occasion, a lazy pupil asked him to do the exam for him while the others asked him to let him copy from him, but he refused, "This is a dishonorable behavior," he said. For this reason, they hated him and called him vain. Still, what was unexpected is that one of the boys, called Sam knew that John is the intimate friend of Martin from other class. So, he told the others about this fact, and thus they decided that he should go and tell Martin about his friend's betrayal. Hearing that his loyal friend has betrayed him, Martin shocked and cried in the bathroom of the school, and then he wiped his tears and determined not to talk to John again. On his way to the school's gate, John comes and asked him, "Are you ok?" Martin did not answer. John asked him again, but Martin shouted at him and told him that he is tired and wanted to relax so he will go back home. John was trying to tell him about what he heard, but Martin refused to listen saying "get lost traitor." On his way home, Martin was very sad and angry because he felt that John did not care about him "though I called him a traitor and he knew I was in bad-temper, but he lets me go!" Martin thinks angrily.

Next morning, Martin meets John at school and tried to ignore him. John stops him, "traitor! Am I a traitor?" he asked. Martin did not care then said coolly, "Do not tell me what they said about me, tell me why they were comfortable in front of you when they were talking about me?" John realized that they had told him about his conversation with them, tried to explain the truth to him, but Martin closed his ears with both hands, refusing to hear him and then went quickly. John realized that his friendship with Martin was at stake. John treated him like a stranger made him angry. Martin ran quickly to slide down into the school's swimming pool. John ran after him but the others began to laugh. John put his hand on Martin's shoulder to help him up, but Martin lifted John's hand from his shoulder and said, "Thank you, I do not need your help, I can stand alone" Then

one of the hypocrites said, "You did well, you do not know who John is and what he said about you in your absence". John was very angry and shouted loudly, "That's enough, it's the time to reveal the truth about you, hypocrites" Then he told Martin everything that happened that day, "Martin, I did not betray you and if I had the chance to betray you I would never do it" Martin replied quickly, "But you betrayed me anyway" John said, "Do not believe what they told you. I swear to you that I have not betrayed you" "I was coming to tell you everything, but you refused to listen" Martin shouted angrily, "What! What do you mean? They lied to me?" John replied, "Of course Martin, you have not understood yet. I heard them speak badly about you. I shared the conversation with them so they could trust me and talk about you in front of me. But, it's obvious that in somehow, they knew about our friendship by Sam so, they distracted my attention to let him go and lie to you." Martin was surprised by what John said and replied, "Why did not you tell me that before?!" John responded: "Because you did not give me a chance to speak" "You do not know what I felt when I heard about your betrayal. I felt that I'm stupid because I trusted you, the person I trusted more than myself betrayed me!! Like a child who came to his mother running to hug her but she slapped him" John said: "I'm sorry, Martin, because I was the cause of your grief." Be sure, Martin that I did not and will not betray you" Martin tried to interrupt John's words, but John completed his words, "Please, please, please, hear me, do not hear about me. This life is full of hypocrites" Martin smiled then John said, "I love you, dude, I was very tired until you smiled, you are my brother, who my mother did not give birth to" Martin replied: "Let's go to my home, you can have lunch with me today."

John, "Cool"

They laughed together.

Their close friendship continued till they get old.

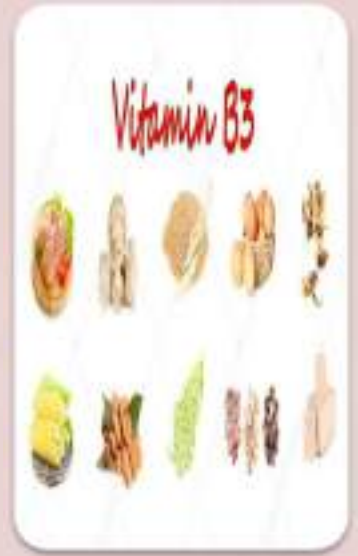
THE END

WRITTEN BY
RAHMA RAFEA ABDAELAH
2nd YEAR

THE VITAMINES IN FOOD

4th YEAR

RAGAD JASEM MOHAMMED
MAHMOOD HUSSEIN YOUNIS



Vitamin B12

Helps to make red blood cells, and is important for nerve cell function.

Teens should get 2.4 micrograms of vitamin B12 daily.

Vitamin B6

Is important for normal brain and nerve function. It also helps the body break down proteins and make red blood cells.

Teen guys need 1.3 mg of vitamin B6 daily and teen girls need 1.2 mg.

Thiamin (also called vitamin B1)

Helps the body convert carbohydrates into energy and is necessary for the heart, muscles, and nervous system to function properly.

Teen guys need 1.2 mg of thiamin each day; teen girls need 1 mg.

Niacin (also called vitamin B3)

Helps the body turn food into energy. It helps maintain healthy skin and is important for nerve function.

Teen guys need 16 mg of niacin daily. Teen girls need 14 mg a day.

THE EXCESSIVE USE OF MOBILE



We already know that smart phones can kill us, especially if we insist on writing and reading text messages as we walk along the road. But even if you take proper precautions to prevent accidents, using the phone on a regular basis causes problems for the body. According to the US site "greenbot", the researchers explained that in 1996, there were only 44 million mobile phones, and now nearly 330 million people in the United States have a mobile phone.

“
Parents give babies their mobile phones”

At present, adults are not the only ones with cell phones, but many parents give babies their mobile phones for entertainment. Yet, with all those mobile devices, you should be concerned about health risks, and offer you damage to mobile phones that can infect your health, include:

Mobile damage on the neck



Excessive use of the mobile leads to neck pain, back pain and migraines, and even doctors see it more in younger children due to portable games.

Mobile damage on the brain



NEW YORK (Reuters Health)- Using a mobile phone excessively increases the risk of brain cancer by three times, a new study shows.

MEDICAL ADVICE 😊

THE EXCESSIVE USE OF MOBILE

Mobile damage to sleep

Mobile phones may be dangerous to our sleep, with the latest evidence that people who take smart phones in the bedroom get a lower rate of sleep. In addition, the radiation of mobile phones is more dangerous to children's brain than originally thought.

One study indicated that brain tissue and bone marrow for children actually absorb more radiation than adult tissue.

Mobile disease vector



Let's be honest, how many times have you cleaned your mobile phone? A recent study suggests that mobile phones can be as dirty as public toilet seats, a fertile breeding ground for bacteria.

Mobile causes social and psychological problems

Mobile phones are changing the way we think, as a team of researchers found that the almost constant use of mobile creates false behaviors (such as self-love), and this behavior can lead to mobile addiction and not to deal face to face with others .

2nd YEAR
SABA YIHYA ABD-ELRAZAQ

ADVANTAGES OF READING

"Books are the most quiet and lasting friends, the easiest to reach, the wisest counselors and the most patient teachers."

Charles W. Eliot

•When we read, we are still. We get comfortable. Most people sit while reading. Our bodies do not carry any special movements, they rest. The breathing slows down. We calm down. We imagine ourselves the worlds or situations described by words in the book. While reading we cannot think of other tasks or worries. Because of all this reasons reading does reduce stress.

READING REDUCES STRESS



•It has been proven that book readers have a richer vocabulary, so for them easier to find the best expression for all that they want to tell others. In general, the more you read, the richer your vocabulary gets. Furthermore, books are definitely a treasure trove of knowledge!

READING HELPS US BUILD A BETTER VOCABULARY



•We are limited only to the extent to which our imagination is limited. When we read about unknown places, our mind itself creates the imaginative images in our heads, rather than simply saving images from small screens in memory. Thus, the imagination and creativity of our minds are being strengthened by reading.

READING STIMULATES IMAGINATION



•Reading encourages us to think. Sometimes, we even start dreaming based on the content we read. In addition, reading gives us new perspectives, that the reader may not even have thought of itself! Thus, through reading, we get new ideas and inspiration, so that we ourselves may try something new or different, inspired the things we read.

READING LIGHTS UP NEW IDEAS



•While reading, we usually have more time to think about the things we just read. Reading books offers us the opportunity to stop and take the moment to rethink or reflect on the content we just read. This is not possible during a movie or when listening to the radio.

READING IMPROVES YOUR MEMORY



2nd YEAR
JASIM KAREM THANON

DID YOU KNOW?

2nd YEAR
NOOR KHALAF HUSSEIN



DID YOU KNOW!

You cannot snore and dream at the same time.



DID YOU KNOW!

15 minutes of exercise everyday can add 3 years to your life.



DID YOU KNOW!

If you die alone at home, your pets will eat you. Dogs might wait several days until they're starved for food, but cats will likely eat you within a day or two.



DID YOU KNOW!

Sir Isaac Newton was 23 when he discovered the law of gravity.

KEYS TO HAPPINESS

EVERYONE HAS THE RIGHT TO BE HAPPY

KEYS TO HAPPINESS
KEYS TO HAPPINESS



Live life mindfully

- Ever felt there must be more to life? Well good news, there is! And it's right here in front of us. We just need to stop and take notice. Learning to be more mindful and aware can do wonders for our well-being in all areas of life - like our walk to work, the way we eat or our relationships. It helps us get in tune with our feelings and stops us dwelling on the past or worrying about the future - so we get more out of the day-to-day.



Have goals to look forward to

- Feeling good about the future is important for our happiness. We all need goals to motivate us and these need to be challenging enough to excite us, but also achievable. If we try to attempt the impossible this brings unnecessary stress. Choosing ambitious but realistic goals gives our lives direction and brings a sense of accomplishment and satisfaction when we achieve them.



Keep learning new things

- Learning affects our well-being in lots of positive ways. It exposes us to new ideas and helps us stay curious and engaged. It also gives us a sense of accomplishment and helps boost our self-confidence and resilience. There are many ways to learn new things - not just through formal qualifications. We can share a skill with friends, join a club, learn to sing, play a new sport and so much more.



Take care of your body

- Our body and our mind are connected. Being active makes us happier as well as being good for our physical health. It instantly improves our mood and can even lift us out of a depression. We don't all need to run marathons - there are simple things we can all do to be more active each day. We can also boost our well-being by unplugging from technology, getting outside and making sure we get enough sleep!



Be comfortable with who you are

- No-one's perfect. But so often we compare our insides to other people's outsides. Dwelling on our flaws - what we're not rather than what we've got - makes it much harder to be happy. Learning to accept ourselves, warts and all, and being kinder to ourselves when things go wrong, increases our enjoyment of life, our resilience and our well-being. It also helps us accept others as they are.



Look for what's good

- Positive emotions - like joy, gratitude, contentment, inspiration, and pride - are not just great at the time. Recent research shows that regularly experiencing them creates an 'upward spiral', helping to build our resources. So although we need to be realistic about life's ups and downs, it helps to focus on the good aspects of any situation - the glass half full rather than the glass half empty.

2nd YEAR

MUHAMMAD HAMODY MUHAMMAD

WISDOM ZONE



“Count your age by friends,
not years. Count your life by
smiles, not tears.”

John Lennon



“The saddest aspect of life
right now is that science
gathers knowledge faster
than society gathers
wisdom.”

Isaac Asimov



“Knowing yourself is the
beginning of all wisdom.”

Aristotle



“Fear is the mother of
morality.”


Friedrich Nietzsche

2nd YEAR
HANAN AHMED FATHI

2nd YEAR
ABO BAKER MAHER


SPORTS

2nd YEAR
RAYF ETHWINI ADAS

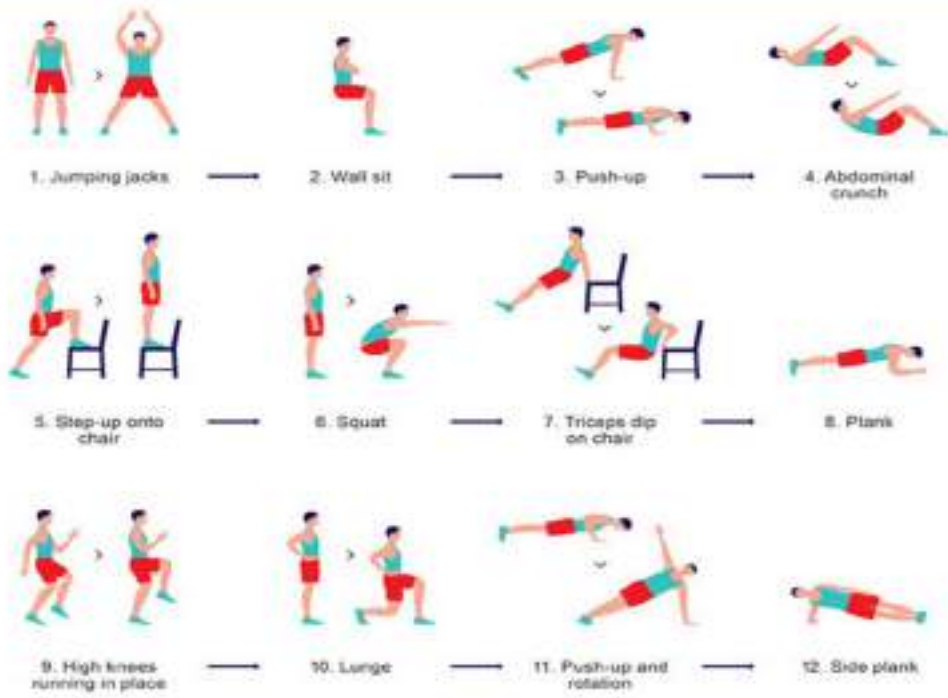


Benefits of morning exercises :-

- It helps raise the rate of metabolism, and hence to burn more calories.
- It provides the body with the power it needs during the day and helps you focus and think properly.
- Morning exercises contributes originasing food so that you will not feel very hungry.
- It improves mental health and disposes stress.
- Morning exercises before breakfast helps to prevent the gaining of weight in short term.

Royal 

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1. Jumping jacks
2. Wall sit
3. Push-up
4. Abdominal crunch
5. Step-up onto chair
6. Squat
7. Triceps dip on chair
8. Plank
9. High knees running in place
10. Lunge
11. Push-up and rotation
12. Side plank

Caricature & Jokes



A 3d drawing

Rayaf



Father: Hey why don't you go and study...?

Son: For what?

Father: you will get good marks.

Son: Then?

Father: you will get good salary.

Son: Then?

Father: You will get new car....Big house...

Son: Then?

Father: You will relax...

Son: What do you think i'm doing right now???



Ahmed



Contrade from

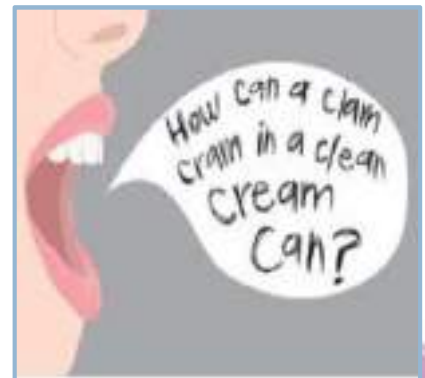
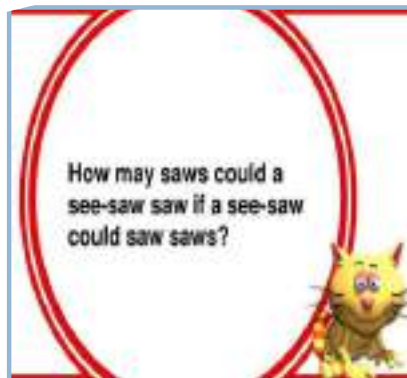


Rayaf

2nd t YEAR
RAYF ETHWINI ADAS

2nd t YEAR
AHMED AL-OTHMAN

TONGUE TWISTERS



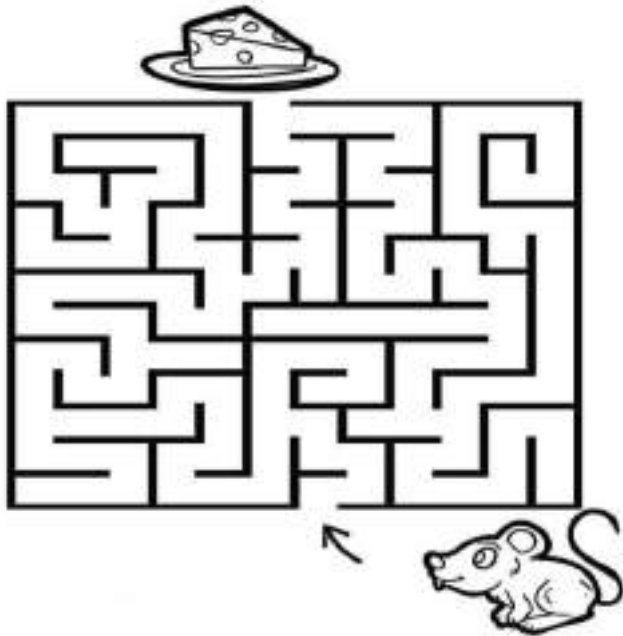
2nd YEAR
MOHAMMED TALAL TAHA

2nd YEAR
ALAA SALEM HUSSEIN

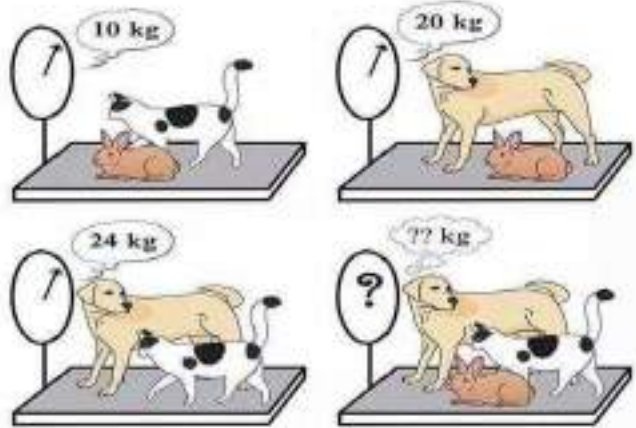
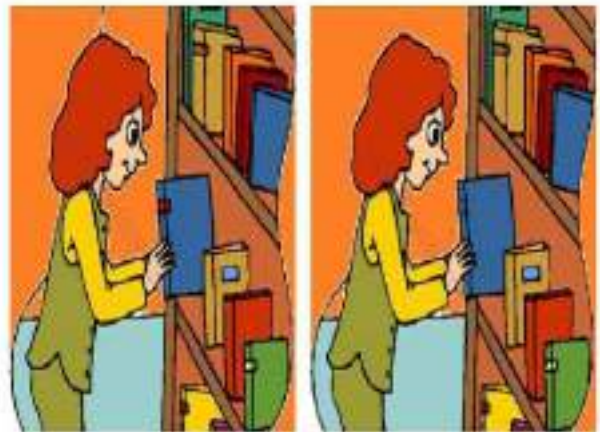
P U Z Z L E S

2nd YEAR
KAWTHER ABDULLAH AZIZ

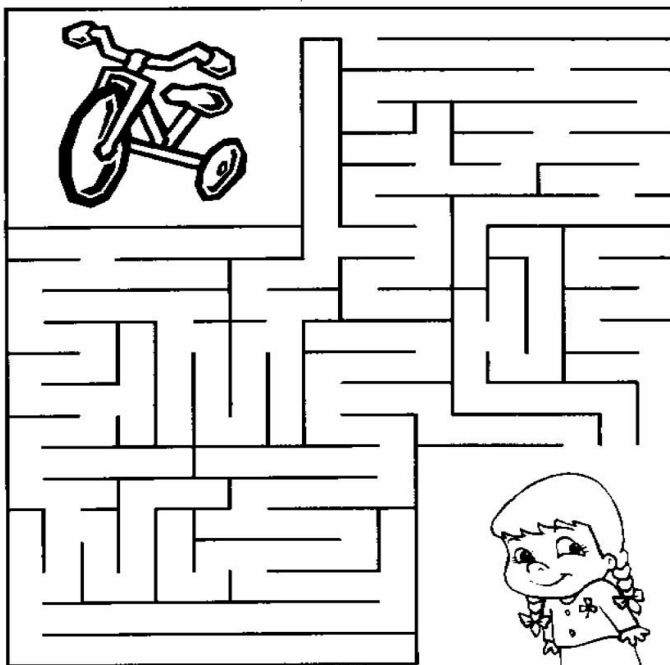
How can the mouse get to the cheese?



Find three differences in the following pictures



Give me an answer to this question



Show Amy the way to her tricycle.

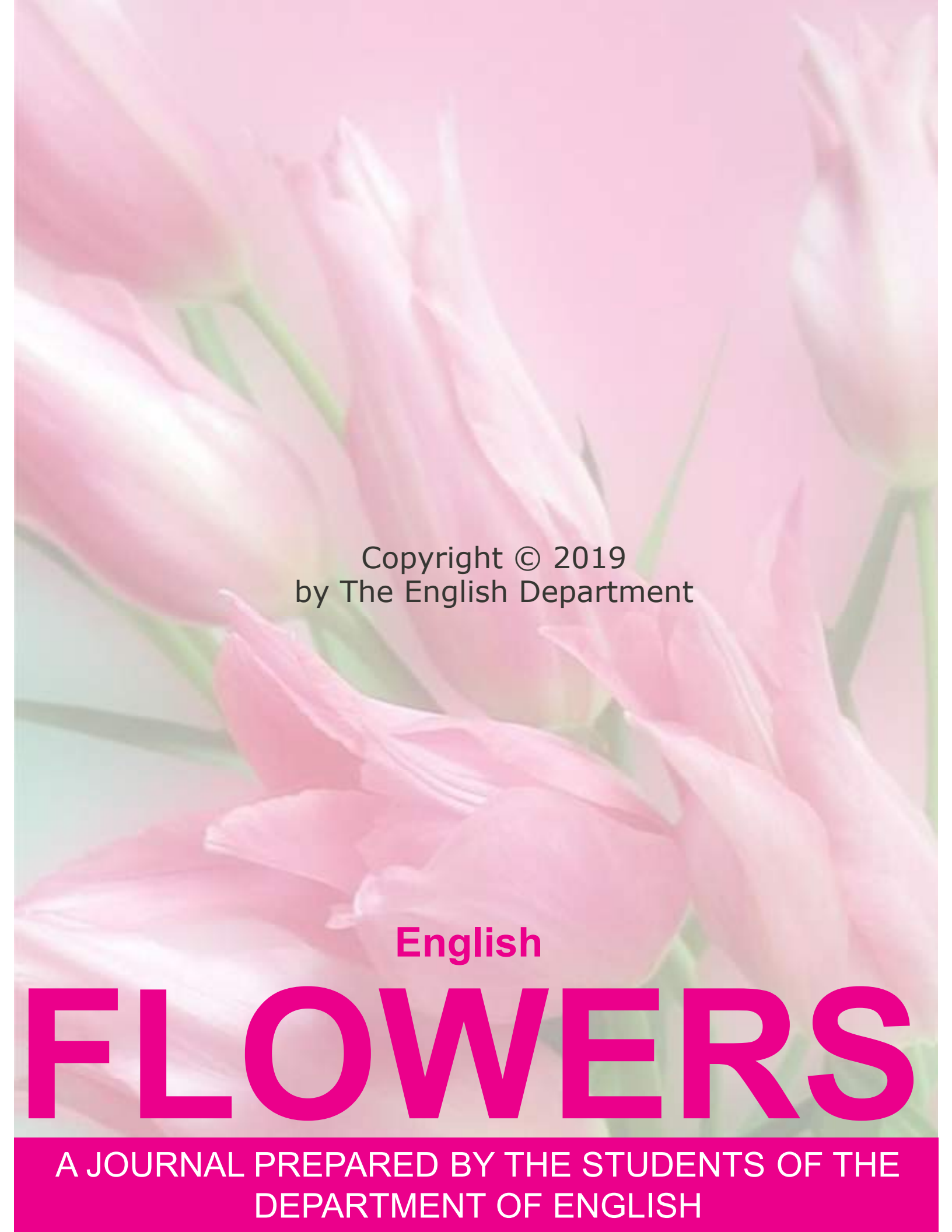
CAN YOU SOLVE THIS?

$$\text{Horse} + \text{Horse} + \text{Horse} = 30$$

$$\text{Horse} + \text{Horse} + \text{Horse} = 18$$

$$\text{Horse} - \text{Horse} = 2$$

$$\text{Horse} + \text{Horse} \times \text{Horse} = ?$$



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English

FLOWERS

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