

## Interview with Ms. Wilkes: Early Life in Saudi Arabia

*By Brooke Nicholas*

**Where were you born?**

St. Petersburg, Florida

**What brought you and your family to Saudi Arabia?**

When I was nine, a family rented a house across the street from us in Gautier, Mississippi; the father had been working in Saudi Arabia, and he told my dad that he could get a job there, and he did.

**How long did you live there and at what age did you move?**

We moved there when I was in the 5th grade. School only went up to the 9th grade, so I attended boarding school in Rome, Georgia while my family stayed in Abqaiq, Saudi Arabia. I also was a nanny and tutor for a prince and princess in Riyadh, Saudi Arabia during the Persian Gulf War. I worked for them for a year.

**Tell us one of your favorite memories from your time in Saudi Arabia?**

I loved growing up with perfect freedom and safety. I lived in an American compound with a five mile radius, so we could walk anywhere. We could also take a bus between compounds, to the beach or shopping in Khobar. But probably my favorite memory was staying at the beach with family friends during Eid, the holiday after Ramadan. When we woke up, we could see dog footprints where the salukis, the wild dogs that roamed the desert, had come around us during the night.

**What is something you will never forget from your time in Saudi Arabia?**

When I worked there, I was at the mall with the girls I was a nanny for, and the mutawa, the religious police, came up and asked me why I didn't have my head covered. I said I was an American, and they responded, "but while you are in our country, you need to do as we do." The girls were scared because they had heard so many urban legends about the mutawa taking rebellious women away in a van, so we left immediately.

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Senior IB English and TOK teacher Mrs. Wilkes.

*"My knowledge has expanded since starting the IB program."*

*- Laila Atkins, 12*

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Photo depicting different New Year's Resolutions from <https://www.theodysseyonline.com/17-resolutions>

## How to Keep a New Year's Resolution

*By Valeria Romero*

A new year brings newfound hope for what the future holds. A fresh start comes with new year resolutions and the challenge of maintaining them throughout the year. Not only do these resolutions aim at learning something new or accomplishing a new goal but can also focus on quitting a bad habit. Studies show that only 8% of people keep their resolutions for the whole year. This year, focus on being in the 8% and maintain these new goals. Here are 4 tips on how to stick with your new year resolution.

**Push through.** Research suggests that it takes 66 days to form a new habit. In the grand scheme of things a little over two months is a reasonable amount of time for a new goal to seem normal. By developing this new habit, you will thank yourself later.

**Set priorities.** Focusing on multiple goals at once will only cause you to feel frantic and overwhelmed. If you take it little by little and only focus on one thing at a time this will make it easier to maintain.

**Tell your friends, family, etc.** Holding yourself accountable for these new habits is tricky, but by telling a friend, or sibling about this new goal you have in mind will help. Now that you have told someone it's expected of you to continue the hard work you've put into this. Also, try to find a friend who has a new year resolution so you can help keep each other on track.

**Don't sweat the small stuff.** Along the way there will be a few bumps here and there, but that should not stop you. Don't let yourself get frustrated by the little failures in life and focus on the bigger picture, and why this will improve your life.

## Buy Your Yearbook Today!

*By Sophie Libow*

It's no secret that IB kids are involved in everything at school- sports, clubs, even Yearbook. This year's yearbook staff includes several IB students who have been working to capture the 2017-2018 school year in the yearbook. Naturally, the varied and multitude of involvements of IB students causes them to be included many times. This year's book promises to have lots of unique and interesting surprises- don't miss out!

A yearbook is a time capsule of your high school life and the yearbook staff has been working to make sure this year you get the best time capsule yet. Yearbooks are sold on a first come, first served basis. If you do not buy one now, there is no guarantee you will get one later- even if you're a senior!

Yearbooks are currently \$70 and are sold on SchoolPay. Order forms are in room 326. They will soon go up in price to \$80, so make sure you buy one soon!

# Interview with Ms. Wilkes

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By Brooke Nicholas

### **Do you think your early life in Saudi Arabia has influenced your life? In what way?**

Absolutely - at the time I moved to Saudi Arabia, most people in the States had no idea where it was. They thought I rode camels to school and lived in a tent. I got to see the world, and in particular an unknown part, which made me more open minded to different people and cultures. Also, there was a transient nature to the people who came and went - so I learned to make new friends all the time and stay in touch with ones who left. I met my oldest friend when we were 13 in Ms. Hurt's history class, and we are still great friends.

### **What are some differences of living here compared to Saudi Arabia?**

You have to remember that it's very different living there today than it was then, but here are a couple differences: We shopped in Khobar and when the prayer call began, the shop shut down, even if I was standing in line ready to pay. I would have to stand outside the store and wait for prayer time to be over before I could make my purchase. Vendors loved to bargain (which I hate!). Crime was essentially non-existent. When we swam at the beach, we would see the very venomous sea snake (which supposedly has a small mouth, making it difficult to bite a person.) And many things never made it past customs. When I got a package with *There Eyes Were Watching God*, "God" had been marked out in black sharpie, and when I was in the 7th grade and had a crush on Christopher the star of the Blue Lagoon, I wrote him, and when I finally received a postcard from him with a picture of him in a bathing suit, holding his surfboard, censors had taken a green marker and covered up his body from knees to neck. And I never went to the theater and saw a kiss; I loved *Gone with the Wind* - I saw it twice in the same day, but I never saw Rhett Butler kiss Scarlett O'Hara. The censors cut out the frame. TV started at 4:00 and ended at 10:00, and there were some really boring British comedies. And there were essentially no driving rules. Mac truck drivers would often drive side by side on one-lane roads, making driving a very dangerous undertaking. When I worked in Riyadh, my driver, Omar, used to drive like a maniac, and when I would tell him we were going to die, he would say "Inshallah" meaning "God willing." I told him that God wanted us to live, but he wouldn't be of much help if Omar kept driving so badly.

### **What are some similarities?**

People were generous and kind. There was school, athletics, travel, family.

### **If you could go back and choose a different country in the world to grow up in, would you?**

It would be hard to pass up a childhood in France.

### **Have you ever been back to Saudi Arabia? How many times?**

You can't go there unless you have an immediate family member living there or a work visa. As I said, I did work for the prince and princess in 1989-1990.

### **Do you still keep in touch with friends (or family) still living in Saudi Arabia?**

I don't know anyone living there now. I kept in touch with the princesses that I worked with, but when I had my own children, I lost contact with them. I still have friends I made there, though.

### **Is there anything else you would like to say about your time in Saudi Arabia? Any interesting facts or other special memories?**

Despite the news coverage of Saudi Arabia, I think Americans have a poor understanding of the culture and the people. I don't have one bad memory of growing up or working in Saudi Arabia.

# Interview with Ms. Patel

*By Tyler Chong*

## **What is your job here at Winter Park?**

I'm a biology teacher; I teach Juniors and Seniors, in SL and HL IB Bio, and general biology.

## **How long have you been teaching?**

This is my third year teaching here at Winter Park.

## **Did you have any other jobs before you were a teacher?**

I worked as a marine biologist. I used animal husbandry and operant conditioning to train marine animals to perform different actions that made it easier for them to be checked out and treated medically.

## **What inspired you to become a teacher?**

When I was working as a Marine Biologist, I had so many people in the field of biology tell me that it was a wonder that they entered into their field. I heard so many times that they hated biology in school, and that they hated what they learned. It really made me want to become a biology teacher, so that I could inspire students and show them that biology is a really interesting field.

## **What attracted you to biology? Did you always like biology in school?**

Yes, I was always very interested in science; it was my favorite subject in school. I knew I wanted to go into the field of biology since I was in elementary school.

## **What is your favorite part about being a teacher?**

The students—hands down. The students are why I became a teacher and it makes my job so much better when I can help them learn and enjoy biology.

## **Did you know you wanted to work at a school with an IB program?**

No! I didn't even know what IB was when I first applied here. I was just told I was going to be teaching IB Biology and that was the first I had ever heard of it.

## **What are some challenges that you face as an IB teacher?**

Definitely the workload, and also the students are very intelligent, so they ask very complex questions. Sometimes it takes a lot of thought to answer them, but it's nice because you can tell that they are interested.

## **And final question... pretzels or chocolate?**

Definitely pretzels, obviously!

# CAS Projects

*By Sarah Bartolomei & Julia Schmitt*

With CAS due at the end of February, seniors are completing CAS projects and submitting their final reflections. For underclassmen, this time provides an opportunity to brainstorm a unique CAS project.

For Sydney Chiang, 12, and Valentina Clavijo Bernal, 12, their CAS project combined Creative and Service hours by upcycling college pamphlets into usable paper, which they sold and then donated the profits to UNICEF.

A CAS Project can also focus on a project that you planned and lead. At the Winter Park Public Library, Julia Baylor, 12, organized The Sounds of the Seasons Event which was a musical showcase that collected cans and money for the Second Harvest Food Bank. Performers also received CAS hours for participating, and the recital collected over \$200 in cash donations and over 70 cans.



Biology teacher Mrs. Patel dedicates her time and energy to facilitating a love for Biology.

## IA TIPS

By Sarah Bartolomei and  
Julia Schmitt

IA stands for Internal Assessment, which is the name for an IB paper graded by your teacher, and then contributes to a portion of your exam score. Students share their tips to completing IAs.

“Rollins is a great resource and a good place to focus on work.”

- Tina Lu, 12

“Take it slowly— do it section by section. Don’t think of it as a whole IA. Think of the work in pieces, and don’t procrastinate.”

- Riya Joshi, 12

“Make sure you do the paper well the first time— stick to the teacher’s schedule.”

- Reagan Spence, 12

“Don’t procrastinate.”

- Sappir Argov, 11

“Find your sources first.”

- Alex Ladd, 12

“Keep a calendar or organize yourself with of all the deadlines Space your IA in chunks, so you don’t cram the work in before its due.”

- Lisa Chen, 12

“Make sure you’re interested in your topic. Make sure you form a good question before you start.”

- Brianne De Los Santos,  
12

## EE In Review

Written by Haryshwa Murugappan

On January 16th, 2018, seniors finally submitted their final draft of the Extended Essay. Although daunting, this research experience has been a period of personal growth for students.

### Are you still interested in the topic you wrote about?

“Yes I am. I realized that the topic is more complex than I first realized, and I would like to research it in greater depth.”

- Amir McElroy, 12

### What’s one cool fact you learned while conducting your research?

“During the Spanish Civil War, a major force on the nationalist side was the Army of Africa, an Army primarily made up of Muslim Moroccans personally headed by Franco. It contrasts with prior perspectives as a simple conflict between fascists and supporters of democracy, in reality there were multiple different factions such as Carlists, Communists, Anarchists and Falangists.”

- Will Ferguson, 12

### What advice do you have for underclassmen about the EE?

“Get a big head start on it. You may think that it’s a lot of work you want to do later, but college applications take even longer, and getting the paper in a good spot gives you freedom during senior year.”

- Max May, 12

### What was your favorite part about the process?

“The best part of the EE process was being done and finally submitting the finished product.”

- Jay Nayee, 12

### What was your least favorite part about the process?

“My least favorite thing was editing the paper. You write the whole thing, but then it’s all wrong, so then you have to restructure and rewrite.”

- Nicolette Trandoan, 12

### Did you ever change the topic of your EE

“Yes, I originally was going to write my EE on the artistic style of revolutionary France and Nazi Germany. Then I changed it to comparing propaganda of Napoleonic France and Nazi Germany, and now I’m working on the influence of Napoleon’s propaganda only.”

- George Westergaard, 12

### How did it actually compare to what you expected?

“The process of writing a research paper like that was something I’ve never really encountered before, so I didn’t know what to expect, but it is a skill that will become very useful later on.”

- Mark Whittingham, 12

Overall, this seemingly daunting assignment was manageable with guidance from our supervisors, teachers, and coordinators. After reflecting on this experience, the most insightful advice is to finish a first rough draft over the summer.

**Juniors, we wish you the best of luck as you enter this process!**



# Student Spotlight: Ryan Clifton

*By Samia Chowdhury*

IB seniors are soon to complete their fourth year of high school, and will be graduates in just a couple months. They have finished their IOPs, Group 4 projects, and their Extended Essays. We can definitely take some of their advice based on their experiences as a way to improve our own work habits and stay motivated. In an interview with senior Ryan Clifton, he shares his thoughts on the IB program:

## **Why did you decide to do IB? What was the biggest factor motivating you to enroll in the IB program?**

I decided to participate in the IB program as it offered the highest level of education at Winter Park. While my parents' desire to give me the best education possible was a major factor, I believe my own wish to challenge myself was the greatest motivation.

## **What do you think are some big differences between freshman year and senior year?**

Some apparent differences between freshman year and senior year are found when you consider the focus of coursework, as I feel much of the coursework in senior year is more dedicated to evaluative and implicative analysis rather than straight facts and memorization, especially when ToK and subjects like history and English are considered.

## **If you were given another chance to redo your high school experience would you still want to do IB or just do AP classes instead?**

I would most certainly maintain my choice to do IB, not only for the preparation and education I have received but also for the unique community of classmates and teachers I would not have been a part of otherwise.

## **Do you find a significant difference in the instruction you receive in IB courses than the instruction in other classes?**

I find a wide disparity between both the level and focus of instruction I receive in IB courses in comparison to other classes. I feel as though teachers in AP classes just don't have the same passion and fire for teaching, and there is a great difference in my own level of engagement because of it.

## **Are there any study tips you would want to give the IB students so they have good grades and are motivated?**

Besides the obvious "don't procrastinate" I find that it is useful to adequately schedule your work, tackling the longer or tougher assignments first before you finish the miniscule tasks or work on projects. This keeps me from thinking "I've done enough work for now" while I still have difficult assignments left to do.

## **Did you feel like you had a little community of friends in IB?**

Not only are the majority of my friends fellow IB students, but I feel as though the IB class as a whole is pretty cohesive and interactive. It definitely feels as though you belong to a distinct community that gets along pretty well.

## **Most of the kids in IB are doing sports as well, do you have any tips for them so that they can manage their time wisely?**

Besides staying on top of work in general, I recommend possibly going to bed a little sooner and waking up early to work on assignments before school. I find it is easier to work in the morning rather than try and work while exhausted from practice.



With a smile on his face, Ryan Clifton expresses his love for IB.

# Let's Share a Joke

*By Hope Oladipo*

Did you hear about the guy whose whole left side was cut off? He's all right now.

Why don't some couples go to the gym? Because some relationships don't work out.

Yesterday I accidentally swallowed some food coloring. The doctor says I'm OK, but I feel like I've dyed a little inside.

I wasn't originally going to get a brain transplant, but then I changed my mind.

I wondered why the baseball was getting bigger. Then it hit me.

A friend of mine tried to annoy me with bird puns, but I soon realized that toucan play at that game.

I'd tell you a chemistry joke but I know I wouldn't get a reaction.

Have you ever tried to eat a clock? It's very time consuming.

Did you hear about the guy who got hit in the head with a can of soda? He was lucky it was a soft drink.

# Got CAS?

*By Anna Moody*

Many of the seniors are rushing to finish their CAS requirements by next month. There is no feeling like the one of trying to get 60 creative hours in one month. If you are looking for fast and easy CAS ideas, you have come to the right place. At a time like this, it is important to utilize your connections and environment. If none of the following opportunities appeal to you, ask some friends what they are doing to finish up the CAS requirements, and see if you can join in.

For many people, creative hours are hard to get. You don't want to pay for an art class outside of school that cost \$15 per hour. Did you know about the calligraphy club that meets every Friday? This is an amazing opportunity to learn how to make your writing look like art, and by practicing at home and going every Friday, you can rack up a lot of hours. A good tip to keep in mind is to have CAS opportunities that are ongoing, so that you don't have to write 50 reflections; you just have to write one for a 25 hour club. If you are interested, contact Amanda Sanchez or Tina Lu. Another creative and service opportunity is JOSH holiday cards. Anna Moody's CAS project is creating holiday cards for people in the military. You would create the cards at home and then give them to Anna to drop off at the organization.

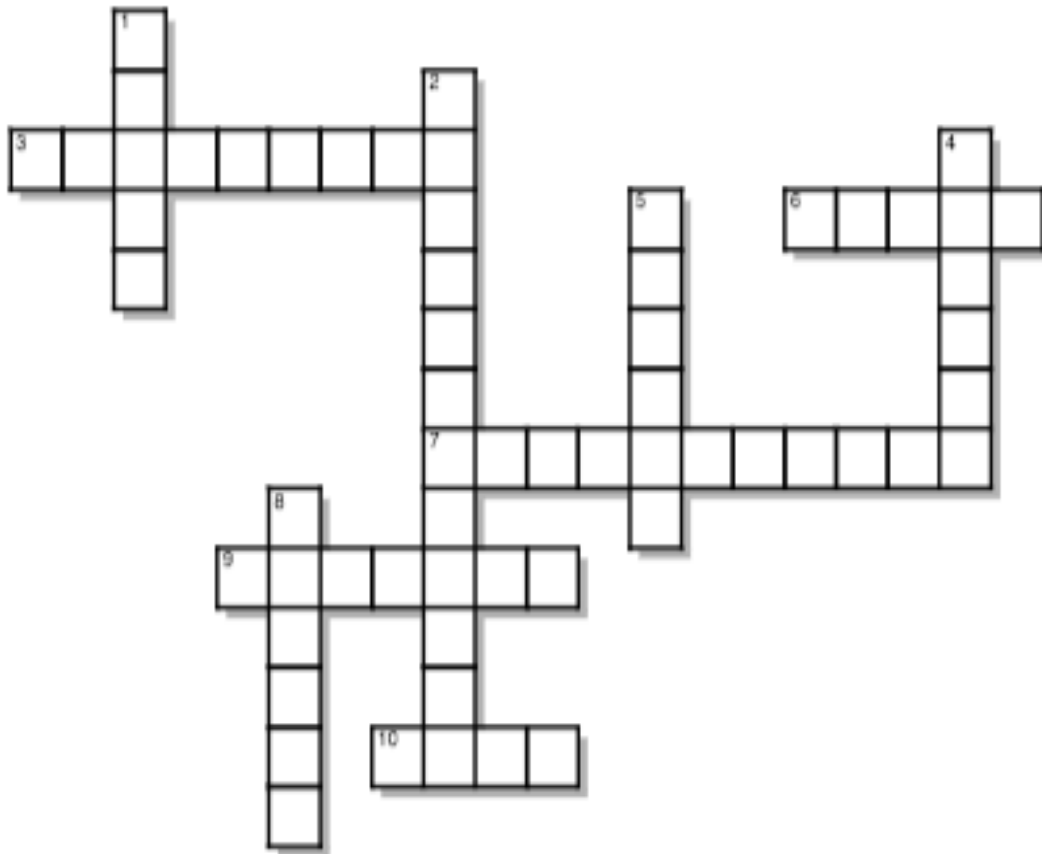
Are you going to the beach or the park any time soon? Bring a bag and clean up some of the litter. This is a super easy way to get service hours, and you can enjoy the great outdoors and get some active hours while you are doing it. Also, feel free to ask around the school to see if any teachers or administrators need help. Ms. Nix, in the library, is always looking for bright kids to help her with odd jobs.

The CAS requirements can be a thorn in your side if you don't make the most out of the work. While watching TV, work on the reflections during the commercials. Walk your dog around for an hour while listening to music or NPR for ToK. For the juniors, try to focus on one component of the CAS each month. Go to community service opportunities with your friends, and go to the ones that look interesting! Help each other out during this process. Resources like the IB Facebook page are great tools to post about CAS opportunities and share what you have learned; everyone is going through the same CAS struggle as you.



Anna Moody creates holiday cards for people in the military through the JOSH holiday card program.

# Crossword: Around the World By Kara Evans



**Across:**

- 3. Home to the Sagrada Familia
- 6. Capital of a country composed of islands, close to South Korea
- 7. Home to Broadway
- 9. Capital of China
- 10. Four letter African country

**Down:**

- 1. City of love
- 2. City on the bay
- 4. Home to a famous opera house
- 5. Big Ben is here
- 8. A lot of water canals

Crossword:  
1 Paris  
2 San Francisco  
3 Barcelona  
4 Sydney  
5 London  
6 Tokyo  
7 New York City  
8 Venice  
9 Beijing  
10. Togo

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