



## SMOKING KILLS: DON'T START

**Samia Arihane**  
Intermediate 5

Nowadays, teenagers are becoming addicted to smoking earlier and earlier. According to the Moroccan Association for the Fight Against Smoking and Drugs, about 48% of young people between 15 and 19 years old smoke, which is about 1.5 million young people. This survey shows that smoking has become problematic among teenagers. According to the same survey, 13% of smokers in Morocco are teenagers under 15, which is about half a million young people in Morocco.

First of all, almost all teenagers get addicted due to family problems, which means that when the child turns to smoking as a way of forgetting his problems. Second, some teenagers become addicted to cigarettes simply because they are emulating their friends, and if they didn't do the same, they would be excluded from the group. Other reasons are boredom, that is, they have nothing to do, and also the absence of their parents due to work.

The problem is that the majority of

children who smoke don't know that they are destroying their health. One cigarette contains more than 255 toxic substances. A report issued by the Moroccan Ministry of Health revealed that 15% of students whose average age is 14 are facing health problems due to smoking.

The increase in smoking is not only associated with boys, but it has become the fashion among girls, too! Some surveys stated that girls smoke at least the same amount as boys. In fact, girls may want to express that they are liberal and free with this act, that they can do what they want, and that no one has the right to interfere in their lives; but, in fact, those ideas might have seemed true in the 1950s or 1960s, but not any longer.

As a conclusion, by smoking, you not only harm your own health, but the health of the people around you, through what we call secondhand smoke. So, please stop hurting yourself and the people around you for the sake of building a healthy society. As the proverb says, "the mind which is good is due to the health of the body."

## Living in Modernism

**Abdessamad Bourhanou**  
Advanced I

Living in modernism, the era of speed and the age of automobiles, really carries a lot of disadvantages, which change our lives for the worse. Morocco has the highest rate of traffic accidents in the entire Arab world due to several reasons that count as the main factors of these accidents. For example: high speed, mechanical problems, lack of law enforcement, corruption, and bad infrastructure. All of these lead to harmful and dangerous accidents in our country. Despite the many sensitizing campaigns and initiatives that Moroccan associations have conducted, accidents still continue at a high rate in Morocco and threaten our lives.

The initiative of educational drawing should be considered a very important technique that helps us understand a lot of things about our lives, our behaviors, and our psychology as well. Drawings, like these pictures, disseminate useful messages that help us respect rules, as well as avoid the danger of traffic accidents, which have become a threat nowadays. The pictures you see are examples that give us significant



ideas about changing our societal demeanor. This change could also be good if citizens abide by the rules of the traffic codes.

Drawings such as these in our Moroccan streets really should be considered  
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## An Interview with: Farida Jamaï

**Student Voice:** *Where are you from? Are you originally from Fez?*

**Farida Jamaï:** I was born in Fez, and I grew up here, too, in a sweet family of 6 members: my parents and my three brothers. So, we are all from Fez, and so are my three lovely children: Yassine, Saad, and Hamza.

**SV:** *Tell us about your life as a student. Where did you study? What did you study?*

**FJ:** When I turned 7, I entered an elementary school for girls in the Old Medina of Fez. There, I studied Arabic, French, and Math to name but a few, in addition to some handwork classes which aimed at teaching girls knitting, crocheting, and embroidery skills. Later, I attended My Rachid high school, and then I went to My Driss high school. When I got my *baccalauréat*, I joined Sidi Med Ben Abdullah University in Fez. I graduated with a major in English literature.

**SV:** *Have you ever lived outside Morocco?*

**FJ:** Never, but I have already been overseas a few times. I also participated in a Fulbright teacher exchange program in 2004, which lasted 6 weeks. That opportunity offered me the chance to visit some states like Wisconsin, Florida, and Illinois; and to meet kindergarten, elementary, high school, and university teachers. It was a worthwhile experience.

**SV:** *How long have you been teaching at the ALC?*

**FJ:** Since 2001.

**SV:** *How long have you been a teacher in life?*

**FJ:** For more than 35 years. At the beginning of my career, I taught English to high school students for about 25 years. In 2005, I was lucky enough to join the CRMEF, a teacher training center, and since then, I have been working as a teacher trainer.

**SV:** *When did you decide to become a teacher? Why did you choose teaching?*

**FJ:** I would say that the biggest turning point in my education was when I entered high school and started learning English. I realized that I had an unusual talent and a strong passion for English. I still remember that whenever I went back home after class, I always used to stand in front of the

mirror and repeat what my English teachers had taught me in class, trying as much as I could to imitate their accents, acts and gestures. You can't imagine how grateful I am to those unforgettable, inspiring teachers who really touched my life and made me excited about teaching and impacting others.



**SV:** *What do you enjoy most about teaching?*

**FJ:** What I really like most about teaching is the feeling of accomplishment and pride you experience when your former students, after years of their graduation, still keep fond memories of their teachers who have shaped their values, attitudes, and beliefs. What is more, they even attribute their success to you. Isn't it amazing to be that difference in your students' lives?

**SV:** *How is teaching at the ALC different from teaching at other schools?*

**FJ:** The ALC provides a healthy and enjoyable teaching and learning environment in which teachers and students feel welcomed, respected, and involved. The classes are small, and there isn't much disruptive behavior. Teaching and learning aids as well as equipments are available. The textbooks are very rich in content and cater to teachers' and students' requirements and expectations.

**SV:** *What is the role of a teacher in the classroom?*

**FJ:** Gone are the days when the classroom

was totally teacher-centered, and the teacher's primary role was to transmit knowledge and evaluate learning. Nowadays, as a teacher, you should adopt the role of an educational guide, a facilitator, and a co-learner. You should take into account students' needs, interests, and learning styles while planning and delivering lessons. You should incorporate more pairwork and teamwork into the lesson so as to encourage students' participation and interaction. One more thing, teachers in the classroom should talk less and listen more to what their students say.

**SV:** *What qualities do good teachers have?*

**FJ:** Good teachers are knowledgeable about the subject matter and enthusiastic about teaching and continuous learning; they never stop being students. They always reflect on their teaching practices and seek professional growth. Good teachers love their pupils and care about their needs, interests, and talents. They strive to engage their students in learning because they believe in their infinite potential. Good teachers are inspirational!

**SV:** *What qualities do good students have?*

**FJ:** Good students respect their teachers and the existing rules and regulations. They also have good relationships with their peers. They are hardworking and enthusiastic about learning. They are well organized, self-motivated, and self-confident. They participate in class, ask and answer questions, and they are willing to share what they know and what they have learnt with their peers and teacher.

**SV:** *If you weren't teaching English, what would you be doing?*

**FJ:** I might be working as a TV presenter.

**SV:** *What's your favorite word in the English language?*

**FJ:** *Benevolence.*

**SV:** *What's your least favorite word in the English language?*

**FJ:** *Selfishness.*

**SV:** *What word or phrase do you overuse?*

**FJ:** *How come?*

**SV:** *What is your motto?*

**FJ:** "Live simply, love generously, care deeply, speak kindly."

# How to Stick To Your New Year's Resolutions

**M'hammed El Brahmi**  
Intermediate 5

Every year, we think about our New Year's resolutions, and we promise ourselves that we will make them work out, but every time we end up abandoning them so quickly. Therefore, here are some tips about the best way to set and accomplish successful goals.

First, choose a goal that matters, a meaningful goal that really pushes you to change, not just a simple, easy one. Also, give yourself more time to think about what you want to achieve and why you want it.

Second, focus on the process, not the outcome. Instead of getting lost thinking about the outcome, you can do small things today to help you reach your big goals to-

morrow.

Then frame your goals positively by focusing on what you want, not what you don't. Doing this will make you more comfortable and more likely to follow through on your goals. Also, remind yourself about the importance of your goals to keep you headed in the right direction.

Finally, get ready for failure in a good way. Moments of failure are inescapable, but when you fail once or twice, don't give up easily, or abandon your goals entirely. You can't avoid failure, but you can plan for it.



# Home Remedies for Health

**Meryem Alami**  
Juniors 9 Regular

Being sick is miserable. When we're sick, we can't do a lot of regular activities. We stay home and get bored. Thankfully, there are plenty of home remedies that help us to get better and in good health.

When I have a cold, I always take some aspirin, but it isn't a good thing for my body, so I start drinking tea with a slice of lemon and some water. Chicken soup is also a good remedy. But when I have the flu, I drink as much water as I can, and drink a cup of milk with honey and an egg.

These days, home remedies are more useful than antibiotics, and they're always healthy. But anyway, try not to get sick!

# Chase Those Bad Day Blues Away

**Ikrame Yahyaoui**  
Intermediate 6

There are those days when you feel terrible: sad, mad, stressed, lost in emotions; you're feeling down as a result of a psychological problem, or family trouble, or another issue. You think that you've lost it all, and you've finally discovered what unhappy feels like. Then you think it's untreatable, and that's why you'd probably choose to give up on everything.

But, have you tried looking at the

situation from a different angle, maybe a brighter, shinier place? I'll bet your answer would be, no, because that's what I'd probably say, too. What if whatever happened to you simply makes you discover someone you'd never been before, or something you hope to never live through again?

Live it! Go through it! Go through it until its very end. Keep taking notes on yourself, and "re-feel" those moments when you were happy. Chase the unhappy intruder, and work on changing it in every

single possible way. What if you fail? Nobody's perfect! Repeat it again and again until you're there, until you find the happy you, the positive you.

Don't forget the people you love the most, because they'll be by your side. And be by theirs, especially the one who gave birth to you, the one who's suffered for you, the one who's helped you make it to here—your mom. Keep her by your side—no matter what—because she is the main source of happiness.

## Congratulations to the Fall 2015 ALC-Fes Merit Scholars



Every ALC-Fes Merit Scholar receives a 100-percent reduction in tuition for one term because of his or her outstanding academic performance.

Beginning 2	Mohamed Tayaa	Intermediate 1	Elmahdi Rachid	Advanced 1	Kenza Rohi
Beginning 3	Hamza Zoulgami	Intermediate 2	Hiba Iraqui	Advanced 2	Mahmoud Belefkih
Beginning 4	Oumayma El ghamrasni	Intermediate 3	Imane Hmamed	Advanced 3	Nouhaila Salhi
Beginning 5	Mounia El Kouhen	Intermediate 4	Nada Bounajma	Advanced 4	Meryem Hmimou
Beginning 6	Naima Houssaini Laraqui	Intermediate 5	YoussefTbatou	Advanced 5	Kenza Slaoui
Beginning 7	Hicham Alami	Intermediate 6	Aya Doblil Bennani	Advanced 6	Hatim Bouktaib

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 a good way to sensitize people, or at least to remind them about the dangers that we face every day, every month, and every year. If you consider the photos closely, you will get the meaning behind these drawings.

For example, the symbol of the hand that contains the word *kafa*, which means stop, written in Arabic script. In addition, colors also play a very significant role



Educational graffiti near Anapec in al-Atlas, Fez, Morocco

photo by Abdessamad Bourhianou

in these drawings. Red illustrates danger, death, blood, and accidents. And the number above the hand tells the high number of people who die in traffic accidents.

To conclude, using educational drawing in our streets has a meaningful aim and a purposeful message: first, to shake rash people into the awareness to at least behave well, and second, to make them understand the importance of life.

## you snooze, you lose

**ACROSS**

1. A way to wish someone a good night's rest is to say "\_\_\_\_\_."
3. Another way of describing a nap is to, "catch forty \_\_\_\_\_."
5. When you fall asleep briefly, and accidentally, you "\_\_\_\_\_."
6. Clothes we wear especially for sleeping (the American spelling)
7. Some people \_\_\_\_\_. They make a loud, disturbing sound when they sleep.
9. When you fall deeply, you're said to be, "out like a \_\_\_\_\_"
10. Another phrase for a short sleep, named after a pet that loves to sleep
11. A verb that means to sleep lightly

**DOWN**

1. Counting these animals can help you fall sleep
2. Parents tell children before bed, "Sleep tight, and don't let the \_\_\_\_\_ bite."
4. This fictional guy helps kids sleep by sprinkling magical sand in their eyes
8. A bad dream

**ACROSS**

1. sweet dreams  
 3. winks  
 5. nod off  
 6. pajamas  
 7. snore  
 9. light  
 10. cat nap  
 11. doze

**DOWN**

1. sheep  
 2. bedbugs  
 4. sandman  
 8. nightmare