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To rise above the tide

Informal

EDUCATIONAL MAGAZINE

BACKPACK IRONY: THE BURDEN OF EDUCATION

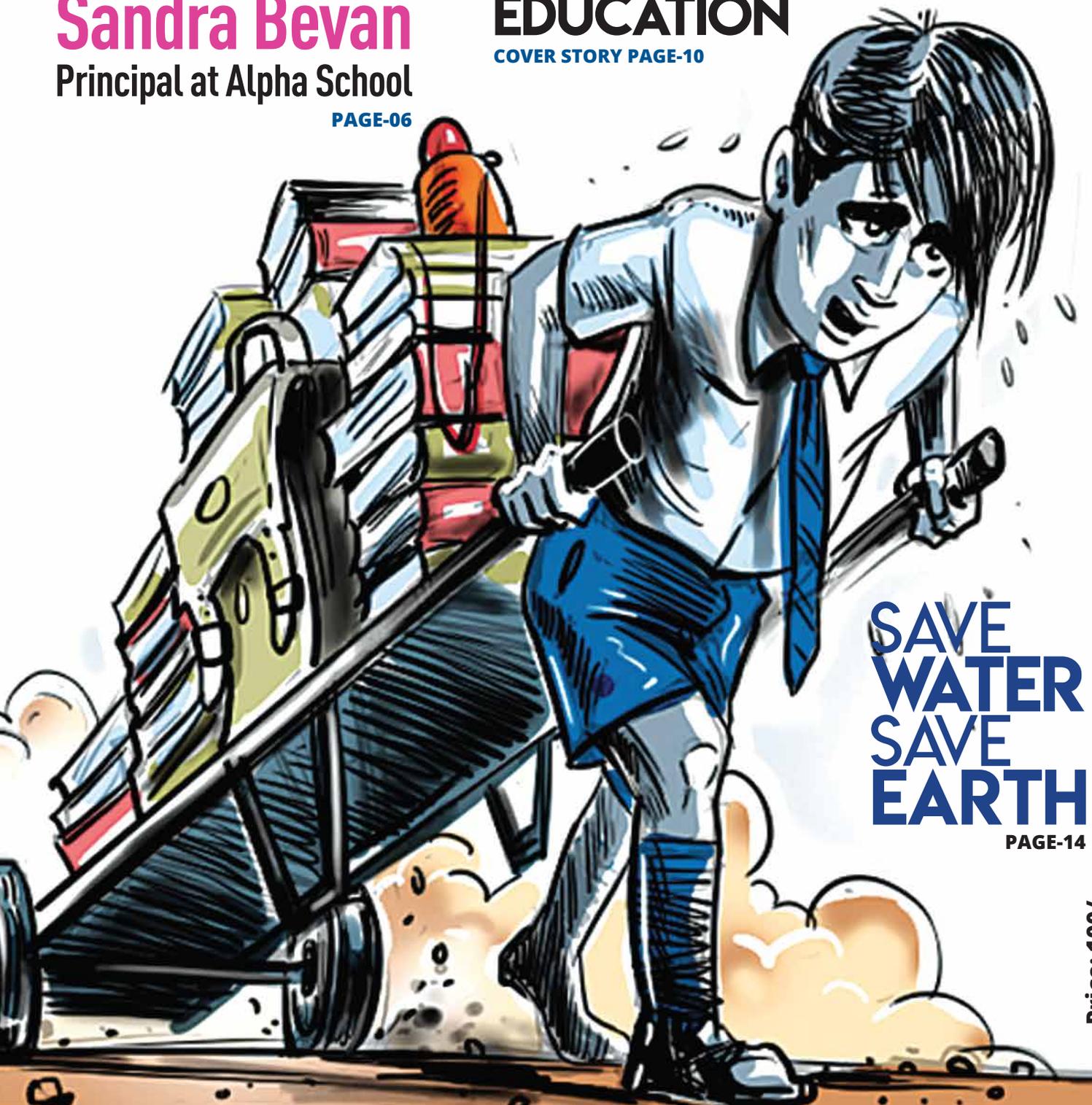
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In Talk with

Sandra Bevan

Principal at Alpha School

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Editorial NOTE

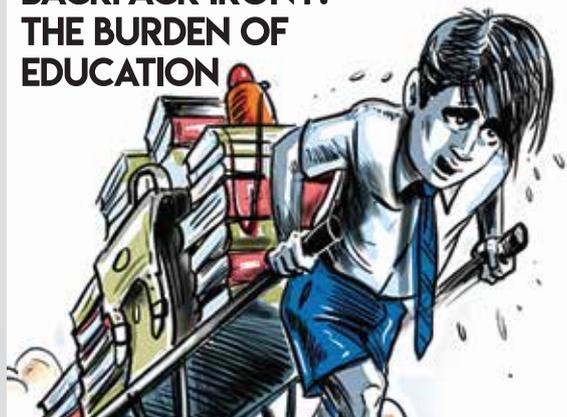
Education is a process that promotes socialization. A large part of a person's social skills are acquired through the process of education. Socialization is an important aspect of human life, hence, has to be promoted positively to be beneficial to the society. Most governments have invested in education because they realize the importance of socialization. Education forms a continuous process in which definite ways of perception, acting, and feeling are imposed into a child for them to fit it into the society. The process of education allows young people to develop socialization skills that they cannot acquire spontaneously.

Education is very important because it is an avenue that facilitates the process of cultural transmission. All societies credit their existence to culture. Education allows the culture of a society to be transmitted to young people, hence, the continuation of society. Every new generation has to be educated in the ways of the group so as to promote the existence of the traditions. Education fulfills the needs of each society, as every society has its specific ways of doing things. A good example is the African communities, as much of their culture has not been influenced by the modern education. The communities have an initiation stage at adolescence that is meant to graduate people to adulthood. During this period, the initiates are taught all the ways and secrets of the community. The initiates are then considered to be full members of that particular society in which they have been initiated.

Education is one of the basic activities in every society. Most people view education as a formal process of acquiring knowledge that takes place in a class environment. Education is a process that starts right at birth. It is not a process that is limited to teaching people basic academics like mathematics, history, computer or geography. It is a much wider term. Education can be considered as a process of discovering new things that a person was not previously aware of and increasing knowledge. Education carries people to greatness. It is an essential thing in life because it empowers people with knowledge, enables them to contribute to the society, earn money, and be independent.

According to Plato, education is a process that is meant to develop all the beauty and perfection that a child is capable of, both in the body and soul. In short, Plato implied that it is a process of developing both a sound mind and a sound body. Education aims at developing all the faculties of man, especially the mind, so as to appreciate the contemplation of supreme goodness, truth, and beauty, which contribute to perfect happiness.

BACKPACK IRONY: THE BURDEN OF EDUCATION



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Letter to the editor

Hi Editor,

Your magazine of March/April was just mind-boggling. I really enjoyed reading it in my spare time. The topics you selected not only benefits' the students but also give advantage to their parents. It's a magazine with highly informative material. Keep it up, Informal! I also have a request; kindly add a section a history of Pakistan.

Hamna Khan

Hey Informal,

You and your whole team are doing a very good job. As a reader, I love to read informal and impatiently wait for its monthly copy. I really liked the cover story of March/April. In fact, every story is interesting due to the creative headlines you make for stories. Kindly, add my note in your "letter to editor" section.

Wajeaha Faisal

Hey Editor,

Through your magazine, I would like to advice every single parent to subscribe "Informal" and make sure your children are reading it, as it is the best mean to give and outside of the box education to students. I have seen a great improvement in me and my kid. This magazine has all what a student or an education seeker needs. Looking forward for new surprises!

Nahl Sohail

Hey Informal,

Your magazine is an educational magazine in a true sense. I have read your many issue now, well I must say; your selection of topics is very sensible. You promote education and information by making it interesting for the teenagers - very story has a lesson to learn.

Maya Saleem

Write us at informal.pk@gmail.com

We recived too many letters from our valued readers every month through mail and e-mail, however, due to shortage of space we are publishing only few selected letters.

Hi Informal,

The story I liked the most was the cover story of this month, which as always highlighted a very interesting combination of education and technology. Now a days' what happens is; schools had kept themselves confined to the traditional ways of communication. Therefore, the topic of your last month's cover story was very important and realistic to the current system of education. Keep it up!

Arslan Ali

Hi Editor,

I am reading your magazine from the very first issue and I just like your topic selection that covers the untold side of the education system of Pakistan and helps students to realize what education really means. Your magazine is more than just a magazine, as it guides the teenagers as a best mentor.

Farwah Ch

Hey Editor,

Your magazine is like a bridge in between students and their education system. The stories you write in your magazine provides an inside into the positive points and as well as the problems of our education system. So, it's a good source of guidance for us to know our education system upside down.

Nasira Ibrahim

Hi Informal,

Informal is excellent with educational content, it has given me confidence to speak in public gathering. I had improved my communication skills and vocabulary. The section of "Wise Advice" and "Cover Story" is always informational and attractive. To me, Informal is a complete reading package in which one can find segments related to a vast range of genres'.

Ali Chaudhary



ALPHA

In Talk with Sandra Bevan Principal at Alpha School

Sandra Bevan is currently functioning as the principal at “Alpha School”.

Q. Give us some background information and take a moment to introduce yourself

Ans. Thirty years’ international experience in education: School Principal, Regional Manager, Country Manager, Senior Adviser, Teacher, Lecturer, Trainer, Assessor and Inspector. I’m Australian but have spent the majority of my career internationally working in the UK, the Middle East, Africa, China and now Pakistan. My specialism is in Early Years and Primary, but I have lectured senior students and adults completing child care qualifications.

Q. How would you describe your leadership style?

Ans. I’m very much a hands-on leader. I wouldn’t ask my staff to do anything I’m not prepared to do myself. As a Principal I dislike sitting in my office, I’m always out and about in the school, talking to parents and spending time in classrooms finding out what and how children are learning. I strive to promote a supportive environment, and I want to bring out the best in my staff.

Q. What is ALPHA and what was the purpose to start a project like this?

Ans. Alpha is a new school of thought. Here at Alpha we use the British Curriculum as our framework for learning, but education at Alpha is so much more than a textbook. We enable our students to become

thinkers. We want our students to question everything, and we encourage them to make mistakes and to use these as opportunities to learn. We believe that every child has unique abilities and skill sets that we aim to discover and nurture.

Q. What is your future plan regarding Alpha?

Ans. Our current campus in Gulberg opened in September 2017, offering classes from Pre-Foundations to Year 2. In the 2018-19 academic year we will add a Toddler’s program and Year 3, with the intention of offering Primary classes to Year 5 over the next two years. Alpha will offer Cambridge International O and A level qualifications as we expand into Secondary education. Rather than becoming a huge school, Alpha will remain a more ‘boutique’ style school, where each teacher (and the Principal) knows every child.

Q. What is the best part you like about your students?

Ans. Our school is like a community, therefore I’ve been able to watch the students as they have grown and developed throughout the year. I love their enthusiasm for learning, and their excitement in sharing with me what they’ve been discovering in their lessons. Young children deserve the best education possible, and it gives me great satisfaction to see students thrive and progress in all aspects of their lives, not only in academic achievements.



Q. What are some ways you have dealt with challenges, and how did you find solutions for them?

Ans. Having managed large teams in schools and projects, the best way to deal with challenges is first and foremost to remain calm, identify and prioritize accordingly. In a school for example, the health and safety of students, staff and parents is absolutely paramount, and anything which compromises health and safety must be dealt with immediately. I am a solution-oriented person, once the problem is clearly defined and broken down into achievable goals, overcoming these becomes more manageable.

Q. How would you describe your classroom management style?

Ans. Our focus is on how and what students learn, rather than what they are taught. We allow students to make independent choices and have responsibility for their learning. For example, if a child is unable to spell a word, rather than a teacher simply giving the answer, the student should be encouraged to try and spell the word phonetically, or look for the word in a dictionary.

Q. How do you communicate with the parents of your students?

Ans. At Alpha we promote very close relationships with our parents. Parents are encouraged to come into classrooms and meet teachers on a daily basis or through the use of the home-school communication books. As a result of this partnership with parents, they feel very secure in the knowledge that both I as the Principal, and the teachers, have their child's best interests at heart.

Q. What would be your ideal school environment, and how would you encourage that kind of culture?

Ans. The ideal school environment is one which encourages children to think and investigate, to take risks, and ask questions. At Alpha our students don't memorize or copy work from the board- they aren't "drilled" and textbooks are used very sparingly. Learning in classrooms is experiential rather than product driven. While, homework given to students is either reading, or involves them finding out new information rather than repeating what they already know.

Q. How do you recruit and maintain quality teachers and staff members?

Ans. Our recruitment process is very rigorous to ensure we find teachers with the right attitude and approach to learning and teaching. The first question I always ask in an interview is "If I was observing your lesson, what would I see and hear happening in the classroom?" This question immediately identifies whether a candidate's style is compatible with the Alpha philosophy. Teachers and staff members are observed regularly to ensure our excellence.

Q. What would be your message for our readers?

Ans. Education worldwide is changing to meet the demands of the future. The role of educators is to develop 21st Century skills which will allow students to thrive in the future- Communication, Collaboration, Critical thinking and Creativity. The most critical time in a child's education is in the Early Years, promoting the skills and attitudes to develop strong foundations for future learning.



MAKLI HILL

One of the largest necropolises in the world is home to a stunning array of historic Middle Eastern tombs.



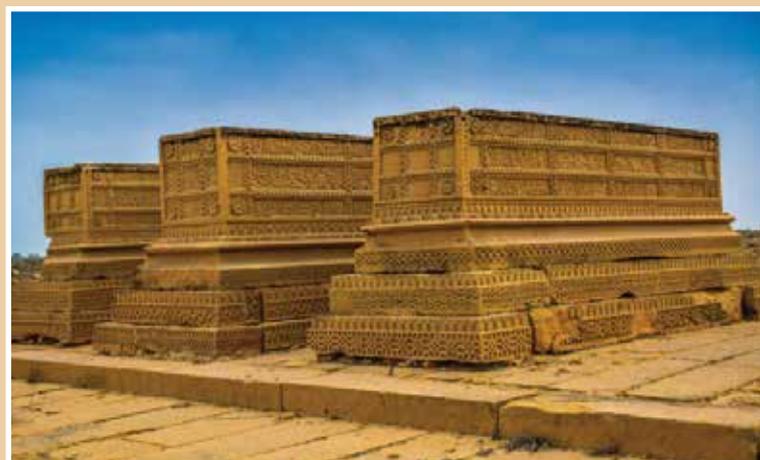
Dominating an area over 26,000 feet in diameter atop a Pakistan hilltop, the aptly named Makli Hill is a sprawling city of the dead that is made of beautifully crumbling tombs. From around the 14th century through to the 18th century, the Thatta region was inhabited by local royalty who used Makli Hill as their communal burial site. Each new succession of rulers would build elaborate burial structures, often differing wildly from one another, creating a massive and varied cornucopia of historic graves unlike anything else on the planet. Kings, queens, scholars, holy men, and other figures of import are buried on the hilltop in their ornate stone tombs. Around 120,000 people are thought to be buried on the hill.

The vast necropolis of Makli is among the largest in the world. Kings, queens, governors, saints, scholars, and philosophers are buried here in brick or stone monuments, some of which are lavishly decorated with glazed tiles. Among the outstanding monuments constructed in stone are the tombs of Jam Nizamuddin II, who reined from 1461 to 1509, and of Isa Khan Tarkhan the Younger and of his father, Jan Baba, both of whose mausolea were constructed before 1644. The most colorful is that of Diwan Shurfa Khan (died in 1638). The unique assemblage of massive structures presents an impressive order of monumental buildings in different architectural styles. These structures are notable for their fusion of diverse influences into a local style.

These influences include, among others, Hindu architecture of the Gujrat style and Mughal imperial architecture. Distant Persian and Asian examples of architectural terra-cotta were also brought to Makli and adapted. An original concept of stone decoration was created at Makli, perhaps determined by the imitation of painted and glazed tile models. The historical monuments at the necropolis of Makli stand as eloquent testimonies to the social and political history of the Sindh.

Hindu, Islamic, Asian, and other styles can be picked out among the collection of tombs, which have been split into four distinct periods of creation corresponding to the ruling society of the time. Some of the tombs have tall columns, while others are decorated with sweeping arches. All together, the hill is like some sort of archaeological dreamscape.

The site, while in need of a great deal of preservation, is able to be visited by tourists and necropolis fans. The historical monuments at Makli, Thatta, are authentic in terms of their forms and design, materials and substance, and locations and setting. Because elements of the property are in an advanced state of decay and disintegration, however, the authenticity of the property is threatened, particularly concerning the materials and forms of the monuments. Unless scientific action is taken to reduce the threats to the property, irremediable damage will be caused.



Dining out doesn't necessarily have to break your bank. You can most certainly eat at a nice restaurant without going broke. All you need is a good eye to spot those eateries where you can eat good food without stepping out of your budget. Don't worry, if you are not in the mood to sit and ponder upon all the possible choices, because we will do it for you. So here are 6 restaurants where you can eat under PKR 1000.



1. Nando's

What comes to your mind when you hear Nando's? Their chicken of course. Nando's is an old favorite. Their tantalizing grilled chicken cooked with lemon and herb sauce will truly be a treat for your taste buds. You won't be compromising on either the quality or taste at their prices because quality is something that has been consistent for Nando's over the years. If your friends have been bugging you for a treat, you could totally bring them to Nando's.

2. Wok This Way

Are you a fan of Chinese cuisine but haven't been able to find that perfect restaurant where the combination of price and taste is ideal? Stress no more because Wok This Way is going to save both your wallet and your soul. Their food is absolutely mouth-watering, cooked in a very clean kitchen. The restaurant itself is a cozy little place with minimalistic and calming ambience so you will definitely enjoy your visit. The quantity offered on their prices is also commendable.



3. Jade Café



Jade Café has a wonderful menu where you can get breakfast, lunch, and even dinner under PKR 1000. Your under PKR 1000 budget will not even restrict you in any way because there is so much variety. Their popular Nutella French Toast will make all other breakfast items seem so blah!

4. Howdy

Howdy's beef burgers are one of the best in town. So if you are looking for a delicious and equally fulfilling meal that won't cost you an arm and a leg, then Howdy should be your first choice. Every bite of these succulent burgers will melt in your mouth and give you a food coma. Their recently launched burgers are a must try if you want maximum taste in minimum price.



5. Shiitake

Are you in the mood for some exemplary Thai and Chinese cuisine that is also reasonably priced? Well then look no further. Shiitake is the right place for you. Since Shiitake does not have the option to dine in, you can order in their food through delivery companies like cheetay.pk and enjoy the delicious goodness from the comfort of your home.

4. Gourmet Grill

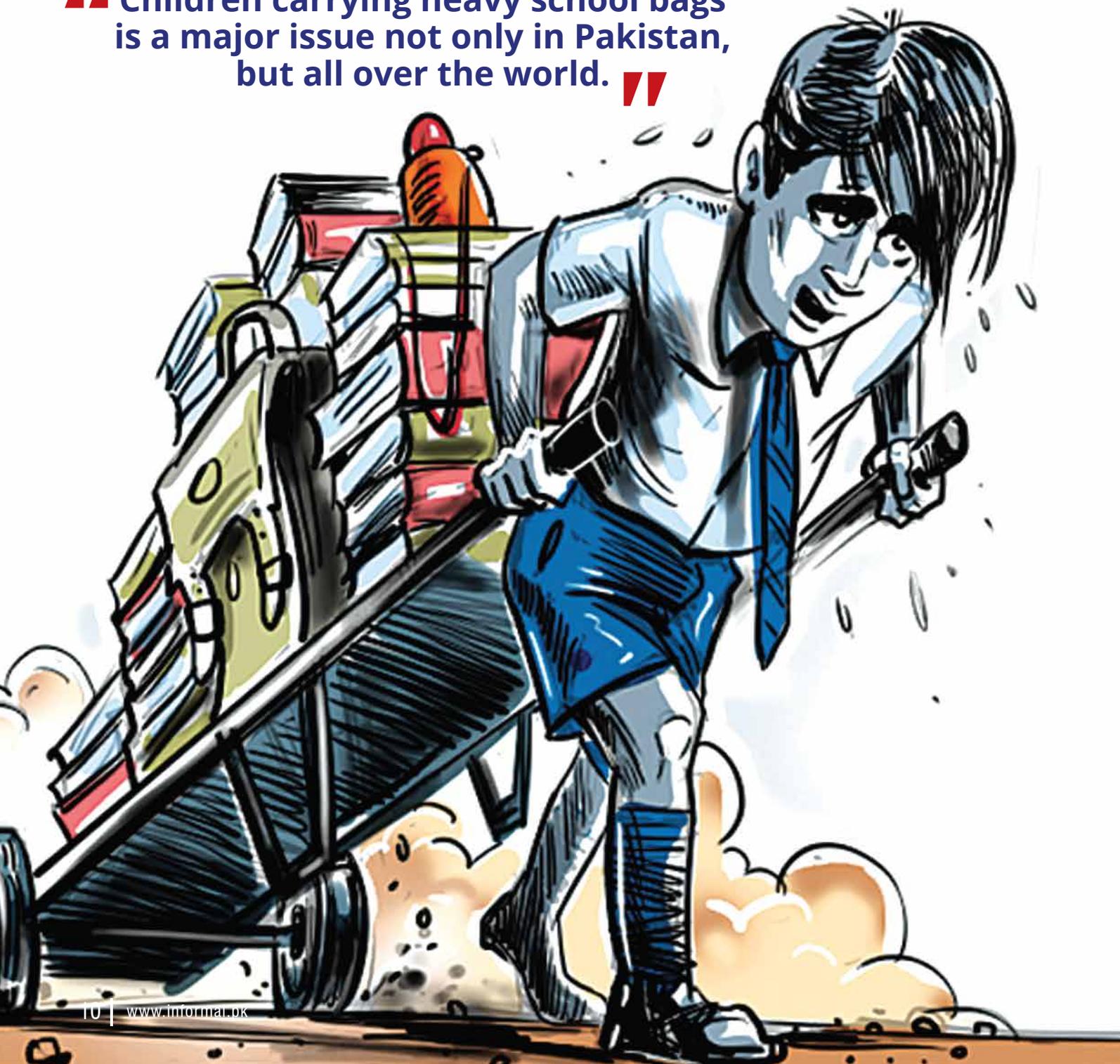
Gourmet Grill's entire menu has such good prices that you can eat almost any dish. Whether you want continental, desi, barbecue, seafood, or fast food, everything is finger licking good. They have never compromised on quality so that won't be a problem either.



So how about you treat yourself to a nice breakfast, lunch or dinner and not worry about going broke? I think that is a good plan. What about you?

BACKPACK IRONY: THE BURDEN OF EDUCATION

▲▲ Children carrying heavy school bags is a major issue not only in Pakistan, but all over the world. ▼▼



Hheavy back packs are one of the most distressing and unpleasant aspects of school life for many children. The heavy weights of books make school going drudgery and irksome. This goes contrary to the current trend, which insists that the learning process should be fun. Children who do not have to carry heavy loads, such as the resident borders, are more relaxed and at ease than those who have to carry heavy backpacks to school. Similarly one of the appealing aspects of college life for kids is that they do not have to shoulder the burden of heavy books.

Carrying heavy school bags day after day is one of the most distressing experiences for a school going child. The school bag is filled with text books, note books, pencils, crayons and other stationery required almost every day. Added to this, are the lunch boxes and water bottles. Long school hours and early morning school often requires the child to carry two separate lunchboxes too. There are several consequences of overburdening their tiny shoulders, back and neck at a young age. Carrying heavy backpacks can lead to muscular and skeletal problems, especially if the child carries the bag on one shoulder, or maintains bad posture while carrying the bag. This could also lead to stunted growth of bones among children. The pain and physical discomfort resulting from carrying a heavy school bag can also result in stress and lack of attentiveness in a child, affecting their learning in the precious formative years.

It is not any more uncommon to find students especially in middle schools carrying huge bags weighing up to 30 pounds on their backs on a regular basis! Just imagine. Each year millions of students carry heavy bags with their shoulders drawn down with the weight. Despite all the

progress in technology and science, the modern system of education could not come out with any other option where a student does not have to carry such heavy bags. It is not surprising then that children complain of back pain, neck sprains etc. Sometimes it's difficult for parents to understand why children are complaining about their health, especially because they are at a growing phase. This has become a pressing issue as most children find it difficult to carry such heavy bags and are often not strong enough. Parents should work out alternative solutions if the child is complaining of pain. Therefore, buying the right kind o bag is paramount.

Children carrying heavy school bags are a major issue not only in Pakistan, but all over the world. Children are forced to carry unnecessary burden on their shoulders everyday with no reason. Children, who travel by transportation, may suffer less, but those who make their way to school on foot suffer badly. But, if we see this scenario in several developed countries, schools are tackling this problem by giving personal "lockers" to their students. In these lockers students can keep their excessive books, stationary and other stuff related to them, the main reason to provide these lockers to students is to purge the element of heavy bags.

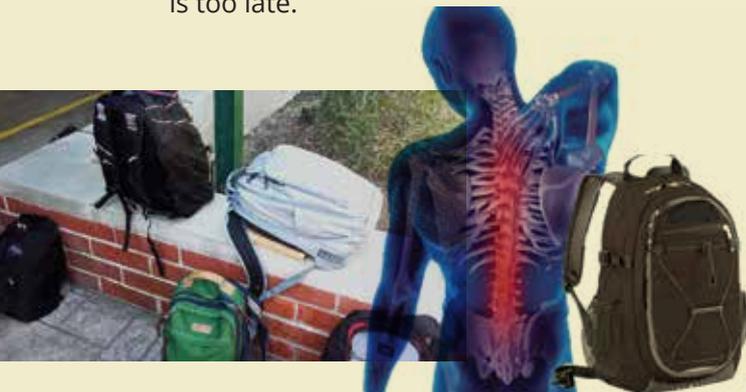
Growing numbers of children are developing irreversible back deformities because of the weight of the bags they carry to school, experts warned yesterday. Half of all children suffer back pain by the age of 14 and doctors are reporting a rise in cases of spinal abnormalities in pupils, including disfiguring curvatures known as scoliosis. Overloaded school bags that are up to double the size of those carried ten years ago are contributing to the surge, it is feared. Carrying very heavy backpacks can lead to musculoskeletal problems, especially if children



carry the bag on one shoulder. It puts extra pressure on one side, tilting the spine and even keeping the bag down and then carrying it again is more dangerous for a growing spine than continuously walking with static weight. To carry a heavy bag, the child has to lean forward. This leads to developing a bad posture. The spine is a stack of bones called the vertebral column with the bones separated by a cartilage called the inter-vertebral disk and held upright by the muscles and ligaments around it. The excess weight puts undue stress on the muscles, ligaments and disk thus damaging them. The alignment of the column is also disturbed causing it to bend, mostly forward or sideways.

One of the reasons why students need to carry such huge bags today is that more and more new schools are being built without proper lockers. The lack of enough lockers leads to students carrying the whole day's worth of school text books to class. Schools and Colleges of Pakistan should introduce lockers for students, as students bring a lot of things to school to use for different classes and lockers serves as the only personal space of students in schools so they have their storage decorated with pictures or anything that inspires them. Spinal problems and back pain caused by carrying large backpacks can be avoided by having students use lockers. Providing a place to store things promotes cleanliness in school grounds.

Effect of heavy bags on student's health is definitely worrying. For a parent it is very important to know the consequences of their child carrying such a heavy bag and look for a possible solution. School authorities should make it mandatory for students to carry light bags. There should be lockers where students can keep their books and other things which are only needed in the classroom. Schools can allow students to carry one big notebook with sections for all subjects instead of different ones for various subjects. These are a few possible solutions that teachers and parents can implement in order to reduce the weight of their kids' schoolbags. It is important that they understand the gravity of this situation before it is too late.



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Directly or indirectly, water affects all facets of life. Without it, there would be no vegetation on land, no oxygen for animals to breathe and the planet would look entirely different than it does today. Water is necessary keep people's bodies and the environment healthy and should be valued and protected as the precious resource it is.

Water circulates through the land just as it does through the human body, transporting, dissolving, and replenishing nutrients and organic matter, while carrying away waste material. Further in the body, it regulates the activities of fluids, tissues, cells, lymph, blood and glandular secretions. An average adult body contains 42 litres of water and with just a small loss of 2.7 litres he or she can suffer from

We all know that about 70% of the Earth is covered with water. Only 2.5-3% of this water is fresh. Rest of the water is salty and ocean-based. Of that 3% freshwater, two-thirds of that is trapped in glaciers and snowfields and is not available for our use. The rest one-thirds of that freshwater is available for human consumption and to feed the entire population on this planet. As a result, freshwater the water that we drink, take bath is rare and makes up a very small fraction of all water on the planet.

As a result, some 1.1 billion people worldwide lack access to water, and a total of 2.7 billion find water scarce for at least one month of the year. Inadequate sanitation is also a problem for 2.4 billion people they are exposed to diseases, such as cholera and typhoid fever, and other water-borne illnesses. Two million people, mostly children, die each year from diarrheal diseases alone.

At the current consumption rate, this situation will only get worse. By 2025, two-thirds of the world's population may face water shortages. And ecosystems around the world will suffer even more. Imagine earth without water. The soil, with no water in it and nothing growing on it, would be lifeless, dead, collapsed into dust, sand, clay or rock. In California's Central Valley where agriculture predominates and pulls water from the ground, this process is already beginning to happen.

The global problem of water shortages

needs to be highlighted and re-emphasized over and over again until such time that everyone is fully aware of this and does their part to responsibly save water, even in areas where it is perceived that there are already sufficient supplies of water. To further the cause of this awareness, this short but extensive article provides readers with an informative but easy to understand explanation of what water shortage entails.

So, the less water that is used and more water that is saved will go a long way towards addressing the current shortages. But for solutions to be effective, they need to be implemented vigilantly and even through regulation.

dehydration, displaying symptoms of irritability, fatigue, nervousness, dizziness, weakness, headaches and consequently reach a state of pathology.

Today, 1 in 9 people lack access to safe water; 1 in 3 people lack access to a toilet. More people have a mobile phone than a toilet. We can change this. Let's work together to make the power of water available to all. The water crisis is a health crisis. Access to safe water and sanitation means opportunity for improved health and the ability to help fight disease.

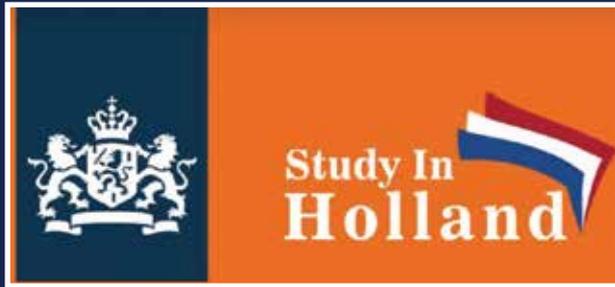


Chinese HEIs visit UK to recruit new student talent

At two events in the UK focused on the recruitment of British students, Chinese HEIs significantly increased their presence, arguably inspired by Brexit and high fees, according to The Student World's organizers. 74 global institutions exhibited in both London and Manchester to show the availability of international education taught in English, promoting offshore study options to the UK domestic student audience. The increased presence of Chinese universities was marked, however, with only one institution making the journey to the past two years' events.



Nigerians encouraged to study in Holland



The Netherlands ambassador to Nigeria Robert Petri has called for young Nigerians to consider studying abroad and take advantage of affordable English language-taught courses in Dutch universities and colleges. Petri told Nigerian news agency NAN that the exposure of young Nigerians to international education would enhance the country's overall development. The comments were made during the second 'Study in Holland Education Fair' in Lagos, which was held to give young Nigerians an opportunity to interact with representatives of various Dutch institutions before making their choices.

Take students out of migration stats, articulate Stakeholders

Support for international students was "almost unanimous" as politicians, policymakers and industry stakeholders gathered in March at a Westminster Forum to discuss the priorities for the UK's future immigration policy. The primary topic of the discussions around students was their inclusion in the net migration target, which according to Russell Group's head of policy Sarah Stevens creates the perception that the UK is unwelcoming to students.



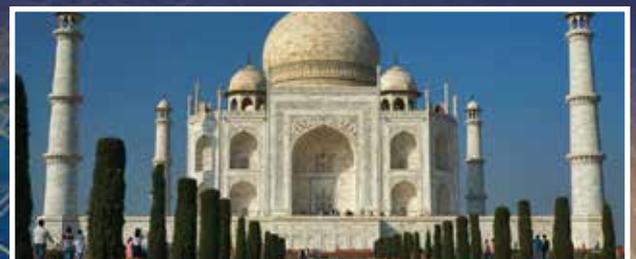
BSC Edinburgh rewarded for UK ELT growth



British Study Centres Edinburgh was awarded Edinburgh Chamber of Commerce's High Growth award in February, as numbers increased by 57% compared to this point last year, after focusing its strategy on the young learner market and CELTA teacher training courses. The school saw student weeks' rise from 3,301 in 2016 to 5,861 in 2017. Additionally, in 2014-15 the school ran two CELTA courses with around 10 candidates each in 2017-18 it has 12 scheduled CELTA courses with 120 candidates.

India aims to rebrand as study destination with Study in India campaign

The Indian government has approved a budget of approximately \$23m for its new Study in India initiative, in a bid to brand the country as a prime study destination and attempt to redress the balance between inbound and outbound students. The initiative will concentrate on attracting more international students into the country and doubling India's market share of global education exports industry to 2%. Among its other objectives, the initiative seeks to improve the overall quality of higher education and see international student spending increase.





MY TEACHER

She was more like a parent. This I was to discover later. At the start of the class she stood before her students and the class buzzed with "Absent Miss!" and "Present Miss!" as she marked the attendance on the register. School was a humdrum affair. I must admit that I would get out of bed with great difficulty. My mom woke me up at the stroke of seven. I longed for an extra half hour on my warm cozy bed. But she wouldn't allow it. She came up to my room twice and sometimes thrice to make sure that I had gotten out of bed.

"I do not want to go to school today," I would tell her.

"Nothing doing", she would say. The teacher with the spectacles perched on her nose seemed strict in the beginning. I discovered later that she was just the opposite. Science was taught to class V students and that's why I too had to study it no matter how much I hated the subject. I just couldn't make heads or tails of what the teacher was saying.

I was not a clever student but was rated as being average. Sometimes my results left much to be desired. Each time my report card was sent home to be signed, I was scolded and put to shame. Having a clever older brother didn't do much to improve my position at home. I played truant from school many times. I was somehow not very keen to go. And so I would spend the day in a park close to my home.

"Today I was scolded by my parents for not bringing better results". I told a friend.

The parents had arranged for a tutor. They were to

realize later that this was not to make much of a difference. The other day a child psychologist in a television program said many things about parent-child relationships. I wondered why my parents didn't do what she said. Maybe they weren't as smart. She said that parents should praise their child if they do a good deed. They should not scold the children in front of their friends.

One day, I told my teacher about my brother. I told her that he was smarter than me. And my parents did not let both of us forget this. The next day, I was surprised to see my teacher stay back after school. Her husband came to pick her up but she refused to leave. Instead she called me to her side and from that day onwards she made it a point to coach me personally. One day I went with her to the park for a stroll and it was there that she explained to me the importance of parents. She made me realize that parents were seldom wrong, making me see the logic behind their arguments. She gave me the confidence that I lacked. It was she who made me a stronger person. The two words, school and teacher, that had been of no importance to me a short time ago, slowly become the center of my life. And I became completely engrossed in my studies. We were nearing the end of the term and our exams started soon.

At least this time I was not frightened. I clung to the result card in my hand. My heart fluttered as I made my way home. My mother could not help being surprised upon seeing my grades. She quickly rang up my father to share the news with him. He came back home beaming and holding a parcel under his arm. It was a cake to celebrate my success. But I knew it was more like my teacher's success. It was she who had shown me what it meant to have a purpose in life. She had given up her hours of rest to teach me.

5 Ways to a Healthy Lifestyle

With good food habits and daily physical activity you will be well on your way to a healthy life. Easy to say, but sometimes not so easy to do! Our busy lifestyles can be hard on our family's health. Rushing to and from school and work can make it hard to find time to be physically active. We can also slip into the habit of choosing unhealthy snacks and take-away foods or spending our free time watching TV or in front of the computer. However, these choices can be dangerous for our health and our children's health both now and in the long-term. That's why it's so important to stop, take stock and make a conscious decision to follow a healthy lifestyle.

There are five simple ways for your family to lead a healthy lifestyle and get back on track:

1. GET ACTIVE EACH DAY

- Regular physical activity is important for the healthy growth, development and well-being of children and young people.
- They should get at least 60 minutes of physical activity every day, including vigorous activities that make them 'huff and puff'.
- Include activities that strengthen muscles and bones on at least 3 days of the week.
- Parents should be good role models and have a positive attitude to being active.

2. CHOOSE WATER AS A DRINK

- Water is the best way to quench your thirst and it doesn't come with the added sugar found in fruit juices, soft drinks and other sweetened drinks.

- Reduced fat milk for children over two is a nutritious drink and a great source of calcium.
- Give kids whole fruit to eat, rather than offering fruit juices that have a lot of sugar.

3. EAT MORE FRUIT AND VEGETABLES

- Eating fruit and vegetables every day helps children grow and develop, boosts their vitality and can reduce the risk of many chronic diseases.
- Aim to eat two serves of fruit and five serves of vegetables every day.
- Have fresh fruit available as a convenient snack and try to include fruit and veggies in every meal.

4. SWITCH OFF THE SCREEN AND GET ACTIVE

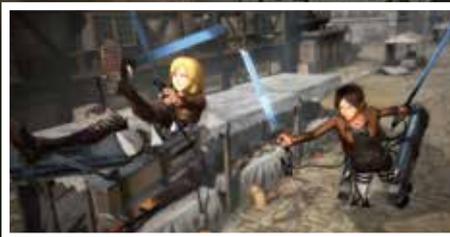
- Sedentary or 'still' time spent watching TV, surfing online or playing computer games is linked to kids becoming overweight or obese.
- Children and young people should spend no more than two hours a day on 'small screen' entertainment. Break up long periods of use as often as possible.
- Plan a range of active indoor and outdoor games or activities for your children, as alternatives to watching TV or playing on the computer.

5. EAT FEWER SNACKS AND SELECT HEALTHIER ALTERNATIVES

- Healthy snacks help children and young people meet their daily nutritional needs.
- Snacks based on fruit and vegetables, reduced fat dairy products and whole grains are the healthiest choices.

Avoid snacks that are high in sugar or saturated fats such as chips, cakes and chocolate, which can cause children to put on excess weight.

Attack on Titan 2



Attack on Titan 2 builds upon that foundation with a much-improved interface and some cool new tricks to slice the doze of a Titan in fun and extravagant ways. But the sharp edge of this sequel is dulled a bit by an all too familiar story mode hamstrung by plodding pacing.

Trailers for Attack on Titan 2 might have you believe that it picks up where the first game left off and primarily covers the events of season two of the Attack on Titan anime, but the reality is the story mode is about 80% a retelling of season one, and 20% season two. That means that if you played the 2016 game, prepare for about 10 hours of rereading very familiar missions, boss fights, and some of the exact same cut scenes.

Far from being a mere video game adaptation of the anime, Attack on Titan 2 stands strongly as a character-driven action-RPG in its own right, with rewarding combat that feels fluid and fast and a story that's equal parts charming and shocking. While it shares many similarities with the first game in the series, Attack on Titan: Wings of Freedom, the sequel feels like a better package overall with a cleaner visual style and tighter combat. Despite its story taking some time to really dig its anchors in, it gets there and then some, entrancing you all the way until the closing of the final chapter.

The plot closely follows the anime, so fans are already familiar with what's going on. But it's a story that will pull you in, hard, though not without

its fair share of melodrama. While much of the early game feels a little dragged down by some excessive exposition, you come to appreciate those sequences later on, particularly as characters you grow to like face death in shocking ways. Not that the game is overly violent although the Blood borne spatter from killing a Titan is pretty messy it's more that the characters grow on you over time. Watching them struggle through the Titan invasion becomes less of a drudge and more an emotional rollercoaster.

The game is made up of numerous large combat areas and some smaller, peaceful hubs where you can go about your daily life: upgrading weapons, buying materials, and maintaining friendships that grant you different equip able skills that can upgrade your stats. While not all that interesting visually, the hub areas serve as a good bookend between each battle, as well as a chance to debrief with the other characters about the last mission and your next moves.

The Titans themselves are the true stars here. With their ridiculous grins, ambling movements and saggy butts, they look amazingly creepy. On higher difficulty levels, the Titans become faster and more aggressive. Their limbs flail impishly as they freely counter your attacks, flick off ODM anchors like they're swatting flies, and pick fellow Scouts out of the air. Moments like this amp up the intensity tenfold, especially when you're caught between responding to an urgent request for help or going to the aid of someone who's been grabbed by a Titan. It's hard not to feel the pressure in the moment, and it's great.



Invention Story of Coke and Pepsi

In 1886, Coca-Cola was invented by a pharmacist named John Pemberton, otherwise known as "Doc." He fought in the Civil War, and at the end of the war he decided he wanted to invent something that would bring him commercial success. Usually, everything he made failed in pharmacies. He invented many drugs, but none of them ever made any money. So, after a move to Atlanta, Pemberton decided to try his hand in the beverage market. In his time, the soda fountain was rising in popularity as a social gathering spot. Temperance was keeping patrons out of bars, so making a soda-fountain drink just made sense. And this was when Coca-Cola was born. However, Pemberton had no idea how to advertise. This is where Frank Robinson came in. He registered Coca-Cola's formula with the patent office, and he designed the logo. He also wrote the slogan, "The Pause That Refreshes." Coke did not do so well in its first year. And to make matters worse, Doc Pemberton died in August 1888, meaning he would never see the commercial success he had been seeking. After Pemberton's death, a man named Asa Griggs Candler rescued the business. In 1891, he became the sole owner of Coca-Cola. It was when Candler took over that one of the most innovative marketing techniques was invented. He hired traveling salesmen to pass out coupons for a free Coke. His goal was for people to try the drink, like it, and buy it later on. In 1898, however, Congress passed a tax in the wake of the Spanish-American war. The tax was on all medicines, so Coca-Cola wanted to be sold only as a beverage. After a court battle, Coca-Cola was no longer sold as a drug.



Bradham's Drug was the very place where Pepsi-Cola was invented. In 1893, "Brad's Drink," made from a mix of sugar, water, caramel, lemon oil, nutmeg, and other natural additives, became an overnight sensation. Despite its name and hearsay, pepsin was never an ingredient of Pepsi-Cola. On August 28, 1898; Bradham renamed his drink "Pepsi-Cola." He believed the drink was more than refreshment but a "healthy" cola, aiding in digestion, getting its roots from the word dyspepsia, meaning indigestion.

In late 1902, the Pepsi-Cola Company was formed due to the rising popularity and demand for the Pepsi-Cola Syrup with none other than Caleb Bradham as the first president. The business began to grow, and on June 16, 1903, "Pepsi-Cola" became an official trademark. By 1904, the Pepsi-Cola Syrup sales reached almost 20,000 gallons. As demand for the drink continued to rise, Bradham decided it was time to offer Pepsi-Cola in bottles. By 1910 there were 240 franchises in 24 states and that year the Pepsi-Cola Company held their first Bottler Convention in New Bern. Hard times fell on Bradham and the Pepsi-Cola franchise during WWI. This was due to the high price and severe rationing of sugar. This rationing prevented Pepsi-Cola from producing enough syrup to meet the demands of consumers. Pepsi Cola officially was bankrupt as of May 31, 1923, and its assets were sold to Craven Holding Corporation for \$30,000. After years of ups and downs, PepsiCo is now on the top rankings. In 2013, Pepsi was ranked #1 on CoreBrand's list of Most Respected Companies. The company was also ranked #41 on the Fortune 500 list, in 2012.



A MOVIE REVIEW: WRINKLE IN TIME

Genre: Action & Adventure, Drama, Kids & Family, Science Fiction & Fantasy

Directed By: Ava DuVernay Written By: Jennifer Lee, Jeff Stockwell

Studios: Walt Disney Pictures

Summary

Meg Murry (Storm Reid) is a typical middle school student struggling with issues of self-worth who is desperate to fit in. As the daughter of two world-renowned physicists, she is intelligent and uniquely gifted, as is Meg's younger brother Charles Wallace (Deric McCabe). Charles Wallace introduces Meg and her fellow classmate Calvin (Levi Miller) to three celestial guides, Mrs. Which (Oprah Winfrey), Mrs. Whatsit (Reese Witherspoon) and Mrs. Who (Mindy Kaling). Traveling via a wrinkling of time and space known as tessering, they are soon transported to worlds beyond their imagination where they must confront a powerful evil. To make it back home to Earth, Meg must look deep within her and embrace her flaws to harness the strength necessary to defeat the darkness closing in on them.

Narration

A Wrinkle in Time is the story of Meg Murry, a high-school-aged girl who is transported on an adventure through time and space with her younger brother Charles Wallace and her friend Calvin O'Keefe to rescue her father, a gifted scientist, from the evil forces that hold him prisoner on another planet. At the beginning of the book, Meg is a homely, awkward, but loving girl, troubled by personal insecurities and her concern for her father, who has been missing for over a year. The plot begins with the arrival of Mrs. Whatsit at the Murry house on a dark and stormy evening. Although she looks like an eccentric tramp, she is actually a celestial creature with the ability to read Meg's thoughts.

On the afternoon following Mrs. Whatsit's visit, Meg

and Charles Wallace walk over to Mrs. Whatsit's cabin. On the way, they meet Calvin O'Keefe, a popular boy in Meg's school whom Charles considers a kindred spirit. The three children learn from Mrs. Whatsit and her friends Mrs. Who and Mrs. Which that the universe is threatened by a great evil called the Dark Thing and taking the form of a giant cloud, engulfing the stars around it. Several planets have already succumbed to this evil force, including Camazotz, the planet on which Mr. Murry is imprisoned.

Under the control of IT, Charles leads Meg and Calvin to Mr. Murry and together they confront IT. However, they, too, are unable to withstand its power; they escape only at the last minute, when Mr. Murry appears and seizes Meg and Calvin, "tessering" away with them (traveling via another tesseract) to a gray planet called Ixchel inhabited by tall, furry beasts that care for the travelers. Charles Wallace remains possessed by IT, a prisoner of Camazotz.

On Planet Ixchel the three - Mrs. W's appear once again, and Meg realizes that she must travel alone back to Camazotz to rescue her brother. Mrs. Which tells her that she has one thing that IT does not have, and this will be her weapon against the evil. However, Meg must discover this weapon for herself. When standing in the presence of IT, Meg realizes what this is: her ability to love. Thus, by concentrating on her love for Charles Wallace, she is able to restore him to his true identity. Meg releases Charles from "IT's" clutches and teases with him through time and space, landing in her twin brothers' vegetable garden on Earth, where her father and Calvin stand waiting. The family joyously reunites, and the Mrs. W's visit the happy scene en-route to further travels.



AREEJ GORAYA

BANANA PUFF

Hey everyone!

Today we have banana recipe ohhhh Na Na Na!!!
Banana puffs are very popular in south of India.
They can be filled with anything however this recipe uses a mixture of bananas and coconut.
Feel free to experiment with your own types of fillings.

INGREDIENTS

2 Bananas
225 g white flour
1 tsp salt
2 oz butter
3 tbsps milk
1/2 fresh coconut
Kewra water
Cooking oil for frying

Preparation time: 20mins

Cooking time: 15mins

METHOD

Sieve the flour and salt together. Rub in butter and knead into firm dough with the milk. Roll out to 0.25 cm/1/16 inch thick. Cut into 8 cm / 3 inches circles. Mash the bananas and grate the fresh coconut into it.



Cookie Dough Yogurt

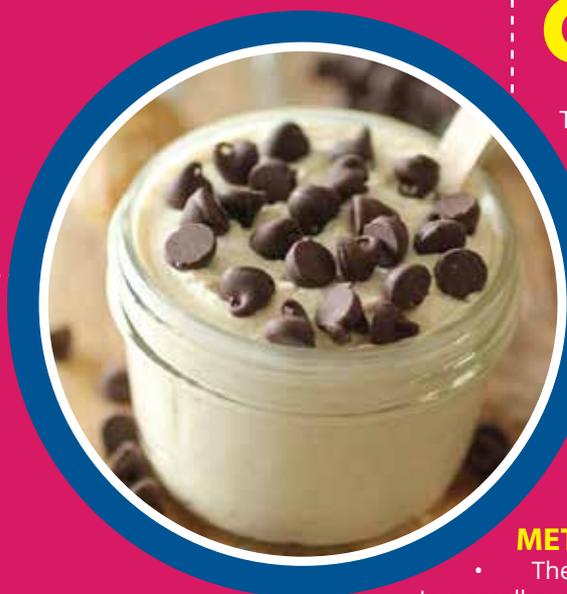
This is one of my favorite go-to snacks! Greek yogurt is a wonderful snack because it is packed with protein, but some people don't enjoy the taste. Well, this recipe may be a game changer for you if that's the case! With a few simple ingredients, and a quick stir, plain Greek yogurt can be lick-the-bowl good!

INGREDIENTS

- 1 (6 oz) container Low fat yogurt
- 2 tbs Peanut flour (or 1 tbs peanut/nut butter)
- 2-4 pkts Stevia or 1-2 tbs Honey or Sweetener of choice to taste
- 1/2 tsp Vanilla extract
- 1/4 tsp Almond extract (optional)
- 1-2 tsp Chocolate chips (optional)

METHOD

- The estimated total time to make this recipe is 1-5 Minutes.
In a small-medium bowl, whisk together all of the ingredients until smooth. Refrigerate until ready to eat. Top with chocolate chips if desired. Enjoy!





American Lycetuff

Junior & Upper School

Interview of the Bronze Medal winners of KANGROO Competition (Linguistics) of our School

Kangaroo is an international level test we are proud to have radiant gems in our school. We are crown and these gems are making us valuable and glittery with their splendor and purity. We took an initial step but our painstaking and gleaming students confirmed that they have genuine determination to cope up with every multifaceted chore.

Here is an interview of our sparkling champions Muhammad Rehan (grade III) and Eshal Ahmad (grade VII)

Q. Tell me something about you.

Rehan: I am Muhammad Rehan of Grade III.

Eshal: I am Eshal Ahmad of Grade VII.

Q. How did you find Kangaroo Competition and did you experience any difficulty in its preparation?

Rehan: It was really good to attempt this test and my teachers were supportive enough to guide for it.

Eshal: I came to know about it through my teacher and it was a bit tough to practice but I was guided and helped well in every manner.

Q. Was your school curriculum accommodating enough to guide you to attempt this competition?

Rehan: The school curriculum and teachers guided me very well. I was very confident while attempting this test.

Eshal: The material given to us, curriculum and teacher's guidance was appreciable and helpful enough for me and guidance given added soul into it.

Q. As you know KANGAROO is an International level test, do you think it would be helpful for you in your future tasks?

Rehan: I think it would be helpful in my future because this test was covering the extensive part of language skills.

Eshal: It would be helpful for me in every task as we all know that now English is the basic requirement of our system and it is "Lingua Franca" so it is a compulsion for us to speak and understand it well.

Q. Were you expecting that you would be holding these BRONZE MEDALS?

Rehan: Ammm! Yes, to some extent- I was expecting because if I wasn't I would be in shock. (Smiling)

Eshal: Ohhh!! A big NO. I was not expecting that I would get good grades and above all the MEDAL (chunking). It was really unexpected for me. See I am having Goosebumps again.

Q. What was the reaction of your parents when they came to know about your position?

Rehan: My parents were appreciating me for my success and they said that I am their proud.

Eshal: Actually my family is very much compassionate about me. They are a big support and when they came to know about my position they were swollen with pride and we had a festivity at our home.

Q. If you would be an organizer of this test how would you systematize it?

Rehan: I think I would make it a bit tricky to sharp our students' brains.

Eshal: I would rather make it trouble-free for the ones who would attempt it for the first time and would aim to make it a bit uncomplicated and witty so the students would stab it in relax mode.

Q. Any message for the students who are willing to attempt it?

Rehan: They must organize themselves for it and take the challenge, work hard and don't take pressure.

Eshal: I want to add that students have to be convinced, don't feel hesitate and yes do crack it because the novel and fresh ways are there to obtain victory through it.



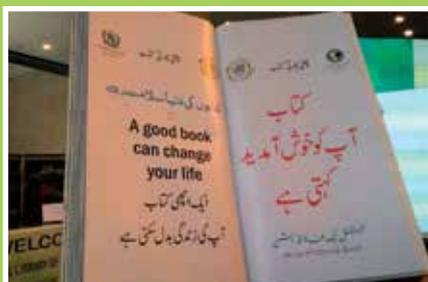
Strawberry Day Celebrated at Falcon Public School, AIT Lahore

Strawberry Day was celebrated with fun activities at Falcon Public School, Lahore. Different stalls preserving the essence of strawberry were prepared at different spots around the school. Little young ones thoroughly enjoyed the day with appealing red fruit in the form of yummy recipes. Delicious strawberry drinks and rare eating made the day for kids. According to the administration of Falcon Public School, the purpose of celebrating of Strawberry Day was not only to provide an amusement glimpse for our young students, but to highlight the importance of this fruit. As, Strawberries are an excellent source of vitamins C and K as well as providing a good dose of fibre, folic acid, manganese and potassium. They also contain significant amounts of phytonutrients and flavanoids which makes strawberries bright red. They have been used throughout history in a medicinal context to help with digestive ailments, teeth whitening and skin irritations. Their fibre and fructose content may help regulate blood sugar levels by slowing digestion and the fibre is thought to have a satiating effect.



Bloomfield Students Visits Annual National Book Festival at Pak-China Center

To enhance the love for books, an informative trip of Classes 1-5 was arranged on Monday, 9 April, 2018. Teacher and Students of Bloomfield Hall visited different book stalls and attended a Young Readers' Ceremony in auditorium. Bloomians were also briefed about the traffic rules by Federal Traffic Police. Bloomians were given knowledge about history of Pak-China Center from a Chinese presenter. A Chinese story book translated in Urdu was also gifted by him. The visitors took a round of the around 132 book stalls set up by 110 private publishers and NBF and purchased a variety of books on discounted rates. The book launching ceremonies, book reading sessions, Book Ambassador Conferences, book launching ceremonies, colourful programmes for children and discussion programmes with renowned writers were hallmark of the festival. A large number of families were seen in the auditorium where special activities for children were arranged especially art workshops, face Painting, toys and children book stalls, Gogi show, Kids Republic and other attractions.



“Empower 2 Lead” Program of Fatima Group is Touring Universities across Pakistan

As the weather gets warmer and we draw closer to graduation, most of us are looking for job opportunities where we can put our hard-earned grades and time spent studying to use. If you recently graduated, you can understand this struggle. That’s why we’ve done some research to help you along the way. Fatima Group is considered as one of Pakistan’s fastest growing national conglomerate of companies. Fatima Group has interests in everything from fertilizers, textiles, packaging, chemicals, energy and more, and is looking to groom and empower its next generation of leaders.



Sindh’s New Bill on Education Faces Opposition from Students and Teachers

Karachi University Teachers Society (KUTS) has rejected the controversial Sindh Universities and Institutes Laws (Amendment) Bill, 2018 and announced to protest against the bill. KUTS Vice President, Prof Shah Ali-ul-Qadar, said that they discussed the new law in a general body meeting. KUTS unanimously rejected the new law and decided to protest against the new bill. KUTS said that this bill will destroy the higher education in the province and universities will come under the control of bureaucrats and not professors. The new law also attacks on the rightful appointment of a vice chancellor.



HEC Bans MPhil and PhD Programs of 13 Universities



The Higher Education Commission (HEC) has excluded 13 universities from enrolling students in MPhil and Ph.D. distance learning programs. The reason behind this is noncompliance of universities with the HEC approved guidelines. After conducting physical visits to the campuses, HEC found that the universities lack the adequate faculty. Around 4,000 students will be impacted by this decision. However, HEC has directed the institutions to shift these students to regular programs of the universities.

NUST to Open Campuses in UAE and Saudi Arabia



Pakistan’s top-ranked engineering university, NUST, will open its international campuses in UAE and Saudi Arabia. The announcement was made by Rector NUST, Lt Gen. (Rtd) Naveed Zamad in an event in Dubai. The purpose of this step is to attract more foreign students and increase the visibility of the institute worldwide, Gen Naveed said. There are several international students studying at NUST campuses in Pakistan. NUST reserves a 5% quota for the international student; however, they can compete on open merit as well.

KIPS School Signed MoU with “The Leader In Me”

Mr. Abid Wazir Khan, C.E - KIPS School recently signed MoU with “Leader in Me” and became Pakistan’s 1st ever school to teach leadership skills through proper school transformation process. The Leader in Me is Franklin Covey’s whole-school transformation process. It teaches 21st century leadership and life skills to students and creates a culture of student empowerment based on the idea that every child can be a leader. KIPS School is moving ahead with the spirit that Every Child Can Be a Leader. KIPS School does not believe in producing individuals who want to lead others, without knowing how to lead themselves.



US\$ 2.5 Million Project Launched for the Continuation of Education

The UN Central Emergency Response Fund (CERF) has approved the allocation of US\$ 2.5 million for the continuation of the children's education in the areas of return in South Waziristan (Serwakai, Sararogha and Tiarza tehsils) and Kurram (Lower, Central and Upper tehsils) agencies of FATA, Pakistan. This nine-month project, starting from April 2018 will complement the government response and help increase enrolment particularly in girls' schools of FATA. It will address the unmet education needs for around 13,000 girls, boys, women and men in the target agencies.



K-P Schools starts New Academic Year without Text Books

The students of the K-P government schools started the new academic year without having several text books of their courses as the "Khyber Pakhtunkhwa Textbook Board" failed to provide books to them on time. Officials said - elementary and secondary education department was facing the shortage of 13 books from grade-5 to grade-9. It perturbed the high-ups of the department and parents of the students. Commenting on the existing situation, a headmaster of a government high school told media that delay in provision of books would waste one month of the academic year of students.



Army Public School Inaugurated in Parachinar



The newly constructed Army Public School (APS) was inaugurated in Parachinar. On the occasion, Brigadier Akhtar Aleem said the building of the school had been constructed in just five months and regular classes commenced at the campus. He said that it would not be only a school and college but full-fledged educational complex where boarding houses were being constructed with modern facilities. It may be mentioned that Army Chief General Qamar Javed Bajwa had announced establishment of two schools, one each for Parachinar and Doger of Central Kurram during his visit to the Kurram Agency.

90 Students Held For Using Unfair Means in Annual Examinations



Vigilance teams of Board of Intermediate and Secondary Education (BISE) Larkana caught 90 students red-handed while using unfair means (copying) in the annual examinations of Secondary School Certificate Part-I and Part-II (Class IX & X). The chairman of BISE Larkana, Dr. Ahmed Ali Brohi had formed vigilance teams to control the use of unfair means. The 30 vigilance teams paid surprised visits to various examination centers and held 90 male and female students while using unfair means (copying) in the Urdu Salees and Urdu-II (Compulsory) paper of the annual examinations.

4 In 5 Pakistanis (82%) Agrees That Education Grooms Better Humans

According to a Gilani Research Foundation Survey carried out by Gallup & Gilani Pakistan, 4 in 5 Pakistanis (82%) agree to the claim that education grooms better human beings. In response to this question, 82% said they agreed that education grooms one into a better human being, 16% said they agreed that while education may provide better opportunities to earn it does not necessarily mold one into a better human being, 2% did not know or wish to respond.





Taurus and Gemini

Strengths: Dependable, enduring, pragmatic, dedicated, liable, stable

Weaknesses: Hard-nosed, property-owning, don't accept Compromises

Dislikes: Unpredictable alterations, difficulties, and precariousness

Taurus is a sign that precedes Gemini. In the astrological sense, this tells us that the sign of Gemini wouldn't exist if Taurus wasn't there. Basically, this means that Gemini partner wouldn't do much if their physical needs weren't taken care of. This is where their relationship has a strong connection, for Gemini partner might need someone like Taurus to take care of their body and its needs.

It is not very likely they will share their emotions with ease and enjoy each other the way they might with some other zodiac representatives. Still, there is a gentle side to Taurus that can melt down even the coldest of hearts.

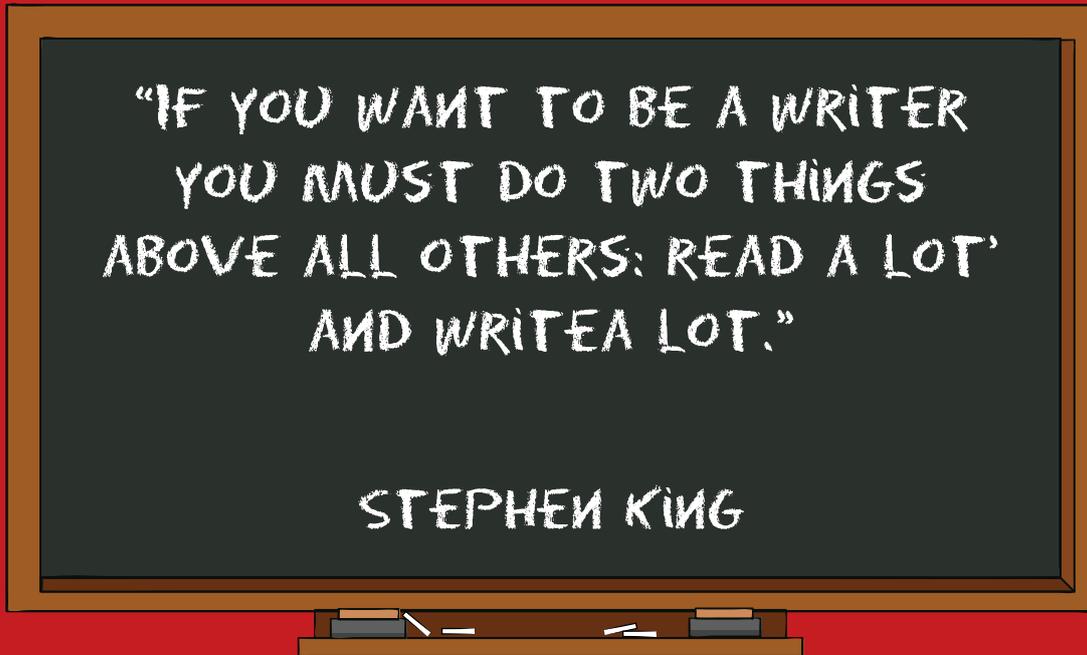
TAURUS & GEMINI TRUST

Trust can be a real issue with this couple. Gemini is not all that trustworthy when someone tries to tie them down. Taurus, in most cases, lives for the day when they will be tied down with someone simultaneously. If they don't start their relationship on a clear and truthful foundation, where the first thing they learn about each other would be the level of commitment each of them wants, a true problem with trust will easily arise.

TAURUS & GEMINI VALUES

While Taurus values the Earth, the material world, their emotions and what is stable in their life, Gemini values the Universe, the world of ideas, their rational mind and change. This is where their differences and element natures strongly diverge. They should really try hard to accept the true value of both their worlds in order to work out their differences.





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IMMOVATIVE GADGETS



Nexus 6P

Nexus took a bit of a hiatus from being among the top Android phones in 2014. The Nexus 6 was a fine phone, but it was too big to enthusiastically recommend. But in 2015, the 6P once again proved that Google can make a damn good smart phone. It's also a big win for Huawei, the first Chinese phone maker to be part of the Nexus program, as the company's been trying to make inroads into the U.S. smart phone market. The 6P is all metal, completely spec'd out; a run stock Android, and is impressively inexpensive.



Yuneec Typhoon Q500 4K

Drones, like VR, have this weird hobbyist glow around them. Companies like DJI and Yuneec are trying to design these little aerial lawsuits-in-waiting into something that the average person might covet. With super simple controls, a stunning camera, and features like "Follow Me," the Yuneec Typhoon is the best drone that's an out of the box complete experience. If you want to take stunning aerial footage, or just annoy the shit out of your neighbors, Yuneec can get the job done on both fronts.



Galaxy View

When Samsung released the Galaxy View, a massive 18.4-inch tablet, my first question was "Why?" But when you see the device in person, and specifically how Samsung made the View, it all starts to make sense. The View isn't meant to be used as a normal tablet, which is obvious when you consider it's weird, permanently attached stand/hinge. Instead, the View is basically a go-anywhere television no wires attached.



Fitbit Charge HR

Fitbit has always been at the top when it comes to fitness trackers, and the Fitbit Charge HR is the near perfect mixture of form and function. If you're looking for a smartwatch/fitness tracker hybrid, this isn't the gadget for you, but it's a good standalone fitness companion. Fitbit's forte is simple hardware. And at \$150, it's an inexpensive investment in your health.



Sony A7r Mark II

Other than sub-par battery life, we're not sure there's anything to hate about the Sony A7r Mark II. The camera's biggest asset is that it's a complete champion in lowlight, but it takes amazing pictures in any setting. Sony's long been the king of camera sensors, and the company clearly put its heart and soul into this camera.



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