

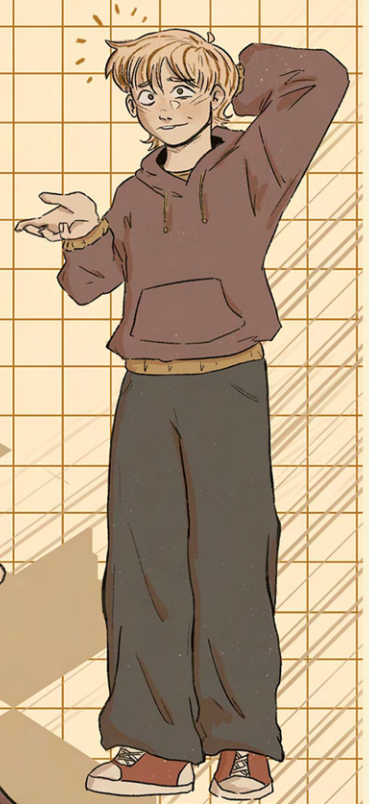
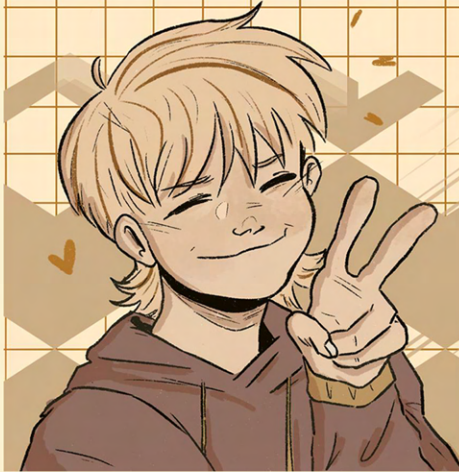


# INSIDE EDGE





**LUCA FISHER**  
He/they 5'9  
   
Italian + German  
February 27th ♊



# CHARACTER PROFILES

**ANABIA ZAHRA**  
She/her  
November 23rd ♈  
  5'6  
Egyptian



## THE DEMON OF THE WORLD

At the awakening of dawn and when the sun is merely reborn,  
During the midst of day or when dusk leads the way  
Into a night so dense where I'm alone with no friends  
I drown, drown, drown in my thoughts so profound

This is a world so bitter with so much to fear  
Nothing ever gets better, feelings are spoken in tears  
I know I'm not alone, this is a battle so common  
Everyday I hear them mean, about this world and its fatal demon

The demon comes in all size shape and form  
Causing destruction disarray and an untameable storm  
It ambushes in its immaculate timing  
Mostly at the adolescence who are gradually dying

The demon could be the eyes that scrutinise our existence for mistake  
Or the mouth that claims makeup makes us fake  
It could be the harsh relentless expectations of parents  
That leaves as abandoned in bewilderment with no assurance

It could be the severe absence of freedom  
Or the constant comparison between me and them  
It could be the inability to eat conventionally  
Or the lack of strength to defend ourselves against the school bully

The demon could be the childhood without a father  
Which felt like an equipped soldier without an armour  
It could be the utter deprivation of sleep  
Or the impenetrability to outwardly weep

The demon of the world:  
It has eradicated my hope, seizing away my laughter  
I no longer believe in fairy tale, true love or happily ever after  
It has transformed me into a hopeless discarded element  
And in my own heart I'm an unsettled immigrant

How long must I travel  
Until I find the tomorrow I'm thrilled to unravel?  
How long must I run  
To be allowed to be the person I truly am?  
How long must I hide  
To bring this hideous demon to light?

Poem by Sinthuja Age 16

龍 YEAR OF THE DRAGON

CHATHAM  
CHINESE  
FESTIVAL

PARADE - 12PM  
STREET FOOD  
MARKET  
TRADITIONAL DANCE  
MARTIAL ARTS MASTER CLASS

LEVELLING UP  
Medway  
Serving You

Dance  
ALLEY  
Nucleus Arts

FEB 20 11AM  
SEVENTEEN 24 3PM

Funded by  
UK Government



This poem was submitted  
to us by Sinthuja, aged 16

If you would like to submit a piece  
for our youth talent area, please  
email:  
[MYC.Magazinehub@gmail.com](mailto:MYC.Magazinehub@gmail.com)  
and we will include it in an issue :)

# YOUTH TALENT

## Book review: Lore by Alexandra Bracken

Lore is a modern fusion of Percy Jackson and The Hunger Games, enhanced by Greek mythological tales, powerful female protagonists and themes of revenge, family and romance. At its heart, it's a story of self-discovery, determination and a thirst for power and glory. The book is centred around an ancient competition named the 'Agon', in which 11 Greek Gods are forced to live on Earth as mortals by Zeus: and for one week, hunters from powerful families attempt to kill a God to take their powers, and gain eternal glory. The protagonist Lore Perseus is the last living member of her family, and she is devoted to avoiding the competition and the hunters at all costs, but when a Greek God arrives at her house wounded and asking for an alliance, their fates become intertwined and Lore begins her journey to obtaining revenge for her deceased family.

Overall rating: 4.5/5



Recipe: pizza stuffed bell peppers  
Naturally gluten-free and vegetarian, high in Vitamin C and fibre, easily made vegan / dairy-free.

This flavourful, healthy recipe takes less than 10 minutes to prep and only 30 minutes to cook, making it the perfect meal or snack that nourishes your skin with it's high vitamin C levels (over 100% of your RDA!) and aids your gut with it's fibre. It's also 4 of your 5 day if you use the fruits and veggies we use - but feel free to mix it up and add in your favourites! (Serves 4, adjust to taste)

4 large bell peppers

2x 200g tubes of tomato purée

1 can of pineapple rings, diced

100g baby mushrooms or onions

100g cheese of your choice

Feel free to add pepper slices, ham, bacon pieces, grilled chicken or other toppings!

Recipe:

Pre-heat oven to 180C fan / gas mark 4

Wash your bell peppers and slice off the top (don't throw it away) then scoop out the insides.

Pour 50g-100g of tomato purée into each bell pepper, then sprinkle with a generous helping of cheese.

Add your desired toppings (we used mushrooms, pineapple and ham).

Place the tops back on the bell peppers and roast in over for 30 minutes.

Enjoy!

# CREATIVITY

**Journal about the things you're grateful for**

**Take a long shower or bath**

**Listen to your favourite music and have a dance party**

**Pray to your God and read your religious text**

**Make a yummy meal**

**Take a walk and watch the sunrise/sunset**

**De-clutter/  
Clean your room**

**Write a list about your strengths**

**Watch your comfort movie/show**

Even as young people, life can become too much. We are so focused on getting good grades, going to extra curricular activities and being good friends to other people, that sometimes we forget to be good friends to ourselves. At least once a week, you should spend some time winding down and relaxing. Enjoying your own presence away from the buzzes of your phones and the chatters of your friends - away from everything. Just spending a few moments alone to take care of your wellbeing. Here are a few activities you can do during these moments.



# WELLBEING