

THE BAYAN POST

A NEWSLETTER WRITTEN BY BAYANIES, FOR BAYANIES!



A MESSAGE FROM THE EDITOR-IN-CHIEF

Welcome Back Bayanies!

I am very thrilled to kick-start yet another year of *The Bayan Post*! As you glide through stressful moments, I hope that Bayan Post can be a source of comfort to you, as it is to me. Given the challenging circumstances we face, our team has made the decision to incorporate the theme of hope, aligning with **Breast Cancer Awareness month**.

I would like to extend my heartfelt support to those currently battling or supporting a loved one in their fight against this devastating illness. You and your family are in my thoughts and prayers.

Let us not forget that beyond material possessions, our greatest strength lies in our unity and connection with one another.

I would also like to thank Ms. Mirna for her unwavering efforts to make this post a success. Your hard work is greatly appreciated!

Stay positive and have a lovely weekend!

-Editor-In-Chief, Dana Alshaikh

A MINI LOOK INSIDE NEW

MUSIC: FALL FAVORITES





ART: BAYAN'S ART GALLERY

GAMING: SIMRACING

SPORTS: LANCE ARMSTRONG

ASTROLOGY PREDICTIONS

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ART

BY: SERENE ZAMAN AND MOHAMMAD ALI

BAYAN'S ART GALLERY

Art can take many forms and shapes, and can be interpreted in many different ways. It allows people to truly express themselves and communicate creatively and beautifully

“A PICTURE CAN PAINT A THOUSAND WORDS.”

The Bayan art gallery, hosted in room 106 of the high school building, was curated by the art department with artwork students made displayed. The gallery's exhibit is changed every month, and there is a chance your artwork can appear here!

This month, the gallery's theme has been named “Shape to Form”, fitting with the amazing 3D clay sculptures that are displayed! These pieces are from grades 10, 11, and 12 classes of Art and design. The piece that stands out the most is the large whale sculpture in the middle. An interesting feature of this gallery is that every time they open a new exhibit, the first 20 people to see the grand opening can get small locks with keys, sign them, and place them on the caged walls to the left and right of the exhibit entrance.

A WORD FROM THE ART DEPARTMENT SUBJECT LEADER, MS. AMY,

“I AM SO THRILLED THAT STUDENTS HAVE THE OPPORTUNITY TO SHOWCASE THEIR WORK IN OUR NEW GALLERY. A SELFIE WITH THEIR WORK ON DISPLAY IS WORTH 1,000 WORDS! STUDENTS WANT TO DO THEIR BEST WORK WHEN THEY KNOW THEIR WORK IS MEANINGFUL AND VALUED. EACH TIME THEIR WORK IS DISPLAYED, THE MORE THEY WILL RECOGNIZE THE VALUE OF HAVING A VOICE AND THE RESPONSIBILITY THAT COMES WITH THAT. IT IS A GREAT MOTIVATOR FOR STUDENTS TO SEE HOW HARD WORK CAN CULMINATE INTO SOMETHING AMAZING.” -MS. AMY

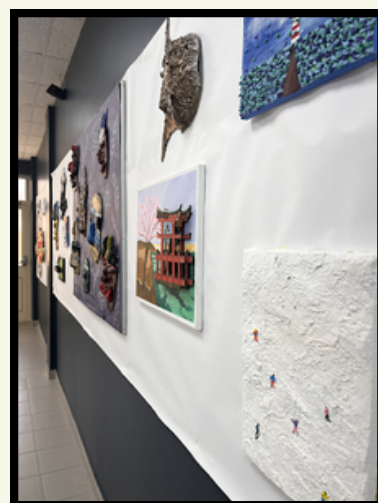
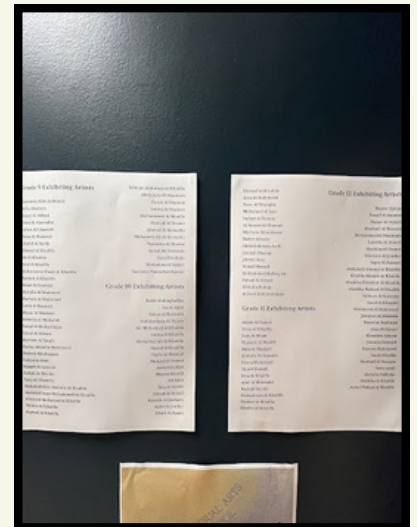
“THIS MONTH'S THEME, OUT OF NECESSITY, IS TO EXHIBIT BOTH 2D AND 3D WORKS. THE MAJORITY OF THE WORKS WERE WHIMSICAL CLAY SCULPTURES MADE BY GRADES 9 AND 10, WHILE A FEW PIECES WERE PAINTINGS. FOR THIS REASON, WE NAMED IT 'SHAPE TO FORM' AS SHAPES ARE 2D AND FORMS ARE 3D. EMPHASIZING THE GRADE 9 AND 10 SCULPTURES WAS INTENTIONAL BECAUSE IT DEMONSTRATES HOW MUCH WE VALUE THE PROCESS OF LEARNING AND PRACTICING THAT LEADS TO THE MORE ADVANCED ARTWORKS THAT CAN BE SEEN ON THE EAST WALL, CREATED AND CURATED BY THE IB ART GRADE 12 STUDENTS.” - MS. AMY

I would like to congratulate all artists who have their pieces exhibited in the art gallery. Well done. If you haven't already, visit the art gallery! Just head to the second high school building (the one with Ms. Mulook's office), and you should be able to see the “Gallery” sign on the door.

ART

BY: SERENE ZAMAN AND MOHAMMAD ALI

BAYAN'S ART GALLERY



MORE AT BAYANSCHOOL.EDU.BH

ENTERTAINMENT

BY: NOORA YOUSIF

BEHIND THE SILVER SCREEN: UNRAVELING THE CURRENT HOLLYWOOD WRITER'S STRIKE

At the time of writing this, it has been 149 days since the beginning of the Hollywood writers strike. This strike is a product of decades-long tensions that have been between writer's and studios, with writers feeling like second-class citizens in the world of cinematography.

Since the beginning of May, Hollywood writers have been on strike in order to protect their rights as screenplay writers. The Writers Guild of America (WGA) has started this strike on multiple accounts, arguing the following points:

- **Asking for residual pay. Unlike directors or actors, writers do not get paid for reruns or other types of showings.**
- **Faced abuse over mini rooms. A miniroom is a small room of writer's who have been gathered to write a show before the show's concept itself has been pitched and given an official greenlight. A miniroom isn't a formal writers room, giving studios an excuse to pay them less.**
- **Establishing protections against the impingement of artificial intelligence (AI) on writers' work.**
- **Argued that streaming has affected their working conditions, as streaming shows have eight to twelve episodes per season compared to the traditional twenty.**

Instead of listening and adhering to the claims made by their writers, studios have responded disdainfully, stating that this is not the best time to argue about writers' pay. Studios such as Disney and Warner Bros. Discovery, along with others, have begun to lay off thousands of workers as a response to the strike, deeming it to be done in order to adapt to cost-saving measures.



A strike such as this one isn't as staggering as it comes off to be, as the current 2023 strike has collateral damage attached to it. A similar strike had taken place in 2007, lasting only 100 days and having the Los Angeles economy taking a 1.2 billion dollar hit. Compared to this year's strike, the Los Angeles economy has lost more than 5 billion dollars in revenue.

As a result of the strike, the following television shows have been affected: Abbott Elementary, Young Sheldon, Grey's Anatomy, Law and Order, The Last of Us, and many others. As for movies, the strike has pushed the production of the following films: Spider Man: Beyond the Spider Verse, Batman: II, two untitled Star Wars films, upcoming Marvel movies such as Captain America: Brave New World, Dune: Part Two, and others. Despite the strike, not all platforms are affected, as independent studios such as A24 are still able to write and produce movies.

ENTERTAINMENT

BY: NOORA YOUSIF

BEHIND THE SILVER SCREEN: UNRAVELING THE CURRENT HOLLYWOOD WRITER'S STRIKE

Seeming as though all hope has been lost, the WGA has reached a provisional deal with the group representing the studios and streamers. A three-year contract between the Alliance of Motion Picture and Television Producers (AMPTP) and the WGA has been developed and will address the main three issues underlying the strike: protections against the encroachment of AI on work, residual payments, and staffing minimums for writer's rooms on TV shows.

Though it appears to be a done deal, it is still possible that the strike could go on as the deal needs to be ratified by the guild's several leadership boards, which were set to vote on September 26th. After this, members will receive a summary of the agreement for a ratification vote. In defiance of this, television and movie production will not continue to resume immediately as the strike has altered the release date and production schedule. However, shows with completed scripts will continue to air in the fall.

As the writers' strike nears its end over a fragile agreement, its effect on the industry will serve as a solemn reminder of Hollywood writers' importance as well as reflecting on the power that lies in a collective voice. Though the circumstances and aftermath of the strike may not satisfy all parties, it's clear that the aftermath of this strike will shape the future of Hollywood indefinitely, giving it an opportunity to shape a future where all contributors to cinema are acknowledged and respected.



PSYCHOLOGY

BY: AL ZAIN AL MAJED AND SHAIKHA ALBINMOHAMMED

THE EFFECTS THAT CHEMOTHERAPY HAS ON A WOMAN'S MENTAL HEALTH

Chemotherapy, a commonly used treatment for cancer, has saved countless lives by targeting and destroying cancer cells. Despite this, chemotherapy has numerous consequences for a woman's body, but it can also have a major effect on her mental health.

Although sometimes disregarded, the psychological toll that chemotherapy has on women who are undergoing treatment can be equally devastating as the physical side effects. In order to provide complete care for women fighting cancer, it is imperative to comprehend how chemotherapy affects mental health.



Surely, mental health doesn't have a huge impact on a patient's recovery when they are diagnosed with cancer, right? While being diagnosed can impact a patient's mental health, people with preexisting mental disorders like anxiety and depression tend to struggle more than patients who develop mental health issues after their diagnosis. This doesn't just make it harder for the patient to accept the treatment; their bodies actually refuse the treatment without realizing it. Studies show that people with mental health disorders with a negative mindset have a slower recovery rate than positive patients'. It is important to have high spirits during difficult times because it truly affects the patients' recovery rate and has a huge impact on chemotherapy effectiveness.

Changes in cognitive functioning brought on by chemotherapy may also impair a woman's capacity for clear thought. She may find it challenging to focus and make judgments as a result. On top of that, memory loss brought on by cancer treatment medicines may impair a woman's capacity to recall fundamental information.

As a result of this, it is crucial for women receiving chemotherapy to take action to protect their mental health. This entails consulting a mental health expert, partaking in stress-relieving exercises like yoga or meditation, and obtaining a lot of sleep. Maintaining a balanced diet and exercise routine is also key to helping the body adjust to the effects of chemotherapy.

Women undergoing chemotherapy can help lessen the harmful effects of the treatment on their psychological well-being by taking actions to maintain their mental health.

MUSIC

BY: DAREEN ABURUMMAN

MY TOP 3 FAVORITE FALL/AUTUMN SONGS

All Too Well (Ten minute version) - Taylor Swift

The song 'All Too Well', co-written by Taylor Swift and Liz Rose, became a beloved and immensely popular song across the world after its debut as a part of Taylor's album "Red" on October 22, 2012. According to Taylor, her mother retained the song 'All Too Well' from a rehearsal session despite the fact that it wasn't intended to be saved. Since 'All Too well' was a fan favorite, Taylor decided to re-release a ten-minute "Sad Autumn Girl" version of it on November 21, 2021. Taylor highlights the difficulties of preserving vivid memories while perceiving the present, as one's mind could grow preoccupied with memories of the past that keep them from being able to solely focus on the present moment.



November Rain - Guns N Roses

Axl Rose, the main singer of Guns N' Roses, wrote the longest guitar solo ever to appear in a Top 10 single, November Rain which was released in 1992. The song November Rain, was originally 25 minutes long but ultimately shortened down to 8:57 minutes, making it the longest song to ever reach the Billboard Hot 100 charts top ten. As November Rain has grown to be the band's most well-known and well-loved song worldwide, its melodies deviate from the style of rock music the group often writes. The song expresses the sense of holding on to someone while waiting for them, whether or not there is reciprocal interest. The lack of receiving affection in return is compared to the **cold November rain**. Moreover, the rain putting out candles is used to illustrate how slowly emotions will also fade. In the same way, nothing lasts forever, and you cannot hold onto anything in life eternally.



Yes I'm Changing - Tame Impala

We all dread the idea of change in our lives, given that we like to cling to the familiar. Our sense of security and stability in life comes from familiarity. Humans typically find change to be unsettling and frightening, especially when they are accustomed to something. Tame Impala's song "Yes, I'm Changing," which was released on July 17, 2015, talks about the challenging nature of change and the urge to move on. Australian multi-instrumentalist Kevin Parker, better known as "Tame Impala," exemplifies why accepting uncertainty is preferable to dwelling in the past. As a one-man band, Kevin Parker writes, produces, and plays all the instruments to his own tunes.



TECHNOLOGY

BY: FATIMA ALKUWARI

BREAST CANCER: CAN AI SAVE HUMANITY?

"Imagine a woman comes in for her diagnosis, and we can tell her right there on the spot what her treatment should be," said Dr. David Agus. The desire of doctors to treat their patients quickly and effectively is beautifully captured in the above quote. In the context of breast cancer patients, the dream of early diagnosis and reduced mortality rates is inching closer to reality. We are on the verge of a breakthrough that will revolutionize how breast cancer is detected and treated. In the wake of the advent of artificial intelligence, breast cancer diagnosis is entering a new era.

Let's address the concern that is probably on everyone's mind: Is the use of artificial intelligence (AI) in predicting future breast cancer cases accurate and reliable? The rise of AI has sparked worries about the possibility of artificial intelligence taking over humanity. It's crucial to recognize that AI is intended to support and enhance mankind rather than fully replace it. Artificial intelligence offers promising opportunities for breast cancer detection.

With data from more than 90,000 mammograms performed at Massachusetts General Hospital (MGH), MIT's Computer Science and Artificial Intelligence Laboratory has developed an artificial intelligence model that detects subtle changes in breast tissue that are hard for the human eye to recognize.

Using this model, you can identify the beginnings of malignant tumors and predict if a patient will develop breast cancer based on their mammograms. The software was programmed using mammograms and over 60,000 cases with known outcomes.

Unlike traditional methods that take into account factors such as age, family history of breast cancer, hormonal status, and breast density, MIT's deep learning model analyzes mammographic patterns that indicate the presence of breast cancer. A five-year forecast can be based on data until the cancer manifests. Screening thus serves as a means of assessing a patient's risk and providing preventative measures and screenings tailored to that patient. In conclusion, there are several benefits and drawbacks to using artificial intelligence to detect breast cancer. This cutting-edge technology can considerably improve the efficacy of therapies for breast cancer patients since it has the ability to save lives and alter the healthcare industry. AI can successfully halt the course of the disease and lower death rates by helping clinicians start prompt and effective treatment procedures. Up to five years prior to the tumor's potential metastasis, early detection enables more efficient therapy of the disease, improving survival rates. However, it's vital to recognize that the high price of AI-based diagnostics could make them less accessible to people who are struggling financially.

Despite this, it is believed that using artificial intelligence to predict future breast cancer diagnoses would have an overall positive impact that would benefit both men and women, ultimately decreasing the number of fatal instances.



SPORTS

BY: RAYAN DASHTI AND SHAIKHA ALBINMOHAMMED

FROM ADVERSITY TO VICTORY:

LANCE ARMSTRONG'S UNYIELDING BATTLE AGAINST CANCER

Lance Armstrong, a legendary cyclist and seven-time Tour de France winner, faced a life-changing diagnosis in 1996: cancer. At just 25 years old, the cancer had spread to his lungs and brain. Lance underwent intense treatments, including surgery and aggressive chemotherapy, enduring immense physical and emotional challenges.

Throughout his cancer journey, Lance drew strength from the unwavering support of his loved ones, including his family, friends, and medical team. Their encouragement and belief in his ability to overcome the disease became a powerful source of inspiration.

Cancer brought about a profound shift in Lance's perspective on life. It forced him to reassess his priorities, values, and goals. With unwavering determination, he channeled his energy into not only surviving but thriving as an athlete once again.

After successfully defeating cancer, Lance embarked on an incredible comeback to professional cycling. Against all odds, he achieved unparalleled success, winning the Tour de France seven consecutive times from 1999 to 2005. His triumph became a symbol of resilience and the human capacity to overcome adversity.

Lance's battle with cancer transformed him into a passionate advocate for cancer awareness and research. He established the Lance Armstrong Foundation (now known as the Livestrong Foundation), providing support and resources to cancer survivors worldwide. Through his foundation, he aimed to inspire others to never give up in the face of adversity.

While Lance's story is not without controversy, as allegations of doping emerged and led to the stripping of his Tour de France titles, his journey remains a testament to the power of determination and the human spirit. It serves as a reminder that even in the face of adversity, the strength within us can lead to remarkable achievements and leave a lasting impact on the world.



GLOBAL ISSUES

BY: FATIMA FAKHRAWI AND FATIMA ALKUWARI

THE STRUGGLE TO ACHIEVE ZERO HUNGER BY 2030: UN'S DEADLINE AT RISK

Hunger, famine, and poverty are just glimpses of the immense suffering in our broken world. Every day, countless individuals wake up terrified that they may not live to see another day, simply due to the relentless grip of hunger gnawing at their insides. Those without money, a stable job, or access to food, water, and shelter experience this daily. Thus, the United Nations has taken it upon themselves to end this crisis by 2030, allowing people's lives to be saved and peace to be restored.

According to the Inter Press Service, during the review of the current status of the Sustainable Development Goals (SDGs), including the ambitious goal of eradicating extreme poverty and hunger by 2030, the majority of the UN's 193 member states expressed disappointment at the lack of progress and limited achievements.

The challenge of reaching the goal of eliminating hunger by 2030 highlights the connection between poverty and hope across the globe. Increased poverty gives rise to hunger due to the lack of access to nutritious food. However, amidst these difficulties, there are initiatives that inspire and empower individuals and communities, fostering self-sufficiency and igniting hope.

Collaborations and innovative approaches are being employed to address poverty and hunger on a large scale by promoting sustainable agriculture and enhancing food security. Social programs and safety nets serve as a lifeline for meeting needs while investing in long-term development. By investing in education, improving access to health care, and providing economic opportunities for those living in poverty, we can give people the tools and resources they need to overcome hunger and build better lives for themselves and their families.

In our mission to achieve zero hunger, it is crucial to acknowledge the interconnectedness of poverty and hope. Through empowering individuals, implementing practices, and providing support, we can break the cycle of poverty and hunger. By joining forces with renewed optimism for change, we can envision a future where no one wakes up fearing hunger but instead embraces a world filled with peace, opportunity, and nourishment for all!



**SUSTAINABLE
DEVELOPMENT
GOALS**

عربي

احمد ايمن و لمى المعراج

نقطة تحول

*** قبل قراءتك للقصة ارجو المعرفة بأن هذه القصة من وحي الخيال، ولكنها تمثل الواقع الأليم الذي يعيشه إخواننا في بعض الدول التي تعاني من الحروب ***

قرأت في أحد الكتب أن في حياة كل شخص يوم ما يفصل بين حياته القديمة و حياته الحالية، حيث أن كل منا يمر في نقطة تحول تغيير كيانه وتجعله ما هو عليه اليوم. أتفق تماماً مع ذلك الكلام، إلا أنني أضيف على ذلك أن بعض التجارب أقسى من بعضها، وفي بعض الأحيان يحدث مع المرء أمراً يجعله شخصاً آخر وليس مجرد تغييراً بسيط في مسار الحياة. أنا إبراهيم وأبلغ من العمر ثمانية عشر سنة، حياتي تغيرت منذ عشر سنوات وأصبحت شخصاً لا يشبهني، أحداث قصتي تشبه أحداث قصص الكثيرين من بلدي، فلست الأول ومع بالغ الأسى لست الأخير، أنا مجرد رقماً في أعداد المفقودين والفاقد من آثار الحروب. وبالرغم من إن مأساتي حدثت مع غيري إلا أنني على يقين أن كل منا قد حاربها بطريقة مختلفة، فأصبحنا أشخاص متشابهين بالقصة مختلفين فالمصير.

بدأت نقطة تحولي عندما كنت أبلغ من العمر ثمانية أعوام فقط! حيث استيقظت على أصوات القصف والطائرات الحربية التي تحوم فوق سقف بيتنا. ففي تلك اللحظة استدركت أن النهاية قد بدأت و أنني على الأرجح سينتهي بي المطاف في أحد الخيم المعدة خصيصاً للاجئين. فبسرعة خارقة أخذت حقيبتي المدرسية و ركضت مع أبي إلى خارج منزلنا المحطم بخوف وذعر ما الذي حصل؟! فشريط حياتي قد مر من أمامي بسرعة فائقة بعد أن علمت بأن أمي لم تنجو، و أنها الآن بين يدي الرحمن. مرّ ذلك الوقت وكأنه ساعات طويلة، كان أبي يركض بسرعة وكان الجميع يصرخ ويستغيث، كنت أشعر بالغثيان وأنا أترنح على ظهره ككيس قماش يلوحه الهواء يمينا ويساراً. بعد وقت لا أعلم كيف مضى، انتهى بنا المطاف مع مجموعة من الناس لا نعرفهم، رأيت منهم أشخاصاً مبتوري الأطراف، وأطفالاً يبكون، وجثث كثيرة تملأ المكان، رأيت أشلاء مقطعة فوق الركام. لم تراودني في ذلك الوقت سوى فكرة واحدة، إنه كابوس شنيع وسوف أستيقظ منه.

كان ذلك المكان أشبه بفيلم سينمائي لبلدة قد اجتاحتها الفضائيون، الجميع يعتره الخوف والرعب من هول الموقف، أنا وأطفال كثيرون غيري نراقب تحركات الجميع بصدمة، ولأول مرة شعرت بأنني فقدت القدرة على الكلام أو حتى البكاء، جلست مع أبي في إحدى الزوايا ولم نتفوه بحرف واحد، في تلك اللحظة التي لن أنساها مهما حييت شعرت أن ثمة شيء قد حدث سيغير مجرى حياتي إلى الأبد. أنزلت حقيبتي المدرسية عن كتفي، والتي كانت آخر شيء حملته معي قبل هروبي من بيتي. حتى قام أبي وفر ذاهباً دون وداع إلى مساعدة الجرحى من تلك المصيبة التي قد حلت على بلدتنا الصغيرة.

شعرت بنعاس شديد فأسندت رأسي على حقيبتي وغفوت وسط ذلك الدمار، ورائحة الغبار والحريق تتسلل الى مجرى تنفسي، والجروح التي لا أعلم مصدرها تعطيني. كانت حتى كوابيسي في تلك اللحظة أجمل من الواقع الذي كنت عليه. حتى استيقظت على جثث جديدة قد عثرت عليها، و من ضمن تلك الجثث كان أبي مستلقياً بعد أن سقط عليه حطام إحدى المنازل والذي أدى الى وفاته بالحال.

ففي تلك اللحظة قد علمت بأنني أصبحت واحد من الأيتام وإن حياتي قد تغيرت بالكامل. و ها أنا الآن في سن المراهقة اكتب لكم قصتي هذه التي كانت نقطة تحولي من فتى سعيد إلى فتى تعيس و يتيم.

GAMING

BY: MOHAMMED ABDULJALIL AND HASAN ZAINALABEDIN

SIM-RACING: A PATHWAY TO REAL-LIFE MOTORSPORT

Do you believe that gaming will amount to nothing? Well, a majority of adults in today's time believe that gaming is a waste of time, and the majority of the remaining portion of adults are unsure of their stance. Gaming is generally looked down upon in the aspect that it has no good cause; therefore, it is pointless to indulge in it. Yet it does have benefits, and it has helped people achieve their dreams.

People can make a living off of gaming. Gamers can record themselves playing, reacting to, or even watching other people play games and publish it across numerous platforms to choose from, where they earn money for the views they get. This is true for streamers with reliably high viewer counts, as they can generate enough money to make a living and be sure that the months that follow will still treat them the same.

Giving more context to gaming has achieved people's dreams. In short, the film Gran Turismo follows the story of gamers who play the racing game Gran Turismo. These gamers participated in a competition held by Nissan to compete for a position on the Nissan team, meaning that the winner would become a legitimate racecar driver. The winner of this competition was Jann Mardenborough, who, after winning, earned himself a deal with Nissan and wound up being a racecar driver for them. This victory opened up the opportunity of a lifetime for Mardenborough. He achieved his dream of being a racecar driver, and gaming helped him reach that point.

Racing simulator games and simulator racing wheels have been a thing for quite some time. However, in the past decade, they have seen a major development- thanks to the rise of new simulator drivers in the gaming world who have a newly discovered passion for racing. Many manufacturers, such as Fanatec and Logitech, have been working on making racing simulators accessible to customers of all income brackets and budgets, which caused a drastic increase in players for games such as F1, Assetto Corsa, and Gran Turismo.



Not only are these games fun and mimic a real-life car, but they can teach a person the fundamentals of driving and even racing, hence Jann Mardenborough, who was mentioned earlier and whose love for racing took him from driving in a video game to becoming a real-life professional racing driver.

GAMING

BY: MOHAMMED ABDULJALIL AND HASAN ZAINALABEDIN

SIM-RACING: A PATHWAY TO REAL-LIFE MOTORSPORT

These simple wheel and pedal sets can be bought for a really cheap price, which makes them a gate to opening racing careers for ambitious adrenaline-seeking teenagers who are taken by the joy and passion of racing fast cars. As more people get into the hobby of sim-racing, thanks to an increase in popularity for real-life races such as Formula 1 and the World Endurance Championship, player numbers increase, which makes this hobby its own category of gaming available on all consoles, which ultimately shows that something as complicated as racing can be simplified into a hyper-realistic game available for players of all ages all around the world.

Racing simulators have had a major impact on the hobby of racing as a whole, as they have brought new audiences to both racing games and racing events. This makes sim-racing one of the most accessible hobbies in the world and a growing passion for many, which is still growing by the minute, giving us racing enthusiasts a chance to enjoy being behind the wheel of a sports car from the comfort of our homes.



STUDENT HIGHLIGHT

BY: ABDULLA KHALAF AND GEORGE ANDRAOS

OLIVE BRANCH

It breaks you.

Like a fixed cycle, you undergo a sudden calamity that changes everything, and every single time, it breaks you.

To feel hopeless in a time of despair is what we dread most.

To watch everything around you fall down and leave nothing but rubble and ash, it breaks you.



When that last olive branch snaps from that beautiful, harmonious tree you've been nurturing for generations, it breaks you.

That hope that has been the sole source of driving power slowly starts to erode, and that, that truly breaks you.

Then you remember, for something to be scarred, it had to be sacred. So, amid the turmoil of war, you remember the innocent and pure olive sapling you planted a few years ago, deciding to fight for it, and for the new generation of harmony and beauty that comes with it, honoring the last, yet not replacing it. From there, you start to rebuild from the ground up, with the vision of triumph being your new drive and your new purpose for this life.

Never succumb to others condemning you; know your truth, and you shall rise.

As students, we shall cherish all kinds of experiences we attain throughout this chapter of our lives, as no experience is solely bad; we can always learn, grow, and overcome.

Maintain that hope, as if it is lost, you are as well.

BOOK REVIEWS

BY: BUDOOR ALI AND MAYAR BIN HUWAIL

FROM FRIENDSHIP TO HOPE: NAVIGATING LIFE'S CHALLENGES WITH "FIREFLY LANE" AND "THE BOOK OF HOPE: A SURVIVAL GUIDE FOR TRYING TIMES"

Firefly Lane

By Kristin Hannah

There is no better way to embark on my journey with *The Bayan Post* than by discussing the novel that deeply resonated with me: "Firefly Lane" by Kristin Hannah. With October's canvas painted with amber leaves and cool breezes, it also stands as a reminder of Breast Cancer Awareness Month. This parallel is so fitting as "Firefly Lane" delves into the emotional and physical battles of the disease, emphasizing the importance of awareness, understanding, and support.



The novel "Firefly Lane" revolves around the strong friendship between the two protagonists, Tully and Kate. From their teenage years to the challenges of adulthood, these girls navigate the twists and turns of life, including Kate's heart-wrenching battle with breast cancer, which becomes a focal point of their journey. Through Kate's eyes, readers experience not only the physical journey brought on by the disease but also the emotional upheaval, the anxiety, and the relentless questions that often take over the minds of those diagnosed.

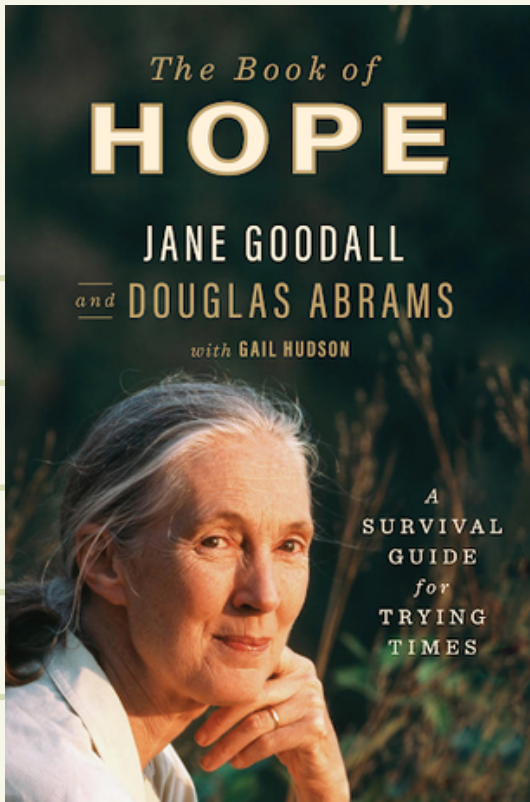
However, what makes "Firefly Lane" particularly endearing, in my opinion, is its portrayal of the power of relationships. Tully stands unwaveringly by Kate, proving that during the darkest of times, it is love, companionship, and understanding that can provide the most significant solace. This October, as we wear the pink ribbon symbolizing awareness and support, let us remember the broader message that literature like "Firefly Lane" teaches us: that in facing life's harshest battles, we are never truly alone.

BOOK REVIEWS

BY: BUDOOR ALI AND MAYAR BIN HUWAIL

FROM FRIENDSHIP TO HOPE: NAVIGATING LIFE'S CHALLENGES WITH "FIREFLY LANE" AND "THE BOOK OF HOPE: A SURVIVAL GUIDE FOR TRYING TIMES"

The Book of Hope: A Survival Guide for Trying Times By Jane Goodall and Douglas Abrams with Gail Hudson



Having hope is essential for humans to thrive, survive, and accomplish goals. When facing hardships it's particularly important to remind ourselves and others to maintain hope. This book serves as a prime example of this, as it was published in 2021 during the height of the COVID-19 pandemic. It is just what the world needed when everyone was struggling with the feelings of despair.

With over 12,500 ratings on Goodreads, this novel is a viral New York bestseller. The novel revolves around Goodall's "Four reasons for Hope". Those reasons are The Amazing Human Intellect, The Resilience of Nature, The Power of Young People, and The Indomitable Human Spirit. Goodall reminds us of the need to stay hopeful to hold up the human spirit, and how having hope is what sustains the human race. It's filled with instances of Goodall's career, and how she was inspired to write the novel.

In my opinion, the most touching aspect of this novel is how Goodall wrote this masterpiece despite the hardships she experienced. She is an accomplished English primatologist and anthropologist, and lived through World War II. It's undoubtedly inspiring to see how she overcame difficult experiences through her grasp on hope, and she articulates her messages and stories very well in this influential and engaging novel.

FASHION

BY: WASNA ALSAIF AND MARYAM AQEEL

BREAST CANCER AWARENESS

OCTOBER IS THE MONTH OF BREAST CANCER AWARENESS, AND DURING THIS MONTH EVERYONE COMES TOGETHER TO EDUCATE THE WORLD ABOUT THE IMPORTANCE OF EARLY CANCER DIAGNOSIS WHEN TREATMENT IS EASY AND THE OUTCOME IS BETTER. THE FASHION INDUSTRY RAISES AWARENESS ABOUT BREAST CANCER BY HAVING BREAST CANCER SURVIVORS WALK THE NEW YORK FASHION WEEK RUNWAY, AND DIFFERENT BRANDS HAVE ALWAYS FOUND INNOVATIVE WAYS TO DRAW ATTENTION TO THE IMPORTANCE OF DIAGNOSING THE ILLNESS EACH YEAR.

For example, breast cancer survivor Evelyn Lauder co-created the signature pink ribbons with Alexandra Penny and founded the Estée Lauder Companies Breast Cancer Campaign in 1992, and in 30 years they have raised over \$108 million all together for global research, education, and medical services concerning breast cancer.

In addition, Ralph Lauren opened the Nina Hyde Center for Breast Cancer Research at Georgetown University after discovering that his friend was diagnosed with breast cancer in the mid-1980s. The fashion designer went on to open more centers in Harlem and London. His breast cancer initiative then evolved into the Pink Pony Campaign, which has worked to improve cancer care, find a cure, and help ensure access to quality treatment at an earlier stage. This year alone, the Ralph Lauren Corporate Foundation donated \$25 million to establish a new cancer center and expand the existing ones.



Recently, Savage X Fenty donated \$180,000 to Keep A Breast to provide BIPOC women who have either been diagnosed with or survived breast cancer with grants. And in 2019, they raised awareness about breast cancer by releasing a limited-edition capsule collection with breast cancer survivors as their models. Additionally to donating and raising awareness, fashion brands also break the stigma surrounding breast cancer by having breast cancer survivors who have undergone mastectomies walk the runway during New York Fashion Week to show the public the scars of the mastectomies and encourage women (and men) to do the necessary checkups and fight against breast cancer.

IF YOU'RE INTERESTED IN FASHION AND WOULD LIKE TO JOIN A CLUB DEDICATED TO THE SUBJECT, FILL OUT THIS FORM!

[HTTPS://FORMS.GLE/SM38GXTTFKBOIIEP8](https://forms.gle/SM38GXTTFKBOIIEP8)

MORE AT BAYANSCHOOL.EDU.BH

OPINION

BY: FATIMA A. RASOOL

THE PRESSURE TO OVERACHIEVE

In today's day and age, the pressure to achieve is greater than ever before. With a world of resources at our fingertips, endless opportunities are more accessible than ever. In this era of hyperconnectivity, it's easy to feel overwhelmed by the constant comparison and fear of falling behind, putting immense pressure on the need to overachieve and be extraordinary. But is this race to the unattainable finish line a positive driving force or a destructive burden?

In the 1990s, a phenomenon known as "hustle culture" was popularized due to the accelerating growth of the industry and the economic boom at the time. This mindset puts an emphasis on long hours, productivity, success, and a sense of complete devotion to work, with little importance given to rest. While this culture has been largely disregarded by the new generation, with more importance given to mental health, well-being, and work-life balance, hustle culture has not disappeared, yet it has simply transformed. Nowadays, the focus has shifted to fulfillment through jobs, which allow individuals to achieve work-life balance by giving them both the financial means and the time off work to enjoy a vibrant lifestyle. Many youth detest the idea of working a 9-5 job for this very reason; social media has played a large role in portraying the unconventional and attractive lifestyles many are striving for, instilling a feeling of incompetency and the fear of missing out in the average individual.

While this idealized lifestyle can act as a source of motivation for some to work harder, there is a fine line between the healthy and unhealthy versions of this motivation. The constant comparison and need to overachieve in order to attain what other people are exhausting, in the long run, prove to be a burden on mental and physical health. Ultimately, the original goal of prioritizing well-being and balance is lost in the process, robbing us of the joy of the present moment and fostering a perpetual state of dissatisfaction.

The consequences of constant pressure can lead to detrimental effects such as burnout, stress, and depression. As this persists, a decline in self-esteem is sure to occur as self-worth becomes tied to external achievement, and this becomes a cyclical pattern as these factors act as barriers to the very achievements these individuals seek.

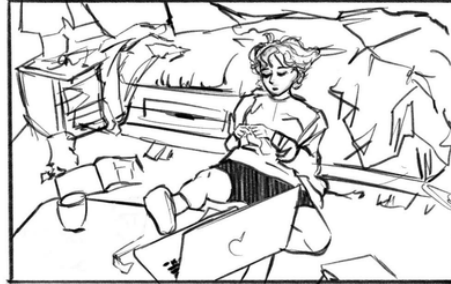
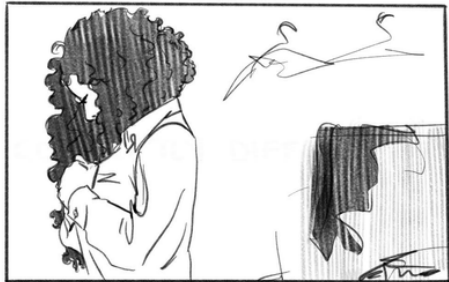
NEVERTHELESS, WHEN LOOKING AT THE VALUES AT THE CORE OF THIS NEW MINDSET, WE NOTICE AN OPTIMISTIC THEME: GREATER IMPORTANCE IS BEING PLACED ON WELL-BEING AND A PERSON'S SATISFACTION WITH ALL ASPECTS OF THEIR LIFE, NOT JUST WORK. BY REDEFINING THE NEGATIVE PROCESS SURROUNDING THESE GOALS AND TAKING AWAY THE PRESSURE TO OVERACHIEVE, WE CAN HOPE TO CREATE AN ENVIRONMENT OF CONTENTMENT AND AN IMPORTANT LEARNING PROCESS ALONG THE WAY. AFTER ALL, THE JOURNEY IS OFTENTIMES MORE IMPORTANT THAN THE DESTINATION.

COMICS

BY: WASNA ALSAIF

MONOTONOUS BEAUTY

TWO PEOPLE...



TWO DIFFERENT LIVES

JUST FOR LAUGHS

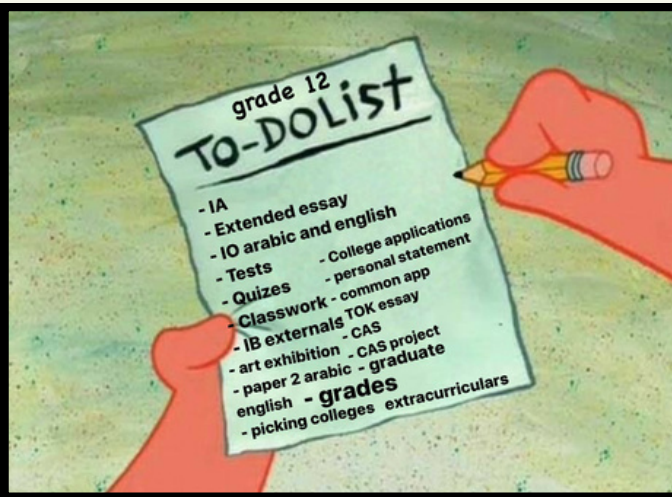
me: i'll do it at 6

time: 6:05

me: wow looks like i gotta wait til 7 now



When you're in the middle of an exam and you hear your teacher explaining something to someone



The most dangerous game to play:
"Resting your eyes" in the morning
after shutting off your alarm

