

THE BAYAN POST

BREAST CANCER AWARENESS MONTH

A MINI LOOK INSIDE

**GLOBAL ISSUES:
BREAST CANCER
AWARENESS**



**BY: HAMAD MUBARAK AND
BASHAR ABDULLA**

STALLION NEWS:

NHS AND STUCO

**BY: FARAH JANAHI
AND AMNA YOUSIF**



MUSIC:

**TOP 10 SONGS FOR BREAST
CANCER AWARENESS**

**BY: DAREEN ABU
RUMMAN**



A MESSAGE FROM THE 24-25 EDITOR-IN-CHIEF

Dear Readers,

Welcome to the newest edition of the Bayan Post! Our dedicated team has put in tremendous effort to bring you this issue. This month's theme is Breast Cancer Awareness, in honor of Breast Cancer Awareness Month. As October draws to a close, I encourage you to take a moment to recognize those who have battled this disease. They are the silent warriors among us, deserving of our daily admiration and support. You'll find insightful articles, personal stories, and valuable resources in this issue to help you get the word out about early detection and awareness. Let's come together to spread knowledge and support for breast cancer survivors. Making a difference starts with us. With that, I hope you enjoy an engaging and inspiring experience as you explore this month's articles!

Best,
Fatima Al Kuwari, Editor-in-Chief



TABLE OF CONTENTS

1) أدعية وأذكار	(3)
2) Entertainment	(4)
3) Student/Teacher Spotlight	(6)
4) Nutrition	(7)
5) Culture and Heritage	(8)
6) Gaming	(10)
7) Visual Arts	(11)
8) Photography	(12)
9) Stallion News	(13)
10) Music	(15)
11) Literature	(16)
12) Global Issues	(18)
13) Sports	(20)
14) Just for Laughs	(21)

أدعية وأذكار

وَقُلْ رَبِّ زِدْنِي عِلْمًا [طه: ١١٤]

دعاء المذاكرة

اللهم اني اسألك فهم النبيين وحفظ المرسلين والملائكة المقربين، اللهم اجعل ألسنتنا عامرة بذكرك، وقلوبنا بخشيتك، وسري بطاعتك إنك على كل شيء قدير وحسبنا الله ونعم الوكيل.

دعاء بعد المذاكرة

اللهم إني أستودعك ما قرأت وما حفظت، وما تعلمت، فرده عند حاجتي إليه، إنك على كل شيء قدير، حسبنا الله ونعم الوكيل.

دعاء الدراسة والنجاح

- اللهم يا معلّم موسى علّمني، ويا مفهم سليمان فهّمني، ويا مؤتي لقمان الحكمة وفصل الخطاب آتني الحكمة وفصل الخطاب، اللهم اجعل ألسنتنا عامرة بذكرك، وقلوبنا بخشيتك، وأسرارنا بطاعتك، إنك على كل شيء قدير، حسبنا الله ونعم الوكيل.
- ربّ أدخلني مدخل صدق وأخرجني مخرج صدق، واجعل لي من لدنك سلطاناً نصيراً.
- اللهم إني توكلت عليك، وسلمت أمري إليك، لا ملجأ ولا منجا منك إلا إليك.

ENTERTAINMENT

BY: DHABYA AL MANNAI & SABA SANGOOR

Have free time?

Good Will Hunting:

“You will have bad times, but they will always wake you up to the good stuff you weren’t paying attention to.”

Good Will Hunting is an exceptional movie that’s fully packed with theme explorations of a person’s potential, the process of healing, and human connections. The main character, Will Hunting, is a mathematical genius; he can solve intricate math equations that even professors respected in their fields find difficult to solve. But behind that intelligence is a life of poverty and trauma, leading to the very theme of the movie: the struggle between what a person can achieve and their own limitations.

The movie revolves around therapy and healing through Will’s sessions with his therapist, Sean Maguire. Sean’s compassionate approach finally allows Will to be able to confront his past trauma, showing the importance of vulnerability in a person’s healing process. The bond that they have is heartwarming and important; it shows the audience that with the right person, we are easily capable of facing our fears and past trauma.

Good Will Hunting is a powerful reminder that emotional healing, self-acceptance, and the courage to face our fears are very important. It’s beautiful in the way that even the most difficult times make us appreciate the good things in life, which we often overlook.



MORE AT BAYANSCHOOL.EDU.BH

ENTERTAINMENT

BY: DHABYA AL MANNAI & SABA SANGOOR

Prison Break:

“You can’t choose your family, but you can choose your friends. And sometimes, those friends become your family.”

Prison Break is an exhilarating series that delves into themes of loyalty, sacrifice, and the relentless pursuit of freedom. The central plot revolves around Michael Scofield, a structural engineer who deliberately gets himself imprisoned to save his wrongly accused brother, Lincoln Burrows, from death row. This bold act of love sets the stage for a gripping exploration of the lengths one would go to for family.

What defines Prison Break is the high-concept plotting and the drive of the human spirit. It also displays Michael’s great strategic mind and creativity, not only in the planning and implementing of elaborate escape plans, but also the portrayal of the bonds he forms with the inmates. Every given protagonist has a storyline, which is meant to show the audience how the main characters were made. This ensemble gave me a lesson to learn regarding comradeship in times of trouble or stress, and that friendship can develop anywhere.

The series also features issues to do with justice and morality. As Michael and other inmates interact with the prison system, the audience cannot be sure what actions are right or wrong. The ethical issues are mirroring real life in prison, and illustrate that sometimes, the only way to deliver justice is through unconventional, and perhaps unpleasant ways.

Furthermore, Michael and Lincoln’s frenemy connection brings passion into the series’ plot. Their relationship depicts brotherhood loyalty, and that sacrifice is one of the true signs of love which makes people take enormous risks. This relation sketch is an indication that our relationships with people help us cope with difficulties that seem unbearable.

Prison Break is a potent reminder of the power of hope, the resilience of the human spirit, and the importance of fighting for what is right. It beautifully illustrates that even in the darkest times, the pursuit of freedom and justice can lead to powerful transformations, urging viewers to reflect on their own relationships and the sacrifices they are willing to make for those they love.



MORE AT BAYANSCHOOL.EDU.BH

STUDENT/TEACHER SPOTLIGHT

BY: MAYAN KHONJI & ZAINAB AL YUSUF

Ms. Christina Rowan

Ms. Christina Rowan's journey as a Taylor Swift fan began in 2017, with the release of Reputation. At the time, she was living in Bahrain and found herself completely captivated by the album, especially with the surrounding drama involving Kanye West and Kim Kardashian. The mix of bold, unapologetic lyrics and the media frenzy made it an exciting time, and Ms. Christina recalls playing the entire album on repeat, soaking in every song.

One of her most cherished Taylor Swift moments happened at a concert, where she witnessed her niece's amazement when the confetti showered the audience during the performance of "All Too Well (10-Minute Version)". The awe on her niece's face as the song reaches its emotional peak is a memory she treasures. As for her personal favorite live song, Ms. Christina chose "My Tears, Ricochet" because of its stunning visual and emotional artistry. She describes the song as "deeply moving," with layers of meaning that make it stand out during the performance.



In the classroom, Ms. Christina weaves her love for Taylor Swift into her teaching in innovative ways. She often incorporates Swift's lyrics into her poetry units, drawing parallels between Swift's storytelling and poetic devices and the works of classic writers like Shakespeare. By comparing Swift to a modern-day Shakespeare, Ms. Christina helps her students appreciate the depth and complexity of Swift's songwriting, using it as a gateway to explore themes, metaphors, and narrative voice. Swift's songs, with their rich emotional layers, provide an accessible and engaging way for students to connect with the beauty of poetry in the modern world.

To sum it all up, Ms. Christina's journey as a Taylor Swift fan is all about the joy and connection that music brings to her life. From her obsession with Reputation to the enchanting concert moments with her niece, it shows how Taylor Swift's music made a difference in Ms. Christina's life, as she now intertwines the song lyrics into her poetry lessons to make classic literature feel fresh and exciting for her students. The students have the ability to feel that the poetry is relatable, as she links it to some of their favorite songs. Ms. Christina uses this way of teaching to inspire her students and to show them the beauty of music and literature in a fun and engaging way.

MORE AT BAYANSCHOOL.EDU.BH

NUTRITION

BY: SHAIKHA ALBINMOHAMMED



Can our eating habits increase our chances of getting cancer?

According to doctors, “You are what you eat”, but how accurate is that statement? While there are other factors, like our genetics, for example, that can impact how likely a person is to get cancer, our diet is one of the most crucial factors when it comes to determining how likely a person is to get cancer, amongst other important factors. Studies have found that up to 50% of cancer types can be prevented just by ensuring we have a balanced diet. Individuals who constantly lean towards quick meals like fast food and processed foods tend to have unhealthy, unbalanced lifestyles and diets which can severely increase their chances of developing cancer compared to people who exercise regularly and make sure they have a balanced diet.

Many people believe that in order to have a balanced diet and healthy lifestyle, they have to completely cut out unhealthy processed foods, when that’s not the case. While it is true that it is difficult to change your lifestyle, it doesn’t make it impossible. By reducing the intake of processed and packaged foods and replacing them with home cooked, fresh meals, individuals are already decreasing the likelihood of developing cancer in the future. Some cancer-fighting superfoods include a variety of nutrient-dense options that may help reduce the risk of cancer, such as berries, that are rich in antioxidants and vitamins, and vegetables like broccoli, kale, and brussels sprouts that contain compounds that may inhibit cancer cell growth. Other notable superfoods include garlic, which has been linked to reduced cancer risk, and green tea, that may prevent tumor growth. Incorporating these foods into a balanced diet can support overall health and potentially lower cancer risk.

CULTURE AND HERITAGE

BY: TALEEN AL MOHRI

The Rich Heritage of Pearl Diving in Bahrain

Bahrain, an island nation in the Arabian Gulf, has a deep history connected to pearl diving. For centuries, it was known as the “Pearl of the Gulf,” with its waters producing some of the finest pearls in the world. This industry not only shaped the economy but also influenced the culture and identity of the people of Bahrain. Pearl diving in Bahrain goes back over 4,000 years. Ancient artifacts show that people have been collecting pearls for a very long time.

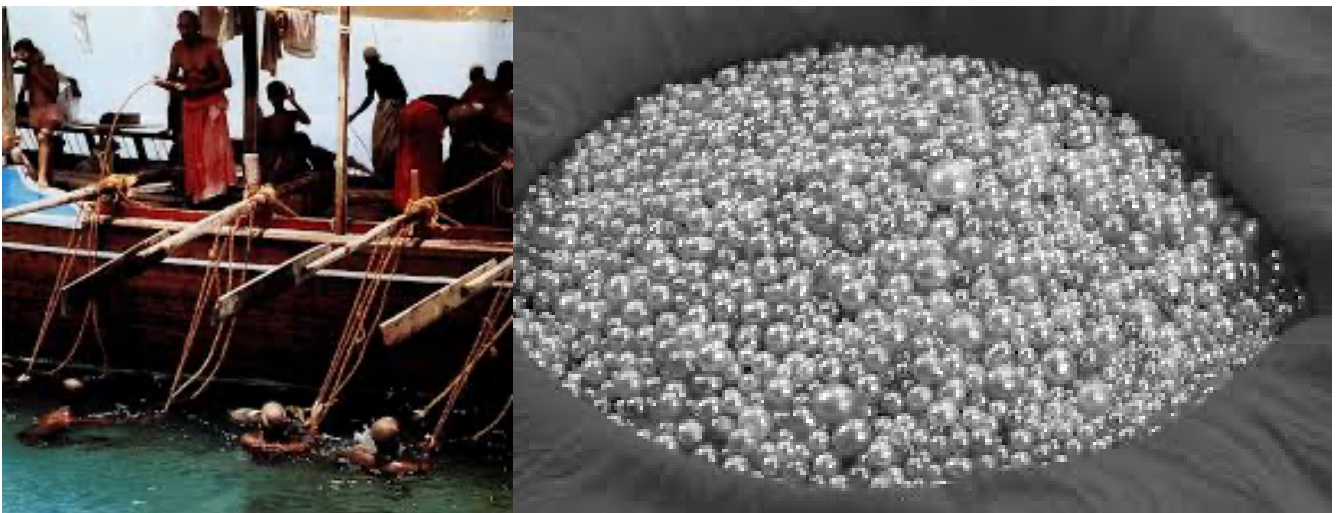
By the late 19th and early 20th centuries, Bahrain became the main center for pearl diving in the Gulf, especially in the towns of Muharraq and Manama. During this time, the pearling industry thrived, providing jobs for thousands of divers, known as “ghaws” (“غوص”). These brave men would dive deep into the sea without modern equipment, often holding their breath for long periods. Their skills and courage were crucial to the local economy and the maritime culture of Bahrain. Pearl diving is much more than just an occupation; it is a key part of Bahrain’s cultural identity.

The diving season, which usually ran from May to September, brought excitement and community spirit. Families would gather to support their divers, creating bonds that are still important today. Traditional songs called “Fijiri” (“فجيري”) were sung to honor the divers. These songs celebrated their bravery and helped ease their worries during long nights at sea, adding to the rich stories passed down through generations.

CULTURE AND HERITAGE

BY: TALEEN AL MOHRI

With the introduction of cultured pearls and the discovery of oil in the early 20th century, the pearl diving industry began to decline. Many divers turned to other jobs, and traditional practices started to fade. However, in recent years, there has been a growing interest in preserving Bahrain's pearling heritage. In 2012, UNESCO recognized Bahrain's pearling traditions by naming them a World Heritage site. This recognition has led to efforts to revive and promote the culture, including educational programs and cultural festivals celebrating the art of diving and trading pearls. Today, pearl diving is not just a reminder of Bahrain's past; it is also part of its cultural tourism. Visitors can explore old pearling houses, attend exhibitions, and even join pearl diving experiences. These activities offer a chance to understand the skills and dedication of those who once depended on the sea for their livelihoods.



GAMING

BY: HASAN ZAINALABEDIN & MAYAR BIN HUWAIL

Sims 4 Community Goes Pink for Breast Cancer Awareness!

In light of Breast Cancer Awareness Month, it is fascinating to see how different gaming communities are coming together to raise awareness and support this cause. A community that truly stands out for its creativity and inclusivity (which I am in) is the Sims 4 player base.



Sims 4 is a life simulation game that is famous for letting players unleash their creativity, customizing every detail of their virtual world. Over the years, the game's modding community has created everything from stylish furniture packs to custom storylines. But during Breast Cancer Awareness Week, these creators have turned their talents into something more meaningful.



The Sims 4 modders have introduced a range of creative and thoughtful mods aimed at raising awareness for breast cancer. Players can now dress their Sims in pink outfits and accessories, display symbolic ribbons on their shirts, and even host virtual charity events in-game to reflect real-life campaigns! A particular mod allows Sims to visit a doctor for a consultation, where they can receive valuable information about breast cancer and learn the importance of early detection. These additions not only raise awareness but also remind players of the real world impact of breast cancer.

The way the Sims 4 community has come together for this cause shows just how powerful gaming can be by making a global impact! So, Sims 4 players, make sure to download these amazing mods, drape your Sims in pink, visit the in-game doctor for valuable information, and help spread awareness in the game!

MORE AT BAYANSCHOOL.EDU.BH

VISUAL ARTS

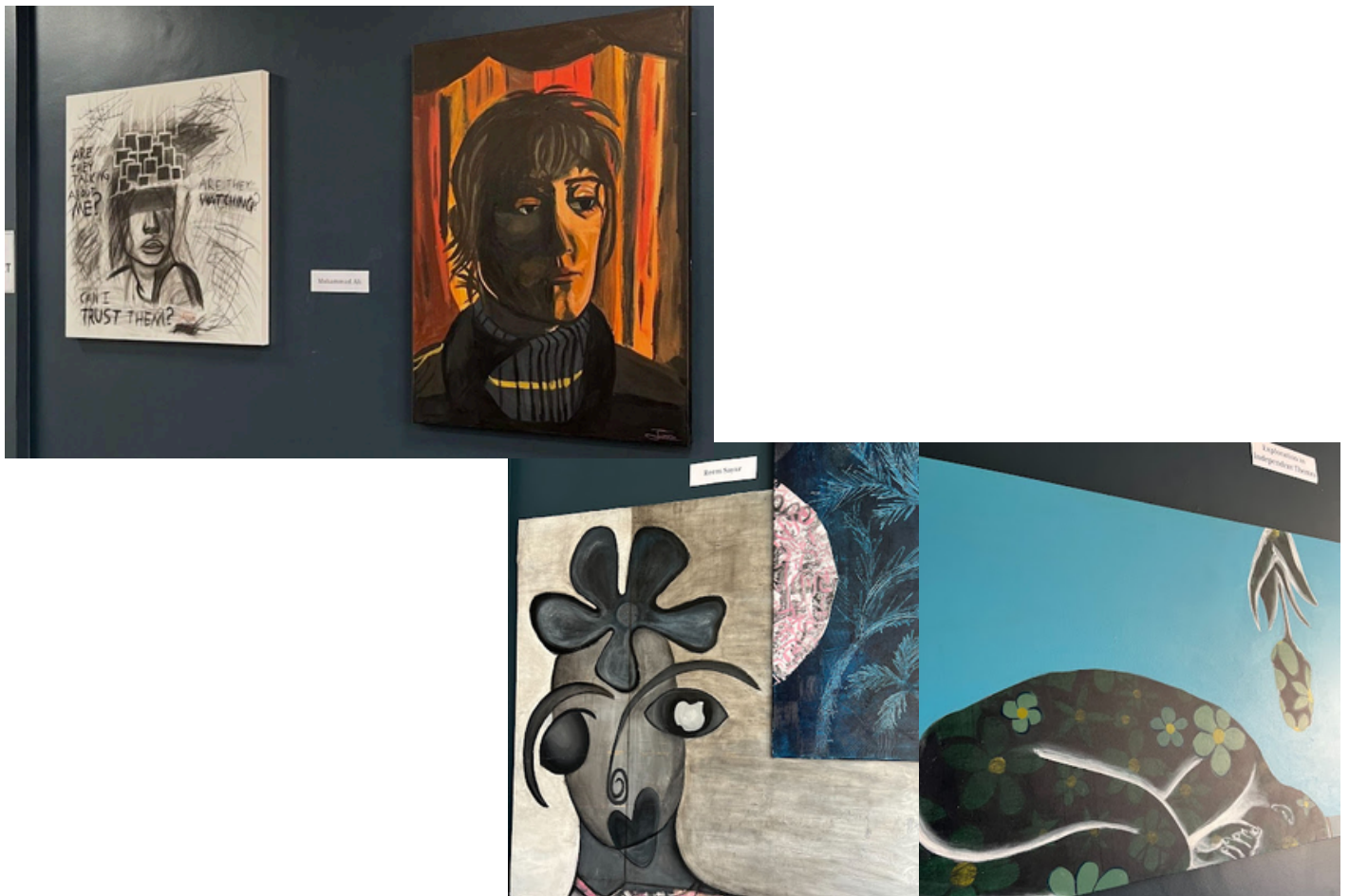
BY: JOOD AL HASHEMI & MOHAMMED ALI

Visual Arts Gallery: The Edge of Exploration

The theme, The Edge of Exploration, encompasses a variety of artworks that explore different media such as paintings and clay, while some students specifically explored cultures to inspire their art. After exploring them, students created unique and creative pieces that perfectly capture the various and distinct cultures around the world. As for the IB Visual Arts students in grade 12, there was a further exploration of individual themes through analyzing and delving deeper into individual ideas and bringing them to life.

Take a look at the images that showcase some of this month's gallery and make sure to stop by and take a moment to appreciate each artwork. Don't forget to leave a kind and positive message behind!

Thank you to the Visual Arts Department and students for their hard work and effort that they put into bringing this gallery to life!



MORE AT BAYANSCHOOL.EDU.BH

PHOTOGRAPHY

BY: JOOD AL HASHEMI & MOHAMMED ALI

Photography: Human Actions

This month's theme for photography is “Human Actions”. Capturing moments that highlight actions and interactions that make us who we are.



Karting images by Lulwa Fakhro

This column is open for image submissions, simply submit your images to m.ali.2579@bayanschool.edu.bh via email and you might get featured in the next issue!

MORE AT BAYANSCHOOL.EDU.BH

STALLION NEWS

BY:FARAH JANAHI & AMNA YOUSIF

The National Honor Society:

The National Honor Society (NHS) has organized multiple engaging activities with high school Bayani students, as the members have sold multiple products, including jibbitz, hair clips, and headbands, in order to raise funds for the treatment of breast cancer patients.

The NHS has played a vital role in spreading awareness about breast cancer, which has greatly impacted its members, as selling these products has not only provided patients with financial support but has also allowed them to see the importance of helping them and reassuring them that they are not facing their journey alone.

Recently, the NHS president, Ayah AlKhunaizi, was interviewed and asked, "What does breast cancer awareness mean to you?" Her response radiated warmth and hope, as she said, "To me, breast cancer awareness is a symbol of resilience and women's strength. It serves as a constant reminder to all women in general and the youth, specifically, to educate themselves and to make sure that they are always in good health."



STALLION NEWS

BY:FARAH JANAHI & AMNA YOUSIF

The Student Council:

Our student council (STUCO) has been passionately involved in raising awareness about breast cancer for this month. Recently, our vice president, Saba Sangoor, shared her plans for this month on the Bayan podcast, where she explained just how important it is to spread awareness about breast cancer. In order to actively engage students and staff, STUCO encouraged all girls to wear pink and boys to wear white to visually show our support for the cause. They even arranged a “Bnt Alfreej” stand, which sold ice cream, drinks, and mini pancakes!

They also decorated their bulletin board with information and facts about breast cancer and how a person can spread awareness about it, which encourages everyone to learn more. It’s truly inspiring to see our peers in STUCO work together for such an important cause, reminding us that together we can make a difference. It’s been heartwarming to see our community come together for this cause.



MUSIC

BY: DAREEN ABU RUMMAN

Top 10 Songs In Support of Think-Pink Month



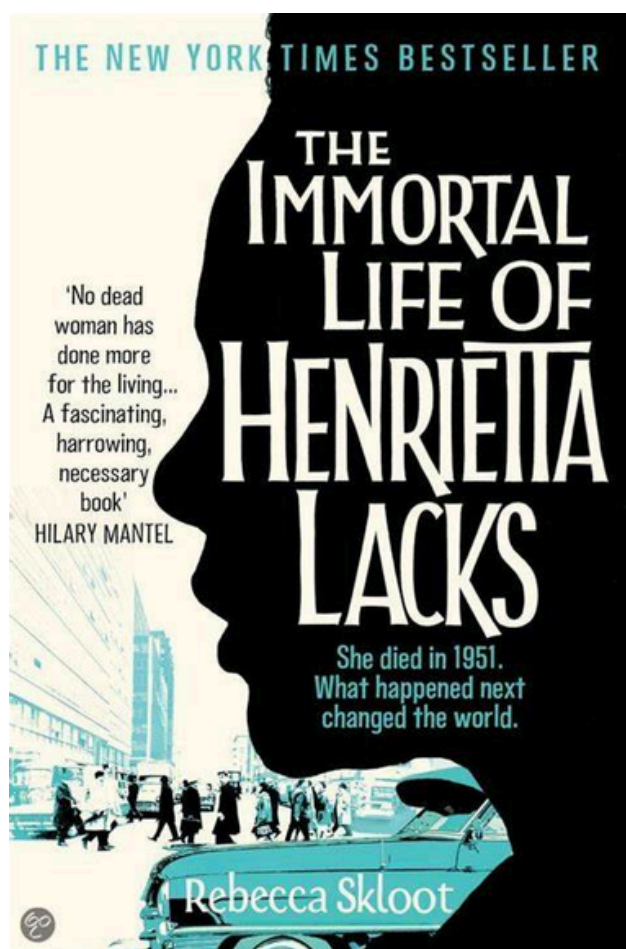
- 1) Confident - Demi Lovato
- 2) Mission - Lupe Fiasco
- 3) Fighter - Christina Aguilera
- 4) Clouds - Zach Sobiech
- 5) Perseverance - Hatebreed
- 6) Don't Stop Believing - Journey
- 7) Cancer - My Chemical Romance
- 8) Girl On Fire - Alicia Keys & Nicki Minaj
- 9) Live Like You Were Dying - Tim Mcgraw
- 10) Ain't No Mountain High Enough - Marvin Gaye & Tammi Terrell

LITERATURE

BY: REEM MEZAAL

Exploring Breast Cancer Through Compelling Narratives

Breast cancer remains one of the most significant health challenges facing women today, impacting millions globally. The narratives surrounding this disease not only highlight the medical aspects but also the personal stories that resonate deeply with readers. Two remarkable books that explore these themes are The Immortal Life of Henrietta Lacks by Rebecca Skloot and Ticking Off Breast Cancer by Sara Liyanage. Both authors provide unique perspectives on their personal experiences with breast cancer in their compelling works.



In The Immortal Life of Henrietta Lacks, Rebecca Skloot delves into the life of Henrietta Lacks, whose cancer cells were taken without her knowledge in 1951. These cells, known as HeLa cells, became one of the most important tools in medicine, leading to numerous breakthroughs, including the development of the polio vaccine and advancements in cancer research. Skloot's narrative intertwines the story of Lacks' life and her family's struggles with the legacy of her cells.

Lacks' cells have contributed to research that has directly impacted breast cancer treatment and understanding. Skloot explores the ethical implications of using human tissues for research without consent, raising critical questions about race, class, and medical ethics.

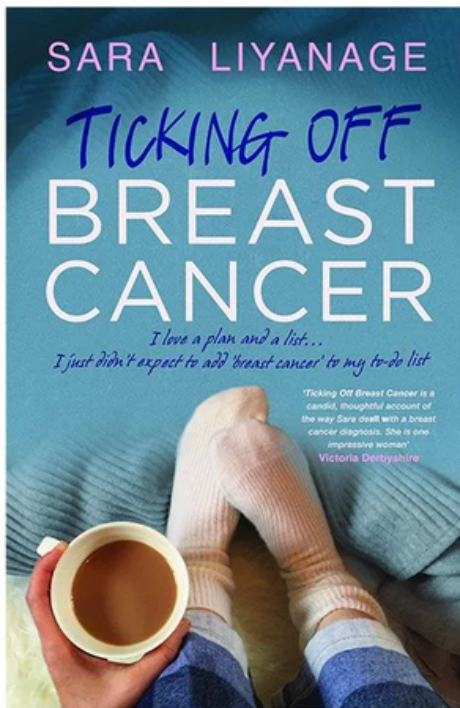
This book not only honors Lacks' memory but also urges readers to consider the human stories behind scientific progress. Through her meticulous research and compassionate storytelling, Skloot demonstrates the importance of acknowledging the individuals behind the medical advancements that affect countless lives.

MORE AT BAYANSCHOOL.EDU.BH

LITERATURE

BY: REEM MEZAAL

Exploring Breast Cancer Through Compelling Narratives



Sara Liyanage's *Ticking Off Breast Cancer* offers a raw and personal account of her journey as a young woman diagnosed with breast cancer. Liyanage, a writer and an advocate, conveys her experiences from diagnosis through treatment, including the emotional and psychological challenges she faced. Her candid reflection on fear, vulnerability, and resilience makes it a powerful read.

This memoir emphasizes the significance of breast cancer awareness and the importance of early detection and education. Liyanage's narrative is not just about surviving cancer; it's about the transformation that occurs through the experience.

She addresses the societal pressures and stigmas surrounding cancer, particularly for women, and uses humor and honesty to navigate her journey. The book serves as both a personal testament and a call to action for others facing similar battles.

Through her story, Liyanage provides a voice to many women who feel isolated in their experiences. Her perspective reinforces the need for community support and the importance of sharing one's story as a means of healing. By illuminating the multifaceted nature of breast cancer, *Ticking Off Breast Cancer* empowers readers to confront their fears and advocate for their health.

GLOBAL ISSUES

BY: HAMAD M. AL KHALIFA & BASHAR ABDULLA

Introduction

Breast cancer is a common global health issue, affecting millions each year and impacting families, economies, and healthcare systems. It accounts for nearly 1 in 8 cancer diagnoses, according to the World Health Organization, underscoring the need for awareness around prevention, early detection, and treatment. This article highlights the importance of recognizing symptoms, global efforts, and spreading knowledge to save lives. Understanding risks and signs is crucial in reducing cancer-related deaths.

What is Breast Cancer?

Breast cancer is the uncontrolled growth of cells in the breast, forming a tumor that can spread to other body areas. It can start in various parts of the breast, and its severity depends on the type. Invasive cancers, like Invasive Ductal Carcinoma, extend beyond the initial site, while non-invasive types, like Ductal Carcinoma in Situ, remain contained. Risk factors include age, family history, genetic mutations (e.g., BRCA1, BRCA2), and lifestyle choices like diet, exercise, smoking, and alcohol consumption.

Effects of Breast Cancer

Breast cancer impacts individuals physically, causing pain, fatigue, and bodily changes due to treatments like surgery or chemotherapy. It also takes an emotional toll, with patients often experiencing anxiety, sadness, or fear of recurrence. Relationships may change as patients need support, and the costs of treatment can add financial stress. Early detection and a strong support system are crucial for easing the burden on patients and their families.

GLOBAL ISSUES

BY: HAMAD M. AL KHALIFA & BASHAR ABDULLA

How Can Readers Get Involved?

Support breast cancer awareness by donating to reputable research organizations, encouraging screenings, and discussing self-exams with loved ones. Share accurate information on social media, dispel myths, and promote campaigns like National Breast Cancer Awareness Month. Every effort counts in spreading the word and saving lives.

Prevention and Awareness Campaigns Worldwide

Preventing breast cancer often involves lifestyle changes, like eating well, staying active, and limiting alcohol. Early detection through screenings, such as mammograms, is vital. Global campaigns like Pink October raise awareness, educate the public, and encourage screenings. Education is key to recognizing symptoms, reducing stigma, and providing accurate information, potentially saving lives through early diagnosis and treatment.

Challenges and Global Disparities

Access to healthcare varies globally, with significant gaps between wealthy and low-income regions. In many developing countries, limited screenings and treatments delay diagnoses and reduce survival rates. Cultural stigmas can also hinder early detection, and financial barriers pose challenges, especially where comprehensive health insurance is lacking. Addressing these disparities is essential for fair access to healthcare.

Conclusion

Breast cancer can be better managed with collective awareness, education, and early action. This article has explored the importance of recognizing symptoms, prevention, and participation in awareness campaigns. Each person plays a part in spreading information, supporting patients, and encouraging screenings. Together, we can work towards a future with fewer breast cancer cases and more survivors, taking steps today that will make a difference tomorrow.

SPORTS

BY: HESSA BIN THANI & NOOR ABDULHAQ

“Fighters off and on the field” refers to athletes who continue to show positive responses and dominating performances in their sport despite battling injuries or diseases. Martina Navratilova, a Czech-American former professional tennis player, illustrated the emotional journey of an athlete who battled cancer.

Considered “the most successful female tennis player of the Open era” and part of the International Tennis Hall of Fame, Navratilova dominated women’s tennis in the late 1970s and the ’80s. She won 18 major singles titles, 31 major women's doubles titles, and 10 major mixed doubles titles, for a combined total of 59 major titles.

In 2010, Martina Navratilova underwent a typical mammogram and found out she was diagnosed with breast cancer. As the cancer was detected early, she was given the opportunity of receiving treatment. However, while receiving radiation therapy, she was still continuing to work out rigorously. When the treatment was over, she returned to professional sports and, at the end of that year, took part in many senior tennis tournaments.

Martina’s main goal was to let people cherish their health and schedule frequent visits with doctors. She shares and is open about her personal experience with breast cancer. She inspires many by advocating for early detection, making people more aware, and taking proactive measures concerning cancer prevention and diagnosis.

JUST FOR LAUGHS

That "no class tomorrow" sleep be hitting different:



WHEN YOUR TEACHER GIVES YOU WEEKEND HOMEWORK



Me before I Study :



Also me after Studying for 1 min 27 seconds



When the teacher uses your name as a good example

