

MESSAGE FROM THE EDITOR-IN-CHIEF



Happy 2017, Bayanees! I hope you all had a wonderful, relaxing winter break.

While we look forward to all the joys we have yet to experience every new year, it goes without saying that the memories of those who have left us in the past will always be loved and cherished.

Last month, the Bayan community suffered from a great loss — the loss of a student, a classmate, a friend, a sister. After a long, defiant battle with cancer, Bayan's very own Zayanb Fahad Tarradah had tragically passed away, leaving us with restless nights and broken hearts. Words fail to express the sorrow we feel for the loss of such a bright, inspiring young woman. Although she may not be around us anymore, her cheerful spirit, gleeful giggles, optimistic attitude, quirky sense of humor, and lively personality will always resonate within us.

To Zaynab's family, our thoughts and prayers are with you. Please accept our heartfelt sympathies.

Zaynab, you will always live on in our hearts. We love you, and we miss you. May you rest peacefully in God's mercy.

((اللهم ارحم زينب فهد طرادة واغفر لها واسكنها فسيح جناتك وثبتها عند السؤال وجازها بالحسنات إحساناً وبالسيئات عفواً وغفراناً))



-DANIA BIN HUWAIL, EDITOR-IN-CHIEF

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... AND MORE!

BAYMUN: WELCOMING VARIETY, CREATING UNITY

BY: JOOD AL SHIRAWI

GRADE: 11



Since we have to be in school five days a week, you might as well know what is going on! What better way is there than to read all about it in the school events column?

Many people are mistakenly skeptical about attending MUN conferences. They claim that they are too shy to join or that it will be a waste of their weekend when, in fact, it is truly an experience that every student should take part of as there is so much for him or her to gain by the end of the two days. The allure of MUN is how it allows the student to go out of his/her comfort zone, whether that is by giving a speech or creating new friendships with participants from other schools. It enables the student to be more aware not only of the problems that need to be resolved all around the world, but also of all the different, global perspectives on them.

BayMUN, the only THIMUN-affiliated conference in all of Bahrain, provides the most fruitful experience for the attendees, which makes it highly sought after. This year alone, about 650 people joined from over 50 private and public local and international schools. The anticipation everyone had quickly spread around our school like wildfire; students all throughout high school and middle school wanted to be a part of BayMUN whether it be as a delegate, runner, press, chair, etc. The weeks leading up to the event were filled with enthusiasm and hard work. Students from

Bayan attended afterschool meetings and training sessions to make sure everything will run smoothly during the event, and were even joined by some students from other schools. Everyone was eagerly counting down the days until December 2nd.



On the day of the event, it was extremely evident how much the MUN director, Ms. Radia, and her team of student directors and organizers have put into this event, as everything was arranged with a great deal of attention to detail. The amount of time and effort that is needed to create the best atmosphere and experience for all the participants proves that BayMUN's reputation is well deserved. Even with their grief over the unfortunate passing of the beloved student, Zaynab Tarradah, they soldiered on with a high level of professionalism. In the end, the conference was deemed successful by all, and everyone wished it didn't have to come to an end.



BAYAN'S LETHAL SPIKER

BY: YASMEEN YAQOOBI

GRADE: 11



The hobbies segment aims to showcase the wide range of various talents within the unique student body that comprises Bahrain Bayan School. Think of it as a less gaudy talent show.

For most, spending their time afterschool slamming a ball across the net with their reddening palm is undesirable to say the least, but to Haya Mahmood, nothing is as special as that feeling.



Haya joined the school's volleyball team in the 8th grade. During her very first trial, she was able to make the volleyball soar across the net in a remarkable speed, causing Ms. Mona to promptly coax her into joining the school's team. Haya hasn't looked back since, claiming that her fellow teammates' positivity and friendliness allowed her to feel comfortable and willing to put all her energy into this risky endeavor.

Haya thrives under the competitive nature of the sport, claiming it to be highly unpredictable, for you can be winning the game at one second but then losing it at another. The pressure of being a team

player functions as a motivator to do her best, driving her to assist fellow teammates in their individual spikes. The hardships that come with playing the game elevate her performance; the gruesome injuries I'm sure all of us had to endure during P.E. class is actually the source of her pride, for she says that nothing feels better than realizing that she had overcome all that pressure and pain.

Those feelings of pure elation is further intensified by the bond Haya has created with her teammates, as she was keen on highlighting how this sport has allowed her to connect with her fellow peers. She finds volleyball a beautiful sport especially for its focus on collaboration and teamwork, which her team had exemplified by victoriously winning first place in the female volleyball tournament this year, instilling our community with joy and pride.



Haya has bright plans for the future. It is truly wonderful to see that her passion for volleyball might end up deciding her future career, for she is thinking of applying for a sports scholarship. I know for sure that we all wish her the best; after all, it would be pretty sweet to see a Bayan alumna crushing it in international volleyball tournaments.

BOOKS MUST NEVER DIE

BY: ZAIN AL SAKHI

GRADE: 11

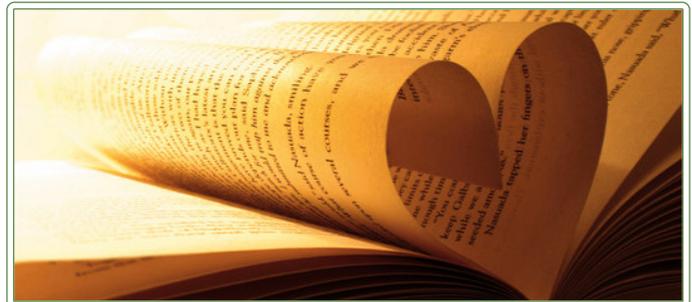


The social awareness segment of the Bayan Post aims to address a host of worldwide issues in hopes that the message delivered is not only heard, but also remembered.

Many might argue that millennials are subjugated by a corrupt power structure set up by the older generation, which is true to an extent, but we are actually the driving force in this world. Our generation is referred to as the “smartphone-addled generation” where our entire culture is sinking into a morass of shallow self-absorption. We don’t care about books; they’re a waste of time. We could be taking selfies instead, because who even cares about knowledge anymore? Our views and interests have shifted greatly because first, technology became prevalent and easily accessible and second, we bring up the excuse “we don’t have time to read”. I used that excuse multiple times, but don’t we immediately use our phones and other gadgets after finishing our work? In fact, our technology serves as a barrier that allows us to procrastinate and not work.



Now, I’m not against the idea of technology, but technology itself wouldn’t have been developed if it weren’t for books. How do tech-savvy people even learn about technology? You guessed it, it’s through books. Printed books can’t die and shouldn’t die because they’re the pillars of knowledge. Let’s take the book “Fahrenheit 451” for instance. The author Ray Bradbury envisions the world to be very advanced in technology and the reading of books declines regularly until they become banned. If you look at our world today, you’ll see that Bradbury wasn’t too far off with his futuristic novel. Technology permeates every aspect of our environment. Whether we like it or not, we’ll most probably choose watching TV shows over chilling with family and we’ll definitely pick using our smartphones than reading a gripping book.



What people don’t realize is that reading is at the heart of human consciousness and experience. Books allow us to connect to the world in a deeper level than technology. You get to learn things about yourself, imagine picturesque moments, and feel different colors of emotions. Give books a chance and give yourself a chance because books are the pair of wings you need to fly into a new realm of erudition, cultivation and enlightenment.

“The notion of ‘getting lost in a good book’ transcends time, generation, and even the page itself.” – Unknown

A BETTER YOU: BE YOUR OWN ROLE MODEL

BY: ZAIN AL BASTAKI
GRADE: 12



A flawed human writing about the beauty of the chaos within all of us; bringing silent broken voices to life on paper because maybe when we realize we're not alone in suffering, we can find peace.

Reflection is the core of self-awareness, which, in turn, leads to self-improvement. You want to be a better person? You have to determine what exactly needs to be better about yourself. Now, I really don't believe in criticism or role models. Sure, you can have a role model; by definition, we all have them, but I think the word used to describe them is completely off. We should never strive to be someone else. Instead, we should strive to be better versions of ourselves, deriving qualities we like from a number of sources ("role models") and implementing them within our own character. I don't know what it is about the word "model" that annoys me, but that's a chronicle all on its own.

You shouldn't listen to criticism from other people... why?

- Often these comments are a result of the critic's own insecurity, misunderstanding, or misinterpretation. People like to do things certain ways and if yours doesn't match theirs, they will criticize you.
- You don't need all that negative energy in your life.
- No one has ever walked a mile in your shoes so they can't possibly know you better than you know yourself.

That's why you should derive what you need to change about yourself — from yourself.

1. Find modes of reflection. The first thing you need to do is figure out what makes you think and reflect. It can be anything from drawing to running or cooking. Basically, anything you do absent-mindedly while you analyze the universe. Do more of it!



2. Conclude. When you're ready, make a life pizza. Dedicate each slice to one thing you value in your life and then score it out of 10 based on your level of satisfaction.

3. Implement. Now, take those objectives, make a reasonable plan, and stick to it!

P.S. Don't take yourself too seriously. It's okay to laugh at your inability to perform a push-up (same...), and it's okay if your only objective for the next year is to wake up every morning. As a senior, I can tell you one thing for sure. I used to have a countdown for graduation back in the ninth grade and, when it said 1698 days, graduation seemed like a world away. It's not. You will wake up and wonder where all the days have gone so stop looking back or anticipating what's to come. Take baby steps everyday towards your goals, and you'll get there in no time.

SPENDING MONEY

BY: BASEL AL JISHI
CLASS OF 2016 ALUMNUS



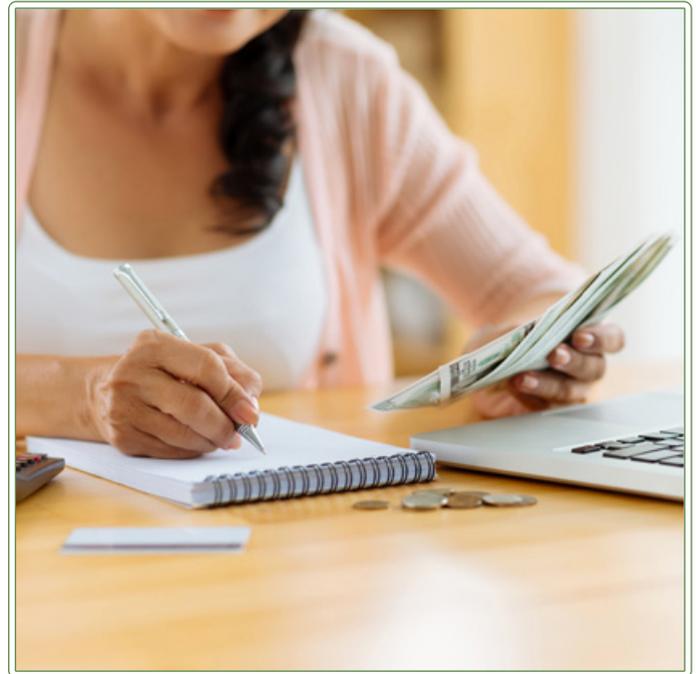
I bet you thought you'd seen the last of me. I write about stuff that include, but are not limited to, personal opinions on universities, as well as cool engineering stuff I come across.

Finally! You're in university, and everything is great! But, if you're studying abroad, you need to manage your money, because you do not want to be stuck eating ramen for a couple of weeks because you spent all of it. So, how much money does a foreign student need to survive? Well, it really depends on the country and city you live in. Based on my experience, I will be discussing money spending in the UK.



An average amount of money that would be good to have on for a month is £700 (approximately 325 BD). Now, looking at your expenditures, it would mainly be on food and entertainment. However, this of course does not apply to the first few months of settling in, as more money will be spent on buying household items, cooking equipment etc...

Being able to manage the £700 in a month should be simple if one handles it prudently. A good budget idea would be to take £100 and keep them on the side for savings or emergency money. Then, you will be left with £600 for a whole month. Dividing that amount between the four weeks will leave you with £150 per week, which I found to be a decent amount.



Moreover, there are other ways to managing money, such as attempting to spend less on cheaper alternatives. There are several options, such as preparing and cooking your own food. For instance, if you keep ordering food, it would cost more money and possibly be unhealthy for you. However, an issue that may arise from this is that you would not have enough time to prepare your food along with work and commuting to university and back. Thus, a solution I find is that you can prepare your food earlier and freeze it. Then, when you are in need of food, you can simply heat it or cook it with your favorite sauces. There are of course many ways to manage your money, but that is all I am going to cover for this article.

HYPE

BY: ABDUL AZIZ AL KHAN

GRADE: 11



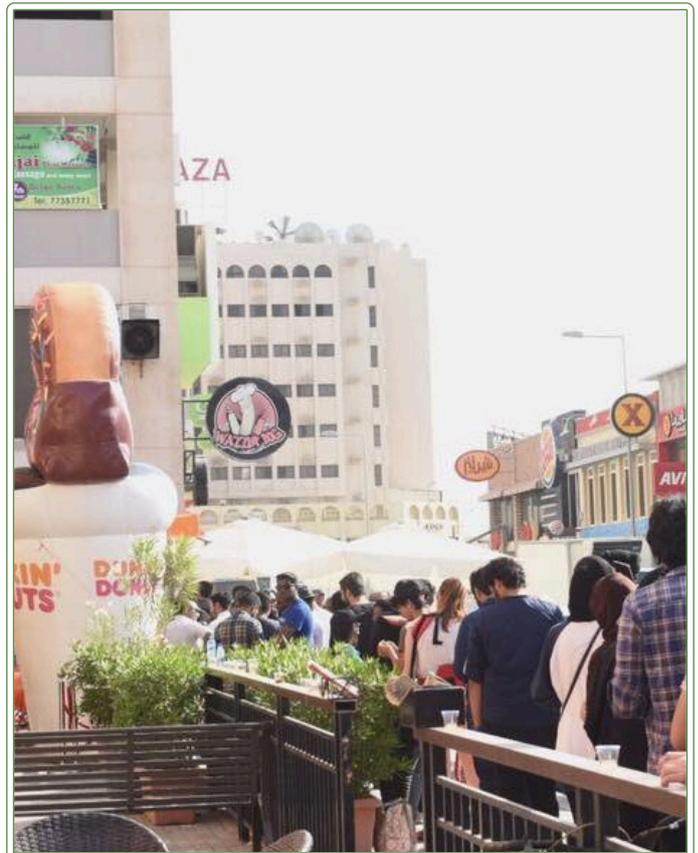
This is an opinions column. Hehe. (Editor's note: the opinions expressed in this column reflect the author's own views and not the newsletter's as a whole).

Hype isn't necessarily an issue that is taking over our lives, but it certainly does have an impact. Everything we do today relies on the hype that surrounds it. What I mean by hype is the buzz that a place or thing has before it opens or is available... if that makes sense. Take Dunkin' Donuts for example; I guarantee that not even 50% of the people that were crying with joy once they saw the Dunkin' Donuts promotional posters in Bahrain have even tried it before, and, to be quite honest... it isn't really that special.

Hype can make or break places. Restaurants have literally canceled their openings because of the lack of hype they received. To be fair, this isn't really a problem; an excessive amount of hype can be justified if it surrounds something truly groundbreaking or unique. The real problem is with the fact that people can't seem to think for themselves. People just do the things they do because other people are doing them, hence why hype can be stirred up so easily. Are we really that dependent? Can't we form our own opinions without the influence of others? This applies to nearly anything... books, music, movies... and even vitamins. If someone relevant like a Kardashian or a Bieber says something is good, you'd see everyone else buying that

same thing, ultimately leading people that have no hair buying hair strengthening vitamins, and people who can't speak a word of English listening to hardcore street Grime rap.

As I usually say... it is us who are leading ourselves to this impending doom. In the age of social media and innovation, we were bound to take this fall. The problem is that, while we always have a chance to fix ourselves, will we ever...? As it is easier to say you'll go on a diet than actually doing so, it's not that easy to just "cut back on the cringe". But, we can start taking steps towards that... perhaps firstly by realizing that spending an hour waiting in a store's line just to have a bite out of a donut is simply not worth it.



Well, anyway... maybe we will fix ourselves, maybe we won't. Who knows, maybe forming our own opinions and judgments will one day be the new hype...

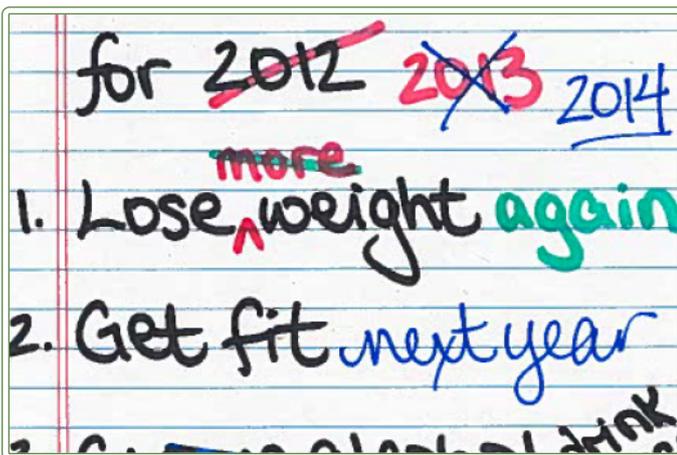
SLOW AND STEADY WINS THE RACE

BY: ZAINAB KHALAF
GRADE: 11



Cheesy advice is what you're getting. From improving school grades to organizing your life, we have it all. There's nothing like getting advice from a junior with no idea about anything...right?

“New Year, new me!” Honestly, who are we kidding? Every year, resolutions are made only to be abandoned weeks later. What people don't realize is things don't exactly change overnight. I applaud you for trying to lose those extra pounds or eat healthier, but that doesn't mean it's going to happen immediately without effort. For those *willing* to put in the effort, you also need to be patient. We often tend to go big and when things don't go the way we've planned, we back out and give up. The thing is, the solution is right in front of us. **Don't. Go. Big.**



Yeah, yeah. Buzzkill, I know. But you have to admit that it does make sense. Putting big goals for yourself can be pretty demotivating when you don't reach them in a short amount of time. So... break down your goal into small attainable new goals

that can be accomplished quickly that in turn will aid your long-term goal. Take the cliché “to be a better person”: that can easily be broken down into a set of small goals. For instance, start by identifying a) what will make you a better person, b) what “bad qualities” you want to let go of, and c) how you can slowly let go of said qualities. Then, based on your results, simply compile a list of goals like “smile more” and carry them out into your day. To remind yourself of your goal, you can even read cheesy motivational quotes or simply write it down on a piece of paper.



If you already believe you're a decent person, then just go through the same process with whatever goals you can come up with. A good way to keep you on your feet is to ask a friend to keep pushing you or to find someone with a similar goal. Finally, and I can't stress this enough, remember that sometimes taking baby steps is better than going big. Oh, and just one last piece of advice? You don't need a new year or an important date for a new start. Just choose to change and the rest will come. Good luck!

KETCHUP: THE BAYAN AND BEAUTY CRISIS

BY: ASMA AL QATTAN & ZANE GHAREEB
GRADE: 12



Between the stress of studying math and reciting poetry, school should be as pain-free as possible. In fact, you'd be surprised at how much your appearance can lift your attitude towards school. This segment aims to rejuvenate physical beauty to further augment our inner beauty.

Ketchup lovers of the Bahrain Bayan School were outraged to know that ketchup was no longer being served in the cafeterias of the school. Confusion swept the hallways due to the stereotypical idea of ketchup being healthy. Since the physical wellbeing of a person is reflected by their appearance, we decided to put these rumors to rest. Here are three reasons why ketchup was banned from being served in the cafeterias within our campus:

1. It is high in sugar — around 4/1 of the bottle is made of sugar.
2. Ketchup is loaded with HFCS (High Fructose Corn Syrup) — health conditions like obesity and diabetes are linked to consuming HCFC's.
3. It has a high amount of sodium — consuming 8 tablespoons of ketchup a day fulfils the recommended sodium limits for the entire day.

Bottom line: ketchup ingredients are not just tomatoes.

We commend our school for encouraging healthy eating habits amongst the student body, since, surprisingly, some food choices are not only unhealthy, but also have direct impacts on our looks. Flawless skin isn't just gene-inherited; it largely depends on the food we consume. That's why we compiled a list of food that you might want to avoid if you're striving to achieve a clearer complexion. But, don't worry — we also have some alternatives!

1. French Fries

French fries carry trans fats that can cause acne, clogged up pores, bacteria, and flaky skin. An alternative to french fries would be air-fried wedges (served in our school's cafeteria!) or even baked fresh kale leaves.

2. Buttered Popcorn

Buttered popcorn contains a high percentage of salt, butter, and carbohydrates that threaten our skin's essential nutrients. So the next time you're picking out a movie snack, try opting for salted popcorn.

3. Milk

Milk is rich in calcium, which is perfectly fine if that's what you need. However, you should know that the hormones and proteins in milk can boost your skin's oil production up to 60%! Instead, try replacing it with water, which will also purify your skin.

In spite of the physical effects of the meals mentioned above, don't be afraid to indulge yourself in them every once in a while! Remember, those are only a few tips that may come in handy if you ever want to commit to a healthier diet because, no one likes a good acne break-out on picture day or flakey skin to kick in at the awards ceremony now, do we?

PUTTING AN END TO DEATH BY PLASTIC

BY: SALEM BIN HUWAIL & FATIMA JANAHI
GRADE: 12



The environmental segment aims to give students insight into local and global issues that threaten our world, as well as a retrospect of day-to-day habits that harm their health. P.S. you better recycle this newsletter when you're done.

By now, most of you probably know that plastic six-pack rings that hold together your favorite soda cans are harmful to the environment. According to Saltwater Brewery, a craft brewing company, almost 100,000 marine mammals and sea turtles die every year from getting trapped in six-pack rings.



That's why Saltwater Brewery developed a %100 biodegradable, compostable, and edible six-pack ring that is made from barley and wheat leftovers from the brewing process.

Not only are they edible for marine animals, but the packaging also starts to disintegrate within two hours of being in

the ocean, which prevents fish or other sea animals from getting stuck in the rings. They take two to three months to completely disappear in the ocean, and it takes a similar amount of time for them to compost if they are left on the beach.



Although the edible rings may be a potential solution to "death by plastic", Dr. Sue Kinsey, senior pollution policy officer at the Marine Conservation Society, expressed many concerns regarding the issue. She said that wheat and barley byproducts, while still better than plastic, aren't a natural diet for marine life and if ingested, the effects are still unknown.

Even though edible six-pack rings could potentially be much better than people throwing plastic away, they are still a risk. In our opinion, the best option is not to throw these things in the ocean in the first place. What's your take?

ANXIETY VS. PANIC ATTACKS: DO YOU KNOW THE DIFFERENCE?

BY: NOORA ALHASHIMI & RAWANA AL DAJANI
GRADE: 12



Psychology is the science of the mental mind. Unfortunately, the Middle East does not place importance on its study and the role it has on our daily lives. In Psych for Dummies, we aim to educate the staff and students alike on the proper meaning of psychology. We never know, we might have a future psychologist in our hands!

After a much-needed December holiday, reality welcomes us back into a month of overwhelming stress: January. Whether you are preparing for exams or finalizing college applications, remember that experiencing anxiousness and nervousness from such pressure is normal, otherwise known as anxiety attacks. At other times, other symptoms that appear out of the blue usually indicate a more extreme verdict: panic attacks. Thus, we decided to help Bayanees distinguish between the two in hopes that it will come in handy when dealing with school stress!

Firstly, stressors are the triggers of an anxiety attack (like an upcoming test or a verbal argument). During an anxiety attack, people may experience fear, restlessness, a racing heartbeat, and short breathing, but this is short-lived: as soon as the stressor is resolved, so is the anxiety attack.

As for panic attacks, they don't rely on stressors but occur in very uneventful situations, like simply going to a shopping

mall. In this case, people might feel like they're having heart palpitations or that they're going to die. Thus, they begin to avoid these places to prevent further attacks, which then *leads* to anticipatory anxiety, which is when you feel scared of a potential panic attack, stopping you from running harmless errands. It also leaves the victim feeling stressed for days, whereas an anxiety attack fades when the problem is solved.

Despite the differences, both disorders have similar treatments such as therapy and medication, but realistically, in a culture where psychological disorders are not taken seriously, we often seek advice in articles and web pages. Thus, we leave you with some of these helpful coping methods:

1. When you're unable to catch your breath, breathe in for four seconds, hold your breath for seven or eight seconds, then breathe out.
2. If you usually feel nauseous during an attack, stick to foods that don't easily make you throw up on stressful days: bananas, rice, toast, and (sometimes) yogurt.
3. When you feel restless and irritated, keep a journal for either ripping out some pages to relieve stress, or write down how you feel, whatever works best for you.
4. When things are moving too fast, try to focus on the still objects in the room. If you feel that you are unable to control the rapid movements around you, it is always best to distract yourself with things that are not moving. Have a reality checklist — focus on your surroundings and identify five things you can see, four things you can touch, three things you can hear, two things you can smell, and one thing you can taste.

THE GIRL ON THE TRAIN

BY: ZAIN BUHINDI

GRADE: 11



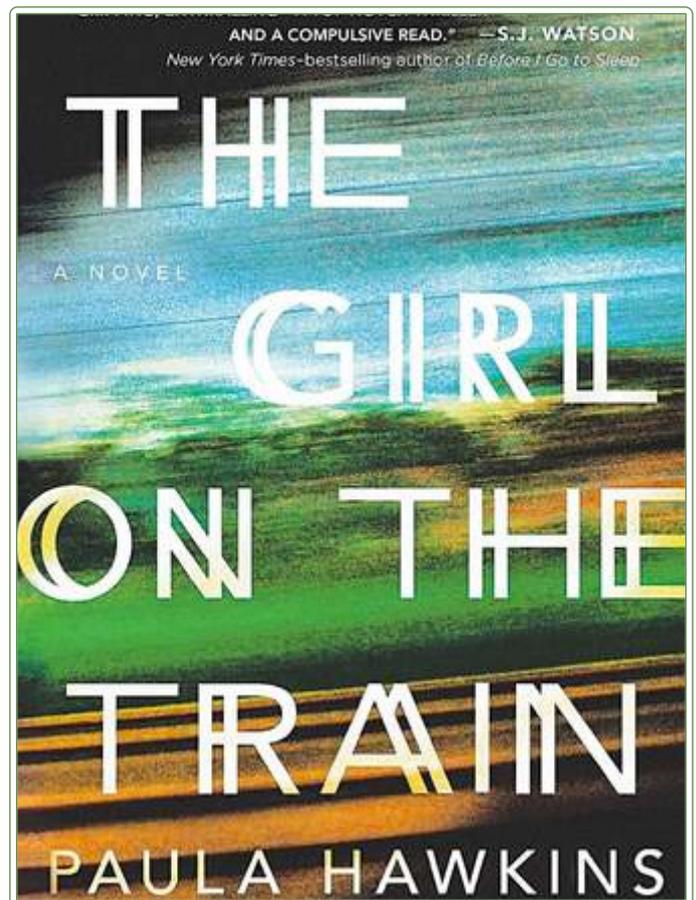
Some books fill us with joy and glee, but some others are just a waste of time... Let these reviews aid thee in determining the ones in which to flee...

Rachel follows the same routine everyday; she takes the same route, on the same train, at the same time, where she watches the same couple, on the same porch — but that all changes when she sees something shocking. It's only a minute until the train moves on, but it's enough. Unable to keep it to herself, Rachel goes to the police. But is she really as unreliable as they say? Soon, she is deeply entangled not only in the investigation, but also in the lives of everyone involved. Has she done more harm than good?

Personally, I read *The Girl on the Train* by Paula Hawkins due to the fact that everyone else read it, (yes, mom — I would jump off the cliff right behind everyone else) and I have to admit, there are some seriously messed up characters. I think the new trend in books where every one of the characters is arrogant, rude, or narcissistic may be the way to go if you are writing a book that you want to take the world by a storm. The thing is... it gets boring.

I didn't care at all about the "mystery." It didn't even feel like there was one. It just felt like a tedious glimpse into the messed up lives of people I'd rather not know anything about. This thing is a hot mess: the writing is clumsy and there are things that just don't

make any sense. The characters are pathetic and the opposite of complex; the women in this book are either defined by the men they are dating or married to, or by how they feel about motherhood (and by that I mean, how they feel about currently having children, or if they want to have even more, etc.). Bleugh. The "plot twist" is easy to guess not even halfway through the book, and the "who-dun-it" moment, where we find out who the bad guy is, while predictable, doesn't make any sense to me, considering how this book is written and what we know about the characters. What about the exposition? Well, there isn't one. You might argue that it's because of the unreliable narrator, but I'm not buying it. Good writing works its way around it. Also, I didn't know 'thriller' translated to 'no character development'.



Life's too short to read a bad book, people. Save yourselves the trouble and give this one a pass.

VIENNA WAITS FOR YOU

BY: ZAIN ALI

GRADE: 11



Your monthly playlist recommending some songs I particularly enjoy! The playlists will often be as diverse as possible in order for everyone to find a song that fits their tastes.

With exam season approaching, it's natural to start feeling stressed out. However, it is also important to not get *too* stressed out. So, here's a list of my favorite songs to listen to when I just need to take a breather and calm down before my brain crashes from memorizing yet *another* chemical equation, as well as tracks I enjoy listening to while studying at two in the morning.

1. *Vienna* by Billy Joel

Inspired by Joel's father, the song takes on a fatherly tone, advising us to slow down and just take it easy for a while. Joel reminds us to enjoy life while it lasts and stop rushing through unless we might "kick off before [we] even get halfway through", meaning that you may tire out and exhaust yourself before you're even halfway through your life. So stop tiring yourself at a young age before you lose your passion and energy, and just "slow down, you crazy child".

2. *Father and Son* by Cat Stevens

Like Vienna, Father and Son reminds us to "just relax, take it easy". Coupled with Stevens's changing baritones, the song conveys a conversation between a father and his son; the father tells his son to settle down, saying that "it's not time to make a change", and that taking life slowly will lead to happiness. The son, however,

desires to break away and chase his destiny. So, while the song may promote an easy-going life, it also includes the notion of breaking free and achieving your aspirations.

3. *Wi-ing Wi-ing* by Hyukoh

One of my favorite methods of studying is to play a random playlist on 8tracks with indie foreign music, and particularly Korean indie, since I tend to get too caught up in English pop songs or translating any French (or any Romantic language, really) songs I hear. *Wi-ing Wi-ing*, by the underground Korean band Hyukoh, is one of the first K-indie songs to really stick with me, due to my weakness towards crescendos. The increase in tempo and volume coupled with a single electric guitar manages to both excite me and calm me, making it one of my favorite songs to listen to when I just want to clear my head.



4. *1/1* by Brian Eno

Ambient music is also one of my favorite genres to listen to while studying, with Brian Eno being one of its pioneers. *1/1* is one of the tracks of the album "Ambient 1: Music for Airports", which Eno created with the intent of defusing the tense, anxious atmosphere of an airport terminal. Eno sought to create music "as ignorable as it is interesting", making it perfect for avoiding distractions whilst studying.

يربط الخيوط الصفراء والبيضاء على أيدينا تأييداً لمعتقداتهم. قام جميع الطلبة والمعلمين باستخدام المنشار والمطرقة لأجل ثقب الحطب بالمسامير لتثبيت قواعد البيت. في هذه الأثناء، عملنا بكل حماس وتعلمنا أهمية العمل الجماعي وعن نتائجه اللامحدودة.

أما في اليوم الثالث، كان البيت على وشك الانتهاء. أنهينا وضع وطرق عض المسامير من خارج المنزل، وقمنا بالعمل على الدرج الخشبي. كنا نشعر بالتعب وكان العرق يتصبب من جبيننا، ولكن لأن الدافع كان عظيماً لم نياس وواصلنا العمل بكل جد.

في اليوم الرابع والأخير لبناء البيت، وضعنا بعض اللمسات الأخيرة للمنزل، فقمنا بتلميس الخشب وكنس المنزل من الداخل، بالإضافة إلى نحت أسماننا على عتبة البيت. ثم، بعد الانتهاء، تجمع صغار القرية وكبارها بحضور شيوخها والكهنة لتبريك البيت، وذلك عن طريق تردد بعض التراتيل من الديانة البوذية، كما قام الشيخ بربط الخيوط الصفراء على معاصمنا وإبداء شكره لنا. قمنا أيضاً بتوزيع الهدايا والحلويات والألعاب على الأطفال.

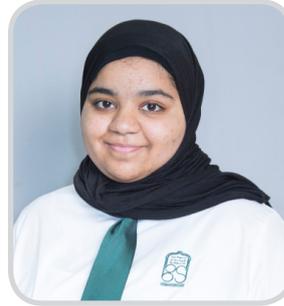
في الأمسيات، كنا نخرج إلى السوق الليلي وشراء المتع من التراث الكمبودي، وذهبنا إلى السيرك حيث أقيمت رقصة تروي مأساة طفلة كانت تحلم بكوابيس الحرب في أثناء فترة الحرب الكمبودية. خرجنا أيضاً لزيارة بعض المعابد البوذية العريقة وإلى التزلق في الغابات الكمبودية.

بالفعل، كانت هذه التجربة يعجز اللسان عن وصفها، وستظل خالدة في ذكرياتنا إلى الأبد.



رحلة كمبوديا

بقلم: رحمة ثامر
الصف: الثاني عشر



يهدف القسم العربي من مجلة بيان البحرين إلى توعية طالب البيان بشؤون عاداته وتقاليده البحرينية وكذلك العربية، وبالتالي فإن كاتبة المقالات تحث بأن المواضيع التي تكتبها بشكل شهري بإمكانها أن تلمس مشاعر الطلبة وتبعث روح الوطنية والولاء فيهم.

منذ العصور الجاهلية، تميز العرب بعدة صفات حميدة كالكرم والعطاء والجود التي ظلت ملازمة في عصرنا الحالي، فنجدها في طلاب مدرسة بيان البحرين النموذجية.

إن الفقر في جنوب شرق آسيا من القضايا البارزة في العالم، والمساعدات تتوجه من جميع البلدان نحوهم. ومن منا لا يحلم بمساعدة هؤلاء الضعفاء والبؤساء؟ في الفترة ما بين الخامس إلى الثالث عشر من شهر نوفمبر، سافر طلاب البكلوريا الدولية من مدرستنا إلى مملكة كمبوديا من أجل بناء بيت لأسرة فقيرة محتاجة.

سافرنا لمدة ١٦ ساعة متوالية، وبكل صراحة كانت الرحلة شاقة ومتعبة جداً، ولكن رؤية الابتسامة والشكر في أعين العائلة عوضتنا عن كل التعب والمشقة. منذ أول خطوة خطيناها في مطار كمبوديا، شعر الجميع بأن الرحلة ستفوق توقعاتنا. ففي طريقنا إلى الفندق، رأينا المراعي الخضراء والبقار على الأرصاف والطرق، كما وجدنا حقول الرز والسكر. بدأنا بالبناء في اليوم التالي، وفي ذلك اليوم التقينا بالعائلة، وعلى الرغم من الفقر الذي يعيشون فيه، رأينا نظرات الرضا والامتنان في أعينهم، وفي الحقيقة إن الفرد يخجل من نفسه عند رؤية هؤلاء البسطاء وهم يعيشون بلا تدمير ولا احتجاج على الواقع الذي هم فيه. كانت العائلة مكونة من أم وأب في الثلاثين من عمرهما وثلاثة أبناء أعمارهم بين الخامسة والتاسعة والحادي عشرة. في أول يوم من عملية البناء، بدأنا بهدم منزلهم السابق الذي كان مصنوعاً من سعف النخيل وأوراق الأشجار والحصير القديم، ثم بدأنا بقص وأخذ قياسات الحطب.

وفي اليوم الثاني، بدأنا برفع قواعد البيت ووضع أساسه ريثما كانت نساء القرية يطبخن الطعام وينظرن إلينا ويشكرنا على هذا الصنيع، حتى أن بعضهن قمن

هل تلاشى الحب؟

بقلم: حصة بني حماد
الصف: الثاني عشر



يهدف قسم الأدب العربي من مجلة بيان البحرين إلى توعية طلاب البيان بأهمية الشعر العربي، فإن الشعر العربي هو ثقافتنا وعنواننا. وبالتالي، فإن المقالات التي أكتبها تعزز من قيمة شعرنا وهويتنا التي لا تشيخ.

فهل يزال الحب موجوداً الآن في زمننا هذا؟ أم علي أن أصحح نفسي وأقول في مجتمعنا الشرقي؟ أم قد تشوهت صورة الحب في مجتمعاتنا العربية؟ هل تستطيع المرأة أن تجد رجلاً يحبها لما هي عليه؟ لا لجمالها، لا لجسدها، لا لمادياتها، بل لعقلها ولمن تكون كشخص في حياتنا هذه. هل تستطيع أن تلقى من يحبها حباً نقياً كالجوهر الصافي في نقاؤه؟ هل تستطيع أن تلقى من سيسمعها حتى تعبر عن ما بداخلها من حب وشوق ولهفة بدلاً من أن يتحكم بها؟ أستطيع أن أعلن بأن الحب قد تلاشى في مجتمعاتنا الشرقية. فإن الحب شيء جميل، هو الأمل الذي يتعلق به الإنسان من أجل الوقوف على قدميه، ويذكره بأنه لا يوجد أي شيء محال في هذه الدنيا، فيصارع بالحب وينتصر. أما الآن أصبح سراباً، نلحق به ولا نلقى نهاية له، فإنه الإبحار في بحر تلعب به الأمواج، فيصبح الوصول إلى الشاطئ محال.



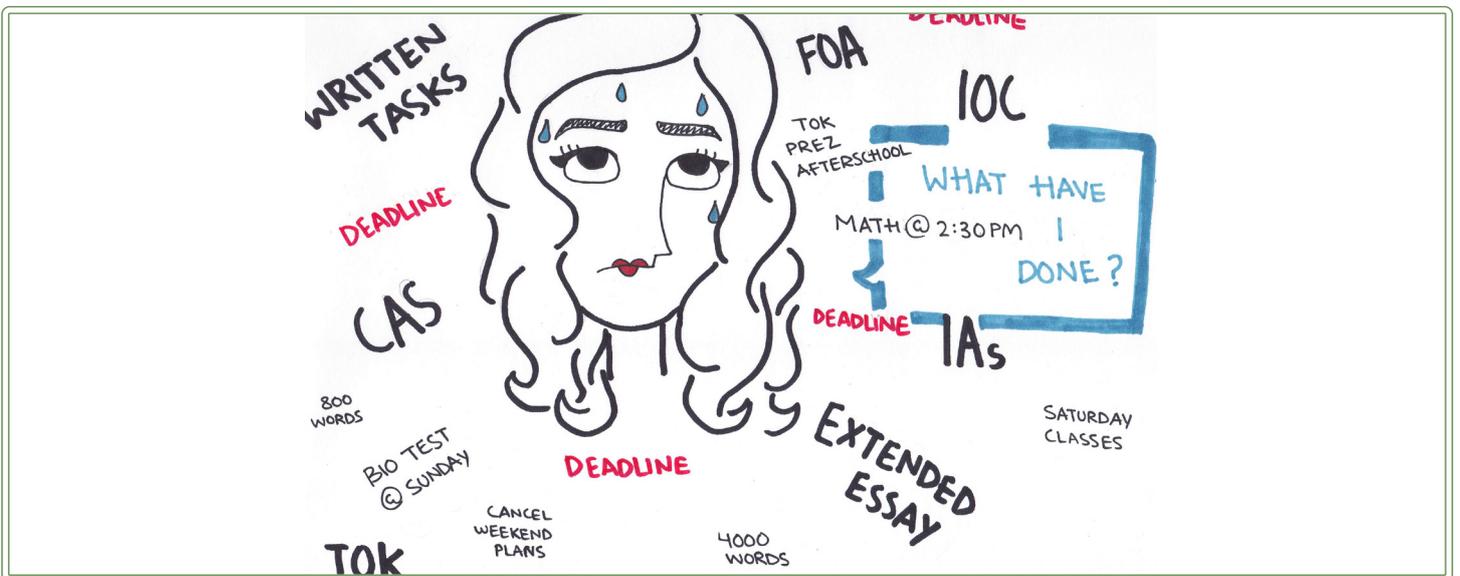
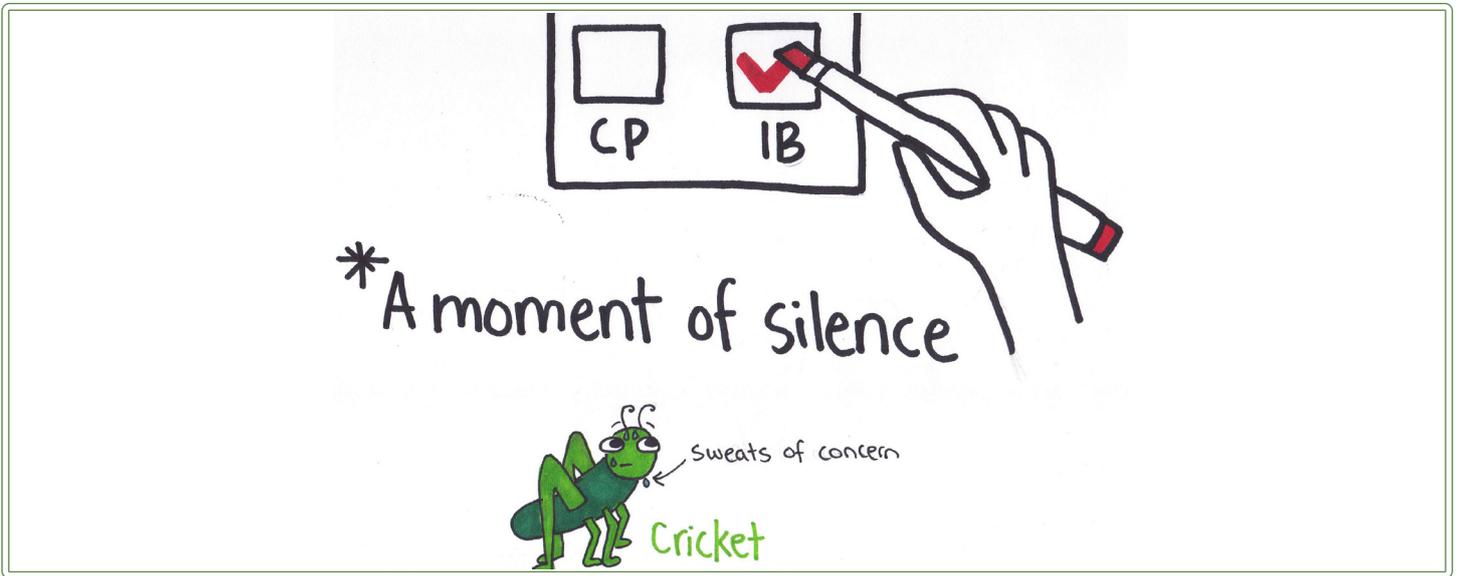
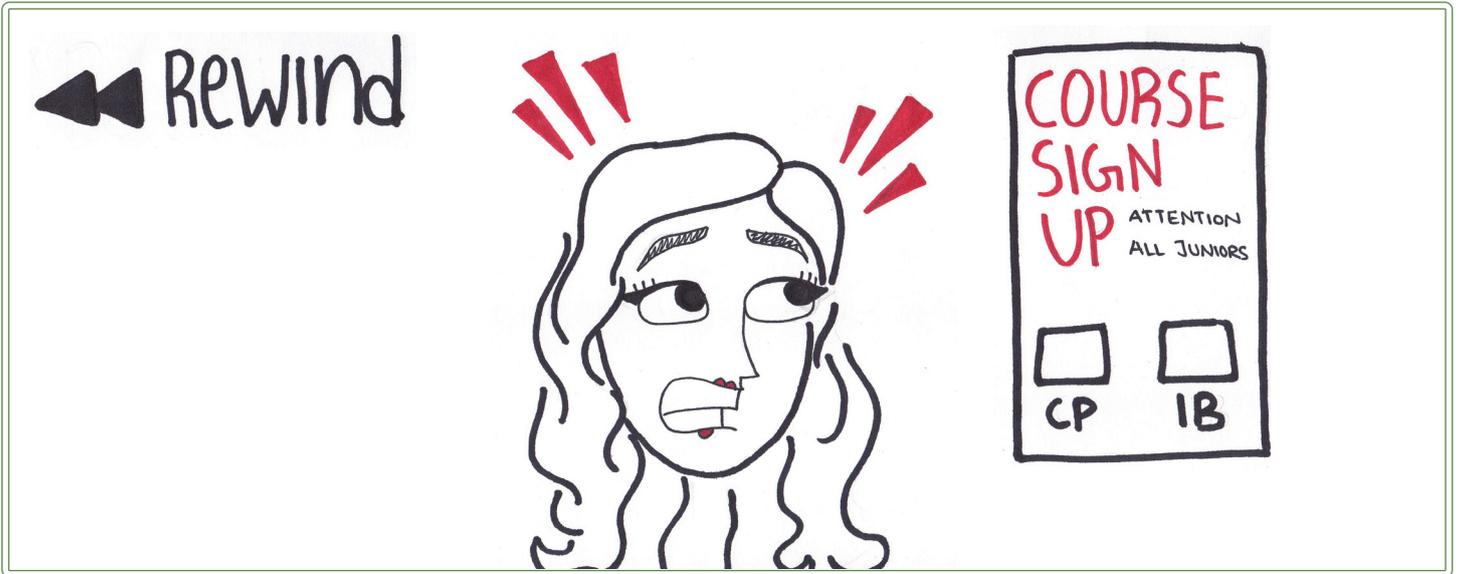
لذلك، قرر نزار قباني أن يتوفر لشعر الحب بكل كلماته وطاقته بأجمل الكلمات تعويضاً لما حرمت منه اخته وانتقاماً لها من مجتمع يرفض الحب ويطارده بالفؤس والبنادق. فحاول دائماً أن يحرر المرأة حيث قال في مؤلفاته، المرأة لم تكن في يوم حلم الرجل العربي، ولكنها كانت رهينة ومطية... إن العلاقة بين الرجل العربي والمرأة العربية هي علاقة عقارية... تحرير المرأة مثل تحرير فلسطين، لا يتم بالتضرعات والأدعية وتقدم النذور، ولكنه يحتاج إلى عشرين فرقة انتحارية من النساء. كما قال أيضاً في المرأة:

أنا لا أحبك من أجل نفسي
ولكن أحبك حتى أجمل وجه الحياة
ولست أحبك كي تتكاثر ذريتي
ولكن أحبك كي تتكاثر ذرية الكلمات

لماذا في مدينتنا نعيش الحب تزويراً وتهريباً؟ ونسرق من شقوق الباب موعداً؟ هذا حال حينا، أو بالأحرى هذا هو حال حب حواء، في مجتمعنا الشرقي. تكبت مشاعرها وحبها خوفاً من أن يُقتل هذا الحب، فلا زالوا يعتقدون بأن الحب جرم لا يغتفر ونسوا بأن أسمى المشاعر هي مشاعر الحب. تصحوا المرأة صباحاً باحثة عن الحب، وتنام ليلاً حاملة به، فالمرأة هي الشعر في نظر شاعرها نزار قباني، الشاعر الذي تمثلت فلسفته العشقية في المرأة وصراعها لتحقيق ذاتها وأنوثتها.

نزار قباني هو سفير ودبلوماسي وشاعر سوري معاصر ملقب بشاعر المرأة و الحب. وقد وجد بأنه كتب في ذكرياته "إن الحب في العالم العربي سجين وأنا أريد تحريره". فقد دفعه إلتحار اخته بعد أن أجبرها أهلها على الزواج من رجل لم تكن تحبه إلى تناول قضية الحب وحرية المرأة.





BY: ALYA AL QASSAB
GRADE: 12

