

MESSAGE FROM THE EDITOR-IN-CHIEF



Hello Bayanees!
I hope you're all well and doing great.

Although this is both a November and December release due to the brevity of both months, they are far from uneventful. With STUCO elections, Sports Day, international trips, and free-dress days, in addition to BayMUN, the annual carnival, and National Day being right around the corner, these two months are, without a doubt, the most exciting parts of the school year.

Well, perhaps there is *one* date that is unarguably the most anticipated one of the year: winter break! If you ever feel like you can't take the stress of school anymore, just remember: you only have to endure a few more days until you can cuddle up in your bed and marathon your favorite comedy sitcom for a whole two weeks (or Shrek movies, in my case).

With that, I leave you to enjoy this issue of the Bayan Post. See you in January!



-DANIA BIN HUWAIL, EDITOR-IN-CHIEF

INSIDE THIS ISSUE:



YASMEEN YAQOOBI:

ZAID AND MARTIAL ARTS: A JOURNEY OF GROWTH

BASEL AL JISHI:

HOW TO PROCRASTINATE THE RIGHT WAY



ABDUL AZIZ AL KHAN:

STARBUCKS AND MAINSTREAM CULTURE

ASMA & ZANE:

THE STUDENT'S GUIDE TO SKINCARE

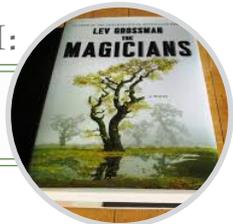


NOORA & RAWANA:

PSYCH MISREPRESENTATIONS IN "SUICIDE SQUAD"

ZAIN BUHINDI:

BETWEEN THE PAGES OF "THE MAGICIANS BOOK"



HESSA BANI HAMMAD:

أبو الطيب المتنبي... أعظم شعراء العرب

... AND MORE!

SPIRIT OF THE STALLIONS

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?

After long weeks of preparation for the QQA, and our teachers giving it their all to display our school's proficiency, we have all reached our goal together. By now, we have all heard the exciting results of the QQA evaluations. The "outstanding" outcome did not shock me; however, I was pleasantly surprised by the amount of school spirit it unearthed. The loud exclamations coming from every classroom were infused with love for Bayan. People were cheering for our school and chanting its name proudly down every corridor. There was no divide, for the sixthth graders were clapping with the tenth, and the teachers' and students' excitement was equivalent. This event did not only prove how exceptional Bayan is academically, but also proved that we are a part of such a tightly knit community. Seeing the tears in the teachers' eyes and the pure amusement of the students showed that in Bayan, we really are a big happy family.

What was even more astonishing was that it did not just immediately fizzle out. Our unconfined school spirit was evident during the STUCO elections; each candidate spoke about their undying love for the school as the audience applauded proudly. To show their devotion to the school, one of the candidates said, "Forest green will forever run through our blood."

To any outsider, it is apparent that our student body is extremely loyal to our school. Whether they are organizing the MUN conference to build future leaders, or traveling to Cambodia for a charity cause, they always strive to create the perfect image for Bayan. To us, Bayan is the best, and we make sure that everyone acknowledges that.



But the epitome of school spirit is found on one particular day every year: Sports Day. It is on this day that our competitive spirits are at their highest, and you see students cheering for their team everywhere; even from afar, you can hear students screaming at the top of their lungs. They still continue cheering for the players long after their voice has gone hoarse. However, what is most astonishing is that, even though this is a competition, there is still a sense of comradeship and teamwork between competing teams, which just comes to show that, at Bayan, we are one.

These events have given me hope. Many have been complaining about the lack of school spirit lately, but now, I can't help but disagree. These events have not only made me proud of our school, but also the people in it. I believe deep down that every single person here is a stallion, and will continue to be so long after they graduate. It is now up to us to keep this spirit alive, so we many never lose the essence of Bayan.

LIFE IN THE EYES OF A BAYANEE BOXER

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.

Remember the time you were dragged by your parents to try a new activity in order to “broaden your horizons”? Like most people, you probably recall quickly losing interest in that activity, but luckily for senior student Zaid Al Sekri, it turned out to be one of his greatest passions.



At only five years old, Zaid started to practice martial arts and soon noticed his natural affinity for it and the pure elation it provides him with. This is not surprising, considering that the appreciation for martial arts runs in his family, from his uncle to his younger brother. However, Zaid has an interesting philosophy regarding why he enjoys it so much. He breaks down the essence of human life into three categories: body, mind, and soul. Each, he believes, need to be properly tended for, and that is why he finds martial arts to be particularly enlightening, for it improves upon these three building blocks of life.

Despite it being spiritually invigorating, Zaid loves the practicality and peace martial arts gifts him with, which is why after 10 years of practicing a particular type of martial art and even gaining a black belt, Zaid decided to switch to Muay Thai boxing. He explains that the more traditional martial arts (the ones we are more familiar with), like Taekwondo and Kung Fu, are focused on form and are regarded as more abstract. While Zaid appreciates that spirituality and loves to push his mind to its greatest limit, he also believes in pushing his physical limit by actively competing against other opponents, which is offered in Muay Thai boxing as he finds that type of physical exhaustion to be satisfying. He faced this challenge with the people he trained with, and now, they are the closest people to him.



Zaid competed in Thailand last December and lived through what was truly an important and incredible experience, because he managed to witness what he could accomplish when he began to conquer and master his body, mind, and soul. Zaid still practices to this day, with the same devoted passion and energy he possessed when he was five, full of unbridled curiosity and excitement.

HIGH SCHOOL AND HIGHER EXPECTATIONS

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 high schoolers can agree that high school is a relentless spiral of high expectations and excessive piles of work, but this negative connotation can only be properly recognized by the students themselves. Meanwhile, adults have this strong belief that high school students are hormonal and melodramatic human beings that unintentionally fabricate nonexistent dilemmas. We know that life as an adult is hard, stressful, and comes with a lot of responsibilities, but it really isn't that much easier on us teenagers either. Not only do we endure never-ending demands from our teachers and parents, but we are also rushed to find our niche in this vast confusing world. We have to organize our lives meticulously or else our whole efforts come crashing down and, like an ocean, we have to wait for our waves of emotion to calm or else it will disperse into a tsunami. Also, there is this constant pressure for us to put up this façade to suppress our anxiety and confusion, which seems ludicrous because, aren't we supposed to enjoy our effervescent vivacious youth and do fun things we'll never be able to do when we get older?

A solution can be given out like "time management", but time management seems like a myth for the hopeless teen that just

wants one moment of peace, silence and leisure. A lot might deem this observation as controversial, but there is no controversy, because it all comes from reasonable bias and experience. As high school students, we have to undergo a lot of conformity, from concerns about grades to time management to reputation and, even though we seem like a blithering colony of ants, there's a lot more going on beneath the surface. Drama is an inevitable fate that radiates around the premises like a plague, which causes a huge distraction by itself. Therefore, it seems like stereotyping and baseless assumptions about high schoolers are the main impetus of unfair treatment, where they aren't free to express anguish or feelings in general.

So what is the key solution? It's actually pretty simple: empathy.



ME BUBBLE

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.

We are right at the mid-semester mark, which means the stress is at its peak. I feel like many of us in high school start to near the edge of what I like to call the "me" bubble. At some point, that bubble pops and a rush of revelations heightens your awareness of those around you. It can be overwhelming when you first start to notice it, especially when you're trying to deal with your own stress. You realize that

the kindest person you know is the most broken, and that girl that's always there for everyone else is going through depression, and that kid that can't sit still is having a panic attack, and that weird, quiet friend has social anxiety, and that person that's always late for everything has ADHD, and the girl that's always on a diet has an eating disorder, and that friend that's always tired is drowning in self-hate. I could go on until this page is full as these realizations only hit me recently. I know I'm not alone, so I want to tell you how you can deal with it.

1. **Don't forget to take care of yourself!** You can keep a reflection journal. Writing can be a great way of purging some of that built-up emotion and help you get your thoughts together. Also, you don't have to worry about saying the wrong things or yelling and hurting someone's feelings, go crazy, that paper can take it.

2. **Be there for them.** When I say this I don't just mean ask about them, as they will not be honest in their answer. What I mean is do specific things to help them. For example, if your friend has social anxiety, keep inviting her to go out with you alone at first. Eventually, she will give in and accept the invite. Then after a couple of times of just the two of you, invite more friends to come along. Go at her pace, not yours. You can do some research on ways to help out with other mental illnesses too.

Please do not hesitate to email me on zain.albastaki@gmail.com if you want me to talk about something specific next month, if you need some advice to help a friend out, or just want to talk about something you're going through. I want to hear from you guys, so please don't think twice.

PROCRASTINATION 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.

Procrastination is one of the most addictive habits you will get into in high school and carry along with you to your university life. Well, to start with, this article here is written by way of procrastination. I have a test tomorrow, a couple of assignments to work on, and much needed revision. But I decided to write this article as a means of not working on more 'important stuff'. You see, procrastination can be a useful thing if you are able to gear it in the right way.

Procrastination can be done in ways such as gaming, texting, doing useless things etc. However, another means of procrastination that I provide you here is what you might want to attempt to do. Instead of texting and playing games, I go work on the easy assignments that you most probably forget about, and that way I would find them appealing to do over the large daunting assignments. This allows me to accomplish more, even when I am procrastinating. Additionally, it makes you feel more productive after finishing the small assignments, which makes you feel like you are able to handle the larger tasks. I do know that the other way of procrastinating is inevitable, but try to incorporate this method in your procrastination habit even for a bit as it helps you out significantly.

That is pretty much it, now on to work on my Mechanics assignment... or watch The Grand Tour because that's another option.



STARBUCKS

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).

In recent years, the internationally known coffee-shop chain “Starbucks” has been expanding at an unprecedented rate, and the question that keeps on running through my head is this....why?



Remember back in the good ol' days when we used to plant our own seeds, ground our own beans, and brew our own coffee? Yeah, neither do I. Coffee chains were always popular, some of which more than others, like Starbucks. See, when you really think about it, that's not usually because of the coffee, but more about what

comes with it. Normally, you'd see people mentioning the accommodation, clean service, and the add-ons that Starbucks brings to the plate, but what I see is something completely different: *Swag*.

Starbucks is becoming less of an actual coffee shop, and more of a symbol. And when I say symbol, I mean a symbol of pure coolness. Seeing a person walk out of their car with a Grande sugar-free soymilk decaffeinated latte just makes them seem much cooler, doesn't it? But, why is that? It's all just coffee, right?

See, the issue here isn't with the content (because when it comes to taste, Starbucks is unmatched). My issue is with the fact that people just drink it for the image that it projects. Has our world really reached this point? Where people drink coffee because it's “mainstream”? The worst part of all... is that this doesn't just apply to Starbucks. No, this way of thinking is everywhere.

What I once considered the bright future is now become the gloomy present. The world is slowly becoming a cycle of conformists that only aim to get accepted into society. People are losing their opinions, losing their ability to think, and more importantly... losing their voices. We, as a society, have become so dependent on opinions and social norms that, in all honesty, we are taking ourselves to a point of nothingness. Teenagers are merely becoming a herd of sheep that are led by a shepherd (the person setting the trends). I'd like you to ask yourself... did humanity really reach this far... develop so much... and progress so much, so that we throw it all in the gutter just so we can all “slay” the selfie game?!

A LITTLE MOTIVATION GOES A LONG WAY

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?

Nothing can be done without a little bit of motivation, even if you've been yelled at by your parents or bribed with gifts. To stay strong and motivated throughout the year, you need to provide yourself with what you feel will take you to the finish line.

A good way to stay motivated is to have some daily motivational quotes. As cheesy as they are, sometimes all you need are a few wise words to help you boost your effort. Also, awarding yourself is a good way to keep your spirits up. This can range from watching an episode all the way to a scoop of your favorite ice-cream sundae.

Being positive is a great motivator but, staying positive can be hard at times (especially through that one week in March) but, it's surprising how much it helps. So remind yourself of your privileges and how all the hard work will pay off in the future. Keep a goal ahead of what you want as a future career and work towards making that goal a reality. Try to rid yourself of any negative past habits – either by the help of friends or family – and remember that it only takes 21 days for you to fully establish a new habit or get rid of one for good.

This also applies when thinking about

past grades; (caution: cheesiness ahead) do not tie yourself with last year's efforts, a New Year means another chance and new impressions. Don't let teachers be right about your laziness and lack of work ethic, strive to be better and to go above and beyond. Even though having incentive and being influenced is good, sometimes we strive to accomplish more than we can handle. Set small goals for yourself and then slowly build up until you reach the top. Learn your limits and just how much you can handle but, don't worry if that takes a little longer than you expected.

Lastly, always remember that what you don't do today you will have to do someday; so why burden your future self when you're perfectly capable of doing so?



SCHOOL, SKINCARE, AND YOU

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 segments aims to rejuvenate physical beauty to further augment our inner beauty.

Development, transformation, self-discovery, intense emotions, and stress are all what shape our teenage years, during which our bodies change both internally

and externally. Changes to our facial skin in particular are especially visible. Due to sleep deprivation, stress, and unhealthy eating habits, the teenage skin is prone to face modifications.

The most common problem teenagers face is acne. According to the Gleaner newspaper, around 85% of teenagers are affected by it. Acne has also proven to have psychological effects, causing young adults to feel insecure about their appearance and suffer from low self-esteem issues.

Luckily, there are many acne treatments. However, as secondary students, we are put on a budget since we don't make our own money just yet. Therefore, home remedies, such as the ones listed below, make very affordable skin treatments.



1. Toothpaste: applying a bit of toothpaste on the effected areas of your skin overnight will reduce inflammation and redness.

2. Baking soda: mixing baking soda with water and applying the paste to your skin will unplug your pores and remove dead skin.

3. Lemon juice: diluting lemon juice with water and applying the mixture to your face will clean the dirt that has accumulated in your pores.

Alternatively, budget-friendly products found domestically can also do the job, such as:



1. Clean & Clear Advantage Mark Treatment (2.7 BD) - Al Osra Supermarket

This spot treatment is formulated with salicylic acid that reduces blemishes, in addition to glycolic acid which exfoliates dry skin. This product can also eliminate the appearance of post-breakout scars.

2. St.Ives Apricot Blemish Control Scrub (3.00 BD) - Al Osra Supermarket

This scrub is made with %100 natural exfoliants, including walnut shell powder. On top of salicylic acid, it also has a refreshing scent, as it is infused with apricot extract. This product does not only address breakouts, but it can also calm skin redness.

3. Burt's Bees Natural Acne Solutions Spot Treatment (4.2 BD) - Nasser Pharmacy

This spot treatment is great for taming breakouts. It contains natural solutions such as tea tree and calendula extracts, in addition to salicylic acid, which dry up acne spots in just 48 hours. Not only that, but it can also help improve acne scars.

More importantly, remember that these temporary hormonal changes shouldn't prevent us from being confident in ourselves. At the end of the day, beauty lies deep within one's soul rather than what the world sees.

A BETTER BAYAN: ONE BOTTLE AT A TIME

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, you've probably noticed the huge "reverse vending machines" in the high school cafeteria, administration building, and middle school building. Well, they're a part of VIVA's Corporate Social Responsibility (CSR) initiative to encourage recycling throughout the country. Viva has partnered with a company called GVision, to provide incentives for Bahraini's to recycle. It's quite simple really. Here's how it works:

- Step 1:** Deposit an empty plastic bottle or an aluminum can into the machine.
- Step 2:** Press the green button.
- Step 3:** Get your receipt.
- Step 4:** Go to www.gpointbh.com and create an account.
- Step 5:** Scan your receipt code.
- Step 6:** Accumulate points to exchange them later on for various gifts!

We recycled bottles several times using the machine, and were ecstatic to read the digital message, "Please ask a member of staff to empty the machine". It is great to

see these machines contribute to a cleaner, greener, and responsible Bayan community.



So, why is it important to recycle plastic? Well, plastic can risk your health in the most hazardous ways. When cleaned with harsh detergents and high-temperature or acidic liquids, polycarbonate plastic containers are to blame for diseases ranging from reproductive disorders to type 2 diabetes, and even breast cancer.

Plastic bottles do not only harm your health, but also the environment. Since plastic is not biodegradable, it cannot be absorbed by the earth back into the soil in a natural way. Instead, it is broken down by sunlight contaminating the soil, creating toxicity that can hardly be managed.

These machines are a great initiative by VIVA to bring awareness to recycling within our society. Again, we thank Bayan for promoting environmentally-friendly habits between students and faculty alike.

Note: please do not empty your water bottles in the water fountains for the sake of using the machines. Yes, we *know* you're recycling - but you're also wasting water.

PSYCH VS. POP CULTURE

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!

Picture this: you're cruising in the car with nothing but the empty road, the evening sky, the music on the radio, and an abusive psychotic partner. Not a pretty sight. However, pop culture may sometimes affect your perception, like the blockbuster "Suicide Squad", which made this scene seem "cool" and "mysterious" to viewers, when in fact, this is something one would never recommend doing in real life. Such movies romanticize abnormally violent behavior and relationships to appeal to the mass audience, compelling us to forget the true effect of this kind of behavior.

Some major flaws in the movie include Harley Quinn's and The Joker's infamous relationship (spoiler alert). Let's start off with Harley's descendance to madness and falling into The Joker's trap, figuratively and literally. After succumbing to his desires, he tied her up on top of a table and subjected her to electroshock therapy, and thus began her transition from Harleen Quinzel to "Harley Quinn". Another snippet in the

movie depicts Harley's absolute obsession with The Joker as she vows to "live for him", then jumps into the same chemical vat that bleached his skin to prove her loyalty. This brings us to our main point: if someone manipulates or deceives you into self-harm, then chances are that they do not love you. Harley may be deeply enamored by The Joker, but he was a deceitful sociopath who loved nobody but himself. He abused her and made her into somebody that she was not. Their relationship may be desirable on-screen, but an abusive and manipulative partner does not make the cut as "#RelationshipGoals" in real life.

On the other hand, sometimes pop culture does psychology right. In other movies, abnormal behavior is portrayed in its truest essence, showing its effect on someone's life during both the good and bad days. For example, the movie "A Beautiful Mind" (starring Russell Crowe) studies the true story of John Nash, a paranoid schizophrenic mathematician. After hallucinating various scenarios, the movie reveals the extensive damage this causes to John's career, as well as what some might call a burden on his wife and child. The movie also depicts John's realistic recovery and his daily encounters with some of his hallucinations, which he now learns to tell apart from real people.

Movies such as A Beautiful Mind, as well as others including Adam, The Accountant, The Beaver, etc., show an alternative interpretation of abnormal behavior, violence, and mental disorders, and while they are distinctly heavy to watch, they remain a more accurate representation of "psychological thrillers" than Suicide Squad.

THE MAGICIANS BOOK

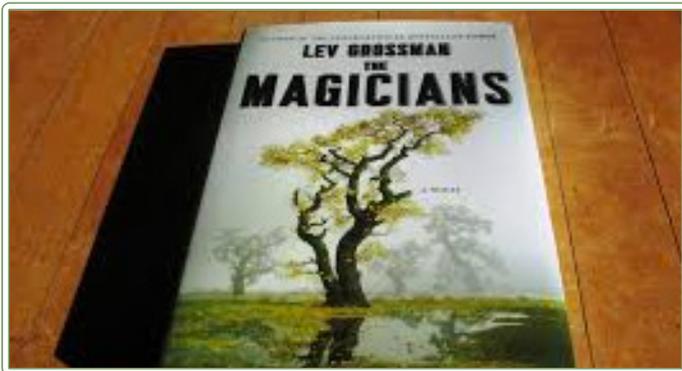
BY: ZAIN BUHINDI

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...

When granted three wishes, even the most righteous of men ask for fame and fortune. They consider not the consequences of their desires, and care only to fill their greedy hearts with silver and gold, thus so it is uncommon to see a man ask for anything less. Yet, in Lev Grossman's *The Magicians*, we encounter just that with Quentin Coldwater. For when he was given the opportunity to live inside the worlds of the tales of his childhood, he accepted, knowing well the burden that would be laid upon him.



The story begins on the eve of Quentin's interview with a prestigious university, when the college board member with whom Quentin was supposed to meet, had died. In a haze of panic, Quentin froze and did not realize that death scene was suddenly busy with forensic analysts, detectives, and a paramedic — whose presence was more obvious than the rest. For reasons he did not know, Quentin was

drawn to the alluring healer, and tried to follow her every move. Unfortunately he was not successful, for in what seemed to be a blink of an eye, the paramedic had disappeared and in her place there laid an ordinary piece of paper.

Distraught by his continuous lack of luck, Quentin disregarded the paper and moved his thoughts to the one place that could rid his mind of feelings of depression: Fillory — a world of magic that existed only in the pages of a book. Lost in his imagination, Quentin had not felt the sudden change in the force of the wind, until he had seen the piece of paper fly away and had the urge to chase after it. Persistent in his pursuit of the paper, Quentin had run many blocks and only paused to catch his breath for a second. Facing down, with his hands on his knees, the oblivious Quentin failed to notice that he had entered a land in which the stories of Fillory were made real.

Though the pace of this book is unbearably slow, the fascinating story it conveys makes it worthwhile. Grossman had implemented ideas from notable stories — that people all over the world had grown up with — into a realistic atmosphere. He takes the romanticized idea of magic and disputes it by showing that a life of ease can be an unfulfilling one, and presents another understanding for magic. An understanding that (though completely different) attains a stronger appeal than the one the world is familiar with. This book shall play an important role in the literature community, as it melds the essence of magic with bluntness of reality and answers the infamous questions of “why” that accompanies the mention of the supernatural.

SWEATER WEATHER

BY: ZAIN ALI

GRADE: 11



Your monthly top 5 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.

This month's playlist commemorates both the elections (congratulations to our wonderful student council!) and the arrival of fall/winter (which I have lumped together since we pretty much only have 2 seasons here in this wonderful country-cold and hot). A playlist that promotes the juxtaposition of change and laziness!

1. *Banana Pancakes* by Jack Johnson

A cute acoustic song by the singer-songwriter, Jack Johnson, in which he encourages his lover to just ditch work and come laze around at home while it rains outside (totally the message I should spread to young, impressionable students!). The song, in tune with its message, has a very lazy and laid back rhythm and tone, and with the smooth and playful guitar playing and Jack Johnson's calm and relaxed voice, it is the perfect song to listen to while lazing around during this harsh, cold winter months (hah, we're lucky if the temperature drops below 18).

2. *Oh Miss Believer* by twenty one pilots

Do not be fooled by the sweet, lullaby-like melody of this song. Though it sounds much like a normal soothing Christmas song, the lyrics are actually quite depressing. This song uses winter imagery to represent the inner demons and insecurities of "Miss

Believer", a love interest who believes she is inadequate. However, the name "Miss Believer" also means "misbeliever", as the singer comforts "Miss Believer" by telling her that all her thoughts and whims are false, bringing a comforting and soothing tone to the song.

3. *Sweater Weather* by The Neighbourhood

A song by American indie rock band The Neighbourhood that lifted the band to stardom, and a winter must (in my opinion). The song was written on a whim one afternoon, and tells the story of the singer trying to satisfy his lover. It has a beat that will stick in your head and a chorus that you will find yourself singing along to on a lazy afternoon.

4. *What's this?* By Danny Elfman (from *The Nightmare Before Christmas*)

Sadly, I could not include all of my TNBC favourites, but here is one that basically summarizes what many of us would feel if we ever see snow. A song and movie that combines both the spirit of Halloween and Christmas, and a tune that is both cheery and catchy; it is a song that would surely entertain you throughout these months.

5. *We Didn't Start The Fire* by Billy Joel

In contrast to the previous songs about cuddling up in the cold and being lazy, this song promotes enthusiasm and change. Billy Joel lists more than 100 headline events between 1949, the year of Joel's birth, and 1989, the year the song was released. Paired with Joel's enthusiastic chants of "we didn't start the fire", referencing to the constant change that has been going on all around. The song is sure to pump you up and excite you when you're feeling down.

السلام، وبالغ في النصيحة والأمر بالمعروف والنهي عن المنكر، وقصته هو وأخوه الإمام الحسين عليه السلام مع الشيخ الكبير الذي لا يحسن الوضوء شاهد كافي على عظمة شخصيته وطهارة قلبه، ذلك إلى جانب مواقف أخرى كثيرة.

فيلسوف القوة بين شعراء الحكمة

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.

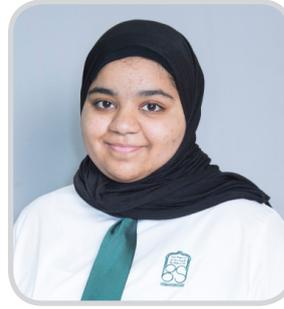
ليست الأشعار كما يتصورها معظمنا، وهي أنها مجرد كلمات تعبر عن مشاعر، فبعضها صادقة والبعض الآخر منها مزيفة. إنما هي تجارب وذكريات، قد تكون مؤلمة أو قد تكون جميلة، وقد تكون مواقف لا تنسى أو مواقف تستحق التخليد، أو حتى هواجس وخواطر تعبر عن ما في نفس كاتبها. فالشعر قبل أن يكون أبحاراً وعروضاً وقوافي، هو إلهام ومقدرة على الغوص في أعماق النفس الإنسانية. كثيرٌ منا يجهل أهمية الشعر العربي، فالشعر العربي في الجاهلية ديوان العرب، واستمر حتى أصبح فناً بارزاً اليوم. فكان صوت قومه، ينطق بلسانهم ويدافع عن قضاياهم. فعلياً أن لا نضيّع ما ورثناه عن ثقافتنا وعروبتنا، فشعرنا العربي الفصيح البليغ الذي تميز ببيانه ومعانيه عنوان ثقافتنا العربية.

أَنَا الَّذِي نَظَرَ الْأَعْمَى إِلَى أَدَبِي
وَأَسْمَعَتْ كَلِمَاتِي مَنْ بِهِ صَمَمٌ
الْحَيْلُ وَاللَّيْلُ وَالْبَيْدَاءُ تَعْرِفُنِي
وَالسَّيْفُ وَالرَّمْحُ وَالْقُرْطَاسُ وَالْقَلَمُ

بيتين من الشعر في قمة الفخر والفلسفة والإبداع يعرف فيهما صاحبها نفسه. أبي الطيب المتنبي، صاحب الحكم الذي اعترف بذاته وبنفسه. فكان أمير عصره، العصر العباسي، وكان يعتبره الكثير أميراً على الشعراء. هو أحمد بن الحسين بن الحسن بن عبد الصمد الجعفي الكوفي الكندي. ولد في كندة بالكوفة سنة ٣٠٣هـ، ولقبه والده

السبط المنتجب

بقلم: رحمة ثامر
الصف: الثاني عشر



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

الإلهام أمر مهم وعنصر أساسي في تكوين شخصية الفرد، والإلهام قد يأتي من شخص نعرفه شخصياً أو شخص أتاه اليقين ولكن ذكره تمت خالدة شامخة على مدى العصور. بالنسبة لي، لي مصادر إلهام عدة، ولكن من أبرزها شخصيات إسلامية جاهدت وكافحت من أجل مناصرة الإسلام. وفي مقالي الثالث لمجلة بيان البحرين النموذجية، أود الحديث عن شخصية الإمام الحسن بن علي بن أبي طالب بن عبدالمطلب عليه السلام.

عرفت هذه الشخصية منذ نعومة أظفاري، فكانوا أهلي دائماً ما يسردوا ويحكوا لي بعض من قصصه منذ أن كنت طفلة صغيرة، وحتى إلى يومنا هذا. فهذه الشخصية العظيمة تركت طابعاً ضخماً على شخصيتي، لما تعلمته منه عليه السلام من دروس وعبر عن الشجاعة والتضحيات والبطولة. الإمام الحسن عليه السلام سبط الرسول الأعظم محمد صلى الله عليه وآله وسلم، وريحانته، لقبه النبي صلى الله عليه وآله هو وأخوه الإمام الحسين بن علي عليهما السلام بسبطيني شباب أهل الجنة. نشأ نشأة طيبة، فله نعم الأبيون فأبوه الإمام علي بن أبي طالب عليه السلام وأمه فاطمة الزهراء بنت النبي، أم أبيها. ومن أخوته من أمه فاطمة الزهراء الإمام الحسين، والسيدة زينب بنت علي والسيدة أم كلثوم عليهم السلام. ومن أخوته من أم البنين فاطمة الكلابية العباس بن علي وجعفر بن علي وغيرهما.

تربيتي نعم التربية بجوار جده الرسول ووالديه، كان الرسول يحبه حباً شديداً فقال في حقه النبي محمد (ﷺ): "من أحب الحسن والحسين أحببته ومن أحببته أحببه الله ومن أحبه الله أدخله جنته ومن أبغضهما أبغضته ومن أبغضته أبغضه الله ومن أبغضه الله أدخله." خاض الحروب والمعارك إلى جانب أبوه الإمام علي عليه

بأبي الطيب. تلقى العلم والأدب في مدرسة الكوفة وواظب على مجالس العلماء وانتقل بين القبائل في البادية. اتصف شعره بالإعتراز بالعروبة والإفتخار بنفسه، وأفضل شعره في وصف المعارك.

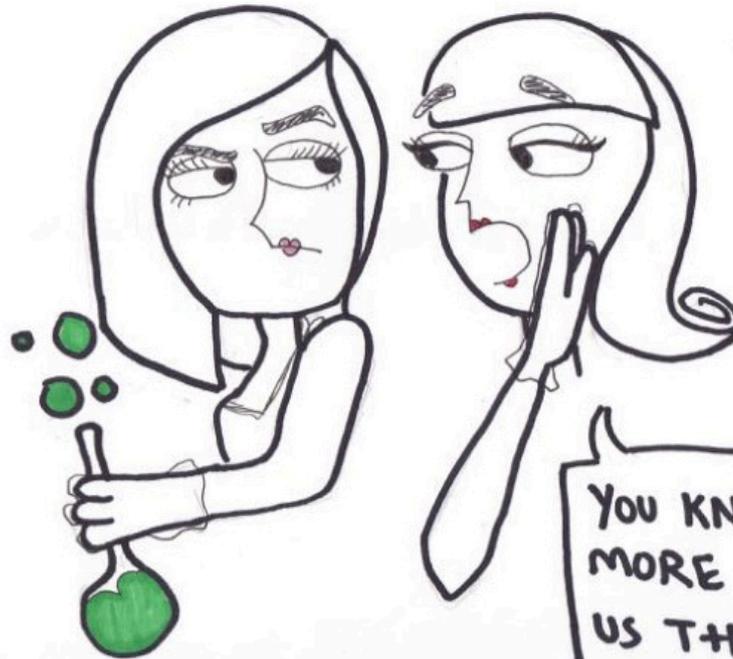


أما بالنسبة إلى البيتين اللذين أشرت إليهما، فكان المتنبي يتمتع بمكانة كبيرة عند سيف الدولة الحمداني، ولكن شاءت الأقدار إلى أن فسدت العلاقة بينهما بسبب حساده الذين حسدوا مكانته ووشوا به عند سيف الدولة، فأخذ يعاتب سيف الدولة في هذه القصيدة التي تضمنت البيتان قبل أن يرحل إلى مصر. ففي هذين البيتين، يتفاخر المتنبي بشعره الذي عم الآفاق، لدرجة أن الأعمى نظر إليه فجعله مبصراً، وكلماته سمعها الأصم فجعلته سميعاً. كما نرى بأنه إفتخر بشجاعته وفروسيته، قاصداً بأن الخيل تعرفه وهو يقتحم الصحراء في الليل الحالك، فهو فارس شجاع ومقاتل بارع في استعمال السيف والرمح. فشبه الخيل و الليل والبيداء بالإنسان الذي يعرفه، وهذه إستعارة مكنية. كما استخدم أسلوب خبري أتى بالضمير (أنا...) مما أكد على فخره بنفسه، وهذه كناية أيضاً عن قدرته الأدبية. أما الشطر الثاني فهو كناية عن قوة تأثير شعره حتى أنه أسمع الأصم. وبين (نظر وأعمى) و(أسمعت وصمم) طباق، وذلك يؤكد المعنى ويزيده وضوحاً.

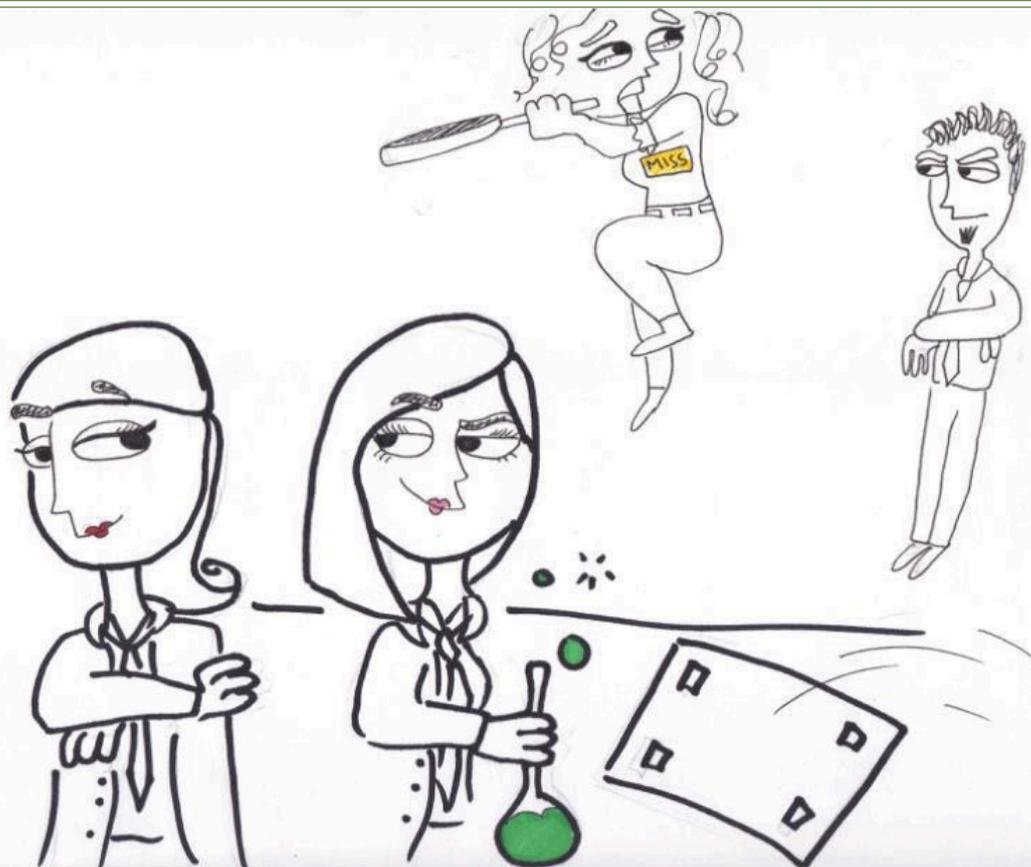
وبذلك، نرى كيف جمع هذان البيتان البلاغة والفلسفة والحكمة معاً. وبما أنني قررت الكلام عن الشاعر البارع المتنبي في مقالي الأول، انتظروني قريباً في العدد المقبل مع شاعر آخر يجسد الشعر العربي.



DISSECTING FROGS BIOLOGY



YOU KNOW THEY'RE MORE SCARED OF US THAN WE ARE OF THEM..



BY: ALYA AL QASSAB
GRADE: 12

