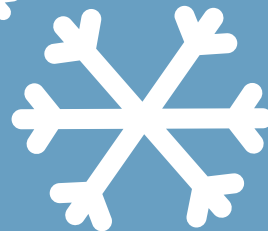
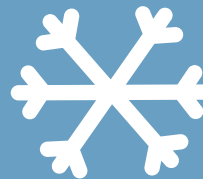
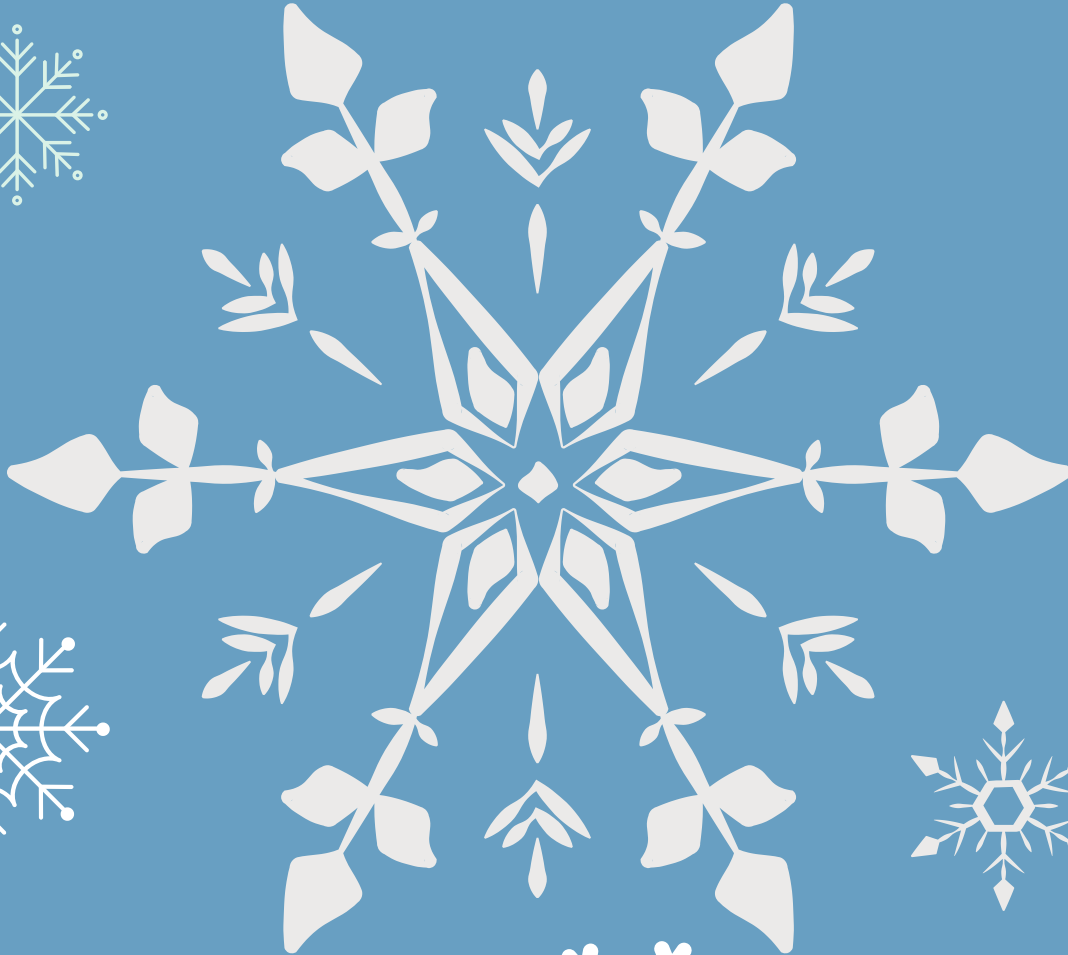




Al Sahafa Talks



Mrs.Ola's Hidden Talents Discovered

What Were the Childhood Dreams of
Our Teachers?

An Unexpected Message from a
Dear Person

Mental health issues
are not a taboo, but a
topic to be discussed.

Have you met our
seniors yet?

Cookies or
Pumpkin pies?

PRESS HERE

<https://www.calameo.com/read/00653993236a58a7427d5>



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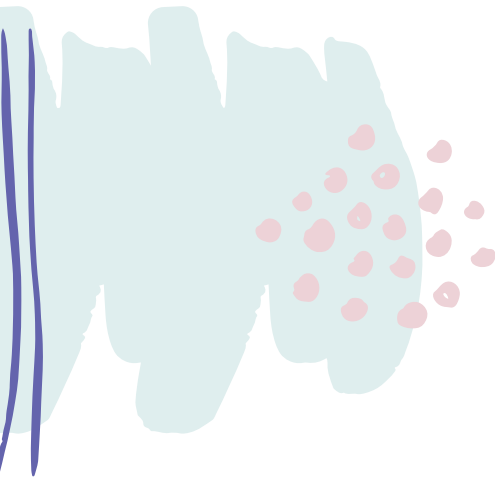


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THE MAGAZINE'S MESSAGE:

"To associate, to share, to tackle" AlsaHafa talks is an online outlet for self-expression made by the students and for the students. Here we are driven by the sole purpose of creating a community of students who are woke about their surroundings and are inspired to create a change. AlsaHafa talks is comprised of numerous topics from scientific articles and interviews to our favorite recipes. You'll find it all here!



Interview with Mrs. Ola Mourad



1. What's something/someone that resulted in your success and is thankful for?

Success is not only related to one person or one thing. It is truly a combination of many factors. As far as I am concerned, it is the support of the people around me who believed in me and thought that I would be successful in such a journey. I consider myself successful in having a very good institute that is willing to help girls find themselves and believe that they will be successful. I also consider myself successful in finding the staff who do believe in the ability of every student in the school.

2. Do you have any hidden talents we don't know about?

If you consider baking a talent, I am very good at baking. During this pandemic, my baking talent showed very well. In addition, I am a very aggressive reader in a way that I challenge myself to finish 12 books in 21 days. That is what I teach myself to do and I would finish these 12 books no matter what.



3. How did this pandemic affect you on a personal level and what are your quarantine achievements if there were any?

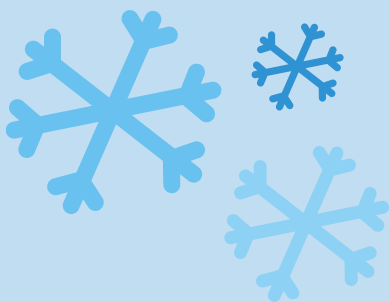
This pandemic wasn't easy on me since I was stuck by myself without my family at home for 8 months. My husband was stuck in Lebanon, and my kids are in Canada. I wasn't able to see them, so I had to stay by myself. I taught myself to be patient and to accept any situation and overcome it. To overcome this situation, I took the opportunity to enroll in many online courses from Harvard University and London University. I took plenty of certificates during this pandemic. I even retaught myself Excel again; I remembered some tricks that really helped me. Now, without Mrs. Raya here as she had to travel during the pandemic, I have to work as a principal and a vice-principal as well.

4. If you could switch roles/lives with someone who would it be with and why?

If you know me very well, you will know that I am a very realistic person to the point that I wouldn't want to exchange role with anyone. I wouldn't even think about it. I just want to be myself and excel in what I do. I feel that I am fulfilling my dream in my role now. I am happy to see girls graduating from the school. I always like to see this school as a girls' school because I know you are the power of the next generation. I am sure that one day when I meet you, I will be very proud to say that these are the girls who graduated from my school.

5. Have you ever gone to a concert and if so, who was it for?

I am not that type of person who would go to a concert, I was a bit shy and didn't enjoy concerts that much. I went to two concerts during my university years for Alanis Morissette and Shania Twain. This is the type of music that I enjoy. I don't enjoy big crowds; however, I am not someone who ruins the parties, so I went with my friends.



6. What was the hardest pill you had to swallow in your career/life?

7. Do you have a favorite childhood memory if so, what is it?



8. What's the most interesting project you've worked on in a past position?

9. Do you believe in the importance of the mental health of your students? If so, is there anything you are planning to do towards this notion?

10. What is one piece of advice that you would give to your students specifically this year's seniors?

There isn't anything that I felt was hard on me during this journey. I feel everything was very enjoyable as I take everything as a challenge. I am a person who would like to face challenges and I never find anything difficult. This is very well known about me. I try to simplify anything. I am sure that I can overcome anything as long as it is something that is meant to be. If it is not meant to be, then it is from God, so why to panic?

If I tell you about my childhood, you might find it difficult, but for me it was a very enjoyable childhood. Most of my memories are very nice even though I grew up when there was war. My school was bombed many times, but we used to enjoy childhood even within this. I have a very big family as I come from a family of 5 sisters, so we used to enjoy our time together even in the darkest places. I also remember my grandma telling us many stories. Whenever my grandma comes to my mind, I remember Prophet Yusuf's story. These memories really touch me. I do remember the first day I went to school I was 3 years old and I remember the questions they asked me. They asked me to state the alphabets and I did because I was a second child as I used to remember these from my brother. The teacher said: "Wow she's very smart."

I remember the first project I worked on when I started working here in Riyadh, and it was 20 years ago. I was a member of the accreditation of the school. I remember it because it was something new, and I felt it was very successful back then. You get a different feeling when you taste success in a place you really worked hard at.

I do believe that there are mental health problems. I do believe that teenagers face problems related to mental issues. Accepting and understanding this is one way of helping. I am hoping in the days to come to hire professional people who are specialized in these areas to follow this job. It will be done according to the jurisdiction and legislation of the Kingdom of Saudi Arabia.

You have to be determined, very organized, and very honest in everything you do; this is the key to success. You have to be determined, to believe that you will succeed, and to always be honest to yourself and to others. Whenever you have these in mind, you will accept everything including failure. Everyone should accept the fact that we will fail in something and then they will succeed. It is a trial-and-error process. We must be able to learn from your mistakes.



A Message from a Faraway Land



When we started the first year at this school we had our own educational philosophy that is "to make students happy". This was one of the most important things we strive to achieve. Hand by hand, our dream turned into a reality, and I believe we succeeded. After 9 fantastic years at Al Sahafa International School, I had to leave. I left with mixed emotions. I will not miss paperwork or teachers meetings, but I will miss everything that has to do with everyone there: the morning assemblies, recess time, events, and graduation ceremonies. I had to leave behind many beautiful years that we have spent there. Teachers and students came through our door, laughed so hard, and lived small everyday routines in those rooms. Children, who were young at the time of their arrival have become teenagers by now. Saying goodbye to a place full of so many memories made me remember every scratch on the walls and the particular smell when unlocking the doors.

I wanted to let you know that you have not been forgotten. I am still very much interested in what you are doing everything has been taken down from my daily life, but the incredible memories of the past years will always remain. What I am most proud of is that my enthusiasm, dedication, and passion for working with you have never disappeared. You will always be my inspiration. My wish for all of you is that you achieve such a rewarding and passionate career. It would be great to see you in the future, so I can hear about all of your outstanding success.

The only thing I can do now is following your work through social media, and this is too hard to imagine!

MRS. RAYA AL ZUHAIR



The Five Triggers That Make New Habits Stick

There are five primary ways that a new habit can be triggered. If you understand each of them, then you can select the right one for the particular habit that you are working on.

Here's what you need to know about each habit
cue...

Cue 1: Time

Time is perhaps the most common way to trigger a new habit. Common morning habits are just one example. There are also less commonly recognized ways that time triggers our behavior. If these patterns are bad habits, then you may want to take stock of how you feel at this time of day. In many cases, your habits are a signal of how you feel. The point is, if you understand the reason why these habits pop up at the same time each day, then it can become easier to find a new habit to fill the void. Bad habits are replaced, not eliminated.

Cue 2: Location

Location is the most powerful driver of mindless habits and also the least recognized. In many cases, our habits and behaviors are simply a response to the environment that surrounds us. However, location-based cues are not simply things we respond to, they can also be things we create. Multiple research studies by David Neal and Wendy Wood from Duke University have discovered that new habits are actually easier to perform in new locations.

One theory is that we mentally assign habits to a particular location. If you want to build new habits in these familiar locations, then you need to overcome the cues that your brain has already assigned to that area. Meanwhile, building a new habit in a new location is like having a blank slate. You don't have to overcome any pre-existing triggers.

Cue 3: Preceding Event

WHEN IT COMES TO CUES THAT ARE USEFUL FOR BUILDING NEW HABITS, PRECEDING EVENTS TO BE ONE OF THE MOST USEFUL. ONCE YOU UNDERSTAND HABIT STACKING YOU CAN DEVELOP ALL SORTS OF WAYS TO TIE NEW HABITS INTO PRECEDING EVENTS. EXAMPLES: YOU CAN USE A PRECEDING EVENT TO STICK WITH A DAILY GRATITUDE HABIT. EACH NIGHT, WHEN YOU SIT DOWN TO EAT DINNER, YOU SAY ONE THING THAT YOU WERE GRATEFUL FOR THAT DAY. THE SMALLER THE HABIT, THE EASIER IT IS TO BUILD INTO YOUR LIFE.

Stop Thinking and Start Doing: The Power of Practicing More



We all have goals that we want to achieve in our lives. It can be easy to assume that the gap between where you are now and where you want to be in the future is caused by a lack of knowledge. We assume that if we knew about a better strategy, then we would get better results. In fact, learning something new can actually be a waste of time if your goal is to make progress and not simply gain additional knowledge.

The Difference Between Learning and Practicing:

In Thomas Sterner's book, he explains the key difference between practicing and learning. "When we practice something, we are involved in the deliberate repetition of a process with the intention of reaching a specific goal. The words deliberate and intention are key here because they define the difference between actively practicing something and passively learning it." Learning something new and practicing something new may seem very similar, but these two methods can have profoundly different results. Here are some additional ways to think about the difference.



1. PASSIVE LEARNING CAN BE A CRUTCH THAT SUPPORTS INACTION

In many cases, learning is actually a way to avoid taking action on the goals and interests that we say are important to us. For example, let's say you want to learn a foreign language. Reading a book on how to learn a foreign language quickly allows you to feel like you are making progress. Of course, you're not actually practicing the action that would deliver your desired outcome. We make the mistake of being in motion rather than taking action. Learning is valuable until it becomes a form of procrastination.

2. PRACTICE IS LEARNING, BUT LEARNING IS NOT PRACTICE

Passive learning is not a form of practice because although you gain new knowledge, you are not discovering how to apply that knowledge. Active practice, meanwhile, is one of the greatest forms of learning because the mistakes you make while practicing reveal important insights. Even more important, practice is the only way to make a meaningful contribution to your knowledge. Learning by itself can be valuable for you, but if you want to be valuable to others, then you have to express your knowledge in some way.



3. PRACTICE FOCUSES YOUR ENERGY ON THE PROCESS

“Progress is a natural result of staying focused on the process of doing anything.”

—Thomas Sterner, *The Practicing Mind*

The state of your life right now is a result of the habits and beliefs that you have been practicing each day. When you realize this and begin to direct your focus toward practicing better habits day-in and day-out, continual progress will be the logical outcome. It is not the things we learn nor the dreams we envision that determine our results, but rather the habits that we practice each day. Fall in love with boredom and focus your energy on the process, not the product.

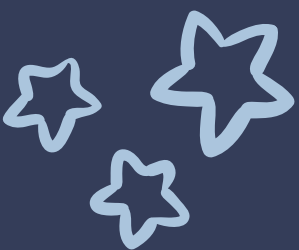




How a 2nd-Grade Class Sent a Science Experiment to Space

Back in 2015, students in Maggie Samudio's second-grade class at Cumberland Elementary School in West Lafayette, Ind., were contemplating an offbeat science question: If a firefly went to space, would it still be able to light up as it floated in zero gravity? Ms. Samudio said she would ask a friend of hers, Steven Collicott, an aerospace professor at nearby Purdue University, for the answer. "He teaches a class on zero gravity, and he would be the perfect person to answer the question" said Ms. Samudio. "Instead of guessing, why not actually build the experiment and send it to space?" replied back Dr. Collicott to the second-grade teacher.

Blue Origin, the rocket company started by Jeffrey P. Bezos, chief executive of Amazon, was planning to offer the ability for schools to fly small experiments on its New Shepard suborbital spacecraft for as little as \$8,000. "Kids as young as elementary school are flying things to space." Dr. Collicott, who had sent several fluid flow experiments on New Shepard launches, pointed Ms. Samudio and her second-graders to Blue Origin.





Cumberland Elementary has not been the only school to see the value of paying for an experiment aboard the New Shepard rocket. A Montessori middle school in Colorado sent up a sensor package designed and programmed by the students. In addition, an Alabama high school launched an experiment to test temperature fluctuations in microgravity. Another elementary school in Ohio sent up baby jellyfish.

Following Dr. Collicott's suggestion, Ms. Samudio's children at Cumberland got to work, collaborating with Purdue students in Dr. Collicott's classes. "For the next two years, I had aeronautical engineers in my second-grade classroom teaching mini-lessons on basic principles of flight and propulsion as well as the basic principles of 'firefly' chemistry," Ms. Samudio said.



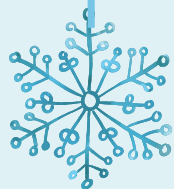
De-stigmatizing Mental Illness Early: Role of Childhood Animations By Katherine Miclau

While popular media is often criticized for furthering the misunderstanding of mental illness, children's animated entertainment plays an understated yet important role in destigmatizing mental health issues in younger populations. The depiction of animated characters has always been appealing because it stimulates children's imaginations by immersing them in a fictive world of talking animals and impossible scenarios. By nature, animated movies don't try to visually reproduce an accurate semblance of reality. Coincidentally, this makes them an ideal platform for introducing kids to the conversation about mental health. The choice of animated characters, often animals, as the focal points of the entertainment allows the young audience to absorb the core of mental health issues through what the characters saying, not what they look like. Characters in all shapes and sizes can exhibit various mental health issues, without any implications regarding the more complex factors of race, socioeconomic status, age, and ethnicity.



When looking specifically at adaptations of Lewis Carroll's *Alice in Wonderland*, the majority of the characters present symptoms of various psychological disorders in some form or another, but without explicitly mentioning mental health. For example, the White Rabbit's obsession with promptness, and consequently his fear and paranoia associated with time, correlates to a stress-related disorder such as General Anxiety Disorder. In addition, although Alice exhibits symptoms of paranoid schizophrenia, and the Mad Hatter those of both Bipolar disorder and PTSD.

Although complex neurological disorders are depicted implicitly through these main characters, the audience is not experiencing the characters as diseases, but instead as a plethora of very different individuals with diverse mannerisms. The dialogue between the Mad Hatter and Alice encompasses the perception of mental health in the story: Mad Hatter: "Have I gone mad?" Alice: "I'm afraid so. You're entirely bonkers. But I'll tell you a secret. All the best people are." Here, Alice is acknowledging people as people – regardless of their state of mental health – and this message is subtly transmitted to a mostly children's audience. Although the media does play a role in the stigmatization of psychological disorders,



MEET THE SENIORS

Class of 2021



Aida Al-Masri

Aysuda

Favorite song: Shou Helou
- Ziad Burji



Aida's 2020 in a nutshell:
Hard- Full of love- Disappointing

A word to 2022 seniors:

Always follow your dreams to achieve what you want!



Banan Marwa

Banano / Bananajo

Banan's 2020 in a nutshell:

We survived 🐸

A word to 2022 seniors:

The harder it gets, the more rewarding it will be...enjoy every moment of it.



Dana Terro

Dandona

Favorite song: winter flower

- ounha ft. rm



Dana's 2020 in a nutshell:

الحمد لله

A word to 2022 seniors:

I wish you all the best in you lives. Rock the world with your awesomeness! Good luck :)



Dara Al Ghzawi

Dardoor

Favorite song: Kill 'em with kindness

- Selena Gomez



Dara's 2020 in a nutshell:

a rollercoaster

A word to 2022 seniors:

Kill 'em with kindness



Diala Shahwan

Dolly

Favorite song: Howeh El Hob

- Adham Nabulsi



Diala's 2020 in a nutshell:

COVID-19 ,frustrated, family

A word to 2022 seniors:

Try to enjoy your senior year and
make many memories



Ghalia Omran

Yayo

Favorite song: Eleven

-Khalid

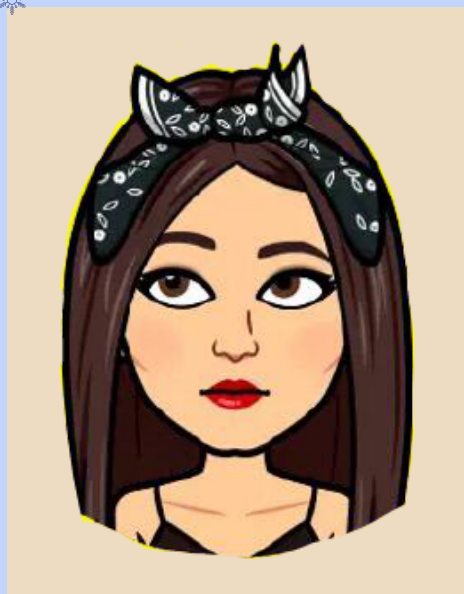


Ghalia's 2020 in a nutshell:

Rollercoaster

A word to 2022 seniors:

Do not take your last year as a joke,
but enjoy it while it lasts.



Hala Nazzal

lol

Favorite song: It's You

-Ali Gatie



Hala's 2020 in a nutshell:

Life-changing

A word to 2022 seniors:

Expect nothing, appreciate everything



Jawaher Alkathiri

Feej

Favorite song: Invincible

-Pop Smokes



Jawaher's 2020 in a nutshell:

unforgettable

A word to 2022 seniors:

I hope your classes aren't online



Jude Obiedat

Judy / juju

Favorite song: I Want it That Way - Backstreet Boys



Jude's 2020 in a nutshell:

Eye-opening, transforming, challenging

A word to 2022 seniors:

Don't stress, it'll pass. Just live in the moment.



Juman Fahham

Jamson

Favorite song: Don't you need somebody - Redone



Juman's 2020 in a nutshell:

Quarantine, food, online classes

A word to 2022 seniors:

Intelligence without ambition is like a bird without wings



Jouman Hussam

Fiji

Favorite song: Better

-Khalid



Jouman's 2020 in a nutshell:

One of my worst years, yet I
learned a lot.

A word to 2022 seniors:

It's on YOU to get YOU where YOU want to be



Lana Farwana

Farwana

Favorite song: Canyon Moon

- Harry Styles



Lana's 2020 in a nutshell:

Full of surprises

A word to 2022 seniors:

Get out while you can



Larissa Arkadan

lari

Favorite song: Sweater Weather
- The Neighborhood



Larissa's 2020 in a nutshell:
A rollercoaster of unexpected events

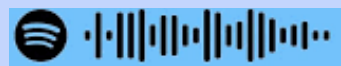
A word to 2022 seniors:
Take advantage of opportunities, if you want
to do something go for it.



Leen Abdrabo

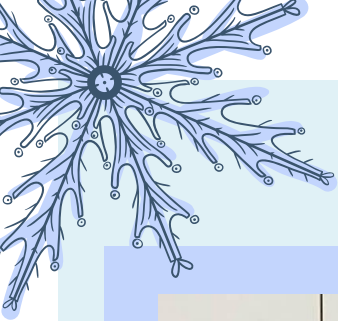
leens / lenzo

Favorite song: 505
- Arctic Monkeys



Leen's 2020 in a nutshell:
gym, tears, swag

A word to 2022 seniors:
Don't take life too seriously, no one
makes it out alive



Mahitab Ouf

Mimi

Favorite song: Stereo Hearts

- Gym Class Heroes



Mahitab's 2020 in a nutshell:

unexpected moments, new experiences

A word to 2022 seniors:

It's not like the movies, so be prepared



Nour Shehab Aldin

nawarah / nsnurah / shehab

Favorite album: Trilogy

- The Weeknd



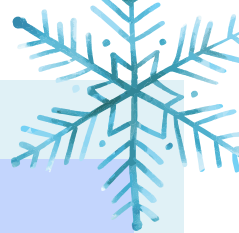
Nour's 2020 in a nutshell:

turbulent and eye-opening

A word to 2022 seniors:

Don't get too caught up in this or else you'll
lose all your swag 🤪





Salma Al Attili

Queen

Favorite song: On My Mind
- Jorja Smith



Salma's 2020 in a nutshell:

unprecedented year

A word to 2022 seniors:

Study because knowledge is power and helps you grow.
If you don't sacrifice for what you want now what you
want becomes the sacrifice.



Sama Islam

Samsouma

Favorite album: Dangerous Woman
- Ariana Grande



Sama's 2020 in a nutshell:
tedious, profuse, and yearful

A word to 2022 seniors:

Don't give up no matter how hard it gets because that
moment of happiness is to look forward to.



Sarah Abu Sada

Sarsova

Favorite song: Roots
- Imagine Dragons



Sarah's 2020 in a nutshell:
idiosyncratic

A word to 2022 seniors:
Sometimes you have to figure it out your own.

Arabic Articles

مقالات

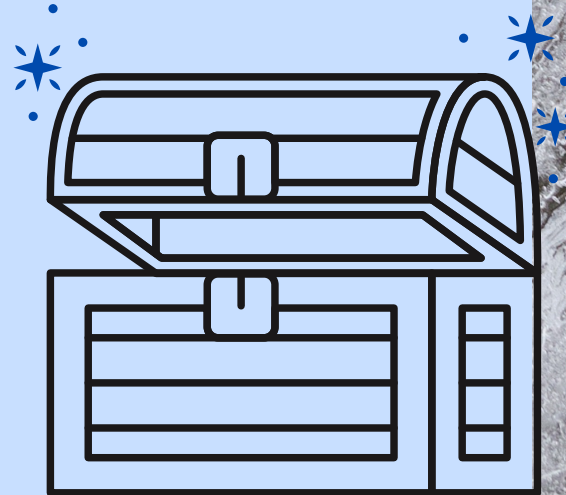
يقول الشيخ علي الطنطاوي رحمه الله: "وقع مرةً بيني وبين صديقٍ لي ما قد يقع مثله بين الأصدقاء، فأعرض عني وأعرضتُ عنه، ونأى بجانبه و نأيتُ بجانبِي، ومشى بيننا أولاد الحلال بالصلح، فنقلوا مني إليه ومنه إليّ، فحوّلوا الصديقين ببركةٍ سعيهما إلى عدوين وانقطع ما كان بيني وبينه، وكان بيننا مودةٌ ثلاثين سنة. وطالت القطيعة وثقلت عليّ؛ ففكرتُ يوماً في ساعةٍ رحمانية، وأزيمعتُ أمراً. ذهبتُ إليه فطرقتُ بابه، فلما رأني زوجه كذبت بصرها، ولما دخلت تُنبئه كذب سمعه، وخرج إليّ مشدوهاً! فما لبثته حتى حييته بأطيب تحيةٍ، كنتُ أحبيه أيام الوداد بها، واضطر فحياني بمثلها، ودعاني فدخلتُ، ولم أدعه في خيرته، فقلتُ له ضاحكاً: لقد جئتُ أصالحك! وذكرنا ما كان وما صار، وقال وقلتُ، وعاتبني وعاتبته ونفضنا بالعتاب الغبار عن مودتنا، فعادت كما كانت، وعُدنا إليها كما كُنّا. وأنا أعتقد أن ثلاثة أرباع المختلفين لو صنع أحدهما ما صنعتُ لذهب الخلاف، ورجع الائتلاف، وإن زيارةً كريمةً قد تمحو عداوةً بين أخوين كانت تؤدي بهما إلى المحاكم والسجون. إنها والله خطوة واحدة يصلون بها إلى أنيس الحب، ومتعة الود، وتسترجعون بها الصديق المخالف... فلا تترددوا

(مقالات في كلمات)

علي الطنطاوي

القناعة كنز لا يفنى

جاء في القصص القديمة أنّ ملكاً أراد أن يكافئ أحدَ مواطنيه، فقال له: "امتلك من الأرض كلّ المساحات التي تستطيع أن تقطعها سيراً على قدميك"، ففرح الرجل وشرع يمشي في الأرض مسرعاً ومهرولاً بجنون، وسار مسافة طويلة فتعب، ففكر في العودة إلى الملك كي يمنحه مساحة الأرض التي قطعها، ولكنه غير رأيه، فقد شعر أنّه يستطيع قطع مسافة أكبر، وعزم على مواصلة السير، فسير مسافات طويلة، وفكر في العودة إلى الملك مكتفياً بالمسافة التي قطعها، إلا أنّه تردّد مرّة أخرى، وقرّر أن يواصل السير حتى يحصل على المزيد. ظلّ الرجل يسير أياماً وليالي، ولم يعد أبداً، إذ يُقال إنّهُ قد ضلّ طريقه وضاع في الحياة، ويقال أنّه مات من شدة إنهاكه وتعبه، ولم يمتلك شيئاً، ولم يشعر بالاكْتفاء أو السعادة أبداً، فقد أضاع كنزاً ثميناً، وهو القناعة؛ فالقناعة كنز لا يفنى.



ثمار الأمانة

يُحكى أن أميراً شاباً كان يريد الزواج من فتاة على قدر من الأخلاق، فأمر بإصدار مرسوم ملكي يطلب فيه من كل شابة ترغب في أن تكون عروساً له الحضور إلى القصر الملكي البديع يوم غد في تمام الساعة الثامنة صباحاً، جاء اليوم الموعد واحتشدت الفتيات في ساحة القصر كل في أبهى طلة لها، ووقف الأمير وحيّاهن ونادى بهن، وأخبرهن بأنه سيعقد مسابقة ستتوج من تفوز فيها ملكة على عرش قلبه، وبأنه سيعطي كل فتاة منهن حوض زراعة فيه بذرة، وطلب من كل واحدة منهن أن تعتني بهذه البذرة بطريقتها على أن تعود إلى هنا بعد شهر من اليوم، أخذت الفتيات أصص الزرع وغادرن متفاجآت بهذه المسابقة الغريبة، وكانت من هذه الفتيات فتاة جميلة تدعى ماريّا، واضطت ماريّا على سقاية بذرتها وعنايتها بجِدٍ لكنها لم تلاحظ نموها طوال الشهر أبداً، فقررت أنها لن تذهب إلى القصر يوم غد لأن بذرتها لم تنمو، إلا أن العمة ديانا أقنعتها بضرورة الذهاب، خاصة وأنها بذلت كل ما يمكنها من مجهود للعناية بهذه البذرة. ذهبت ماريّا إلى القصر بحوضها الخالي من النبات، وكلها خجل وهي ترى ما تحمله الفتيات من نباتات مختلفة الأشكال والألوان بأيديهن، همّت ماريّا بالعودة إلى البيت والدموع تغالبها إلا أن الوزير الذي كان يتجول في الساحة طلب منها أن تصعد معه إلى المنصة لتقابل الأمير، ذهلت ماريّا وصعدت معه مضطربة إلى المنصة، حيّاها الأمير وقال: لقد أمرت الوزير بإعطاء كل فتاة منكن حوض زراعة فيه بذرة فاسدة، لأرى ما ستفعلن بها، فاستبدلتها ببذرة أخرى للفوز بالمسابقة، إلا أن ماريّا هي الوحيدة التي منعتها أمانتها من فعل ذلك فأبقت الحوض على ما هو عليه، وعليه أعلن الأمير فوز ماريّا بالمسابقة وطلبها للزواج منه وسط دهول الفتيات المخادعات جميعاً.

هل كتبت أو قرأت قصة عربية بقيم
اخلاقية؟ شاركوها معنا.

alsahafatalks@gmail.com

The psychology of grief surrounding celebrity death

2020 has been awful for many reasons, but one of the reasons was the sudden passing of several prominent celebrities and artists like Chadwick Boseman, Kobe Bryant, Eddie Van Halen, and more. When people of their stature die, the whole world seems to stop for a moment and collectively cry and mourn. But most people haven't met them — we've never sat down for coffee, worked with them, or were close to them in any way. So why does their passing hurt as much as it does? Firstly, we need to look into what exactly is grief? Adam Koenig, a thanatology and psychology instructor at King's University College, says that grief is a completely natural and personal experience that can be triggered by the death of someone you knew.

“It’s a normal, spontaneous, kind of personal response. It can be emotional, physical, spiritual, and it’s a very unique process to everyone, like a snowflake,” he said. “Whatever your reaction to the loss, it’s important just to be aware of it and notice it.”

While grieving online has grown in popularity over the years, there is still a stigma about grieving over a celebrity death. Koenig and Harrington call this disenfranchisement, where people invalidate a person's want or need to grieve.

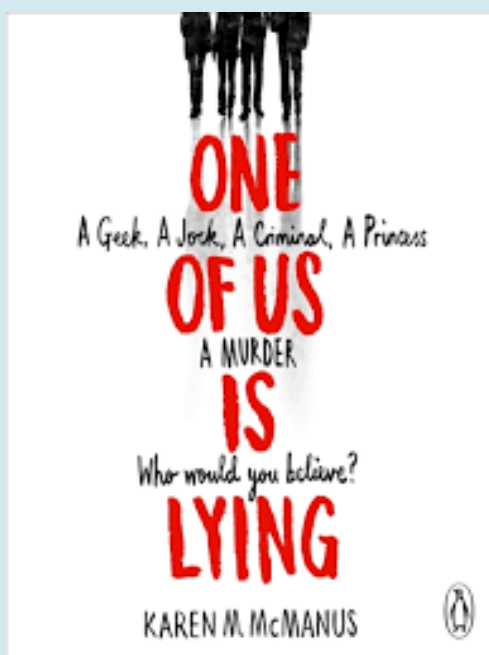
“We don’t socially, help or validate that loss. So people feel very invalidated and disconnected, so they shut down their feelings very quickly,”

Harrington said. Neimeyer agrees, saying these reactions can cause a person to feel like they're wrong for having a reaction, and deprives us of the social situations we need in order to get through the grieving period.



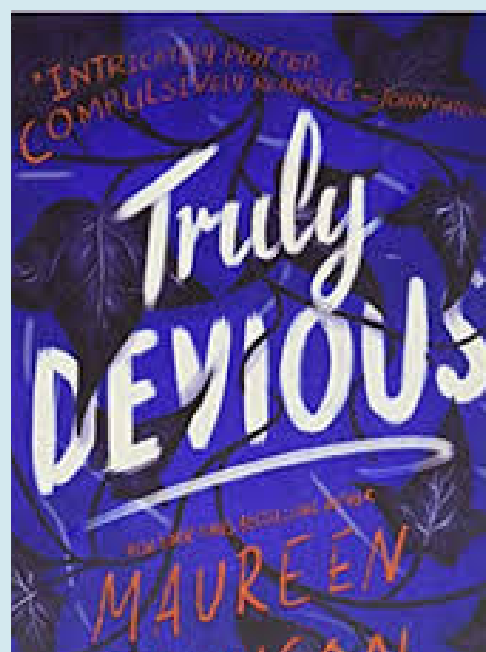
Book Recommendations

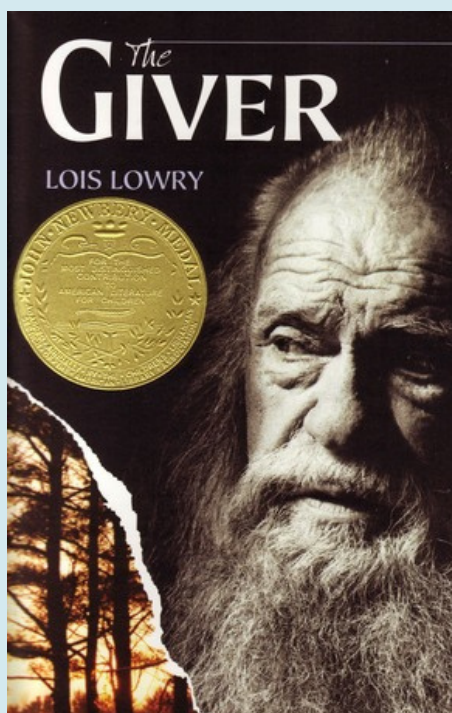
Recommended by Mrs. Salwa Sultan



The Breakfast Club meets *Pretty Little Liars*, *One of Us Is Lying* is the story of what happens when five strangers walk into detention and only four walk out alive. Everyone is a suspect, and everyone has something to hide.

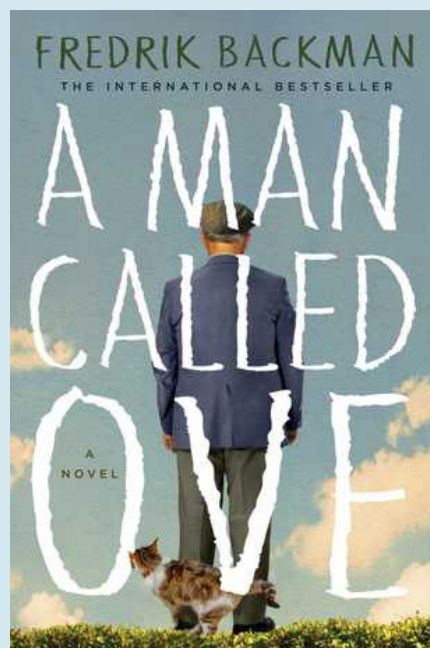
New York Times bestselling author Maureen Johnson weaves a delicate tale of murder and mystery in the first book of a striking new series, perfect for fans of Agatha Christie and E. Lockhart.





The haunting story centers on twelve-year-old Jonas, who lives in a seemingly ideal, if colorless, world of conformity and contentment. Not until he is given his life assignment as the Receiver of Memory does he begin to understand the dark, complex secrets behind his fragile community.

A grumpy yet loveable man finds his solitary world turned on its head when a boisterous young family moves in next door.



Ruby Redfort is a genius code-cracker, a daring detective, and a gadget-laden special agent who just happens to be a 13-year-old girl. She and her slick side-kick butler, Hitch, foil crimes and get into loads of scrapes with evil villains, but they're always ice-cool in a crisis.

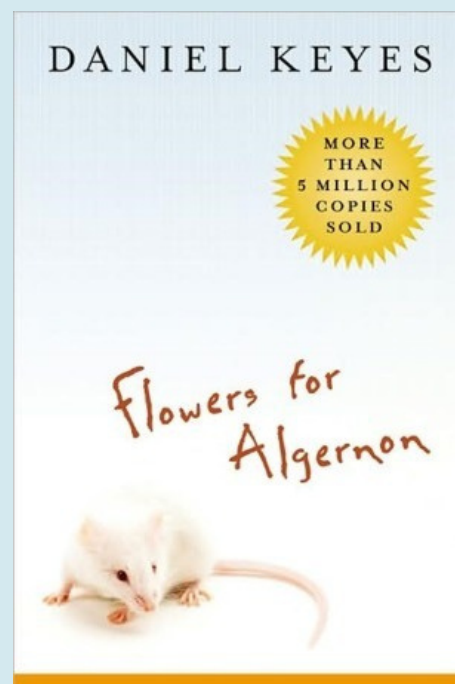


Recommended by Dana Terro (grade 12)

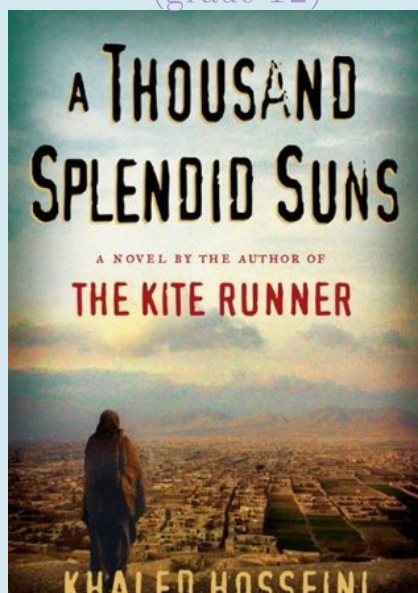


Slowly, steadily, through late-night conversations and an ever-growing stack of mix tapes, Eleanor and Park fall for each other. They fall in love the way you do the first time, when you're young, and you feel as if you have nothing and everything to lose.

The story of a mentally disabled man whose experimental quest for intelligence mirrors that of Algernon, an extraordinary lab mouse



Recommended by Leen Abdrabo
(grade 12)



It is a tale of two generations of characters brought jarringly together by the tragic sweep of war, where personal lives - the struggle to survive, raise a family, find happiness - are inextricable from the history playing out around them.



6 awesome science discoveries you may have missed in 2020



This year has produced an unprecedented news frenzy. As the deadly coronavirus pandemic raged around the world, lives were uprooted. Readers eagerly anticipated every bit of progress toward a vaccine. The killing of George Floyd sparked nationwide protests against police brutality and systemic racism. Yet among these pivotal events were an array of scientific discoveries that slipped under the radar. As 2020 comes to a close, we look back at ten significant developments that you might have missed.

1. Oldest material found on Earth is more ancient than our solar system

Billions of years before our sun winked into existence, a dying star flung dust out into space. Now a bit of that stardust, trapped in a meteorite that collided with Earth, was dated as the oldest material yet found on our planet.

3. Mystery of the star Betelgeuse's strange behavior finally solved

Betelgeuse is usually among the brightest stars in the sky, but in December 2019, its intense twinkle mysteriously dimmed. The dramatic change set scientists abuzz: Perhaps Betelgeuse was at the end of its life and could explode in a supernova brighter than the full moon. Yet in August of this year, NASA announced a far less extraordinary explanation for its suddenly shadowed face: The star burped!

2. First tyrannosaur embryos discovered

Researchers have identified the remains of tyrannosaurs so young they hadn't yet broken free from their shells. The discovery comes from finds at two different sites—a foot claw unearthed in 2018 from the Horseshoe Canyon Formation in Alberta, Canada, and a lower jaw recovered in 1983 from the Two Medicine Formation of Montana. Analysis of the remains, which are 71 to 75 million years old, revealed that tyrannosaurs started out surprisingly small, measuring an estimated three feet long—about the size of a Chihuahua, but with an extra-long tail.

4. Stunning details of an armored dinosaur's last meal

The brilliantly preserved front half of a 110-million-year-old armored dinosaur—bony plates, scales, and all—surprised and delighted scientists after it was accidentally unearthed in 2011 by a heavy equipment operator working in an Alberta oil sands mine.



5. The second-largest Ebola outbreak is finally over

On June 25, the World Health Organization declared the end of the second largest Ebola outbreak, which infected more than 3,480 and killed nearly 2,300. Ebola is a hemorrhagic fever marked by a host of symptoms—including bleeding, fever, stomach pains, weakness, and rashes—and is spread through direct contact with an infected person or animal's blood or bodily fluids. However, armed with a new vaccine, healthcare workers, led by Michael Yao of the WHO, launched a campaign to vaccinate anyone who may have been exposed. By also improving community engagement, this effort led to the vaccination of more than 300,000 people.

6. Hints of the first dinosaur DNA

In Jurassic Park, isolating dinosaur DNA is as simple as extracting the blood feast of an ancient mosquito encased in amber. While we're still far from bringing this piece of science fiction to life, researchers did make a mighty leap forward in the study of fossilized DNA. While studying well-preserved fossils more than 70 million years old, a team identified the outlines of cells, forms that may be chromosomes, and several possible nuclei—the structures that house DNA. They haven't extracted DNA from the fossil cells, however, so they can't confirm yet whether the material is unaltered DNA or another genetic byproduct.

But it's an exciting look at the finer details that fossilization can preserve.



RECONTEXTUALIZING CHOCOLATE CHIP COOKIES



TACKLING EATING DISORDERS



How did the chocolate chip cookie come to be?

Believe it or not, everyone's favorite chocolate chip cookie is now over 80 years old! The original recipe was created in the late 1930s by Ruth Wakefield who famously ran the Toll House restaurant in Whitman, Massachusetts. The delicious mix of crispy cookie and melted chocolate chunks first appeared in her 1938 cookbook "Tried and True,". While there are numerous apocryphal stories about the cookie recipe's origins, from chocolate accidentally falling into cookie batter to a rushed last-minute replacement ingredient miracle, the truth is a bit more practical. Ruth Wakefield was no amateur baker running out of ingredients. In fact, she had a degree in household arts and built Toll House's reputation for outstanding desserts. The iconic chocolate chip cookie was likely the result of diligent testing and recipe development

Why is the diet culture demonizing this classic?

You might've questioned the meaning behind "Diet Culture" and the tremendous impact it places on societies. According to a certified dietitian, Christy Harrison, they define diet culture as a system of beliefs that: 1- worships thinness and equates it to health and moral virtue 2- demonizes certain ways of eating while elevating others, which means you're forced to be hyper-vigilant about your eating, ashamed of making certain food choices, and distracted from your pleasure, your purpose, and your power. Furthermore, if we come to a breakdown the chocolate chip cookie consists of chocolate chips (a given), butter, flour, sugar, and other additions. In the eyes of the diet culture, you're committing the the biggest crime of all time. "baked goods will steal your dream body away from you", "there's no purpose behind chocolate chip cookies", "split the cookie in half in order to reduce the calories" are some false misconceptions that toxic culture feeds societies that might eventually lead to disordered eating habits.

What are the methods of recontextualizing this fear food?

As mentioned previously, it is a system of beliefs so as individuals we have the choice to either give it the power to influence us or not. However, that might be easier said than done so in this case baby steps are the way to go. Some suggested tips are to erase any traces of a toxic diet culture around you whether you are a person with disordered eating or not, overlook the ounces and the grams of sugar and butter that go into the cookie (and in all foods overall), and another suggested tip is don't go looking for a "healthy zero-guilt" cookie recipe on Pinterest since it is rather easy to become a fallen victim of diet culture. Start empowering yourself and your body with what is right for them. Finally and most importantly, a cookie does not need an excuse or a consequence to be eaten.





THE BEST CHOCOLATE CHIP COOKIES

You will need:

- 3/4 cup unsalted butter
- 1 cup brown sugar, packed
- 1/4 cup granulated sugar
- 1 egg + 1 egg yolk, room temperature
- 1 tablespoon vanilla extract
- 1 3/4 cup all purpose flour
- 3/4 teaspoon baking soda
- 1 teaspoon sea salt + more for sprinkling
- 2 cups semi sweet chocolate, chopped



THE BEST CHOCOLATE CHIP COOKIES

INSTRUCTIONS

Brown the butter over medium heat, stirring constantly until the butter begins to foam and turns a golden brown, emitting a nutty aroma. Make sure you only brown the butter lightly. When butter browns the liquid evaporates off which can dry out your dough. As soon as the butter starts to turn brown and smell nutty, take it off the heat to prevent any more liquid from escaping. Take butter off the heat and allow to cool.

In a large mixing bowl combine the cooled brown butter, brown sugar, and white sugar.

Beat until mixed together. Add in the egg, egg yolk, and vanilla extract. Mix well.

In separate bowl mix together the flour, salt and baking soda. Mix half the dry ingredients into the wet until everything comes together. Slowly add in the remaining flour a little bit at a time, stopping if the dough starts to get too dry.* Fold in the chocolate. Do not over mix.

Refrigerate the cookie dough for at least a half hour, or overnight.

When you are ready to bake the cookies, preheat the oven to 350°F and line a cookie sheet with parchment paper. Use a 1 ounce cookie scoop to scoop the cookie dough out into balls, placing them 2 inches apart on the prepared sheet. Bake for 11 minutes*, or until the edges are just golden brown and the centers have puffed up but are still gooey.

Allow to cool before eating!



Shepherd's Pie

THE ULTIMATE COMFORT DISH.

YOU WILL NEED:

FOR POTATOES

*1 1/2 LB. POTATOES,
PEELED
KOSHER SALT
4TBSP. MELTED BUTTER
1/4 C. MILK
1/4 C. SOUR CREAM
FRESHLY GROUND BLACK
PEPPER*

FOR BEEF MIXTURE

*1 TBSP. EXTRA-VIRGIN OLIVE OIL
1 LARGE ONION, CHOPPED
2 CARROTS, PEELED AND CHOPPED
2 CLOVES GARLIC, MINCED
1 TSP. FRESH THYME
1 1/2 LB. GROUND BEEF
1 C. FROZEN PEAS
1 C. FROZEN CORN
2 TBSP. ALL-PURPOSE FLOUR
2/3 C. LOW-SODIUM CHICKEN BROTH
1 TBSP. FRESHLY CHOPPED PARSLEY,
FOR GARNISH*



Shepherd's Pie

DIRECTIONS

Preheat oven to 400°. Make mashed potatoes: In a large pot, cover potatoes with water and add a generous pinch of salt. Bring to a boil and cook until totally soft, 16 to 18 minutes. Drain and return to pot.

Use a potato masher to mash potatoes until smooth. Add melted butter, milk, and sour cream. Mash together until fully incorporated, then season with salt and pepper. Set aside.

Make beef mixture: In a large, ovenproof skillet over medium heat, heat oil. Add onion, carrots, garlic, and thyme and cook until fragrant and softened, 5 minutes. Add ground beef and cook until no longer pink, 5 minutes more.

Drain fat.

Stir in frozen peas and corn and cook until warmed through, 3 minutes more. Season with salt and pepper.

Sprinkle meat with flour and stir to evenly distribute. Cook 1 minute more and add chicken broth. Bring to a simmer and let mixture thicken slightly, 5 minutes.

Top beef mixture with an even layer of mashed potatoes and bake until there is very little liquid visible and mashed potatoes are golden, about 20 minutes. Broil if desired.

Garnish with parsley before serving.



Cheesy Pepperoni Buns

You will need:

1 POUND LEAN GROUND BEEF (90% LEAN)

2 CUPS PIZZA SAUCE OR PASTA SAUCE

1 PACKAGE (3-1/2 OUNCES) SLICED PEPPERONI, CHOPPED

4 SLICES AMERICAN CHEESE, CHOPPED

12 MINI BUNS, SPLIT

2 CUPS SHREDDED PART-SKIM MOZZARELLA CHEESE



Cheesy Pepperoni Buns

Directions

Preheat oven to 350°. In a large skillet, cook beef over medium heat until no longer pink, 5-7 minutes, breaking into crumbles; drain. Stir in pizza sauce, pepperoni and American cheese. Cook and stir until cheese is melted, 4-5 minutes.

Place buns on a baking sheet, cut sides up. Spoon meat mixture onto buns; top with mozzarella cheese. Bake until cheese is melted, about 5 minutes. If desired, serve with additional warmed pizza sauce.



Pumpkin Pie Recipe

You will need:

Pastry:

- 1 1/3 cup all purpose flour
- 1 tablespoon granulated sugar
- 1/2 teaspoon salt
- 1/4 cup cold lard, cubed
- 1/3 cup cold unsalted butter, cubed
- 3 tablespoon ice water

Filling:

- 1 1/2 cup pumpkin purée
- 3 eggs
- 1 cup 35% cream
- 2/3 cups granulated sugar
- 2 tablespoons maple syrup
- 1 teaspoon cinnamon
- 1/4 teaspoon each ground ginger, nutmeg and salt



Pumpkin Pie Recipe

Pastry: In food processor, pulse together flour, sugar and salt until combined; pulse in lard, a few cubes at a time, until mixture resembles fine crumbs. Pulse in butter, a few cubes at a time, until mixture is in coarse crumbs about the size of large peas, 6 to 8 pulses. Drizzle in ice water; pulse to form ragged dough. Wrap in plastic wrap; press into disc. Refrigerate until chilled, 1 hour.

Position racks in centre and bottom of oven; preheat to 400°F. On lightly floured work surface, roll out dough into 13-inch circle; fit into 9-inch pie plate. Trim, leaving 3/4-inch overhang; fold overhang under and flute edge. Prick bottom all over with fork.

Freeze until firm, about 10 minutes.

Line crust with parchment paper; fill with pie weights or dried beans. Bake on bottom rack for 20 minutes. Remove parchment paper and pie weights; bake until golden, 10 to 13 minutes.

Remove from oven; reduce temperature to 350°F.

Filling: Meanwhile, line dinner plate with 2 layers of paper towel; spread pumpkin purée over top. Top with 2 more layers of paper towel; press to absorb any liquid.

Scrape pumpkin purée into bowl; whisk in eggs, cream, sugar, maple syrup, pumpkin pie spice, cinnamon, ginger, nutmeg and salt. Scrape into crust. Bake on centre rack until top is no longer shiny and edge is set yet centre still jiggles slightly, 40 to 45 minutes. Let cool completely on rack; refrigerate until chilled.

Topping: Arrange Gingersnap Leaf Cookies or any topping along crust

Alumnus

Shahed Aljaafeh



I am Shahed Aljaafreh, 3rd-year Medical Student and a member of 2 research teams in Istanbul, Turkey. I became a part of AlSahafa International School family in 2012 and finalized my journey as a 2018 Graduate.

My dream to get into a Medical School came true only when I stopped accepting “No” for an answer. My teachers at AlSahfa were supporting every step we took towards our dreams, both academically and psychologically as they offered precious advice and helpful insight that assisted our decision. Appreciate the support of family and friends, but don't let it stray you away from your desired destination.



Hanan Aljaafreh



I am Hanan Al Jaafreh, and I am a 4th class Student in the Urban and Regional Planning Department from Architecture Faculty in Istanbul Technical University, established in 1773, ranked the first in Turkey for Technical Faculties. Proudly, I am on the high honor list for 2 consecutive years.

My journey didn't start in Istanbul but in my classroom Grade 9 when our council introduced us to the world after high school; that day I started my planning and research, and I was searching for my passion and my strength points. I had a lot of options, and I was so irritated and confused, and I had a pretty tough time but that all was just because I was growing up; now I look back 8 years ago and I smile because I know it was all worth it.



Aya Stouhi



Al Sahafa High School was my home for the first quarter of my life as I graduated from it in 2014. It was the place where I've felt the most embraced and safe. This school launched me into the world and made me grasp onto the dreams that I have built for myself. Because of such a warm and nutritive environment, I have become the person I am today.

I currently work At Beesline, where I have launched their E-commerce platform 2 years ago all over GCC & Levant. I have worked long and hard to prove myself and earn responsibilities such as handling all e-commerce operations as well as providing support to the E-commerce customer service team. I aim to constantly grow and improve professionally and personally. Thank you, Al Sahafa High School, for lending me the hand I needed to start my journey.



REVISITING CHILDHOOD DREAMS WITH AL SAHAFI TEACHERS

Growing up, what was your dream career?

Mrs. Ola: a pilot

Mrs. Aliyah : fashion and beauty field

Ms. Ahlam: to start a boarding school/orphanage

Mrs. Dalal: a model

Mrs. Dima Sufian: a teacher & a mother

Mrs. Doaa: a teacher & a tour guide

Mrs. Ghadeer: an Olympian gymnast & a horse rider

Mrs. Hadeel Sehweil: a flight attendant & a teacher

Mrs. Samah: a princess followed by paparazzi

Mrs. Suzan: a surgeon

Mrs. Suheir: a lawyer

Mrs. Samar: a successful person

Mrs. Salwa Khalife: a famous person

Mrs. Tala: a dentist

Mrs. Zeinab Deeb: a singer

Mrs. Nelly: a sports nutritionist

Mrs. Rohaifa: someone who inspires

Mrs. Rola Shehade: to work in my dad's company

Mrs. Rola Hallak: a journalist

Mrs. Salwa Sultan: a librarian

Mrs. Shourouq: a journalist

Mrs. Soumaya: a president, an actress, a journalist
a photographer, and a teacher

Mrs. Hanadi: a doctor (but I feared blood)

Mrs. Jowanna: a fashion designer

Mrs. Malak: a cardiologist

Mrs. May: a detective

Mrs. Mona Hamwi: a lawyer

Mrs. Maissa Barakat: I've always dreamed to have
many kids in my family... "family" was my ultimate
ambition



Harry the Happy Snowman

Once upon a time, days before Christmas eve Santa Claus was working out in the gym practicing his technique of dropping down gifts through chimneys without getting stuck. Suddenly, one of his reindeers (Dondre) came running in stressed and worried. "Santa! Santa! Harry the snowman has run away, I am worried." Santa replied: "Calm down Dondre, there is nothing to be worried about. I will personally sort out Harry's problems and bring him back home safe. Please Dondre, alert the elves and start searching while I head back to my sleigh!". Santa took off to the skies to find Harry the snowman. Visiting one place to another, Santa looked down and saw Harry sitting alone in the snow heading away from Santa's village. Santa said: "Harry! Harry! Can you hear me?" Santa pulled down and landed just beside Harry, but Harry ignored Santa and kept walking. "Jump in Harry and get back in," said Santa. However, Harry kept on walking, he then slowly turned around and looked at Santa with tears in his eyes. "Harry, my dear, there comes a point in everybody's life where they feel like running away but that is never the answer and the right thing to do, please tell me your problems", Santa said. Harry looked at Santa and broke down, "No one ever listens to me, no one has time for me, why me?!". I am just a worthless snowman that nobody loves!". Santa walked up to Harry and replied: "Oh dear, you are not worthless, wipe your tears and come with me I want to show you how important and loved you are". They took off with the sleigh and went to see how important Harry is. As they traveled all around the world, Santa showed millions of snowmen all built by children with the help of their family and friends. "Look Harry, building snowmen brought people together, imagine a Christmas without snowmen it would be incomplete with no sense of fun and happiness!". They went back to the North Pole and found everyone in Santa's village gathering to welcome Harry back. This made Harry happy and taught him a lesson that everyone should learn. Running away from our problems will never be the solution so instead of that we should accept, love, and appreciate ourselves for who we are.

THE END

Ritaj Skaiki- Grade 4A





If you are NOT Hala, stop looking into my diary.

I'm writing this on the plane on my way to Jordan on a really cold winter, so I'm wearing like two jackets. It's our first time traveling on a winter break, so I don't really know how the weather will be. My parents say it's FREEZING cold and REALLY snowy, but I haven't seen it just yet. I've never EVER seen snow and actually had a memory of it. I have to stop writing because the plane has landed. See you in Jordan!

IN MY GRANDMA'S HOUSE IN JORDAN

Finally, I'm writing this in front of a heater, so I'm really warm. The weather is like zero degrees Celsius! It is night, so the weather will probably be super cold, but I wonder, how will the weather be in the morning? I'm really tired, so I'll go to sleep. See you tomorrow!

NEXT MORNING, ALSO IN MY GRANDMA'S HOUSE

Hey! Right now it's 9:23 on a Sunday morning. The weather is about eleven degrees Celsius, which is WAY better than the weather last night. I'm writing this while playing Animal Crossing New Horizons on my Nintendo switch. It's a really fun game I enjoy playing it when I have nothing to do. We are probably going to my other grandma's house later today. Almost all my aunts, uncles, and cousins are there too, so I'm really excited. I'm waiting for my uncles, aunts, and their children so we can have breakfast together. The doorbell just rang! I'll go open it. See you later!

IN THE CAR

Hi again, we have rented a car to go to my other grandma's house, but it's not really working out as planned. Then again, it isn't our car and it's SNOWING! I think we will just go back and go there tomorrow.

Okay, so little update, my auntie just rang the doorbell and she said we could borrow her car. I didn't really understand why, since we already have a car and we didn't wanna ruin anyone's car, but she insisted. So now, we are in her car instead. It stopped snowing, but it's still raining. I think that's enough writing for now. Goodbye!

BY Hala Juma
Grade 5

THE WINTER EFFECT

Now is the time a refreshing breeze's ecstasy. In the dazzling months of an end intertwining with a new beginning, a sweetness engulfs our days. Call it "The Winter Effect". It is as though the warmth a December vanilla or ginger candle emits magnificently reaches into our days, filling dull days with soft fragrances. Suddenly, the sun stops making you feel as though you were melting. Instead, its rays begin to feel like a divine and warm embrace. A hot chocolate drink or a coffee sparks a tenderness within you. One so velvety and swift. The cold wind reminds me of a cold shower on a summer day. It is awakening in that beautiful way. As the ginger candles' scent gracefully spreads into our lives, a magical entity of mellowness grows. Everyone is calmer, happier, and more comfortable. Sleeping, waking up, or even studying with the sound of raindrops falling in the background is a soothing time in every way. It's an intervention beyond our power; water pouring mystically. Savoring the wondrous season, we grab our warm mug of coffee, curl up in our blankets, and enjoy God's gift of rain, the awakening, and winter.

BY Aya Houranieh



WE HAVEN'T SPILLED ALL OUR BEANS YET.

Al Sahafa Talks team invites you, students, teachers, or admins, to share with us your thoughts.

Whether you are a poet, a writer, or an artist, this magazine is your platform to display your work.

If you are not a good writer but a good reader, you are also encouraged to share your reading recommendation.

Would you like to recommend topics or new recipes?
Would you like to join our team?

***All you have to do is to contact us at
alsahafatalks@gmail.com, and we
will directly respond.***

Life is good now, but the best is yet to come. See you soon,
family!

