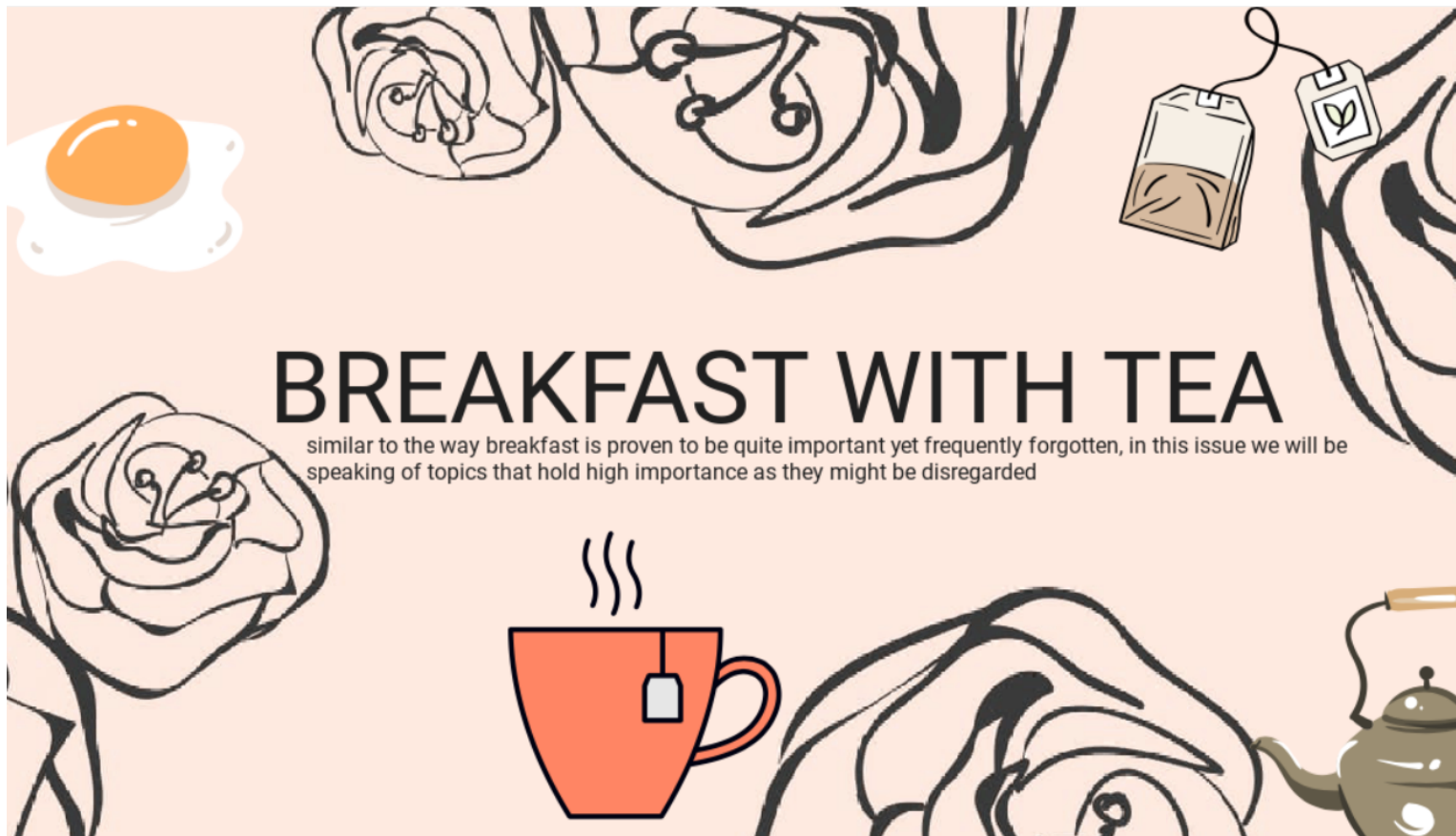




The outbreak of the coronavirus was an event no one ever expected. People were living their life at their fastest pace. Although everyone has learned about global pandemics in the past, we still never really understood the severity and intensity of it. Covid-19 Global Pandemic had various effects on people's mental health. The fear of an unknown new disease and the sudden doubt of financial stability are some of the main factors that negatively affected humanity. Everyone deals with stress in their daily life, especially in today's world. But the realities that took place this year are a new kind of weight. The world went from being so free to be imprisoned by this new virus. People were losing their jobs and their family members. Graduates were deprived of the graduation they deserved. All trips and plans for the summer vacation had to be postponed or canceled, devastating everyone. Despite all of these situations, the fear for people's safety was the world's priority. The social distancing and quarantine procedures that were taken to protect the people from the virus had their downside. People grew accustomed to the busy fast life so; it was difficult for one to immediately get used to the new way of living. Sitting at home with nothing to do but think and knowing what the world was going through

while feeling helpless took a toll on everyone. People quickly started to draw more attention to their health and wellness. Families prepared themselves for the harsh goodbye. After everyone was getting used to the new way of living, it was time to go back to school. This year's back to school season has to be the most depressing one ever. There was no excitement from little kids, no first day of school friendship reunions; neither was their certainty about anything relating to the academic aspect. All of these factors combined affected people's mental health greatly. neither was their certainty about anything relating to the academic aspect. All of these factors combined affected people's mental health greatly. People turned to other solutions to cope. Some coped by increased use of nicotine and binge eating, while others view this significant free time as an opportunity for them to accomplish the things they didn't have the time for before. People turned to health and nutrition, soul-searching practices, and physical exercises to be productive in troubling times. And to also shift their focus to their wellness rather than drowning in their negative thoughts. People also took on learning new hobbies and skills.

health and nutrition, soul searching practices, and physical exercises to be productive in troubling times. And to also shift their focus to their wellness rather than drowning in their negative thoughts. People also took on learning new hobbies and skills. Some took it upon themselves by learning a new language or learned how to cook or bake; others challenged themselves by trying to learn crafts and arts. This time was very confusing, especially for little kids. Parents must have had it the hardest, trying to be strong and brave for their kids while they're terrified themselves. Even though this pandemic took away a lot of things from everyone, it taught everyone a lot of valuable lessons. Everybody understood the importance of family, health, financial stability, and education. It also drew people's attention to individuals who are in desperate need of help. The pandemic also taught everybody the power of working together and the importance of unity.

MY MESSAGE TO YOU

Everyone has been taught to look at things from all perspectives but focus on the positives. I hope everybody uses this method while coping with this pandemic. Speak up for help if you need it; everyone needs someone to talk to sometimes. Focus on your mental health. It is as important, if not more, important than your physical health. Educate yourself using trusted sources. The more you know about the world's situation, the more you are safe, and the more you can help. Protect yourself and your family members by following the rules of the government. Stay safe.

The Journey Within: Written by: Alaa Alshahrani 11A
Edited by: Dana Kurdi 12 B



Artist:Elaf Mohammed Al Osherey
10 B

Sensitive Generation



Kids and teens today are being labelled “the sensitive” generation. Is it because we truly care for mental health and we openly speak about it? I believe it is because we understand its importance. We realize its importance but perhaps most parents and adults do not, and even some of our own current generations do not. They tend to misunderstand what mental health really is. The cycle of misunderstanding, however, must be broken so that everyone’s mental health can receive the recognition of its importance as well as the treatment it deserves. Our state of mind plays a critical role in the way we think, behave, and express feelings. If we want to act appropriately and feel at peace when doing so then we must come to terms with and take care of our mental health. People think that this topic is a hoax or that it really doesn’t matter at all. However, they tend to forget that even though we have a mind and a body they are not separate. We are technically our minds. So, caring for ourselves and our well-being, means caring for our mental health. It can be tricky ,however, as sometimes we build our mental health up over a long period of time, only for it to shatter within seconds of hearing a few words or stumbling upon something that we wish we hadn’t. That’s just how it is sometimes, but that doesn’t mean we’re a lost cause. It certainly gets easier as we grow and practice to put our needs first. Let’s not get that confused with being flat out selfish though. It simply means knowing your needs and knowing yourself. Taking care of our own mental health is more than just giving ourselves breaks here and there. It’s about knowing when to say “no” if you happen to be in an uncomfortable situation. It’s about listening to your heart and doing what’s right for yourself, not other people. Expectations against your judgement is to prove that you are worthy of time, love and care. These expectations are against our own judgment just to prove we are worthy of time, love, and compassion.

It comes to a point where we have to battle between what’s right for ourselves and right for the world. So much so that many of us confuse what the world expects from us with what we want for ourselves. It leaves us in a state of quandary and restlessness that can’t be good for our mental health. However, dilemmas and quandaries can be good. Problems help build character, teach our mind to be strong, and make us appreciate the times when we’re at peace. Too much of it though can cause us to break apart. Which is why its important to prevent burn out and stress. Its easier said than done that’s no secret, but we can avoid multiple unwanted occurrences if we just do what’s right for our mind as well as our body. We need to give ourselves time when deciding what’s best for us and ignore outside disapproval. Sometimes criticism and objection from people can be helpful and only said out of worry, but if it’s against our wellbeing then its nothing but opinions. The mind is a complex element that has odd ways of working. It’s ok to feel torn and restless here and there. To feel is a blessing in itself, so let's care for our feelings and by taking care of our mental health.

Written by:Reetag Basabrain 9A
Edited by: Maya Alidrisi 12 A

“Dance is not only defined as a sport..”

As a young girl, Aljazi had always been passionate about dancing. Rather than dancing for the people, she does it just to be happy. “When I see people clapping and smiling it energizes me ” she says. When she was younger she would always stutter while speaking, dancing helped her cope with it. Nooran Basheer used to do ballet, jazz, as well as tap dancing when she was a it truly helped her with her confidence as well as allowing her to express herself freely. She realized that when she stopped dancing during middle school her self esteem lowered, however during grade 8 she returned to dancing and it removed that obstacle. She felt more confident. “The Step up club is new, creative, and innovative” are three words that Aljazi describes the club. “When I was younger I was close minded, not as the term used today, but as in I did not do well when taking other opinions. When I started forming friendships I was able to get out of that bubble. I was fascinated about how students all came to school and did the same things however everyone had a different perspective of the definition of life.” She says. “Dance alone might be described as a sport to some. However our definition contrast, the Step Up combines storytelling and theater.” Aljazi passionately declares. She goes on to describer the goal of this club. “If you are to preform then you should do it with a story behind it. Along with the Vice President and the Producer we created a story with a lesson behind it where in the beginning of every season we will recruit 15 trainees,1 stylist, and 1 prop designer. Together they’ll practice and truly show that dance is not a sport but an art and can teach us lessons.”

Interviewer and writer: Maya Alidrisi 12A
Students: Aljazi and Nooran Basheer 11B

SPORT NEWS: LOCAL & WORLDWIDE

SAUDI LEAGUE

HIGHLIGHTS

In October, the Saudi League witnessed a lot of victories along with some defeats.

Al Ettifaq standing in first place had 2 victories and no defeats. Ranking in second place is Al Ahli won 2 victories with no defeats, too. And third place Al Raed won 1 victory and had one tie score.

On 17 October 2020

#Al-Ahli won with a score of 1-0 against Al-Ain Atawlah. The winning goal was scored by Ali Albulayhi.

On 18 October 2020

#Al Ittihad lost with a score of 1-2 against Al Ettifaq. Filip Kiss scored the 2 scores for Al Ettifaq and Fahad Al Muwallad scored the goal for Al Ittihad.

#Al Nassr FC Riyadh got defeated by Al Fateh with a score of 1-2.

Sofiane Bendebka scored one goal before the halftime and one after in the second half earning Al Fateh the victory. Khalid AL Ghannam scored the goal for Al Nassr.

HIGHLIGHTS

LA LIGA

In October, the Real Sociedad stands in first place with 4 victories. In second place ranks Real Madrid with 3 victories and 1 defeat. Ranking at third place is Granada with 4 victories and 1 tied score.



On 22 October 2020

#Abha Club tied with Al Hilal Riyadh with a score of 1-1. André Carrillo scored the goal for Al Hilal in the first half. Saad Bguir scored the goal that tied the result in the second half for Abha Club.

HIGHLIGHTS

On 24 October 2020

#Al Fateh and Al Ittihad tied with a score of 2-2.

Romarinho scored the first goal of the match in the first half for Al Ittihad and Bruno Henrique scored the second goal. Mitchell te Vrede and Ali Al Zaqan scored the goals for Al Fateh.

On October 24 2020

The famous El Classico took place, it was a tense match and ended with Real Madrid taking the victory with a score of 3-1 against Barcelona.

On 23 October 2020

#Al-Raed tied with Al-Shabab Riyadh with a score of 2-2.

Jalal Daoudi scored the first goal for Al Raed in the first half, while the second goal was scored in the second half by Awdh Khamis.

The first goal for Al Shabab was scored by Ever Banega in the first half and the second goal was scored in the second half by Cristian Gnanca.

BASKETBALL

NBA
RANKINGS OCTOBER
Eastern Conference
1- Milwaukee Bucks 2-Toronto Raptors
3- Boston Celtics

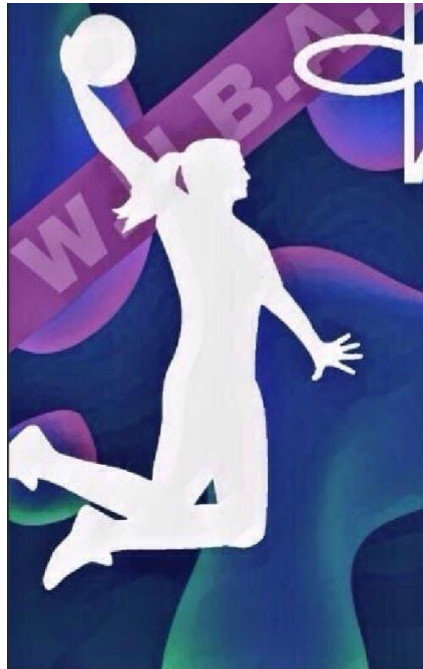
WNBA
RANKINGS OCTOBER
1-Las Vegas Aces
2- Seattle Storm
3- L.A Sparks

Finals
Western conference
1-LA Lakers
2-LA Clippers
3-Denver Nuggets



A’ja Wilson of the Las Vegas Aces was named the league MVP. The Seattle Storm won the 2020 over the LV Aces.
On October 11, 2020, Talen Horton-Tucker became the 2nd youngest NBA player to win NBA Championship after the Los Angeles Lakers beat the Miami Heat to win the 2020 NBA Finals.

Both the WNBA and the NBA had an end in October after a short, fast, and tough season. Both leagues were postponed in April due to the COVID-19 pandemic.



Under a plan approved on June 15, the WNBA league began a shortened 22-game regular season at IMG Academy behind closed doors.

On August 29, the NBA season returned, 22 teams played 8 additional regular-season games to determine playoff seeding, all games took place in the IMG Academy.

On October 25, 2020

Real Sociedad took the victory with a score of 4-1 against SD Huesca.

OTHER SPORTS NEWS



Khabib Nurmagomedov, the 32-year-old undefeated lightweight MMA fighter, made the announcement of his retirement on Saturday 24 October 2020. He said the reason for his retirement was the death of his father and coach Abdulmanap Nurmagomedov. This is my last fight, Nurmagomedov said. There’s no way I’m going to be back without my father. I spoke to my mother. She doesn’t know how I fight without a father, but I promised it’s going to be my last fight, and if I give my word, I have to follow it. Nurmagomedov was overcome by tears in the cage moments after choking Gaethje unconscious 1:34 into the second round of his third UFC title defense.

I knew he was in a bad spot, but whether he was or not, he did what he needed to do, “Gaethje said. “I know his father is so proud.”

Written by: Alaa Alshahrani and Farah Baksh ^{11 A}
Edited by: Joud Alawi ^{11 B}
Artist: Rawan Taj ^{11A}

The Art of Theater

Causing change isn't as hard as it may seem to you. Its simplicity is what makes it truly significant. All you need is your voice and your determination and you will succeed. This is why I want to talk to you about the musical "Dear Evan Hansen". This musical takes you through a heartbreaking yet eye-opening journey that will change your perspective on many things like never before.

We start with a teenager named Evan Hansen that struggles with social anxiety and keeping a connection with his mom. His therapist suggests that he writes a letter to himself every day

stating "today will be a good day and here's why...". Then they introduce Conner Murphy and his wealthy family where we learn that the mother is struggling to connect with her kid as well. While at school, Evan's two friends notice his broken arm, yet none of them sign it. After running into and getting pushed by Connor, Evan decides to write a letter. Evan sees him again but this time Connor decides to sign his cast. He finds Evan's letter to himself and gets frustrated at the mention of his sister, whom Evan has a crush on, so he

takes the letter and storms off. Evan now afraid that Connor had exposed him, freaks out and tells his friend about these letters he writes to himself. Just then, Evan gets called into the principal's office only to be told by Connor's parents that Connor had committed suicide and, in his pocket, had what they assumed was a suicide letter to Evan. With this in mind, Evan felt as though he didn't want to make

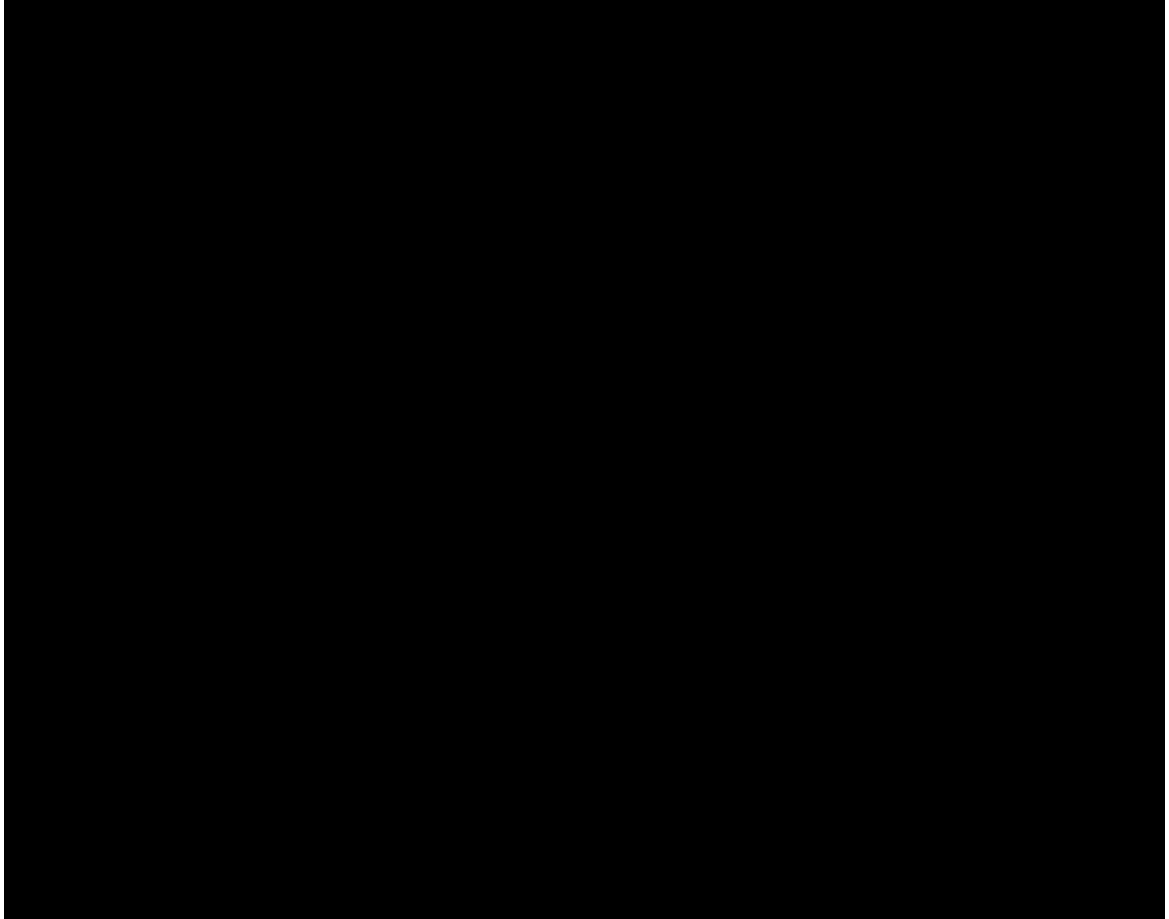
things worse, so he went along with the charade. He claimed that Connor and he were great friends and went through a lot of hardships together. He even goes as far as to create fake emails to support his facade.

As the story goes along, you'll learn many details that will add to the character's depth. You'll understand that whether you think what Evan did was right or wrong, despite the hurt it caused the family after they found out about the lie, this still had a positive impact and caused so much change on thousands of people. If you want to know how that could even be remotely possible, read the book or watch the musical. Trust me, one of the greatest experiences of your life.

- Rama Hejazi 12 A



Reem Alkathiri 12 A



Artist: Mayar Al Shehri 9A

INTERESTING

PSYCHOLOGICAL FACTS

Good liars are also good at detecting the lies of others.

The brain replays memories and creates perfect moment
scenarios 70% of the time.

98% of the time, You tend to recall all your bad deeds when
you are told that someone has to ask a question.

Even though you have overslept, you still have the tendency to
desire more sleep.

People who take interest in serial killers turn out to be better
conversationalists.

OUR PRECIOUS PLANET

Earth, our precious planet, our only home.
Some people care for it, and sadly some don't.
Crystal clear waters, tall and green trees...
What once was beautiful greenery, has now become big cities.

Endless oceans, were so clear...so pure,
Now our garbage lay in it, like a disease with no cure.

Sea creatures once swam freely, beautifully and happily,
But now they watch as the trash piles up oh so rapidly.

Pure air, so fresh and so clean.
It then gets filled with pollution produced by gasoline.
Factories and cars release terrible pollutants,
Affecting the air that's no longer translucent.

Our planet is dying slowly, slowly...
Every plastic bottle kills it forcefully.
Every time we start our cars,

We unwillingly slowly tear this planet apart.

It's not easy to change the way we live,
But of this planet, we must be protective.
It's the only home we have,
So let's try not to fill it with trash.

Self Care



Artist: Lina Enaya 9B

Most teenagers, children or perhaps even adults suffer from acne. It's actually in all age ranges. And it is one of the most things we all have in common. Acne is a skin condition that occurs when your hair follicles become plugged with oil and dead skin cells. It causes whiteheads, blackheads, or pimples. We always want to find ways to clear our skin up. Today I will be recommending natural ingredients you can use to moisturize your skin, so it looks healthy, clear, and youthful. So there are different skin types:

- . Dry
- . Oily
- . Combination

Dry skin is basically when your skin doesn't feel moisturized. It's marked by scaling, itching, and cracking.

Oily skin type is excess oil on the face that produces a persistently shiny or greasy appearance.

Combination skin type is both oily and dry, especially around the T-zone. Now for dry skin, the natural ingredients you would need are:

- . Oils: Castor oil, lavender oil, avocado oil, coconut oil are good for exfoliating your face
- . Aloe vera: is a good moisturizer
- .olive oil:can be a great cleanser
- . Avocado, honey, olive oil half an avocado and a tablespoon of olive oil, and a tablespoon of honey can be a moisturizing mask keep it o for 15-20 minutes.

For oily skin, the ingredients you will need include:

- .Oats honey mask
- Combine 1/2 cup ground oats with hot water to form a paste
Stir in 1 tablespoon honey
Massage the oatmeal mixture into your face for about three minutes; rinse with warm water, and pat dry leave it on for 10-15 minutes.
.Egg white and lemon mask: Alternatively, apply the oatmeal mixture to your face and leave it on for 10-15. Combine one egg white with one teaspoon freshly-squeezed lemon juice.
Apply it to your face, and leave it on until the mask dries. Remove with warm water, and pat dry.

- . Tomato mask
- Combine one teaspoon of sugar with the pulp of a tomato.
Apply to the skin in a circular motion.
Leave the mask on for 5 minutes.
Rinse thoroughly with warm water and pat dry. Now for combination skin the ingredients you will need are:
- .honey.Is an excellent natural cleanser
 - .rose water. Is great for toning your skin.
 - .oils.Like jojoba, hazelnut, grape seed, sesame, safflowers.They are exquisite moisturizers
 - .masks:bearberry, rice water or rice powder, green clay, silica I have listed every ingredient that I think would make your skin type more illuminating and make it healthier and, of course, make it have that glow.



Artist: Dana Kurdi 12B

Written by: Raniya Brown 9A
Editor: Maya Alidrisi 12A

SEND US YOUR WORK!

jistimesclub@gmail.com

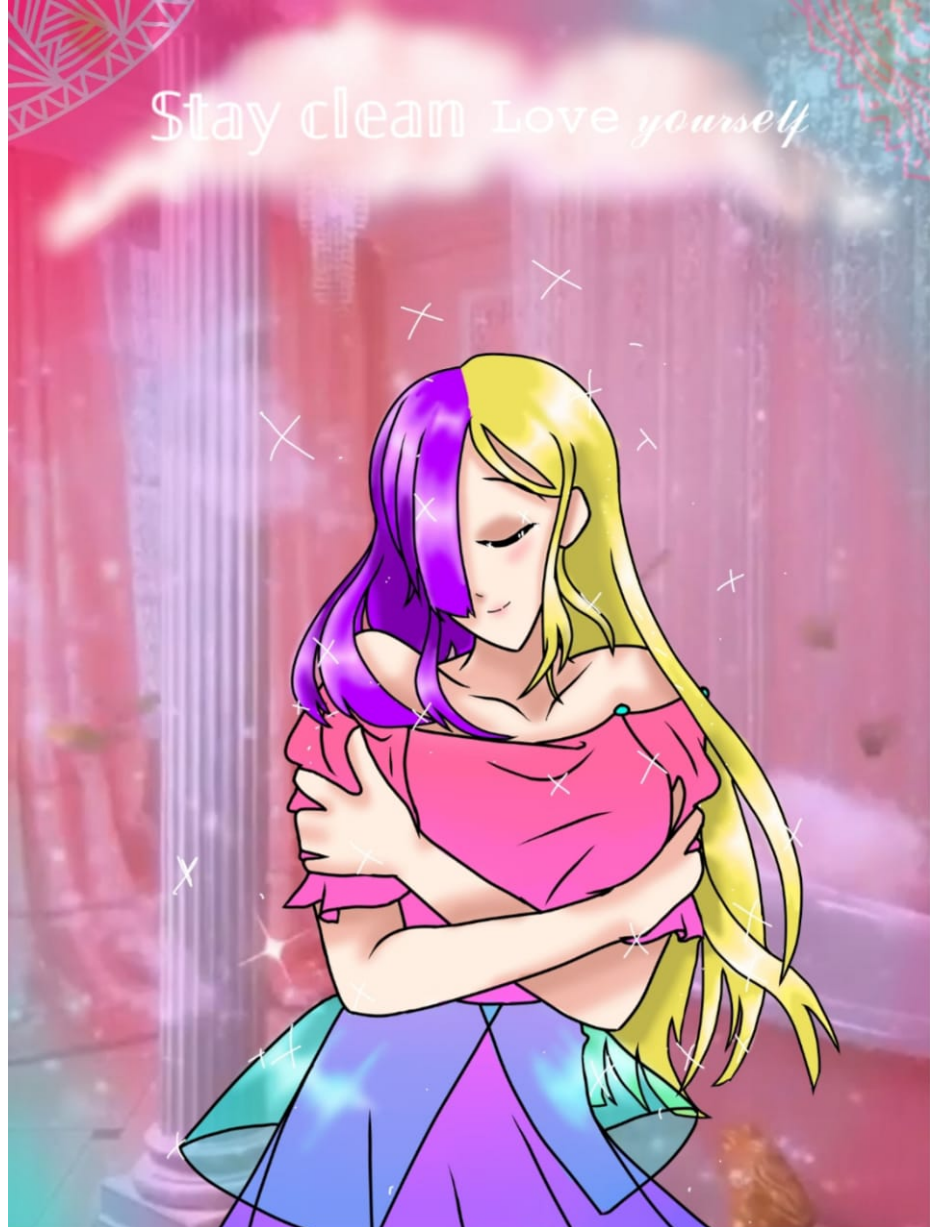
AWARENESS

Mammary glands are very important for females. As it is a symbol of their femininity and it is also essential for feeding their offspring. Mammary glands are pairs of external organs that are commonly called breasts, and their main function is to produce milk to nurture a baby. Now what if that beautiful crucial gift is negatively effected? World Health Organization provides several rules and guidance for the prevention of breast cancer. Early detection is of all importance, such as performing mammogram, ultrasound, magnetic resonance imaging (MRI), and clinical examination that detect early stages of cancer before women experience any symptoms. Prevention is better than cure, a wise statement that all women should follow, so let's start with answering the main question, which is what is cancer? So let me give you a brief explanation: cancer is an uncontrolled division of abnormal cells in a part of the body, which is called malignant growth or tumor. There are many causes that may initiate cancer namely : chronic inflammation, stress, smoking, obesity, hereditary factors, gender, and age. The second question is how to reduce the risk of cancer? To answer your question I would say, early detection as mentioned above: maintaining a healthy lifestyle. By changing one's lifestyle to a

healthier one this can lead to to a healthy weight. Good examples of how you can accomplish that would be; at least 30 minutes of physical activity five days a week, followed by a well balanced diet that contains the main food groups, eat whole wheat, limit your intake of saturated fats such as:

1. Red Meat
2. Chicken skin
3. Whole fat dairy products
4. Butter
5. Ice cream
6. Lard
7. Tropical oils such as coconut oil palm oil

Since fat is an important part of a healthy diet, rather than adopting a low-fat diet, it's more important to focus on eating more beneficial or "good" fats and limiting harmful "bad" fats. Adding more of these healthy fats to your diet may also help to make you feel more satisfied after a meal, reducing hunger and thus promoting in weight loss. A prime example of good sources include mono-saturated fats which are commonly known as:



Artist: Lujain Saed 9A

1. Olive, canola, peanut, and sesame oils
2. Avocados
3. Olives
4. Nuts (almonds, peanuts, macadamia, hazelnuts, pecans, cashews)
5. Peanut butter

The second good source of fats are polyunsaturated:

1. Sunflower, sesame, and pumpkin seeds
2. Flaxseeds
3. Fatty fish (salmon, tuna, mackerel, herring, trout, sardines) and fish oil
4. Soybean and safflower oil
5. Soy milk
6. Tofu

Let's get back to unhealthy or "bad" fats Trans fat. Small amounts of naturally occurring trans fats can be found in meat and dairy products but it's artificial trans fats that are considered dangerous. This is the worst type of fat since it not only raises bad LDL cholesterol but also lowers good HDL levels. Artificial trans fats can also create inflammation, which is linked to heart disease, stroke, and other chronic conditions and contributes to insulin resistance, which increases your risk of developing Type 2 diabetes. If the place you live allows the use of artificial trans fats, remember that no amount is considered safe, so aim to eliminate it from your diet. A few examples of primary trans fat sources include:

RECIPE: APPLE PIE

- 1 1/4 cups all-purpose flour (spooned and leveled), plus more for rolling dough
- 1/2 teaspoon salt
- 1/2 teaspoon sugar
- 8 tablespoons (1 stick) cold unsalted butter, cut into pieces
- 2 tablespoons ice water, plus 2 more, if needed
- 4 apples, thinly sliced
- 3/4 cup white sugar
- 3 teaspoons cinnamon

Step 1: Preheat the oven to 350° Fahrenheit / 175° Celsius.

Step 2: In a food processor, pulse flour, salt, and sugar several times to combine. Add butter. Pulse until mixture resembles a coarse meal with just a few pea-size pieces remaining.

Step 3: Sprinkle with 2 tablespoons of ice water. Pulse until dough is crumbly but holds together when squeezed with fingers (if needed, add up to 2 tablespoons more ice water, 1 tablespoon at a time). Do not over process.

Step 4: Turn dough out onto a work surface; form dough into a 3/4-inch-thick disk. Wrap tightly in plastic and refrigerate until firm, at least 1 hour.

Step 5: Add the sliced apple, sugar, and cinnamon in a bowl. Mix and leave it aside for 15 minutes.

Step 6: Unwrap dough; place on a large piece of floured waxed paper. Roll dough into a 14-inch round circle. Using paper, lift and wrap dough around rolling pin (discarding paper); carefully unroll over a 9-inch pie plate. Gently fit into bottom and up sides of the plate. Trim overhang to 1 inch; fold overhang under itself. Pinch between thumb and forefinger to make a uniform edge around the rim.

Step 7: Place the filling in the pie crust and add any pie top cover design you like.

Step 8: Bake for 35 minutes till the crust is golden brown. Serve with some vanilla ice cream and enjoy.

“Hold the vision, trust the process”

-unknown author

ARTISTRY WITHOUT BOUNDARIES

ARTISTRY WITHOUT BOUNDARIES

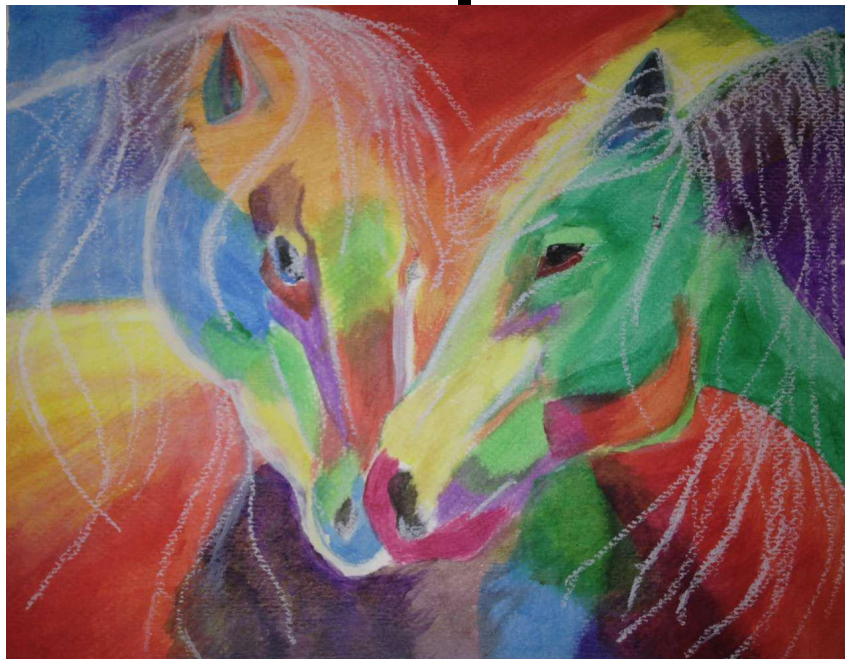
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