I would like to extend a warm welcome to everyone visiting our online Dar Al Hanan English Magazine for both departments the elementary and the high school. I hope you enjoy reading the articles written by our students which show the school’s many strengths as well as the exciting progress we are making in order to develop the English language in the school through academic and non-academic curricular.

It is a real honor to supervise the 5th issue of Dar Al Hanan school magazine. Both students and teachers participated in this magazine to show their work, their love and their loyalty towards their school.

English Coordinator
Daad Khairy
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A Letter from the Editor

It is my pleasure, to accomplish the editing of the fifth edition of Dar Elhanan Magazine for the year 2013-2014, involving all students’ achievements and works.

The students were really creative and enthusiastic in all assignments and projects given to them, showing their delight and pride as being the representatives of Dar al Hanan School.

The interaction between Dar al Hanan School and other academic institutions proved that we are always the pioneers and still deliver the message of teaching honestly and diligently.

The administration, the teachers and the students themselves are trying to expand their studies and productivity to achieve high academic level, supported by all means of technology and media.

Wisely, cautiously and consistently, Her Highness, Princess Lulwa al Faisal is taking the priority in leading the schools towards progress and glory.

Teacher of English: Mrs. Jehad Jisry
Dar A-Hanan Graduation Ceremony

With a radiant smiles and sparkling faces, the graduates received the joy and glee of the 25th of May 2013. It was a promising day for them; a day to remember and cherish throughout their lives.

The graduation ceremony was attended by her Highness, Princess Lulwa al Faisal and representatives of Ministry of Education. The celebration was initiated by the general principal’s speech, congratulating the graduates and their parents for accomplishing a hard mission of learning within a dozen of years full of extreme hard work and fun. The graduates then dedicated their success to their parents who waited eagerly for the end year results. The program of celebration varied but the remarkable event was the performance of Shakespeare’s play “King Lear”. The 25-minute performance was a piece of art painted by talented and distinguished students. At the end of the ceremony, the school awarded the distinguished students for their academic results. Then, surprise of the day was the “Ideal student”, Sara Waheeb who was chosen by both, her teachers and colleagues.

Sama Nabeel: 9/A
Dar Al-Hanan 5-Top Students of 2012-2013

Literary Section

1- Shahd Al-Abdullatif
2- Ragad Gabbon
3- Ghalia Aboayash
4- Mashael Abuljadael
5- Sara Al-yafey

Scientific Section

1- Sara Al- Hosary
2- Ahed Taj
3- Waad Al- Yami
4- Deema Shokry
5- Yara AbdulSamad
2013-2014 Open Day

Our 2014 Busy “Open Day” was a diverse in many ways. Activities ranged from face art to Photography, foods from different corners of the world, games, shopping, and much more. It was really an unforgettable evening.

Students were really proud to participate in such event and were active members in all activities and corners.

Have fun with us
Enjoy French food
Taste our Chinese food
Unity in diversity
Dar Al-hanan’s annual Book fair was sucessfully held on the 12th of February 2013. The students presented different activities such as researches and projects. Teachers, students and all people attended the book fair, profoundly appreciated all efforts done and led to such a sucessful day. The Open Day, amazingly Displayed all kinds of energy and students presented teriffic researches discussing energy resources.
The National Day Celebration

The National Day “was also an occasion to confirm our love and loyalty to our beloved kingdom. The students created fantastic and different corners revealing their amazing devotion and patriotism.

Students’ thoughts  

Saudi traditions  

Preserve our heritage
Dar Al Hanan Sport Activities

Dar Al- Hanan School participated in the Olympics that was hosted by Al -Ajyal schools on the 13th of February 2014. Our students participated in the basketball, running and swimming competition.

The team was able to score 3rd place in basketball, 1st and 2nd place in the 100m run, 2nd place in the 200m relay. In addition, to the 2nd and 3rd place in the 50m swim competition.

Proudly, on the 8th of February 2014 Dar Al -Hanan was part of the Scouts International Day that took place in the Girls Scouts Centre.


Majda AlGalib 8/A
Helen Adams Keller (June 27, 1880 – June 1, 1968) was an American author, political activist, and lecturer. She was the first deaf blind person to earn a Bachelor of Arts degree. The story of how Keller’s teacher, Anne Sullivan, broke through the isolation imposed by a near complete lack of language, allowing the girl to blossom as she learned to communicate, has become widely known through the dramatic depictions of the play and film The Miracle Worker. Her birthday on June 27 is commemorated as Helen Keller Day in the U.S. state of Pennsylvania and was authorized at the federal level by presidential proclamation by President Jimmy Carter in 1980, the 100th anniversary of her birth.

A prolific author, Keller was well-travelled and outspoken in her convictions. A member of the Socialist Party of America and the Industrial Workers of the World, she campaigned for women’s suffrage, labor rights, socialism, and other radical causes. She was inducted into the Alabama Women’s Hall of Fame in 1971.

Her Writings:

Keller wrote a total of 12 published books and several articles.

One of her earliest pieces of writing, at age 11, was The Frost King (1891). There were allegations that this story had been plagiarized from The Frost Fairies by Margaret Canby. An investigation into the matter revealed that Keller may have experienced a case of cryptomnesia, which was that she had Canby’s story read to her but forgot about it, while the memory remained in her subconscious.

At age 22, Keller published her autobiography, The Story of My Life (1903), with help from Sullivan and Sullivan’s husband, John Macy. It recounts the story of her life up to age 21 and was written during her time in college. Keller wrote The World I Live In in 1908, giving readers an insight into how she felt about the world. Out of the Dark, a series of essays on socialism was published in 1913.

http://en.wikipedia.org/wiki/Helen_Keller

Done By: Dana Khalid Khafagy
Grade: 12 Science
Edgar Allen Poe was born in Boston, Massachusetts on January 19, 1809. He was an American author, poet, editor, and literary critic, considered part of the American Romantic Movement. Best known for his tales of mystery and the macabre, Poe was one of the earliest American practitioners of the short story and is generally considered the inventor of the detective fiction genre. He is further credited with contributing to the emerging genre of science fiction. He was the first well-known American writer to try to earn a living through writing alone, resulting in a financially difficult life and career.

Early Life: The son of actors, Poe never really knew his parents. His mother passed away when he was only three years old, and his father left the family early on. When Poe went to the University of Virginia in 1826, he didn't receive enough funds from Allan to cover all his costs. Poe turned to gambling to cover the difference, but ended up in more debts than he already had.

Career Beginnings:

Poe published his first book, Tamerlane and Other Poems in 1827, and he had joined the army around this time. Poe focused on his writing full time. He moved around in searching of opportunities to live in New York City, Baltimore, Philadelphia and Richmond. From 1831 to 1835, he stayed in Baltimore with his aunt Maria Clemm and her daughter Virginia. His young cousin, Virginia, became a literary inspiration to Poe as well as his love interest. The couple married in 1836 when she was only 13 (or 14 as some sources say) years old. Later on she dies in 1847. Her struggles with illness and death are believed to have affected his poetry and prose.

Mysterious Death: On October 3, 1849, Poe was found on the streets of Baltimore delirious, "in great distress, and... in need of immediate assistance”, He died on Sunday, October 7, 1849.

References: www.wikipidia.org, www.biography.com
Reading Obsession

"My Goal"

One of my very own goals is to read more books. I have never found books interesting. Always waited to watch the movie rather than read the actual book. Until last year, when I started reading novels by John Green, specifically his novel "The Faults in Our Stars". This book made me so involved in reading that I even wrote a summary about it and bought more and more books.

Books make me feel like I can escape reality and enter a whole new world, a world written from the author's astonishing imagination. I can also live the characters pain, happiness, misery, passion, and the complications they live through. I might have only read 4 or 5 books, but I want to read more. It always makes me feel better when I'm down, it's like therapy. Or it can also make me feel depressed a bit and understand life more. It all depends on how the author wants you to feel and he/she never fails to make me caress or feel the same way.

So, now I joined a book club trying to achieve my goal and hopefully I never stop reading, and always spend my free time reading and living the amazing feeling of having a book always in my hands. A book that feels like a faithful best friend.

Zain Fadel 10/A
Environmental Issues

Environment and pollution are becoming more and more serious, they are a hot topic of debate for many researchers as individuals and scientific institutions around the globe and it can be considered as a worldwide problem. The pollution nowadays comes from using fossil fuel such as oil, gas, coal and other similar kinds of energy sources. It affects our environment and causes many problems for both environment and human beings in different ways and in many cases. It is also the people and the things which are around us in our life, such as buildings, the people we live or work with, and the general situation we are in, where the pollution is the process of making the environment. Air pollution is a major problem affecting the environment and it usually comes from burning things such as trees and plants which are the main source of oxygen in life. It is first considered as very harmful to living things. Land pollution is another type of pollution which affects the soil and makes erosion and degradation. The third type of pollution is water pollution. It is considered to be the most important one because it affects water, the thing which runs the life. This kind of pollution is caused when silt and other suspended solids, such as soil, wash off ploughed fields. The pollution impacts on the marine life and it is considered to be the major impact on life in the whole world. Our drinking water has become greatly affected by many sources of pollution. The growing number of cars contributes much to the air pollution. Factories produce a large amount of carbon dioxide and lead poisons which get into the air. This pollution can also poison groundwater. If the destruction of the environment continues, the life on this planet will be endangered. In recent years a lot of environmental organizations have been formed and they develop their activities mainly in rich countries. They try to warn people by means of a lot of companies and many of their suggestions were successful! The renewable sources of energy are the best solution to protect our life as well as our land and environment.

Done by: Deema AbdulSamad11/science
Panjin red Beach in China

The Red Beach is located in the Liaohe River.

The beach gets its name from its appearance which is caused by a type of sea weed. The weed that starts growing during April or May remains green during the summer that flourishes in the saline-alkali soil.

The beach looks as if it was covered by an infinite red carpet that creates a rare red sea landscape.

Most of the Red Beach is a nature reserve and closed to the public. Only a small, remote, section is open for tourists.

By Ameera Attar   11/A
Volcanoes

A volcano is an opening, or rupture, in the surface or crust of the earth or a planetary mass object, which allows hot lava, volcanic ash and gases to escape from the magma chamber below the surface.

On Earth, volcanoes are generally found where tectonic plates are diverging or converging. A mid-oceanic ridge, for example the Mid-Atlantic Ridge, has examples of volcanoes caused by divergent tectonic plates pulling apart; the Pacific Ring of Fire has examples of volcanoes caused by convergent tectonic plates coming together. By contrast, volcanoes are not usually created where two tectonic plates slide past one another. Volcanoes can also form where there is stretching and thinning of the Earth's crust in the interiors of plates, e.g., in the East African Rift, the Wells Gray-Clearwater volcanic field and the Rio Grande Rift in North America. This type of volcanism falls under the umbrella of "Plate hypothesis" volcanism.
What to do in an earthquake

An earthquake is a result of a sudden release of energy in the earth crust, and it’s a kind of a natural disaster. Recently, the world has seen a lot of earthquakes, according to this everyone should certainly know what to do in similar circumstances to avoid extreme injuries.

Well in such a situation there is a lot of procedures to put in mind if an earthquake is about to happen, before an earthquake happens you should be ready in any way possible, turn off gas, water and electricity, learn first aid, make a plan about where should you meet your family when the earthquake stops. During the earthquake drop down onto your hands and knees in this way you’ll be protected from falling down but also able to move if necessary, another thing to do is to cover your entire body under any object, like a desk or a table. If there’s nothing nearby to cover with, then you should get down under an interior wall and cover your head and neck with your arms and hands then hold on to your shelter and try not to move unless it’s necessary because if you panic and move a lot you'll risk yourself of getting injured from falling objects. You should not also use elevators during shaking, stay out of damaged buildings, and if you are indoors stay indoors or if you are outdoors stay outdoors and don’t move!

So if you follow these instructions carefully you’ll be at least protected from serious injuries and always remember DROP..COVER ..AND HOLD ON !

Konoz Jamal /12 Science
The Amazon rainforest also known in English as Amazonia or the Amazon Jungle, is a moist broadleaf forest that covers most of the Amazon Basin of South America. This basin encompasses 7,000,000 square kilometers (2,700,000 sq mi), of which 5,500,000 square kilometers (2,100,000 sq mi) are covered by the rainforest. This region includes territory belonging to nine nations. The majority of the forest is contained within Brazil, with 60% of the rainforest, followed by Peru with 13%, Colombia with 10%, and with minor amounts in Venezuela, Ecuador, Bolivia, Guyana, Suriname and French Guiana. States or departments in four nations contain "Amazonas" in their names. The Amazon represents over half of the planet's remaining rainforests, and comprises the largest and most biodiverse tract of tropical rainforest in the world, with an estimated 390 billion individual trees divided into 16,000 species.

By : Razan Saif
Grade : 8/B
Paintball guns were originally invented to mark livestock like sheep and cattle. The harder you concentrate on falling asleep, the less likely you are to fall asleep. People who are feeling very emotional tend to write faster than they do when they're calm. Crying releases extra stress hormones, which is why you feel better after doing so. The word ‘swims’ when turned upside down still looks like ‘swims’. The word ‘facetious’ contains all 5 vowels in alphabetical order. The human brain is more active during sleep than during the day. Tomatoes were once referred to as ‘love apples’. It was a superstition that people would fall in love by eating them. Every year, Louis Vuitton burns all their unsold bags. They burn them in order to prevent putting a lower price on them. They burn all their unsold bags and lambs before the new study has found that most people do not get a good night’s sleep if they are tired or frustrated. It may be hard to believe, but a new study has found that most people feel a smile when they are frustrated. They are most people's most likely to put down a lower price on them in order to prevent putting a lower price on them. They burn all their unsold bags and lambs before the new study has found that most people do not get a good night’s sleep if they are tired or frustrated. It may be hard to believe, but a new study has found that most people feel a smile when they are frustrated. They are most people's most likely to put down a lower price on them in order to prevent putting a lower price on them. They burn all their unsold bags and lambs before the new study has found that most people do not get a good night’s sleep if they are tired or frustrated. It may be hard to believe, but a new study has found that most people feel a smile when they are frustrated. They are most people's most likely to put down a lower price on them in order to prevent putting a lower price on them. They burn all their unsold bags and lambs before the new study has found that most people do not get a good night’s sleep if they are tired or frustrated. It may be hard to believe, but a new study has found that most people feel a smile when they are frustrated. They are most people's most likely to put down a lower price on them in order to prevent putting a lower price on them. They burn all their unsold bags and lambs before the new study has found that most people do not get a good night’s sleep if they are tired or frustrated. It may be hard to believe, but a new study has found that most people feel a smile when they are frustrated. They are most people's most likely to put down a lower price on them in order to prevent putting a lower price on them. They burn all their unsold bags and lambs before the new study has found that most people do not get a good night’s sleep if they are tired or frustrated. It may be hard to believe, but a new study has found that most people feel a smile when they are frustrated. They are most people's most likely to put down a lower price on them in order to prevent putting a lower price on them. They burn all their unsold bags and lambs before the new study has found that most people do not get a good night’s sleep if they are tired or frustrated. It may be hard to believe, but a new study has found that most people feel a smile when they are frustrated. They are most people's most likely to put down a lower price on them in order to prevent putting a lower price on them. They burn all their unsold bags and lambs before the new study has found that most people do not get a good night’s sleep if they are tired or frustrated. It may be hard to believe, but a new study has found that most people feel a smile when they are frustrated. They are most people's most likely to put down a lower price on them in order to prevent putting a lower price on them. They burn all their unsold bags and lambs before the new study has found that most people do not get a good night’s sleep if they are tired or frustrated. It may be hard to believe, but a new study has found that most people feel a smile when they are frustrated. They are most people's most likely to put down a lower price on them in order to prevent putting a lower price on them. They burn all their unsold bags and lambs before the new study has found that most people do not get a good night’s sleep if they are tired or frustrated. It may be hard to believe, but a new study has found that most people feel a smile when they are frustrated.

BY: Konooz Faisal
11 Science
Memorization is a problem that nearly every single person in the world deals with; some more than others. Memorization seems like a minor problem at first glance; but it is an issue that needs more attention than its’ getting. The brain and its functions are purely amazing to try and understand. There is so much going on and we don’t even realize it, sometimes our brains can easily mix things up in certain areas. It has been suggested that when you see an object in color that your eyes tend to be more attracted to that rather than an object that is black and white. There is a possibility that with this information we might be able to help Amnesia and Alzheimer’s patients in the future. Located in the largest part of the brain are the Thalamus and the Hippocampus. The Thalamus is responsible for translating the different smells, sounds, and sights to the brain. The Hippocampus is in charge of storing your conscious Memories. People are always trying to find new ways to help improve their memory, whether it is for long term, to help study on a test or for short term, remembering a set of directions. According to some studies color does have an effect on a person’s memory. Though critics would say that it is just a placebo effect for people are to buy more highlighters. It’s believed that if you expose the brain to color than there will be a significant effect on memory.

http://colorseffectonmemory.blogspot.com/

Arwa Nassief 11/science
Someone I respect deeply

In life, we meet lots of people some of them leaves a footprint that lasts forever, and some of them pass just like a warm light breeze, that mostly affects nothing but will be remembered by the small things that he did affect, and some walk in, surprisingly, and then leave a mess in our life, just like a hurricane leaving damages. But they can be fixed!

So we all must have feelings towards all these people who passed by' Love, Hate, Joy, Longing, Respect'.

The ones we respect deeply are the ones we can't ever hurt, not because of their benefits towards us, but for the meaning of respect itself: "showing regard and appreciation for the worth of someone or something".

So, I give my deep respect to the people, who might pass by like that breeze, but they were the light and the hope to others, just like the sword that doesn't last, but the battles it fought in, will be remembered forever and for good.

Written by:
Rana Alshaeri
Grade 12 (science)
Personalities by Colors

RED LOVERS: If red may be your favorite color you are passionate, confidant and a thrill seeker. You are angered easily and sometimes become aggressive.

GREEN LOVERS: It may mean you are eager to please and help others. You are curious with a love and desire for freedom. You are a respectable person and generous.

PURPLE LOVERS: Mysterious is a word that describes you perfectly. You like power and royalty and wish to enlighten others with your wisdom. You are a faithful partner but can be cruel with your words. You may consider yourself to be different and unique from others. You're easy to get along with but hard to fully understand.

PINK LOVERS: It may mean you are a soft, gentle, innocent person. You are sweet and loving. You tend to keep any inner emotions hidden from others.

BLACK LOVERS: It’s a powerful color with a sense of mystery and is usually related with all things evil, dark, depressing or frightening. Authority and independence are important to you. You put a mask over your emotions. You're in control of yourself and are strong willed.

WHITE LOVERS: White is pure If your favorite color is white it may mean you are humble, kind and innocent. You adapt easily to new situations and are open to new ideas or suggestions. You are a peacemaker and keeper. Perfection and cleanliness is something you seek. You think carefully before making a decision and are tolerant of annoyances that might get in your way. A simple, successful life is something you desire.

YELLOW LOVERS: If your favorite color is yellow it may mean you are a cheerful, bright person. Happiness is what you seek. Your life’s destiny is happiness and you will do whatever it takes to add sunshine into your day-to-day life. You're friendly and people find you fun and positive to be around. You take joy in cheering people up.

BLUE LOVERS: It may mean that you are a deep, peaceful, compassionate person. You don't ask for much and are happy with what you have. You can be very creative and expressive. You're charming and kind.

Mawada Kayat  11/A
Body Shapes

What body Shape are you? What clothes suit your body shape?

When you think about body types, don’t focus on height and weight... focus on shape.

1. Apple body shape

How to dress an apple shape? What is an apple shape body?

• If you’ve got an ample bust, rounded stomach and slimmer hips, you’ve got an apple body shape. Most of your weight accumulates above the hips, which are narrow. Your back, ribs and shoulders are broad.

• Your best asset: Those legs girl!

• Your fashion goals: Show off your legs, elongate the torso, and use fashion to create the illusion of a waist.

• Dos and don’ts

✓ DO go for v-neck tops to create the illusion of a longer torso
✓ DO wear belts at the smallest part of your waist.
✓ DO wear boot cut and flared jeans to create an even line from the shoulders down.

2. Hourglass body shape

• Hourglass body traits: Your shoulders and hips are similar in proportion and set off by a tiny waist. If your body is hourglass-shaped, then you’re a lucky girl! Your shape is all about tastefully showing off those curves: not too baggy, not too tight.

• Your best assets: Curves, curves, curves, Curves.

• Your fashion goals: Show off your defined curves... without going overboard.

• Dos and don’ts

✓ DON’T hide your curves with baggy clothing
✓ DO wear fitted dresses
✓ DO go for high-waisted skirts to show off your hips
✓ DO wear skinny or straight leg jeans.
3. Rectangle body shape

- Rectangle body traits: The waist, hip and shoulder widths are similar and are usually on the slim side. Slender rectangles have an athletic look about them. If your body is rectangle-shaped, then you want to create curves where they don’t necessarily exist.
- Your best assets: Your arms and legs! and you don’t have to minimize any body features.
- Your fashion goals: Create curves and show off slender legs and arms.

Dos and don’ts

✓ DO wear tops with collars, ruffles and details to flatter your chest.
✓ DO wear long jackets to create a lean look.

4. Pear body shape

- Pear body traits: Your lower body is wider than your upper body — in other words; your hips are wider than your shoulders. Your bottom is rounded and your waist is well-defined. If your body is pear-shaped, then you want to minimize your lower half and focus attention upward
- Your best assets: Shoulders, torso and flat stomach
- Your fashion goals: Emphasize your waist and arms, add volume to your shoulders and upper body and minimize your hips

Dos and don’ts

✓ DON’T wear clothing that draws attention to hips and thighs
✓ DO experiment with light-colored tops and dark-colored bottoms for contrast
✓ DO wear jackets that hit right above the waist

5. Wedge body shape

- Wedge body traits: Also known as the inverted triangle, this body shape features a broad chest and wide shoulders which are large in proportion to a narrow waist and hips. If you have a wedge body then you want to draw attention downward to the narrower parts of your body, such as your waist and hips
- Your best asset: Your legs
- Your fashion goals: Accentuate your lower body while softening your shoulders and upper body.

Dos and don’ts

✓ DON’T wear spaghetti-strap tops.
✓ DO wear tops that call attention to your waistline
✓ DO wear bright colors on bottom.
Bermuda Triangle

Also known as the Devil's Triangle

The Bermuda triangle is a common phenomenon, in the western part of the North Atlantic Ocean, where a number of aircraft and ships have disappeared under mysterious circumstances. The Triangle has captured the human imagination with unexplained disappearances of ships, planes, and people.

Environmental considerations could explain many, if not most, of the disappearances. The majority of Atlantic tropical storms and hurricanes pass through the Bermuda Triangle, and in the days prior to improved weather forecasting, these dangerous storms claimed many ships. Also, the Gulf Stream can cause rapid, sometimes violent, changes in weather. Additionally, the large number of islands in the Caribbean Sea creates many areas of shallow water that can be treacherous to ship navigation. And there is some evidence to suggest that the Bermuda Triangle is a place where a “magnetic” compass sometimes points towards “true” north, as opposed to “magnetic” north.

The first film based on the Triangle was The Bermuda Triangle (1978). Later films include The Triangle (2001).

Written by: Salma Abdullah
How to Keep Your Friend

Friendship is a profound feeling and a strong emotion, shared among two or more than two people. No one can appreciate friendship except the friends themselves. Always keep your promises with your friends. Don't ever make a promise that you can't keep or at least don't make a habit of it, so they can trust you.

When you make a serious promise, look at your friend in the eyes and speak slowly to show that you really mean it instead of just saying it because you think that you should.

1-Be dependable. Being dependable is one of the most important aspects of being a good friend. Nobody likes a flake, and nobody wants one for a close friend. It's hard to rely on a person who doesn't behave in a consistent and trustworthy way.

Your friends should always feel like they can count on you, even when the going gets tough. If you're only there for the fun times, you'll be no more than a fair-weather friend.

2-Apologize when you've made a mistake. If you want your friends to trust you, then you can't act like you're flawless. If you know you've made a mistake, own up to it instead of being in denial. When you say sorry, you should mean it. Let your friends hear the sincerity in your voice instead of thinking that you don't really care how they feel.

3-Be honest. If you want to be a good friend and to have people trust you, then you have to be honest about your feelings, about your friends' actions, and about how you feel about your friendship.

Lamia AlSidari 8/A

Dalia Hasanain
Smoking is responsible for several diseases, such as cancer, long-term (chronic) respiratory diseases, and heart disease, as well as premature death. Over 440,000 people in the USA and 100,000 in the UK die because of smoking each year. According to the US CDC (Centers for Disease Control and Prevention), $92 billion is lost each year from lost productivity resulting from smoking-related deaths.

Of the more than 2.4 million deaths in the USA annually, over 440,000 are caused by smoking.

Smoking is the largest cause of preventable death in the world. Recent studies have found that smokers can undermine the health of non-smokers in some environments.

NAME: Lamer Adel Saleh
Drug Helps In Treatment of New Hepatitis C

The new regimen excluded Interferon (an injection drug that is part of the current standard treatment of hepatitis C) because it has more side effects including sleep problems, depression, nausea, diarrhea, muscle pain, fever and fatigue, so researchers are working on various interferon free drug regimens for hepatitis C. Combining an old drug with an experimental one may cure many cases of hard to treat hepatitis C without the harsh side effects of the standard regimen.

Experts said the study reported in the August 28 Journal of the American medical association is an important research step, it focused on patients who often don’t respond well to the current hepatitis C drug regimen because they already had liver damage.

The new therapy included one older hepatitis C drug called Ribavirin and one currently being considered for approval in the United States and Europe called Sofosubuvir.

All patients were given Sofosbuvir orally plus a dose adjusted to their weight of Ribavirin after 24 weeks treatment, 68 percent of those given this combination shows completely curance of the virus.

There are dozens of drugs under development with several expected to be in market on the within the next year.

That means the best is yet to come.

Mawada/Yousef 9/A
Breakfast Ideas that Can Help You Lose Weight

One of the reasons why people skip breakfast is because they are bored with the limited food choices that are available. Breakfast does not have to be boring. If you are willing to look for fresh breakfast ideas once in awhile, here is a number of great morning meals that are nutritious, delicious and easy to prepare:

1. Try some mixed grain bread with small amount of almond butter, slices of banana and raisins and low-fat milk.

2. High-Fiber Cereal
   Another option is high-fiber cereal with mixed nut and dried fruit on top, and a glass of milk.

3. Natural Yogurt
   Natural yogurt is delicious, especially when it's supplemented with whole grain cereal, berries and chopped apple, and 100% orange juice.

4. Granola Bar
   A nutritious granola bar is a great breakfast choice. Eat it with one whole orange and low-fat milk. cheese. Put pineapple slices on top, and enjoy it with 100% fruit juice.

5. Scrambled Eggs
   Scrambled up some eggs and sprinkle them with ground flaxseed. Enjoy these eggs with mixed grain bread and fruits salad, served with low-fat milk.

Written by:
Modi AlAjami
Most skin-care experts agree that cleansing your face at night is the most important time to do it, but using the right products and a gentle process is also critical to keeping your skin healthy, radiant, and blemish-free.

"Knowing your skin type can help you choose the right skin-care cleanser to enhance your skin's appearance. You can help avoid adverse effects and improve your skin texture by knowing which ingredients to use for your specific skin type. Joshua Fox, MD, medical director of Advanced Dermatology PC says.” If you don't do a good job cleansing your skin, then dirt, grime, pollution and day-old makeup can clog your pores and cause your skin to break out.

Raneem Mahdi 11/science
Grapefruit

Health Benefits

Rich in the Nutritional Powerhouse Vitamin C

Grapefruit is an excellent source of [vitamin C](#), a vitamin that helps to support the immune system. Vitamin C-rich foods like grapefruit may help reduce cold symptoms or severity of cold symptoms; over 20 scientific studies have suggested that vitamin C is a cold-fighter. Vitamin C also prevents the free radical damage that triggers the inflammatory cascade, and is therefore also associated with reduced severity of inflammatory conditions, such as asthma, osteoarthritis, and rheumatoid arthritis. As free radicals can oxidize cholesterol and lead to plaques that may rupture causing heart attacks or stroke, vitamin C is beneficial to promoting cardiovascular health. Owing to the multitude of vitamin C’s health benefits, it is not surprising that research has shown that consumption of vegetables and fruits high in this nutrient is associated with a reduced risk of death from all causes including heart disease, stroke and cancer.

Grapefruit Juice Ranked among Those Highest in Antioxidant Activity

Not all fruit juices are the same. They differ markedly in the variety of phenolic compounds and antioxidant activity, according to Alan Crozier, Professor of Plant Biochemistry and Human Nutrition, who, with colleagues at the University of Glasgow, evaluated 13 commercially available popular juices.

Concord grapes came out on top with the highest and broadest range of polyphenols and the highest overall antioxidant capacity. (The main components in purple grape juice were flavan-3-ols, anthocyanins, and hydroxycinnamates, together accounting for 93% of the total phenolic content.)

Other top scorers were cloudy apple juice, cranberry juice and grapefruit juice.
My motor revs, but I'm no rocket,
I'll hit you deep within your pocket,
I'm a little tart, don't be afraid,
Unless life's gift - then quick, seek aid!

The Answer: A lemon. It's a citrus fruit whose juice is acidic and can be used to conduct electricity for motors. A car or other purchase that has problems is known as a lemon and can be expensive to repair. Lemons have a tart flavor but do little harm.

Ground not for thy daily bread,
Leave me in my scented bed,
Ignore me not, lest I doth wither,
My name I leave you to consider.

The Answer: A flower. The soil they grow in is not used for food, like wheat to make bread, but for their smell. A neglected flower will wither.

I have an eye but cannot see.
I'm faster than any man alive and have no limbs. What am I?

The Answer: A tornado

Done BY: Sarah Simbawa
Jokes

Which side of a cheetah has the most spots?

The outside!

What did the traffic light say to the car?

Don’t look, I’m changing!

Why did the cookie go to the hospital?

Because he felt crummy!

What did one hat say to another?

You stay here; I’ll go on a head

What do you call a bear with no teeth?

A gummy bear!

Made by: Lamar Kaki  8/A