



Breast Cancer Awareness 2024: Eliminating Barriers and ‘Staying Pink’

Written by Samir Odeh, 2nd Year, COM

As you rush to your next class, drive down King Fahad Road, or even buy your next cup of coffee, you will realize that, well, everything has turned pink! Yes, October has come and with it has come one of the most important discussions we need to have annually: breast cancer awareness and where we are in the fight against this terrible condition.

Breast cancer, an umbrella term for many potentially dangerous tumors of the breast area, was the most prevalent cancer diagnosed globally in 2020, regardless of gender (The International Agency for Research on Cancer [IARC], 2020). With statistics showing that 1 in 8 women will be diagnosed with breast cancer at some point in their lives, and—depending on where you live—1 in 43 could potentially die from it, this is a cause for alarm (Giaquinto et al., 2024). However, this burden is not shared equally among people across the world: in areas of high socioeconomic development, it is estimated that 1 in 12 are diagnosed with breast cancer and 1 in 71 women potentially die from it; on the other hand, in areas of low socioeconomic development, 1 in 28 women are diagnosed but a striking 1 in 48 end up passing (World Health Organization, 2024).

At face value, you might think that women who are classified as living in low HDI (Human Development Index) areas have less risk of developing breast cancer, but this is one of those statistical tricks. The truth is that these women are being diagnosed less often because they 1) do not have the resources, 2) cannot afford diagnostic health, or 3) are not adequately aware of the need to keep up to date with their screenings (Chou et al., 2024; Ghoncheh et al., 2016). With such a burden of inequality, it is imperative that we take into account the exact determinants that might predispose certain groups of people to worse outcomes than others.

Keeping the lack of access to resources in mind, how can we address this as the physicians of tomorrow? Well, for one, through advocacy and greater awareness that is accessible to all parts of society. So what is being done here at Alfaisal University to tackle just that? Well for one, a lot.

To tackle breast cancer, Alfaisal’s medical students and community have been busy throughout the month. On the 22nd of October, the Medical Students Association (MSA) held their annual Breast Cancer Awareness event on the ground floor. As pink decorations and origami lined the university’s atrium, medical students from all years worked hard to facilitate ten different advocacy stalls: one that had students explaining common morphological (structural) changes of breast cancer, another that discussed statistics, another that had a station where attendees could write letters to current patients fighting breast cancer. And most importantly of all—everything was pink to catch your attention and remind you to ‘stay pink’ and ‘stay aware.’

A couple days later, the Surgery Interest Group (SIG), a group of medical students who hold a shared interest in pursuing a surgical-based career, held their first-ever joint Breast Cancer Awareness event with the King Faisal Specialist Hospital & Research Center (KFSHRC). At this event, both patients and physicians were reminded of the importance of regular screenings, the necessity of talking about this issue, and common presentations of skin cancer. In addition, attendees participated in games that aimed to raise awareness about breast cancer.



H.E. Dr.Mohammed Al Hayaza and members of the Alfaisal executive leadership team attend a booth about breast cancer diagnosis (Photo credit: Public Relations Committee, Medical Students’ Association).



A SIG-affiliated student explains the prevalence and risks of breast cancer in male patients (Photo credit: Public Relations, Surgery Interest Group Alfaisal University).

As such, the Alfaisal community is proud of its medical students for continuing to shed light on this important matter and the semantics of it. We too as a community have a role to play in making sure that the stigma and inequalities surrounding breast cancer are addressed and eliminated from our communities. By doing so, will we truly stay pink and win the battle against breast cancer.

Women over 45 are encouraged to book annual breast cancer checkups and to follow the eight most effective ways to reduce the risk of developing breast cancer (American Cancer Society, 2023; Siteman Cancer Center, 2024). Men who are at high risk of breast cancer (i.e., know someone in their family who has a history of breast cancer) are encouraged to visit a doctor to further discuss their risk (U.S. Centers for Disease Control and Prevention, 2024).

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South Korea’s Political Turmoil: Martial Law Declared and Rescinded Amid Crisis

Written by Seba Assery, 3rd Year, COE

South Korea has been thrust into a political storm that has left its citizens and the global community in shock. On December 3, 2024, President Yoon Suk Yeol declared martial law, citing threats from North Korea and accusing opposition parties of attempting to destabilise the government. This drastic measure, unseen in South Korea since the country’s democratic transition in the 1980s, has sparked protests, political manoeuvring, and international concern.

The announcement of martial law immediately plunged the nation into chaos. Military forces were deployed in key locations, including Seoul, and took control of the National Assembly building. The president’s office justified the move as a response to an alleged national security threat, but critics, including opposition parties, dismissed it as a blatant attempt to consolidate power amid political tensions. Opposition lawmakers condemned the move, calling it an attack on democracy, and vowed swift action to overturn it.

In a swift response, thousands of South Koreans poured into the streets to protest the declaration. Citizens from all walks of life—students, workers, and activists—voiced their opposition to what they saw as an undemocratic overreach. The streets of Seoul were filled with chants demanding President Yoon’s resignation, with many holding banners that read, “Defend Democracy” and “No to Martial Law.” Despite heavy military presence, the demonstrations remained largely peaceful but undeniably powerful.

Meanwhile, opposition lawmakers convened an emergency session in the early hours of December 4, resulting in an overwhelming 190-to-0 vote to rescind martial law. The legislative move highlighted the deepening divide between the executive branch and the National Assembly. Many lawmakers accused the president of exploiting national security fears to mask his declining popularity and bypass democratic processes. This collective stand against the declaration marked a significant moment of unity in a fragmented political landscape.

Facing mounting domestic and international pressure, President Yoon lifted the martial law declaration mere hours after its implementation. However, the damage had already been done. The opposition bloc, consisting of six parties, swiftly moved forward with impeachment proceedings against the president. The National Assembly is now set to deliberate on the motion, with many viewing this as a critical test for South Korea’s democratic institutions. Public opinion remains sharply divided, with some supporters of President Yoon arguing that his actions were necessary for national security.

The political crisis has also had ripple effects on South Korea’s economy. Financial markets experienced sharp declines, with the national currency losing value against major foreign currencies. Investors are concerned about the long-term implications of political instability in one of Asia’s most robust democracies. Industries such as technology and automotive, which form the backbone of South Korea’s economy, have already reported disruptions due to the uncertainty. Global partners and stakeholders are closely monitoring the situation, with concerns over its impact on trade relations.



Troops Attempt to Enter South Korean Parliament Amid Martial Law Protests via The Greek City Times



Photo courtesy of Google Maps

Adding to the complexity of the crisis is the role of social media and the younger generation. Platforms such as Twitter and Instagram have become battlegrounds for discourse, with hashtags like #SaveDemocracy and #YoonOut trending globally. K-pop fans, known for their activism, have also joined the fray, amplifying the voices of protesters and mobilizing international attention. The role of digital media in shaping public opinion and fostering solidarity during this crisis underscores the evolving dynamics of political activism in the digital age.

This turmoil has drawn global attention. South Korea, known for its rapid economic development and vibrant democracy, now finds itself under scrutiny as the international community questions the stability of its governance. Neighbouring countries and allies, including the United States, have called for a peaceful resolution to the crisis. The United Nations has expressed concern over the situation, urging the South Korean government to uphold democratic principles and ensure the rights of its citizens are protected.

As South Koreans grapple with this unprecedented situation, the nation faces a pivotal moment in its history. Will its democratic institutions withstand the pressure, or will this crisis mark a turning point in its political trajectory?



National Day at Alfaisal University

Written by Leen Alsadoun, UPP, COB

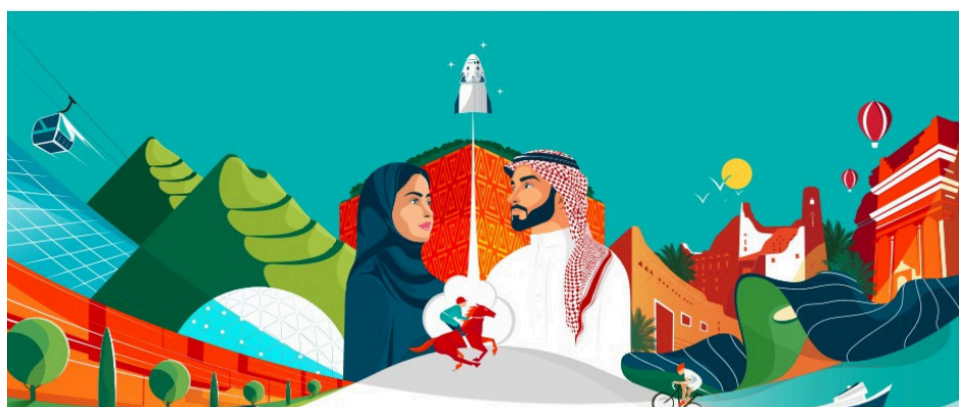
Alfaisal University celebrated Saudi Arabia's 94th National Day with a grand event that brought together students, faculty, and staff to honor this day. This year, the celebration was thoughtfully organized by the Social Development Committee (SDC), with special contributions from the Equestrian Club. The event highlighted an antique part of Saudi Arabia's history, providing a nostalgic experience. Offering a combination of cultural displays, performances, and interactive exhibits, the event was an unforgettable experience for everyone.

The main event featured an interactive exhibit that recreated a traditional Saudi neighborhood. The interactive display provided visitors with a lens into the past and allowed them to understand how people functioned during that era. The structure was designed to showcase how communities in Saudi once looked; some rooms were dedicated to depicting the country's education system, hospitals, leaders, and achievements over the years.

Enhancing the event's cultural richness, the Equestrian Club performed a play following the story of King Abdulaziz and the founding of Saudi Arabia. The play narrated the journey of King Abdulaziz Al Saud and his efforts to unite the Kingdom; through vibrant performances, the actors brought life to the historical moment that shaped the Kingdom into the thriving nation it is today.

One of the culturally significant moments of the event was the Samri performance, a traditional Najdi folkloric ceremony with deep roots in Saudi Arabian history. The energetic performance captured the attention of the students and faculty alike, offering an opportunity to witness the rich cultural heritage of Saudi Arabia. Samri dance and music highlighted the importance of community and culture. It allowed the students and staff to not only witness a visual rendition but also to understand the cultural significance of these ceremonies. Observing folklore performances is immensely important because it reinforces the importance of preserving and celebrating Saudi traditions.

The National Day celebration at the university was a success, thanks to the hard work and dedication of the SDC and the Equestrian Club. It offered a unique opportunity to engage with Saudi culture and history and left a lasting impact on everyone who participated. With the thoughtful and engaging events, the celebration truly captured the core of Saudi Arabia's National Day, showcasing both the country's proud past and its promising future. The event afforded an educational experience and served as a reminder of the values that continue to drive the nation forward: faith, knowledge, and performance.



Through the National Day festivities, we were able to interview the president of the Equestrian Club, Abdullah Almunajem.

Can you tell us about the mission and goals of the club?

Almunajem: First of all, we are the first student-based Equestrian Club in the Kingdom of Saudi Arabia. The Equestrian Club has multiple missions. It has an educational and cultural vision to raise awareness among the students of Alfaisal about the heritage that we have, which is the equestrian sport. Usually, when we say "equestrian," people think of show jumping, but we're not limited to that. We've got riders who compete in polo competitions and archery. We also have good relations with people who have experience in Arabian horse beauty championships. This is from the side of educating and linking the Alfaisal community with this heritage. On the other hand, we have the mission of leveling up the current level of riders at Alfaisal University. We are blessed with amazing riders, whether they are alumni of Alfaisal or current students.

Alsadoun: Tell me about the riders in the club.

Almunajem: Last year, my vice president was Funoon AlHumaidan. She just graduated, and she won a silver medal with us in a competition. She won a silver medal in the Saudi Games last year. There is a picture of her downstairs (ground floor). She is a national champion, one of the best riders that Saudi Arabia has ever seen. In the club today, we've got about 15 professional riders. One of them is Khaled Bin Turki Al Saud. He is also an amazing rider. Rand Aljabali and Khaled Bin Turki Al Saud are both polo riders that we have. They are from the biggest teams that Saudi Arabia offers in polo.

Alsadoun: And yourself, of course.

Almunajem: I stopped riding a while ago, so yeah. I'm just managing riders today. I used to ride. We've got a bunch of good riders in the club. Our goal with the riders is to develop them. We differentiate them. We've got amateur riders who are still not professional, and our goal is to help them become professionals with our connections and experience. We've got semi-pro riders, and we are also trying to help them as much as we can to become professionals. As for the professional riders, we sponsor them to compete under the Equestrian Club's team. We're hoping to create a competing team. It's a family thing. It's not like any other club. In the Equestrian Club, we're closer than other clubs. Once someone enters the club, they're considered part of the family. And this is the equestrian community in Saudi Arabia. Everyone knows everyone, and they all have the same interests. Just a side note: the Arabian horse has one prayer to say to its owner (in Islamic scripture).

Alsadoun: Which is?

Almunajem: "O Allah, make me the closest to Him." Whoever is in the equestrian world stays in the equestrian world. And we want to help foster this passion. It's a sport that started in Saudi Arabia, and we are the best at it. As we know, in the Olympics, we reached the final. Although one of the best Saudi riders couldn't participate, I'm sure that if the team was complete, we would have won the gold medal. Last week, in the Grand Prix, Saudi Arabia got the gold medal. In archery, we just got the gold medal, so we are the best. We're hoping to graduate students from the Alfaisal Equestrian Club to hopefully not only be national champions but also international champions, raising the name of the country and the university and their own names before anything else.



Alsadoun: What inspired the equestrian club to organize a national day event?

Almunajem: As I mentioned in the mission of the club, the equestrian sport and horses, in general, are part of a heritage that dates back to even before Christ, from the days of Prophet Solomon, peace be upon him. It's said that the Arabian horses go back to the horses of Prophet Solomon, so it has been in our culture since day one.

Alsadoun: It's very culturally rooted in the Arabian Peninsula.

Almunajem: It is, it is. Back then, if they are to praise a man, they'd call him a knight. If they are to praise a woman, they'd call her a mare. It's in our heritage. And if there's a National Day event at the university, there must be a cultural touch.

Alsadoun: Including the equestrian aspect.

Almunajem: We always try to educate people about these things. That's why last year, the equestrian club held an Arabian horse show. It was amazing. It's something amazing to watch. But this year, in this event and future ones, we are focused on raising awareness among the Alfaisal community, especially the Saudi students, about their history. That's why this year we chose to highlight the reunification of Najd by King Abdulaziz.

Alsadoun: So, this question relates to your answer just now, which is about how you incorporated the cultural element into the equestrian experience. You just explained that the equestrian experience is very culturally rooted.

Almunajem: Just to add to that, the equestrian community has always been big in Saudi Arabia, but there was a problem in previous years. This heritage was being forgotten for a while. First of all, I would like to thank our government—King Salman, Prince Mohammed bin Salman, and everyone working on this.

Alsadoun: To re-enrich the equestrian community and experience.

Almunajem: We see the big things they are doing, and I think that was the main inspiration for us to relight this passion. It's getting bigger and bigger every day.

Alsadoun: I think the club is doing that very well. Tell me about the event. What are some of the challenges you faced while organizing it?

Almunajem: Our main challenge was time and money. We only had 25 days to build a whole team. We had no members, no board, nobody. So we had to build a whole team, and while we were building the team, we were planning the event as well. I would like to thank my vice president, Randel Jbadee. She did amazing work. If she wasn't there, there would have been no event. I want to thank her, my board, and the members, because they were the main reason the event was successful, alhamdulillah. The other challenge was money. Because of the short notice, we couldn't generate any funds from the event, so we had to get creative with our choices. For example, the tent where the VIPs were seated at was a personal tent that I have. The booth was all made by the members of the Equestrian Club. Everything at the event was done by the Equestrian Club members, which is why I truly thank them—the whole team.

Alsadoun: How many people attended the event?



Abdullah Almunajem, President of the Alfaisal Equestrian Club

Almunajem: It was between 250 to 300 people. This is what we counted, and of course, there were some who didn't get counted. Thank you very much.

Almunajem: Alhamdulillah, all the feedback on the event was positive. No one expected what we were doing, and we meant to keep it a surprise. The only people who knew about the event were those working on it, and even they didn't know all the details. Student Affairs knew just to approve the event. Everyone else, including our family members, didn't know. It was meant to be a surprise to announce this new team and version of the Equestrian Club. We are totally passionate about it, and it was amazing. All of the feedback was positive. It helped bring Alfaisal Equestrian Club into the university community. The faculty liked it, the higher management liked it, the students liked it, and we liked it, alhamdulillah.

Alsadoun: Well, you mentioned you were rebranding the club. What's the plan to build on the success of this event? What's the next step for the club with this new identity?

Almunajem: Insha'Allah, this year we're going to announce multiple events. Some of them are national events, similar to the National Day theme. I can't say anything at this point without getting the final approval, but we're working on several events. Some are national and will be done in collaboration with the university, while others are just for our club. We're planning events that align with our mission and goal to embrace the heritage within the Alfaisal community. Insha'Allah, we'll also have a Founding Day event.

Alsadoun: What will it revolve around? Do you have an idea for now?

Almunajem: We're going to keep it a surprise, just like we did with the National Day event. But, insha'Allah, it's going to be something huge that I hope students will benefit from and also enjoy. Insha'Allah, every event will be better than the one before it because we are still students, still learning. Every mistake we make is just an opportunity to do better next time. So, if I have anything to say about our future events, it's that they will only improve.

Alsadoun: I'm sure that the Equestrian Club has a bright future ahead of it, and it sounds like every future event will be very promising. Thank you very much.



Syria Today

Written by Seba Assery & Joodi Tarabulsi, 3rd Year, COE

In recent weeks, Syria has undergone seismic shifts in its political and military landscape, marking a pivotal moment in the country’s history. Following over a decade of civil war, the nation is witnessing unprecedented changes as rebel forces have gained control over significant territories, including key urban centres and the capital, Damascus. These developments have led to widespread uncertainty about the path forward.

Rebel forces, led by the coalition Hayat Tahrir al-Sham (HTS), have captured major cities, including Aleppo, Homs, and, most recently, Damascus. These rapid advances have significantly weakened the Syrian government, culminating in the apparent collapse of President Bashar al-Assad’s regime. The fall of the Assad regime represents the end of an era that began with his father, Hafez al-Assad, in 1971. For over five decades, the Assad family maintained a firm grip on Syrian politics, navigating the country through wars, uprisings, and regional challenges. The regime’s collapse signals a new chapter in Syria’s history, though the contours of this chapter remain uncertain.

The rebel coalition’s rapid offensive has left Syria at a political crossroads. While celebrations erupted in many areas following the capture of Damascus, the task of governance looms large. Rebel factions face the daunting challenge of transitioning from a wartime coalition to a governing body capable of addressing the nation’s pressing needs. Key priorities include restoring stability, rebuilding infrastructure, and providing humanitarian aid to a population that has endured years of conflict.

Moreover, questions about inclusivity and unity persist. With various groups participating in the rebellion, ensuring a cohesive approach to governance will be critical to maintaining peace and avoiding further fragmentation. The ongoing developments have exacerbated Syria’s humanitarian crisis. The civil war, now in its 13th year, has already displaced millions of Syrians, with many seeking refuge in neighbouring countries or further afield.

The recent upheaval is likely to lead to new waves of displacement as citizens navigate the uncertain and potentially volatile environment. International organisations have called for urgent humanitarian assistance to address the needs of those affected. Food shortages, limited access to healthcare, and the destruction of homes and critical infrastructure remain key challenges.

Global reactions to the situation in Syria have been varied. The United Nations has called for calm and urged all parties to engage in dialogue to ensure a peaceful and inclusive political transition.

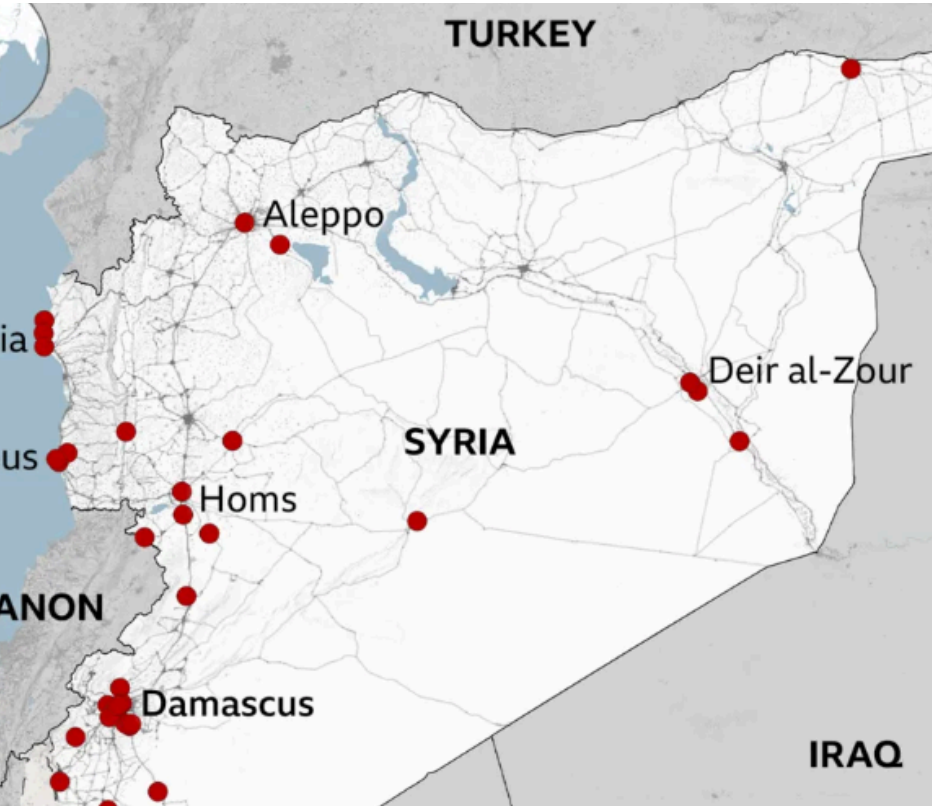


Courtesy of The New York Times

Neighbouring countries are closely monitoring the situation, with some tightening border security in anticipation of potential instability and refugee flows. Meanwhile, major powers are assessing their strategies and involvement in the region, recognising the broader implications of Syria’s transformation.

As Syria navigates this period of profound change, the nation stands at a critical juncture. The collapse of the Assad regime offers an opportunity to rebuild a more inclusive and democratic society, but the path to such a future is fraught with challenges. The coming months will be crucial in determining whether Syria can emerge from the shadow of war and chart a course toward peace and stability.

For the Syrian people, the hope for a better tomorrow remains strong despite the uncertainties of today. The world watches closely as this once-storied nation embarks on its next chapter



Courtesy of the BBC News



Substance Abuse

Written by Maria Bokeno, M.Ed, LPCC-S

November 2015 : I remember this date like it was yesterday ...

A married woman came into the office (we will call her Lauren) looking tired, black circles under her eyes, her hands trembling, asking for help ...

She immediately opened up:

“My husband is always drunk and I know he is using drugs, my children are afraid of him, he lost his job, he is unable to wake up in the mornings, and I really don’t know how to bring him to this center to seek help.”

Heartbreaking picture of a mother and wife who has lost hope but still working to provide for her family, taking care of two young children, and worrying daily about her husband’s condition ...

According to the Mayo Clinic:

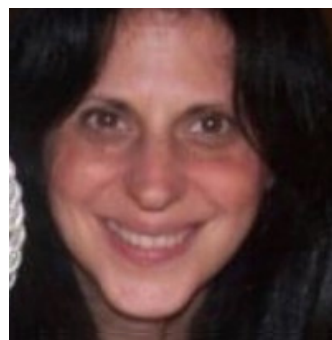
Drug addiction, also called *substance use disorder*, is a disease that affects a person's brain and behavior and leads to an inability to control the use of a legal or illegal drug or medicine. Substances such as alcohol, marijuana and nicotine also are considered drugs. When you're addicted, you may continue using the drug despite the harm it causes. Drug addiction can start with experimental use of a recreational drug in social situations, and, for some people, the drug use becomes more frequent. For others, particularly with opioids, drug addiction begins when they take prescribed medicines or receive them from others who have prescriptions. The risk of addiction and how fast you become addicted varies by drug. Some drugs, such as opioid painkillers, have a higher risk and cause addiction more quickly than others. As time passes, you may need larger doses of the drug to get high. Soon you may need the drug just to feel good. As your drug use increases, you may find that it's increasingly difficult to go without the drug. Attempts to stop drug use may cause intense cravings and make you feel physically ill. These are called withdrawal symptoms.

Recognizing unhealthy drug use in family members

Sometimes it's difficult to distinguish normal teenage moodiness or anxiety from signs of drug use. Possible signs that a teenager or family member may be using drugs can be concerning and multifaceted, often manifesting through various behavioral and physical changes. Academic performance may suffer, evidenced by frequent absences from school or work, a sudden disinterest in previously enjoyed activities, or noticeable drops in grades or work quality. Additionally, physical health may decline, with symptoms such as fatigue, fluctuations in weight, or red eyes. A neglect of personal appearance may also become apparent, as the individual shows less interest in grooming or clothing. Behavioral changes can include attempts to keep family members away or becoming secretive about outings with friends, which often coincide with shifts in relationships with both family and peers. Financial issues may arise as well, characterized by unexpected requests for money without clear reasons, or the unsettling discovery of missing money or items from the home, suggesting they may be sold to fund drug use.

Type of Drugs -All of the following substances are illegal in Saudi Arabia- Marijuana, hashish, and other cannabis-containing substances

People use cannabis by smoking, eating, or inhaling a vaporized form of the drug. Cannabis often precedes or is used along with other substances, such as alcohol or illegal drugs, and is often the first drug tried. *K2*, *Spice*, and *bath salts*: Two groups of synthetic drugs — synthetic cannabinoids and substituted or synthetic cathinones — are illegal in most states. The effects of these drugs can be dangerous and unpredictable, as there is no quality control and some ingredients may not be known. Synthetic cannabinoids, also called K2 or Spice, are sprayed on dried herbs and then smoked, but can be prepared as an herbal tea. A liquid form can be vaporized in electronic cigarettes.



Maria Bokeno, M.Ed, LPCC-S



Photo provided by stepaway

Despite manufacturer claims, these are chemical compounds rather than "natural" or harmless products. These drugs can produce a "high" similar to marijuana and have become a dangerous alternative. Cathinones, also called "bath salts," are mind-altering (psychoactive) substances similar to amphetamines such as ecstasy (MDMA) and cocaine. Packages are often labeled as other products to avoid detection. Despite the name, these are not bath products such as Epsom salts. Substituted cathinones can be eaten, snorted, inhaled, or injected and are highly addictive. These drugs can cause severe intoxication, which results in dangerous health effects or even death.

Barbiturates, benzodiazepines, and hypnotics

Barbiturates, benzodiazepines, and hypnotics are prescription central nervous system depressants. They're often used and misused in search for a sense of relaxation or a desire to "switch off" or forget stress-related thoughts or feelings. *Barbiturates*: An example is phenobarbital. *Benzodiazepines*: Examples include sedatives, such as diazepam (Valium), alprazolam (Xanax), lorazepam (Ativan), clonazepam (Klonopin) and chlordiazepoxide (Librium). *Hypnotics*: Examples include prescription sleeping medicines such as zolpidem (Ambien) and zaleplon (Sonata). Meth, cocaine and other stimulants such as amphetamines, meth (methamphetamine), cocaine, methylphenidate (Ritalin, Concerta, others) and amphetamine-dextroamphetamine (Adderall XR, Mydayis). They're often used and misused in search of a "high" or to boost energy, to improve performance at work or school, or to lose weight or control appetite.

Club drugs

Club drugs are commonly used at clubs, concerts, and parties. Examples include methylenedioxymethamphetamine, also called MDMA, ecstasy or molly, and gamma-hydroxybutyric acid, known as GHB. Other examples include ketamine and flunitrazepam or Rohypnol — a brand used outside the U.S. — also called 'roofie.' These drugs are not all in the same category, but they share some similar effects and dangers, including long-term harmful effects. Because GHB and flunitrazepam can cause sedation, muscle relaxation, confusion, and memory loss, there is potential for sexual misconduct or sexual assault.

Inhalants

Signs and symptoms of inhalant use vary, depending on the substance. Some commonly inhaled substances include glue, paint thinners, correction fluid, felt tip marker fluid, gasoline, cleaning fluids, and household aerosol products. Due to the toxic nature of these substances, users may develop brain damage or sudden death.

Opioid painkillers

Opioids are narcotic, painkilling drugs produced from opium or made synthetically. This class of drugs includes, among others, heroin, morphine, codeine, methadone, fentanyl and oxycodone. Sometimes called the "opioid epidemic," addiction to opioid prescription pain medicines has reached an alarming rate across the United States. Some people who've been using opioids over a long period of time may need physician-prescribed temporary or long-term drug substitution during treatment.

Substance Abuse: Insights and Interventions

Substance abuse, or drug addiction, is a complex disease that disrupts brain function and behavior, leading to an inability to control the consumption of legal or illegal substances, including alcohol and marijuana.



Addiction can stem from experimental use in social settings or from prescribed medications, particularly opioids. The risk and speed of developing an addiction vary by substance; some drugs, like opioids, can lead to rapid dependency. Over time, users may require larger doses to achieve the same effects, ultimately struggling to feel normal without the substance. Withdrawal symptoms often accompany attempts to cease use, making recovery particularly challenging.

Recognizing Signs of Addiction

Identifying substance abuse in family members, especially among teenagers, can be complex. Symptoms may vary widely and may manifest as behavioral and physical changes. Signs to watch for include:

- **Academic Decline:** Frequent school absences and sudden drops in grades can signal drug use.
- **Physical Health Changes:** Symptoms may include fatigue, weight fluctuations, and neglect of personal hygiene.
- **Behavioral Shifts:** Overly secretive behavior, isolating oneself, and strained relationships can indicate problems.
- **Financial Issues:** Unexpected requests for money or missing items suggest possible drug funding.

Commonly Abused Substances

1. **Cannabis:** Often among the first drugs tried, cannabis can lead to the use of harder substances.
2. **Synthetic Drugs:** K2, Spice, and "bath salts" are dangerous alternatives with unpredictable effects.
3. **Prescription Depressants:** Barbiturates, benzodiazepines, and hypnotics are often misused to cope with stress.
4. **Stimulants:** Drugs such as methamphetamine and cocaine are often used to enhance energy or performance.
5. **Club Drugs:** Substances like MDMA and GHB present significant risks, including potential sexual violence due to their sedative effects.
6. **Opioids:** The opioid epidemic highlights the alarming rise in addiction to painkillers, including fentanyl and oxycodone.

Seeking Help

Recognizing the need for help is crucial. Individuals experiencing drug-related issues should consult healthcare professionals promptly. Indicators for seeking help include an inability to stop drug use, continued use despite negative consequences, and experiencing withdrawal symptoms. Emergency help is necessary if someone shows signs of overdose, such as difficulty breathing or seizures. Interventions can also guide loved ones toward treatment, providing structured conversations that emphasize the consequences of addiction and encourage seeking help.

Factors Influencing Addiction

Several factors contribute to the risk and progression of substance abuse.

- **Environmental Influences:** Family attitudes and peer pressure significantly impact initial drug use.
- **Genetics:** There may be a hereditary element to addiction, increasing susceptibility.
- **Mental Health Disorders:** Conditions such as anxiety and depression often co-occur with substance abuse, creating a compounding effect.

Complications of Substance Abuse

Addiction leads to various life-altering complications.

- **Infectious Diseases:** Addicted individuals are at higher risk for diseases like HIV due to risky behaviors.
- **Long-term Health Issues:** Both mental and physical health can deteriorate due to substance abuse.
- **Accidents:** Impaired decision-making increases the likelihood of accidents.
- **Higher Suicide Rates:** Individuals battling addiction face a greater risk of suicide compared to those who do not struggle with addiction.

Substance abuse is a pervasive issue that affects individuals and families profoundly. Understanding the complexities of addiction is essential for developing effective interventions and support systems.

Life-Changing Complications of Drug Dependence

Drug dependence can lead to numerous harmful complications.

- **Infectious Diseases:** Increased risk of diseases like HIV through unsafe sex or needle sharing.
- **Health Problems:** Both short- and long-term physical and mental health issues vary by drug.
- **Accidents:** Higher likelihood of dangerous activities like driving under the influence.
- **Suicide:** Increased suicide risk among those addicted.
- **Family Issues:** Behavioral changes can cause relationship conflicts and custody problems.
- **Work Performance:** Decline in job performance, absenteeism, and potential job loss.
- **Academic Challenges:** Poor academic performance and motivation in school.
- **Legal Issues:** Common problems include drug possession, theft to support addiction, or DUI.
- **Financial Strains:** Drug costs can lead to debt.

Prevention Strategies

The best way to prevent drug addiction is to abstain from drug use entirely. If prescribed a potentially addictive drug, use cautiously and follow medical guidance.

Preventing Misuse in Youth

Communicate: Discuss the risks of drug use openly.

Listen Supportively: Encourage dialogue about peer pressure and offer support.

Set a Good Example: Avoid alcohol and drug misuse yourself.

Strengthen Bonds: Foster strong, stable relationships to reduce misuse risk.

Preventing Relapse

Past addiction increases the risk of relapse. To avoid falling back into old patterns:

Adhere to Treatment Plans: Stay engaged with therapy, support groups, and prescribed medications.

Avoid High-Risk Situations: Steer clear of former environments and associates tied to drug use.

Seek Immediate Help: Contact healthcare providers if drug use resumes.

Case Summary

In Lauren's case, her husband was at risk of overdose and driving under the influence. We advised her to pursue an involuntary evaluation, and within five hours, he was admitted to our center, intoxicated after combining painkillers with alcohol. He was hospitalized and referred for long-term treatment. After six months, he entered intensive outpatient treatment focused on relapse prevention, supported by family. A year later, he secured employment, attended recovery support groups, engaged more with his children, and strengthened his spirituality.

In Riyadh, the AZEM Center for Substance Abuse and Mental Health opened a year ago. Contact the AZEM center at Tel: 0112437713.





What's Going On in the 2024 Formula One Season?

Written by Reem Bin Muammar, 2nd Year, COM

The 2024 Formula One season has been nothing short of extraordinary. Red Bull fans have had a promising start, with Max Verstappen and his teammate Sergio Pérez securing the first win of the season and delivering a double podium at the opening race in Bahrain. It's shaping up to be a season filled with team tensions, unexpected shifts, and farewells.

Jeddah, Saudi Arabia, has hosted the Formula One Grand Prix several times since the debut of the Jeddah Corniche Circuit in 2021. The 2024 season marked a remarkable triple win in a row for the Red Bull team. They seem to have found their luck engraved in the streets of Jeddah!

Additionally, exciting news has emerged about a new Formula One circuit just outside Riyadh, the capital of Saudi Arabia, with the reveal of Qiddiyah City, located only a few miles outside Riyadh. This is wonderful news not only for the Formula One community but also for Saudi fans, who now have Formula One etched into their society for everyone to enjoy and for tourists from all around the world to experience.

In other notable news, Carlos Sainz, often referred to as "The Spaniard," has proven Scuderia Ferrari wrong in their decision to replace him with Lewis Hamilton. Throughout the first half of the season, Sainz has consistently made his mark on the podium, showcasing the potential that Ferrari will miss out on. Early speculation suggested that Sainz might take Hamilton's position at Mercedes-AMG Petronas, given his immense talent. However, many fans were shocked to learn that he has signed with Williams Racing for the upcoming 2025 and 2026 seasons. As Ferrari prepares for this transition, they have Charles Leclerc, known as "The Montague," who recently achieved his dream of winning the Monaco Grand Prix for the first time in his Formula One career. This home victory not only fulfilled a personal goal but also earned him significant praise from the team.

This season has also seen Mercedes competing fiercely while maintaining their status and securing wins. With Hamilton set to depart from the team at the end of the season, he has been savoring his time at Mercedes, approaching racing as if it were a joyride. This attitude has resulted in several victories—nothing less than what you'd expect from a seven-time world champion. Meanwhile, Mercedes' not-so-new weapon, George Russell, struggled on the podium during the first half of the season but seized his opportunity during the Austrian GP. With only eight laps to go, Verstappen and Lando Norris from McLaren collided, taking Norris out of the race and allowing "Mr. Saturday," George Russell, to inherit his position and ultimately secure his first win of the season.

Speaking of Norris, "Mr. Soon-to-Be-World-Champion," he has joined the big kids' table by showcasing impressive racing skills, securing significant wins throughout the first half of the season. Currently sitting second to Max Verstappen in the 2024 drivers' standings, Lando demonstrates immense potential for claiming a world championship title in the coming years—perhaps even this year if he steps on the gas a bit more!



Charles Leclerc, 2024—Monaco Grand Prix, first place winner. Via Arab News

With the allure of stardom and the pressure to prove oneself through victories, it's easy for any driver to grow selfish, craving more wins and status. But not Lando Norris. During the Hungarian Grand Prix, Lando was primed for a first-place finish but graciously handed over his position to teammate Oscar Piastri, following team orders that allowed Oscar to secure his first-ever Formula One career win. While it might seem daunting to relinquish a victory, this selfless strategy ultimately helped McLaren clinch the top spot in the constructors' championship. In addition to abiding by team strategy, the pair achieved a double podium win during the Monza Grand Prix. Talk about teamwork!

It's tough to think of McLaren without remembering good old Daniel Ricciardo, "The Honey Badger" himself. Daniel left the grid after his McLaren exit at the end of the 2022 season, only to make a comeback in 2024 as a driver for AlphaTauri, teaming up with Yuki Tsunoda. His return brought excitement back to the grid, and fans were eager to see how he would perform in this new chapter of his career. Unfortunately, Daniel struggled to meet the high expectations set for him. Despite being an exceptional Formula One driver with abundant experience, luck was not on his side this year. Consequently, the team decided to cut his contract short after the Singapore Grand Prix in late September. With him out of the team, AlphaTauri quickly replaced him with fellow New Zealander Liam Lawson.

As the thrilling 2024 Formula One season comes to an end, the atmosphere is full of unpredictability. Will there be unexpected victories to celebrate? Shocking leaves? Or maybe another surprise comeback? Nothing but the championship standings stand as our guide to navigate this exhilarating journey's conclusion. Funny how history has a way of repeating itself—could we see Max Verstappen gain another championship title fully locking into sports domination? Or could Lando Norris earn his first championship, not letting his efforts of the season go to waste? With the review of the drivers' performance and championship standings, It's very clear that anything could happen during the upcoming final races. The podium is set for the drama, excitement, and possible historical shifts in the championship outline. With so many endings to one story, the 2024 Formula One championship title remains enticingly up for grabs, promising fans a thrilling finish.

"In racing, there are always things you can learn every single day." — Lewis Hamilton



Reviving Our Roots: The Medical Legacy of Islamic Scholars and How it Inspires Us Today

Written by Jamaalia Bishri, 3rd Year, COM

As medical students, we're surrounded by familiar names like Hippocrates, Galen, and, more recently, Harvey and Lister. They're ingrained in our textbooks, our lectures, and our minds as icons of medical history. But there's a significant part of that history that we must be constantly aware of: the contributions of Muslim scholars during the Islamic Golden Age, an era rich with discovery and innovation in medicine, a time when the Western world was still in its 'dark age.' Let's take a look back at these prominent figures and hopefully uncover a new source of inspiration for our studies today.

Pioneers of Medicine: Al-Razi, Ibn Sina, and Al-Zahrawi

Imagine stepping into a bustling 9th-century Baghdad hospital: rows of patients receiving treatment, physicians consulting, and students observing with keen interest. This scene, remarkably similar to a modern teaching hospital, was part of a sophisticated medical system put in place by Muslim scholars. Two of the most influential figures from this period were Al-Razi (Rhazes) and Ibn Sina (Avicenna).

Al-Razi was like the "ER doctor" of his day, compiling "Al-Hawi," a comprehensive medical encyclopedia covering everything from infectious diseases to mental health. He even documented allergies, describing their symptoms in ways that echo what we know today. Ibn Sina, on the other hand, wrote "The Canon of Medicine," a detailed text that was used in both the Islamic world and Europe for centuries. These scholars laid the foundation for modern medicine with their dedication, and introduced systematic methodologies that we still find in the practice of medicine today.

Then there's Al-Zahrawi, often considered the father of modern surgery, whose approach brought together the best of invention and surgical skill. He introduced instruments and procedures that form the backbone of surgical practice, like ligatures and catgut stitches. His surgical illustrations fueled the creation of specialized surgical tools, some of which we still see echoes of in modern operating rooms.

Hospitals Fulfilling the Role of Care and Education

Imagine a hospital where patient care and education go hand in hand, with open wards, organized pharmacies, and quiet study rooms. During the Islamic Golden Age, hospitals (known as bimaristans) were places where healing, teaching, and compassion were key components. Cities like Baghdad and Cairo had facilities that were open to everyone, offering free services to those in need.

These hospitals enclosed different wards for diseases, surgical areas, and pharmacies. They were among the world's first true "teaching hospitals," where experienced physicians mentored students in the intricacies of medicine. This legacy is one we still see today in modern teaching hospitals, where hands-on experience is as crucial as theoretical material.



Sheila Terry. Depicting a Scene in the Hospital at Córdoba. Photograph. Published on Aramco World.

Bridging Cultures

During the medieval period, Arabic medical texts were translated into Latin, spreading Islamic medical knowledge across Europe. This wasn't just about translating literature—it was about building a bridge that connected cultures, allowing knowledge to flow freely and benefit all who had access to it. These translated works became the foundation of European medicine for centuries, highlighting the vital role Islamic scholars played in preserving and advancing medical knowledge.

The Power of Intention

One of the guiding principles for these scholars was the emphasis on compassion, humility, and the intention to serve others with purpose. For these pioneering physicians, medicine was more than just a profession—it was a way to improve lives, serve humanity, and fulfill a greater purpose aligned with their Islamic faith. When Al-Razi treated his patients, he didn't just see cases to be solved; he saw individuals deserving of dignity and care.

Their ethics serve as a reminder that medicine isn't merely about learning and practicing skills; it's about nurturing a sense of responsibility and serving our faith with a purpose that transcends self-interest. Imagine approaching each study session or clinical rotation not just as a task, but as a meaningful journey with the potential to serve both patients and a higher purpose.

The contributions of these scholars is more than a list of discoveries; it's a combination of learning, and service that transcends time. The next time we dive into our textbooks or walk into a lecture, we're not just studying medicine. We're continuing a journey that started centuries ago, connecting us to a heritage rich in knowledge, driven by the desire to serve humanity, via our faith.



The 2024 Riyadh Season

Written by Reem Bin Muammar, 2nd Year, COM

Riyadh, the capital of Saudi Arabia, recognized as the nova of the Middle East, is undoubtedly a city with five seasons: summer, spring, fall, winter, and Riyadh Season.

Riyadh Season is when the capital challenges itself year after year by showcasing its apex creativity through events and entertainment that bring together the capital, the nation, and the world.

Are you a Haute Couture enthusiast? Perhaps a food fanatic? A melomaniac, maybe? Whatever you're looking for, rest assured you will find it during this unforgettable Riyadh Season. This year, Riyadh has gone above and beyond in crafting brand-new experiences for everyone to enjoy.

The 2024 Riyadh Season kicked off in early October with a grand opening ceremony, followed by a mega boxing match featuring Beterbiev and Bivol as the main card. As celebrations broke out with fireworks, excitement brewed amongst the people of Riyadh for all the upcoming festivities of the season.

World-renowned fashion designer Elie Saab recently held the spotlight with his 1001 Seasons catwalk, which took place earlier this November in Riyadh. Harper's Bazaar described the night as "a fusion of art, fashion, and entertainment." Indeed, it was nothing short of spectacular, with celebrities like Celine Dion gracing the stage to honor such innovative fashion and lavish hospitality.

With fashion taking center stage in the capital, Riyadh hosted the Christian Dior: Designer of Dreams Exhibition in late November. This exhibition will showcase Haute Couture archive dresses and accessories that have made debuts in Hollywood and on the vintage runway. The event is sure to fuel the passion for fashion.



الهيئة العامة للترفيه General Entertainment Authority

Fashion and shopping may not be for everyone, which is why food and dining are also at the forefront this season. This year, everyone is invited to savor the gourmet flavors of internationally celebrated chefs and restaurants at VIA Riyadh! With a beautifully crafted menu, expect to please your taste buds with Wolfgang Puck's Spago, a Michelin-starred fine dining experience brought straight from Beverly Hills, CA. The menu includes options like smoked salmon and Siberian caviar pizza, Szechuan beef dumplings, and a plethora of dessert options. Make sure to savor every moment of this dining experience for a lifetime to come. Other fantastic dining options include Scotts, Ferdi, and Madeo—add them to your list of culinary ventures.

No festivity is complete without music. From traditional and modern to international performances, a variety of musical events will grace the public. With new stadiums built in preparation for the upcoming concerts, you can visit the WBK (We Book) website or download the app to check if your favorite performer will take the stage.

Brew your excitement by checking out all the latest news and updates—simply download the WBK app or visit the website. Use WBK as your go-to source for everything planned during this unforgettable Riyadh Season.

For Students, By Students... the ASC is here for YOU

Written by Dr. Alice Kenney, Director of the Academic Success Center (ASC)

Hey, how's your term going?

Perfect scores on all your assignments and midterms so far?

No?!? Well, no worries and welcome to the club!

We all have a subject or two that we need some help with, right? Wouldn't it be nice if you could find someone who had already taken that challenging class who could meet you for half an hour and help you figure it out? And they had time to see you day or night, in-person or on Zoom... and for FREE?!

Well, guess what? You CAN find that person and they are ready to help you! Come to the Academic Success Center (ASC) and you'll find the help you need to do well in just about any class. The ASC is a place where students can get help with understanding course concepts, solving problems, writing papers, and developing effective study skills. You can book appointments for face-to-face or online sessions with trained student consultants who are ready to help you meet your goals and reach your potential. To get started, go to <https://asc.alfaisal.edu/>. And, boom! You can easily register and then log in to book a session for just about any subject!



Pictures taken by Alice Kenney



In-person sessions are held in the ASC on the third floor on both sides of the library. Once you've had your first appointment, you'll see how easy and helpful it is, and you'll understand why so many students have regular weekly sessions; they really help!

So, what are you waiting for? Get started now to increase your course understanding, lower your stress, meet a great new person, and increase your confidence! Pretty cool, eh?

Why not book an appointment for this week and give it a try?



German at Alfaisal University - a program full of opportunities!

Written by Sophie El-Tayeb, Lecturer of German Language

Since 2020, Alfaisal University has been offering German as an elective course in the College of Science and General Studies in cooperation with the DAAD (German Academic Exchange Service), a unique program in the Kingdom.

Maren-Sophie El-Tayeb, Lecturer in German and Lecturer in the DAAD, offered us insights into the exciting programs, projects, and activities.

“Many students only know me as a lecturer of their German course and only a few students know about the great research projects and activities I offer as a lecturer of the DAAD. Let me tell you about the projects I get to do beyond teaching!

As a German language lecturer, in addition to teaching, I am interested in promoting Germany as a research location and facilitating academic exchange opportunities. A very special program is the University Summer Courses offered in Germany for Foreign Students and Graduates. As part of this program, students can complete a one-month German course at a German university. In summer 2024, four students from Alfaisal University received a scholarship: Lama AlDamer (CoL), Ghaith Adi (CoM), Yaser Baalawi (CoM) and Mohammed Younis (CoM).

Here are their testimonials describing their experiences during the summer 2024”:

Lama AlDamer (CoL): My DAAD scholarship experience in Hamburg

“I am Lama Bandar AlDamer, and I am currently a junior studying Law and International Relations at Alfaisal University. My deep interest in languages, cultures, and politics led me to begin learning German, recognizing its significance in European and international diplomacy.

This interest encouraged me to apply for the DAAD exchange program where I took a summer course in German regional and cultural studies at Hamburg. The DAAD program allowed me to engage with students from over 20 countries, offering a rich exchange of perspectives. The atmosphere was very dynamic, and learning German in such a diverse environment deepened my appreciation for cultural connections. In addition to the course, I had the opportunity to visit Hamburg’s government head office, parliament, and the Airbus factory, where I witnessed the assembly of a Saudi Airlines aircraft. For my final assessment, I explained Saudi Arabia’s role in environmental sustainability as an Oil producer, focusing on Carbon Capture, Utilization, and Storage (CCUS) within the framework of The Green Agenda.

Representing my country was a proud moment reflecting on Saudi Arabia’s forward-thinking global engagement. I highly recommend the DAAD program to anyone interested in broadening their cultural and academic knowledge. It offers a great opportunity to develop not just language skills, but a deeper understanding of global issues.”



Ghaith and the photography team exploring the sights of Leipzig.



Lama and her classmates on an excursion discovering Hamburg

Ghaith Adi (CoM): My summer course in Leipzig – a journey beyond language

“Hallo Leute, mein Name ist Ghaith Adi, and I am a fifth-year medical student. I started learning German in my fourth year for several reasons. One of the main ones is my plan to pursue my medical residency in Germany, where I see a great opportunity to advance as a surgeon and eventually obtain a PhD in my field. When I learned about the DAAD scholarship, I became excited about the possibility of receiving this prestigious award. It offers the chance to immerse myself in the German language and culture, embrace diversity, and contribute to global knowledge. I was fortunate to attend Leipzig University, where former Chancellor Angela Merkel earned her physics degree.

The class atmosphere was incredibly welcoming, with students from all over the world bringing their unique backgrounds and experiences. This diversity made every lesson more engaging and insightful. Our instructors were patient and passionate, making learning German enjoyable despite the challenges. We also participated in cultural activities, like watching Euro matches in the large fan zone at Augustplatz, visiting museums, especially the Grassi Museum and the Museum of Art, and taking a trip to discover Saxon Switzerland. These experiences deepened my understanding of German traditions, history, and nature.

To future applicants, I highly recommend applying for this scholarship. It opens doors to incredible opportunities, allowing you to fully immerse yourself in the language, embrace new experiences, and stay positive throughout the journey. The chance to study and live in Germany is truly an extraordinary chapter.”

Mohamed Younis (CoM): “Willkommen am internationalen Flughafen Frankfurt”

“That was the statement with which I started a very eventful August. I applied for the DAAD German language summer school through the German club hoping to further enhance my language as I intend to specialize in surgery in Germany after I conclude my studies in medical school. I worked with our amazing German language instructor and club members on making a competitive application that was gratefully accepted. I was then offered a German course in The University of Mannheim in August.

During the first couple of days, most conversations went over my head. Although this might have felt alienating at first, this new environment helped me bond with the other international students coming for the same cause. So, although we all knew how to speak English - kinda - we tried to communicate in German.

I had no rest during weekends. I always travelled across the German countryside. One weekend I went to Hannover and reconnected with an old friend, the other I went to see a random castle in the middle of the woods. On the final weekend, I went to Switzerland to be part of the organizing force of a medical event. Consequently, of course, when I returned to Riyadh I couldn't leave bed for two weeks. Worth it!”



“Hello, my name is **Yaser Baalawi**. I am currently doing my internship year after completing medical school at Alfaisal University. I began learning German in my third year of medical school.”

I studied in Wittenberg at the University of Martin Luther Halle in Wittenberg. My experience was amazing, though challenging at the beginning. The wonderful, qualified teachers made learning German fun and easy. Another great aspect of the university's summer courses is the wide array of activities. We visited cities like Leipzig, Berlin, and Halle, exploring landmarks and various places.

One particularly fascinating activity was *Länderabend*, where every student brought food and items from their culture to share with others. It was a fun and amazing experience that I hope many people can try.”

Maren-Sophie El-Tayeb also offers other programs and projects:

“In addition to scholarship and study advice, I am also very happy to offer professional exchange on medical topics. Many medical students are interested in medical training in Germany. I cooperate with a German medical consultant company from Bavaria and a German doctor to provide valuable assistance in acquiring information and entry opportunities. Last spring semester we offered two online workshops in the field of medical specialist training in Germany and next spring semester I am trying to offer the seminar in presence with my German partners.

A very special project, which I had the pleasure to conduct for the first time this year was the “Falling Walls Lab” project. Seven presenters from all academic disciplines presented their groundbreaking research to an audience and a jury within three minutes. Under the jury chair, our College Dean Dr. Hassan Shaibah, Ms. Aljohara Ababtain, an Alfaisal alumna, was selected as the winner of our Falling Walls Lab Riyadh competition. Ms. Aljohara presented her research on “Breaking the Wall of Gene Therapy” in Berlin at the Global Science Summit in Berlin on November 7. Ms. Aljohara had the wonderful opportunity to acquire international research institutions and make contacts during her 5-day funded stay in Berlin. I wish her all the best, and we are all very proud of her for representing Saudi research on an international stage as an Alfaisal alumna.

I hope to be able to repeat the project again next year and get even more people interested in this dynamic and powerful competition!

The founding of the German Club, led by Club President Lama AlDamer and Vice-President Ghaith Adi, is also a particular success. Both are very committed to their role and invest much effort in spreading their interest in learning German, but also in promoting the potential of Saudi-German research exchange. We have consistently held a German group once a week to which every student was invited, from beginner to advanced, to improve their language skills.

The German Club was also welcomed this year at the German Embassy for the National Day! A great event to present our work and to make contacts!

Starting this semester, we would like to devote ourselves to a new topic: the opening of the Riyadh Metro. In a research project on this topic, we want to get to the bottom of the socio-economic shifts and impacts of the new mobility paradigm shift in Riyadh. The Riyadh Metro will not only make an incredible contribution to the quality of life of its inhabitants in terms of ecological and sustainable features.

We believe that the Riyadh Metro will also contribute enormously to social participation, and we would like to explore that. The initial idea comes from the use of public transportation in Hamburg, which is very popular and is used throughout all levels of society in Germany. We therefore see this as a particularly valuable opportunity for an exchange of ideas with German social research institutes and hope that it will provide us with insightful impulses for our research.

I was honored to talk about my activities as a lecturer in the anniversary publication “70 Years of Diplomatic Relations between the Kingdom of Saudi Arabia and Germany.” I am looking forward to many new projects and am incredibly happy to be able to base them here at Alfaisal University.”



The city of Wittenberg Luther Stadt



Maren-Sophie El-Tayeb



Tell Me Your Story, an Interview with Lab Instructor Mr. Zain Musa

Written by Dr. Irene Chiotis, Assistant Professor of English

As I walk through the hallways of Alfaisal University these last four years, every scent, image, and voice become part of my story that I will carry till the end of time. Every morning, I see people and wonder where they are from, like this one academic staff member, who rushes to labs early in the morning. I don't even know his name, even though he greets me with a smile in the hallway. Where is he from? How did he end up here in Saudi, in Riyadh, in Alfaisal's hallways? I have no idea.

His name is Zain Musa. He is humble and soft spoken, and I can tell by his accent that he has the privilege of being bicultural. Zain was born in 1970 in a small, quiet, and beautiful village called Al-Talha, close to the mesmerizing White Nile, near Khartoum. Zain's heart belongs there....His childhood and teenage years unfolded beautifully with his friends, in green fields and splashing river waters under the soothing Sudanese sun. I can imagine Zain as a child and teenager, being soaked up in such a beautiful environment, every piece of nature igniting wonder in his mind, but also having a relentless need to observe and understand what God had so abundantly surrounded him with; it was exactly this need to observe and understand his surroundings that led him to study biology.

After finishing up his secondary studies in Al-Duwaim city, he joined the Biology Program at the University of Khartoum and graduated in 1995. The curriculum, though it lacked modern resources and equipment, engulfed him with basic sciences, Arabic and English, with a fusion of Islamic studies and Sudanese history. Saudi Arabia complemented his education and experience with critical and digital skills. Working at Alfaisal brought him face-to-face with the difficulties of establishing laboratories. While teaching, he guides his students with keen emotional intelligence. Always observing his students' progress, he gently leads those who can influence the others and distributes them amongst the weaker ones that need help. He creates leaders in his labs...future leaders in science that will be able to guide other scientists for the benefit of humanity. Zain's ability to understand his students' cultures is crucial in keeping them safe in the laboratory. He knows how they think, how they will react, and can therefore patiently teach them about the wonders and dangers of being in a lab.

But Zain is more than an excellent lab instructor...he is Sudanese. His war-torn country has left hidden wounds in his soul and a melancholy shadow in his eyes. Quietly, as he talks to me, he describes the family and friends he has left behind. He whispers, "12 million refugees are away from their homes, without food, without shelter...My sister is there..." The bond Zain feels for his homeland is unbreakable, an Odyssean bond that never fades away with every passing day but instead consumes his every morning and night. He longs for peace for his people, the prosperity of long-ago times when life was filled with security, good education, and hope. Yes, he hopes that one day peace will prevail in Sudan. Eventually, when times are ripe, he wishes to return, to stay until the end, no matter the difficulties. He compares this burning desire with the grueling struggle of a salmon that struggles against currents to return to the place it was born because they "know" it is home.



Picture taken By Irene Chiotis

One day, I know Zain will return to Al-Talha in Sudan. As he looks out the window of his Alfaisal office in Riyadh - is that a tear forming? - I can almost feel the image in his mind of flying back to Sudan, to Al-Talha, where he reunites with his friends as a young child, splashing in the White Nile River under the Sudanese sunset.



Photo courtesy of Google Images

***"DON'T LET THE SUN GO DOWN ON ME
ALTHOUGH I SEARCH MYSELF,
IT'S ALWAYS SOMEONE ELSE I SEE
I'D JUST ALLOW A FRAGMENT OF [MY] LIFE
TO WANDER FREE
[MISSING SUDAN] IS LIKE THE SUN GOING DOWN ON ME..."***

<https://genius.com/Elton-john-dont-let-the-sun>



Shot by Muhannad Zahra, 3rd Year CoE



Shot by Muhannad Zahra, 3rd Year CoE



Shot by Muhannad Zahra, 3rd Year CoE



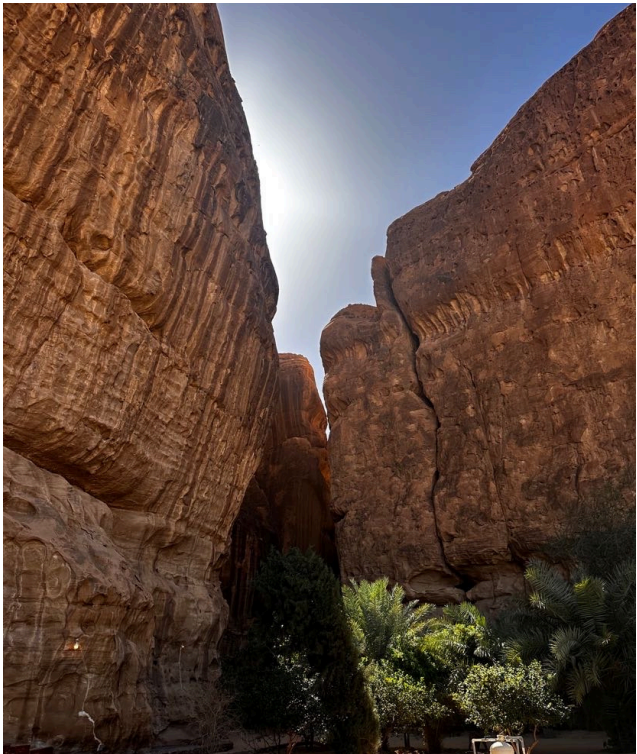
Shot by Muhannad Zahra, 3rd Year CoE



Shot by Muhammad Usman, 2nd Year CoM



Shot by Leen Alsadoun, UPP, CoB



Shot by Leen Alsadoun, UPP, CoB



Generational Trauma

Written by Dr. Irene Chiotis, Assistant Professor of English

Shadows seeping
Through the wooden cupboard cracks
Flicker on and off between life and death
I know there are shelves behind there
Stacked with pain ...

Open bursts its door
Long ago voices echo in my ears
Have I seen you before?
“Sit down, let’s talk
We have a lot to share...”
“No, we don’t”
“Yes, we do.”
As I leave, I see my shadow twofold behind me...



Picture provided by FreePik

The Widow’s Clocks (A Ticking Serenade)

Written by Rushdan Firdous, 4th Year, COM

Two clocks tick together,
One a second too slow.
Some may call her broken;
An antique of the dead widow.

The other lauds the grace in her delay; She’d hardly see past her flaw.
He’d slow time to be with the other. Yet, she seals her doors;
loathed the widow’s law:

Failures replaced, none to be fixed; One misstep, and to their eternal rest. To show her face is a risk too high. He must move on to his second-best.

She muses for the right set of eyes
So she’d be seen as a piece of art. But what she fails is to recognize
the eyes that have admired her from the start.

Seeing another would be his crime. Until she would hear of its beauty,
He’d tread water for their hearts to beat To their asynchronous harmony.

Every clock has been made in pairs. A hand for a hand, a gear for another.
A tick too slow, or a tock too much, The broken clock’s charm is like no other.

It was not being on time that sufficed. Clocks aplenty adorned the wall, you see.
It’s not being in sync that mattered. The right clock he’d be, but she just wouldn’t agree.

No perfect times, no destined mates. Just a clock that must see beyond her flaw,
Past the tick too slow, to the clock who’d embrace her as a whole;
From tick one to the twelfth tock, a love without withdraw.



Picture provided by Unsplash



Lone

Written by Hala Rassas, 1st Year, COB

Do you think God knew I would end up alone, so he made me a loner?

Did fate weave solitude into my thread,
A divine plan for one who walks alone?
In the corridors of high school, I tread,
A loner by nature, in a world of my own.

Comfort once found in isolation's embrace,
A quiet corner where shadows traced,
Now loneliness wears a sharper, raw face
A bitter taste, a wound I can't erase.

I watch as others form bonds with ease,
Connections that seem to come with peace,
While I, a solitary observer, yearn,
For closeness that feels beyond my turn.

What about me turns warmth away?
Why does solitude seem to stay?
In crowded rooms, I remain apart,
A lone figure with a guarded heart.

Was it fate or chance that shaped my path,
A wanderer with questions that last?
In the vast expanse of an indifferent sky,
I search for answers, wondering why.



Anonymous



Noah

Written by Hala Rassas, 1st Year, COB

On a crisp Thursday morning, Noah wakes up, hoping for today to get better. Noah has been struggling a lot lately; he can't exactly figure out why. He can't seem to identify what brings in these thoughts or what triggers them. Noah hates feeling this way because he knows how difficult it is for this feeling to leave because it never really does. He wakes up, eyes open, laying down with no desire to move, no desire to do anything, no one he wants to talk to, and nothing he wants to do. But Noah knows he can't ask his mom to skip school, or she will start worrying, and that is never good.

He gets up after a brutal fight with himself, going to the bathroom and then trudging downstairs, where he sees his mom and brother, Ben. "Good morning," says his mom. Noah walks over to her, hugging her and allowing himself to melt into her hold, knowing he needs it.

Once Noah starts approaching school, he begins debating whether to walk in. One side of his mind knows he should, as the school will report his absence to his mother. Everyone seems to have their attention on him after what happened that day, but his louder side screams that school is never a good place; it just reminds him of that night.

Noah isn't filled with a desire to get better, but constantly being surrounded by memories of that day isn't perfect for him either. Anyway, he has to go to school because he doesn't want to deal with all the consequences.

Walking into first period, he's already battling not just sleeping through the class. He ponders and lets his thoughts take him to a different place. When did he get like this? What pushed him to do it that day? Why was he so unbothered? And if nothing seems to help him, why is he still fighting so hard against his depression? Noah doesn't care about getting better; he's always felt like a 'people repeller.' Sometimes his thoughts go as far as thinking people are allergic to him because of how alone he feels. He sits; they leave. He approaches; they leave. He talks; they get quiet. He stays up at night, unable to understand what makes him so different from those around him. Why is it always him ending up alone? What has he done?

Shaking him out of his thoughts is his classmate, Jack. "What?" exclaims Noah. "Class has been over for, like, five minutes, and the wall you've been staring at hasn't moved either."

Noah gets through his day at school; it is unsurprisingly unbearable due to those events that took place here. On his walk home, he decides to take a detour. He knows he will need to balance things out. He went to school so his mom wouldn't worry; she could handle him being gone for an hour or two. Noah heads for the shed in the forest that he built himself so that his mom couldn't find him. Then that shed turned into where he hid out to do drugs, and later on when the drugs didn't do anything for him anymore and his mind and thoughts became more powerful, it became a place where he went to just sit with his thoughts, as things moved way too fast for him sometimes.



Artwork credit: Shahed Hejazi

Noah lays on his red patched-up couch, pondering. He feels terrible about that day in school, not because he almost died, nor because of his overdose, but because he remembers his mom's face when he woke up. He remembers how he never saw Ben in such a state. Ben has never left his side since that week in the hospital. For weeks, even when Noah was sent to rehab, Ben would be there every chance he got. Noah couldn't suppress the guilt he felt, and he felt worse because none of that was enough to give him the power to want to be in this life.

Noah doesn't have a clear memory of when things went so downhill for him or what happened that day, but this is his only recap: He woke up surprised that he did at all; he knew he slept for a shorter time than usual. But he couldn't seem to be in control last night. He knew his intake was never good around people, but whatever—he woke up and knew he had to get himself out of his mother's sight, as he wasn't a hundred percent sober yet. So he woke up and did his usual, but instead of greeting his mom, he ran down the stairs, claiming he needed to meet with his teacher before class and that he was running late.

Once he was out of sight, he started walking to school. As soon as Noah reached school, he headed to the bathroom to try to fix his disheveled hair. He then proceeded to realize that since he was in a rush to leave, he didn't change out of last night's outfit. Therefore, Noah had opioids in his pocket, and as he felt them in his hand, he instinctively planned to take them, searching for something to sniff them with. Suddenly, he paused. For the first time, something in him sparks a thought he never had: Should I really be putting more drugs into my system? Noah was shaken; this was the first time he ever had second thoughts about doing drugs. It was his escape from everything, making everything bearable. When had he ever had second thoughts about doing drugs? Never! And he wasn't about to start!



Going into one of the stalls, Noah closes the lid of the toilet as he sits on it, pulling out his credit card and making a line. He sniffs it, and not even minutes later, the only thing Noah remembers is not being in control of his body anymore. Suddenly, his body feels too heavy, and he drops his upper body to the floor, feeling hot and dizzy, and everything blacks out.

That's all Noah can remember from that night, and for now, he is satisfied with knowing that much. He doesn't feel ready to grasp how bad that time was for his family, just yet.

Shaking him out of his thoughts is the shed door opening. Scared for a second, he sees the face of his brother. "You know knocking would be decent before opening a door on a guy in the middle of the forest," Noah shouts.

"What are you doing here?" Ben asks, a little startled.

"Grounding my thoughts," comes a disgruntled reply.

"Have things been rough again? Why didn't you tell me? You know you can tell me anything, Noah." Although anyone would love to hear that, Noah feels uncomfortable. He hates how his mom and Ben, who usually walk on eggshells around him, suddenly seem so involved. He doesn't enjoy how "careful" they are.

"No, it's all good. Thank you," Noah responds.

"Okay, well, then Mom says you need to come home because she's making dinner," Ben says.

"Mom sent you to look for me?" Noah halts and looks up, "And wait, how did you even know about this shed?"

"I'm your older brother. You're never going to outsmart me," Ben replies.

"Yeah, okay," Noah mutters.

The walk home is silent. Upon arrival, Noah's mom lets out a breath of relief that Noah tries to act like he didn't catch. How long until things go back to normal? He sits down to have dinner with his mom and brother while trying his best to engage in the conversation to ease his mom's worry.

Noah feels heavily that it's going to be a sleepless night. His sobriety is one of the hardest steps he has ever taken. Acting like he doesn't want to do drugs almost every waking second is so hard that he almost gives in multiple times, but his mom's and brother's faces hold him back from giving in to this hard battle.

Drugs were always there for him. His dad's passing? Nothing comforted him like his pills. Feeling alone, struggling with depression, getting jumped? Nothing helped him bounce back like his drugs.

Noah has always been suicidal and struggled, fighting his mind long before his overdose. His overdose felt like it was almost just a portrayal of the battles he fought internally, displayed physically.

His father's passing seemed to be what finally pushed him down this spiral that he hasn't gotten out of, and it currently feels like he's losing this battle. Noah has never felt more alone than when his father passed. Ben was a grieving son, and his mom was a grieving wife; it seemed like no one had space for his pain too. Noah was all alone in his grieving journey, and every day it felt like he was drowning, with no one to be his saviour.

Tossing and turning in bed, Noah decides his brain won't stop and his thoughts won't get quiet. He finds himself grabbing his sketchbook and a pencil. He starts by scratching out a figure that he has no idea about; he just lets the pencil lead him; his mind blank. Not even ten minutes later, Noah is already over it and getting consumed by his thinking. He sighs in frustration and decides to sneak out to his shed once again.

No one was concerned about him when he needed help. No one had done anything to make him feel heard, so why should he live his life for them? Why should he give up what was there for him when they weren't?

Thought after thought, Noah finds himself reaching for his phone, unfazed by the number of missed calls from his mother. He calls Robert, who supplies him with his drugs, and they arrange for a meeting in ten minutes at their usual parking lot, which Noah doesn't mind. He knows he needs to get out of his shed before Ben shows up again.

Noah gets double his usual amount; he doesn't care that if he ends up consuming this amount, it will, without a doubt, kill him. He's in his head: if they didn't care, neither did he. Noah heads to the abandoned garage next to the skating park he and his father spent most of their time in, and he can't seem to stop himself, nor can he shake the memories that flood in about him and his father. Noah does every single drug he bought until he doesn't feel anymore - not because he's numb or because the drugs are hitting his system harder than usual, but because he feels there is no way back.



Photo courtesy of the Gateway Foundation, <https://www.gatewayfoundation.org/blog>



حاجزٌ غير مرئي

كتابة سناء منطري، كلية الطب، السنة الرابعة



الصورة التقطتها سناء

حاجزٌ غير مرئي

بينما كنت أنتظر والدي في الكافيتريا الأقرب للبوابة بمفردي، وجميع صديقاتي قد غادرن إلى البيت، رأيتهما تتجول بالأرجاء وحدها. بيضاء اللون، كثيفة الفرو، جميلة العينين. بدت تأثمة لا تعلم الوجهة، جلست تحت إحدى الطاولات لكن يبدو أنها لم تشعر بالأمان، فأخذت تبحث عن مكان آخر. بل أظن أنها لم تكن تبحث عن مكان، بل عن صديق، حتى رأيتهما تقترب من ثلاث فتيات كن جالسات يتحدثن بصوت عال. ارتفعت أحداهن، ووقفت على الكرسي قائلة "بعدها، بعدها!"، وبدأت صديقاتها يضحكن عليها، ثم انتقلن جميعاً إلى مكان آخر. شعرت بالأسف عليها، لعلها كانت وحيدة في تلك اللحظة، مثلي. لعلني كنت الوحيدة التي أفهمها من بين جميع طالبات الكافيتريا آنذاك. فكرت أن أقرب منها، لكنها لم تنظر إلي حتى. بدأت تتجول مرة أخرى، رآها الجميع مثل ما رأيتهما، "يا حلوها" "كيووت" لكن حتى بالرغم من ذلك، لم يقترب منها أحد. دعوت من الله أن تجد مأوى، أن تجد صديقاً، أن تجد عما كانت تبحث عنه. لكنني أيقنت في وقتها، أنني لست ذلك الشخص الذي سينقذها من الوحدة. لا أدري لما انتظرت من الآخرين ليفعلوا ذلك.

رن هاتفي، والدي قد وصل وكان ينتظرني. أخذت حقيبتني، وضعت فيها دفترتي، والتي أحضرتهما بنية الدراسة لكن كل ما فعلته هو التحديق في تلك الجميلة وفهم تصرفاتها. أخذت حقيبتني وخرجت. وأنا في طريقي للبوابة، التفت ورأيتهما لآخر مرة. ربما لن نلتق مرة أخرى، فلقطط عادة تتجول بالخارج، ولا شك أنها دخلت بالخطأ. كان بإمكاننا أن نصبح أصدقاء، كان بإمكانني ملاحظتها، أو إعطائها شيئاً من الطعام. لم أفهم ما الذي منعني بالضبط. بل والحقيقة هي أيضاً لم تأت عندي. كان هناك حاجزٌ غير مرئي يفصلنا، منعنا من الاقتراب، وهي لن تعرف أبداً مدى اهتمامي بها. جعلتني القطعة أفكر بعلاقاتي مع البشر، مع الصديقات والزملاء، عن جميع الفرص التي أضعتها في تكوين الروابط والصدقات بسبب هذا الحاجز غير المرئي



الصورة التقطتها سناء



تأثير الثقافة اللاتينية واليونانية القديمة على تطور الموسيقى العربية

كتابة صبا عسيري، السنة الثالثة، كلية الهندسة

تُعتبر الموسيقى واحدة من أكثر الفنون الإنسانية تعبيراً عن هوية الشعوب وتاريخها. والموسيقى العربية، رغم عمق جذورها التي تمتد إلى أعماق التاريخ العربي والإسلامي، ليست بمنأى عن التأثير بالتفاعلات الثقافية التي شهدتها المنطقة على مر العصور. ومن أبرز هذه التأثيرات ما وصل إلى العرب من الثقافتين اللاتينية واليونانية القديمة، حيث ساهمت تلك الثقافات في تشكيل ملامح تطور الموسيقى العربية على مدار القرون، من خلال التلاقح الفكري والعلمي والفني.

جسر التبادل الثقافي بين الحضارات

كانت المنطقة العربية عبر التاريخ ملتقى للطرق التجارية والثقافية، مما أتاح للعرب الاطلاع على ثقافات وحضارات متنوعة، من بينها الإغريقية والرومانية. خلال الفتوحات الإسلامية وتوسع الدولة العربية الإسلامية، أصبح هذا التبادل أكثر انتظاماً وعمقاً، حيث نقل العلماء والفلاسفة العرب العديد من علوم وآداب وفنون الإغريق والرومان، بما في ذلك الموسيقى. هذه الحركة النشطة من الترجمة والنقل سمحت للعرب بدراسة المعارف الموسيقية التي تركها الإغريق والرومان وتطويرها بما يتناسب مع ذائقتهم وهويتهم.

الإرث اليوناني: جذور العلم الموسيقي

لعل أكبر تأثير يوناني في الموسيقى العربية كان في الجانب العلمي والنظري. كان الإغريق من أوائل من طوروا علم الموسيقى كنظام معرفي، واهتموا بتحليل الأصوات والعلاقات الرياضية بينها. فيثاغورس، على سبيل المثال، كان له إسهام كبير في فهم الترددات الصوتية وتناغمها من خلال النسب الرياضية. هذه النظريات أثرت لاحقاً على الفلاسفة والعلماء العرب مثل الكندي والفارابي وابن سينا، الذين درسوا النظريات اليونانية وقدموا إضافات جعلتها أكثر شمولاً وتوافقاً مع الروح العربية. ترجمت أعمال إغريقية بارزة في الموسيقى مثل مؤلفات أرسطو وأفلاطون وبطليموس إلى العربية خلال العصر الذهبي الإسلامي. ومن أبرز هذه الترجمات "كتاب الموسيقى الكبير" للفارابي، الذي دمج فيه الفلسفة الموسيقية اليونانية مع خبراته في الموسيقى العربية. إضافة إلى ذلك، ساهمت النظريات اليونانية في وضع أسس المقامات العربية، التي تعتبر اليوم من أبرز مميزات الموسيقى العربية.

التأثير اللاتيني: التناغم والإيقاع

أما التأثير اللاتيني، فقد ظهر بشكل أكبر في الإيقاعات وأنماط الأداء. كانت الإمبراطورية الرومانية واحدة من أعظم الحضارات التي تركت إرثاً موسيقياً متنوعاً. اعتمدت الموسيقى الرومانية على مزيج من الأنماط الشرقية والغربية، حيث كانت تستخدم في المناسبات الرسمية والدينية وحتى الترفيهية. ورغم أن الأدلة على انتقال الموسيقى الرومانية إلى الثقافة العربية ليست مباشرة، إلا أن التأثير ظهر من خلال التفاعل الثقافي بين الحضارتين بعد الفتوحات الإسلامية في بلاد الشام وشمال إفريقيا. الآلات الموسيقية مثل العود، التي تعتبر رمزاً للموسيقى العربية، تحمل أوجه شبه مع الآلات الوترية الرومانية القديمة. كما أن النمط الروماني في تنسيق الألحان والاهتمام بالتناغم كان له أثر على تطوير الموسيقى العربية الكلاسيكية، خاصة خلال العصر العباسي.

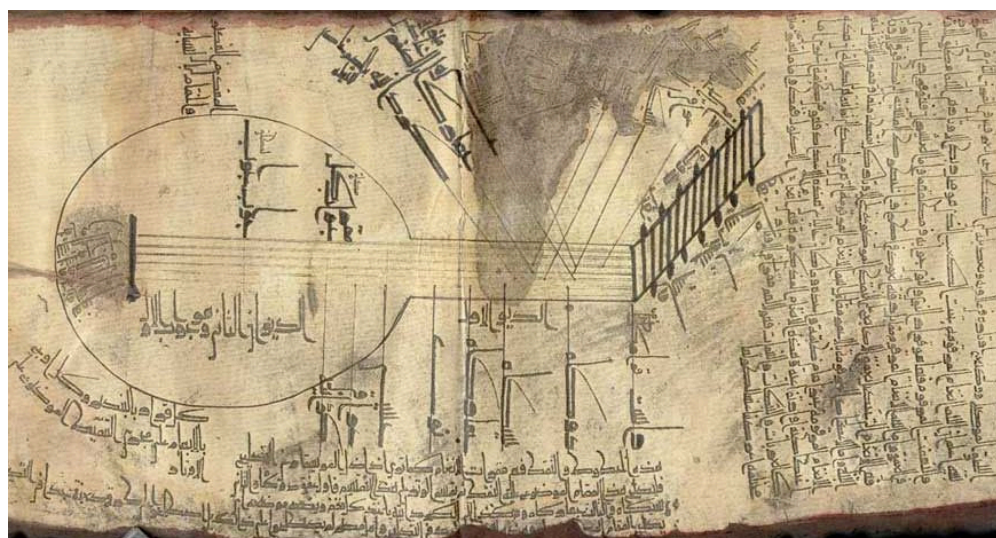
الأندلس: بوتقة التمازج الموسيقي

إذا أردنا البحث عن مثال حي للتلاقح الثقافي بين العرب والغرب في الموسيقى، فإن الأندلس تقدم لنا صورة مثالية لذلك. خلال الحكم الإسلامي في إسبانيا، كانت الأندلس نقطة التقاء بين الثقافة الإسلامية والثقافات الأوروبية، بما في ذلك اللاتينية. الموشحات الأندلسية، التي ظهرت كفن شعري وغنائي، تعتبر تجسيداً لتلك المرحلة المزدهرة. كانت هذه الموشحات تجمع بين الإيقاعات العربية والأنغام اللاتينية والغريغورية التي تأثرت بها الموسيقى الكنسية الأوروبية.

في تلك الحقبة، أبدع الموسيقيون العرب في تطوير أشكال موسيقية جديدة مستفيدين من عناصر الموسيقى الغربية. على سبيل المثال، تأثر زرياب، الموسيقي الشهير الذي انتقل من بغداد إلى قرطبة، بالعناصر الموسيقية التي أحضرها معه من الشرق، وأضاف إليها تقنيات وأدوات جديدة تأثرت بالأجواء الأوروبية.



زرياب يعزف على العود - لمحات من تاريخ وتراث الموسيقى العربية - الثقافة الشعبية



كتاب الموسيقى الكبير للفارابي

الإبداع العربي: صهر التأثيرات في هوية مستقلة

ما يميز الموسيقى العربية هو قدرتها على استيعاب التأثيرات الخارجية وصهرها في بوتقة هوية مميزة. فبينما أخذ العرب من اليونان علم الموسيقى ومن الرومان الإيقاعات والتناغم، أضافوا طابعهم الخاص الذي يعكس الروح الشرقية والبيئة العربية. المقامات، التي تعتبر من أعظم ابتكارات الموسيقى العربية، هي مثال حي على هذا الإبداع، حيث تجمع بين التناسق النظري المستوحى من الإغريق والمرونة الإبداعية التي أضافها العرب.

التأثير المستمر في العصر الحديث

لا تزال تأثيرات الثقافتين اليونانية واللاتينية ملموسة في الموسيقى العربية المعاصرة. بعض الألحان والأشكال الموسيقية التي تستخدم اليوم تحمل أصداء من تلك الفترات القديمة. كما أن الاهتمام بالدراسات الموسيقية ونقل التراث الثقافي هو استكمال لذلك الجهد التاريخي الذي بدأه العلماء والموسيقيون العرب في العصر الذهبي.

إن تأثير الثقافتين اللاتينية واليونانية القديمة على تطور الموسيقى العربية يعكس عمق التواصل الثقافي بين الحضارات. لقد استطاع العرب أن يستفيدوا من هذا الإرث الثري لينبؤا عليه، مبدعين أشكالاً موسيقية تعبر عن هويتهم وتاريخهم. واليوم، تبقى الموسيقى العربية شاهدة على هذا التفاعل الحضاري الذي يبرز جمال التعددية الثقافية وقدرة الإنسان على الإبداع من خلال الحوار والتبادل.