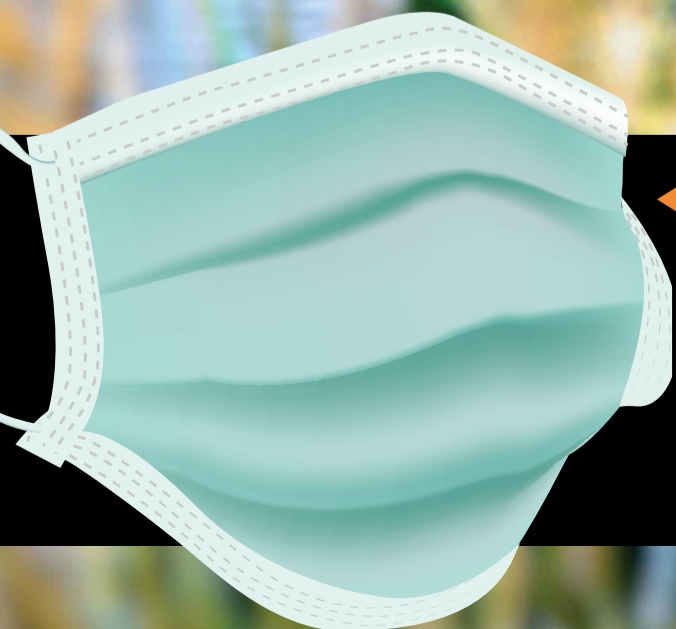


Abqaiq: cohabitation of nature, people and industry

decades of friendly respect in industrial heartland

see pages 8 and 9

A little grebe paddles on a charming 3 km² sanctuary of wetlands west of Abqaiq Plants. The sanctuary also includes sand dunes and a planted tree belt that shelters a variety of species of microbes, plants, insects, amphibians, reptiles, birds, fish, and mammals. Saudi Aramco's operational areas include vast tracts of land and sea areas with important habitats and species. (Photo: Hasan M. Almubarak/MPD)



◀ | **Do Your Part by
Wearing a Mask in Public**

Controlling COVID-19 is in our hands, and we should do whatever it takes to stop its transmission.

maintain physical distancing | ▶
of 2 meters at all times



Talent Exchange Program increases mobility process

The Staffing Services Department (SSD) recently launched the Talent Exchange Program, which is a complimentary addition to existing Job Posting and Job Swapping Internal Mobility programs.

The Talent Exchange Program has been designed following input from leaders and HR Staff across the business, providing a corporate platform that includes chief position holders in the mobility process.

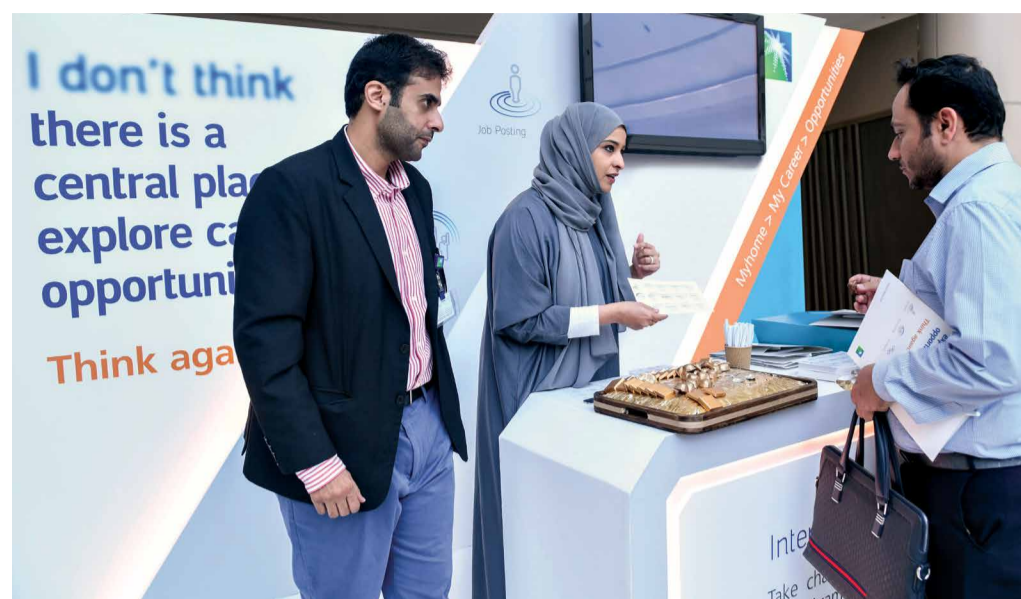
enabling opportunities

In comparison to the Job Posting Program, which is an employee-driven mobility program, the Talent Exchange Program allows for chief position holders to drive mobility within their teams by fostering career conversations with their employees and subsequently nominating them for job opportunities across the business. This could be as a result

of supporting the development needs of employees or to fulfill the business' needs.

The nomination could either be for a permanent or a temporary assignment, providing an alternative to line organizations from raising E8000s outside of the corporate programs. SSD works in collaboration with line organizations to identify the right opportunity for each employee that has been nominated.

This is a significant enhancement to the varied Internal Mobility programs on offer, as it ensures that Aramco is able to build a corporate talent pool, which is essential to adequately meet the needs of the business in a systematic and effective manner, providing more transparency and speed to Internal Mobility opportunities being fulfilled.



In efforts to promote Internal Mobility programs and recent changes to the internal staffing policies, the Staffing Services Department hosted a number of awareness booths in Dhahran, Riyadh, Jiddah, and Yanbu' in the first quarter of 2020. Employees who did not have the opportunity to visit a booth can find more details in the "Opportunities" section of the MyCareer website.



company's Sea Water Injection Department earns international safety award

Aramco and its Sea Water Injection Department (SWID) have been awarded the International Safety Award.

The award, which is organized by the British Safety Council, is one of the most prestigious International Awards in the safety scheme and features annual participants from more than 50 countries.

The awarding committee had se-

lected Aramco after evaluating many safety categories such as Risk Management, Contractor Safety, ERP, Continuous Improvement, and other related areas.

The award is a direct result of SWID's well-established Safety Management System, as well as the department's excellent safety performance in 2019, with no recordable incidents.

moving from physical space to cyberspace shifting training to the digital, continuity achieved

Never in our history have our training facilities faced this level of disruption.

Thousands of employees have had their training disrupted by the COVID-19 pandemic. Due to physical distancing restrictions, a number of our training facilities were required to close.

Regardless, Saudi Aramco remains committed to delivering critical education to our employees, and the closure hasn't stopped employees from learning.

In Drilling and Workover (D&WO), management has made training a priority, even if it can't happen in person. This has meant the need to develop and deploy a variety of distance learning solutions.

The D&WO Training Division (D&WOTD) responded by developing a number of webinars and e-Learning courses that are accessible from the field, office, and home locations. So far, more than 400 employees have attended training webinars, and 6,500 e-Learning sessions have been completed.

In this instance, the challenge proved to be an opportunity to grow in terms of new ways of training and development.

e-Learning

D&WOTD, which has the in-house capability to produce e-Learning courses, devel-

oped a number of courses using the Articulate Storyline rapid authoring tool. Since the closeout of D&WO training facilities,

six e-Learning courses and e-Learning tests have been deployed. And they've proved to be popular, judging by the number of

employees who have completed them.

The main benefits of e-Learning is that it is cost-effective, self-paced, available 24/7, and can be taken anywhere at any time. Also, the progress of participants can be tracked easily, and the learning material is stored online for future reference.

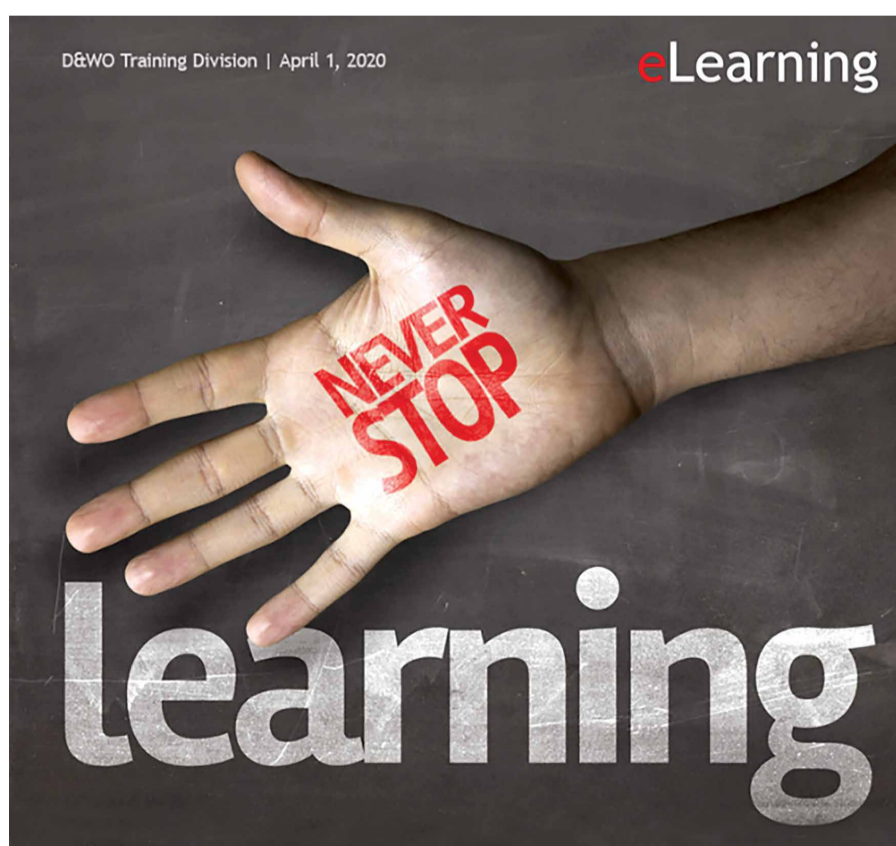
webinars expand knowledge

Webinars are one of the best ways to expand knowledge by learning directly from subject matter experts, and they also help experts connect with participants to establish and promote learning connections.

Because webinars are conducted live and in real-time, it makes it easier for participants to interact with instructors. Additionally, they also offer interactive features that participants can use to ask questions of the instructor.

Also, some hosts grant their audiences access to a replay of their webinar if they weren't able to attend the live session.

For D&WOTD, the hard work and rapid development of distance learning products is invaluable, not only now (as it helps maintain operational continuity), but also in the future as it works to build and sustain high quality virtual learning channels in the workplace, helping ensure employees never stop learning.



we are all in this together be a strong link in the safety chain

by Nabeel A. Al-Jama'

Recent government decisions to loosen curfew restrictions are a welcome sign for all of us in the ongoing fight against the Coronavirus (COVID-19) pandemic. While the preceding months have offered no shortage of uncertainty, one thing that has been clear beyond a doubt is the fact that in these unprecedented times, we are all in this together.

Yet our collective well-being requires individual actions and initiative to stop the spread of the disease. There is a saying that a chain is only as strong as its weakest link. To secure a safe future for all of us, it is imperative that we each take personal responsibility for our actions.

If each of us takes this responsibility seriously, wears a mask, washes our hands, and avoids large public gatherings, then there will be no weak link. These behaviors help every one of us to protect our people and our community. This lifestyle allows our hardworking health care personnel to meet this formidable challenge with the energy and resources required.

a return to business and new behaviors

Just as Aramco has always been



Just as Aramco has always been strong in its efforts to ensure safety across the organization, we must apply that same rigor

to the fight against COVID-19. As many of us begin to return to work, or readjust our personal lives, the new behaviors we have learned must become lifelong habits.

strong in our efforts to ensure safety across the organization, we must apply that same rigor to the fight against COVID-19. Subsequently, to return to "business as usual," there are, in fact,

many parts of our "normal" lives that we must leave behind — for our own safety and for the health of our friends, families, and colleagues. As many of us begin to return to work, or readjust

our personal lives, the new behaviors we have learned must become lifelong habits.

For instance, as we begin a safe return to the workplace, we will reunite with many people whom we have not seen for weeks or months. It will be important to adopt new methods to show our affection. Noncontact greetings such as a hand to the chest will help prevent the spread of the virus.

And while it is normal in many cultures to embrace, staying two meters apart and avoiding in-person meetings show our colleagues that we want to protect them against the spread of infection as much as our families and friends outside.

Never before have we had to adhere to medical guidance that extends into every aspect of the lives of ourselves, our family, and our friends. Vigilance is essential. The safety of our families, friends and colleagues is in our own hands. Each of us must change our behaviors to protect one another.

But I take confidence from that. Because this reliance on one another shows how we are truly all in this together, and it can build an unbreakable chain to fight this deadly disease.

Aramco's Sami Alnuaim emphasizes resilience, focus during Society of Petroleum Engineers live broadcast

by Susan V. Gonzalez

More than 1,500 energy professionals logged on to a live broadcast "SPE Talks Leadership" available via the professional social network LinkedIn to learn how organizations are navigating challenging times in the face of the COVID-19 pandemic and a low oil price environment.

Sami Alnuaim, manager of Saudi Aramco's Petroleum Engineering Application Services Department and the Society of Petroleum Engineer's (SPE) outgoing 2019 president, joined three other panelists emphasizing resilience and focus on core business priorities and operational safety.

"We need to work together balancing short- and long-term action plans," said Alnuaim. "The strategic nature of the energy industry demands this of us."

He recognized the energy industry's strong community involvement and support for social programs during the pandemic. "This is the spirit of our industry," he added.

setting response, relevant responsibilities

Alnuaim agreed with panelists that now is a time for leadership, clear messaging, and empathy and flexibility with the workforce. To viewers, many of them SPE members, he outlined priorities by the society to be responsive and relevant to membership.

Alnuaim articulated the society's top business priorities for its 150,000 strong global membership, including: tapping into technology to reduce costs; invest-



Sami Alnuaim listens to SPE members and academic staff from the University of Houston in Texas during a "We Are Houston's Energy University" luncheon held in 2019.

ing in digitalization for more online virtual learning to deploy content; creating a job portal dedicated to helping those in job transition featuring virtual job fairs; creating "SPE Connect" for technical section communities, discussions, blogs, and libraries; and developing an SPE mobile app.

imagining a more virtual future

Incoming 2021 SPE president and pan-

elist Tom Blasingame commented that the industry's best innovations come during downturns and that the best leaders emerge in crises.

"People are having to adapt and be progressive," he said. "In the near time, we look to prepare people for a different future and transformation of their work lives."

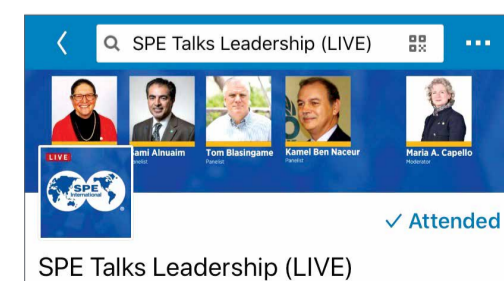
Joining Alnuaim and Blasingame were Eve Sprunt, 2006 SPE president, and 2022 SPE president-elect Kamel Ben Na-

teur of Nomadia Energy Consulting. Maria Angela Capello, chairwoman of the SPE Business, Management and Leadership Committee, and also of Kuwait Oil Company, served as moderator.

Panelists took questions from members with interest in the future of SPE conferences. Alnuaim and Blasingame said there were multiple scenarios being considered on how to best deploy technical content, working collaboratively with other societies to determine the future of SPE conferences that will be conducted virtually and be interactive.

Alnuaim added that SPE will deliver several major conferences virtually during 2020, starting this month. SPE will take advantage of its new 2019 released app to reach more of its global members, tapping into Fourth Industrial Revolution tools such as machine learning and artificial intelligence to deliver specific technical knowledge based on a member's profile and historical behavior.

"The right knowledge will reach our members through the SPE smartphone app 24/7," he added. Visit spe.org for the latest webinars and global events.



Aramco student's rock failure prediction work opens door to international recognition

by Jim Cook

Hussain Albahrani can see the miraculous in the mundane. That talent won him the Society of Professional Engineers' (SPE) Gulf Coast North America Regional Award-Ph.D. Division for a project that provides a model for predicting rock failure while drilling is ongoing.

Albahrani, a graduate student sponsored by Aramco to attend Texas A&M University, submitted a project entitled "An Automated Drilling Geomechanics Simulator Using a Machine Learning Assisted Finite Element Model" to the competition. Because Albahrani won the Gulf Coast North America Regional Award, he gets to compete against 13 other regional winners at SPE's Annual Technical Conference and Exhibition (ATCE) 2020.

Improving rock failure prediction by 95%

The mathematics and mechanics Albahrani delved into for his project may seem dry subjects to some, but for Albahrani they were an endless source of fascination.

"While my background is in petroleum engineering, I always had an interest and curiosity about mechanics," Albahrani said. "This is combined with the fact that I get an immense amount of joy implement-

ing mathematical formulations and automating repetitive tasks into a code means that geomechanics modeling is the perfect area of research for me."

Albahrani said the model developed for his project improves the accuracy of rock failure prediction by 95%, and this claim is backed up by verifiable and reproducible lab and modeling data. He said that providing a faster, more accurate predictor of rock failure will help minimize nonproductive time events and reduce operations costs.

Albahrani spent about two years on the project, and plans to publish his results. He is also now hard at work pursuing other avenues within the oil and gas industry to apply the model he created. Albahrani said he wished to dedicate his project to his parents, who taught him the value of hard work, and thanked his management and his adviser, professor Nobuo Morita.

showing the world what Aramco can provide the world

Albahrani said he saw the competition as an opportunity to challenge himself and show the world the quality research that Aramco and Saudi Arabia can provide the world.

"I'm very grateful for this win because it

provides me with the courage to keep pursuing new creative ideas no matter how unconventional they may seem," he said.

Ashraf M. Al-Tahini, EXPEC ARC manager, said he looks forward to applying Albahrani's work to Saudi Aramco's operations.

"His research addresses an important challenge for the industry and is very well aligned with the drilling automation digital transformation concept," Al-Tahini said. "We look forward to integrating his valuable research as part of DigitalARC platform — EXPEC ARC's digital transformation initiative for providing advanced IR 4.0-based solutions to upstream challenges."

Albahrani hopes that his achievement will inspire other students to challenge themselves and pursue the ideas they're passionate about.

"Don't pay attention to the fear in yourself — the fear of learning new things and not being good at them in the beginning," he said. "The fear of pursuing out-of-the-box ideas that may seem strange to others. And definitely the fear of failing."

"If you try something new and you fail, that is progress; you now have one less thing to worry about, and you can move on to trying new things until you find your next passion," Albahrani added.



The model developed for the project improves the accuracy of rock failure prediction by 95%, providing a faster, more accurate predictor of rock failure that will help minimize nonproductive time events and reduce operations costs.

— Hussain Albahrani

College Preparatory Program makes the grade

Aramco reaches milestone agreement with top U.S. engineering college

The Colorado School of Mines, a leading U.S. university for engineering, has signed an agreement with Aramco accepting coursework credit from College Degree Program Non-Employee (CDPNE) students who graduate from the company's College Preparatory Program (CPP).

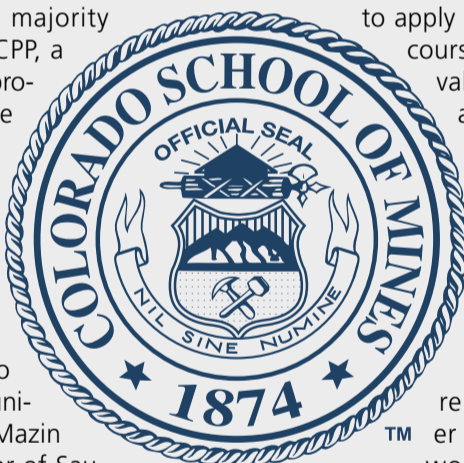
Aramco's education support teams in the U.S. and Saudi Arabia see this as a first in what they hope to be a series of U.S. colleges and universities recognizing credit for its coursework. Currently, there are 700 Aramco-sponsored undergraduate students enrolled in colleges and universities throughout the U.S.

testament to CPP quality

The CDPNE program is a highly selective scholarship program for Saudi high

school graduates. The majority of CDPNEs attend the CPP, a 10-month college prep program in Dhahran, before being placed in highly competitive universities worldwide.

"This agreement is an acknowledgment of the quality of the academic courses taken by our students prior to attending colleges and universities abroad," said Mazin M. Horsler, administrator of Saudi Aramco's Professional Learning Division (PLD). "Such agreements enhance CPP students' prospects of being placed at highly competitive universities, enable students



to apply for credit for transferred courses and provide a strong validation as to the quality and outcomes of the CPP program."

The Colorado School of Mines is the 19th university to recognize learning outcomes from the CPP, and the first in North America.

"We continue to build relationships with top-tier universities around the world and are excited to have a top engineering school such as the Colorado School of Mines recognize our program in this way," said Mishari N. Al Utaibi, administrator of the Academic and

Technical Programs Department at Aramco Americas. "We hope that this will be the start of many such agreements with U.S. universities."

Aramco Americas provides support for students in the CDPNE program with a team of advisers assigned to help students achieve their academic goals. Close work with Saudi Aramco's PLD made this milestone possible with the documentation and support materials needed to pass acceptance criteria for coursework credit established by the school.

Saudi Aramco's CDPNE program has been in place since 1986, and U.S. higher education institutions are among the 30 top-tier universities worldwide that company-sponsored students apply to. It is one of the primary sources for entry-level professionals for the company.

robots in the refinery: working toward industrial autonomy

Riyadh — At Saudi Aramco, the future is now when it comes to automation and the Fourth Industrial Revolution.

The Riyadh Refinery recently got a firsthand look at this as it hosted a workshop with its partner, Yokogawa, highlighting how technology can address a wide swath of challenges and applications. Titled "Industrial Automation to Industrial Autonomy," the one-day workshop cast an eye toward technologies enhanced by artificial intelligence, big data analytics, energy optimization, etc.

One of the highlights of the event was a demonstration of an autonomous robot platform that is designed for high-level industrial operations. With multiple cameras and a payload configured with a hydrocarbon sensor, the robot used 4G technology to stream video showing its surrounding environment and share data from its sensor readings.

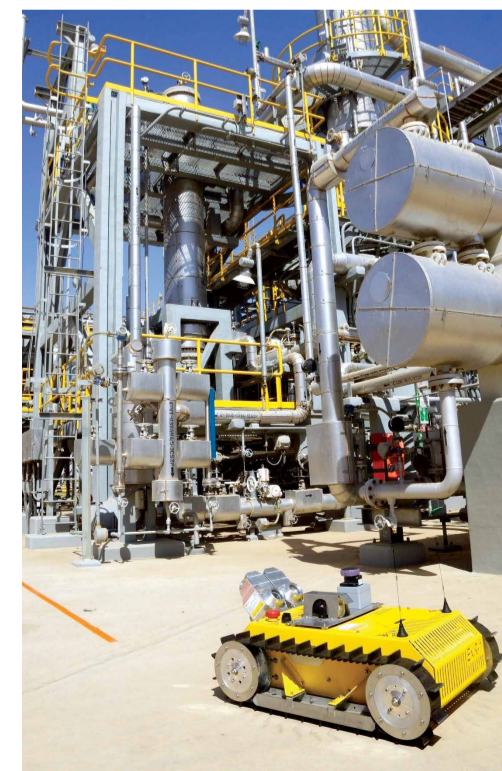
The demonstration showed how a robot can carry out simple routine tasks and in-

spect areas considered life threatening to humans during emergencies, such as gas leaks. This will allow human operators to easily manage and control critical plant parameters.

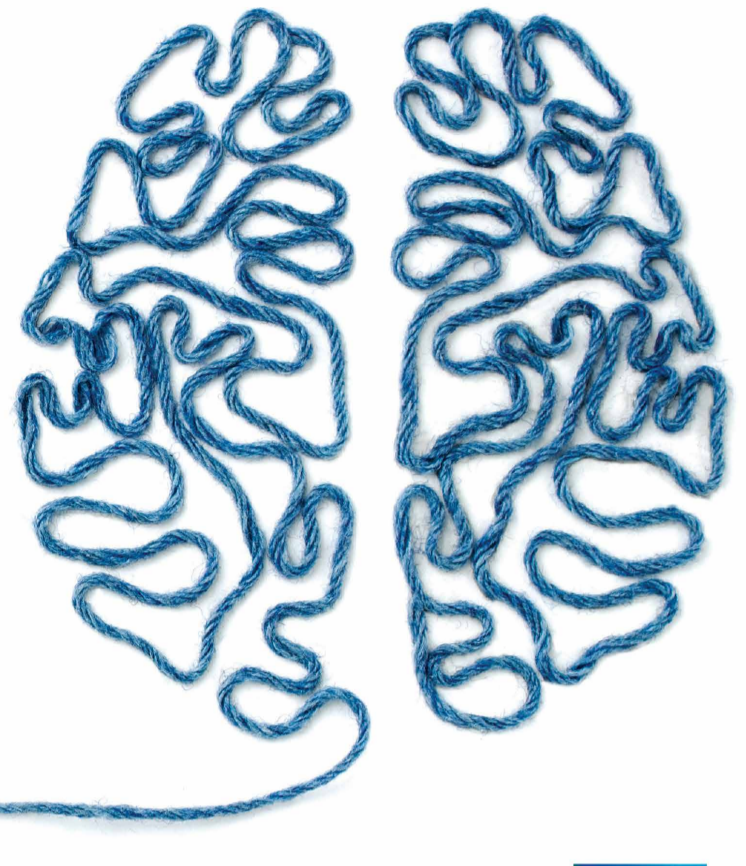
As part of the demonstration, a gas leak was simulated, which triggered an audible alarm by the robot and a danger alarm in the remote controlled computer.

"Our operation, engineering, and maintenance teams enjoy working with these systems," said Riyadh Refinery manager Abdulrahman A. Al-Fadhel, who added he was glad the refinery was chosen to demonstrate the robotic innovation. "It will definitely serve the safety and efficiency of the industry."

A robot maneuvers through the Riyadh Refinery as part of a recent demonstration during the one-day "Industrial Automation to Industrial Autonomy." The demonstration showed how a robot can carry out simple routine tasks and inspect areas considered life threatening to humans during emergencies, such as gas leaks.



Help yourself and others with the COVID-19 Emotional First Aid e-Learning course



to learn more scan the below QR



* For those who want to have the course added to their training history, please access the course through the Learning Management System.



Downstream Development Academy

helping our leaders protect our people, our company, and themselves

COVID-19 continues to influence us on a global scale. Each one of us is now challenged to meet job and family demands at the same time, remaining composed and in control. Regardless of our position in the company, we all feel the challenge that COVID-19 is bringing to our work environment and family life.

In these uncertain times, Saudi Aramco has drawn upon its long history of protecting the safety of our people, our communities, and our operations. Organizations that have encouraged a spirit of innovation have found new ways to take on the new challenges that the pandemic has presented, from business continuity to adapting our work processes to allow for remote work and physical distancing and safe workspaces.

In Domestic Refining and NGL Fractionation (DR&NGLF), our teams are pioneering new methods to prepare front-line leaders and employees to cope with uncertain and challenging times during the pandemic.

"Our priority is to keep our people safe as well as Saudi Aramco business. It's an opportunity now to improve our business model to be more robust, and to prepare our leaders for the future," said Hamad Qatani, RT Cluster Shared Services manager.

a new set of skills for leaders

To align our efforts with corporate effort of coping with COVID-19 outbreak, the Downstream Development Academy (DDA) has developed a new set of skills for front-line leaders and employees to cope with the new work environment while building a more agile business model. Its goal is to support front-line leaders in meeting the

demands COVID-19 has created for leadership by providing them with a range of needed resources to lead their teams at this unique time.

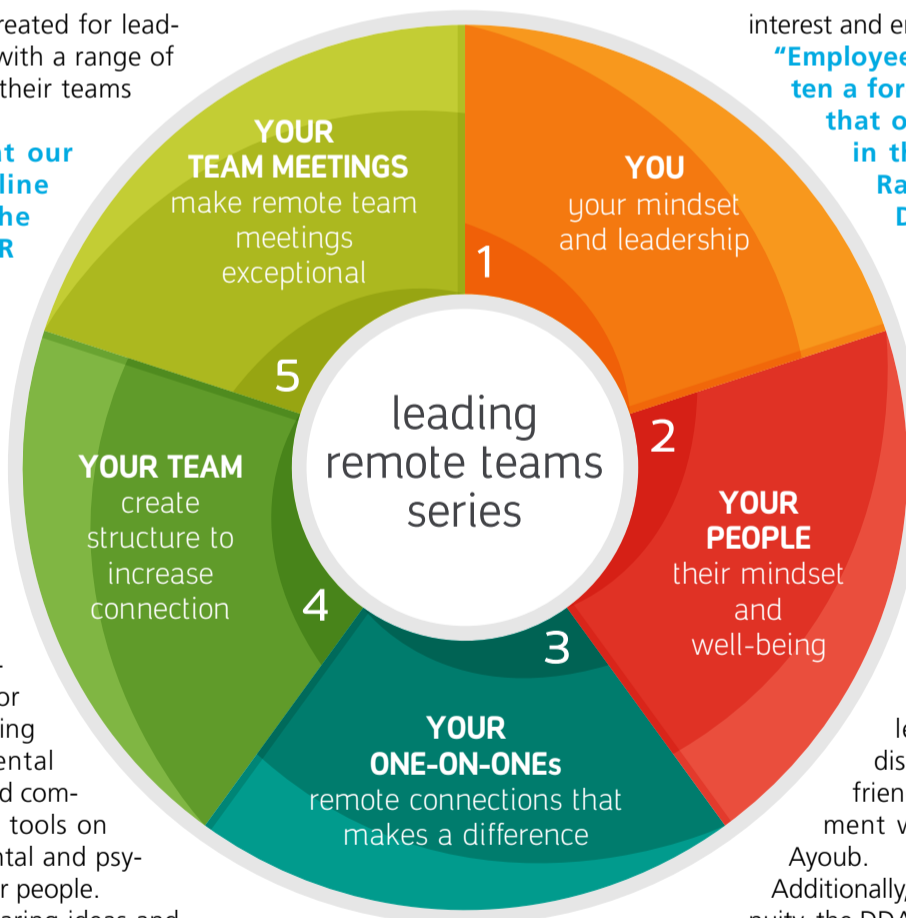
"This is the time that our employees and front-line supervisors need us the most," said DR&NGLF HR Division head Yahya Q. Daghiri. "Let us put our effort into supporting them during this difficult time."

Through its "Leading Remote Team Series" comprising five different webinars, DDA is working to equip front-line supervisors and unit heads with tools to lead worried and anxious employees during this time, or in a similar crisis. Recognizing the benefits of good mental health for the employee and company, it has also provided tools on how to look after the mental and psychological well-being of our people.

This is the time when sharing ideas and challenges, lending expertise, and networking with peers in real-time are needed the most. Accordingly, the series' resources are interactive, helping lead and engage participants.

Feedback has been strongly positive. "I've learned ways to sustain business continuity even during disruption," said Mohammad F. Toom, a supervisor in the Industrial Training Unit.

Hassan A. Zemei, a supervisor at the Yanbu' Refinery, said the DDA has provided the right tools to manage unfamiliar situations. "All of a sudden, we are experiencing things we never have before with a lot of confusion and frustration," said Zemei. "The DDA and Abdelbasit Ayoub have pro-



interest and energy.

"Employee mental well-being is often a forgotten element in a crisis that organizations may ignore in the business world," said Rayyan S. Al-Tayeb of the DR&NGLF HR Division, who pointed to DDA's thought provoking series of webinars, which focus on such issues as an important step by the company.

Another unique part of DDA's efforts is the confidential one-on-one coaching to front-line leaders and some employees on how to deal with the stress and anxiety related to the COVID-19 outbreak. This helps our leaders and the employees discuss their specific issues in a friendly and confidential environment with DDA leadership coach Ayoub.

Additionally, in support of business continuity, the DDA also redesigned some of the face-to-face courses to be delivered virtually using Skype for Business.

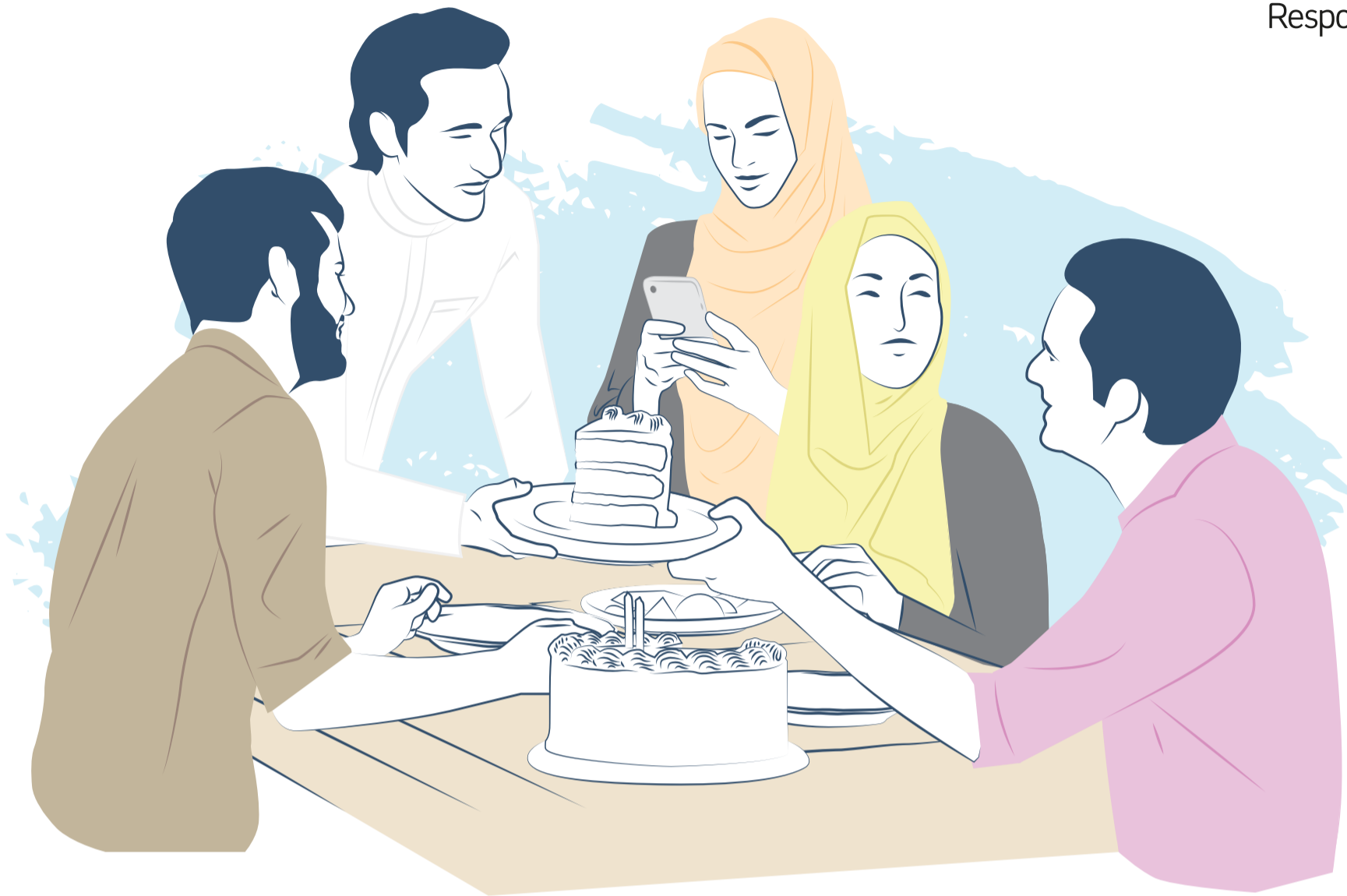
Although virtual training participants can be prone to distraction, a three-part "Virtual Accountability Model" created by Korn Ferry focusing on verbal, visual, and kinesthetic accountability has been employed successfully.

"We understand that the virtual environment is not suitable for hands-on training, and that is why we chose virtual training for no hands-on training to maintain business continuity," said Ayoub. "New technologies will emerge in the field of training, and our eyes are wide open to spot training technologies that will suit us to make sure we run our business in similar circumstances."

vided us with the tools needed to manage these situations. He's shared with us useful tips on how to protect ourselves and employees from the stress anxiety associated with the COVID-19 pandemic."

helping employees cope with stress and anxiety

The DDA also developed the Saudi Aramco Care Series for employees, which features webinars on several topics to provide employees with skills to cope with worries, stress, and anxiety, work from home while remaining connected, motivated, and productive. It also delivers webinars on what they need to do when they feel sad, lack

COVID 19
Responsibility

not everything brought to the dinner was welcome

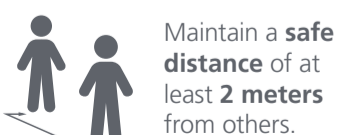
It was Sarah's birthday and some family planned a dinner party to celebrate. It was only a few people and they hadn't seen each other in a while. What could be the risk?

But one of the invited guests was already infected. Can you tell who it is? Neither could anyone else.

Never let your guard down.

Because it's not only about you. It's about everyone's safety.

Unsafe personal behaviors can destroy lives. Do your part to keep us all safe.



Wash your hands with soap and water for **40 to 60 seconds**. Or use hand sanitizer for 20 seconds.



Don't touch your face. Avoid touching your eyes, nose, and mouth.

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World Environment Day

Aramco celebrates the Kingdom's enigmatic wildlife

by Chris Boland

Friday, June 5, was the United Nation's 46th World Environment Day. This year, the theme was biodiversity, which provides an opportunity to celebrate the plants and animals that share the land, air, and water with us.

Saudi Arabia's biodiversity is remarkably rich. Precisely 500 species of bird occur in the Kingdom, along with 117 mammals, 107 reptiles, eight frogs, 148 butterflies, 266 corals, and 1,230 fish.

a remarkable migration

Almost 300 of the 500 bird species are migratory, flying in from their breeding sites in Greenland, Europe, Asia, India, or Africa. Some nest as far away as Alaska and Canada in the east, then undertake an epic 15,000-km journey across all of Asia, through Saudi Arabia, and on to southern Africa where they spend the winter, before literally racing back to the north to breed once again.

Some of these birds are tiny, such as the Willow Warbler, which weighs only 10 grams — as little as a teaspoon of sugar. Others are some of the largest birds on Earth, with colossal wingspans exceeding 3.5 meters in length, such as the formidable Great White Pelican.

These migratory birds are visiting guests to

our desert Kingdom. We must help them by giving them safe passage across this wide, sandy land. We must not shoot these birds with guns, but with our cameras instead.

Each year, approximately 27 million pairs of bird from more than 200 species breed in the Kingdom. There are surely few places on Earth more challenging to nest than this hot, dry, windswept ecosystem. Yet, birds manage to breed throughout, from the forested peaks of the 'Asir Mountains to the extraordinarily sparse sand seas of the Rub' al-Khali. Nowhere is devoid of birds.

Each of these birds is a testament to the capacity of animals to endure extreme hardships just to raise their young. Given the great challenges of breeding in Saudi Arabia, we must help these birds by not disturbing their nests, by keeping our hungry cats inside, and by leaving every tree, bush, shrub, and blade of grass intact wherever possible.

new species still being discovered

Saudi Arabia's biodiversity is enigmatic. New species are still being discovered, and many more are yet to be found. For example, a new species of reptile (known only by its Latin name, *Tropicolotes wolfgangboehmei*) was discovered recently in the Ath-Thumamah area just north of Riyadh. If new ani-

mals are being discovered just outside of the capital city, then just imagine what species are yet to be discovered in the many remote regions of this vast Kingdom.

Some of the animals in Saudi Arabia are so enigmatic that they have only been seen once or twice in history. For example, a species of snake called the Sarso Island Racer is known only from a single specimen collected in 1964 on Sarso Island in the Farasan Archipelago off Jazan. It had never been seen before and has never been seen since.

a special and vulnerable biodiversity

Saudi Arabia's biodiversity is special. Approximately one in seven plant and animal species found in the Kingdom occur in the Arabian Peninsula and nowhere else on Earth.

Indeed, some, such as the 'Asir magpie, occur only in Saudi Arabia — in a few tiny patches of juniper forest in the 'Asir. This is just one of the animals that help to make Saudi Arabia such a unique place to live.

Finally, Saudi Arabia's biodiversity is vulnerable. Many of our plant and animal species are listed as threatened with extinction. Several animals, such as the wonderful 'Asir magpie and Arabian leopard, are perilously close to disappearing forever, while species such as the Saudi gazelle and Arabian ostrich have already fallen into the abyss of extinction.

Mammal species have fared particularly poorly in Saudi Arabia, as they have across the planet. The Kingdom's 12 largest wild mammal species are all either endangered or extinct.

The United Nations has chosen the theme of biodiversity for this year's World Environment Day because, quite simply, the world's biodiversity is in crisis.

committed to environmental protection

Saudi Aramco is committed to protect-



The eastern imperial eagle is just one of the hundreds of birds that can be found in the Kingdom. Almost 300 of the 500 bird species are migratory, flying in from their breeding sites in Greenland, Europe, Asia, India, or Africa. (Photo: Jem Babbington/EPD)

ing biodiversity. Over 2.2 million mangroves have been planted along the coasts, and a further 1 million native desert trees are being planted inland.

The company has designated 10 biodiversity protection areas covering 977 km², which helps to protect over 500 species of plants and animals, including 55 species or subspecies that are unique to Saudi Arabia.

Three endangered species have been reintroduced to our huge wildlife sanctuary at Shaybah, namely the Arabian oryx, Arabian sand gazelle, and the common ostrich — all of which once roamed the Kingdom in great numbers.

Each of us can help by not driving over desert plants, not hunting, not littering, planting native plants, keeping our cats inside, and learning more about the enigmatic biodiversity that lives alongside us in Saudi Arabia ... or else soon it will be too late.



visit promoting biodiversity website

The Arabian toad-headed agama basks in the sun at the Shaybah Wildlife Sanctuary. Saudi Arabia's biodiversity is special. Approximately one in seven plant and animal species found in the Kingdom occur in the Arabian Peninsula and nowhere else on Earth. (Photo: Chris Boland/EPD)



putting people first when it comes to IT interactions

by Abdullah Y. Al-Hassan

Nowadays, as business needs rapidly change, so is the Information Technology (IT) landscape that supports them. Because of this, it is imperative to regularly encourage customer interactions and listen to their experiences.

Sustaining these collaborations with customers is the essence of customer engagement.

"Customer engagement remains a cornerstone in our day-to-day operations, and it is a key source of opportunities that can proactively address business needs," said Adel S. Al Doulab, manager of the Area IT Department (AITD), noting that no efforts are spared in continually creating innovative methods to strengthen this engagement.

fostering a culture of 'proactive demand fulfillment'

AITD regularly reaches out to customers to proactively anticipate business needs and address them in a timely fashion.

"Fostering a culture of proactive demand fulfillment can definitely enable IT to meet and exceed the customers' expectations," said Tanajib IT superintendent Rami A. Al-Ghanim. An example of this was when a meeting with the Safaniyah Onshore Producing and Khursaniyah Gas Producing departments revealed that they needed to equip critical plant locations with videoconferencing systems.

In a short time, AITD was able to provide an innovative and cost-effective solution. Later, when Upstream needed to conduct virtual meetings across 24 locations to more than 200 employees, the new solution was mimicked to enable the successful completion of the project.

keeping effective IT utilization in sight

Another way that the company IT service has been improved has been in the automation and standardization of reports. Detailing current use and future demand for IT

services, the reports also highlight optimization opportunities that not only increase compliance with internal GI requirements, but also provide maximum business advantage.

So far, AITD, working in collaboration with the IT Customer Relations Department, has released 58 unified reports to plant managers Kingdomwide. The value-driven reports, which are shared quarterly, are designed to foster strong IT customer engagement.

The reports also feature overall customer experience, which is gathered from the CRM and Remedy systems. This is important as it paves the way for discussions and feedback from customers on how to potentially improve IT provided services.

benchmarking, updates, and new services

One of the most effective ways to pursue excellence and improve service is through benchmarking.

"Benchmarking enables a mindset of

continuous improvement, and it augments overall performance efficiency," says Central Region IT superintendent Abdulaziz H. Al-Saiyari.

Thanks to the IT Customer Engagement Report, department managers now can benchmark with other departments in the same admin area in terms of annual cost of IT services. This exercise encourages effective use of resources while promoting a culture of excellence.

And, these reports can also be a great resource to share updates regarding joint initiatives and projects, thereby elevating collaboration through increased communication. This helps in tackling obstacles that could impede progress on critical initiatives and projects.

Another section in the reports details the latest IT solutions and services, giving management an opportunity to explore new tools and provide feedback, which can then be used for proactive improvement and fixes.



Abqaiq: cohabitation of nature,

by Janet Pinheiro

(Photos: Hasan M. Almubarak/MPD)

Curving 1,000 kilometers (km) along the East Coast of Saudi Arabia is the vast creamy red sandy terrain

of the ad-Dahna desert.

Ad-Dahna connects to the Kingdom's other grand deserts — an-Nafud in the north and Rub' al-Khali in the south — and hidden beneath its sheer

display of arid vistas lies an extensive network of pipes, and within their carbon steel confine gently flows nature's amazingly agile gift — crude oil.

Gravity, generated by the

desert's natural eastern incline toward the Arabian Gulf, pulls the Arabian Light and Extra Light crude oils from numerous Saudi Aramco plants into an industrial heartland of

Community outreach

Southern Area Oil Operations vice president Khaled A. Al Buraik, whose role includes being the mayor of the city of Abqaiq (known as the "Friendly City"), says Saudi Aramco plans to share its Abqaiq environmental preservation and enhancement work by creating a community eco-park within the wetland area.

"Abqaiq wetland is one of the Kingdom's most diverse and irreplaceable natural wetlands, used by many birds, mammals, and reptiles for feeding, breeding, or as a migration stopover site," said Al Buraik. "Saudi Aramco wants to transfer its environmental knowledge and values to the community by inviting them to visit, enjoy, and learn about the wetland."

"Everyone needs to preserve our natural environment. Without it, there will be nothing left for the next generation," he added.

The eco-park will contain strict conservation areas, as well as recreational areas, which will include a walking path, sitting area, outside gym, and playground.

cohabiting natural habitats

Quivering on the near horizon from the processing pulse of Abqaiq's 14 plants stretches a gorgeous wetland protected by Saudi Aramco, whose tranquil watercourses meander across 3 km², exploring the shadows of ad-Dahna sand dunes and *jebels* (hills).

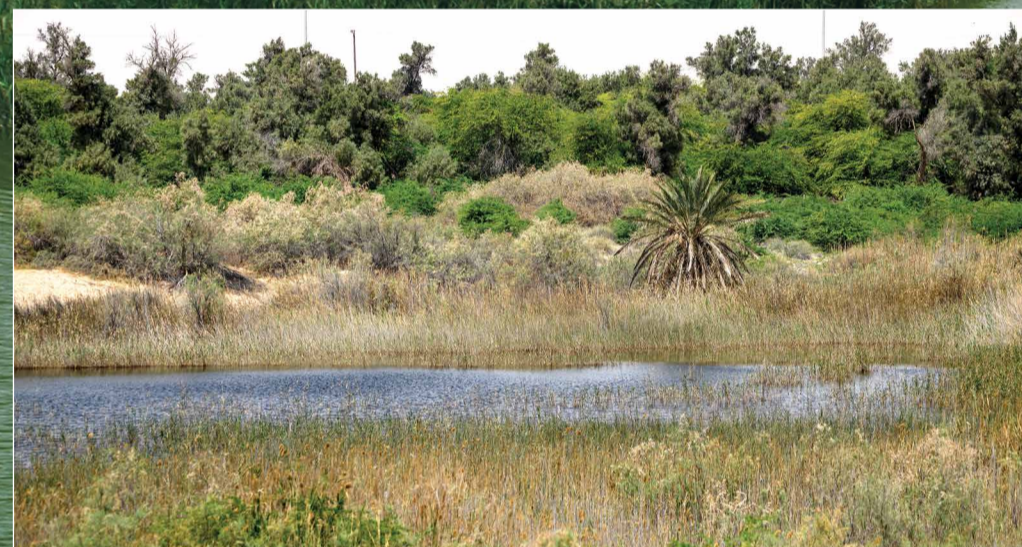
On the waterline's horizon growing with green magnificence, a 40-year-old company planted forest ascends from the desert sands, while sheltering immediately under the shimmering engineering prowess of Abqaiq Plants thrives a recently created nature park.

Notably, coexisting alongside these areas

of nature's protection and restoration resides two communities — the city of Abqaiq and the Abqaiq Plants' residential community.

people of the desert

Responsible for the greenbelt and wetland since 2016, Southern Area Oil Oper-



ancient wetland loud with life

A little grebe cheerfully explores the surface of an Abqaiq wetland pond in a late spring afternoon, diving below the surface to forage for its plentiful delights of sustenance. A symphony of nature's music plays in the background; frogs croak, dragonfly wings hum, and birds sing.

Fringed with dense thickets of graceful water reeds, the wetland is a naturally exposed portion of an ancient aquifer whose clear waters sprawl into expanses and corners to generously create habitats for

many plants, insects, birds, mammals, and water creatures.

A perimeter protection fence means the little grebe can forage with carefree abandon alongside the more than 200 migrating and native birds choosing the wetland as a habitat.

Al-Jamil explains Saudi Aramco erected the fence in 2016 after the company discovered construction waste was increasingly being dumped on the wetlands shores.

newly created nature park



Native desert resilient fauna and flora is being protected and restored at a newly fenced area within the Abqaiq Plants residential community.

Since mid-2019, a well-preserved 135,000 square meter desert area has turned into a nature park, which includes a visitor center, shaded observation walkway, and an artificial water-hole fed with recycled water.

More than 2,100 Saudi trees have been planted, and local fauna introduced includes Arabian sand gazelles, two local fish species, and one native turtle species.



Community Services Department environmental coordinator Haithm A. Alshareef says it is essential to protect an entire ecosystem.

"Saudi Aramco's high operational standards means we carefully manage environmental impacts to protect the surrounding water, air, and land," said the biology graduate who holds a master's degree in environmental science from the University of New Haven, in the U.S.

"For many decades, day and night, Abqaiq Plants has processed a substantial quantity of crude oil," said Alshareef. "The healthy ecosystem existing in Abqaiq is a primary indicator of how Saudi Aramco cares for human well-being and the planet."



people and industry | Decades of friendly respect in industrial heartland

global significance; Abqaiq, the world's largest crude oil stabilization facility, situated about 50 km inland from the Arabian Gulf, and operating for more than seven decades.

Abqaiq wetland



ations (SAOO) maintenance engineering specialist Naser H. Al-Jamil said a 2016 scientific study found that Abqaiq shelters three habitats — two natural areas of sand dunes, a wetland, and an artificial green belt.

"The Abqaiq wetland is an oasis of special habitats that contrasts with the dry surrounding desert environment," said Al-Jamil, a fa-

ther and local resident.

"People visiting the wetland say their spirits are lifted up when they connect with its nature," he said.

"Saudis are people of the desert. By relating to our surrounding environment, we connect with our traditional cultural roots."

"Southern Area Oil Operations, the Abqaiq

Communities Services Department, and the Environmental Protection Department are working together to ensure the sustainable management of this unique biodiversity area," Al-Jamil added. "Together, we are supporting the company's corporate objective of protecting the environment and underlining Saudi Aramco's core value of citizenship."



Saudi Aramco's long-term business view means it invests wisely in the design and operation of its plants.

The company's 2019 upstream carbon intensity was 10.1 kg of carbon dioxide equivalent (CO₂e)/boe, and Abqaiq Plants environmental coordinator Abdulla G. Alhamed says well-maintained facilities and consistent application of high operational standards contributes toward low carbon intensity.

"Saudi Aramco's greenhouse gas emissions program supports reporting requirements based on industry guidelines," said the environmental engineering graduate. "Abqaiq Plants commenced in 1947, but the latest technology and consistent maintenance keeps it new, and how it operates keeps the surrounding environment safe."



exceptional Saudi Aramco forest

Rising on the wetland's western and southern sides are many trees, some planted as far back as 1979 when local Aramcos decided to establish a "greenbelt" of trees.

Inside this breathtaking emerald haven, Arabian sunrays dreamily filter down to a forest floor naturally carpeted with fallen tree leaves, and it is a precious place for SAOO supervising operator Sultan Yami.

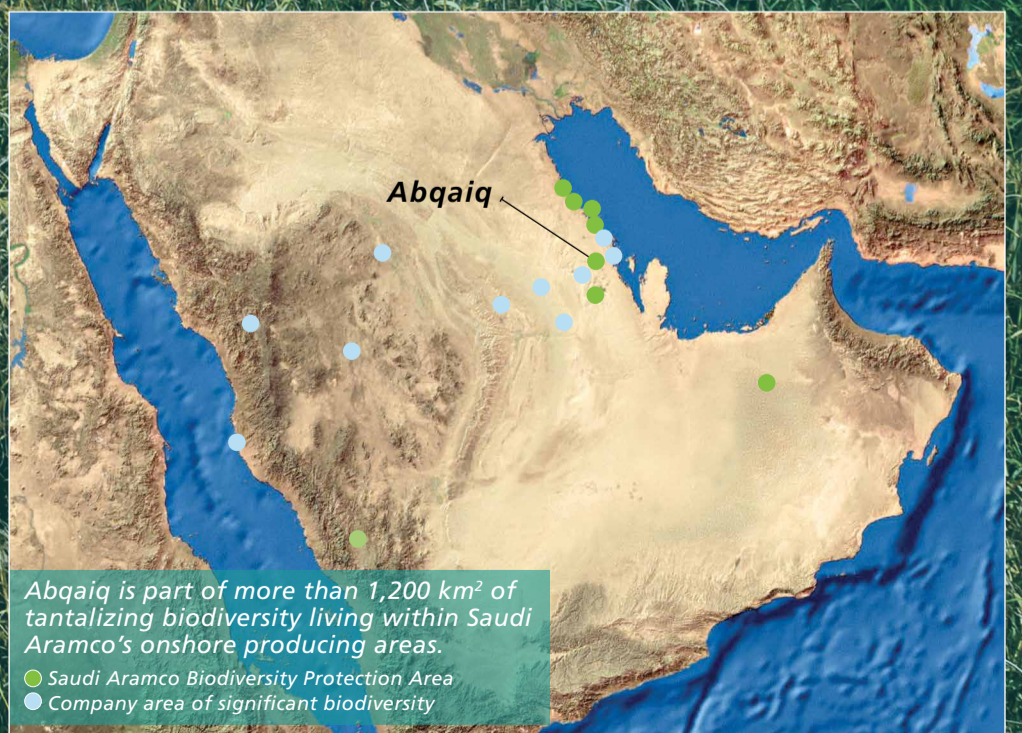
"I tell my family, my children, and friends about how alive the greenbelt is," said Yami. "So many birds live inside the forest, especially after the Environmental Protection Department installed more than

70 wildlife breeding boxes in 2016.

"I am proud of how Saudi Aramco is helping the environment through our work to look after the forest and plant more trees in it," he added.

As part of the Saudi Aramco and the Kingdom's tree planting programs, additional native trees have been planted in the greenbelt and watered with a new irrigation system fed with recycled water from a community treatment plant.

Water produced by the Abqaiq Plant is also used as drinking water for plant personnel, and supplied to the neighboring Abqaiq community.



despite challenges, the show must go on rehearsal video showcases creativity

by Dalia Darweesh

Dhahran — Every year, the Dhahran Middle School hosts a musical. This year, however, the performance was canceled 24 hours before its premiere, with COVID-19 to blame.

Although Erik Melver, theater arts producer at Dhahran Middle School, was undaunted. With access to videos taken during dress rehearsals, in addition to the help of volunteers who were eager to edit the videos — the one-hour “Singin’ in the Rain Jr.” musical premiered on YouTube.

“It is a story of solidarity in isolation and overcoming the obstacles of life under curfews and quarantine,” said Melver. “The show must go on.”

Tara Van Heel, director and parent of cast member Violet, said, “We’ve had to overcome a lot of challenges, but found a way to let students’ energies and talents shine.”

Violet said that most of the cast sent messages to congratulate each other and shared their love and support after the premiere.

Sarah Spurlock, a painter who is also in charge of makeup, said that her son, Hugh, performed for the first time on stage while his family in the U.S. watched the performance.

“It was amazing to see the amount of



Though the play “Singin’ in the Rain Jr.” was canceled just one week before it was to be performed, a video version using edited materials from rehearsals and the run-up to the opening day premiered on YouTube.

work that students and volunteers have put in,” said Spurlock.

“‘Singin’ in the Rain’ was such a fun show, and hearing that it would be canceled was tragic,” said Carson Bellaire, a ninth-grader who played the lead male role in the play. “But thanks to Mr. (Jared) Cobia and the team of directors, we were able to have an amazing online performance. This gifted me with closure and allowed my family to see it.”

one district together at home

This same spirit of resilience motivated the students and teachers in all four school districts — ‘Udhailiyah, Abqaiq, Ras Tanura, and Dhahran — to put together a 42 minute talent show production on YouTube. The show, which included singing, dancing, piano, and guitar playing, as well as a puppet show, received 600 views within the first half hour of its posting.

Michael Smith, district superintendent, said he was very proud of the team’s efforts and the stamina of the students, teachers, and parents since they shifted to distance learning, enduring both lockdowns and curfews.

Principal of Dhahran School, Daniel Gor-



A talent show featuring students from Ras Tanura, Dhahran, Abqaiq, and ‘Udhailiyah, proved to be a big hit and a great way to wind down the school year.

don, said that learning and connecting are the heart of the distance learning program. “Time was the greatest limiting factor,” Gordon said. “We are so proud of every single one of our students at the Saudi Aramco Expatriate Schools; we would have loved to feature them all.”

Talent scouts Laxmi Sivakumar and Amy Jines from RT shared how distance learning with a group of specialists and teachers has ignited the students’ various passions, giving them the motivation to communicate their feelings creatively, which included music.

virtual band performance

Like the students in the talent show and the spring musical, students of Dhahran School’s band program were also passionate to share their talents with the community. Just as the 24-hour curfew was imposed, band director Brian White assigned a musical piece called “Medal of Freedom.”

The theme of freedom seemed to resonate with the students, White said, and they stepped up to the challenge by practicing, and recording themselves on video and audio. The separate performances were then edited together.

“The results are spectacular, and I am so proud of their efforts. Even apart, our Wildcat band students can perform together, virtually,” said White.

Even though we are going through tough times, there are still ways to make shows happen, to have them appreciated and celebrated through technology.



watch
“Singin’ in
the Rain Jr.”
video



see talent
show video



This article is part of the
COVID-19 well-being campaign.

your voice

our most valuable assets: self-determination and motivation



by Ricardo Baclig
Yanbu’

Ricardo.Baclig@aramco.com

Your Voice reflects the thoughts and opinions of the writer, and not necessarily those of the publication.

The world is now facing the inevitable proliferation of COVID-19 cases impacting our livelihood, industries, and lives as a whole. However, as “front-liners” working for a key player in the global oil and gas industry, the pandemic does not keep us from coming to work every day amid the threat of the dreadful virus to make sure that we can serve the world with its needs for energy.

It is “self-determination” that drives us to continue the business and our personal life, adapting the new norms that are innate in each of us. Self-determination refers to each person’s ability to make choices and manage their own life, which plays a vital role in one’s psychological health and well-being. This allows us to feel that we are in control

of our lives and the choices we make. In turn, this has an enormous impact to our own motivations regardless of what the given circumstance is.

According to the self-determination theory, people are motivated and self-determined to grow and change when their need for competence, connection, and autonomy are satisfied. It also suggests that there are two main types of motivation — extrinsic and intrinsic — which are both potent forces in shaping who we are and how we act on things.

Extrinsic motivation is a drive to behave in a certain way based on external sources, and it results in external rewards such as promotions, awards, compliments, and so on.

On the other hand, intrinsic motivation comes from within our soul. Our core values, personal sense of morality, and interests are internal drives that inspire us to behave in such ways.

In the tough and challenging times we are in now, we need both self-determination and motivation to keep our toes to the ground and moving forward, knowing that we are in a brinkmanship battle with an enemy that cannot be seen, and is so powerful that it has distraught the world with a single blow.

So, if I’m being driven by my motivation and self-determination with my hopes and dreams in life oblivious of the future that lies ahead of us, what about you, what keeps you going in this time of uncertainty?

now's the time to

take up the oud

Explore ideas to engage your body, mind, and spirit.

We all have things in the back of our minds that we keep meaning to do. Maybe you have an unfinished novel or screenplay that's been stashed away too long. Or perhaps you've always wanted to learn how to play an instrument or speak another language.

There's no better time than now to revive a neglected passion or pick up a new hobby or skill. Reading alone can transport you instantly to other worlds, different times. For inspiration and motivation, browse our Well-being site.



Edutainment



Productivity



Self-care



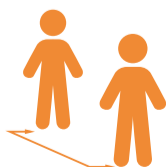
Healthy Diet



Exercise

We've compiled an extensive list of best-in-class resources in five categories. Discover items of interest for you or your family.

To start exploring, go to saudiaramco.com/en/news-media/covid#chapter2



Maintain a **safe distance** of at least **2 meters** from others.



Rub hands with sanitizer for a minimum of **20 seconds**.



Greet people with a **wave** instead of a handshake.

* Some sites are not available via the company network. All well-being information is accessible from your home computer or mobile.

saudiaramco.com/en/covid | Help desk 87-COVID (013-872-6843) | JHAH 800-305-4444 (Option 3)



Ithra looks to inspire through ‘Ithra Talks: Up Close With’ speaker series

Dhahran — The King Abdulaziz Center for World Culture (Ithra) will launch “Ithra Talks,” its new digital speaker series featuring live discussions and question-and-answer sessions with international creators, celebrities, and experts across various fields.

The new digital series will go live on Ithra’s YouTube channel on Saturday, June 13, at 4 p.m., and will feature award-winning actor Idris Elba for its inaugural session.

Designed to provoke insightful conversations and learning opportunities by bridging audiences with experts, the “Ithra Talks” series will offer participants the chance to directly connect with industry experts in a virtual setting. The series will cover different topics such as film, science, design, architecture, and fashion. It will allow audiences in the comfort of their own homes to hear from, learn from, and interact with a variety of special guests from around the world.

The first session will feature the acclaimed Golden Globe-winning and Emmy-nominated English actor and entertainer Idris Elba, as he joins Ithra’s online audiences for a live question-and-answer session moderated by Saudi film director Ali Alsumayn.

The second session, on June 20, will feature renowned American astrophysicist, author, and world-famous science communicator Neil deGrasse Tyson.

On June 27, leading international architect and Snøhetta founding partner, Kjetil Trædal Thorsen — the design firm behind Ithra’s iconic structure — will be joined by the head of the Ithra Advisory Group, Fatmah Al-rashid, for the final session this month.

Since the beginning of the COVID-19 pandemic and preventative public procedures, Ithra has offered a variety of programs online in both Arabic and English to allow access to world-class and relevant content.

To access the livestream of the event, audiences can log into the Ithra channel on YouTube at 4 p.m. each Saturday in June. The audience will have an opportunity to ask questions during the live session or via Ithra’s social media hashtag, *#Ithratalks*.

The graphic features a dark background with a subtle pattern of concentric circles. On the left, the text 'حوارات إيثراء | Ithra Talks' is written in white. On the right, the text 'Up Close With' is written vertically in white. In the center, there are three yellow-bordered boxes containing portraits of the speakers. The top row shows Idris Elba (June 13) and Neil deGrasse Tyson (June 20). The bottom row shows Kjetil Thorsen and Fatmah Al Rashid (June 27). At the bottom right, there is a YouTube play button icon and the text 'مباشر على منصة يوتيوب كل يوم سبت الساعة 4 مساءً | Live on YouTube every Saturday at 4 p.m.'

Yanbu’ NGL Fractionation team earns global reliability award for their maintenance excellence

Knoxville, Tennessee — The Yanbu’ NGL Fractionation Department (YNGLFD) was recently recognized for its performance against global industry peers in reliability and maintenance at the 24th Annual Maintenance and Reliability Conference (MARCON).

The “Sustaining Reliability Culture” award for 2019 called out the work of the YNGLFD for its leading position in maintenance excellence determined by benchmarking key metrics for refineries around the world.

Solomon Associates, a leading performance improvement company for the global energy industry, noted Yanbu’ as the first quartile performer in its Reliability and Maintenance Effectiveness Index against global industry peers.

“This is a testament of top performance in asset management with optimum cost control for best asset utilization,” said Mohammed S. Alghamdi, Yanbu’ NGL Fractionation Plant manager. Accepting the award on behalf of the Yanbu’ team was Chris Eubanks, supervisor of the Inspection Unit

in the Technical Services Department of Aramco Americas.

Operational Excellence efforts pay off

Experts attribute Operational Excellence (OE) to a combination of assets with a culture of commitment. Saudi Aramco’s OE program underscores this culture of asset ownership, which has resulted in YNGLFD achieving groundbreaking levels in efficiency, reliability, and safety in an economical and sustainable way.

Yanbu’ has won multiple awards throughout Saudi Aramco, across the Kingdom, and around the world in the past few years in the fields of safety, OE, environment, cybersecurity, social responsibility, energy, and now adding maintenance and reliability to its list.

MARCON is one of the largest conferences in the U.S. for maintenance and reliability professionals from a wide range of industries, companies and organizations. It is hosted by the industry supported Reliability and Maintenance Center.



ity and Maintenance Center.

Throughout the four-day event, best practices, new and emerging technologies, and methods and techniques were shared in the areas of reliability and maintenance engineering, and management.



This is a testament of top performance in asset management with optimum cost control for best asset utilization.

— Mohammed S. Alghamdi

well-being caring for your health and wellness

with strength and courage, resilience can help you bounce back

by Layal AlKhatib

With the outbreak of COVID-19, it's easy to lose ourselves with all the worry, anxiety, fear, and a host of other emotions we are experiencing during this time. Our lives have been altered in many ways, and adjusting to the new normal while protecting our loved ones and ourselves can take a toll on our overall well-being.

Still, we are fortunate there are many ways to deal with these challenges if we stay resilient.

Resilience is defined as the ability to flexibly adapt to challenging life events. Moreover, in the face of a pandemic, resilience is needed now more than ever.

How do I build my resilience?

Resilience is often thought of as the strength to be patient and calm while accepting the change happening around you, but that's only part of the story. While strengthening your resilience, you must be mindful of your physical, mental, and social health. Here are a few tips on building resilience:

- **Focus on your physical health:** Stress can affect your immune system, but you can bolster its strength several ways. Exercise at least 30 minutes a day, be it through an online class or using exercise equipment.
- **Eat nutritious:** Prepare meals with fruits and vegetables while avoiding sugary and fried foods, and cut back on caffeine.
- **Get enough sleep:** It is also important to get seven to nine hours of sleep nightly, as it reduces stress.
- **Stay hydrated:** If you are stressed, you may forget to drink enough water. Try to drink at least eight to 13 cups of water a

day.

It is also critical to care for your mental and social well-being. Try the following:

- **Stay connected:** During the pandemic, it is important to keep your distance but also to stay (virtually) close. Feelings of loneliness and isolation during the pandemic can lead to depression. But physical distancing doesn't mean disconnecting from loved ones; stay responsibly connected with your family and friends by phone, text, or email, hosting a virtual game night, spending meaningful technology-free time with the people in your household, connecting with yourself by practicing mindfulness, meditating, or practicing yoga.
- **Remain mentally active:** Learn a new hobby or new language. Take an online course. Read books you haven't had the time to. Play games with the people in your household, or work on a puzzle together.
- **Address your emotions:** If you are feeling anxious, talking to someone about your emotions, or write them in a journal. If these feelings persist, seek professional support via an online video visit appointment with a JHAH psychiatrist through your My-Chart app.
- **Silence the noise:** Don't obsess. Minimize the time you spend watching the news and reading COVID-19 reports online. Also, don't be a victim to rumors; instead, seek trusted sources such as [JHAH.com](https://www.jhah.com).
- **Take deep breaths:** Deep breathing can calm your central nervous system and decrease general discomfort and panic. Try our 2-to-1 breathing technique at least once a day to sustain and build your resilience.
- **Nurture your child's resilience:** Don't leave your children in the dark. Explain the

The 2-to-1 Breathing Technique

This is a self-calming technique you can practice at any time to help you manage your feelings and promote relaxation. The 2-to-1 breathing technique activates a relaxation response in your body's para-sympathetic nervous system. It is called 2-to-1 because you exhale twice as long as you inhale.

Step 1: Find a quiet, comfortable location where you feel safe.

Step 2: Settle into a comfortable seated or reclining position. (You may wish to remove your shoes and loosen tight clothing.)

Step 3: Put one hand on your chest and the other on your stomach.

Step 4: Close your eyes, and focus on your breathing.

Step 5: To get started, take a deep breath, inhaling through your nose in a slow, steady manner with a silent count of four: (1 ... 2 ... 3 ... 4 ...)

You should feel your chest and stomach rise as you breathe in.

Step 6: Then, exhale slowly and steadily through your nose with a silent count of eight: (1 ... 2 ... 3 ... 4 ... 5 ... 6 ... 7 ... 8 ...)

Step 7: Repeat the deep breathing two more times, inhaling slowly through your nose with a silent count of four and exhaling slowly through your nose with a silent count of eight.



changes in their lives, give them time and attention, listen to and comfort them, and address their concerns. Also, involve them in fun activities at home, and set a schedule or routine for a sense of normalcy. Read "My Hero is You" to your child. Written for kids around the world impacted by the pandemic, it should not be read independently by the child but by a parent, caregiver, or teacher. "Actions for Heroes," a supplementary guide to be published later, will help children manage emotions and provide supplementary activities for children to do.

For a trusted source on COVID-19 information and preventive measures, visit <https://www.jhah.com/en/new-coronavirus>. For more guidelines on how to stay safe during the COVID-19 outbreak, including guidelines on hand hygiene, grocery shopping, safely receiving your groceries at home, facemasks, office hygiene, and more.



top five immune boosting foods

The next time you are preparing a meal or having a snack, try to incorporate some of these foods to boost your immunity and stay healthy.

Citrus fruits such as grapefruit, oranges, lemons, and limes are packed with vitamin C, which can boost your immunity and lower your risk of heart disease and chronic diseases.

Broccoli contains fiber, calcium, potassium, and magnesium, as well as vitamins A, E, C, and K. With its anti-inflammatory properties, broccoli is a great food to add raw to salads or to cook with your meal.

Garlic contains vitamins B6 and C, selenium, fiber, and manganese. It is also rich in antioxidants and has inflammatory and immune boosting properties.

Ginger has immune boosting and anti-inflammatory properties, and can help with digestion.

Spinach has high levels of vitamins A and C, iron, magnesium, fiber, and folate. Eating spinach can help reduce the oxidative stress in your body.

how to cope with isolation and loneliness in quarantine

A period of home isolation or quarantine may be necessary for infection prevention, but it may affect mental well-being. If you are feeling lonely or isolated during this difficult time, follow these steps to help you cope:

- **Identify feelings of loneliness:** Learn to recognize feelings of loneliness, and remind yourself about those people who can connect with you.
- **Alternative activities:** Focus on solo activities such as keeping a journal, reading a book, watching television, or physical and mental exercises.
- **Hope:** Establish a sense of hope through inspirational stories.
- **Problem solving:** Identify problems

you would like to work on by writing them down and thinking of several potential solutions.

Seek additional help by talking to a supportive friend, a trusted family member, your primary care physician, or call the JHAH Emotional Help Line, 8 a.m. to 3 p.m. weekdays at 013-870-1919. For more on how to maintain your mental well-being, download our online Mental Health Tool Kit at <https://www.jhah.com/en/new-coronavirus/mental-health-tool-kit>.



see
Mental Health
Tool Kit



my hero
is you

healthy recipe mango and ginger smoothie



Boost your immunity with an easy to prepare and healthy smoothie packed with vitamins and nutrients.

Ingredients:

- ¾ inch peeled fresh ginger
- 2 tablespoons of celery
- ¾ cups of spinach
- ½ peeled cucumber
- 1 ½ cups of mango
- 2 tablespoons of fresh parsley

- 1 cup of water
- Half of a peeled and seeded lemon

Instructions:

- Using a blender, blend parsley, celery, and water until smooth
- Add the remaining ingredients, and blend again
- Once fully blended, pour the smoothie into a glass, and enjoy your refreshing drink.

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Become a patient at Johns Hopkins Aramco Healthcare (JHAH)

Eligible Saudi Aramco employees and their dependents are invited to register for health care at JHAH.

For more information on how to change your registration, contact your local HR Service Center or visit HR Online, or scan the QR code below for detailed instructions.



800-305-4444 | www.jhah.com

مركز جونز هوبكنز
لزامكو الطبي
Johns Hopkins
Aramco Healthcare



Could your phone give you COVID-19?



Protect yourself and your phone, with these steps:



Clean your phone frequently.



Use a cloth slightly dampened with soap and water, or a sanitizer wipe to clean all phone surfaces.



Don't use rubbing alcohol on your phone, it may cause damage.



Remove your phone from its case and wash the case according to the manufacturer's instructions.



Make sure your phone is not charging.



#WeAreAllResponsible

مركز جونز هوبكنز
أرامكو الطبي
Johns Hopkins
Aramco Healthcare



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Aramco works to reduce impact on landfill, put unused wood products to use in new, attractive ways

by Ching Yeh

In a step further to protect the environment, Aramco is putting its biodegraded green waste to work in a positive environmentally friendly manner to reduce landfill, and nurture trees in the community — thanks to two new wood chipper machines.

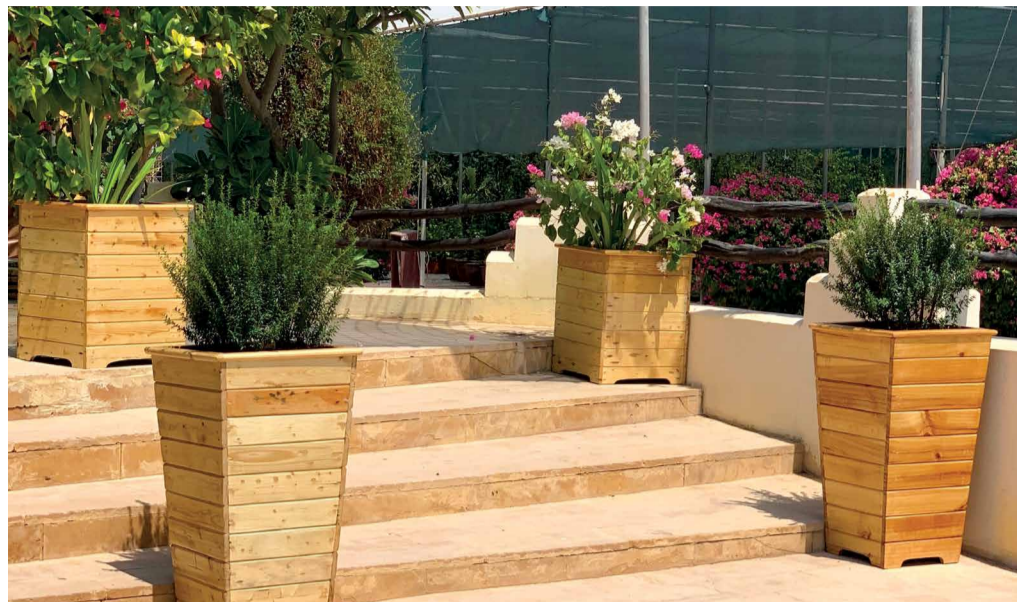
The machines convert tree limbs, branches, and trunks into small wood chips that can be used to cover soil and reduce water evaporation, help organisms to thrive in soil, control the growth of weeds, and decorate landscapes.

“The primary advantage of the wood chipper machines is to allow us to convert daily green waste in the Dhahran community into useful landscaping products such as soil conditioner and mulch, and to minimize truck trips to the landfill,” said Nabeel A. Al-Dughaiter, administrator of the Gardening and Sanitation Services Division (GSSD) of the Central Community Services Department.

wood chippers getting results

Previously, green waste, including tree limbs, branches or trunks, flowers, weeds, roots, leaves, grass, and plant clippings from the community were primarily delivered to the landfill — but that was before the wood chippers were put into operation,

“We are happy with the results of the pilot of the wood chipper machines, in which the end products such as the soil conditioner are being utilized in the Dhahran Nursery, and mulch as landscaping material at the golf course,” said Al-Dughaiter.



The addition of a new wood chipper in Dhahran has allowed the company to create noticeable improvements to the community from discarded wood products and felled trees. Using this new resource, Community Services created these planters and used chopped up wood to provide the groundwork for this path.

It is estimated that the community's volume of green waste could be reduced by up to 70%, assuming the machines are utilized on a daily basis. The number of miscellaneous truck trips to the landfill could be reduced by 25%.

Added as part of the gardening service contract, the machines could be requested by other communities within Aramco through service order. As a future plan, the company is exploring the option to share the wood chips and mulch with residents in the community upon request.

other steps for a greener community

In addition to wood chippers, other

green waste management practices have also been implemented to promote reuse and recycle, which results in less space of landfill.

Discarded wooden pallets have been recreated into various sizes of planter boxes and re-purposed as fences, while scraps of conocarpus trees have been chopped to provide materials to make a wooden path at golf course.

Also, in addition to green waste management, GSSD is working on sustainable strategies for managing organic food waste that can be converted into compost. Green waste and organic food waste management are part of the company's interim solutions to reduce garbage volume going

to the landfills.

The Dhahran landfill was closed in 2016, while other dump sites in Ras Tanura and Abqaiq are expected to reach their full capacity in three to four years.

To help address the projected need to better address these challenges, a long-term technology-based project called the Integrated Municipal Solid Waste Management Facility is undergoing evaluation and is expected to start operation by end of 2023.

Through the use of innovative tools and technology, the facility expects to provide environmentally sustainable and energy efficient solutions to handle waste created in the communities.

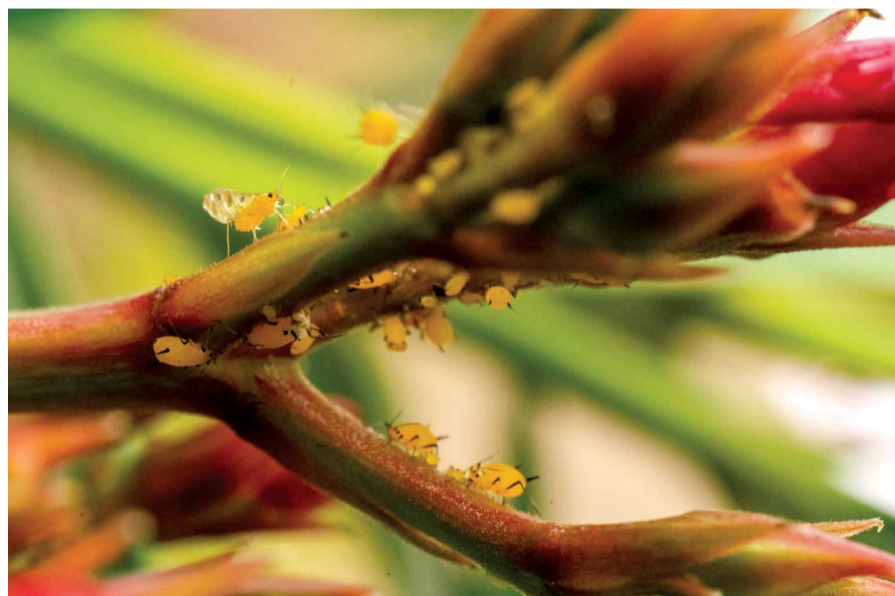
Abqaiq group captures the art of physical distancing

by Shama Egbe

As the physical distancing times began, the Abqaiq Photography Group came up with the photo challenge for the Abqaiq community to keep creatively engaged. The idea was to encourage everyone to get creative while taking photos while at home.

Each of these moments captured shows the time taken to observe things around us, whether it be nature, things we use, or just take a moment to appreciate what we have!

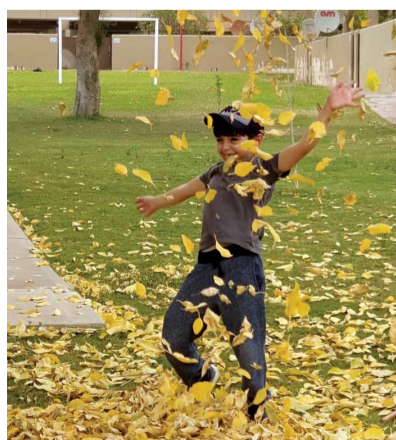
Arslan Mahmood, who captured this image, wrote: “An army of yellow aphids on our oleander flower buds. Can you notice sap being carried on the back of one the aphids? These are pests, and if you look at your oleander plants, you may find them too!” Mahmood also captured this pink and white Bougainvillea flower, with its special “bracts” leaves, and these morning glory vines.



Joanna Yates, who captured this image of a yellow prickly pear flower, wrote: “This yellow flower bloomed for only one day, and I was able to capture it!”



Sheren Nabtiti found inspiration indoors and outdoors with these photos of cinnamon sticks and a little play in a leaf pile.



Islam Toot set the mood with this photo of a moon and star light.



Sometimes, art begets art. Enesh Rejepova shared a photo of her daughter Mariam holding her artwork of a tiger.

Aramco Expatriate Schools

2019-2020 Trimester II Honor Roll

Abqaiq School

Honors with Distinction

Seventh Grade: Rumi R. Abbasi, Adam Al Nabtiti, Lujain Allahaweyeh, Gisele Caraballo, Ryan Kristjansen, Aleena S. Malik, Ray Cyril M. Mercado, Sophia E. Pick, Zhaniya Primbetova, Abdur Rahman Rana, and Jason Treakle

Eighth Grade: Saadi S. Abbasi, Irem Akay, Wesam Basli, Miqdad Chowdhury, Aliza Khan, Miguel Lopez Martinez, Lara Malis, Calvin B. Manalu, Kaosidinma G. Onyekere, Yousef Shahin, Lora Singletary, and Mohammad Talha

Ninth Grade: France X. Catalan, Hisham Kaleem, Marialaura M. Velasquez, Kyra N. Minda Chiriboga, Faisal S. Shehzad, and Christyl Hope A. Tango-an.

High Honors

Seventh Grade: Mohamed Baghady, Sarah Berkenou, Harith M. Bin Noraswad, Hannah M. El Baradie, Ayan Imran, Juan Managa, Gyle R. Marinas, Flavia M. Di Girolamo, Layan Melhem, Valentina S. Rivas Labarca, and Jeremiah J. Yates

Eighth Grade: Sanubar Aliyeva, Miranda Chirino, Ibrahim A. Kothawala, Diego M. Rodriguez, Aleem Sanal, and Jana White

Ninth Grade: Baha E. Abu Agil, Omar Amin, Olutimilehin Funto-Aboloye, Alyce-Ann Maples, Abdur Rehman Mohsin, Brandon Peasley, Shem Petilo, and Deepika Ramsunkar.

Honors

Seventh Grade: Joel Kondru, Hasan Nadeem, and Muaz Saood

Eighth Grade: Egypt Kyle Catalan, and Emaad Khan

Ninth Grade: Al Dinn Dimacaling and Ahmed Mohamed.

Dhahran School

Honors with Distinction

Seventh Grade: Ifedayo O. Abegunde, Amara Abitrabi, Faris A. Ridzuan, Nyle Ahmad, Zahra Ahmed, Liyan O. Al-Omari, Abdullah Bin Ahammad, Ibsham Asif, Daniel Atie, Suleman Awan, Hannah Azam, Akos Benedek, Csaba Benedek, Benjamin Catuccio, Julia De Oliveira, Ethan Ding, Afnan Ejaz, Mehdi El Ouair, Yahya Farooq, Syed-Zarmaan Haider, Jenna Hajhamad, Maaz S. Hasnat, Momin Hassan, Nora Jacobs, Viktor Jovicevic, Rayan Kabbara, Min Seung Kang, Minal Khan, Minal S. Khan, Eshal Khattak, Jiyun Kim, Farah Klesner, Kya-Mei Kosi, William Laws, Satvika Mandhadi, Megat Muammar, Duaa Mushahid, Ryan S. Mustafa, Daniya Muzaffar, Erika Nadem, Naomi Onasanya, Alim Oraz, Areej Parvez, Margaret A. Roberts, Owen Rogers, Gabriella Santagati, Kiran Shabbir, Tushar Shaji, Raghav Sharma, Riddhima Singh, Aness Suleiman, Keisya R. Suryantara, Ibrahim H. Takkoush, Lav Trgovcic, Sawyer Updike, Olivia Van Stone, Simra Waheed, Connie Wang, Joyce Xiao, Rayyan M. Yousaf, and Xinrong Zhong

Eighth Grade: Salma Aacha, Hibba Ahmed, Saffi Alberts, Muhammad A. Alfarisi, Noor Aljundi, Khadijah Amerali, Carter Ammons, Leonidas Anfimiadis, Michael Atie, Muhammad A. Atmaja, Mariya A. El Kreem, Eshan Bokhari, Avery Bourne, Rachel Chung, Emiko M. Dibb, Fatemah Elfayoumy, Asmaa S. Elshabshiri, Maryam Farooqi, Sarah Foster, Nathaniel A. Gotera, McKenna A. Green, Jakub Gruszczzyk, Krzysztof Gruszczzyk, Katya Hached, Aroosha Hanif, Ishaq A. Hussain, Julia R. James, Jonathan Kaiser, Chaitrivi D. Karande, Noor Kharbat, Eesa Khattak, Jin Chuan Liao, Dalia Mahmoud, Hanzalah Majid, Mudita Mathur, Stephenie McCain, Aliza Mirza, Zayd I. Nasir, Akubah Ndubah, Summer W. Nema, Amanda Y. Neuman, Hamida G. Oloriegbe, Annika Port, Susannah C. Putnam, Michelle S. Qureshi, Hana T. Radi, Angel J. Radisic, Anabella A. Ramirez,

Syed Z. Raza, Basel H. Rizk, Yara Saab, Eli W. Setzer, Iman Shahub, Meryam Siddiqi, Brady Swendsen, Elovia Syafron, Leena Usman, Rosanna Vega, Neha Verma, Stormey Walker, Maya Workman, Anders Wride, and Sereen M. Younis

Ninth Grade: Yara Abed, Udochi A. Atisele, Deena Bader, Carson S. Belaire, Elizaveta Cheresniuk, Alvin Y. Xuan Mah, Alejandro Mujica, Jayden Muthaiah, Madalena Pereira, and Juan M. Vega-Uriostegui.

High Honors

Seventh Grade: Ahmed Abdelhamid, Omaya Abdalbaki, Minori Abe, Anita Abeson, Massa Abu Irhayem, Nahla Adlouni, Javid Ahmadov, Shahd Al-Meqdadi, Alisha Alam, Taha Alam, Varvara Alexeyenko, Aayan M. Ali, Areeba Ali, Ayman Aljundi, Matthew Ammons, Raquel S. Ardila-Vargas, Mohammad D. Ashraf, Abdurrahman Ather, Hisham Aziz, Reem Bahadidah, Samira Baikelova, Jorge A. Ballen Graffe, Reema B. Gowi, Nayumi Basuel, Amenah Benzaoui, Abeer F. Bukhari, Abubacarr Camara, Sofia Cetkovic, Brent Copping, Mohammad Daraiseh, Fatimah-Zahra Dhariwal, Rowan J. DuPont, Ebubechi M. Ejim, Camila S. Escalona Orellana, Kavitha Farr, Amr Fayed, Alexandra Flynn, Nikolaos Fotiou, Ana Sofia G. Mendez, Janna Gooma, Jordan Goth, Adnane Gribi, Madelyn E. Hales, Nael Hammou, Amilie T. Hanks, Lucille Harden, Patrick Hollis-Soto, Tawaab A. Ibrahim, Maria K. Jabbar, Paul Jacob, Aanya Jain, Judy Jandali, Talaina C. Jarrett, Connor Johnson, Dilan Jose, Khizar Juma, Samara Kamal, Muhammad S. Khan, Omar Khasawinah, Manahil S. Khurram, Isaac Kinard, Krzysztof T. Kostecki, Haley Larson, Ailsa S. Lobban, Alison R. Lopez, Amal C. Maarouf, Mohammed Malik, Luca P. Mathieson, Zamir Meah, Isla H. Milostic, Habiba Mohamed, Jamal-Udeen Momodu, Hisyam B. Muldi, Rada Musa, Ahmed N. Mahran Kamaleldien, David Nalbandyan, Aayan Nanawati, Faraz M. Nawaid, Jordan R. Nelson, Xavier Nelson, Maximilian Niven, Iman A. Ali, Joshua Onwuama, Nicole Zi Yi Ooi, Fatma Z. Ouezzani, Lucas Paltan-Gaines, Zainab H. Parwez, Elizabeth G. Pelland, Maadhavan Prasanna, Rowan A. Reid, Gabriel Roti, Joshua Ruesch, Dean Z. Capulong Santos, Jenna Selfo, Seba H. Shadid, Ali Shair, Ali Shalaby, Ainul H. Shamshudin, Muhammad H. Sharizan, Zeenat Sharmin, Nur M. Sharulnizam, Umar Shekha, Andrew Stolz, Theanna Sullivan, Sebastian Kamal Aridi Taylor, Maya Teli, Silvia M. Villarraga, Leira G. Veras, Jay Viehman, Cholapurath J. Vishnu, Allison Willden, Cassidy Wong, Jacqueline T. Woycheese, Haliimah Yazki, Sean K. Yoshida, Khalisha Yusuf, Zeina Zakzouk, Maryum Zaman, and Richard Zhan

Eighth Grade: Rehma Abbasi, Toleen Abdelrahim, Layan M. Abu Ajamieh, Diego E. Adkins, Ryker Aebi, Hassan Ahmed, Aabia A. Syed, Ayan I. Ali, Sami Almasri, Ahmed A. Ibrahim, Malak Amer, Abrar Ansari, Jephthah Arukhe, Talha Asif, Joey Atie, Joseph A. Aughterlonie, Ghoufran Baba, Zayd Badsha, Gabriela Benchluch, Yousra Bourane, Mariana B. Alarcon, Tomas A. Ovalles, Mishal T. Chaudhry, Aminata Cisse, Noelle Cobia, Elijah R. Coon, Shawn Cordeiro, Tanner Czuba, Ayan Dalal, Raisa C. Villanueva David, Sarata Diallo, Ziad Djouad, Felix Dorward, Riley S. DuPont, Zaid M. Dweib, Hassan A. El Deeb, Amal W. El Hajj, Mohamed Elrayes, Lena M. Elzayat, Gethin P. Evans, Maya Fadlallah, Michelle A. Garner, Michela Giansanti, Samuel Gutierrez, Pablo Guzman, Omar Hajhusein, Jacquelyn Hall, Gabe Harrington, Rayaan Hassan, Isaac H. Guerrero, Aidan J. Hosler, Anna Hursan, Sara Husain, Maria I. Ion, Nawshin Islam, Rayyan Jamal, Anders Johnson, Muhammad A. Junmaisal, Wania Kamran, Ryan Kanj, Hussein M. Kassab, Amogh Katara, Fa-

had S. Khan, Hassaan M. Khan, Mohammed U. Khan, Maleeha Khan-Niazi, Talhah Khankhara, Ayat Kharbat, Sarah E. Kharbat, Tawfiq F. Kharbat, Michael Kieyah, Willa Jean Koziol, Naomi Law, Gavin Long, James S. Menning, Khodr Minkara, Nor E. Mohd Raji, Saira Naeem, Joseph N. Naser, Muhammad A. Nasir, Ablaye Ndour, Anasteisha N. Mansor, Emil Novruzov, Kenechukwu H. Obi, Mattox O. Oluwa, Chinweke Onwuama, Aya Osman, Osasenaga Oziegbe-Ighodalo, Thomas Parlatore, William J. Peach, Zaid Rajah, Lincoln Ralls, Salma Ramzy, Zaid Raza, Ashwin Sanjay, Jeriel A. Santos, Farwah Sarfraz, Sakina Sarfraz, Fatima Shaari, Anika Shahzad, Atif Shakoor, Maryam K. Siddiqui, Emilie J. Sinesi, Aaditya Singh, Lea Smiley, Benjamin B. Stapp, Aayan Syed, Ruwayda Syed, Haley Tamez, Ruby L. Tennis, Reet Tharwani, Jae Tolentino, Violet Van Heel, Mohammad Wehbi, Sean Wilson, Syaharani S. Yazki, Aysha Zahid, Fatima S. Zaidi, and Abdalrahman Zidan

Ninth Grade: Yusuf Abulaban, Tara Abuayazid, Kokolo-Ko-Obase Akpama, Adalat Alizada, Mahmood Alqaisi, Ahmed B. Gowi, Sebastian Benchluch, Gizelle A. Bernal, James Blair, Brendan Born, Jasmine Faith Labitag Bunyi, Angeline Chakraborty, Marc Chammas, Maxwell Clayton, Drew Collins, Blake Curtis, Zaid Dawoud, Mamoun Elmamoun, Osman Elmamoun, Leen Ghorashi, Martina G. Nielsen, Fatima Gohar, Suzan Hallaq, Muftaba O. Hamid, Laila Ibrahim, Mataab A. Ibrahim, Faridah U. Idris, Jose S. Juarez, Farouk S. Khadra, Sayyid Khalil, Luca M. Suzuki, Anika Melver, Ava Milostic, Ananya Mishra, Ryan Najjar, Aisha G. Oloriegbe, Eyad H. Osman, Gabriel Panza, Catalina Parra, Samantha Persram, Isabella Ramirez, Alberta Scotchburn, Karissa Shine, and Noah Stenov.

Honors

Seventh Grade: Mustaqeem Abd Khair, Liban Abdalla, Yusuf Abdelrahman, Velysa P. Ahmad, Rayaan Ahsan, Muhammad G. Akbar, Adam A. Salam, Lina Al Tawil, Mohammed Ali, Abdullah Baig, Sienna G. Belaire, Niels J. Birkle Flores, Lawson Born, Eshan Brohi, Faizaaan Chowdhury, Estelle Copp, Ethan Correa, Levi Despain, Ahmed Diallo, Carter B. Dille, Andrew Divine, Hamza Faisal, Nathaniel Gashawbeza, Kajsja Gorzynski, Jul Henry, Sophia E. Jarlowe, Benjamin Kaiser, Madeline Kaiser, Dawood Kaleemi, Asiawaju Kayode, Megan D. Kenyon, Yelda Khanfar, Shrey Khare, Jacquie Killough, Anvesha Kumar, Ani H. Lowrey, Tiana Lund, Fadil Mandil, Matab S. Elhassan, Aidan M. Hardy, Aisya Z. Nugraha, Gilbert J. Oduro, Wilbert J. Oduro, Sebastian R. Melgoza, Hadia H. Rasheed, Javier Salazar, Hameeda N. Sani, Kaan Selim, Maira Siddiqi, Nolan Smith, Zachary Stephenson, Ava C. Swensen, Alishah Syed, Ameerul M. Taib, Abigail Tamalunas, Chikezie Ugori, Amelia A. Windiarito, and Noor Yanes

Eighth Grade: Hafsa Abbasi, Sarah A. Ahmad, Hanan Alali, Mason Alles, Yahya A. Kassim, Hashim Ayub, Farah Breacher, Muhammad A. Damergi, Zaid Dawd, Camilo Daza, Eduardo Del Carmen-Ju, Ali Fawwaz, Taylor Frayne, Mariam N. Gooma, Mathew E. Hales, Yasakha G. Putra Husni, Aizah Hussain, Tajdar Khan, Isaac M. Lopez, Ahmad S. Mushtaq, Hamza H. Rasheed, Mohammed Z. Samsam, Nathan Sevilla, Faris Shehata, Hafsa Sohail, Megan Spriggs, Maysa Takriti, Seth G. Tolentino, and Adam A. Youssef

Ninth Grade: Nadeen Abd Elrahman, Mary Ahwash, Muhammad G. Akbar, Dalanda A. Barry, John H. Bourne, Bakhtyar B. Bukhari, Juan Pablo C. Pulido, Zeina Elwi, Oluwadamilare Fakolujo, Mona Gooma, Jayda Hallberg, Aisha Hamawa, Muhammad R. Iskandar, Areej Khawaja, Joshua Lowrey, Eric M. Suzuki, Dylan Molina, Rasheed Musleh, Daniel Parmenter, Azmiriyah H. Prasetya, and Jade Woycheese.

Ras Tanura Middle School

Honors with Distinction

Seventh Grade: Adeeva Alli, Brian J. Blanco, Sooyoung Choi, Akif D. Choudhary, Laiba Fatima, Rayan Khan, Aleksandra Luczak, Aesha J. Mayor, Mahi Nanda, Isha Patel, Adithi Ponambalam, Hafiza M. Satra, Sevani Somu, Lydia Swets, Noor Ulhaq, and Eishita Yadav

Eighth Grade: Princess Adeyi, Abimbola Kamisy Alli, Averielle Cordoves, Abigail R. D'Souza, Yacoub Derradji, Angel C. Fennell, Petros Hilawe, Mohid Rana, Rodge N. San Luis, Karthik Santhosh, Naiya Shah, and Andre Williams

Ninth Grade: Yuvraj Kashyap and Vedant Yadav.

High Honors

Seventh Grade: Mostafa Agha, Marwan M. Ali, Muhammad H. Arshad, Max Breuer, Aria Carscadden, Ain Chung, Mary M. Conzemius, Ahmed Draz, Myles C. Drummond, Haiqa Ghaffar, Dhruvi Gohel, Zaid Goraya, Ashwanth G. Raja, Haya Hijazi, Deekshita Imandi, Michael A. Laszlo, Kangjae Lee, Katarzyna Luczak, Dean G. Maggs, Howard E. Mei, Riyaan Niaz, Jeanna Retanal, Nour Safi, Mohammad A. Salman, Salihah A. Salu, Hyochang Son, and Valeria C. Ustiola

Eighth Grade: Muhammad A. Abbasi, Thea Abi-Habib, Saad Almas, Afnan M. Bantwal, Badir N. Budair, Dean Dammad, Emmanuel N. Ginoski, Noah E. King, Jad M. Lyzzaik, Hibah Maryam, Finnian M. McGough, Vin M. Medina, Nile A. Montes, Seth Moore, Amal M. Naufal, Abdullah Mustafa, Rirhhandzu Ngobeni, Ozair Qureshi, Anna I. Rebl, Zakariya Sakhri, Alina Shah, Omar M. Soliman, Nader M. Suleiman, and Vishal Suresh

Ninth Grade: Masroor Ahmed, Willard Conzemius, Leyla Jarrahova, Charlize Maggs, Nicole Mussi, Alejandro A. Orozco, Russel Romero, Malak Safi, Tirth Thakkar, and Ela Tomambo.

Honors

Seventh Grade: Nawaf Al-Ghuribi, Anthony Alvarado, Dawson Arpke, Hannah L. Batiste, Kurtis O. Brewster, Nathan F. Burgos, Leo Guerrero, Terty C. Kalu-Ulu, Roxanne Meder, Evan J. Most, Seyma Ozoktem, Ibrahim M. Qureshi, Matthew Shapland, and Nikole T. Barrera

Eighth Grade: Brooke Bachman, Garin M. Boggan, Alejandro G. Vera, Ariana A. Lacruz, Mohamed A. Lahlah, Lindokuhle Letsoko, Miriam M. Garcia, Catherine Pena, Natalia I. Santos, and Hassan Siddiqui

Ninth Grade: Keith B. Fronteras, Kshitij Priyadarshi, and Valentina I. Tuero.

'Udhailiyah School

Honors with Distinction

Seventh Grade: Rianne Alghazali, Krishna Dwarika, Umar Hamzah, Khalid E. Mohamed, Noah Olson, Deepak Pillai, Mentallah I. Salem, and Sharif M. Haizir

Eighth Grade: Anindita Chetia, Martin Hincapie, Melvin Joseph, and Jada-Claire Ogolo

Ninth Grade: Mohamed El Zefzafy, Xiyu Liu, Ariel Moreira, and Ahmed M. Abd Omran.

High Honors

Seventh Grade: Ashir Adnan, Mostafa Donia, Faye Farhan, Anais Giannopoulos, Samansa Hanabusa, Savannah Jensen, and Julian N. Avila

Eighth Grade: Camila Alfonzo, Antonina Jaromin, Harrison Rawn, and Maaz Saad

Ninth Grade: Muhammad S. Adnan, Marc L. De Ramos, Mauricio E. Rondon, Fashia Salwa, and Ixshel S. Jimenez.

Honors

Seventh Grade: Basma Jama, Kanza Malik, and Jacob Rowland

Eighth Grade: Salma Bilqish and Christlyan Tabas

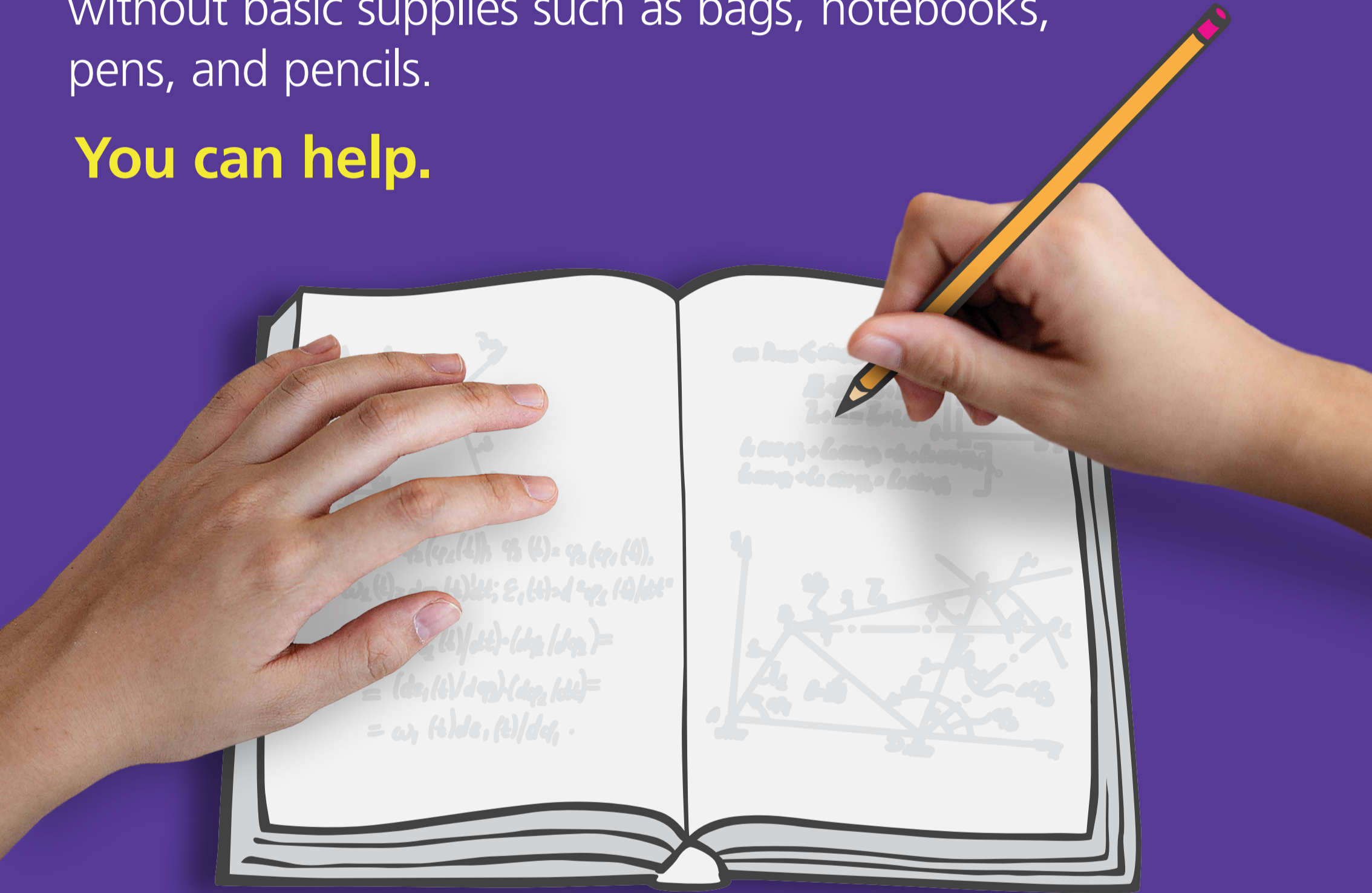
Ninth Grade: Jasper R. Gresback.



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