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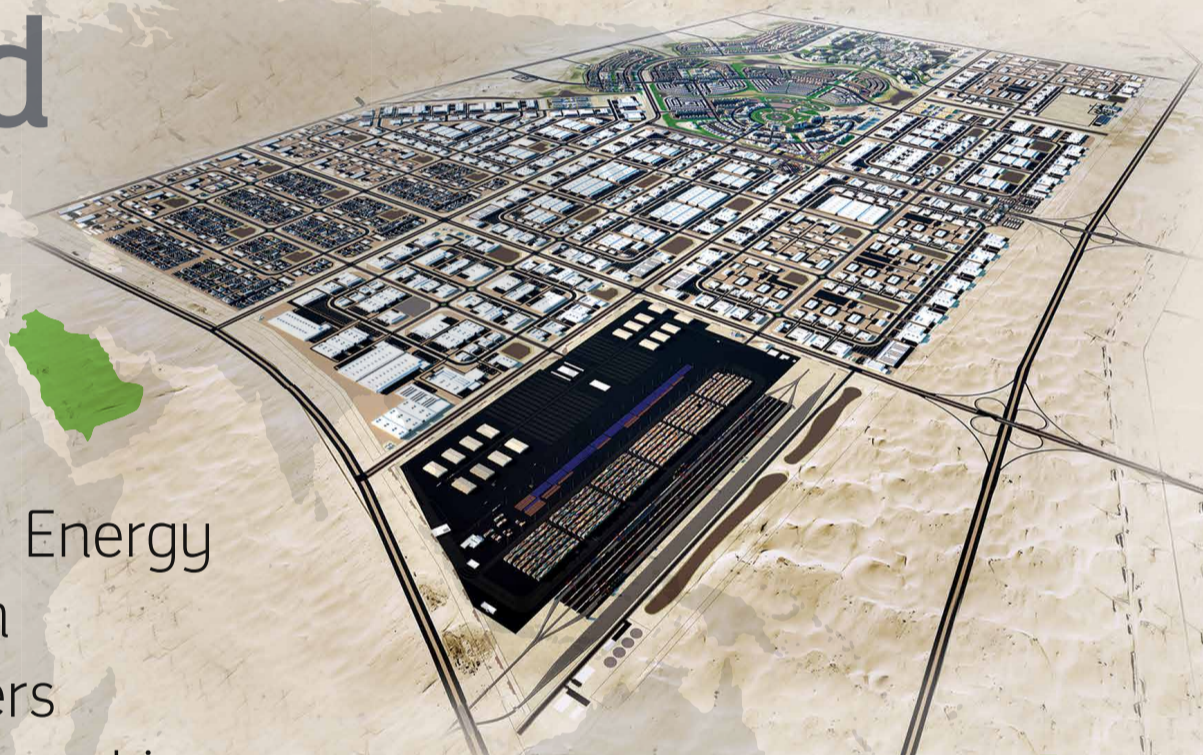
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From King Salman Energy Park in the Eastern Province to suppliers abroad, Aramco is working globally in support of nonmetallic initiatives.



spark

مدينة الملك سلمان للطاقة
King Salman Energy Park

Got imagination?
Try Tanween!



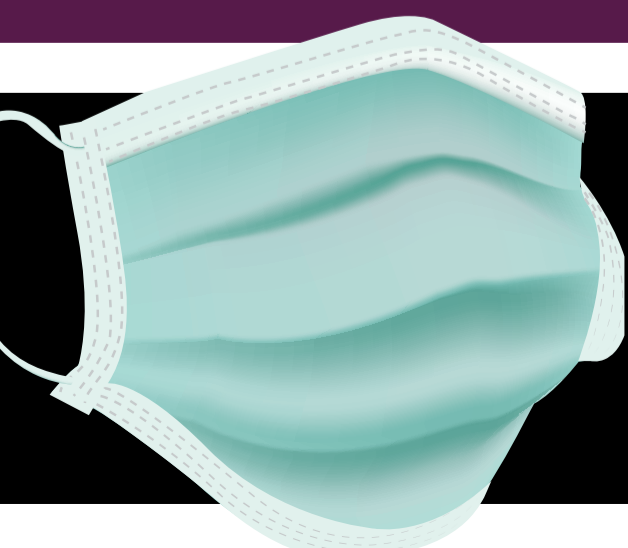
Ithra's Tanween challenges encourage participants to think creatively while working with industry experts to design and develop projects and products that can create real outcomes in the Kingdom.

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إثراء
ithra

تحديات تنوين
Tanween Challenges



With restrictions now lifted ...
we must not become complacent in controlling COVID-19.

Do Your Part by
Wearing a Mask in Public

maintain physical distancing
of 2 meters at all times



‘not all heroes wear capes’

Security officer’s instincts help save Dhahran resident from fire

by Janet Pinheiro

Dhahran — Spot-on instincts rescue lives, but Mashal Al-Shamri is humble about how his fast action prevented a disaster in the Dhahran community.

Just 30 minutes into his early-morning patrol of the Dhahran residential community in July, the valiant security officer noticed a smoldering smell lingering in the warming mid-summer air.

Al-Shamri’s instincts sparked, and despite seeing no signs of smoke, he pulled his security vehicle over to undertake a foot patrol to investigate.

“Our vehicle windows are kept open to keep all our senses alert,” said Al-Shamri. “This is part of Aramco’s training.”

911 emergency fire call

Walking to a group of units, Al-Shamri smelled the smoke becoming stronger and heard an alarm faintly ringing.

He immediately radioed in a 911 call to mobilize the emergency services.

Then going on to see what action could immediately be undertaken, he identified the smoke source as from within a unit and unsuccessfully attempted to gain access inside to where an already unconscious victim lay.

“The door was locked, and I thought people might be trapped inside, but I was calm as I knew I had called for the firefighters and that they would be on their way,” said Al-Shamri with quiet dignity. “We remain calm; we are trained to follow procedure as our job is to help people.”

ready to respond when lives are threatened

Arriving on the scene, emergency services forcibly entered the unit.

“Fires crews responded quickly, and after immediate forcible entry, discovered one unconscious victim,” said Fire Protection Department Fire Chief Loren Fuller. “The crews removed the victim from the unit, while also confining and extinguishing the



Security officer Mashal Al-Shamri joined Aramco in 2013, and after completing the company’s 18-month training program, was assigned to the Dhahran residential community, where he recently received accolades, which included for quickly following procedure after discovering a potentially tragic fire incident. (Photo: Ding/MPD)

fire in the kitchen area, and handed the victim off to the ambulance team for treatment and transportation to the hospital.”

Fuller said the training and quick actions of the fire crew, along with the actions of security and medical, ensured a positive outcome that under different circumstances could have been fatal.

all in a day’s work, and more

Level-headed Al-Shamri’s deeds did not stop at the fire.

The very next day, he administered emergency first aid to a traffic accident victim.

“I was at a traffic light when there was an accident between a vehicle and a scooter, and was able to help those involved,” he said modestly.

Appreciative of Security’s attendance at the scene, one of the traffic victims said, “Not all heroes wear capes.”

‘Working from home’ vigilance

Aramco’s home since 1933, Dhahran is the company’s largest residential camp and is home to about 13,500, representing most of the world’s nationalities, religions, and cultures.

Since COVID-19, residents are spending increased amounts of time at home, and Dhahran Residential Services Division administrator Saeed M. Ghamdi said, “We need to be especially vigilant about household safety.”

solid security training and operations

With assets of strategic importance to the world, Aramco operates a security van-guard comprising a 6,500-member team.

All newly recruited officers undertake a rigorous practical and academic training program of 18 months, along with numer-



The door was locked, and I thought people might be trapped inside, but I was calm as I knew I had called for the firefighters and that they would be on their way.

— Mashal Al-Shamri

ous refresher courses, which includes fire response training.

Dhahran security work three shifts — morning from 6 a.m. to 2 p.m.; swing from 2 to 10 p.m.; and evening from 10 p.m. to 6 a.m. — and Dhahran Community Security Operations Division superintendent Waleed B. Al-Bakhait described Mashal’s fast action as reflective of Industrial Security Operations’ mission.

“Through qualified staff, comprehensive procedures, and the latest technology, our mission is to sustain the company’s business by protecting its people and assets,” said Al-Bakhait. “Customers are central to our focus of maintaining Saudi Aramco as a secure and happy place to live and work.”

Al-Bakhait added that all security officers know the streets in Dhahran. “We know when something is not right.”

your voice

global Twitter hack demonstrates human vulnerability in cybersecurity

by Samah S. Al Ghamdi, Dhahranh, Samah.ALGhamdi@aramco.com

Twitter, the famous social media platform, experienced the largest security and privacy breach in its history on July 15, 2020. The company said the hackers successfully targeted employees with access to its internal systems through a mobile spear phishing attack.

The current COVID-19 pandemic, which has many people working remotely, has created a perfect recipe for such attack. Some remote employees are overwhelmed and eager to respond to security threats, and attackers know this fact and take advantage of it.

A common mobile phishing scenario is when attackers call an individual on

their mobile phones pretending to be colleagues or possibly members of the company’s security team, then send SMS including fake link that takes the unsuspecting recipient to a dangerous site. Here, they are asked to enter their credentials, which are captured and used by attackers to cause data breaches.

Studies say that people are three times more likely to respond to mobile phishing than email phishing scams because it is hard to visually and logistically to double check a link.

The Twitter hack was a striking reminder of how important it is to keep

conversation about cybersecurity awareness and the role each person plays in protecting their own and their company privacy.

There are many lessons learned at organizational and individual levels summarized below:

- Always question everything you get, including and especially anything from your employer
- You should verify any information posted on social media, and seek outside confirmation
- Limit what you share about yourself on social media to public information that can’t be used to identify and tar-

get you in future. (Scammers are always on the look for personal data published online).

- Make providing an ongoing cybersecurity awareness training to employees a top priority.

It is not surprising to know that targeting humans is the easiest and the cheapest way to cause data breaches, and Twitter learned this fact the hard way.

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

Aramco announces Corporate Development organization

Dhahran — Aramco this week announced the establishment of an integrated Corporate Development organization to optimize the company's portfolio.

Corporate Development is mandated to create value, assess existing assets, and secure greater access to growth markets and technologies through portfolio optimization and strategic alignment.

The organization will support rapid and effective decision-making on the company's portfolio and corporate development activities, with the goal of strengthening its resilience, agility, and ability to respond to changing market dynamics.

The organization will be led by senior vice president Abdulaziz M. Al-Gudaimi, who will report directly to president and CEO Amin Nasser. The organization will become operational starting Sept. 13.



Abdulaziz M. Al-Gudaimi

"We continue to leverage our capabilities in assessing our existing portfolio, identifying new opportunities and adapting to a rapidly evolving global landscape," said Nasser. "The Corporate Development organization will focus on growth opportunities as we further sharpen and strengthen our strategic focus to optimize our portfolio and, in doing so, maximize value for our shareholders. It will also enhance our abilities to harness robust processes to efficiently and effectively execute our business development strategy, as well as increase our agility and ability to adapt to changing market dynamics.

"This constitutes a refinement of Aramco's existing corporate development model and does not represent a fundamental organizational change, and will support the company's efforts to identify the best opportunities and successfully grow and optimize its business," he added.

“The Corporate Development organization will focus on growth opportunities as we further sharpen and strengthen our strategic focus to optimize our portfolio and maximize value for our shareholders.

— Amin Nasser

forum engages U.S. manufacturers building win-win partnerships in nonmetallics

by Judi Ottmann

Houston — Aramco is moving toward a nonmetallic future.

With that in mind, Aramco Americas conducted a webinar Aug. 18 to present business opportunities to nonmetallic and composite manufacturers across the U.S. in support of Aramco's nonmetallic initiatives to promote sustainability.

This was the latest in a series of U.S.-Aramco business forums held in partnership with the U.S. Chamber of Commerce over the past few years, and the first one held virtually.

a top priority

"The company is moving toward a non-metallic future," said Adel AlShahrani to forum participants. "This means that manufacturers such as yourself are a top priority for Aramco. We encourage you to explore the opportunities and join us."

AlShahrani serves as manager of the Aramco Americas Procurement and Supply Chain Management (P&SCM) Department. He provided welcoming remarks along with Khush Choksy, senior vice president at the U.S. Chamber of Commerce, who said the Chamber values its longtime partnership with Aramco and works to attract U.S. suppliers to business forums to learn about collaborative opportunities.

the value proposition

Speakers from both Saudi Aramco and Aramco Americas gave presentations on the importance of building win-win partnerships.

Salem Alghamdi, with Saudi Aramco's Sourcing and Business Development/Industrial Development and Strategic Supply Department (ID&SSD), presented the "Nonmetallic Investment Opportunity." He highlighted Aramco's need for non-metallic and composite materials such as glass fiber, structural products, chemi-



Aramco Americas Procurement and Supply Chain Management team members joined their Saudi Aramco counterparts and U.S. Chamber representatives to conduct the Aug. 18 U.S.-Aramco Business Webinar for U.S. nonmetallic and composite manufacturers. Pictured at the company's Houston headquarters are, from left, Adel AlShahrani, Sameer Yousef, and Myra Bozeman.

icals, insulation, and unidirectional tape.

Corrosive-resistant, durable and reliable, these materials are the building blocks for a more sustainable energy future.

Halah Musbeh, with King Salman Energy Park (SPARK), spoke about the Aramco-operated industrial hub, noting that it will offer tenet companies a supportive ecosystem with a world-class infrastructure and services to match.

Nonmetallic manufacturers will be located in a customized section of the park with access to raw materials and huge market demand for nonmetallic products across the Middle East/North Africa region.

Majid Almohammed, with iktva Action Plan and Support in ID&SSD, presented on iktva, its localization goals, and the lu-

crative opportunities available for companies to partner with Aramco and further invest in the Kingdom — particularly in the key sectors of nonmetallic, construction, oil and gas, and offshore.

From Aramco Americas P&SCM, Myra Bozeman with Supplier Relations highlighted the process for companies to register their business with Aramco and become a qualified provider.

Sameer Yousef with Strategic Sourcing facilitated the webinar along with Liz Clark from the U.S. Chamber.

Attendees were encouraged to download and access an "Expression of Interest" form posted on the Aramco Americas website. The Aramco team is already engaged with a number of nonmetallic and composite manufacturers interested in the opportunities.

“The company is moving toward a nonmetallic future. We encourage you to explore the opportunities and join us.

— Adel AlShahrani

investing in Aramco's future

partnering with Harvard to develop our emerging leaders

by Shaistha Khan

Dhahran — As many industries around the world reduce their leadership and development programs, Aramco continues to invest heavily in future leadership for the company.

Operating under a strategic partnership with Harvard Business School (HBS), Human Resources (HR) recently oversaw the graduation of the second cohort of the Emerging Leaders Program (ELP). This intense program provides high-performing employees with the strategic and global perspective required to succeed as future leaders of the company.

ELP is a five-month program with four interactive and engaging modules. Each module consists of a two-day workshop, case study, and group exercises that enhance a participant's ability to think and act strategically, foster innovation, and adopt a global perspective of the energy sector. While the first cohort, launched in 2019, was a blended learning experience including face-to-face workshops with Harvard moderators, this year's participants were challenged by the onset of COVID-19, eliminating the ability to meet in-person.

Nevertheless, through the efforts of many different groups and showing tremendous resilience, the 2020 cohort was able to stage a quick and effective transition to a virtual offering that delivered all of the learning outcomes expected from a traditional program.

cohort overcomes unique challenges

Since its inception, Harvard and Aramco have worked to ensure that participants get the full HBS experience – with the same content and structure, delivered by world-class faculty from Harvard. Nabil K. Al Dabal, HR vice president, congratulated the participants for completing the program under unprecedented and unexpected conditions.

"Thanks to your commitment and dedication, the move to a virtual program has been extremely successful," said Al Dabal, addressing the graduates of the second cohort. "We will continue to partner with top business schools, and even increase our offerings, to develop globally aware and highly capable leaders to meet both current and future challenges."



Nabil K. Al Dabal congratulates the participants in the second cohort of the Emerging Leaders Program for completing it under unexpected conditions. The program provides high-performing employees with the strategic and global perspective required to succeed as future leaders of the company.

"You now have a responsibility to pay it forward and bring these lessons to life. I hope that this program has given you the tools to further strengthen your leadership and take our company to the next level."

Colin M. Sloman, director of the Management and Profession Development Department, highlighted that the need to adapt in

business has never been as crucial as now.

"You have demonstrated agility in adapting to an online mode of delivery," Sloman said. "Irrespective of the challenges, your resilience and commitment to the 2020 Emerging Leaders Program remains exceptional," he said.

Afnan Abushaheen, the ELP lead in Executive Programs, said, "By leveraging Harvard expertise, we have established a virtual learning experience that ensured participants growth and development journey is progressing, however in a safe and convenient environment."

participants reap experience

Hossam K. Balbaid of the Domestic Sales and Logistics Department said that the program has been an enriching experience. "The ELP is a unique leadership development program." Balbaid said. "By analyzing current and relevant case studies, we were able to understand Aramco's challenges and opportunities at individual and organizational levels."

Hatim H. Gazzaz, acting director of the Exploration Geospatial and Data Management Solutions Division, said the program paved the way for innovative thinking. "Analyzing case studies helped us develop diverse perspectives and provided invaluable insight. The group discussions helped us understand perspectives from across different Aramco admin areas," Gazzaz said.

The virtual capstone event concluded with a graduation ceremony, awarding the 41 graduates of the second cohort with well-deserved certificates of completion.



Afnan Abushaheen

"By leveraging Harvard expertise, we have established a virtual learning experience that ensured participants growth and development journey is progressing, however in a safe and convenient environment."



Hossam K. Balbaid

"By analyzing current and relevant case studies, we were able to understand Aramco's challenges and opportunities at individual and organizational levels."



Hatim H. Gazzaz

"The group discussions helped us understand perspectives from across different Aramco admin areas."

get in the action

everything you ever needed to know about the F1 Aramco Employee League and other FAQs

The 2020 season of the world's most exciting sport, Formula 1 (F1), is well under way, and many Aramcons are following the sport as participants in the F1 Fantasy League through the F1 Aramco Employee League.

The F1 Aramco Employee League is a thrilling chance to follow each race of the F1 tour while creating your own fantasy league team of drivers and vehicles and competing against your colleagues. Winners in the F1 Aramco Employee League will not only have bragging rights; the first, second, and third place winners will win Paddock Club access to an F1 race next year.

The fun doesn't end after you choose your team of drivers and constructors. As long as you stay within your \$100 million budget, you can continue to make changes to your line up, and you can boost your

points by using your options for Turbo Drivers, Mega Drivers, and Wildcards. If you are a member of this league and want to learn more about how to improve your skills in this exciting sport, here are a few helpful tips.

pick a Turbo Driver

Every race, you must select one driver to be your Turbo Driver. The Turbo Driver option will double the points scored by the selected driver, so this is a great way to boost your score. Only drivers priced at under \$20 million can be selected as your Turbo Driver.

choose a Mega Driver, or two

Think you're onto a winner? Now you can back your intuition with a Mega Driver bonus, multiplying your chosen driver's score by three in that particular race. So you have a chance to rake in some serious points. But beware, a negative score will also be tripled, so think hard before making

your picks.

There's no price restriction on Mega Drivers, and you can play your Mega Driver bonus twice per season. The first Mega must be played during the first eight races of the season, and the second Mega can be played in the remaining races.

choose carefully

Beware, both Turbo and Mega boosters can multiply a driver's score even if it's negative. So if your chosen Mega driver scores -5, that knocks 15 points off your score.

use your Wildcard

The Wildcard allows you to make unlimited changes to your team without penalty. You have two Wildcard plays per season — one for the European races (first eight races), and one after.

keep your eye on dynamic driver pricing

In 2020, you can play the markets with

the prices for each driver constantly changing depending on how often they're subbed in and out of teams by other players. Buy low, sell high, or just revel in the fact that your chosen driver is making you a healthy profit. If you play your cards right, it means you can increase your budget to more than the \$100 million limit you will start off with.

Prices are updated on an hourly basis. The F1 Fantasy site will also reflect — with either a green or red arrow — how much the price of your driver has changed, with a "sentiment bar" showing how likely the price is to change.

Visit the F1 website for more insights and up to date coverage. You could access the site by scanning in the code below.



Up for a challenge or two or six?

Ithra launches Tanween Challenges for creatives

Dhahran — Got imagination? The team at the King Abdulaziz Center for World Culture (Ithra) want to see it in action.

Ithra is pleased to announce the Tanween Challenges, a set of creativity and innovation challenges that will be featured during this fall's Tanween Season. The challenges encourage participants to think creatively while working with industry experts to design and develop projects and products that can create real outcomes in the Kingdom.

The Tanween Challenges offer a valuable opportunity for creative individuals who wish to make a positive change within the Kingdom. The workshops and courses are offered both virtually and physically at the Center. Field experts will lend participants their support in designing, refining, and finalizing projects.

The Tanween Challenges programs will run from Aug. 27 to Oct. 21.

The challenges include:



تحديات تنوين Tanween Challenges



Reimagining the Crafts of Saudi Arabia (Aug. 27-29)

Participants will develop ideas, refine their visions, and create a final contemporary product inspired by Saudi Arabia's traditional crafts. The craft Challenge partner is Qormuz, a professional Saudi heritage product company, and the winning product will be displayed in Qormuz stores.

Visualizing the Data of Culture Challenge (Sept. 2-4)

This challenge is for Imam Bin Abdulrahman Faisal University (IAU) graphic design and multimedia students. The students will utilize infographics to tell a story of cultural activity in Saudi Arabia.

The Future of Creative Placemaking Challenge (Sept. 5-7)

Most of the Challenges are competitions, and the top projects will be published or featured at Tanween.

In The Future of Creative Placemaking Challenge, participants will reimagine a Saudi neighborhood, address its shortcomings, and enhance its strengths. Individuals will use their creativity to transform a public area into an attractive and sustainable community space.

Creativity Needs You Challenge (Sept. 17-19)

In this challenge, participants will compete to design the most compelling single-picture ad that will advertise the benefits of a creative career to the public. Participants will work with professional copywriters and visual communication specialists to optimize their designs.

Cardboard Furniture Challenge (Oct. 5-7)

Innovative abilities will also be tested in the Cardboard Furniture Challenge, where participants will design and construct original furniture designs using only cardboard.

A New Outdoors Challenge (Oct. 19-21)

This final challenge encourages participants to develop a physical product that will connect tourists with outdoor experiences in the Kingdom. The Riyadh-based design firm Product Care will assist applicants in creating the project.

Don't miss the chance to create and compete in the most innovative programs of the season. To register for or to learn more about the Tanween Challenges, visit www.ithra.com.





Essential oils are part of “what we used to use before pharmaceuticals took over,” says Lisa Bollinger, center, who leads classes in her home on the uses of essential oils. Which is her favorite? Lavender, she says, and in that she has company: Of all essential oils, lavender is the bestselling of more than 90 organic oil varieties available in the U.S.

wafting west

essential oils more than a matter of dollars and scents

by Ken Chitwood

Reprinted from May/June edition of AramcoWorld



To read more AramcoWorld stories, download the newest version of the AramcoWorld App at the Apple App Store, Google Play and on Amazon App Store

Petite, iridescent bottles and bulk household products filled with or using pungent, concentrated, natural “essential” oils have become so common on retail shelves and websites that they are almost unremarkable features of the modern consumer landscape.

Essential oils are increasingly part of a lifestyle — such as yoga or organic foods — that appeals to young and old, men and women. As recently as a decade ago, anything infused with the sweet-smelling fragrances of essential oils may have been associated more with patchouli-redolent bohemians. But today, buying, wearing and diffusing essential oils is nearly as commonplace as the online shopping that has helped popularize them.

According to market research firm Statista, the global market value for essential oils is projected to reach \$27 billion by 2022, based on estimates done before the COVID-19 outbreak. The market in the U.S. alone is currently worth \$4 billion, and essential oils now help scent perfumes, soaps, cosmetics, flavorings, cleaning products, lotions, candles, aromatherapy products and even aerosols such as “Sleep Serenity Moonlit Lavender,” a “bedroom mist” by Febreze.

The growing popularity of essential oils is the latest chapter in a history of use and fascination that dates back more than 3,000 years. Used through the centuries for staying healthy, worshipping, sleeping well, de-stressing, making dinner and just

smelling nice, what were known in classical Greece and Rome as “odiferous oils and ointments of the Orient”—as the late organic chemist A. J. Haagen-Smit alliterated in 1961 — have wafted west.

from East to West

Along the way, they have infused not only scents but also dollars into major retail chains such as Carrefour and Walmart, as well as independent specialty companies, from boutiques to multilevel marketers that now rank nearly alongside Avon and Mary Kay Cosmetics. The passage of essential oils from East to West is a story of encounter and exchange, invention and inquiry, trade and transcendence that continues today.

Bethany Brubaker, a mother of three from Los Angeles, says she attended a class on essential oils in 2013 when she was pregnant with her second child. The class was sponsored by Utah-based doTERRA, one of the largest essential oils companies in the world. As of 2015, doTERRA had surpassed \$1 billion in sales.

“I was desperate for natural remedies to help me combat migraines induced by a prescription of mine,” she says, adding that she also was seeking to provide a healthy environment for her children and natural ways to relieve regular aches and pains.

“It’s not surprising to me that more and more people are using essential oils,” says Lisa Bollinger, a homemaker in Michigan who sells oils for one of doTERRA’s competitors, Young Living. “People have incredible testimonies of how they have helped them overcome huge sicknesses and health issues.”

a natural treasure

In all their varieties of scent, origin and use, essential oils all have this in common: They are naturally distilled by either steam or cold pressure from plants, and this in-



At New York-based Enfleurage’s essential oils distillery in Muscat, Oman, frankincense is the favorite. It begins as a resin harvested from the sap of *Boswellia sacra* trees, and steam distillation extracts its essential oils.



A statue near Malaga, Spain, commemorates botanist and pharmacologist Ibn al-Baytar of Damascus, who in the 13th century researched 1,400 foods, plants, drugs and their uses, including essential oils.

cludes combinations of seeds, stems, roots, leaves and blossoms.

Trygve Harris, originally from California, now lives in Oman, home to *Boswellia sacra*, the frankincense tree whose resin and oil once brought centuries of riches to the southern Arabian Peninsula. Founder of New York-based essential oils boutique Enfleurage, Harris says her distillery in Oman’s capital of Muscat allows local shoppers to experience the natural method of making and using essential oils.

“When you buy an essential oil, you are buying beauty, serenity, posterity,” she says, noting that in particular, Frank — that is her affectionate nickname for it — allows buyers to connect with Oman — its history, its people, its geography, its na-

tional soul. “That’s why people are drawn to it,” she says. “That’s why people come on pilgrimage to Dhofar. They go out and sit with the trees.”

This year, as the world faces the pandemic of COVID-19, such wellness concerns and interest in the purported healing properties of oils have sharply increased. Some representatives of Young Living and doTERRA have been active on social media claiming that blends containing clove, cinnamon bark, eucalyptus, rosemary and lemon — all traditional medicinal plants — could help “boost immune and respiratory function” and that a range of oils could “keep your family healthy and strong.”

And looking back, it turns out that if one follows the history of essential oils



A bottle of frankincense essential oil sits on a branch of a frank-incense tree (*Boswellia sacra*) in the Dhofar Governate of Oman, where a semiarid climate and limestone geology have proven especially hospitable for its cultivation for more than 3,000 years.

and their journeys, uses and prestige as they traveled west, it is apparent they have been deemed valuable — indeed essential — elements and accoutrements of comfort, wellness and belief in their efficacy.

The earliest records of essential oils point to around 3,000 BCE when botanists and physicians in Egypt, China, and India were using essences and oils for perfumes and medicines. Actual human practice, however, probably began far, far earlier. When oils crossed into classical Greece and Rome, Greek physician Hippocrates of Kos, of “Hippocratic Oath” fame in the 4th century BCE, drew on sources from Egypt and India to document the effects of lathering patients and research subjects in oils and essences from more than 300 different plants.

Later, other Greeks produced materials on plant oils and essences, including Dioscorides who, in 70 CE, wrote *De Materia Medica*, whose insights informed Romans, including Galen in the second century CE, as well as later Byzantine and Arab physicians.

Following the fall of the Roman Empire in 476 CE, the oils continued to be distilled and widely used from Constantinople (now Istanbul) to Damascus, Cairo, Baghdad and across North Africa to Córdoba.

a source of healing

Preeminent among the scholars of the scientific flourishing of the 10th century was Abu-‘Ali al-Husayn ibn-‘Abdallah ibn Sina, who was called Avicenna in the West. Born near Bukhara, in modern-day Uzbekistan, Ibn Sina commented on the therapeutic applications of more than 800 plants, and he is often credited with the discovery of the distillation process by which essential oils are extracted still today.

In the early 13th century, Ibn al-Baytar of Damascus, author of *Kitab al-jami’ li-mu-*

fradat al-adwiyah wa-al-aghdhiyah (Compendium on simple medicaments and food) expanded to various applications for 1,400 plants and oils, with a particular focus on the popular orange and rose waters of his day.

It was from these scholars that much knowledge of plant-based medicines, essences, and oils emanated to Europe, where often it was monks who tended to the sick with herbal extractions. Oils were burned in attempts to ward off pestilence, were carried back to Europe by returning soldiers of the Crusades, and later, Renaissance European herbalists, alchemists and spiritual leaders, all borrowed from the knowledge of Islamic forbears to begin dabbling in distilling oils such as lavender, rosemary, nutmeg and clove.

This set the stage for the Western fascination with using essential oils for aromatherapy in the early 20th century, widely credited to René-Maurice Gattefossé of France. Alongside his brothers, Gattefossé developed his method of using essential oils to aid injured soldiers during the First World War, and modern aromatherapy was born.

Of the more than 90 types of essential oils on the market worldwide, frankincense remains among the top five, and among them it is the most historically referenced. Sourced from *Boswellia sacra* trees not only in the southern Arabian Peninsula, frankincense can also be found in the Horn of Africa. Its sap is still tapped, collected and sold on to global markets. Valued for its fragrance, taste and remedial effects, frankincense once was worth more per pound than gold throughout the Middle East.

Whether they come in hand-labeled bottles from a boutique or family-sized bottles at the hypermarket, essential oils come from one of the world’s oldest traditions for good living, one that still thrives where it began, and that still moves not only west, but to the world.



A wide range of organic products on display at BioFach 2020, one of the largest organic food fairs in the world, held in Nuremberg, Germany, include essential oils of various varieties, scents and purposes, including cooking and baking.



Essential oils are bottled for perfume, flavoring, aromatherapy and other popular wellness uses. Worldwide, essential oils are enjoying a fast-rising market that is projected to reach \$27 billion by 2022.

from the beautiful shores of the Arabian Gulf wildlife sanctuary offers wonders for the eye

by Chiara Ciampricotti Iacoangeli

Jubail — Not far from Jubail in an out-of-the way corner in the Kingdom's northeast, there is a place that retains one of the most beguiling and unspoiled landscapes in all of Saudi Arabia.

Jubail, in the Eastern Province, is one of the most beautiful cities on the Arabian Gulf coast. Famous as one of the largest industrial cities in the world, it is the largest city in the Kingdom in terms of the production of industrial materials such as petrochemicals, gas, plastic, glass, iron, and steel.

Also, its location on the Gulf coast is critically important for many vital facilities, such as the King Fahd Industrial and Commercial Port, desalination plants,

and the King Abdulaziz Naval Base. For all these reasons, Jubail Industrial City is considered an essential port in the development of the Kingdom's economy.

more than just an industrial city

Apart from its reputation as an industrial city, Jubail is also known for the diversity of its tourism, community, sports, and cultural activities. The Royal Commission for Jubail and Yanbu' (RCJY) is keen on developing the area's tourism potential, as it is a popular destination for visitors from various cities within the Kingdom, as well as other Gulf countries, due to the beauty of its parks and beaches.

The city features impressive infrastructure facilities and supporting services that facilitate entertainment and tourism, and the industrial city enjoys a number of parks and distinct green landscapes, in addition to sports, cultural, and social activities. The city constructed by the RCJY is characterized by a number of beautiful islands and fishing areas that attract fishermen and divers throughout the year, both locally, as well as to several islands just off the coast.

natural beauty abounds

Jubail also hosts an amazing wild natural area, with several neighboring and uninhabited islands become nesting areas for migratory birds such as flamingos and white-cheeked terns, along with turtles. The RCJY and the National Commission for Wildlife Conservation cooperate to



Herons draw from shallow waters at the Jubail Marine Wildlife Sanctuary. Far from the beaten path, the serene scenes on the shore of the of the Arabian Gulf provide visitors remarkable views.



From a distance, this immense white expanse could be confused with an ice rink if it weren't for the high temperatures. The waters have dried up into a thick slab of salt, but it is still possible to view on its surface the play of the waves and the tides that bring thousands of tiny shells to shore.

take care of these animals.

The Jubail Marine Wildlife Sanctuary, the first marine protected area in the western Arabian Gulf, consists of two large coastal embankment systems and five offshore coral islands, covering an area of approximately 2,300 kilometers (km) with more than 400 km of coastline.

What is striking about this area is how in a few kilometers, the landscape changes profoundly. It is a beautiful stretch of coast where, in some places, desert sands flow directly into the clear waters of the sea — an immense uninterrupted expanse.

In other places, the sea becomes an inlet of brackish waters. There, the vegetation becomes richer as aquatic plants take root and make the marshy ground lush.

Plants nestle in a gentle gradation, from the highest mangroves to thin and dark algae that touch the ground.

Moving further inland, it seems that the sea continues, with an immense white expanse. From a distance, it could be confused with an ice rink if it wasn't for the high temperatures!

The waters have dried up into a thick slab of salt, but it is still possible to view on its surface the play of the waves and the tides that bring thousands of tiny shells to shore. Walking on this surface makes your own steps sink, and you end up "crushing" the salty surface.

All around, birds take flight, herons drawing from shallower waters. In the distance, boats set off to fish as the hot summer day renews emotions that only nature can supply and freely provides.

beware of Whatsapp doppelgangers cyberattackers impersonating victims

An ongoing campaign targeting Whatsapp users has cyberattackers using social engineering techniques to gain control of their account and then impersonate them.

The cyberattackers hijack the victim's Whatsapp account, download all the user's chats and media, and then impersonate the victim's identity. From there, they initiate communications with the victim's

contact to gather sensitive information and ply the contacts for monetary gain.

Whatsapp users should take proper proactive steps to mitigate the risk to their account, including:

- Enable WhatsApp two-step verification
- Never share the SMS containing Whatsapp security code with anyone
- Do not disclose personal information

to unknown sources

- Exercise caution. Never click links or attachments from unknown sources.
- Keep your mobile device's operating system up to date
- Back up files regularly; backups should not remain connected to the network.

Remember, information security is everyone's responsibility.



Mohammed A. Saeefan one of five 'Emerging Professionals Under 35'

Dhahran — Safety is a priority in everything we do at Aramco, and nowhere is that more evident in the area of fire protection.

The international gold standard for fire protection is the Society of Fire Protection Engineers (SFPE), which boasts over 5,000 members and more than 100 chapters worldwide.

Mohammed A. Saeefan, a fire protection engineer in our Fire Protection Department (FrPD), recently received the remarkable honor as one of SFPE's "Top Five Under 35 Emerging Professionals Award" for 2020.

The ex-president of the SFPE Saudi chapter, board members in the U.S., and a fellow member in Saudi Arabia nominated Saeefan.

a reflection of personal and corporate excellence

Saeefan said he feels overwhelmed with happiness for receiving such a prestigious award, as competition for such a glob-

al recognition is very high. Among the qualities in choosing those to be recognized are leadership, volunteerism, and professional growth within the fire protection engineering community.

Nominees are expected to display a commitment to shape the future of the industry beyond mere personal development or the success of their employer. With a total of 12 years of experience, Saeefan has been a steady advocate of the FPE profession, devoting significant effort to elevate the field in the Middle East and in Saudi Arabia.

He presented 11 technical papers internationally and was a key contributor the



Mohammed Saeefan

SFPE-Saudi Arabian Chapter when it received back-to-back gold-level Excellence Awards in 2013 and 2014.

And while the award has proven to be a testament of his performance and dedication to the profession, it also reflects well on the company, Saeefan noted.

"I'm happy to have represented Saudi Aramco's name globally", he said.

FrPD manager Albadr M. Jannah echoed Saeefan's comments. "The international recognition of Saeefan doesn't just reflect on him and his career within the company, it also reflects on FrPD and Saudi Aramco.

"We are very proud to have him as a valued engineer. This recognition will encourage other young engineers to follow suit — seeking professional certification and recognition," Jannah added.

a wide array of success and experience

Since joining the company in 2003, Saeefan has relentlessly pursued excellence in the fire protection engineering field as a

representative of the FrPD, commissioning multi-billion dollar projects ranging from oil and gas plants, to refineries and signature facilities such as those at King Abdulah University of Science and Technology, high-rise buildings, offshore oil rigs, and more. He also served as a firefighter and fire chief, overseeing personnel at one of the company's primary fire stations.

Also, during a one-year assignment with the Aramco Expatriate Schools, Saeefan created a facilities management group, staffing it, creating its organization structure, appointing facility managers, and providing them necessary training.

He is currently working in the Fire Systems Engineering Group within FrPD where the group oversees fire protection engineers, supporting more than 500 projects a year.

"Winning this award not only showcases the company internationally, but it also highlights Aramco's ambition to be a global leader in fire protection," Saeefan said. "I couldn't be happier."

where safety meets diversity prioritizing the safety of our employees

by Janet Pinheiro

Industrial work wear has historically been designed around male body frames, due to the overwhelming demographic associated with this type of work up until now.

With the number of women working in operational roles steadily increasing, Aramco recently took a fresh look at its range of personal protective equipment (PPE) with a view to changing this.

"Aramco's priority has always been the protection of its people, and when the topic of gender and comfort was brought forward, we immediately set about addressing this," says Loss Prevention Department (LPD) manager Ghassan Abulfaraj.

"A one-size-fits-all approach to PPE can undermine a safety program," said Abulfaraj. "PPE is essential for the protection of our employees, and an important part of this is ensuring that equipment is not only compliant from a safety perspective, but also comfortable to wear."

safety and gender go hand-in-hand

Depending on their role, operational employees and contractors wear a range of PPE, including flame resistant clothing, boots, gloves, hard hats, safety glasses, and hearing protection.

With a goal of ensuring the safety and comfort of female personnel, Aramco initiated a project to enhance the company's line of flame resistant clothing (FRC), including specific designs for the female workforce.

Aniela Zarzar Torano and Fatimah Barnawi, both LP engineers who worked as leads on the project, note that effective female PPE is more than simply a smaller or larger size of the male designs, especially in the Middle Eastern region.

"A female body frame is often shaped differently and generally smaller than a male frame. Having poorly fitting safety clothing can cause risks such as reduced agility, catching on equipment, and tripping," said Zarzar Torano.

Barnawi adds: "Another unique aspect to this project — besides that of sizing and safety — was cultural requirements. We needed to work on a design that not only covered the areas of safety and comfort, but also one that met our female employees' requirements for modesty."

It was this recognition that led to a partnership with DuPont, one of the world's leading companies in terms of science and innovation, to customize an FRC line that improved comfort and met cultural requirements, all while ensuring that all safety guidelines were maintained.

practice makes perfect

Over a period of 18 months, LPD and Du Pont worked tirelessly on a number of design concepts that not only looked to improve design and comfort from a safety perspective, but also ensure that cultural requirements were met.

Speaking to the practical aspects of a project such as this, Zarzar Torano adds: "This clothing is the final line of defense that we have in the event of a fire. As such, we had to work through numerous designs, tests and practical trials to ensure that what we were signing off on was absolutely of the highest quality."

Abulfaraj notes that what made this project unique is that it provided an opportunity to not only accommodate the needs of Saudi Aramco's female workforce, but also lead the way in innovation to further improve FRC safety features for female employees across the industry.

"This wasn't simply a project where we looked to alter the size of clothing; that

could be done by anyone," Abulfaraj says. "We wanted to use this opportunity to challenge the status quo, and to ask ourselves, 'How can we do this better?'"

The result was a new line of female FRC, inclusive of shirts and hijabs, which meets the requirements of safety, culture and comfort for the wearer. It includes:

- A double-layered flame resistant shirt, which features an integrated inner layer that allows female employees to maintain a conservative style without being exposed to potential burn injuries
- A flame resistant wrapped-around headscarf
- A flame resistant hood-type headscarf.

While all personnel exposed to fire hazards must wear FRC as a final layer of protection, the use of the new flame resistant shirt is optional; employees can continue to use standard coveralls, or regular pants and shirt if they choose.

more than safety equipment

Work uniforms provide employees with

a feeling of belonging and sense of identity, and this project has underlined such an ethos. With many more females taking up roles in traditionally male-dominated industries, the need for adaptation and innovation is increasing.

Aramco's priority will always be the safety of its people, but it also believes that an inclusive and respectful workplace is essential, and it will do everything in its power to ensure that its deliver on both of these fronts.

While our core safety value ensures that any operational decision will always be made to ensure the safety of employees and contractors, the launch of this new line of protective clothing is indicative of where the industry — and indeed the company — is headed.

"Across Aramco's multiple operations — both in Kingdom and around the world — we want all of our people to feel welcome, and that they belong," says Aali M. Al Zahrani, vice president of Safety and Industrial Security.

The new line of female fire resistant clothing includes a double-layered flame resistant shirt, which features an integrated inner layer that allows female employees to maintain a conservative style without being exposed to potential burn injuries; a flame resistant wrapped-around headscarf; and a flame resistant hood-type headscarf.



Aramco Expatriate Schools

2019-2020 Trimester III Honor Roll

Abqaiq School

Honors with Distinction

• **Seventh Grade:** Rumi R. Abbasi, Lujain Allahaweyh, Sarah Berkenou, Gisele Caraballo, Ayan Imran, Ryan Kristjansen, Aleena S. Malik, Ray Cyril M. Mercado, Sophia E. Pick, Zhaniya Primbetova, Abdur Rahman Rana, Valentina S. Rivas Labarca, Jason Treakle, and Jeremiah J. Yates

• **Eighth Grade:** Saadi S. Abbasi, Irem Akay, Wesam Basli, Miqdad Chowdhury, Aliza Khan, Kaosidinma G. Onyekere, Lora Singletary, and Mohammad Talha

• **Ninth Grade:** Omar Amin, France X. Catalan, Olutimilehin Funto-Aboloye, Hisham Kaleem, Alyce-Ann Maples, Marialaura M. Velasquez, Kyra Nicole Minda Chiriboga, Abdur Rehman Mohsin, Shem Petilo, Deepika Ramsunkar, Faisal S. Shehzad, and Christyl Hope A. Tango-an.

High Honors

• **Seventh Grade:** Adam Al Nabtiti, Harith M. Bin Noraswad, Hannah M. El Baradie, Joel Kondru, Juan Managa, Gyle R. Marinas, Flavia M. Di Girolamo, Layan Melhem, Hasan Nadeem, and Muaz Saood

• **Eighth Grade:** Sanubar Aliyeva, Miranda Chirino, Emaad Khan, Ibrahim A. Kothawala, Miguel L. Martinez, Lara Malis, Calvin B. Manalu, Diego M. Rodriguez, Aleem Sanal, Yousef Shahin, and Jana White

• **Ninth Grade:** Baha Eddine Abu Agil and Brandon Peasley.

Honors

• **Seventh Grade:** Mohamed Baghady

• **Eighth Grade:** Egypt K. Catalan

• **Ninth Grade:** Al Dinn Dimacaling and Ahmed Mohamed.

Dhahran School

Honors with Distinction

• **Seventh Grade:** Ahmed Abdelhamid, Minori Abe, Amara Abitrabi, Massa Abu Irhayem, Faris A. Ridzuan, Nyle Ahmad, Javid Ahmadov, Zahra Ahmed, Shahd Al-Meqdadi, Liyan O. Al-Omari, Alisha Alam, Taha Alam, Ayman Aljundi, Abdullah Bin Ammad, Ibsam Asif, Daniel Atie, Hannah Azam, Akos Benedek, Csaba Benedek, Benjamin Catuccio, Sofia Cetkovic, Julia De Oliveira, Ethan Ding, Rowan J. DuPont, Ebubechi M. Ejim, Mehdi El Ouair, Yahya Farooq, Amr Fayed, Ana Sofia G. Mendez, Nathaniel Gashawbeza, Syed-Zarman Haider, Jenna Hajhamad, Madelyn E. Hales, Amilie T. Hanks, Lucille Harden, Maaz S. Hasnat, Momin Hassan, Nora Jacobs, Talaina C. Jarrett, Viktor Jovicevic, Khizar Juma, Rayan Kabbara, Min Seung Kang, Minaal Khan, Minaal Shahid Khan, Eshal Khattak, Jiyun Kim, Farah Klesner, Kya-Mei Kosi, William Laws, Ailsa S. Lobban, Alison R. Lopez, Mohammed Malik, Satvika Mandhadi, Luca P. Mathieson, Zamir Meah, Isla H. Milostic, Habiba Mohamed, Jamal-Udeen Momodu, Megat Muammar, Duaa Mushahid, Ryan S. Mustafa, Daniya Muzaffar, Erika Nadem, Ahmed N. Kamaleldien, Aayan Nanawati, Jordan R. Nelson, Iman A. Ali, Naomi Onasanya, Nicole Z. Ooi, Alim Oraz, Areej Parvez, Zainab H. Parwez, Elizabeth G. Pelland, Maadhavan Prasanna, Margaret A. Roberts, Owen Rogers, Gabriel Roti, Kiran Shabbir, Tushar Shaji, Ainul H. Shamshudin, Muhammad H. Sharizan, Raghav Sharma, Aness Suleiman, Keisya R. Suryantara, Maya Teli, Lav Trgovcic, Sawyer Updike, Silvia M. Villarraga, Leira G. Veras, Connie Wang, Allison Willden, Cassidy Wong, Joyce Xiao, Hallimah Yazki, Sean K. Yoshida, Rayyan M. Yousaf, Zeina Zakzouk, Maryum Zaman, and Richard Zhan

• **Eighth Grade:** Salma Aacha, Rehma Abbasi, Toleen Abdelrahim, Layan M. Abu Ajamieh, Hassan Ahmed, Hibba Ahmed, Saffi Alberts, Muhammad A. Alfarisi, Noor Aljundi, Sami Almasri, Malak Amer, Khadijah Amerali, Carter Ammons, Leonidas Anfimiadis, Abrar Ansari, Jephthah Arukhe, Talha Asif, Joey Atie, Michael Atie, Muhammad A. Atmaja, Mariya A. El Kreem, Gabriela Benchluch,

Eshan Bokhari, Youssa Bourane, Avery Bourne, Mariana Bulla Alarcon, Tomas A. Ovalles, Rachel Chung, Aminata Cisse, Elijah R. Coon, Shawn Cordeiro, Tanner Czuba, Ayan Dalal, Muhammad A. Damergi, Raisa C. David, Sarata Diallo, Emiko M. Dibb, Ziad Djouad, Hassan A. El Deeb, Fatemah Elfayoumy, Mohamed Elrayes, Asmaa S. Elshabshiri, Lena M. Elzayat, Maya Fadlallah, Maryam Farooqi, Sarah Foster, Michelle A. Garner, Michela Giansanti, Mariam N. Goma, Nathaniel A. Gotera, McKenna A. Green, Jakub Gruszczyc, Krzysztof Gruszczyc, Katya Hached, Jacquelyn Hall, Arosha Hanif, Gabe Harrington, Raya Hassan, Isaac H. Guerrero, Sara Husain, Ishaq A. Hussain, Julia R. James, Jonathan Kaiser, Chaitrivi D. Karande, Hussein M. Kassab, Fahad S. Khan, Mohammed U. Khan, Tajdar Khan, Maleeha Khan-Niazi, Ayat Kharbat, Noor Kharbat, Sarah E. Kharbat, Tawfiq F. Kharbat, Michael Kieyah, Willa J. Koziol, Naomi Law, Jin C. Liao, Dalia Mahmoud, Mudita Mathur, Aliza Mirza, Nor E. Raji, Zaid I. Nasir, Ablaye Ndour, Akubah Ndubah, Summer W. Nema, Amanda Y. Neuman, Anastasha N. Mansor, Hamida G. Oloriegbe, Mattox O. Oluwa, Chinweoke Onwuama, Aya Osman, Osasenaga Oziegbe-Ighodalo, Thomas Parlato, William J. Peach, Annika Port, Susannah C. Putnam, Michelle S. Qureshi, Hana T. Radi, Angel J. Radisic, Anabella A. Ramirez, Syed Z. Raza, Zaid Raza, Basel H. Rizk, Yara Saab, Mohammed Z. Samsam, Ashwin Sanjay, Jeriel A. Santos, Fatima Shaari, Iman Shahub, Anika Shahzad, Meryam Siddiqi, Emilie J. Sinesi, Lea Smiley, Brady Swendsen, Elovja Syafron, Aayan Syed, Ruwayda Syed, Haley Tamez, Ruby L. Tennis, Reet Tharwani, Leena Usman, Rosanna Vega, Neha Verma, Stormey Walker, Sean Wilson, Maya Workman, Anders Wride, Syaharani S. Yazki, Sereen M. Younis, Aysha Zahid, and Fatima Sughra Zaidi

• **Ninth Grade:** Yara Abed, Tara A. Abuyazid, Kokolo-Ko-Obase Akpama, Mahmoud Alqaisi, Udochi A. Atisele, Deena A. Bader, Carson S. Belaire, Jasmine F. Bunyi, Elizaveta Cheresniuk, Drew Collins, Blake H. Curtis, Mamoun A. Elmamoun, Leen Ghorashi, Fatima Gohar, Mataab A. Ibrahim, Faridah U. Idris, Jose S. Suarez, Alvin Y. Mah, Luca M. Suzuki, Ava Milostic, Ananya Mishra, Dylan Molina, Alejandro Mujica, Ryan N. Najjar, Eyad H. Osman, Gabriel Panza, Catalina Parra, Madalena Pereira, Samantha M. Persram, Isabella A. Ramirez, Karissa Shine, Juan M. Vega-Uriostegui, and Jade Woycheese.

High Honors

• **Seventh Grade:** Omayya Abdulkabi, Ifedayo O. Abegunde, Anita Abeson, Velysa P. Ahmad, Varvara Alexeyenko, Aayan M. Ali, Areeba Ali, Mohammed Ali, Matthew Ammons, Mohammad D. Ashraf, Suleman Awan, Hisham Aziz, Sara Baalbakki, Reem Bahadidah, Samira Baikelova, Reema B. Gowi, Nayumi Basuel, Amenah Benzaoui, Abeer F. Bukhari, Mohammad Daraiseh, Carter B. Dille, Afnan Ejaz, Hamza Faisal, Kavitha Farr, Alexandra Flynn, Nikolaos Fotiou, Janna Goma, Adnane Gribi, Nael Hammou, Judy Hammoud, Jul Henry, Patrick Hollis-Soto, Tawaab A. Ibrahim, Maria K. Jabbar, Paul Jacob, Aanya Jain, Judy Jandali, Sophia E. Jarlowe, Connor Johnson, Dilan Jose, Madeline Kaiser, Dawood Kaleemi, Samara Kamal, Muhammad S. Khan, Yelda Khanfar, Shrey Khare, Omar Khasawinah, Manahil S. Khurram, Isaac Kinard, Krzysztof T. Kostecki, Saftar Kuliev, Anvesha Kumar, Haley Larson, Tiana Lund, Amal C. Maarouf, Raed Malik, Fadil Mandil, Hisyam B. Muldi, Rada Musa, Faraz M. Nawaid, Xavier Nelson, Maximilian Niven, Aisya Z. Nugraha, Joshua Onwuama, Fatma Z. Ouezzi, Sebastian R. Melgoza, Rowan A. Reid, Javier Salazar, Hameeda N. Sani, Gabriella Santagati, Dean Z. Santos, Jenna Selfo, Kaan Selim, Seba H. Shadid, Ali Shair, Zeenat Sharmin, Nur M. Sharulnizam, Umar Shekha, Maira Siddiqi, Riddhima Singh, Zachary Stephenson, Ethan A. Stewart,

Andrew Stolz, Theanna Sullivan, Ava C. Swensen, Alishah Syed, Ibrahim H. Takkoush, Sebastian K. Taylor, Chikezie Ugori, Olivia Van Stone, Jay Viehman, Cholapurath J. Vishnu, Simra Waheed, Jacqueline T. Woycheese, Noor Yanes, Khalisha Yusuf, and Xinrong Zhong

• **Eighth Grade:** Diego E. Adkins, Hanan Alali, Aabia Ali Syed, Ayan I. Ali, Mason Alles, Ghoufran Baba, Zayd Badsha, Farah Breacher, Noelle Cobia, Zaid Dawd, Felix Dorward, Riley S. DuPont, Zaid M. Ali Dweib, Amal W. El Hajj, Sarah Elrayes, Gethin P. Evans, Ali Fawwaz, Samuel Gutierrez, Pablo Guzman, Omar Hajhusein, Mathew E. Hales, Aidan J. Hosler, Anna Hursan, Yasakha G. Husni, Ahmed A. Ibrahim, Maria I. Ion, Nawshin Islam, Anders Johnson, Muhammad A. Junmaisal, Wania Kamran, Ryan Kanj, Yahya A. Kassim, Amogh Katara, Hassan M. Khan, Eesa Khattak, Hanzalah Majid, Stephenie McCain, James S. Menning, Khodr Minkara, Saira Naeem, Muhammad A. Nasir, Sabrina Naveed, Emil Novruzov, Kenechukwu H. Obi, Zaid Rajah, Lincoln Ralls, Salma Ramzy, Farwah Sarfraz, Sakina Sarfraz, Eli W. Setzer, Nathan Sevilla, Atif Shakoor, Faris Shehata, Maryam K. Siddiqi, Aaditya Singh, Menaal Syed, Jae Tolentino, Seth G. Tolentino, Angelina Turner, Violet Van Heel, Mohammad Wehbi, and Abdalrahman S. Zidan

• **Ninth Grade:** Nadeen Abd Elrahman, Mary Ahwash, Adalat Alizada, Sebastian Benchluch, Gizelle A. Bernal, James A. Blair, Brendan Born, Marc Chammas, Maxwell Clayton, Zaid N. Dawoud, Osman A. Elmamoun, Zeina Elwi, Mona Goma, Ahmed B. Gowi, Jayda Hallberg, Mujtaba O. Hamid, Aisha Hammawa, Muhammad R. Iskandar, Farouk Samir Khadra, Sayyid Khalil, Anika L. Melder, Jayden Muthaiah, Martina G. Nielsen, Aisha G. Oriogbe, Daniel Parmenter, Azmiriyah H. Prasetya, Alberta Scotchburn, and Noah E. Stenov.

Honors

• **Seventh Grade:** Mustaqeem Abd Khair, Liban Abdalla, Yusuf Abdelrahman, Salam Abderrezaq, Nahla Adlouni, Noor A. Fadzil, Raya Ahsan, Muhammad G. Akbar, Adam A. Salam, Hammad Alikhan, Nadia Arab, Raquel S. Ardila-Vargas, Abdurrahman Ather, Abdullah Baig, Jorge A. Graffe, Sienna G. Belaire, Niels J. Birkle Flores, Lawson Born, Abubacarr Camara, Faizaan Chowdhury, Estelle Copp, Brent Coppage, Ethan Correa, Abdullah Daud, Levi Despain, Fatimah-Zahra Dhariwal, Ahmed Diallo, Andrew Divine, Camila S. Orellana, Kajsa Gorzynski, Jordan Goth, Mohammed Hamad, Benjamin Kaiser, Asiwaju Kayode, Megan D. Kenyon, Jacquie Killough, Matab S. Elhassan, Aidan M. Hardy, Samuel C. Nwachukwu, Gilbert J. Oduro, Wilbert J. Oduro, Derek Owumi, Lucas Paltan-Gaines, Hadia H. Rasheed, Hamza Rashid, Fernando Regueral, Joshua Ruesch, Ali Shalaby, Syaileendra A. Sinathrya, Nolan Smith, Maryam Syed, Abigail Tamalunas, and Amelia A. Windiaro

• **Eighth Grade:** Hafsa Abbasi, Ryker Aebi, Joseph A. Auchterlonie, Hashim Ayub, Mohamed J. Bkathria, Mishal T. Chaudhry, Camilo Daza, Maya Elrayes, Oual A. Fartas, Taylor Frayne, Liam A. Graves, Aizah Hussain, Muzaffar Hussein, Talhah Khankhara, Gavin Long, Liana A. Manai, Isaac M. Lopez, Ahmad S. Mushtaq, Joseph N. Naser, Paul Polega, Hamza H. Rasheed, Hafsa Sohail, Megan Spriggs, Benjamin B. Stapp, Maysa Takriti, and Adam A. Youssef

• **Ninth Grade:** Yusuf M. Abulaban, Simrah S. Ahmed, Muhammad G. Akbar, Dalanda A. Barry, John H. Bourne, Bakhtyar B. Bukhari, Angeline Chakraborty, Juan Pablo C. Pulido, Oluwadamilare O. Fakolujo, Suzan Z. Hallaq, Laila Ibrahim, Areej Khawaja, Sarah Mankour, Eric M. Suzuki, Rasheed S. Musleh, and Ethan Sharobeem.

Ras Tanura Middle School

Honors with Distinction

• **Seventh Grade:** Mostafa Agha, Marwan M.

Ali, Adeeva Alli, Brian J. Blanco, Max Breuer, Sooyoung Choi, Akif D. Choudhary, Ain Chung, Myles C. Drummond, Laiba Fatima, Haiqa Ghaffar, Dhruvi Gohel, Zaid Goraya, Ashwanth G. Raja, Deekshita Imandi, Rayan Khan, Kangjae Lee, Aleksandra Luczak, Katarzyna Luczak, Dean G. Maggs, Aesha J. Mayor, Howard E. Mei, Mahi Nanda, Isha Patel, Adithi Ponnambalam, Jeanna Retanal, Nour Safi, Salihah A. Salu, Hafiza M. Satra, Sevani Somu, Hyochang Son, Lydia Swets, Noor Ulhaq, Valeria C. Ustiola, and Eishita Yadav

• **Eighth Grade:** Princess Adeyi, Abimbola K. Alli, Saad Almas, Afnan M. Bantwal, Badir N. Budair, Averielle Cordoves, Abigail R. D'Souza, Dean Dammad, Yacoub Derradij, Angel C. Fennell, Emmanuel N. Ginoski, Jad M. Lyzzaik, Nile A. Montes, Seth Moore, Abdullah Mustafa, Zakariya Sakhri, Rodge N. San Luis, Karthik Santhosh, Naiya Shah, Omar M. Soliman, Nader M. Suleiman, and Andre Williams

• **Ninth Grade:** Mariam Al-Omari, Yuvraj Kashyap, Russel Romero, Malak Safi, Tirth Thakkar, and Ela Tomambo.

High Honors

• **Seventh Grade:** Dawson Arpke, Muhammad H. Arshad, Hannah L. Batiste, Kurtis O. Brewster, Nathan F. Burgos, Aria Carscadden, Mary M. Conzemius, Haya Hijazi, Terty C. Kalu-Ulu, Roxanne Meder, Evan J. Most, Riyaan Niaz, Seyma Ozoktem, Ibrahim M. Qureshi, Mohammad A. Salman, and Nikole T. Barrera

• **Eighth Grade:** Thea Abi-Habib, Brooke Bachman, Garin M. Boggan, Heidee G. Borbe, Alejandro G. Vera, Petros Hilawe, Lindokuhle Letsoko, Hibah Maryam, Vin M. Medina, Amal M. Naufal, Miriam M. Garcia, Ozair Qureshi, Mohid Rana, Anna I. Rebl, Zoya Saeed, Hassan Siddiqui, and Vishal Suresh

• **Ninth Grade:** Masroor Ahmed, Willard Conzemius, Keith B. Fronteras, Leyla Jarrahova, Vamela Kima, Charlize Maggs, Nicole Mussi, Alejandro A. Orozco, Kshitij Priyadarshi, Valentina I. Tuero, and Vedant Yadav.

Honors

• **Seventh Grade:** Sammy Al Harthi, Nawaf Al-Ghuribi, Anthony Alvarado, Leo Guerrero, Marco Mussi, and Matthew Shapland

• **Eighth Grade:** Muhammad A. Abbasi, Ahmed O. Dafaalla, Noah E. King, Ariana A. Lacruz, Mohamed A. Lahlah, Finian M. McGough, Talha Mehmood, Rirhandzu Ngobeni, Catherine Pena, Andrew Red, Natalia I. Santos, Alina Shah, and Mason Shapland

• **Ninth Grade:** Hayaa Abbasi.

'Udhailiyah School

Honors with Distinction

• **Seventh Grade:** Ashir Adnan, Rianne Alghazali, Mostafa Donia, Krishna Dwarika, Faye Farhan, Umar Hamzah, Samansa Hanabusa, Basma Jama, Savannah Jensen, Khalid E. Abdelwahab Mohamed, Noah Olson, Deepak Pillai, Jacob Rowland, Mentallah El Sayed Salem, and Sharifah M. Haizir

• **Eighth Grade:** Anindita Chetia, Antonina Jaromin, Melvin Joseph, Jada-Claire Ogolo, Harrison Rawn, and Maaz Saad

• **Ninth Grade:** Muhammad S. Adnan, Marc De Ramos, Mohamed El Zefzafy, Mauricio E. Rondon, Xiyu Liu, Ariel Moreira, Ahmed M. Abd Omran, Fashlia Salwa, and Ixshel S. Jimenez.

High Honors

• **Seventh Grade:** Anis Giannopoulos

• **Eighth Grade:** Salma Bilqish, Martin Hincapie, and Christllyan Tabas

• **Ninth Grade:** Jasper R. Gresback.

Honors

• **Seventh Grade:** Kanza Malik and Julian Naranjo Avila

• **Eighth Grade:** Camila Alfonso.

historical perspective: a glow in the valley

by Mohammad A. Ghamdi

Riyadh — Some 55 years ago, when I was only 4, I recall some of my first and richest memories growing up in my village in southern Saudi Arabia.

At the time, we lived by the light of the kerosene bulb. When people prayed *Isha*, we turned the key of the lantern counterclockwise so that it would swallow the light, squeezing the wet wick and ushering in a pervading silence so everyone could enter a deep sleep.

After the lantern was extinguished that night, we heard voices coming from the edge of the village. The voices began to rise, and despite its dimension, it was echoing around us. Normally, such a fuss might have been attributed to a hyena or someone falling into a well or a quarrel, but this time, the sounds were completely different.

Everyone's eyes turned to a glow coming from the far-off valley plain.

The villagers gathered outside on the dark path, afraid of this unusual and dazzling light. Quickly, the spacious valley become crowded with the people of our village and the neighboring villages sitting and squatting on the muddy ground, wondering what was happening. At the forefront of the valley, a wide glowing screen across a long trailer illuminated the night, animated cartoons playing as a movie for the villagers — a first in their lifetime.

A few minutes later, we saw what was the Aramco Oil Caravan and a traveling exhibition, a locomotive full of pictures and beautiful things.

At the front of the audience, a blond American looked out at our faces, which stared back in amazement

watching the cinema screen for the first time. It was as if we were losing consciousness, our mouths agape. Some stood and nodded and moved away in fear, frightened that the bright creatures would jump on them from the screen.

I still remember that huge dog in the long cartoon movie with its slouching cheeks fighting with the cat, his saliva flying across the screen. The stereo sound that bounced off of our fresh ear drums was so alien.

When the cartoon concluded, a film highlighting the role of American firefighters responding to emergency calls followed. And though the film had nothing to do with our reality, we connected viscerally with the human beings moving in front of us on the screen with their flesh, the enormity of it all

captured with our wide eyes.

Years later, when I watched the Apollo trip landing man on the moon, the spectrum of this scene from the Kingdom's South would come to mind. I recall the Aramco vehicle with the huge front — perhaps resembling a spacecraft — and the locomotive doors opening from the side as if one was entering a portable house. There were spotlights and cameras and cinema projects, even a highly polished nickel metal structure and huge engraved black wheels that left their pitch on Earth's soil, all similar to those the astronauts left on the moon.

After all these years, I still marvel in how Aramco's caravan ran between villages, spreading joy and happiness to people who knew very little of the outside world.



photographic memory

In 1954, three mobile clinics began operating in the Abqaiq district to render first aid to employees. The clinics were converted from commissary vans and made regular stops daily in the industrial sections of Abqaiq. They saved manpower hours by eliminating hospital or clinic visits for minor injuries or illnesses, reduced the work load on the regular hospital staff and saved employees many time-consuming trips for medical care. In this photograph, one mobile clinic makes a first aid stop.



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Publishing director: Ashraf E. Alfagih (A)
Editors: Jamsheed Din, Todd Williams, William Bradshaw
Editorial staff: Musherf Alamri, Eamonn Houston, Scott Baldauf and Dalia Darweesh.
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the arabian sun



essential oils

Steeped in a rich history that dates back more than 3,000 years, essential oils are not only big business, but they are increasingly part of a lifestyle that many believe bring myriad health and well-being benefits.

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straight from the horses mouth Abqaiq residents flex their equine IQ

Abqaiq — What's your equine IQ?

That's what the Abqaiq Residential and Recreation Services Division (ARRSD) was asking in its most recent morale-boosting activity, a virtual family horse quiz to better engage community members.

The winner of the contest is Serhan Gercek, an environmental engineer in the Southern Area Oil Operations Technical Support Department. He and his wife, Valbona, along with their children Ailis (8) and Erla Ecem (6), skillfully navigated the 20 question quiz that tested Abqaiq residents' knowledge of famous horses and their owners.

A four-year resident of Abqaiq, Gercek said his family enjoyed the contest and

that it was just one of myriad aspects of the Aramco lifestyle he and his family have come to love.

"Abqaiq is a great place to raise your children," he said. "You can find everything you need here — friendship, entertainment, security, and so on."

The contest not only engaged residents, but also was a promotion for the Abqaiq Horse Stables, which currently has vacancies for Aramco employees' horses.

The facility is beautifully maintained with qualified staff to ensure that the horses have the best of care. To visit the stables, contact horse riding consultant Diane Leverton at 572-3299 or Diane.Leverton@aramco.com.



Serhan Gercek and his wife, Valbona, along with children Ailis and Erla Ecem recently were named winners of the Abqaiq Residential and Recreation Services Division's horse quiz campaign. Recreation supervisor Mark Khoury (right) presented gifts on behalf of the division.

Abqaiq Horse Quiz

- The Lone Ranger's Pottawatomie sidekick, Tonto, had a horse named what?
- Which of the following famous racehorses does not have a biopic?
A) Seabiscuit B) Ruffian
C) War Admiral D) Secretariat
- A mustang known as Comanche was the mount of which well-known commander?
- About which horse did Jimmy Driftwood write a song, popularized first by Eddy Arnold and later by the Nitty Gritty Dirt Band?
- Which 19th-century children's classic by Anna Sewell features a horse?
- What's the name of a mid-20th-century TV show that featured a talking horse?
- What's the name of Confederate Gen. Robert E. Lee's best-known horse?

- Which one of the following was not a horse in George Orwell's Animal Farm?
A) Clover B) Snowball
C) Boxer D) Mollie
- The Norse god Odin rode a magical horse with eight legs. What was the horse's name?
- What is the name of the winged horse from Greek Mythology?
- Who had a favorite horse called Bucephalus?
- The fences at the English Grand National are made up of which tree?
- A typical adult male horse has how many permanent teeth:
A) 20 B) 30 C) 40 D) 50

- Which English author is best known for his 1982 children's novel War Horse?
- What was the name of the Duke of Wellington's favorite horse during Napoleonic wars?
- Which equestrian magazine is the oldest in the UK, being first published in 1884?
- "Hands high" is the term used for the height measurement of a horse — how many inches is one hand?
- Robert Redford bought the film rights to which book in 1995 for £3 million?
- What name is commonly given to a female horse under four years old?
- The Appleby Horse Fair is held annually in which English county?

- Answers**
- Scout
 - B (War Admiral)
 - George Arm-Strong Custer
 - Tennessee Stud
 - Black Beauty
 - Mr. Ed
 - Traveler
 - Snowball
 - The Horse Whisperer
 - Sleipnir
 - Pegasus
 - Filly
 - Cumbria
 - Alexander the Great



floating above the many colors of autumn

Moncito Regondon Jr. captured this stunning aerial view of the Armenian town of Tsaghkadzor of Kotayk Province. I was in the cable car enjoying the beautiful scenery while the colors of the leaves has not yet fully changed. The image was captured on Regondon Jr.'s Huawei P30 Pro camera in "night camera mode." Regondon Jr. lives and works in Ras Tanura in the Northern Area Contracting Unit in the Ras Tanura Cluster Shared Services Department. He has been with the company about 2 1/2 years.