

A Saudi Aramco Publication | Issue I - 2022

Panorama



Better with board games

It's all fun and games

Let's grow

Tips for growing your own vegetables

Listen up

Buy the right headphones

Panorama

Issue 1 - 2022

To submit a request for articles or comments, please email panorama@aramco.com

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Panorama is proud to feature Saudi Aramco employees and their families.

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Better with board games

Sliding down the snake only a few squares away from victory, passing "Go" and collecting \$200, and figuring out that Colonel Mustard committed a crime in the study are cherished memories for many. Board games have been part of human interaction for more than 7,000 years, and show no signs of losing popularity.



Playing board games isn't only for fun. Research shows that playing board games helps strengthen certain areas of the brain, which further improves cognitive functions. Improvements in problem-solving, logic, reason, memory, planning, and attention span have been observed in children, and patients with mental degeneration diseases such as Alzheimer's. Games that require concentration and skill, such as Chess and Go, may also help reduce anxiety and depression.

Getting together to play a board game produces memories, laughter, and connections with others. The social component can strengthen relationships, lower stress and blood pressure rates, and increase confidence. As a player makes decisions, they begin to perceive themselves as capable and intelligent, able to make and execute plans toward a goal. Practicing quick decision-making and strategizing can then be applied in other parts of life, helping players avoid feeling overwhelmed when under pressure.

Competition has traditionally been the standard for board games, where players compete to win the game. This can teach being a graceful winner or loser, but can also lead to hurt feelings and animosity. Many newer games such as Tsuro, Catan, and Carcassonne work hard to ensure balance and fairness throughout game play, allowing everyone a chance to win right to the end. Play games that offer strategy mixed with random chance elements to avoid negative feelings and the best replay value.

Cooperative games, where players work together to achieve a common goal, have increased in popularity in recent years. Each player may be assigned a special ability or function that makes them unique and valuable to the team, or may be able to advance a piece toward a common goal. Games such as Engineering Ants, Pandemic, and Castle Panic have players working together to save their characters from problems, while Count Your Chickens, Race to the Treasure, and Forbidden Island require players to collect items and build pathways before time runs out.

The age of players should be considered when picking a game to play. Age suggestions on the box normally outline the difficulty of

play and required cognitive ability. Adult players shouldn't overlook games rated for ages 7+, but younger players may need accommodation to play. Rule adaptations may be available to make a game more or less challenging, and can be agreed on by the players before starting.

Since board games usually have a limited number of pieces, the maximum number of players should be considered when choosing a game. Most board games are suitable for two to four players, with some going up to six. Some, such as Disney's Villainous, Root, and Ticket to Ride, offer expansion sets to increase the number of players. Large families may want to consider getting a game that can be expanded, or getting several games that can be played by smaller groups at the same time.

Games can also share educational information and insights into daily life. What Came First? challenges player's knowledge of historical events, Nuramuru offers a tour of Australia's Aboriginal people's history and culture, and Kaledo has been shown to improve nutrition knowledge and promote a healthy lifestyle. Research shows that play involving physical activity or manipulation of physical objects improves retention of information, so board games, with their bright pieces, offer a fun way to learn or review information.

Board games, both traditional and new, continue to have a place at the family table. Take some time to come together and play. ■

“ **Playing
board
games
isn't only
for fun** ”

Stars of safety



Garrett Morgan

Garrett Morgan developed one of the earliest respirators after witnessing on-duty firefighters suffering from smoke inhalation in 1912. It consisted of a smoke hood with a wet sponge to filter and cool the air, along with an air intake tube hanging near the ground to avoid the smoke.

His invention was a success with customers that included fire departments, the military, hospitals, and factories around the U.S. It also won a gold medal from the International Association of Fire Chiefs.

In 1916, Morgan and his invention received wide acclaim when he used it to rescue several victims of a tunnel explosion.



Ammar Al Mawsili

In the late tenth century, famed Iraqi/Egyptian ophthalmologist Ammar Al Mawsili used a hollow glass tube to create the first hypodermic needle and syringe. However, he refrained from experimenting on patients with the tool until a man blinded by cataracts instructed him to “do as [Al Mawsili] likes” to help him see again. Al Mawsili used the tool to remove the cataracts, allowing him to see again.

Al Mawsili’s syringe and needle were the first of their kind, and his cataract procedure was one of the first to remove cataracts completely. This method continued to be used for centuries.

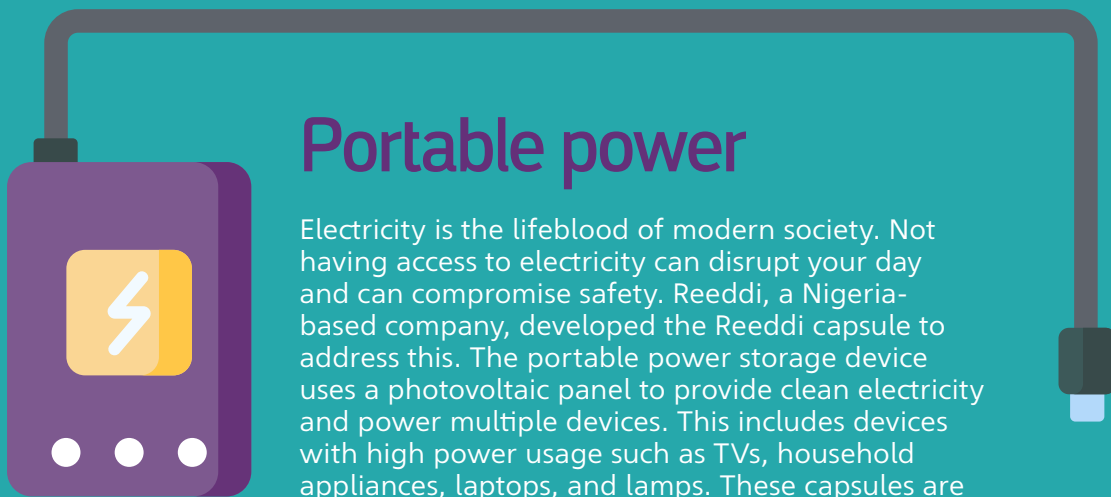


Mary Anderson

In the winter of 1902, entrepreneur Mary Anderson was a passenger on a tram touring New York City, when it began sleeting, obstructing the operator’s view. At the time, the only way to clear the windshield was either to open it, exposing the driver and passengers to harsh weather, or stop the tram and manually wipe it.

Recognizing the problem, Anderson created the first ever windshield wipers made from rubber blades controlled from inside the cabin. Her invention was patented the following year, but was deemed an unnecessary distraction to drivers and operators. It wasn’t until 1922 that the value of her invention was recognized, two years after her patent had expired.

Tech for today



Portable power

Electricity is the lifeblood of modern society. Not having access to electricity can disrupt your day and can compromise safety. Reeddi, a Nigeria-based company, developed the Reeddi capsule to address this. The portable power storage device uses a photovoltaic panel to provide clean electricity and power multiple devices. This includes devices with high power usage such as TVs, household appliances, laptops, and lamps. These capsules are easy to carry and can be charged using portable solar panels for clean, renewable energy.

Hands-free shoes

Tying your shoes may seem like a simple task. However, for people with disabilities and mobility issues this can be difficult or even impossible. The shoe brand Zerotie has created a design that allows pre-laced shoes to tighten by sliding the heel back, or loosened by stepping on a release lever. In addition, Nike released GO FlyEase shoes, which have a bent shape and are held up by a band that allows feet to easily slide in without having to bend over. Once on the foot, the shoes flatten and the band keeps the shoe tight.





Fuel friendly facts

Watching the price gauge at a fuel pump tick upwards can be a painful process. Thankfully, there are simple steps that drivers can take to save money at the pump.

Some of the easiest steps toward improving fuel savings involve simple changes to driving style. Aggressive driving such as speeding, rapid acceleration, and hard braking use up to 30% more fuel at highway speeds, and 40% in stop-and-go traffic scenarios, according to the U.S. Department of Energy. While each vehicle has an optimal range of speed, fuel consumption usually decreases above 80 km/h (50 mph) by as much as 7% for every 8 km/h (5 mph). Slowing down while driving also has lots of other benefits including increasing a driver's range of peripheral vision and reaction times.

Rapid acceleration and braking quickly waste fuel and wear down other parts of a vehicle. Brake pads, shoes, disc, and rotors get worn down faster with hard-braking action.

Rapid acceleration forces the engine to work harder, instead of using the speed built up from a smooth acceleration. Once at speed, maintain it – cruise control can be helpful to ensure that the engine runs at a constant rate. Smooth braking and acceleration also provide a more comfortable ride for those in the vehicle, and can help reduce motion sickness.

Combining trips and choosing the most efficient route can often save both time and fuel. A warm engine is more efficient than a cold one, and multiple trips from a cold start can use twice as much fuel as a longer, multipurpose trip that covers the same distance. Remove items from the vehicle as soon as possible, as extra weight can reduce fuel efficiency. Smaller vehicles are more affected by this than larger ones, but every extra 45 kg (100 lb) has a noticeable effect.

“ **Multiple trips from a cold start can use twice as much fuel** ”

Roof racks and cargo haulers increase wind resistance, making the engine work harder to maintain speed. This can affect fuel efficiency by up to 25% percent at highway speeds, so remove them when not in use.

Maintaining a vehicle allows it to perform at its best. Serious problems, such as a faulty oxygen sensor can decrease fuel efficiency by as much as 40% percent, while using incorrect motor oil for your engine can reduce it by 1-2%. Always follow the manufacturer's recommended grade of motor oil, and look for products with the "Energy Conserving" American Petroleum Institute symbol.

Tires are a major cause of fuel inefficiency. Underinflated tires cause a 0.2% reduction for

every 1 psi of underinflation. Over 25% of vehicles have tires that are not inflated properly, which affects tire wear and increases the chances of a blowout. Tires should be rotated and balanced periodically (for example, every six months), and the alignment adjusted to improve fuel consumption rates.

Running the air conditioner (AC) is the main contributor to increased fuel consumption. While driving with the windows open does reduce the aerodynamics of a vehicle and makes the engine work harder, it doesn't compare to the 25% reduction an AC can cause, especially on short trips. To reduce these effects, drive with the windows down when traveling at slower speeds, and use the AC at higher speeds

whenever possible. Avoid parking in direct sunlight to keep the cabin temperature lower, and after parking open the windows to allow hot air in the cabin to move out. This helps the AC cool the vehicle faster and requires less energy. The heater and AC work best when the vehicle is moving.

Temperature can also have an effect on when to fill up your tank. Fuel pumps dispense fuel by volume, not density. During hot weather it is better to fill up in the cooler morning and evening hours to benefit from slightly more fuel in the tank.

Saving money by driving safely, maintaining your vehicle, and shopping at the right time of day is an easy choice. Following any of these tips can help get the best distance for the least cash. ■

Hybrid and Electric Vehicles

Fuel saving tips for gasoline-powered vehicles also apply to hybrid and electric vehicles (EVs), but there are a few other things to consider.

- **Economy mode** – many of these vehicles come with an "economy mode" feature that may limit a vehicle's performance, such as rapid acceleration
- **Keep the battery charged** – a fully charged battery provides more electricity, resulting in less need for gasoline.
- **Limit accessories** – Heaters, AC, and entertainment systems are a drain on all vehicles, but have an even greater impact on hybrids and EVs.



Standing by for emergency

In the majority of emergency cases, the role of the public is to call 911 for emergency services so that first responders can get to the scene quickly, treat anyone who needs help, and manage the scene. Each situation is different, and sometimes bystanders can fulfill a role that goes far beyond making the call and describing the assistance required. Performing cardiopulmonary resuscitation (CPR) or rescue swimming are actions bystanders can take if they are trained, and they may be able to provide first aid with the guidance of the emergency dispatcher, or they can keep the area safe and secure until help arrives.

Many bystanders who witness an incident fail to respond. This inability to offer help while witnessing an event is known as the 'bystander effect,' and it occurs when the presence of other people discourages an individual from taking action. The reasons for inaction are the belief that everyone expects someone else in the group will act, a belief that they do not know enough to be helpful or that others must know more, or a fear of being judged. Overcoming these beliefs and acting can save lives. Emergency services would rather receive a dozen calls about the same emergency than no calls.

Some people hesitate to get involved for fear of legal action being taken against them. They worry that if they perform CPR and the person is injured during the procedure that they could be held accountable, for example. To alleviate this fear, many countries have "Good Samaritan" laws that prevent lawsuits against rescuers acting in good faith. Whatever country you live in, calling for help is always protected and the right course of action to take.

Others might not intervene due to a natural physiological response to threats. While most people respond with "fight or flight," to high stress situations, others find themselves freezing and physically unable to take any action, even one as simple as calling 911. If you are one of these people, move away from the situation to a safe location and then try to act or ask someone else to act.

Asking someone to call 911 helps them overcome the bystander effect, while reducing the stress placed on yourself.

The bystander effect does not just apply to situations that involve a medical emergency or life-threatening situation. A bystander taking action can also make a difference in situations such as bullying or abuse by confronting the bully or expressing support for the person being abused.





Thought before action

Labelling bystanders as heroes when they actively participate in a situation can have negative consequences. Action must never be taken that puts the rescuer in danger. There have been many situations where would-be rescuers rushed in to save someone, but ended up needing the help of emergency services themselves. Don't add to a bad situation, only act after thinking about what you can realistically do to improve the situation.

In Australia, as many as five people lose their lives every year while attempting to rescue someone facing difficulties in water. The advice of the Royal Life Saving Society, the Australian organization that aims to prevent drownings and promote safe water recreation, is applicable to all emergency situations. "The first step is to recognize an emergency and accept responsibility for the need to take action. The next thing to do is to look out for yourself and not do anything that can put you in danger. Assess the situation and make an informed judgement about any risks."

Most of us are unlikely to ever face a situation that requires immediate action to save a life or perform a rescue, but understanding how human behavior can affect our reactions in an emergency situation and ways to address those behaviors can help, if the time comes to do the right thing. ■

What to say when calling 911:

- Say: "This is an emergency."
- Provide the location of the incident.
- Describe the nature of the emergency, including how many people are injured.
- Say which services may be required – fire, medical, or police/security.
- Provide your name and details, and follow instructions.
- Stay on the phone and only hang up when the operator says so.



Let's grow

Gardening is an enjoyable hobby with a perfect combination of sunlight, soil, and water to make you and your plants thrive. With hands dipped in dirt and sleeves rolled up, it is both relaxing and rewarding to watch your plants grow.

There are many types of gardens. Some produce flowers or food, some grow wild and encourage insect or bird life, and some are a combination. Many gardens include a vegetable plot, which might be designed for both beauty and practicality in mind.

Growing vegetables can also reduce your grocery bills. To ensure the most savings, keep in mind the costs of planting a garden, the types of vegetables you'll grow, and the estimated yield you can expect.

Growing vegetables such as onions and garlic will save you money, as these are used in many recipes and are easy to grow. Vegetables like tomatoes, peppers, and squash produce crops throughout the growing season, so plant enough to meet your needs. On the other hand, vegetables such as carrots and corn can only be harvested once, and must then be replanted. Herbs such as mint, cilantro, and sage grow easily outdoors or in a container indoors.

Most vegetable gardens are grown in rounds with one crop finishing and another taking its place, or one crop providing a nutrient that another needs to thrive. Fast growing crops such as lettuce can be planted near slower growing crops to ensure a long period of constant harvesting and fresh vegetables on the table.

Rewards

A garden at home can also improve food safety, as you are in control of the entire growth chain from planting to plate. You know where the food comes from and how the plants are grown.

Vegetables and fruit provide peak nutritional value when consumed immediately after being picked. Gardening is a healthy pastime that combines physical activity with exposure to natural sunlight, which lowers blood pressure and triggers vitamin D production. It can also help you feel productive and less stressed by focusing your attention on a calming task.

Many studies report a link between lower anxiety and regular exercise, with gardening offering both of these advantages. According to the Harvard Medical School, 30 minutes of weeding, digging, and raking burns the same calories as a low-intensity workout.

Space savers

Limited outdoor space doesn't mean that you have to miss out on the joys of gardening. Containers, such as window boxes or pots, are a great option for versatile gardening. If indoor growing space is limited, consider planting smaller herbs such as miniature thyme, basil, or parsley in a plant pot. Larger herbs such as oregano, rosemary, lavender, or mint can easily take over a small space, and will spread throughout a larger garden unless controlled, making them a good choice for growing in a container.

Container gardens have many positive aspects. They can easily be moved into sunny or shaded areas and raised off the ground to create more space or prevent pets from digging in them, and add unique shapes, or colors to a garden. Water your container garden regularly, as this soil can dry out quicker than ground soil. You'll also need to provide more fertilizer and minerals as plants won't be able to stretch their roots into the surrounding soil.

Gardening provides a wide range of positive benefits, can be enjoyed by all members of the family, and is relatively easy to start. There's a plant for everyone. ■



“ Growing vegetables such as garlic and onions will save you money, as these are used in many recipes and are easy to grow ”



Avoid injury while gardening:

- Wear gloves to protect yourself from tools and creepy crawlies lurking in the soil.
- Take frequent breaks, especially during warmer weather or if the work involves heavy lifting.
- Use knee pads to reduce pressure if you are kneeling to garden.
- Stretch and rest as needed.
- Stop when you feel discomfort.
- Wear a hat and sunscreen with an SPF of at least 30.



Common Vegetable Planting Calendar in Saudi Arabia

Vegetable	Time to plant	Maturity
Okra	All seasons	60 to 75 days
Eggplant	All seasons	90 to 120 days
Peppers	September to January	80 to 90 days
Cucumber	May to July	50 to 65 days
Summer squash	November to January	3 to 5 months
Sweet corn	September to October	55 to 95 days
Beans	All seasons	43 to 52 days

Listen up



There is a common connection between activities such as completing schoolwork, passing through airports, writing a work report, doing a working out at the gym, or taking a walk. In today's world, you'll probably have a set of headphones or earphones for any one or all of these activities.

Modern ear sets don't just let you listen, they can make and receive calls, control your fitness tracker, and block out surrounding noise. With so many capabilities, selecting the best ones for you may be difficult.

The type of headset you choose depends on its intended use and your personal preferences. Sound quality, portability, compactness and comfort are all relevant, but one person's "must have" is someone else's "never use."

|| **The quality of sound depends more on the model you choose than on the type of headset** ||

There are four basic types of headset: over-ear with the traditional large ear cups and headband, on-ear that look similar to over-ear types but are smaller and have cups that rest on the ear rather than cover it, earbuds that sit at the entrance of the ear canal, and in-ear that rest snugly inside the ear canal. Once the type is selected, the choice of wired, wireless, and truly wireless must be decided. Each type and connection style complement certain types of user needs and demands. Wireless and true wireless headsets connect to the media source via Bluetooth. Wireless headsets are connected by a strap or headband, while true wireless earbuds are independent.

Over-ear headphones are typically the most comfortable design. They are easy to wear, usually well-padded, but are also the largest and heaviest type. On-ear models apply more pressure to the ears to maintain a stable fit, which can get uncomfortable, but are more firmly attached than earbuds and in-ear styles. Earbuds do not put pressure on the ear canal or on the head, but can leak sound and may fall out of place. In-ear designs fit directly into the ear and their comfort level mostly depends on individual preference. They don't leak sound as much as other styles and are less likely to fall out of place than earbuds.

Portability and how much space the sets take up both on and off or out of your ears may be a factor in choosing a set. This includes the size of the headphones folded or in use, charging cases and cables, and neat-fit pouches as carrying options provided for transportation. Consider how and where you plan to use the headphones to get the right ones for your lifestyle.

In-ear and earbuds are the most portable types of headphones with their small size making them easy to carry in pockets or bags. On-ear headphones have varying sizes, but are more compact and easier to carry than over-ear headphones.

Wired headsets are directly connected to the device, which means minimal data loss or signal interference and the best sound quality possible. Wireless headsets need to encode the audio data and transmit it, so there is some loss of quality and may be interference. However, the quality of sound depends more on the model you choose than on the type of headset.

Noise isolation is useful in busy environments to block out or cancel ambient noise. Active noise cancellation uses microphones and speakers to reduce background and surrounding noises, while passive noise cancellation occurs when the design and fit of the headset reduces noise. Earbuds and in-ear sets rely on rubber tips or the shape of the bud to act like an earplug to surrounding noise, while on-ear and over-ear styles have padding which may isolate the ear completely.

Leakage is when sound escapes the seal of the ear cups or earbuds. Loud leakage can be distracting to the people around you, so look for a set with a good seal and fit. Over-ear headphones typically have less leakage than on-ear models that don't seal the entire ear, and earbuds may leak due a poor seal or fit.

Good quality headsets are no longer out of reach because of price. As the market has developed across all formats, particularly wireless, it's possible to find an affordable set without an obvious loss of quality or comfort. ■



Over-ear

Ideal if you are looking for comfortable, all-inclusive headphones, and don't mind the larger size.



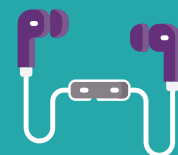
On-ear

For listeners who want a good level of comfort in a more compact format.



Earbuds

These rest inside the ear at the edge of the ear canal. Good for listeners who may find an in-ear fit uncomfortable.



In-ear

These are portable with small earbud tips, which are inserted into the ear canal.

Clean cuts

Every kitchen has a cutting board, most have more than one. They come in wood, plastic, rubber, and composite materials, with each requiring special care to ensure the safest, longest use. All boards can be washed by hand with warm water and dish soap, but besides this commonality, these surfaces can vary widely.

Due to the risks of cross contamination, it's always a good idea to have at least two cutting boards: a plastic one for raw meat and seafood, and another for cooked foods, breads, vegetables, and fruit.

Wooden boards have a porous surface that can hide bacteria, and tiny cuts and grooves in the surface are the perfect spot for bacteria to grow. However, wooden boards are also better for knife edges than plastic boards. To clean a wooden board, wash it, towel dry, and place in a dishrack on its side to finish drying. Don't soak the board (or any wooden items) as they can absorb water and crack.

Apply food-grade board oil or board cream to seal the wood about once a month. These are mineral oil, beeswax-based creams, and specialty coconut oil. Do not use vegetable, walnut, peanut, teak, olive, or corn oil as they can turn rancid. The oil and cream soaks into the wood and stops other liquids from penetrating it.

Plastic, rubber, and composite boards can go in the dishwasher, depending on manufacturer recommendations. Wash these in the hottest water possible.

Sanitizing a board can be done using a disinfecting solution. Apply hydrogen peroxide solution to the surface and let it sit for a few minutes, or add 22 ml (1.5 tablespoon) of bleach to 4 liters (1 gallon) of water and apply to the board surface (bleach may discolor or dry out wooden boards). Rinse the board thoroughly after disinfecting.

If a wooden board is cracked or warped it should be replaced. Sanding may solve the problem of deep cuts on a wooden board, but others should be replaced once they have developed deep cuts. Shallow cuts on plastic boards can be rubbed with a steel scouring pad or wire brush to remove plastic particles created by the knife.

Nothing lasts forever, and cutting boards are no exception. There will come a time when cleaning and care no longer prevent bacteria from taking hold. Replace old boards that have large or deep cuts or cracks, or surfaces with significant damage. A good cutting board protects the chef and the kitchen, and must be ready to withstand these challenges. ■

“Sanding may solve the problem of deep cuts on a wooden board”

Eliminate odors absorbed by your cutting board

Using salt and lemon

- Sprinkle the board with a generous amount of kitchen salt.
- Squeeze lemon juice over the salt.
- Use the cut half of the lemon to scrub the salt mixture into the board.
- Let the mix dry and then gently scrape it off.
- Wash and dry the board as usual.

Using white vinegar

- Sprinkle the board with baking soda.
- Wash the surface in a solution of one part distilled white vinegar and four parts water.
- Rinse well to avoid a lingering vinegar flavor and leave to dry.



Economic electricity

Household electrical appliances, entertainment systems, and smart devices need electricity to run, or charge their battery. A typical morning may see you use an alarm clock, lights, hot shower, electric toothbrush, electric shaver, hair dryer, kettle, toaster, television, and dishwasher. We switch them on and off as needed without much of a second thought. What is less known is when these items are in rest mode, they stay connected to the mains, and still draw on the electricity supply. As a result, they are also adding to your utility bill while waiting for their next use.

23%

of your
electric
bill comes
from
energy
vampires



Energy vampires

Domestic appliances such as dishwashers, clothes dryers, food processors, microwaves, and vacuums make short work of household chores and are often left plugged in ready for their next use. The next time you are in the kitchen, check which appliances are plugged into a live socket. Some appliances are too difficult to switch off or unplug easily, but others can be. When socket switches are on and items are plugged in, there is an energy draw to the device even though it's not being used.

These "energy vampires" can cost up to 23% of your electric bill, a study by the U.S. based Natural Resources Defense Council found. The worst offenders include TVs and related devices, home stereo systems, computers and peripherals such as routers and printers, and appliances with continuous display screens. Despite entertainment and media units being used daily, try to stop the flow of power when not in use. In standby mode, a device is still receiving power at a low level. The small light that comes on after being turned off indicates standby mode. Although individual appliances in standby mode consume a fraction of what they usually do, the more devices you possess, the greater the cost of their consumption.

Charging phones, laptops, and power banks can also be a source of waste if they are plugged in past their full charge. Being plugged in serves no purpose beyond full charge, so when items are fully charged, unplug them – and remind everyone in the household to do the same.

Lighten up

Lightbulbs are a staple inside and outside the home, but as necessary as they are to find our way around they are also constant electricity users. Leaving lights on in rooms that aren't being used or switching all the lights on in a room when only two are needed, is wasteful and expensive.

To combat these costs, switch off lights that are not in use, and use energy-efficient lightbulbs. These small actions make a difference over time. Get into the habit of switching off lights when you leave a room. Don't use more lighting than you need, and consider getting targeted or area specific lighting.

Choose energy-efficient light bulbs like compact fluorescent lamp (CFL) or light-emitting diode (LED) bulbs. These last much longer and can use up to 80% less energy than regular bulbs. Consider replacing light switches to dimmers, which control the level of brightness and can save energy and costs.

Efficiency upgrades

A smart meter can measure how much energy home appliances and entertainment systems are consuming when not actively in use. Then actions can be taken to reduce the usage. Plugging items into smart power strips that can be configured to shut off electricity to appliances when not in active use can save money. Other strips have timers that manage electrical energy used at different times of the day. Make sure power strips are UL listed or similar.

Central heating and air conditioning are invaluable, but they are high energy users. Often, they run all day and all night at the same rate. A programmable thermostat can manage the temperature in your home more efficiently. It can be set so you wake up warm and come home cool, but doesn't waste as much energy when you're not home.

When buying a new appliance, look for energy-efficient models. They will normally have an energy label that shows a rating.

Energy ratings are a way of measuring the amount of energy an appliance uses and how efficient it is. Most manufacturers are now required to provide an energy label on their appliances. Information provided includes the unit's energy consumption, water consumption, and washing and drying temperatures. Check with manufacturers to learn how they make their machines more efficient.

Applying a few small changes to your daily actions and updates to your home will save your bank account unnecessary pain. ■

Clothes washer

Do full loads when possible, and use cold water when able (hot water uses more energy).

Clothes dryer

Dry clothes outside on a washing line, or set up a stand dryer indoors (away from heaters and household traffic).

Dishwasher

Omit the heat dry cycle. Either hand dry with a dishtowel or leave the dishwasher door half-open for the dishes to air-dry.

Refrigerator

Check that the temperature is not too cold, review the manufacturer's recommended settings for the contents, and increase the temperature by a few degrees if you can.

Freezer

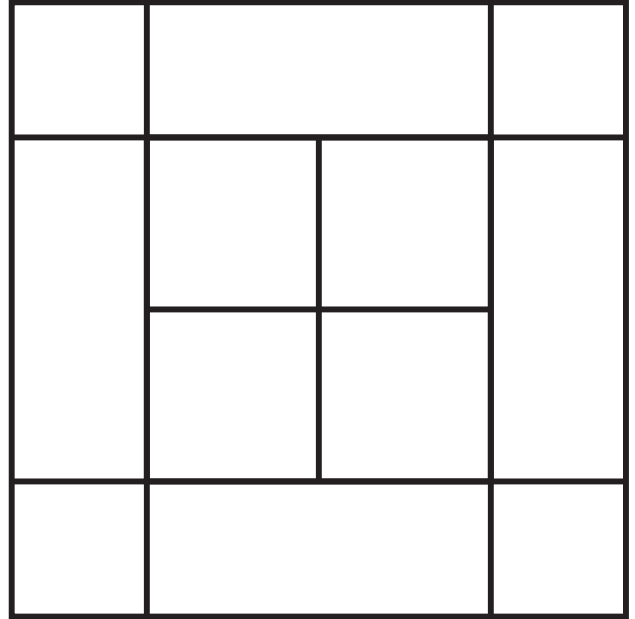
Defrost every few months to avoid the unit working harder because of built-up ice.



لعب المحب

كم مربع ترى؟

How many squares can you see?



الحل:

Answer:

14

سودوكو
Sudoku

			9				6	7
	9					2		8
4	6			7	8			
3	2			9	4		7	
7			6		3			2
	1		7	8			4	3
			8	5			1	6
5		1					9	
6	7				9			

الحل:

Answer:

9	1	3	1	4	8	5	2
2	8	1	5	3	9	1	4
5	4	8	8	2	1	3	9
8	1	9	1	8	5	2	4
1	2	4	9	1	3	8	5
3	5	8	2	8	4	9	1
4	9	5	3	1	8	1	2
1	8	1	4	9	2	5	3
8	3	2	8	5	1	4	9

هل تريد أن تظهر في مجلة بانوراما؟

ارسل اسمك وموقعك ومعلومات التواصل وصورة لك
على الإيميل: panorama@aramco.com

Do you want to be in Panorama?

Email us your name, location,
contact information and photo
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