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10GB Emails Now Available to LIU Students

The IT Department has finalized the project of creating email accounts for all students at LIU using live@edu from Microsoft. The students' email addresses are their ID#@students.liu.edu.lb, for example 10330181@students.liu.edu.lb. They can login from www.live.com. Each student email has a capacity of 10GB between email, contacts and calendar. They are able to login to MSN to chat and share documents using their email accounts. They can chat through

text, voice, and video. Moreover, they will have an online folder of 25GB capacity on sky drive. Students will also have the benefit of downloading Microsoft Software for free using their IDs by going to **www.dreamspark.com**. Software include but are not limited to Microsoft Server 2008, Visual Studio, MS SQL Server, and many others. These student emails will be the means of communication between instructors and students in the future. Students can pass by the IT department in each campus to collect their usernames and passwords.

Construction Starting on Beirut Campus Extension

An extension to the LIU Beirut campus will add 3 underground levels of parking spaces, as well three new buildings hosting a new library, several auditoriums, labs, classrooms, offices, a new cafeteria, a multi-purpose sports court, and green areas. The underground parking, which is a part of phase 1, is expected to be completed by late next Fall semester 2011/12, while the entire project is expected to be completed by Summer 2012.



LIU to expand to Casablanca, Morocco

The Lebanese International University is continuing its rapid international expansion, with a new campus to be opened in Casablanca, Morocco. It will operate under the name The Moroccan Institute for Natural, Social and Applied Sciences, or MINSAS. The following majors will be offered during its opening semester: Business Management, Electrical and Electronics Engineering, Graphic and Interior Design, and Translation. Instruction will start in Fall 2010/2011.

LIU Scope in New Partnership with Hibr Newspaper

The Scope, the official LIU magazine, is now in a partnership with youth-run newspaper Hibr. Material can be freely exchanged between the two, giving LIU students and staff the opportunity to have their work exposed to 20,000 additional readers through publication in Hibr. The Scope will also be enriched with Hibr's dynamic, eye-opening articles that can be found in the Community section. Hibr is a monthly free distribution newspaper licensed under a Creative Commons license (http://creative-commons.org/licenses/by-nc-sa/3.0/) that facilitates the sharing of information.





LIU Students Mobilize to Clean Lebanon's Beaches

The Lebanese Ministry of Youth and Sports organized a beach cleanup campaign that rallied students from all over Lebanon, including more than 200 from the Lebanese International University. The campaign was dubbed 'Al Azrak al Kabeer', Arabic for 'The Great Blue Sea'. Youth from schools, local and international organizations, scout groups and all of Lebanon's major universities were present at the cleanup. The campaign started at the Ramlet el Bayda shore in Beirut, and was commenced with the Lebanese national anthem and several welcoming speeches. An LIU student who participated in the event, Issa Hawari, noted a great degree of motivation among the participants, saying, "People came from all over the country, it seems people are fed up with the amounts of pollution in Lebanon and want to make a difference, even a small difference."



LIU student group Talaba launched an awareness campaign to commemorate International Women's Day, which falls on March 8, 2010. The aim of the campaign was to shed light on women's rights and the history of their fight towards equality in society. The posters were designed by LIU student Mohammad Mortada, a Talaba member. One of the posters included the slogan 'The Barriers Will Break', referring to societal discrimination against women, and another displayed important dates in the struggle towards women's full rights.





LIU Students Train to Monitor Lebanese Elections

On April 30, 2010, the Talaba student group held a training session at the LIU Beirut campus for student volunteers to monitor the Lebanese municipality election. This session was organized by the Lebanese Association for Election Monitoring. Its aim was to allow youth to be a part of the national reformation by providing them with the skills to fight corruption and ensure the safety of the elections.





LIU Student Wins Gold Medal in 'Studio el Fan'

Mahmoud Wehbi, a Business student at LIU Saida, won first place in MTV's 'Studio el Fan 2010'. The Saida campus celebrated his crowning with a concert on April 28, 2010 in which he shared some of his best songs. Hundreds of students attended the event and congratulated Mr. Wehbi on his accomplishments and excellence in the musical field.

Fun and Celebration at Tripoli Campus Outdoors Carnival

The annual Outdoors Carnival was held at the Tripoli campus during the Spring semester. The three-day event included games and competitions organized by LIU students, and welcomed not only LIU students but also youth from other local universities and schools. Participants enjoyed the celebratory atmosphere of the carnival after a long school year, and some enjoyed it in their own ways- some students took the opportunity to sell flags and other World Cup memorabilia.





Saida Campus Welcomes Lebanese hero Samir el Kantar

Lebanese resistance icon Samir el Kantar visited the LIU Saida campus for a student-organized ceremony that marked Liberation day, and gave a speech on his experiences during his incarceration. The ceremony also included a play titled 'The Celebration of Victory', directed by Mr. Ali Youness and starring artists Kassem Istanbuli, Amira Abed, Kassem Kassem and Ali Hojeij.

LIU Student Wins Billiard Championship

In the latest achievement by outstanding LIU students, Mohammad Massoud from the Saida campus came first place in a billiard championship organized by the Middle East University. Representatives from several universities competed in the event, and Mr. Massoud prevailed over students from the Middle East University, the Beirut Arab University, Hagazian University, the Modern University of Business and Science, and many more.



LIU EAGLES

LIU Eagles Bring Home Gold in International Sports Competition

LIU Eagles sports teams returned from The International Sports Tournament victorious after winning first place in soccer and second place in handball. The competition was held at the University of Saint Joseph on March 26, 2010. The event featured university teams from 18 Arab and European countries and 13 university teams from Lebanon. The handball team had defeated the USG team as well as the Nigerian team on their way to the final. "We proved again that we are on the right track to be a dominant force in Lebanese university sports," says LIU Sports Director Nazir al Saoudi, "and I would like to congratulate Coach Bassem Mohamad, Coach Ziad Mansour, the players and every member of the LIU family that contributed to both results."

LIU's Riad Ratel a Kickboxing Champion Once More

Tripoli campus student Riad Ratel has won the Lebanese Universities Kickboxing Tournament for athletes less than 61 kilograms, making it the 12th time he has been titled the Lebanese champion. He had previously won numerous tournaments including the World Kickboxing Championship in 2007 and the Arab Championship in 2005. Riad represented the Lebanese International University at this year's tournament, which was organized by the Lebanese Kickboxing Federation and included 58 athletes from 11 Lebanese universities. He won by a margin of 10 points, something that has only been done twice in the 58 tournament games.





Jdeideh Campus Holds First Table Tennis Competition

To top off a sport-filled Spring semester, the Jdeideh campus of the Lebanese International University held its first-ever table tennis competition on June 6, 2010. The competition was held under the supervision of the Lebanese Table Tennis Union and was organized by Mr. Elie Hourani, Sports Coordinator at the Jdeideh campus. Twenty four players participated with first prize going to Gharo Khoury (males) and Pamela Makhoul (females), second place going to Raja Hashem (males) and Yara Saliba (females), and third place going to Joseph Hobeis (males) and Nada Hoteit (females). The competition was concluded with Administrative Director Dr. Gaby Khoury awarding medals and certificates to the winners.

Students Commemorate First Anniversary of the War on Gaza

On Wednesday, January 20, the Student and Youth Legion to Support the Palestinian Cause, a student group at LIU, organized an event dubbed 'Gaza is Victorious Fair'. The event marked the passing of one year since the brutal war on Gaza last winter. Several prominent political figures attended and speakers expressed support for the people of the besieged Gaza Strip.

Student Club Organizes Film Viewing to Raise Awareness about Occupation Wall

On Wednesday, May 19, students at LIU Beirut were invited to a viewing of 'The Wall in My Heart', a 3-D animated film about the hardships that result from the occupation wall in the West Bank, Palestine. The thought-provoking film provided a taste of the human experience that is not usually seen on the news, with students describing the storyline as "emotional" and "thought-provoking". The viewing was organized by Sada el Shabab, a student group at LIU.



Blood Drive Shows Generosity of LIU Students

On April 8 and 9, Donner Sang Compter, a volunteer-based NGO, visited the Beirut campus to encourage students to donate blood. The group aims to 'link blood donors to patients in need. More than 140 LIU students enlisted during the campaign. President of the NGO Yorgui Teyrouz explained that "There is a huge need for blood donation in our country, and people don't realize the extent of this need until it affects them". Donner Sang Compter distributed a phone number, 03 314 868, for emergency demands of blood, platelets or plasma. They can also be contacted via their website, www.donnersangcompter.org

LIU Community Celebrates Israeli Withdrawal from Southern Lebanon

More than 200 staff and students gathered at the LIU Beirut campus to celebrate the May 25, 2000 withdrawal of Israeli forces from Lebanese territory in an event organized by Nadi Nour, a student group. The June 1 event featured a speech by His Excellency Minister Abdul Raheem Mourad, in which he hailed the role and achievements of the Lebanese resistance. Member of Parliament Abass Hashem also spoke during the festive ceremony, which included a short film about the occasion.

News

This spring, the LIU campuses in Beirut, Bekaa, Saida, Nabatieh, Tripoli and Jdeideh teemed with activity- they continually hosted events, sponsored student initiatives, launched sports competitions, and more. This energizing atmosphere will be further expanded into our communities with the upcoming establishment of new campuses in Tyre and in Casablanca, Morocco. Check out LIU's latest news...



Youth Initiative for Social Solidarity



Fifth Annual Career Fair Marks One Year since Opening of LIU Career Department



Annual Commencement Held at Bekaa Campus



LIU Hosts Lebanese Norwegian Cultural Week



LIU Builds Relationships, Sets Stage for Future Partnerships during Higher Education International Conference



Renowned Syrian Artist Duraid Laham Visits LIU Bekaa Campus



LIU Saida Opens Stateof-the-Art Cultural Theater



Bekaa Sports Festival Welcomes Teams from LIU Campuses



Sports Scene Thriving at New Nabatieh Campus



Sports Tournament Rocks Beirut Campus

and much more...



LIU student group Talaba has started an ongoing project called The Youth Initiative for Social Solidarity, aiming to spread awareness of poverty in Lebanon and to support families that live in difficult economic circumstances. Their goals are not modest; in the words of activist Rola Awad, "We aim to be the starting point of the end poverty in this country."

These goals were announced in a May 14 charity seminar that marked the launchina of the proiect. The activists aimed to mobilize the audience into taking action, and they did this through a riveting film of their own creation that was a result of a cross-Lebanon trip made. The production of the film was in collaboration between The Lebanese Association for Development - Al Maimouaa through the Siraj Program (Developing Initatives and Youth Leaders in the Arab World) and the Lebanese International University. It introduced people to the causes of poverty in Lebanon and showed the conditions that some Lebanese families live in. After the viewing, the project funding NGO, The Lebanese Association for development (Al Majmoua) presented the student group with the "Best Social Initiative for 2009-2010" certificate. The event was met with

extensive media coverage across Lebanon, with coverage in both English and Arabic language newspapers and magazines. Some of the activists were featured on FutureTV on the Mazaj program, and on NewTV's Al Usbou fi Sa'a program.

The Beginning

The project's beginning was when a member of Talaba watched a report about global poverty and learned that 1 billion people around the world suffer from hunger. On the next Talaba meeting, the members decided to do something truly proactive. Rola Awad says, "We realized that we







couldn't reach all 1 billion people, but we could reach those in our own communities."

So their initial goal was to start a campaign to help the Lebanese poor by providing them with their essential needs; canned food, clothes, toys and books. The idea was to mobilize LIU students and other youth to donate these items. To start this campaign, they needed to find an effective

Poverty in Lebanon affects all communities.

When it comes knocking on the door, it doesn't ask about religion, sectarian group, language, or political party

way to communicate the cause to their audience and really bring the point home. Activist Hussein Rammal says, "When someone tells you that 8% of the Lebanese population is living under the poverty line, all you hear is a number. It doesn't register. But when you show them the reality, you see that beneath this number is a lot of hardship and suffering." So they chose to convey this situation through film.

They decided to visit poor families and film their living conditions so as to convey their stories to as many people as possible. The group approached the Communication Arts Department. Chairperson Dr. Jamal Wakim and Coordinator Mr. Has-



san Choubassy supported the idea immediately, and selected some of the best Radio and Television students to film the project. The Department also provided filming and editing equipment.

Transformations

The students named the project The Youth Initiative for Social Solidarity, and set out to change the reality of poverty in their communities. Filming was scheduled for the winter break, a time when scarcity is very palpable in the lives of the underprivileged. The campaign team crisscrossed Lebanon, visiting poor families and taking a look at their day-to-day existence. They travelled on a bus named the 'Talabas 24/7', representing 24 students and 7 days, which was the duration of the trip. The trip was named 'Min Hawlak', an Arabic play on words that takes on several meanings, including 'from all around you', and, more subtly, 'we will transform you'. "This refers to Lebanon", says Talaba President Ali Jaafar, "We want to transform the reality of poverty in Lebanon."





During the trip, the group not only aimed to film the project, but also to organize certain beneficial activities in the poor communities visited. Some of these activities were planned in advance and others happened spontaneously. "We wanted to add value to our presence when visiting these deprived regions," says campaign member Mohammad Mortada. "We would map the region and determine what activities we could do, but other times the activities would determine themselves and just happen on the spot." One example of this was in the village of Chaath, in the Bekaa Valley. It was the first day of filming, and the activist team noticed an empty lot littered with trash. They saw its po-



tential to transform into a park or a gathering place for the locals, so they gathered some of the village's youth and spent the day converting it into a green area. "The local people were very happy with the result," continues Mohammad, "And we hear that until now they are still using the once-useless lot as a gathering place."

The group made stops at all the Lebanese regions, staying at the Bekaa and Tripoli LIU campuses



as well as some of the group member's homes. During the Tripoli leg of the trip, they gathered a group of fifty children from the underprivileged neighborhoods of Jabal Mohsen and Bab al Tabene for a day of activities at the LIU campus. The children participated in constructive activities, played games, and talked about their goals for the future. Then they commuted back to their

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The resources to eradicate poverty in Lebanon – forever – are available in our communities

communities where three Talaba members, Dalia Eit, Hussein Rammal and Rola Awad made a wall painting of a tree, and called it the "tree of life". The children then added their touch by making hand prints on it. "These students were from different communities that were often in conflict, and this experience allowed them to create positive memories associated with the other community," says Rola Awad.

Roots of Poverty

The visits to the impoverished families, however, did not leave the group so high-spirited. The Youth Initiative witnessed often unbearable poverty in some of the homes. "There are basic needs that are simply not there. There are homes with no beds. Some have five people sleeping on one mattress, and kids wearing old, worn out clothes, and you can't see a single toy," says activist Dima Wannous. Upon witnessing these conditions, the group set out to look for the root causes of the poverty and found three main sources: disability, cultural norms and government neglect.

The first problem includes families whose breadwinner has become ill or sustained an injury that prevents him/her from earning a living. The second problem, the cultural one, appeared very acute and can be illustrated most clearly in a particular case when the team met a family with twelve children. They lived in absolute poverty and some of the youngest children had to work to support themselves. When the team asked the father why he would have so many children to begin with, he failed to see the relation between their large number and their low standard of living. He believed that he must have many children in order to obtain status as a man in his commu-







nity. Ali Jaafar explains that "This kind of situation has its source in the lack of education, lack of awareness and widespread unemployment that are prevalent in poor areas." The other, more severe facet of blame lies on the government, according to Ali. "Resources aren't channeled fairly and certain regions bear the brunt of the neglect," he explains, "and this results in a lack of basic infrastructure and complete absence of new development in some areas."

Action!

So the Youth Initiative decided to work on two fronts: on the long term, through lobbying for permanent, development-based solutions and by raising awareness; and on the short term, through providing people with some of their basic needs so that their tight resources can suffice. This mi-

cro level mobilization will be done through LIU students and other youth. "Young people have the ability to work instantly and directly on the ground, something that cannot be done through bureaucracy," says Mohammad Mortada, "and we're going to harness this ability. We can't provide the poor of Lebanon with solutions such as jobs, but we can provide them with some of their basic sustenance." He concludes: "Ending poverty in Lebanon is an attainable goal. It is not a dream. We aim to do this through this ongoing initiative. The resources to eradicate poverty in Lebanon – forever – are available in our communities. We can end poverty through items we have in our own homes and do not need or use."



What can I do?

Students who would like to help can start with the Second Hand Campaign, one of the first activities in the Youth Initiative. It aims to provide families with basic items that usually consume a considerable portion of their tight incomes. Students can:

- Ponate: donation boxes will be places periodically at universities for the purpose of collecting and re-distributing second hand items (clothes, toys, books, etc)
- Register register the names of needy families that you know about, who will be on our target list for assessment and identification of specific needs
- Volunteer: If you have some spare time and are willing to help, register your name and take the initiative.

your future is NOW part of the change...

Contact Information:

- Ali Jaafar: 03-041 905 ali.jaafar@live.com
- Deema Wannous: 70-843 889
 w.deema@live.com





FIFTH ANNUAL CAREER FAIR
MARKS ONE YEAR
SINCE OPENING OF
LIU CAREER DEPARTMENT



The Lebanese International University opened its fifth annual career fair on Wednesday May 5, one year after it launched the Career Department. The fair commenced at 10:00 am and continued until 4:00 pm. It was initiated by His Excellency Minister Abdul Raheem Mourad, who gave an opening speech and welcomed the 79 institutions and thousands of students who participated in the event. The institutions included companies from all fields and they sought to employ students from all majors, ranging from nutri-





tion to engineering. Students filled out application forms for employment as well as internships and submitted their CVs throughout the entire duration of the fair. There was bustling activity at the various stands, and one company representative commented that 'students seemed genuinely interested in following up and landing employment positions at our company." There were also significant numbers of recruitment agencies that sought students for part-time and full-time positions.



THE CAREER DEPARTMENT: ONE YEAR ON



Filling applications

The career fair marked one year since LIU launched its new Career Department. The Department aims to connect students to the market, easing their transition from the classroom to the workplace. Since its opening, it has made many strides towards achieving this goal, including immense coordi-

nation with institutions that seek to hire students. This can be seen in the numerous advertisements for jobs seen throughout LIU's campuses, which have multiplied in number since the inception of the Career Department. Another step was the new Career and Marketing Department blog, www.liucareers.blogspot.com, which advertises all new job openings at collaborating companies and announces the latest Career Department news.

Since its opening, the Career Department has made many strides towards achieving this goal, including immense coordination with institutions that seek to hire students



Instructors at the fair

Students can also stop by at the Department to receive assistance with their CVs and job interviews. This proved to be a big help for students who were preparina CVs for the career fair days before, such as Advertisina student Mohammad Jildaye. "I brought my CV to the Career Department and one of them pointed out some mistakes I made in it, such as not mentionina my objective, and documenting my education and work experience improperly," he shares. Public Relations student Hiba Ismail didn't know how start making a CV, and was assisted by the Career Department.

NEW STUDENT EMAILS BETTER EQUIPPED THAT MOST COMPANY EMAILS

The career fair also included a presentation by Microsoft about the new student emails, informina LIU students about the benefits and features of the live@edu accounts that they are all allocated. The 10 GB capacity of the emails will provide enough space for students to store their schoolwork, coordinate with instructors and fel-



low students, and more. Chief Technology Officer at LIU, Ayman Dayekh, said that, "You might say this is better than what we have as instructors and staff; well, we give our best to our students." Students were invited to receive their new emails and passwords from the Information Technology Office in their campus, and those who had already received them were offered the chance to enter a draw to win a laptop. The laptop was presented to winner Kassem Itani by manager of Live@edu Ms. Nadine Haddad and LIU Vice President Mr. Samir Abou Nassif.





Annual Commencement Held at Bekaa Campus



On Friday, July 2nd, 2010, the Lebanese International University held its annual commencement ceremony at its main campus in Al Khyara, Bekaa. The event included graduates from all LIU campuses in Lebanon and the first group of graduates from LIU Yemen, and welcomed the friends and families of all graduates. Prominent community leaders and Lebanese figures were



also present, including President of LIU His Excellency Abdul Raheem Mourad, whose welcoming speech marked the opening of the ceremony. Graduate Ghinwa Hamad Khodor, the year's valedictorian, also gave a welcoming speech.



Ghinwa, who completed her Bachelor's degree in Banking and Finance, had a GPA of 3.93, the highest in all the LIU campuses.







"The challenges the future brings mean that the Middle East will need not leaders, not good leaders, but the best leaders the world has ever seen. And this, of course, is up to you." Those were some of the remarks of Norwegian journalist Bjørn Gabrielsen, who was invited to speak at LIU during the Lebanese Norwegian Cultural Week.

On Wednesday, April 14, 2010, the Lebanese International University hosted the cultural event for one day of its six-day duration. The renowned event took place from April 12 until April 18 and welcomed prominent figures from Norway and Lebanon. It was organized by Nahnoo, a Lebanese association, in cooperation with LIU student group Talaba Club, the Lebanese American Uni-

vers and University Leb Min we The to dia ea

Ali Jaafar representing Talaba Club

versity's Unesco Club and the Beirut Arab University, with the support of both the Lebanese Cultural Ministry and the Norwegian Embassy.

The event aimed to promote cultural dialogue between eastern and western civilizations and brought up many conventional topics in a fresh, new ap-



proach. The discussions at LIU focused on the positive contributions different cultures can have on each other. The day started with welcoming speeches from Dr. Jamal Wakim, Chairperson of the Communication Arts Department and Mr. Ali Jaafar, president of Talaba. It continued with a discussion initiated by Norwegian journalist Bjørn Gabrielsen, titled 'The Many Roles of Religion in Europe and America'.

"Good news does not travel as fast as bad news"

One of the ideas Gabrielsen conveyed was that "good news does not travel as fast as bad news, and that the media rarely tells us positive, en-



couraging stories." He gave the example of an event that happened in the United States after September 11, when two thousand local Americans showed up at a community mosque to offer help in case of hateful incidents against the Muslim community. In another incident, a book store in Virginia, owned by a man of Palestinian descent, was vandalized after the 9/11 attacks. The owner then received hundreds of bouquets from strangers offering their support. "But we don't hear of these," Gabrielsen stressed, "we hear of the bad incidents, the few incidents of attacks and of racism."

"A rich society is rich because of its plurality"

The discussion was followed with a speech by Lebanese philosopher Dr. Ali Harb, titled 'The Fate of Western Concepts in the Eastern Mediterranean Region'. He praised the idea of plurality in cultures, and stressed that no culture or civilization can exist independently of others. "A rich society is rich because of its plurality," he said. "When the Arab civilization was at its height, when it was most prosperous, it was a society thriving with plurality." This concept was in accordance with the goals of one of the event's organizers Talaba.



"Academic knowledge and a university degree are not sufficient to build up a strong youth personality"



"The goal of this event is to promote the idea that it is our right to differ," commented Talaba member Mohammad Koleit. "One of Talaba's areas of work is culture. We believe that the university is a place where a cultural interaction and sharing are to take a place. Academic knowledge and a university degree are not sufficient to build up a strong youth personality. Youths always need a cultural perspective and knowledge in order to succeed in their futures and to be actively involved in their societies."







The Lebanese International University attended the annual Higher Education International Conference 2010 (HEIC), and established links with many of the prominent participants. The HEIC is an event that aims to discuss current challenges in the world of higher education. The conference

LIU'S PARTICIPATION WAS SIGNIFICANT IN DISCUSSION SESSIONS, SIDE MEETINGS AND MOST NOTABLY IN THE ESTABLISHMENT OF LINKS WITH PARTICIPANTS.

commenced on Tuesday, May 4 and continued until Thursday, May 6. It was organized and hosted by the Modern University for Business and Science (MUBS) under the auspices of the Minister of Higher Education, Dr. Hassan Mneimneh.

The conference was a successful event that gathered many nationally and internationally recognized higher education experts and stakeholders, including Dr. Saleh Hashem, the Secretary General of The Association of Arab Universities, Professor Joseph Mifsud, President of the Euro-Mediterranean University (EMUNI), Dr. Aref Alsoufi, National Tempus Office in Lebanon, Heinz Ulrich Schmidt from the FIBAA/ German Accreditation Agency, and many others. LIU's participation was significant in discussion sessions, side meetings and most notably in the establishment of links with participants.

Universities from all over the world attended ranging from the University of Jammu from India, to the University of Pittsburg from the United States. Among the countries represented were China, Germany, Indonesia, Saudi Arabia, England, UAE, Spain and Switzerland. Representatives from the Nigerian and Pakistani Ministries of Education were also in attendance. The discussion topics of the conference included but were not limited to: Governance, Quality Assurance and Accreditation-University Ranking, Role of Women in Higher Education, and Higher Education and Community Service.





The Lebanese International University and the Arab Cultural Center welcomed Syrian artist Duraid Laham to the LIU Bekaa campus. The event was held in the Omar Mukhtar Educational Theater under the auspices of His Excellency Abdul Raheem Murad, and welcomed local mayors,

"Mr. Laham spoke about the strong relationship between the Syrian and the Lebanese people"

heads of municipalities, and instructors and students from LIU and the community. Mr. Laham delighted the audience when he presented his speech in a unique way - he came on stage playing the role of Ghawar, the legendary clueless yet wise character of Syrian television whom



Mr. Laham is most famous for portraying. He spoke about the strong relationship between the Syrian and the Lebanese people and told the audience that he was "Lebanese first and Syrian second" because of his mother's Lebanese heritage.

In his speech, His Excellency Abdul Raheem Murad spoke



Touring the LIU Bekaa campus

about his strong favor towards Duraid Laham, stressing that LIU chose him from among thousands of Arab artists because of the message he stood for. "He is the actor of the Arab nation: and he is more worthy of honor than the others." said the LIU president. "We chose to honor him not only because of his acting career, but also because of the substance of his work." Mr. Laham and his wife, Mrs. Hala Bitar, then joined His Excellency on a tour of the Bekaa campus and he expressed his hopes that his grandchildren would have the opportunity to continue their education in LIU.



LIU SAIDA OPENS STATE-OF-THE-ART CULTURAL THEATER

A festive ceremony took place on April 12, 2010 at the LIU Saida campus, marking the opening of a new theater by His Excellency Abdul Raheem Murad. The event was honored with the presence of many prominent Lebanese figures, including former Member of Parliament Dr. Osama Saad, President of the Union of Municipalities of Saida and Al-Zahrani Dr. Abdul Rahman al-Bizri and Head of Lebanese Army Intelligence in Saida Colonel Mamdouh Saab.

The event commenced with His Excellency Abdul Raheem Murad cutting the ribbon and included dramatic presentations by students. The diverse

"Culture is a part of resistance, and resistance needs culture to develop creativity and to create scientific advances"

student clubs of LIU Saida all united together during the unique cultural event, presenting plays, poetry and music. One segment of the event included a traditional Lebanese 'Dabka' dance. Following the presentations, His Excellency spoke



about the important role of culture in our lives. He said, "Culture is a part of resistance, and resistance needs culture to develop creativity and to create scientific advances... these allow us to restore the leading role of Lebanon in the field of education, tourism and banking."

He also stressed the role of education in the future of Lebanon, saying, "Lebanon doesn't have significant natural resources nor advanced industrial production, but it does have an important resource- its people – which we can invest in through education."



BEKAA SPORTS FESTIVAL WELCOMES TEAMS FROM LIU CAMPUSES



LIU's first Sports Festival was held on May 1, 2010 at the Bekaa campus, welcoming sports teams from each of the Lebanese campuses. The event included basketball, football, handlball, volleyball and chess competitions between the LIU teams, who vied for titles in each of the sports. It featured a lunch for the 18 coaches and 240 students who participated, and allowed some of them to meet for the first time. Sports Director Nazir al Saoudi commented, "When I first launched this event I never thought the word festival would really describe it, but from what we saw on Saturday and what everyone felt in the Bekaa Campus, it was the ambience of a real festival, well organized, full of fun, sportsmanship and fair play." Organizers hoped to include competitions that allow for the participation of all students in future sports festivals.

Tournament Results:

Basketball (Men)

- 1st Place: LIU Saida
- 2nd Place: LIU Nabatieh
- MVP Imad Sayadi from LIU Tripoli

Basketball (Women)

- 1st Place: LIU Beirut
- 2nd Place: LIU Tripoli
- MVP Rima Naja from LIU Beirut

Football:

- 1st Place: LIU Nabatieh
- 2nd Place: LIU Beka'a
- MVP Ali Mantach from LIU Nabatieh and Ali Shames from LIU Beka'a

Volleyball:

- 1st Place: LIU Beirut
- 2nd Place: LIU Beka'a
- MVP Habib Younes from LIU Beirut







SPORTS SCENE THRIVING AT NEW NABATIEH CAMPUS

Sports activities have long been a dynamic part of the Lebanese International University's culture, and our students have enjoyed sports events since the university's inception. More recently, LIU students have made it to the very top of national and international sports competitions and this shows just how much talent there is in all of our campuses. LIU Nabatieh has been especially thriving in this field, enjoying a booming sports scene since opening its new campus one year ago.

The Nabatieh campus football team recently won first place in football during the LIU Sports Festival, despite the fact that it is one of the newest teams. It prevailed over 8 teams from the other campuses, but this did not surprise Sports Coordinator Ahmad Sbeity, who says that he was "confident in the ability of our students." He attributes the team's immediate success to the training program they follow. "Every week, each Nabatieh sports team has one session of training in the sport, and one game session with a team from another university. This mechanism is what allowed us to come in first place in football and second place in basketball."

The campus showed off its abilities again on May 16 when LIU Nabatieh came in first place in the Lebanese Universities Federation's Canoe Competition. Coach Ahmad had selected two students to represent the university in the game that took place at the Litani River. He explains, "I found

that they had the potential, ability and technique to win. And they did." They won against the numerous participating universities including the Arab Open University, the Lebanese University, Saint Joseph University and many others.

In other sports events, the campus hosted a High School Competition that welcomed local school teams. They competed in football, basketball and volleyball. "Through this competition, we aimed to introduce high school students to the campus and to the sports facilities we have here," says Coach Ahmad. Another event was

"I found that they had the potential, ability and technique to win. And they did." —Coach Ahmad Sbeity

the Sports Day that was held on May 27 to celebrate the end of the Spring semester, which included a lively ping pong competition. "It was a very exciting event," says volleyball coach Hassan Mroweh, "there was a great deal of skill and it was very competitive." The Nabatieh campus, despite its relatively small number of students, also holds Mini Football competitions among the sport's five small teams. Coach Ahmad says that he hopes to introduce more and more sports in the coming semesters.

A sports tournament that included four difference sports, hundreds of participants and thousands of fans brought fun and excitement to the Beirut campus from April 10 to May 18. Dubbed 'The Amal Sports Tournament', the event has been one of the highlights of the Spring semester at LIU for the last four years. It was organized al-

"Four difference sports, hundreds of participants and thousands of fans"

most exclusively by students and created a celebratory atmosphere for the entirety of its duration, as students cheered for the different teams playing in the block B sports field. Student organizer Mohammad Mrad says that, "the purpose of this event is to encourage sports competition and to create a good atmosphere and to bring students closer to one another."

Individual players and teams faced off in football, basketball, and for the first time, in volleyball and ping pong. Thirty two players vied for the ping pong medal in a knockout-style competition. Players were eliminated each time they lost a round, until student Mohammad Ali al Dayekh prevailed and won the first place title.

Student Hassan Farhat came in second place from among the thirty two entrants. The football competition took place at the Doom Football School in Beirut, with 16 teams competing. The first place title went to the Risala Club football team led by captain Ahmad Fawaz. Risala club also won the basketball competition, which consisted of three-player teams and, unlike the other sports, takes place every semester. In volleyball, four teams of two competed against each other with first place going to students Ahmad Arzouni and Mohammad Shabakji.

"The purpose of this event is to encourage sports competition and to create a good atmosphere"

On the final day on May 18, the Minister of Youth and Sports Ali al Abdallah was welcomed to LIU and presented trophies and medals to the winners. During the culmination, Mohammad Mrad commented that "this really was an excellent event and we didn't expect this number of players. Both students and the administration were very cooperative and made our work easy.







Drama Club Unites Students from all Majors; Aims to Reflect Contemporary Society



A young man dressed in simple black stares ahead, and a voiceover says, "What's next? They say learn from history. For how long will you keep talking about history? Our history isn't even ours. It's Roman, Greek, Arabic, Mameluke, Ottoman, and French. Our history is the history of the people that conquered us. We are a people without a history. And if our history is unknown... then our future is unknown. What's next?"

This is the teaser to a new drama project titled 'What's Next?' (W Ba3den Shou?), and is one of the LIU Drama Club's many thought-provoking productions. The Drama Club has recently completed several sketches and dramatic presentations, all created by LIU students from start to finish. The students come from a wide range of schools and majors, yet the one thing they share is their love of performance and of expressing themselves through this exceptional medium.

"What's next?"

The Drama Club is led by Performing Arts instructor Mr. Michel Nassar, who explains the two aims of the club. "It was established to reach an ultimate goal, to help students express their feelings and thoughts freely, in the club and outside it", he says. "Students start a quest to explore themselves through drama, which can lead, from a



psychological viewpoint, to a boost in self confidence and above all to allow them to realize their artistic ambition." Another aim is to engage the audience with humorous yet meaningful productions. As Mr. Nassar puts it, "in our society

"Students start a quest to explore themselves through drama"

plays can be either seriously boring or stupidly funny, so what we are trying to do is to create plays that reflect our real society; through Lebanese dialects, situations and personalities, we produce our 'seriously funny' plays."

These aims are reflected in the recent productions, including 'What's Next?'. It criticizes several contemporary social trends in unique ways. In one scene a play on words is used to shed

light on the massive pollution of our shores, and in another, the Lebanese tendency to ignore any semblance of traffic regulations is demonstrated.

The recent productions were put together by the Drama Club's seven permanent members: Hussein Darbassani, Fadi Annan, Wajd el-Khatib, Rami Abou Diab, Lika'a Hammoud, Rana Mousa and Hassan Kanj. They meet every Saturday to develop their performance skills and to work on new productions. Mr. Nassar says that he plans for additional casting in the Fall 2010/2011 semester, as the Club may need more actors given its current progress and expanding activities.















Schools

Every semester, we launch the Scope, and in every semester we pride ourselves with the new accomplishments of our schools. This semester's issue is packed with the schools' news, events and future plans.

Here's a scoop of what you'll find in the Schools section...



School of Arts & Sciences

Through Each Other's Eyes:

This Spring semester, the Communication Arts department at the Lebanese International University debuted a collaboration program with the Media Communications department at Webster University...

School of Business

School of Business Introducing MBA Program in Islamic Finance:

The School of Business has completed the research phase for setting the

School of English & Education

LIU Student Represents Lebanon in International Speech Competition:

Ani Ghazarian, a first year Pharmacy student in the Lebanese International University, represented Lebanon in the 10th annual English-Speaking Union Competition in London...

School of Engineering

Design and Construction of Wind Tunnel at LIU

A New Horizon of Achievement: A wind tunnel was designed and built at LIU during a senior project course by Mechanical Engineering students...

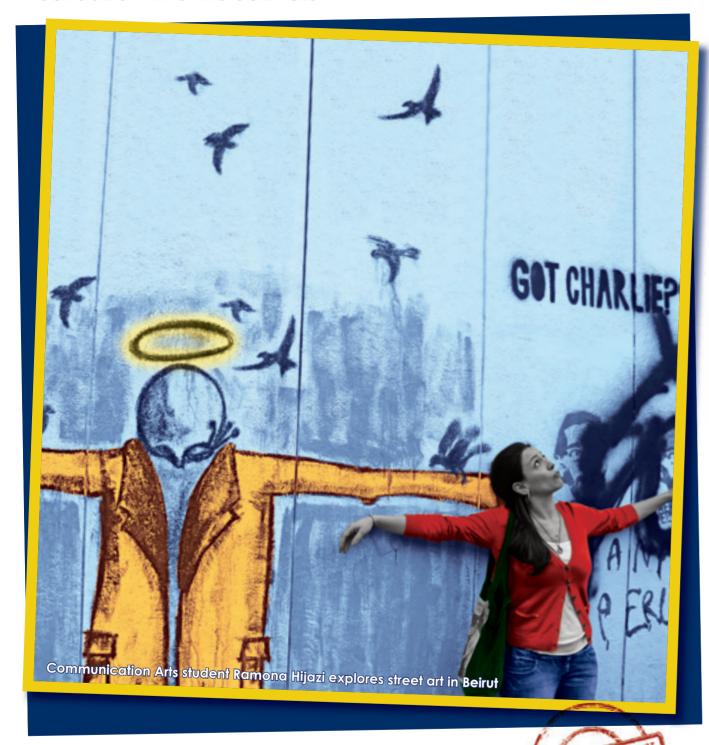
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SCHOOL OF ARTS AND SCIENCES



Through Each Other's Eyes cover ston

Mobile Media Project Fosters Excellence in Media and Cross-Cultural Understanding

By Saja Takache



Hassan Choubassi and Andrew Fundingsland

This Spring semester, the Communication Arts department at the Lebanese International University debuted a collaboration program with the Media Communications department at Webster University in the Netherlands. The program, a course called Mobile Media RATV316, is an exploration of new video technologies involving digital photography and portable video production, post-production and podcast. Eight

students from Webster University visited Lebanon for ten days, staying and working at the LIU Beirut campus. In turn, eight students from LIU visited the Netherlands and Webster University for another ten days.

"We discovered that Beirut is an essentially unmappable city"

The LIU students were selected by Communication Arts Chairperson Dr. Jamal Wakim and Coordinator Mr. Hassan Choubassi. LIU provided free hotel accommodation for the Webster students in Beirut for their stay (from March 30th until April 9th 2010) and also provided airplane tickets and transportation from Beirut to Amsterdam and back for its students. Webster provided free accommodation for eight LIU students in Leiden for ten days (from April 30th until May 9th 2010). Webster University in Leiden, the Netherlands, is the Dutch campus of an American private university based in St. Louis, Missouri. Leiden is also home to one of The Netherlands' oldest public universities and is a major centre for studying international law.

The View from Lebanon

LIU students welcomed their guests from Webster University to Beirut on March 30, 2010. "We immediately escorted them to one of the very Lebanese restaurant-pubs in Hamra," says LIU student Ramona Hijazi, "and what better an introduction is there to Lebanese hospitality, cuisine, and friendliness?" The next few days would include trips to different regions of Lebanon, lectures, video projects and an exploration of the

Lebanese capital. Some of the key lectures of the program in Lebanon were:

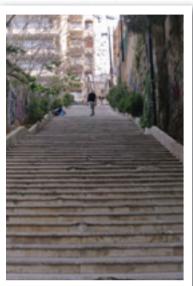
- Social Mapping of Beirut by visitor Artist Marwan Richmaoui
- Mapping Catastrophic Spaces by visitor Artist Tony Chakar
- From Still to Animation: Flipbook on Small Scale by Julian Scaff
- Mapping Beirut, Claiming the Territory by Hassan Choubassi
- The Yes Man Group by guest artist Andrew Fundinasland

One of the first activities was a project where the two groups of students collaborated to videomap the city. The project involved video recording or photographing point-of-view experiences of moving through the city and the experience of place. After the projects were completed, Mr. Julian Scaff (head of the Media Communication department at Webster University) realized just how appropriate the video genre is to mapping a place like Beirut. "One of the things that we discovered about Beirut is that it is an essentially unmappable city. Cartographical maps don't make any sense in the tangled, chaotic web of streets, alleys and squares, where locals ignore formal street names, referring instead to visible landmarks and neighborhood names."



In the first few days, the cultural gap between the students started to pose some challenges. Ramona noticed differences "not only languagewise, but in the culture. One group differs a lot from the other, in behavior, in reacting to problems, in interpreting situations, even in seemingly simple things such as eating habits, clothing, and money spending." But these differences didn't last for long, and the exposure to students from a different world proved to be enriching. "My partner and I were working on a video about the

new Hamra in comparison to the old, just as we were creating a friendship based on our verbal documentation of our lives," continues Ramona. "It was not thought of, but by the time we hit the last touches on our short video, we had also managed to shape a sort of connection."



Stairway to heaven!

As the Beirut visit neared its end, the guests from the Netherlands also noted the difference in social mores. Instructor from Webster University Mr. Andrew **Fundingsland** noticed that, "in Lebanon, the relationship between students and faculty is still much more formal than in the Netherlands. Teachers are obviously shown

great respect and students work with a great deal of seriousness." He also noted a high level of collaboration among Lebanese students, saying, "I was impressed to see how many students were working in small groups - even when they had to sit in the corridors or on the steps. There was a real 'working-family' atmosphere among the LIU students and it is clear that there is a lot of trust and mutual respect to build on."

The View from the Netherlands

On April 30, eight LIU students and one instructor arrived to Amsterdam, the Netherlands. They arrived on 'Queen's Day', a national Dutch holiday, and stayed for the festival before making



their way to Leiden. Over the course of their tenday visit, they would video-map Leiden, tour the capital Amsterdam, complete projects and attend lectures, and leave the Orange country enriched both in their knowledge of media and in European culture. The most important lectures of the Netherlands stay were:

- Culture differences, Intercultural Integration by Julian Scaff
- The Impossibility of Reciprocal Anthropology by Hassan Choubassi
- Lecture by visitor Multidisciplinary artist Aardse Machteld about her work, power and impotence, and different views on the world with their specific connections and short-circuits
- Lecture by Manual Mindreau from Sotheby's Art institute in London about the challenges in art education and post-graduate studies in arts

Video-mapping Leiden proved to be a whole new experience for the LIU students. The goal was to document their reflection of the city as foreigners, and the way they are capable of coping with a new environment with very different references and social norms. One of the projects that reflected the different ways of life was about the Islamic headscarf. LIU student Fatima Debek approached people with the gues-

"By the time we hit the last touches on our short video, we had also managed to shape a sort of connection"

tion, "Where can I find clothing for a female who wears a headscarf?' and filmed their reactions. "It wasn't that weird and people were not negative about my question," explains Fatima. An important outcome of this project was "that we got see our own environment through the eyes of others," reports Mr. Fundingsland. "Certainly, my view of the Netherlands has been colored by what the LIU students highlighted through their work."

Overall, the mobile media course and trip was an excellent, eye-opening experience both for Lebanese International University students and also for Webster University students. Its organizers on the Lebanese side plan to continue the course in the future, as it added a new dimension to our Communication Arts program. From the Dutch perspective, Mr. Andrew Fundingsland believes that the experiences of the Webster University students in the mobile media program are only



the beginning. "There is no doubt that this trip really 'jump-started' an appreciation of the Middle East region for many of our students," he says, "as you know, we are exposed to many negative stereotypes about this part of the world and it was refreshing to come away with such positive impressions."

"We got see our own environment through the eyes of others"

For more information and photos visit www. webstermedia.nl/mobilemedia

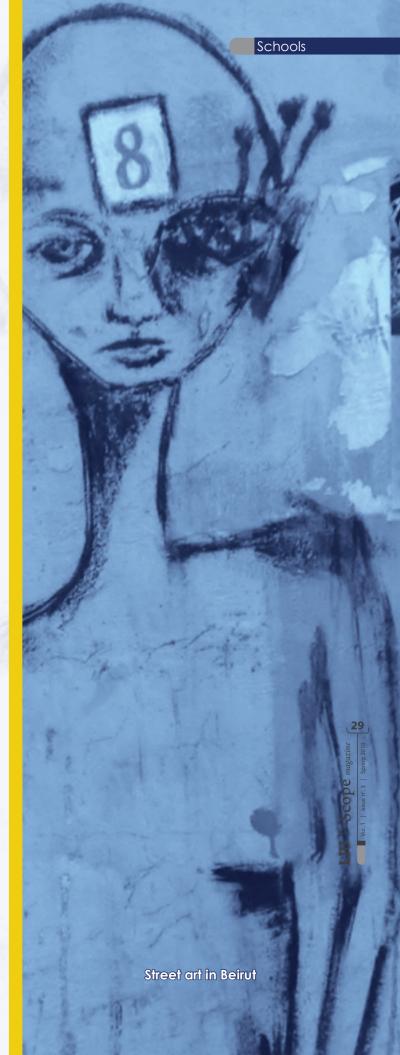
The Mobile Media Team 2010

Faculty:

- Julian Scaff
- Hassan Choubassi
- Liz Miller
- Andrew Fundingsland

Students:

- Abdullah Ahmad
- Nana Chouman
- Fatima Debek
- Yehya Fidawi
- Ramona Hijazi
- Nour Jabakhanji
- Rawad Kansoun
- Jihad Marhaba
- Greta O'Dea
- Michelle Odhiambo
- Laura Oñate-Madrazo
- Vicky Riviera
- Pepijn van den Wall Bake
- Malia Bloeden
- Eric Kyle
- Eveline Gerritsen



Rationale behind Introduction

In an interview with Dr. Wajdi Na'man, Dean of the School of Business, Dr. Na'man stated that "Islamic banking is a relatively new phenomenon. Islamic banks are in operation in many parts of the globe; Lebanon, the Middle East and Far East regions are no exception. The speed with which Islamic banks have sprung up and the rate at which they have progressed make it worthwhile for the School of Business to introduce Islamic Finance under the MBA in Finance Graduate Program.

Dr. Na'man added that "based on the School of Business strategic development plan, the primary purpose of the new program is to prepare students to work in the expanding Islamic banking domain, whether in Lebanon or abroad. The cur-

The speed with which Islamic banks have sprung up and the rate at which they have progressed make it worthwhile for the School of Business to introduce Islamic Finance

riculum of the MBA in Finance - Islamic Finance has been based on a private research conducted on what is being given by local universities and in universities in UK and the Arab world, on feedback from the Union of Arab Banks, as well

as the I.F.Q (Islamic Finance Qualification) certification, which is available in Lebanon out of collective action by the banks. The idea is to have a curriculum that incorporates what Lebanese and Arab banks actually need from graduates in Islamic Finance to be conversant of. This comprehensive research has given the constructed curriculum an uncontested added value."

Dr. Na'man added further that "as there are signs that Islamic Banking will continue to grow and expand, it becomes more important for LIU to offer a program of study in Islamic Finance to cope with the increasing needs of the market, and to provide more variety to the existing MBA in Finance Program. It is to be mentioned that this new program is an extension of the MBA in Finance Program already licensed by the Ministry of Higher Education; the textbooks and the instructors who will be giving the courses have been agreed upon. It is expected that this new program will hopefully succeed, not only because of the increasing demand for graduates in the expanding Islamic Banking domain but also because conventional banks are expanding their banking operations to include Islamic banking. Moreover, many of the Islamic Finance

courses will be taken as Major Electives by LIU students who are studying MBA in traditional finance, and even other MBA domains."

Pioneers in Lebanon

It is worth mentioning that the School of Business introduced over a year ago a basic elective undergraduate course in Islamic Finance and found that there was huge interest as students from all majors in the School were taking it in large numbers; this course can be a stepping stone for MBA in Islamic Finance. "We saw that there is real demand and we believe that this need is only going to expand," explains Dr. Na'man. Other univer-

The idea is to have a curriculum that incorporates what Lebanese and Arab banks actually need

sities in Lebanon have begun holding seminars and workshops on Islamic Banking, but thus far none have taken the initiative to further develop such programs. Dr. Na'man says that "we hope to be pioneers in Lebanon with the creation of an MBA in Islamic Finance."

During background research Dr. Na'man and his team found that institutions in Western countries such as England are offering training and diplomas in Islamic Banking. This, as well as the fact that some of the School of Business own faculty have diplomas and certification in the field, encouraged him to pursue this endeavour.

Graduates equipped to excel

Graduates of the upcoming program will enjoy numerous benefits. Many banking institutions, especially those that include Islamic Banking, are deeply interested in acquiring people specializing in this field. And promotional opportunities in these banks are directly linked to standards set by the banking industry in Lebanon. Dr. Na'man explains, "In the Islamic banking industry in Lebanon, you cannot progress to leading positions unless you partake in studies and certification related to Islamic Banking."

The MBA program is being fashioned with this mind; the subject matter called for by the banking industry in Lebanon is all being incorporated into the upcoming program. In this way, a graduate of Islamic Finance from LIU will be fully equipped with the knowledge needed to operate and excel this field, and to progress and obtain leading managerial positions.

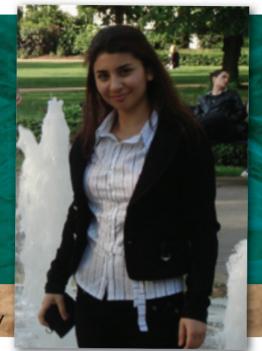


SCHOOL OF EDUCATION AND ENGLISH

LIU Student Represents Lebanon in International Speech Competition



Ani Ghazarian
First Year Pharmacy





The View from the Stand - Interview with Ani Ghazarian



Ani Ghazarian, a first year Pharmacy student in the Lebanese International University, represented Lebanon in the 10th annual English-Speaking Union Competition in London, England. The competition is a public speaking contest that involves students from all over the world and cumulates with an International Speech Competition in London. Ani was in the United Kingdom from May 17 to 21 and competed against students from 30 countries, and describes the journey as "the experience of a lifetime."

Ani had been selected from fourteen students from seven Lebanese universities who qualified

for the Lebanese phase of the competition, held on April 17 at the Lebanese American University. She presented a riveting five-minute speech titled 'Gene Modification: A Modification of Social, Cultural and Moral Codes' and was selected as one of two finalists. The other finalist was Moataz Israwi, a student of Medicine from the University of Balamand. The Lebanese phase focused on the topic 'Speculation on our Future', and was judged by six high profile jury members that included Belgian Ambassador Johan Verkammen and Saudi Arabia's Cultural Attaché to Lebanon Aman Mughrabi.

The inspiration for Ani's intriguing speech came from her deep interest in the future implications of gene manipulation. As she puts it, "the human gene fascinates me, it is very complex and the idea of geneticists trying to manipulate it is amazing." In an interview with the Scope, she attributes her success in the contest to her "diligence and perseverance" and thanks her English instructor, Ms. Amal Abdallah, who coached her from the very beginning. "My teacher believed in me and this was the most important thing for me," says Ani. Ani plans to continue her Pharmacy studies in LIU and hopes to participate - and of course, to excel- in future speech contests.

The Scope: What do you think was the decisive factor that allowed you to win over the other contestants in Lebanon?

Ani: Believing in yourself is the most important factor which will lead you to success, along with persistency and determination.

The Scope: Did you feel nervous speaking in front of thousands of people?

Ani: I feel very comfortable and confident while speaking in front of an audience.

The Scope: Which contestant's speech did you like the most?

Ani: In London there were 13 contestants. Among the speakers, Arveent, a 16 year old guy from Malaysia, presented his speech remarkably. He was full of enthusiasm and confidence. He kept the audience alert, attentive, with a smile on their faces. He was entertaining.

The Scope: Are you most comfortable expressing yourself in the English language?

Ani: I can express myself very well in English because I am fully acquainted with the language, I feel very comfortable with it, and it conveys my

ideas and emotions in the best possible way.

The Scope: Tell us about your experience in England.

Ani: It was the experience of a lifetime. I feel lucky to have visited England, the historical country, and to have enjoyed its beautiful scenery. The parks were breathtaking and each building was remarkably carved. We saw the London eye, Big Ben, Kensington Palace, and the BBC news center. Their technology is so advanced. We saw a lot of futuristic gadaets.

The Scope: What differences in language style did you notice between Londoners and Lebanese?

Ani: The Londoners were straight forward and direct. They lacked the friendly atmosphere that we're used to in Lebanon. Their accent was cute.

The Scope: What are your plans for the future?

Ani: I'm going to continue my education, graduate with an honors degree, work, and be successful.

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"One can calculate the expected forces and pressures for bodies such as towers, cranes, and cars"



A wind tunnel was designed and built at LIU during a senior project course by Mechanical Engineering students Ghina Kang, Rawan Alwan and Weam BoEmad under the supervision of Dr. Farid Khalil. The tunnel has an overall length of 5 meters and a maximum width of 1.70 meters, and has a test section of 30 x 30 x 100 cm. It uses a fan to move air at a velocity approaching 40 meters per second through the test section. Velocity and pressure sensors were attached to the wind tunnel to measure air velocity and pressure distribution around test models during testing. Force transducers were also added to measure aerodynamic lift and drag forces exerted by the air flow on the test models.

Using the data collected by the wind tunnel, one can calculate the expected forces and pressures for bodies such as towers, cranes, and cars which would be used in their design calculations. It is a very powerful and versatile tool that has been used in Mechanical Engineering labs for more than a century. It was first used to help in designing airplanes; in studying their shapes to have best lift forces. Later on, it was used to study aerodynamic forces on automobiles to reduce fuel consumption and improve their stability. Nowadays, the use of wind tunnels has expanded to study complex pollution dispersion problems to avoid the effects of pollution on buildings and humans located downstream the source.

The real importance of such a project is that it

exposed Mechanical Engineering students at LIU to a hands-on experience in the design and construction of an important application in the field of aerodynamics. The total cost of this homemade wind tunnel was about \$6000, whereas the cost of this instrument imported from a supplier is no less than \$100 000. In this regard, the financial support that LIU provided is highly appreciated.

This project will open new horizons for future students at LIU, where new proposals can be offered in the aim of improving the technical expertise of students in the fields of fluid mechanics, wind energy applications, and pollution control. The experimental results that will be extracted from this instrument can be used in future senior projects and also in Master's theses, in addition to carrying out studies to serve the engineering community in Lebanon.



Fifth Annual Pharmacy Day A Distinctive and Interactive Event





The School of Pharmacy held its fifth annual Pharmacy Day at the Beirut campus on Friday, January 8, under the patronage of president of the Lebanese Pharmacy Syndicate Dr. Ziad Nassour. The event's official slogan 'Together Towards a Healthier Community' reverberated across the many activities and stands, reflecting the drive of LIU's pharmacy students to improve the health and state of our society. Students set up a wide variety of stands, each advocating a difference pharmacy-related issue. The interactive nature of Pharmacy Day drew hundreds of staff, students and guests from outside the university to learn more about the various topics.

The event commenced at 10:00 am and included a speech by Dr. Nassour, who said that people in the pharmacy field bear a responsibility towards people's health, as pharmacy is not only a business. Dr. Magdy Hammad represented his Excellency Minister Abdul Raheem Murad and gave a speech on his behalf, praising the School of Pharmacy and encouraging its ongoing dedication to excellence. The speeches were followed by an upbeat educational competition between two teams, one consisting exclusively of instructors and the other of students. The teams vied to answer the most questions correctly, and – interestingly – the student team emerged victorious!

The informative stands covered a wide scope of topics, ranging from tattoo safety to the benefits

of green tea. They included smoking cessation, weight loss pill abuse, human growth hormones, the benefits of Lebanese food, breast cancer, cosmetic surgery, hypertension and much more. A group of pharmacy students even set up a tent dubbed the 'Arabian Tent', and welcomed passerby's to learn about the vast health benefits of many traditional Middle Eastern ingredients. Visi-

The informative stands covered a wide scope of topics, ranging from tattoo safety to the benefits of green tea

tors were invited inside the tent and served dates and Arabic coffee. According to the organizers, dates have unique wrinkle-preventing properties, and Arabic coffee (with little or no sugar, of course) decreases the risk of many types of cancer, as well as heart disease, liver disease and diabetes.

Another stand brought to light a grim reality faced by Lebanese society: the problem of counterfeit medicines. They are "medicines sold to the public that contain absolutely no medical ingredients", explains third year Pharmacy student Dalia Deeb, "and almost 35 percent of medicines sold in Lebanon are counterfeit. This results in an incalculable number of deaths since the people using them falsely believe that they are being medicated for their health problems."

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She offered several ways to identify counterfeit medicines; including checking that the sticker on the package is a hologram and checking if the serial number and drug company name are authentic. During her research about the issue, Dalia contacted Dr. Ziad Nassour, the president of the Lebanese Pharmacy Syndicate, and asked him what they're doing about it. Dr. Nassour explained that the Ministry of Health is working to



eliminate counterfeit medicines, but that there is a huge problem on the part of the judicial system, which hands out very short sentences to those convicted. Hence, the most effective way to counter the effects of this problem, says Dalia, "is to raise public awareness about it and that's exactly what I plan to do."

One of the highlights of the Pharmacy day was the Lebanese lunch, when all the participants and visitors were invited to a healthy lunch of grape leaves, tabouli, and assorted pies. It aimed to tout the benefits of a Mediterranean diet, which is one of the healthiest in the world. The event also featured a bake sale, with students selling homemade baked goods. Pharmacy Day was concluded with a fundraising raffle, and several lucky students were awarded with great prizes. They included a trip to Turkey, a trip to Saudi Ara-

One of the highlights of the Pharmacy day was the Lebanese lunch, when all the participants and visitors were invited to a healthy lunch of grape leaves, tabouli, and assorted pies

bia, yoga classes, restaurant vouchers, accessories and home appliances. The proceeds from the bake sale and raffle tickets went to the Children's Cancer Center, whose representatives offered a heartfelt thank you to the School of Pharmacy and to the Lebanese International University.

Community

The word "community" is derived from the Old French communité which is derived from the Latin communitas (cum, "with/together" + munus, "gift"), a broad term for fellowship or organized society; as such, LIU Community also seems to organize its students under many points of common interest that stimulate recreational or cultural pieces of work that make their way to The Scope for everyone to see.

This Community section is a social workspace for creative writing and innovative ideas that can be shared among a spectrum of responsible students aiming to deliver their message; be it a poem, an essay or a cause for the world to hear.

Taking one more step into the field of information sharing, The Scope has now established a partnership with youth-run newspaper Hibr. It's now possible to exchange information and articles between the two publications and enable a wider audience for LIU writers.

To contribute to The Scope, email: saja.takash@liu.edu.lb



Faculty Profile
Ruba El-Amine



Practicing Ethics in our Daily Lives



THE CHILDREN OF UGANDA



Book Review:
By the River Piedra
I Sat Down and Wept



LIU ALUMNISuccess Stories



A Forgotten Gift: Arabic Contributions to Early Medicine



WHAT A DREAM!



Revealing the Future



Addicted to the Pharmacy



A Night Out
"What are we going to do tonight?"

and much more...

<u>Disclaimer</u>: Any opinions and/or viewpoints that are published herein are directly from the contributing author and do not represent the philosophy or viewpoints of the Lebanese International University

Ruba el-Amine

Chairperson of the Fine Arts and Design Department

"Perseverance equals success"



It is often said that talent in art and music are on the subconscious level, and that artists create their work to stimulate their thoughts, emotions, ideas and beliefs through their senses. Artists can work with visual ideas, concerning space, composition interaction and colors; and in turn explore their work further.

Childhood

Being passionate about colors as a child, it was only natural for Ruba el-Amine to be drawn towards fine arts and handicrafts. "I had a passion towards colors, drawing and music since I was a little girl," she says of a time before she was aware that this passion would be the first step of a progressive journey. "Art and colors were a vital part of my life." As a teenager, Ruba stepped into the path of challenge. Armed with a passion towards handicraft and colors, she conveyed her love for creating expressive art by constructing jewelry and decorative pieces for her high school friends and family. She cared for these pieces carefully and lovingly since the mid 90's while at the same time sharing them with spectators at many art exhibitions to date.

In one glance at the necklace encircling her neck, one cannot help but notice that the piece itself speaks of its creator's character and passion towards colors. She constructs the jewelry pieces in a way that reflects the colorful being within her.

Education

Unlike people who follow a path not knowing quite where it would lead, Ruba drew the path of her career as soon as the artist within her had matured. She was persistent in pursuing her goals and professional career right after her high school graduation in 1995. Ruba was aware of her talent and the ideas behind her work, but the meaning behind her work was not at the forefront when working with colors and crafts as a child.

Once her ideas started to form a visual logical progression, her passion and talent towards visual arts were recognized by her older sister Rasha, who had a BA in Interior Design. She encouraged Ruba to choose Graphic Design as a university major. "Although my parents encouraged me to major in law or science, I had to pursue what I knew how to do best," she explains. "I dedicated my time and effort and was committed to my studies for my Graphic Design classes." At the end of her first semester, she invited her parents to the exhibition; and they became her faithful fans ever since. Ruba believes one should follow

a career development system as early as possible. She started working as a freelancer one year prior to her graduation in 1999, when she received her B.S. degree in Graphic Design from the Lebanese American University.

Awards

Due to her perseverance and commitment as a designer Ruba won several awards at numerous competitions at a young age. In 1999, she came in first place at the Ibdaa 99 competition organized by l'Agenda Culturel, and in 2001 she received the Creative Youth Achievement Award by the Fouad Makhzoumy Foundation. She was awarded first prize again in 2003 a social awareness campaign organized by the Jeunesse Anti-Droque Association. Ruba also participated in international exhibitions, including the IPT2003 International Design Competition in Toyama, Japan. She has also taken part in a number of graphic design exhibitions at LAU. Her work shares a timeless, monumental quality as it possesses human concern and quality.

Personal Exhibitions

Ruba participated in the Expo Beirut Fair with university projects exhibited in the LAU stand in 1998, and in advertising and interior design exhibitions from 1996 to 1998. She also participated in graphic design exhibitions from 1999 to 2003 at Lebanese American University. Looking past graduation, Ruba was ahead of her colleagues with her career. But another passion had her attention –Music. She had taken guitar and piano lessons before and loved the field. She worked as a disk jockey at Nostalgie Radio Station between 2003 and 2005, but in the end she decided to stick to graphic design. "I had to choose between a career and a hobby, so I pursued my career, but I still compile music CDs," she says.

Perseverance

Aside from being a colorful and optimistic being, she believes that perseverance and following our heart and following our instincts are the key to not miss out on important opportunities. "With talent and ambition, there are many ways to refine your leadership and organizational management experience," she elaborates.

Teacher

She pursued her career more diligently and in 2003 took up the post of a Graphic Design instructor at LIU. "Teaching came as a coincidence," she states, "I never before considered



Next to one of her winning designs



With the committee from the Jeunesse Anti-Drogue Association



Receiving the Cleative Tourn Achievement Award

teaching but I always liked it, and my teachers saw the teacher in me during my years at LAU." Being a teacher at a young age was overwhelming, she explains. But "Dr Matta and the rest of the administration were very supportive. I've been amazed by their encouragement and appreciation through the years." Ruba believes that teaching enriches a human being, and that "each person has a certain mission on earth." What's her mission? "My mission is to become



an enlightened being, and to do that I need to work on myself a lot. Being an educator is a self-teaching process, because as much as we teach we are being taught in return."

Department progress

As for the overall progress of the Fine Arts and Design Department, she says that "in addition to the many exhibitions each year on the LIU campuses, there are many annual activities hosted by the clubs we coordinate with." These activities include outdoor and indoor exhibitions. "The department efforts don't represent only the Fine Arts and Design Department but LIU as a whole," she stresses. In addition to the exhibitions, Ruba coordinated with Dr. Matta to create a blog for the department, to encourage students and to promote their work. "With the cooperation of Graphic Design instructors Jimmy Elias and Joe Elias, the department was able to create this blog," she says, "and the blog is used to download pictures for students every semester. It really gives students a chance to market themselves; they can link the blog on their resumes since it displays their exhibitions and projects." Another indicator of the department's progress, according to Ruba, is that "the department also sends job opportunities to the students. We have a data base of around 400 student emails.

Professional Success

"From my parents, I got my most important values," Ruba says, "and LIU has shaped, and continues to shape my ambitions. The LIU administration has changed the way I make professional decisions, and led me to contemplate broader issues in my life. Here, we get a philosophical perspective that emphasizes our responsibilities to students and society. I am very thankful for the challenge the administration has set up on me." Ruba was able to climb the ladder of success due to her ambition and persistence; she is currently the Chairperson and Department Coordinator of the Fine Arts and Design Department at LIU, as well as a Graphic Design instructor. Ruba is grateful for her personal and professional life. "If I could look at my life from a different perspective, I wouldn't change a thing, because all that I was accompanied with and faced through my life made me who I am today," she states.

Artist

Ruba concludes, "I don't call myself an artist yet. It's a stage where you have to have unity with oneself. I am still a designer whose aim is to become a visual artist. Some people think that they are already there and give themselves this title, I say that one can't give himself such a title unless you are really uniting with yourself in each step. When you are in the domain of art, it's a special private place. I fulfill my inner journey through art."



We are sons and daughters of this precious Lebanese soil. Lebanese Brotherhood and sisterhood complement each other in living a happy and ethical community life that is rooted in the heart of our nation. This basic principle of brotherhood and sisterhood is a sublime, essential and solid foundation for our daily practices of ethics, values and morals. Ethical values such as truth telling, honesty, transparency, commitment and loyalty are the source of our true living within the contexts of family life and business settings.

Dr. Toni Rahi (Ph. D), School of Business

When we are at home as parents, children, brothers and sisters, we manage smoothly our differences without hurting the ones we love. At work, our daily dealings are based on the implementation of basic values, consisting of mutual support, enrichment and professionalism regardless of any personal self-interest or self-benefit. Working together is based on sincerity, clarity and flexibility. Sincerity is being ourselves without any insincere behavior to make an impression, artificiality or affectation; it stems from the Latin 'sine cera',

meaning 'without wax'. A perfect piece of marble has no holes to be filled with wax. It looks sincere and clear like crystal, ready to be a prospective sculpture of an artist. Our personality is the image of our thinking and behavior. It has no stains, tricks or traps. Our productive educational fruits are the results of our sincere behavior, expertise and experiences. Clarity is the objective

"Ethical values such as truth telling, honesty, transparency, commitment and loyalty are the source of our true living within the contexts of family life and business settings"

goal of our intellectual effort that we use in our mental and cognitive scientific analyses. Finally, flexibility is the expression of our "give and take" approach. Our mutual interactions facilitate the natural flow of our daily work. Let us be the true practitioners of ethics either at home or at work for the benefit of our Lebanese nation.



THE CHILDREN OF LIVENDA

How Producing a Documentary Gave Me a New Outlook on Life

By Serena Husseini TiriakiCommunication Arts Graduate







On January 24, 2010 I stepped into Entebbe Airport in Uganda, and never could I know that I would fall in love with this country. All I had in mind was to film two documentaries for Al-Jazeera Documentary and walk away back to the modern world of skyscrapers, cheese, Salmon and shopping. The documentaries that I went to film were categorized under humanitarian documentaries and I was the producer. One of the documentaries is titled Children of Gulu. It's about the ex-child soldiers and children who had been abducted; how they now lived, and what their lives were like in the bush. It is about the traumas they faced, the killing they were forced to do, their long treks in the bush, their walk from border to border, the journey to Sudan, Uganda and Congo, and finally, how some of them now cope with HIV/AIDS.



The documentary also addresses how they are managing to live after all the trauma they endured, what their life is now like while they study, work and look for jobs to again reintegrate into society and life. The stories were horrible; never did I know that a human being could do such harm to his fellow brother or sister in life. Traumatizing those innocent children, forcing them to kill at a young age, raping them, destroying their lives, detaching them from their families and giving them the worst meaning of life, were beyond me.

The other documentary is called the Power of Radio and is about the situation in Northern Uganda at the time. It talks about how peace finally managed to come back to the north, who

To produce this documentary we had to meet many of the ex-commanders and brigadiers who were responsible for all those atrocities

caused the war, the reasons behind the war, how rebel groups formed and the atrocities they committed over the course of 20 years. To produce this documentary we had to meet many of the ex-commanders and brigadiers who were responsible for all those atrocities, and to our surprise they too had been abducted and forced to integrate into such a lifestyle.



The documentary looks at how the radio played a major role in bringing peace back to the north. We followed a radio show that interviewed all the ex-commanders and ex-rebels who came back and were granted amnesty by the government. They were reaching out to their friends back on the battlefield and telling them that life had never been better since they left the rebel group, that freedom is amazing and that they are enjoying it. I really related to this issue, since

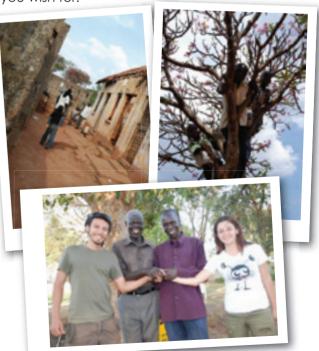
I saw many faces throughout that month in Uganda and I am sure that I will never forget any of them

in Lebanon the situation was different: the media was playing the worst role in bringing peace to the country, it was agitating the situation and was one of the reasons we passed through a minor civil war.

The ex-rebels and the commanders, the children, the orphans, the mothers, their pain, the killing they witnessed, and their current freedom and enjoyment of life made me appreciate the life I am living.

I saw many faces throughout that month in Uganda and I am sure that I will never forget any of them

They taught me how to live and live happily. I cannot imagine going back to the life before, the life of carelessness and of having anything you wish for.





BOOK REVIEW: BY THE RIVER PIEDRA I SAT DOWN AND WEPT PAULO COELHO



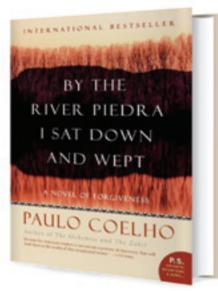
Samar Sabeh

What is it with love stories and candy-floss romances that makes people blush with fondness and weep as though the hearts that had been ripped apart in course of the events were their very own? Reacting to the story as though it were one's own leads us to fantasize how we ourselves would react in a similar situation and for some brief moments, as though by some magical formula, puts us in the delicate shoes of these toogood-to-be-true or too-true-to-be-good characters and their fairy-tale romances.

I myself felt swept away by the sheer similarities between the character of Pilar in Paulo Coelho's By the River Piedra I Sat Down And Wept and myself. So much so that I could feel her pain, laugh her laughter and experience the love and longing throbbing silently in Pilar's heart within me.

Brazilian master storyteller Paulo Coelho transforms the idea of love and forgiveness into a tale of self discovery and the taming of an angry heart. Originally written in 1994, published and translated in English in 2006, By the River Piedra I Sat Down and Wept is another of Paulo Coelho's masterpiece literary works. The story begins with Pilar, a young woman crying by the edge of the River Piedra, reminiscing on the week past, when she had let go of what Paulo Coelho calls The Other, and replaced it with Love and the return of her long lost faith.

As a young student, dedicated and grounded in her studies, Pilar enlightens us amid the history behind her childhood, and the loss of the possi-



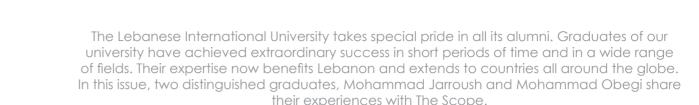


bility of Love. With her childhood friend gone, in search of himself and his purpose, she focuses on a mundane career that will surely pay the bills and maneuver her to safety. In the eleven years he's been gone, he remains in contact through letters and postcards, sometimes retrieving silently for years, only to re-emerge again. At a time when Pilar is utterly focused on her studies and feels her life is safe and secure, her childhood friend asks to meet in a seminar that is in nearby Barcelona.

Visit the library at the LIU campuses to check out this book and many more.

Once there, she notices that the women all around her are speaking of a miraculous man. A man that is bringing back what they say has always belonged to them. Curious and confused, she desperately desires to be in her friend's presence and to recall their childhood memories. After the seminar, she greets him and he invites her to dinner. She immediately begins to feel liberated, but afraid. The possibility of change and the new surroundings exhilarate her, leading her to cut loose and discard her coyness.

In a series of long car rides leading to the small village of Pyrenees, to abandoned churches and romantic water wells, this unique love story of a hardened woman and a spiritual man guides us through incredible landscapes and the possibility that love takes time, and that dreams are hard work.





MR. MOHAMMAD JARROUSH

B.A.'05 Accounting Information Systems Assistant Sales Manager of the Emirates Bank in Abu Dhabi

"Ask as many questions as you need to. Don't pretend that you know everything."

The Scope: How was your transition from the The Scope: Please describe a typical day in your classroom to the workplace?

Mohammad: During my courses, I came across general business and managerial studies as well as more detailed ones. As far as the workplace is concerned, these studies were key to my provisional success.

The Scope: Did you complete an internship before finding employment?

Mohammad: No. I immediately entered the workforce.

The Scope: What personal/professional quality helped to launch you into your current career?

Mohammad: The personal qualities that allowed me to reach this point are that I am a team player, self motivated, able to work under pressure, able to adapt to the work environment, and creative.

The Scope: What exactly does your current position comprise of?

Mohammad: My job includes:

- Reporting to the Sales Manager, I manage the Auto Loan Finance department in Abu Dhabi and Al Ain Territory
- I set taraets for the Sales Officers and monitor their achievement to ensure that sales targets for the assigned business are met
- I identify new business opportunities to enhance sales and market share
- I provide input on sales/ product strategies for formulating business
- I develop the skills of Sales Officers through training and coaching and I manage their performance to ensure that they are meeting required levels of competence

Mohammad: Almost every day, I will meet my team in the morning to ask them for their daily tasks and plans, and I then I follow up on pending cases. After that, I conduct a field visit to develop customer relationships and to find opportunities to increase our market share.

The Scope: What is the single most important thing you learned at university?

Mohammad: Business ethics

The Scope: What is the single most important thing you learned at work?

Mohammad: Implementing business ethics, listening to other people's ideas, and patience.

The Scope: What advice can you give today's students?

Mohammad: Without any doubt, studying is a very important step in our lives because it's the key to success. My personal advice for today's students is to work hard to graduate with distinction, to be patient as you reach your goals, to always be optimistic and to be team players. Also, if you don't know something ask as many questions as you need to. Don't pretend that you know everything.







MR. MOHAMMAD OBEGI
B.S.'09 Computer Science
Software Developer at Interkey Company

"I taught myself everything. Self study is the key to success."

The Scope: How was your transition from the classroom to the workplace?

Mohammad: Well, what a programmer studies at university is just a small part of the programming world out there. Since it is always being updated regularly, everything we learn will be of zero importance if we don't update our capabilities and work on our selves. We shouldn't limit ourselves to what is being taught in university.

Basically for me it wasn't that hard; however, on job it takes more than just knowledge, it needs dedication, motivation and the ability to handle pressure. These are the most important things because they differentiate a strong programmer from a weak one.

The Scope: Did you complete an internship before finding employment?

Mohammad: No, I taught myself everything. Self study is the key to success.

The Scope: What personal/professional quality helped to launch you into your current career?

Mohammad: There are qualities that are instilled in us and qualities we learn as we become a part of university life and later in our career. Patience, a sense of cooperation, the ability to work as a part of a team, responsiveness, decisiveness as well as flexibility all combined to help launch me into my current career.

The Scope: What exactly does your current position comprise of?

Mohammad: In short, I work as a software developer; I take the requirements for software from the customer, and I ensure that everything is implemented as stated.

The Scope: Please describe a typical day in your life

Mohammad: I usually arrive at work around 9 a.m. My day goes according to the tasks I have. It is true that my duties are somehow the same but some changes in them arise according to the needs of the client. I might spend a part of my day writing custom scripts or programming new components. After the lunch break I have with my colleagues, I might spend my day learning new things or helping them out. I finish work around 5, go to the gym, meet some friends, and that's about it

The Scope: What is the single most important thing you learned at university?

Mohammad: In order to really excel in the world of computer science, one cannot simply depend on theories. Practice complements theories.

The Scope: What is the single most important thing you learned at work?

Mohammad: Professionalism

The Scope: That advice can you give today's students?

Mohammad: Today's students need to really work hard on themselves. High grades should not be their only aim. Grades compared to knowledge are nothing.



By Saja Takache

What did the Arab world contribute to medicine? Many people underestimate the sheer extent of our contributions. Others seem totally ignorant. Not many of Lebanon's medical students know that 1000 years ago their predecessors studied and worked in very similar environments. Hospitals in the Arab-Islamic Empire had wards, libraries, patient records, regular inspections, and even pharmacies. Medical students then had to pass exams just like medical students today.

"HOSPITALS IN THE ARAB-ISLAMIC EMPIRE HAD WARDS, LIBRARIES, PATIENT RECORDS, REGULAR INSPECTIONS, AND EVEN PHARMACIES"

It was in these advanced medical centers that the most fundamental medical discoveries were made. Innovations attributed to European scientists were actually developed hundreds of years before right here. In the 10th century Al Razi, a prominent scientist, first described the function of veins. In the 13th century Ibn al Nafs described blood circulation and the function of the heart valve. However, these discoveries are attributed to William Harvey, who is said to have discovered blood circulation in the 17th century.

Even Chaucer in his Canterbury Tales starts with

naming three medical scientists from the Arab world. For the Arab-Islamic Empire, through its faith and search for knowledge, was preserving the teachings of the ancient empires it assimilated.

"LOCAL PHARMACISTS WERE PRODUCING DRUGS 1000 YEARS BEFORE PHARMACY WAS SUPPOSEDLY INVENTED"

One of the most important founders of medicine is Ibin Sina, known in Europe as Avicenna. He wrote the "Kanoun" or Law of medicine, a huge encyclopedia describing everything from skin troubles to cardiac drugs. But he is only one of many Arab scholars to whom the fields of science and medicine are indebted to. In the 14th century Ibn Baytar listed 1 400 drugs in his works, and local pharmacists were producing drugs 1000 years before pharmacy was supposedly invented. And the list goes on and on. Scholars include Ibn Rushd, Jaber the Alchemist, Al Magousi, Al Razi and Ibin Serabiyoun.

Our own forefathers not only preserved and passed on the wisdom of the ancient world, but they also greatly contributed to the development of science and medicine. The world of medicine as we know it is indebted to the brilliant minds of these scholars.



By Malak Jaaphar

According to Webster's Dictionary a dream is defined as "sequence of sensations, images, and thoughts passing through a sleeping person's mind". In other words, dreams are the continuation of our thought processors, and they take place in the subconscious side of the brain. Imagine having a small person inside your head that goes through all the events that took place in a certain day or week and reprocesses them, similar to a filing system.

In our dreams, we can be anybody, go anywhere, and do anything. While dreaming, we are like passengers on an airplane, unable to control our actions or choose our surroundings. We let our mind take over. When we go to sleep at night and slip into our dream state, we feel liberated and behave and act in a manner that we do not allow ourselves to do so in our waking life. Visions and ideas can come from our dreams. Authors, screenwriters, and poets often turn to their dreams for stories. Artists and musicians explore dreams for their inspiration. Dreams can help us find solutions to our daily problems and see things from a different perspective.

A mystery throughout the ages

Dreams have been a mysterious topic of study since man first breathed life; they have been around as long as the first civilization came to be, they are just a normal part of human existence. Dreams fall under the 'have always fascinated mankind' category along with topics such as legends, myths, fairy tales, and many more. There have been studies related to dreams and their interpretations dating back to 4,000 B.C.

However, their interpretations back then and now differ totally, since in ancient times dreams were considered psychic issues. Ancient Egyptians, Greeks, Romans, Europeans, and many more each had different interpretations of dreams. Yet, almost all early cultures considered dreams to be part of the supernatural world; that they were messages from the gods sent to villagers during the night, perhaps as an early warning device for disaster or good fortune. On the other hand, nowadays dreams are no longer considered psychic, and there have been several interpretations, probably the most well-known are Sigmund Freud and Carl Juna's analysis. Nonetheless, there is a degree of intuition in dreams, but coupled with logic and a working knowledge of dreaming, understanding them is not that complicated anymore.

How can you interpret a dream?

Symbols are the language of dreams; everything in a dream is a symbol, and every symbol represents or stands for something. They are the ele-

ments that make up all the details in a dream. And even the minutest elements must be taken into consideration when analyzing dreams. Symbols don't necessarily have to be a memory; they can be a feeling, a mood, or an action occurring in the dream. Even the most trivial symbols mean something and are significant.

However, symbols are a very personal thing. Thus a "dream dictionary" may not necessarily have the correct definition to the symbol in your particular dream, because we associate meanings differently from one another. For example, I might associate a candle with pain, hardship and poverty if I had spent enough time with no money living in the dark and lighting my home with a candle. On the other hand, someone else might associate a candle with God, if the only time they ever see one is in during religious ceremony.

So, when analyzing dreams, it is preferable that dream dictionaries stay out of the picture. That doesn't mean that the content in the dream dictionaries are bogus, they merely give the most 'common' definition for that particular symbol. Since, there are a certain amount of symbols that seem to always mean the same thing for people all the time; why exactly these symbols are universal is still a mystery though. For example, death in a dream means that something you've been going through will end, and nudity means that something you are hiding will be exposed.

Nonetheless, analysts found that the best way to interpret your own dreams is by asking your dream questions, since by doing so you can gain valuable insight into what the symbols in the dream actually mean.

It is best that you start with general questions about the dream, such as:

- What were you doing in the dream?
- What are the major contrasts and similarities in the dream, and how do they relate?
- What are the major symbols and relationships between them?
- What are the issues, conflicts, and unresolved situations in the dream?
- What relationship does this dream or the symbols in the dream, have to do with any other dream?

After you have answered all these questions you can begin getting to the specifics:

- How am I acting in the dream?
- What symbols (colors, animals, or objects) in this dream are important to me?
- What are the different feelings in this dream?
- What are the major actions in this dream?
- Who or what is the adversary in this dream?
- Who or what is helping me in this dream?
- What would I like to avoid in this dream?
- What actions might this dream be suggesting?
- What does this dream want from me?
- Why did I need this dream?

The main thing that we have to realize is that we have the answer. Sometimes it's easy to see, sometimes it's not. The best approach to tackling a tough dream is to relax. If you become worried easily and find that when trying to work with or analyze one of your dreams, you quickly become exasperated by its difficulty, it may be a good idea to become relaxed first. Just because it doesn't come to you right away could be a good sign. It has been found that the more difficult the dream, the more important it is to your life.

STUDENTS: WHAT WAS YOUR STRANGEST DREAM?



Jennifer Kheil: I had a dream that I was in an elevator, stuck and there were no buttons at all, then all of a sudden a ladder came down from above and I climbed it only to end up in a maze and lost!



Ali Marwani: I dreamt that I passed managerial math.



Rabih Jaaphar: I had a dream that I was on a date with Jennifer Aniston and Brad Pitt was watching!



Rabee Brian Daya: I saw my ex-girlfriend in a dream with my best friend at the movies. In the dream I was telling my father to give me the car, and he was telling me to not even dream about it. Then after all this I took my ex-girlfriend and yelled at her.



Zeina Hodroj: I had a dream that I was beating up my ex-boyfriend and my ex-bestfriend and putting cockroaches on her.





"She told me I would get married next summer to a very rich man. I still have to wait until the summer!" exclaims Marina, 27. "I will have three children, two girls and a boy. I would prefer to have two boys." Recently, Ali Sabat, a Lebanese psychic, was sentenced to death in Saudi Arabia for sorcery. He had been arrested in the holy city of Medina while performing the 'Omra' pilarimage.

While fortune-telling is considered synonymous with witchcraft and is outlawed in Saudi Arabia, in Lebanon it is big business. Yet, it still has its dangers. Marina, like many other people in Lebanon, has no qualms about building her entire life on predictions. She follows fortune-tellers' advice, no matter what they say. "Two years ago, one of them told me that I would be traveling within a period of a month and I did. I went to Dubai to visit my sister." she exclaims.

When such a prediction comes true, the client gets sucked into this obsession. Marina has visited many fortune-tellers over the last two years. Recently, she paid a visit to 'el sit Mayada', or Madame Mayada. "Mayada is blonde [and she] had lots of makeup on, and she was wearing many gold bracelets," says Marina. "She was rolling some stones that helped her predict my future." Three weeks ago, Marina had visited another fortune-teller, Helena. "[Helena] didn't look

like a typical psychic; she wasn't wearing a lot of jewelry and her face wasn't covered with makeup," says Marina. "She looked at my face for few seconds and told me that I would meet someone during the summer. It will start as a friendship and end up [being] something serious. Well, we will see about that. I don't know if I should be listening to what these women tell me but I am so anxious to know my future that I don't mind 'believing' them!" adds Marina.

Like Marina, Lina, a 23-year-old university graduate, loves visiting fortune-tellers. "I always think that this particular one will tell me the truth; she will tell me what I wish to hear," she says. "I don't believe much in them but it is just out of curiosity," says Rola, 27, who, although skeptical of their predictions, also visits fortune-tellers. "What astonished me the most was a fortune-teller who was able to find out through reading me that my cousin was gay! She told me her initial and she was right. I was shocked." Many young people, such as these women, are spending their lives wondering anxiously about what will happen in the future, forgetting to benefit from each moment they spend alive.

Mona, 32, is no longer a fan of psychics. "I was engaged [and] my fiancé wanted me to move with him to Saudi Arabia after we got married. I

wasn't sure if I wanted to, so I asked a fortune-teller, who I used to visit from time to time, her opinion. She told me not to and she even asked me to end the relationship, and that is what I did." Eight years later, Mona is still single and living with her parents. "I hear that my ex-fiancé is living happily with his wife and two kids. But who is to blame? I ruined my life with my bare hands. Fortune-tellers lie even when they tell the truth!" Mona has not visited a fortune-teller since. Whenever she meets someone who does, she tells them her story. "I want everyone around me to be aware of how dangerous this 'hobby' can be," she says. "I lost many things as a result of my foolishness and my ignorance."

Once, curious about my future and looking for answers, I visited a couple of fortune-tellers. "You are going to get married and live happily ever after." "You are going to travel a lot." The fortune-tellers came out with many such statements, hoping that eventually one of them would make me smile and I would hear what I had come looking for. It is sad that so many people visit fortune-tellers on a regular basis, believing that the predictions will make their lives easier. Educated and ignorant people are both victims of this trap. These fortune-tellers are smart; they manipulate us to pay money for predictions that won't do us any good.



Addicted to the Pharmacy

By Lema Chehimi



'Said' used to be addicted to over-the-counter drugs. "I used to take Tramal and Legaflex," he explains. "I am not taking them now though. I used to go on and off them every three months." Said says that he took them to feel better; one drug energized him while the other made him depressed. "But now I completely stopped taking any of them because they are very addictive drugs that I don't want to get used to," he insists.

Said only agreed to a phone interview on the condition that his lawyer listened to the conversation on loud speaker. The lawyer, who also asked me to be discreet about her identity when the article was published, warned me not to offend her client or to record his voice. Otherwise, Said would press charges. According to Oum El Nour Rehabilitation Center statistics, Lebanese youth are taking drugs from an ever younger age. In 2008, 69% of 12-19 years olds had taken drugs compared to 59% in 2002.

Samar Kataya runs her own private pharmacy, Al Hawraa, in Bir Al Abed in the southern suburbs. "They're mostly young men and teenagers. A lot of them have tattoos all over their bodies. They all have dark patches under their eyes, they're very thin physically and most of all they're all smokers," she says. When Kataya encounters medicine addicts, she prefers to stay "on the safe side," telling them that she does not "purchase nor sell the kind of dangerous medication they ask for."

Normally, when a person gets sick, he or she visits their preferred physician who, after carrying out a check-up, issues a prescription, which then allows the pharmacist to sell the prescribed medicine to the patient. However, whenever drugs like Alprox, Stilnox, Valium, Rivotril, Dormicum, Lexotanil, Xanax and others are prescribed, a pharmacist has to be aware that this isn't just another prescription for an antibiotic or ointment. These drugs are medicines that can be sold at any pharmacy around Lebanon. But how and to whom they are sold must be monitored.

May Badran is a pharmacist in the regulatory affairs section of a multi-divisional trading company in Lebanon which distributes pharmaceuticals to pharmacies in Lebanon. She is in charge of registering the drugs at the Lebanese Ministry of Public Health. In Lebanon, most of the drugs that are abused are sedative hypnotics, which require a prescription from a physician and, by law, must be kept locked in a hidden, steel safe. "Come and take a look," says Kataya, bending to reach a small hidden closet containing a steel safe box. Every pharmacy also keeps a record of the quantity and type of sedative hypnotic drugs that are purchased. This information must be shared with the Ministry of Public Health, which also carries out sporadic checks on pharmacies' records.

Any patient requiring a sedative hypnotic drug must have an appropriate prescription carrying a recent, unedited date. If the doctor makes a mistake writing the date he must correct it adding a stamp to show it is legally corrected. The name of the sedative has to be written clearly by the doctor with clarification on the appropriate amount of capsules or boxes for each particular patient. Any doctor or physician has the authority to prescribe sedatives including dentists and pediatricians.

However, only psychiatrists have the authority to prescribe sedatives for six months. A pharmacist cannot give a patient more than the appropriate amount for him/her for that one month.

Drugs that are not sedative hypnotics do not require prescriptions and pharmacists will not be penalized by the Ministry of Public Health if they sell them to patients, Badran explains. For example, Badran explains that "anti-psychotic drugs can be sold without prescriptions because they are not very strong and dangerous."



Alex, 20, student, admits that he's been taking Normacalm, which is composed of safe herbs, and Dormicum, a sedative hypnotic which he says helped him with his anxiety and his nervous breakdowns. "I took it out of my own volition; no one prescribed it for me. But it made me feel better when I was in pain. But I really cannot tell you where I got Dormicum from or how," he insists. Kataya says that a lot of young men and women like Said and Alex come to her pharmacy asking for drugs. "Legaflex gives a sleepy feeling and relaxes the body. As for Tramal, it is actually a painkiller that can be addictive when high dosages of it are taken. Tramal doesn't need a prescription from a doctor. Addicts know what they ask for. But, fortunately, our syndicate has acted out of its own volition and agreed that all pharmacists do not sell this particular drug without a doctor's prescription. These young people know nothing about the drugs they're taking. They ask for them because the names are popular through word of mouth. Some even mix sedative hypnotic drugs with muscle relaxants," she says. Some addicts even ask for a cough syrup called Dulcana, which contains Codeine, a narcotic painkiller, Kataya adds. "They drink the whole bottle in one single shot to get the full effect of loss and relaxation," says Kataya.

"There are always sneaky ways for addicts to get what they want," adds Kataya. "I, for example,

am very aware that there are a couple of physicians around the area who are known for selling sedative hypnotics drug prescriptions for very low prices. What I usually do is send the addicts away telling them that I don't sell this drug as soon as I see that one of these doctors has issued the treatment. Other pharmacists arrange agreements with certain physicians they know. What they do is buy stamped prescription sheets in the name of the doctor they are familiar with from the doctor himself and as soon as an addict steps in the store and asks for the sedative drug, the pharmacist proceeds with everything legally. Those who do that usually do so just for the sake of selling and making profit with disregard to ethics," she adds. "My profession is not a light one. It all comes down to the pharmacists and doctors being conscientious," concludes Kataya.

There are four categories of psychotropic drugs:

Sedative hypnotics: Minor tranquilizers, used for sleep disorders. There are four categories: benzodiazepines, buspirone, barbiturates and ethyl alcohol. Depending on the drug, side effects can include addiction, sedation, memory disturbance, dull attention, dysarthria (meaning talking very slowly and stumbling over one's speech), and paradoxical excitement. Sedative hypnotics are the most commonly abused type of drug in Lebanon. A prescription is required.

Anti-psychotic drugs: Major tranquilizers, also known as neuroleptics. They are used to treat paranoia, schizophrenia, mania and drug-induced vomiting, among other illnesses. They can affect the central nervous system and the cardiovascular system, including one's heart rate. Side effects can include drowsiness, Parkinsonism, abnormal involuntary movements of the jaw and the tongue, dryness of the mouth, blurred vision, constipation and urine retention. They can be sold without prescription in Lebanon.

Anti-depressants: There are five categories of anti-depressants, used for different types of depression and causing different side effects. Depending on the drug used, side effects can include hepatotoxicity (liver poisoning), tremors, confusion, hallucination, nausea, insomnia, blurred vision, dryness of mouth, anorexia, diarrhea and thyroid enlargement.

Psychotomimetic drugs: Hallucinogenic, not used clinically.





A Night Out By Houssein M. Sweig

"What are we going to do tonight?"

All of us enjoy the company of our friends as we spend time hanging out on campus and off. However, not all parties involved tend to be on the same page when it comes to deciding on the leisure activity of choice. Accordingly, a timeless question is born — so frustrating and debate provoking — popping up every time you and your friends consider going out. The question is best summarized as, "what are we going to do tonight?"

Thus, what are the factors involved in reaching a consensus regarding this all too important matter? And how does one choose where, when, and by what means the gang will orchestrate its recreational evening? For as long as I can remember, a night out with the guys/gals was never as straight forward as I would have liked it to be. Various factors come to play, including gender, religion, time, and previous relationships.

First and foremost, we live in a somewhat conservative society since strict societal and religious rules govern the way we interact with each other, especially with regards to the opposite sex. Consider you are in a mixed group and you need to decide where to have lunch; you can't just get in the car and pick a place as you drive through Beirut. Things have to be planned, and the place chosen should not offend your female company. It should be a classy restaurant/café with mellow music to get everyone in a relaxed mood. In addition, comfortable seating is a must as the place should be able to accommodate everybody. More important, make sure the waiters are polite and are willing to tend to the most demanding customer — we all know some people are a tad meticulous when it comes to food! Most importantly, the place has to command a great reputation so as to reflect your proclaimed social stature.

This wouldn't be the case if it was a men's night out. Any restaurant would do, since as

long the food is great, none of the previous criteria would matter. For example a small burger shack would suffice, or how about a barbeque stand serving chili hot dogs? Fantastic! Furthermore, let's not forget the time limit associated with the ladies as most of the evenings get cut short due to curfews. Another point is that no mixed group is devoid of romantic tension, as there is bound to be at least one ex-couple that ruins everybody's time with their petty quarrels.

Moving away from gender, there will always be the drinking issue, as some are for while others are against. Most of the time, this predicament leads to a split within the group when they just choose to spend the evening in different places. Also, transportation is an issue of relative significance as some people find it inconvenient to commute at night/day from and to the spot, while others deem this task manageable. In my opinion, whether be it by private car or a public bus, it doesn't matter as long as one reaches his destination safe and sound.

This all important topic affects all of us, since we all enjoy spending a night out. But as illustrated above, in our society it can sometimes turn out to be more confusing and irking that one would initially expect.

Students: Where do you spend your night out?



Mohammad Hnaino: Ein El Mreisseh - Beach & Petit Cafe



Mohammad Mouazzen:Golden Lounge - Monot Str. Achrafieh



Hamzah Arzouni: Manuela - Maameltein

The Painful Process of Moving On

By Anthony Ohannesian

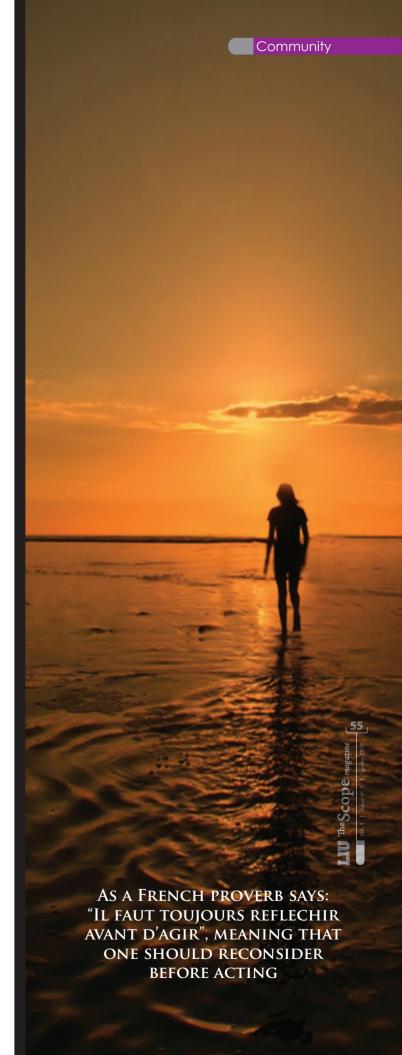
It is known that human beings have a relentless apt for self-expression and an ongoing search for a shoulder to cry on. Imagine yourself getting firmly attached to someone, someone who would accompany you through your hardships. One day however, you would find out that this person has stepped out of your life leaving no trace behind. What would you do then, knowing that this situation was a result of your own decisions?

Sometimes, life imposes its vile rules upon you whether you like it or not. These rules force you to take very wrong decisions for very right reasons. Imagine how excruciating the pain is to see this person walking away, unaware of the true reasons behind your decision. Imagine how shocking it would feel when you think that you have moved on, when in fact, you are getting more and more involved, and much lonelier. At some point, you try feigning indifference, but beneath your exterior, there is a spark that is ready to make its way out.

THE DECISIONS THAT YOU MAKE SHAPE YOUR ROAD

As a French proverb says: "Il faut toujours reflechir avant d'agir", meaning that one should reconsider before acting, for this helps to evade devastating problems. Consequently, no matter how much pain you experience, and how atrocious you feel, remember that you were the one who took the decision, and you alone stand responsible for its consequences. And as long as you feel no regret, then rest assured, you will move on.

In the end, life is a one way road, and there is absolutely no turning back. So, the decisions that you make shape your road. Along this road, you might encounter fear, pain, loss and disappointment, but you will always thrive and move on, as long as you are armed with never-ending conviction and perseverance.





knocked down.

it's whether you get back up.

Nothing All That Special



By Nermine Iskandarani

When was the last time you giggled over the simple things in life?

This past weekend two of our granddaughters, Hannah and Katie, came for a visit.

We had a great time together doing simple, everyday things that probably wouldn't be all that impressive to too many people.

We ate our cereal on the back porch. We called our lunch a picnic when we took it outside. We sang nursery rhymes and children's songs.

Two-year-old Katie chattered away. Five-year-old Hannah told us all about kindergarten and even read to us. (It's amazing how quickly children can learn.)

When Pa went to take the garbage to the dumpster, Hannah went along. She had a blast! She giggled as she told me how bad it smelled. She explained to me how Pa tossed the bags and they landed right where he aimed.

We played with the dogs and cats. We fed the goldfish in our pond. Hannah said the blessing before each meal. Together, we recited her bedtime prayers. I rocked Katie to sleep. We took the girls to the zoo. They shuddered when they spied the alligators and giggled when they saw the monkeys. We drew pictures and colored.

We did nothing special. But we had a great time doing it!



Sunday came much too quickly. After four nights with Nana and Pa, it was time for the girls to return home. I expected them to be thrilled to get back to their toy room, their outside toys, their pets, and their home.

While they were happy to see Mommy and Daddy, they did not want to leave Nana and Pa. We buckled them securely in their car seats, gave them goodbye kisses, and returned home, already missing the airls.

After they arrived home and realized that Nana and Pa weren't around anymore, they were definitely unhappy! Our telephone rang. "I want you, Nana," Katie whimpered. "I want Pa too."

Hannah came to the telephone. "I miss you, Nana," she cried. "I want you to come live with me."

While I was not happy that the girls were sad, I was happy to know they had a good time doing nothing all that special with us. I was glad that they enjoyed their stay with us. I was delighted for the time we had to spend with them. For those few days, nothing interfered in my time with the girls. They were my top priority.

On Monday morning, Katie awoke asking her Daddy, "Where is Nana and Pa?" Tuesday morning, my telephone rang. I picked it up. "I can't see you Nana," Katie announced. "I want you." There's no way Katie could have possibly understood just how badly I wanted her, as well.

I wanted to hold her again, see that sweet little grin, give her a great big old bear hug, and sing her favorite nursery rhymes.

While we enjoyed our time together, however, we all had to accept the fact that life goes on. I had to start a new week and go back to work. Hannah had to return to kindergarten and Katie had to go back to preschool. We had to file away those fun times into our memory banks and continue on with life.

When was the last time you enjoyed "nothing all that special" with your kids or grandkids?"

When was the last time you giggled over the simple things in life?

If it's been too long, won't you be determined to see life once again through the eyes of a child?

Are there some things a child could teach you today? Hannah and Katie taught me some great truths this past weekend. It is not always about what we do with the ones we love, but the attitude in which we do it. We can have fun rocking and singing. Breakfast is much more enjoyable on the back porch.

And even taking the garbage to the dumpster is enjoyable when you do it with the people you love.



9 Miss You Dad

Mohammad

I miss you dad. I miss every moment we lived in the past. I even remember many details and scenes. The child that you loved is still living in me, but you have become unable to notice his presence. I still remember when we used to walk down the river eating peanuts and raisins. I still remember when I used to hold your hand very well while trying to swim next to you. I still remember when you slept next to me all night because my eyes were hurting.

You see how I can remember? Although I have a weak memory and I can't even remember how we used to calculate the electric current in Bacc.2, I still remember scenes from my childhood that I spent with you. I miss you dad! I miss the moment when I cried on your belly and said 'I have a terrible headache, dad!' I miss the moment when you came to school to bring me snickers! I miss the moments when you used to wait next to my school bus to see me after school.

We were friends. Now, we are farther away from each other than the two poles of the globe! I'm still living with you, and I'm still that innocent child that you loved, but it's YOU who has changed. We are in the same house, eating the same food, sharing the same conditions, yet we are separated by a deep valley that is getting wider and

deeper. You are still able to hear me, yet you are no more able to understand me! There's a large tear in my eye that you can't notice. I know that this is your body, but there's someone different in this body. I don't know who this person is, but he's absolutely not my dad.

How could you leave me in the middle of the night? You left me in a very wild forest, in a very remote island! Now, I'm more like a castaway left alone in the desert, with no camel, no torch, and no blankets. I'm like a captain whose ship sank and his goods were lost in the ocean. I'm like a baby on a piece of wood floating in a wide endless sea.

Daddy! I want my real dad again. Bring him back. You replaced him and only you can tell him to come back. Tell him that I need him. He's very kind and he would come immediately! Tell him that I'm his copy. I'm the memory of his life. I resemble him in mind and in matter. They say I look so much like him when I laugh. They even say that my voice is exactly like his. We have a lot of things in common.

Dad, wherever you are now, I know that you are asleep. And there's going to be a moment when the alarm will awaken you. You disappeared and left me like a child in front of an orphanage!



Calling you, with no reason to call Accepting your sins and good as a whole Rotating bewilderedly around my soul Maybe you have a part in this And maybe you're all of it!

Crying for no reason Laughing for no reason I don't know what is happening But I am sure something is missing

Longing for the unknown Escaping from some familiar faces Nostalgia triggers my prone You hide in all my words All my phrases...

Strange voices echo inside me So suddenly 9'm a good painter Cramming imaginary scenes with your company I want you to be mine. I can't bear another failure Let the world see and hear My addiction toward enjoying your existence in my sphere Being oriented by your charm 9'm a beggar near your heart, asking for alms

Maybe my expectations won't come true Maybe my cloudy skies will never be blue Even if 9 swallow my misfortunes with wine Though 9'm lonely in a huge crew I'm out of beliefs, but who knew 9 do believe....

Tomorrow you'll breathe from my existence It's a stage you are passing through
Say and do whatever you want to do Cause after all, I have persistence

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And when someone asks why I dare to dream, or why I laugh or why I sing My answer is you! So many blessings that I can't repay And I never would have made it here without You keep giving me joy and happiness A strong and cleansing tide My soul has found a place to rest I don't want to waste another day stuck in the shadow of my fears Wasted moments trying to be someone I never All of my hopes are fading away wanted to be Reaching out into unknown spaces with nothing left here to blur the view I'm holding on for you I'm fighting for your life Even if you fall I won't let you break And when you're blinded by this shining light I'll be your eyes I see it now

There's a world of difference

And the silence is deafening

Somewhere in my mind frozen photos and memories are coming back to life Take my hand and walk with me Show me what to be I need you to set me free If I need evidence God is good Looking at you is enough Maybe your plans don't include me But here we are both of us lonely Seeking for shelter Look at the stars now Faraway aren't they? Deep in my soul I feel so weary I thirst for love We got right now so who needs tomorrow Why don't we stay? Soulmate? Until the end of time you are my soul-I'll love you till I get to heaven's gate And if I go first ill wait! So tell me will you stay?



In a world, with mountains so high and oceans so deep Where your sole companions are the tears you weep... Where honesty and loyalty come and go with the trends, and where you can feel lonely in a room full of friends.

They live in a world, where your shadow hides your fears Where cries of pain muffle the sound of cheers Once you look in the mirror your smile disappears, Because you're judged for the way your face appears.

I refuse to live in a world so shallow And accept its people with hearts so hollow. I refuse to have my loved ones feel this pain. Unlike others, I'm not going to sit and complain Call me crazy and you'll think my ideas are insane, But that's just me; I'll look you dead in the eye And tell you, if it costs me my life, 9'm still gonna try

Because to me...

I'm living in a world, with intelligence so high and personalities so deep Where your companions wipe away the tears you weep, Where honesty and loyalty are the only trends and, where you can never feel lonely in a room full of friends.

I live in a world where family erases your fears, Where only laughs can muffle the sounds of cheers Where you look in the mirror and your frown disappears, Because this world is as bright as it appears.





HALLELUJAH!

Anonymous

She left, and I could breathe again.

She left, and life smiled upon me again.

When she left, the sun shone, the birds sang, and the world blossomed anew.

The harsh seasons transformed into spring, the dry river banks flushed with life-giving water, the abandoned forest teemed with multitudes of life, and I could open my eyes and smile once more.

The darkness that dampened all spirits gave way to light, the clouds that gath-

ered over people's temperaments dispersed in the sunshine.

The time of sorrows and worries and woes expired, just as that of light and bliss and joy reached its zenith. Happiness usurped unhappiness; it sent its troops of light in to conquer the shadowy depths of its newfound kingdom, and it lit corners that had never known light before.

Praise be God, she's gone! She's gone!

THE LAST TIME

Anonymous

Sometimes it is just too hard to let go of someone.

It takes time to get over him.

It is as clear as the light of the sun.

After letting go, your life becomes so dim.

It is true what they say about it.

Love is truly a pain that not everyone can bear.

It is the fire, when lit,

It can never be blown off... I swear

I feel it still, and it really hurts

In my heart and in my soul,

The way that he thinks, and the way that he flirts;

And it is so hard to leave them all-

To leave all the good times that I had

It is just not right to be heartbroken,

It is driving me mad,

To know he is not feeling the way that I am feeling.

I just can't believe it is over.

All this time he was fooling around.

My heart can't take it any longer,

Not one more sound.

I had enough hearts breaking.

This is the last time you will see me aching.

