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The Scope

Liu Highlights

Join
the
Club!





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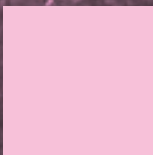
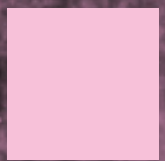
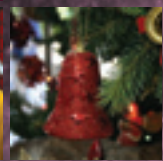
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Join the Club!

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Be Careful What You Buy

Brief News Fall 2011/2012

LIU Graduate Awarded International Fellowship Award for Post Graduate Studies

Nadine Itani, an LIU '08 MBA graduate, was the first Lebanese woman to be awarded the International Civil Aviation Organisation Graduate and Postdoctoral Fellowship Award for her PhD research in civil aviation strategic management. Her Master's thesis was on Strategic Diagnoses and the Impact of Privatization on Airport Operation Strategies which was performed on Beirut International Airport.

Another Success at Pharmacy Colloquium

Once again, the School of Pharmacy made great achievements in the Pharmacy colloquium. Out of forty-five students from various Lebanese universities, thirty-four out of thirty-five LIU students passed.

Military Show Held at Rayak Campus

On Tuesday, December 20, 2011, the Lebanese Army commando held a military show in the courtyard of the LIU Rayak campus. The show contained simulations of raids, landing on lines and acts of combat. The LIU students, administration and mayors of the neighboring towns attended the show.



Discussion on Contraceptive Methods

Specialist Dr. Sa'eed Makkawi was invited to give an informative scientific lecture on contraceptives at LIU Saida. He thoroughly explained the subject and dispelled myths concerning the contraceptive methods and pills. A discussion panel was opened afterwards, to give a chance for the vast number of students to share thoughts and questions.

LIU Tripoli Celebrates Independence Day

The LIU Tripoli campus celebrated Independence Day with its administrator Dr. Ahmad al Ahdab, starting the ceremony with the national anthem. The campus was festive with decorations of white, red, and green balloons. During the ceremony, Dr. Ahmad cut a cake shaped as the Lebanese emblem. Sounds of joy filled the area when students concluded their party with songs and dancing the "dabkeh".

White Poison Wins

On Tuesday, December 17, 2011, LIU's Saida campus' Activities Bureau, in cooperation with A Better Future club, screened a series of short films that fall under the category of 'Directing and Acting'. The movies were made by students from the School of Arts and Sciences. The short movie *White Poison* was judged as the best and its director, student Rawad Kawtharani, was presented with a medal.

Dr. Assad al Sahmarany on the Masonry

On December 15, 2011, Dr. Assaad al Sahmarany, an expert on Masons, was invited to LIU Beirut to hold a seminar about the Masonry and its threat to unity and societies. Students in the fully-packed auditorium enjoyed the expertise of Dr. al Sahmarany. An open question and answer session followed the lecture.



Human Rights Club: Write Your Rights!

In commemoration of the 63rd anniversary of the International Declaration of Human Rights, the activities bureau and Human Rights Club at LIU Saida held an awareness program titled 'Write your Rights'. On December 10, 2011, they kicked off the campaign, and for three days straight, students placed cut out 'rights' on billboards across campus that read "it's my right to....". Ushers also distributed orange ribbons that symbolize freedom, impartiality, and intercultural harmony.

LIU Remembers Saida's Martyrs

In memory of Saida's martyrs during the Israeli invasion, the Saida activities bureau organized a seminar with the intellectual debate club. Sheikh Khaled al Arifi was invited to give a lecture on the reasons behind the Israeli occupation and the rise of resistance in Saida. He spoke about the series of military operations that Saida's martyrs carried out, showing to the enemy that the Arab and Lebanese people will not accept occupation.

LIU at Special Olympics

The Sports City of Beirut hosted the Special Olympics' opening event for the weight lifting competition in coordination with the International Special Olympics. LIU students, serving as ushers, lent a helping hand at the competition, as they have done in past years.



LIU Mauritania Coordinates Seminar on Strategic Planning

On the 15th of December 2011, the School of Higher Education (Mauritania) and LIU Mauritania organized a seminar titled "Effective Principles of Strategic Planning". Dean of the School of Education, Dr. Anwar Kawtharani, gave a lecture concerning strategic ways for effective education. This was followed by words of thanks from Dr. Mohammad Weld Mohammad Abdul Qader, administrator of the School of Higher Education, to LIU's work in Nouakchott. LIU Vice President, Dr. Samir Abou Nassif, explained the importance of the lecture in exposing new techniques of teaching.

Memorial Held for Dr. Abed al Qoddous Modwahi

The LIU family mourned the loss of LIU board of trustees member, Dr. Abed al Qoddous Modwahi, on the 17th of January, 2012. The president of LIU, Mr. Abdul Rahim Mourad, friends of the university, and the deceased's loved ones took part in the memorial, giving speeches about the deceased Yemeni doctor.



Dr. Ousama Jrady Visits Saida Campus for Blood Donation Awareness

Dr. Ousama Jrady, cancerous inflammations and blood specialist, gave a lecture about the importance of blood donations, as a part of LIU Saida's Activities Bureau's blood donor campaign. He highlighted the fact that one donor can benefit more than one patient, through separating blood parts from each other. Dr. Ousama Jrady also answered the participants' questions about blood donations.



News

Our active LIU campuses are always brimming with new events from the Lebanese campuses in Beirut, Bekaa, Saida, Nabatieh, Tripoli, Jdeideh, Tyre and Rayak, to the international branches in Mauritania, Yemen, Senegal and Morocco. News of activities poured in to the pages of The Scope. Here is just a sample of some of the best events and new developments that took place this semester.



Join the Club!

By Fatima Abou Nassif

This semester, twelve new student clubs spanning every interest from theater to first aid were created, welcoming students to pursue their passions on LIU campuses. Public Relations students organized the official clubs launch, welcoming the LIU family to celebrate this new step on January 16, 2012. A special guest was invited to honor the event: Lebanese actress and television presenter Marie-Thérèse Maalouf.

Public Relations student, Sarah Haidar, kicked off the event with an introduction of the clubs. She listed the clubs' names and their member count. She then presented the microphone to the guest of honor, Marie-Thérèse Maalouf.

Ms. Maalouf started off with a brief introduction about herself. She shared with the audience details about her education and career path that led up to where she is today. She also gave her input regarding Public Relations and acting in Lebanon, while relating back to her own journey and personal experiences. She later opened the floor for questions.

The discussion was succeeded by a very unique mime performance. As the lights were dimmed, mime Adnan Saabi entered the scene and surprised those present. He offered a girl an invisible flower, jumped around the seats, cornered another young lady making her laugh even more, fished around, and even dove onto the floor. This day was all about audience interaction, easing off the tense atmosphere as finals approached.



Who is Marie-Thérèse Maalouf?

By David Zoaiter

In recent years, her name has become more popular in Lebanese TV, news and entertainment. She started off locally and reached across to the Arab world, now working on the morning news show, Akhbar Al Sabah, on the local Future TV, while finding time to take part in foreign movies and series in countries like Syria. Marie-Thérèse Maalouf has definitely found her place in the area's show-business.

Marie-Thérèse started in showbiz while still in university. She was a struggling double major student studying both Cinematography and Public Relations & Advertising, even though her mother was against the idea. "I registered without her knowing," she admits. Out of the thirty students accepted to Cinematography in the Lebanese University, only thirteen, including her, graduated. She got her big break when Mona Saidoun was looking for a new team to direct Akhbar Al Sabah; she submitted her CV and was accepted. Saidoun taught her the tricks of the trade, and with experience, Maalouf got to where she is today. "All it needed was ambition and patience," she says.

After seven years of experience in the work field, she is now in charge of the PR task of getting guests for the Akhbar Al Sabah show. "I have daily guests, 365 days a year... I find, call and book each and every one of them," she shares.

However, she seems to relate more to her acting career, as she mostly spoke about this side of her life. "Acting allows us to let out and express things we cannot express otherwise," she states. She believes that the roles that challenge her comfort zone are the ones that "reveal 'someone else.'" She is known to be serious and quiet by most, yet her roles expose her as an extrovert. This, she believes, is one of the beauties of the career.

While Lebanon is currently suffering from a slow, and even near dead, film and theater industry, she has faith. "The Lebanese theater scene is dying

out, but one should still support it since there is talent and the founders of Lebanese theater are still releasing their work."

As an ambassador to Arab film industry, observing and reporting from festivals in Doha, Paris and Algeria, among others, she encourages everyone to pursue his or her own interests and ambitions regardless of the circumstances. She believes that, "it isn't enough to graduate and to get an academic degree." She warns that it doesn't amount to much without a sense of culture. And this is earned "through involvement in social and cultural activities."



Want to Join?

Here is a full list of the clubs. To join a club of your choice, fill out an application at the Career Department at Block A, first floor (Beirut campus)

Music Club

It gives students the chance to play music while at university by providing them with a place for it. Students may play blues, rock, indie, oriental, jazz or any other popular style of music. Jam sessions are held routinely in events on campus.

Dance Club

It provides a positive environment that focuses on skills like responsibility, respect, and teamwork while aspiring to excel in dance. Students amongst themselves will have to exhibit technical dance skills in any dance style, be it classic, street dance, hiphop, etc. Performances will be routinely held around campus.

Theater/Performance Club

It offers an outstanding extracurricular program where students can gain the ability to practice the merging of all media (including but not limited to theater, film, video, dance, music, and creative writing). Students receive training amongst themselves in both performance practice and analysis, obtaining the fundamental tools necessary for a full artistic production in various indoors/outdoors events.

Book/Debate Club

It allows members to discuss the diversity of views and perspectives concerning a certain topic. Members typically have control over what books are selected to read (often members will vote on a list of suggested titles that have been submitted or take turns selecting). At the same time, it is their duty to organize and maintain a book club that meets and debates regularly

(weekly/monthly). They could also aid in raising money to buy needed books for the library, for example through bake sales.

Film & Movie Club

Each week, the club will choose a movie to screen for all the LIU family to come and watch. Upcoming movies will be publicized weekly. This club can work in cooperation with the Theater/Performance club.

NGO Club

It helps to build better cooperation with LIU affiliated NGOs such as Special Olympics Lebanon, Clean Lebanon, Arc-en-ciel, Papivore and many others. Students are requested to create activities and work in collaboration with those NGOs to enhance community awareness on campus.

E-Tech Club

Its aim is for members to discuss the latest technology trends and innovations and increase the number and quality of networking and recruiting opportunities with technology companies, while strengthening the university in technology-dependent aspects. Students can offer workshops or seminars to other students in order to educate them on these technologies.

Events Club

It develops a project concept; this means organizing project budgets, editing and designing a variety of materials; establishing and maintaining cooperative relationships with those contacted in the course of work; coordinating complex projects and meeting deadlines; preparing presentations and speaking effectively in various public forums.

Photography Club

This is a group dedicated to learning, practicing, and exhibiting photographic art. This means developing films and photographs in the university's darkroom, and collecting a full stock of digital photos. Exhibitions of these photos will be held routinely on campus.

Founoun Club

It offers its students the opportunity to create beautiful paintings, sketches, ceramics and sculptures. A selection of artwork will later be exhibited in the university's gallery.

Pharmacy Club

It is an innovative, independent training and education destination where Pharmacy students can learn and demonstrate more research and projects. This club helps to organize Pharmacy Day and creates awareness on campus about different topics the members decide upon.

First Aid Club

It encourages students to learn how to preserve life while practicing with secure First aid qualifications. The club helps students build capacity and respond with vigor, compassion and empathy to the victims of a disaster and those at risk, in the most effective and efficient manner. This is a valuable additional skill to take forward into the workplace/university life, which everyone can find of great use.



Sarah Haidar

Organizer / Public Relations student

What was your contribution to this event?

I basically worked with our contacts. I interviewed Marie-Thérèse Maalouf, contacted the mime guest, and dealt with the process of booking the auditorium. We also sent a press release to the media and invitation cards to all LIU Beirut instructors.

What motivated you to plan such an event?

All students involved in the planning and execution of the event were from the PREL415 Public Relations and Marketing class. We simply wanted to come up with an efficient

marketing technique to promote the clubs. So, we planned for the public launch to raise awareness about them. We wanted to let students who weren't able to join this year know that they could join next year.

What is the significance of extracurricular clubs at LIU?

As an LIU student, I believe that the clubs that were launched will build social interaction between students. Our university has a large student body. It is important that they feel that they truly belong to the university. The clubs build college spirit, giving identity to the student body. They basically build smaller communities within the LIU community.

The most important thing to consider is interdisciplinary integration. It is very important for students to take a break from studying. Thanks to these clubs, you will now see science students, for example, participating in activities not necessarily related to their major of study. Not only will they be active in extracurricular activities, but they will meet people they wouldn't have met in academic classes.



LIU Students Lend a Helping Hand at Beirut Marathon

By David Zoaiter

On Sunday November 27, 2011, runners from across the world joined together to run in the annual Beirut Marathon. Old and young, Lebanese and international, even the physically challenged took part in this 42.3km long event. Some ran for charity, some ran for peace, some ran for personal goals and many ran for the gold. Besides those who braved the challenging 42.3km run, many people chose to run the popular 10 km Fun Run for various charities.

LIU student ushers participated in the event as both organizers and water distributors at the many water stations, giving out water and bananas to the passing runners. Some LIU students took the marathon as an opportunity to support their favorite NGOs, running for the two LIU-affiliated NGO charities Clean Lebanon and Special Olympics Lebanon. They donned t-shirts with their logos to spread awareness about the two critical issues, the environment and the plight of the physically challenged, which seem to be ignored and even forgotten in Lebanon. LIU usher and activist Alaa Kanaan was very busy at the stations; giving runners a refreshing drink of water or handing them an energy boosting banana. "Running for causes such as these is very important, because we have to shed light on the difficult conditions Lebanon's environment is undergoing," he said. "We also need to encourage the physically and mentally challenged to set goals in life and support them in reaching them, because they can do it with a helping hand". Alaa's comments reflected the sentiment of the volunteers at the Beirut Marathon, who agreed that supporting these two causes was worth the day's hard work.



Smile & Pose!

Friendship Week hits LIU

By Fatima Abou Nassif

"SMILE!" was heard repeatedly on December 19 and 20, 2011 as LIU students posed for the camera. It took a while until the students built up enough courage to have a public photo shoot. As soon as the first few people took snapshots with their friends, others became encouraged. Friendship Week invited the student body to capture the love of friends within a frame. Unusual and colorful props were provided for the students to decorate themselves as they prepared to goof around and laugh.

This photo shoot also entertained those around the scene. The funny faces and goofy accessories kept Block C's ground floor smiling, distracting them from the stressful atmosphere as midterms were approaching. In the spirit of Friendship Week, the photos were uploaded on the LIU Facebook page in order to give students the chance to share their pictures with their friends. These were later printed on posters and posted around the Beirut campus for all to see. All students enjoyed this event and suggested that similar spirit weeks should be held more often.



LIU Wows at High Schools Exhibition

By Fatima Hanan el Reda

The Lebanese International University was featured prominently at the university exhibition held by The Islamic Association for Orientation and Higher Education at UNESCO palace, from January 12 to 14, 2012. What was unique about this year's stand was that LIU was the only university to display science experiments. Students showed up to watch just how they can apply the theoretical aspects of the majors they choose. The experiments were divided into Biomedical Lab, Chemistry, Pharmacy, Nutrition, and Food Science majors.



Some of the students present had a long way to go until they reach college level, but others were gazing into the near future. Students gathered around the Chemistry table, where they were fascinated at the sight of a chemical process in progress. "The experiment shows students what they might encounter in a chemistry lab," said Ms. Shadia Hamze, a Chemistry instructor. The Biomedical Lab experiment offered free



blood grouping and hematocrit blood tests in a demonstration that represented the major.

The Nutrition experiment included tests that calculate the percentages of body fat, water, muscle weight, and ideal body weight. The Pharmacy experiment used more sophisticated equipment, to inspect the properties of medicinal tablets. "This experiment shows that pharmacists do not just sell medicine, but that they also work on formulations," said Mr. Marwan Akl, the Pharmacy instructor who conducted the experiment. A less known major, Food Science, was highlighted by Dr. Oussama Dimassi when he prepared dark chocolate. "Contrary to what many people think, Food Science is not about making food, it is actually the study of the mechanism of food production and processing," he explained.

In the presence of almost every university in Lebanon, LIU marked itself in the minds of those in search of an appropriate university. It presented its various versatile departments in a colorful, unique, and memorable way.

"LET'S FILL THE EMPTINESS OF DEATH WITH LIFE"

By Farah Bazzoun



As a gesture to his memory and in appreciation of his efforts, the LIU family organized a memorial ceremony for the late Reverend Dr. Tony al Rahi, entitled "Let's Fill the Emptiness of Death with Life", on the 11th of December, 2011. Dr. Rahi, an LIU instructor, passed away on August 12, 2011, in a traffic accident.

The representative of Mr. Abdul Raheem Mourad, Dr. Majdi Hammad, started the event with a description of Dr. Rahi as one of the founders of the university, who joined the LIU family in the very beginning and had a great ability to mediate conflicts. A word from Reverend Peter Tarabay, a representative of Archbishop Bchara al Rahi, expressed sorrow for the great loss that has come upon everyone, saying, "with the loss of reverend Rahi, we have lost a brother, a teacher, and a friend that held the reverential heritage. We have missed the person with the smiling face and comforting presence who used to laugh with the joyful and cry with the sorrowful." Administrative Director of LIU Jdeideh Dr. Gaby Khoury offered consolation to Dr. Rahi's family; noting his great accomplishments such as the founding of the Maronite Reverential



Center in Michigan, and the writing of numerous books, including the recent "Jesus of Salvation".

In the end, the deceased's family was given the final word in a speech presented by his brother, Maestro Maroun al Rahi, who thanked everyone for organizing the memorial, saying, "I will console myself before everybody. I've lost not only a brother; but a father and a teacher. There was a child's soul inside him that spread hope and joy wherever he went. This university was his second home; he had spent great days here and gave with dedication and love." Dr. Rahi's brother concluded his speech with the words, "You gave a lot, and you had even more to give. You have left early, but you will stay in the heart of everyone who loved you."

A short movie made by students was then screened, so that they could repay a little of what Dr. Rahi had given them. The testimonies of the students and doctors were united not only for Dr. Rahi as a teacher, but also as a friend and a brother for all who needed him. At the ceremony's conclusion, the representatives of LIU and of Archbishop Bchara al Rahi presented the deceased's family with a medal of appreciation.



A Stone-Man Collaboration

By Mhamad Kleit and Camilla Majdoub

Crystallized caves found in Lebanon, just on the upper route of Nahr al Kalb Valley, are made up of two limestone caves, one above and one below. The splendid rock cavity, created millions of years ago, drew divine limestone curtains throughout its hollowness. These 9000 meters of beauty are called the Jeita Grotto.

As the Lebanese natural wonder pledged for the people's aid, LIU students made the wake up call. On October 22, 2011, the LIU administration and its ushers organized a persuasive trip with fellow colleagues and students in order to support the universal stand of the Grotto among the seven natural wonders of the world. Colleagues showed great ambition for the vote and big numbers participated in the promotional campaign for the Grotto. Furthermore, as one fellow colleague said: "Jeita is part of the Lebanese heritage; it's our national duty to support it." Thus, students made their way, in fully-packed buses, towards the wonder's territory to make a statement: LIU supports Jeita.



The university's support was shown right from the start. As the buses reached their destination, students were proudly singing and dancing. The upbeat music kept everyone motivated as they waited to explore the Grotto. In a short while, it was time to discover Jeita. The amazement felt by the students was conveyed by their facial expressions as further exploration took place. Moreover, the Picasso's of LIU's design department were more than fascinated by the majesty of the limestone curtains; where a random question was directed to several colleagues who set foot in the giant natural cave: "What do you think?" The answers

were similar: "Simply... wow!"

While fascination was expressed by all departments in both the upper and the lower Grotto, Arts students had the opportunity to choose a spot, sit, observe and draw. The trip to Jeita Grotto certainly presented the LIU community with a lot of positive effects. Apart from appreciating Lebanese heritage, everyone experienced a new form of entertainment on a Saturday morning, thus, proving that it is possible to help Lebanon in a worldwide competition and have fun at the same time.



Why did you vote Jeita ?

Daniel Zahlan: The country's economy would improve and tourism would increase

Ahmad Hassan Barakat: To expose Lebanon's treasures and culture

Hasan Sadek: Jeita is a cultural treasure of Lebanon, and it will improve tourism

Ali Barada: It's part of the Lebanese heritage and it's a national duty

Ahmad Abu Melhem: Because it's my country and Jeita IS a true wonder

Tala al Assi: Because it's beautiful

Walaa Kbar: It's Lebanese and I never saw anything as beautiful as it is

Yara al Jaafary: Lebanon deserves to be among the great countries and Jeita is a phenomenon



Tripoli Campus Student Count Hits 1,500

LIU's Tripoli campus now boasts a new high of 1,500 students, after welcoming hundreds of new enrollees in the Fall semester. Administrative Director Dr. Ahmad al Ahdab comments on this remarkable increase.

What's the secret behind the increasing number of students at LIU?

There's no secret; the reason is grounded in a good level of education. The Lebanese International University has shown, in a short period of time, a high level of education evident in students' achievements in all majors, including Pharmacy, Nutrition, and Biomedical Laboratory. The excellent performance of its graduates extends to many professions like Engineering and Business. This level of education is supported by the reasonable fees that put the university on the radar for every serious student who would like to gain a proper education at an affordable cost.

How can you secure a proper level of education with these lower fees?

This university was not established for profit purposes. On the contrary, it was instituted on the basis of providing a good level of education to everyone, and that's exactly what we see today. This is assured by the high level of financial aid given to students, which is also the highest among Lebanese universities. This is also in addition to dividing the full payment into smaller ones. Simply, the answer to the question is what you see, not what you hear.

What's new at LIU?

LIU is always in a state of renewal. On the educational

level, there are new collaborations with other universities in other parts of the world, changing curriculums, and examinations. On the athletic level, in the North, we're introducing games like Aikido, Thai-Boxing, tennis, as well as a new gymnasium on campus. We're also improving the campus' basketball and tennis courts. As for new campuses, there are new ones being built and are to be opened when the time is right.

For five years in a row LIU has been at the top of the list in the Pharmacy major. How do you explain this?

I would like to make a clarification here, not only did LIU make first place in the Pharmacy major in the past five consecutive years, but we scored a 100% success rate in the past two years in this major. Also, the highest grades in the examinations were by LIU students during these five years.

This reinforces what I said before, that the quality of education is now in the hands of all. A person may pass once by chance, but he/she doesn't make the first place five times in a row. Without a doubt the credit goes back to the educational committee, from the dean, advisors, staff, and trainers, not to forget the students who exert huge efforts to reach these high levels.

LIU Star Competition Thrills Campus

This Fall, LIU Saida hosted the annual LIU Star Competition. The campus brimmed with excitement as its most talented students vied for the top place in the contest, displaying the full scope of their vocal talents.

On Thursday, December 19, 2011, the winners of the competition were finally announced, after numerous rounds of elimination. Elie Haddad was named first place, Roy Mansour came in second, and third was for Ali Khadra. The main auditorium was packed with students, administrative and academic members. Administrative Director Mr. Khaled Mourad distributed medals to the three winners. Student Waleed al Hajj was granted an honorary medal for his efforts in playing the electric piano ever since the start of LIU Star in the semester.

Two days earlier, the five final contestants, Elie Haddad, Maya Abou Saleh, Roy Mansour, Ali Khadra, and Faysal al Ahmad took turns showcasing their very best songs in the last elimination day of the contest. This day was the last of many rounds of elimination, which started off with all entrants, and gradually whittled them down to the top ten, top five, and finally, the grand finale.





LIU Celebrates Lebanese Independence Day

On the occasion of Lebanese Independence Day, a delegation from the Lebanese International University's Rayak campus visited the supreme command of the Lebanese army in Bekaa. The delegation included Academic Director of the Rayak campus Dr. Hassan Haj Hussein, Student Affairs Officer Mr. Yasser Othman and administrative staff. In light of this event, crowns

of laurels were placed as memorials of the military martyrs. Also, the delegation held a meeting with the army commander in the Bekaa region, Major General Khalil El-Msen, and discussed the role of the army in protecting the country and its unity. In addition, they talked about the possibility of creating cooperative initiatives between the army and the university.



Every semester we pride ourselves with the accomplishments of our Schools. LIU's Schools of Arts and Sciences, Business, Education, Engineering and Pharmacy boast programs that cater to all students' interests and society's needs. Students of all majors are active inside their classrooms and outside, with new triumphs and successes every day. This semester's issue is packed with Schools' news, events and future plans.





Still Performance

By Mhamad Kleit



Between a long explanation and a big, family like, group photo, Communication Arts instructor Mr. Bachar Nasrallah dispatched his students from the 9th floor of Beirut campus' Block C to perform silently - and still - in front of a surprised audience. In the last Performance class session of the Fall semester on the 24th of January, 2012, students posed as statues in various costumes including gypsies, Roman warriors, folk dancers, and Chinese

women. Some just stuck to their own outfit but with a different twist in their pose.

The cameras were lost on what pose to focus on. The laughs and smiles of teachers, students, and passersby were also a noticeable part of the scenery. When the time was up, Mr. Nasrallah was very pleased with his students' act, something shown not through words, but through the obvious smile on his face and his final speech in front of the participants. The Performance teacher has done similar stunts in the past, such as during last semester when almost twenty students spread out all over Block C's 9th floor, just to laugh. Strangely enough, the entire block joined the group chuckle that lasted well over 15 minutes.

This performance was, as always, an opportunity to bring out the best of the students' personalities, whether it is in acting, creativity or courage. And with the happenings of the 24th of January in our Beirut campus, Mr. Nasrallah's students proved that the course is still performance through a still performance. •END•





It was at Mathaf Street, at The Hippodrome, also known as the horse track of Beirut. Yet, it was not a typical Sunday morning; it was the Lebanese Science Fair, organized by the Ministry of Culture and the Science Days Committee, in which participants flooded and professors surged. In the month of October, 175 students participated in this Science Fair as part of their school research and studies.

LIU Food Science students, with Dr. Oussama Dimassi of the Nutrition and Food Science department, caught up with some of the other universities, schools and organizations. Each showed off his/her stunning project covering complex topics, such as the Magic of Physics, Electronics and Inventions. The LIU team's project was: chocolate!

With the doctor's assistance, Food Science students explained, shared information and experiences, and taught young and old visitors how to make tasty chocolate. "Our target group was the general public, we just explained to almost 25,000 people how chocolates are made through a video screening and through direct dialogue," said Dr. Dimassi in an interview, "and the attendance was great!" From 4pm till 6pm, school kids from Beirut, Zahle, Tyre, Saida, and from all over Lebanon, arrived.

The weight of 6kg of chocolate made daily during the fair was a small price compared to the giant load of fun, experience, and knowledge the LIU students gained through their participation in the science fair. "We will teach the Science Fair how to make candy next year," Dr. Dimassi stated at the end of the interview. The Food Science department will undoubtedly present a new contribution to this local Science Fair with sweet success and finger-licking achievements. •END•



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Feel free to contact us for any help in developing your CV



The Christmas jingles played as mini Santas danced around in a scene decorated with thirty restless children and a bunch of colorful balloons. The Lebanese International University's Hospitality Club hosted a Christmas gathering at the Jdeideh campus on December 23rd, 2011. The event brought together LIU, Aabet Byakout School, and Parish of Saint John the Baptist of Bouchrieh students. The day was packed with singing, dancing, and playing as they all shared the holiday cheer. LIU students made sure no child was left alone standing on the side, despite the chilly weather.

After tiring rounds of games and laughter, the kids sat down anticipating their energizing meals as they were met by the delicious smell that came from the LIU kitchen. The Hospitality Club members put on their white chef coats and took over the cafeteria kitchen. They cut, warmed, spread, and cooked the raw ingredients into the final meals. The little Santas eagerly ate the burgers prepared by the LIU students who were showcasing their passion for food. The carefully prepared meal wasn't the end of the day for the kids, though. Santa Claus himself (invited by the Hospitality Club) made his way through the crowd of his miniature clones and joined them as they sang and danced to holiday tunes. The kids, then, had one-on-one time with Santa as he distributed a present to each kid.



All these details, which seem minor, but meant the world to the under-privileged children, were planned and implemented by LIU students who ensured that the kids had a blast during their visit. The LIU Hospitality Club made this event possible with the help of the LIU student body. On the same week, the Club held two Crepe Days during which they made crepes on the spot and sold them to passerby in the Beirut campus. The funds raised during these two days were used to buy presents for the kids.



This was one of LIU students' initiatives to integrate their efforts with social and cultural events. It isn't enough to just go to university and study. According to Dr. Gaby Khoury, Jdeideh's Academic Director, "Instruction, research, and community service are what make up a well-rounded education." Even though the students were struggling to meet academic deadlines at a time of midterms, the LIU Hospitality Club members agreed that all their time and effort was worth the happiness that radiated off the children's faces on that day. The Crepe Days organized aren't the last of their kind. After the success of this initiative with positive feedback from the LIU family, the Hospitality Club is planning to host a Pasta Day and a Strawberry Day in the near future. •END•

What was your favorite moment today?

- **Ali Rizk:** When the kids met Papa Noel, a.k.a. our friend Walid
- **Zeina Arakji:** When I played around with the kids
- **Mohamad Bizri:** When I became Santa Claus
- **Afif Mansour:** When we served our own food to the kids
- **Amina Zein:** When I drew on their happy faces
- **Elizabeth Basmadjian:** I loved seeing the kids' happiness through their glittering eyes; it reassured us that today was worth all our effort
- **Darine Awwad:** The moment we drew smiles on the kids' faces
- **Ahmad Jaffal:** When the kids were dancing around with smiles on their faces





Destination: Iraq

By Fatima Abou Nassif

Dean of the School of Education Dr. Anwar Kawtharani and Academic Director Dr. Hassan Khachfe visited a unique destination this semester: Iraq. Their 5-day visit took place from October 17 to October 21, 2011, and it facilitated negotiations toward establishing a new LIU international campus. The LIU delegation was invited by the AMAR International Charitable Foundation to attend Iraq Britain Business Council (IBBC) Conference. This relatively short trip was filled with productive meetings and discussions.

The IBBC Conference mainly focused on the idea of “investing in education” and forming new affiliations with educational institutions. These affiliations include the exchange of faculty training, the establishment of joint educational activities, and the sponsorship of academic materials and publications. LIU discussed these with a delegation from the University of Basra (UB) that included staff and senior members of the administration. Dr. Kawtharani and Dr. Khachfe explored the opportunities of professional development between the two educational institutions. Agreements were reached regarding the importance of inviting each other’s faculty members to offer lectures and discussions at the

affiliated campuses. One of the highlights of the trip was a 90-minute meeting between the LIU delegation, Vice Chancellor Dr. Ali Attar and Dean of College of Arts Mr. Daoud Jasem Al-Robae, which tackled specific areas for professional development. An agreement was made to start a training collaboration program between UB and LIU.

Another key meeting that took place was between the LIU delegation and Baroness Emma Nicholson. She expressed her admiration of the proposal of the Third Emergency Education Project (TEEP) in Iraq Capacity Building in the Field of Teachers’ Training funded by the World Bank and set by LIU. LIU’s open strategy had three components: development of strategy, management leadership, and communication. These features attracted UB to LIU’s scope of work.

This new destination that LIU explored was very strategic. Basra is known to be a meeting point for foreign companies, diffusing different cultures in one geographic location. And it is for this same reason that LIU’s trip was very enlightening. Mutual understanding was reached regarding the cooperation of LIU and UB to further develop their respective faculty members. •END•

LIU in ASCD Professional Development Institutes & Conferences

By Dina Shouman



Founded in 1943, ASCD the Association for Supervision and Curriculum Development is an educational leadership organization dedicated to advancing best practices and policies for the success of learners. It includes members from 148 countries as professional educators of all levels and subject areas—superintendents, supervisors, principals, teachers, professors of education, and school board members. From July 1st to the 3rd, Boston Massachusetts hosted the ASCD three-day professional development conferences. Attending from Lebanon and representing LIU were Ms. Dina Shouman, instructor from the English Department, and Ms. May Dalle, coordinator and instructor of English and Education.

Professional development is a key element for

teachers seeking to be part of the ever-growing field of education. Catering to this need were the five three-hour sessions presented at the conference. The themes were Differentiated Instruction by Tim Westerberg, Understanding by Design® by Deborah Pickering, What Works in Schools® by Robert J. Marzano, and Curriculum Mapping by Heidi Hays Jacobs.

Attending teachers received certificates after the completion of the ASCD professional development training. The conferences encompassed tremendous and innovative teaching aspects to empower educators for up-to-date teaching and learning. Without a doubt, the experience was enriching and empowering because it broadened and intrigued the natural inquisition of professional development. •END•



LIU at the 8th Scientific Conference on Nurturing Gifted and Talented Students

On October 16 and 17, 2011, Ms. Amal Farhat, an instructor from the School of Education, represented the Lebanese International University at the 8th Arab Scientific Conference on Nurturing Gifted and Talented Students in Amman, Jordan. The theme of the conference was "Gifts and Talents: Vital Points in the Lives of Nations". Internationally-recognized scientists, prominent figures, professionals in educational excellence and specialists in the field of gifted education from various Arab countries attended the conference. The conference provided a great opportunity to exchange experiences and programs in the field of promoting gifted education and educational reform.

Ms. Farhat presented a paper on the integration of problem-based techniques in teaching in which she proposed a sample project of her design called Learning Tour of Creativity (LTC). Prominent features of LTCs are that they utilize

digital knowledge for educational purposes, engage students in higher order thinking, and promote the development of emotional intelligence. Farhat proposed that teachers in the professional learning community design their LTCs and upload them to an e-bank where teachers worldwide can easily access and use them. This is to strengthen the bonds among teachers as professionals and allow for a flow of knowledge.

In addition to the paper presentation, Farhat also attended the pre-conference workshops titled The Art of Argumentation: Its Principles, Applications and Methods of Teaching and Strategies of Social-Emotional Learning. It is hoped that the proposed LTC is adopted by the School of Education, where potential teachers will be trained to design their own projects, merging the theory they learn with practice. •END•

Engineering Seminars by LIU's Own

By Farah Bazzoun

The LIU Engineering department held a seminar titled "A Novel Packet Retransmission Technique for Reliable Multicast Protocols," at the Beirut campus on Monday the 16th of January 2012. The guest speaker was engineer and doctoral candidate Mr. Muhammad Muhammad, an LIU alumnus who graduated with high distinction in 2005.

Currently, Mr. Muhammad is pursuing his PhD in Telecommunications Engineering at the Technical University of Munich (TUM) in collaboration with the German Aerospace Center (DLR), where he is working as a research engineering scientist in the Communications and Navigation department. He received his Masters degree in Communications Systems Engineering from TUM as well. Mr. Muhammad is currently researching aeronautical communications transport layer protocols, reliable transmission protocols, and network coding.



He presented to the students two tutorials; the first one was about Random Linear Network Codes (RLNC), a technique where network intermediate nodes (routers) linearly combine several packets of information that they receive together before transmission, instead of simply relaying the packets. This can be used to attain the maximum possible information flow in a network, reducing bandwidth usage on the communication channel. Mr. Muhammad continued explaining about reliable multicast protocols, which are computer networking protocols that provide a reliable sequence of packets to multiple recipients simultaneously, making it suitable for applications like multi-receiver file transfer or streaming media.

At the end, he concluded the seminar with the second tutorial about his method in the file transfer reliable multicast scenario, in which packets are carefully selected before retransmission, such that the complexity is shifted to the sender while the receiver can perform very simple decoding. This algorithm is called Selective Coded - Automatic Repeat re-Quest (SC-ARQ). •END•



LIU Hosts Pharmacy Dinner

By Mhamad Kleit

On October 27, 2011, LIU president H.E. Abdul Rahim Mourad, administration, and deans held an honorary dinner for the Science Organization for Arab Pharmacy Departments at the Movenpick restaurant, so as to introduce the organization to the School of Pharmacy's world of test tubes, medications, and excellence.

The dinner welcomed, other than the LIU members mentioned before, Arab physicians and professors of pharmacy, along with physicians arriving from

Libya, Egypt and Jordan. After the dinner, H.E. Abdul Rahim Mourad gave a short welcoming speech to guests with words of wisdom, honor, and appreciation. The visitors to the Lebanese lands were then given shields from the President. Jokes and friendly conversation were the concluding part of the dinner, followed by group photos of the participants, ending a night of cooperation between LIU and the Arab world. •END•



Eagles

The LIU Eagles sports teams span a multitude of sports including soccer, football, basketball, ping pong, and many more. Its players are among the best in Lebanon, with new stars constantly emerging, and, like their namesake, soaring. The Eagles are unique in that they are comprised of the average young man or woman in your class, yet who in their spare time are playing their way up the ranks of the Lebanese sports scene.



Sports News

Fall 2011 / 2012



- Tripoli campus' basketball team is participating in the Lebanese Universities Basketball League and so far has played two games and won both. It won against Al Manar University 56-45, and against AUT 66-62
- Beirut campus' soccer team participated in the AUB Soccer Tournament and reached quarter finals



- Beirut campus' volleyball team enjoyed friendly games, in which they won over LAU Beirut, the Beirut Arab University and division two teams
- Beirut campus' basketball team B was victorious on three different occasions against professional teams from divisions three and four
- Tripoli campus' rugby team won their first game in the Lebanese Rugby League for Universities before losing two games. The second loss was due to a forfeit after the LIU roster was short due to injuries
- A tennis team was launched at Tripoli campus
- A Thai boxing team was launched at Tripoli campus
- Beirut campus witnessed its first internal Table Tennis Tournament. Ahmad Harb won first place and Amr Khalil second after defeating Mohamad Hamdan and Ahmad Ayyash in the semi finals
- The LIU table tennis team came in second place in both the AUCE tournament and the Haigazian tournament

- Bekaa campus' table tennis team was ranked second in the AUST tournament
- Bekaa campus' soccer team defeated BAU Debbieh 3-0, and a team of former professional players, current police officers and members of the army 3-0
- Nabatieh campus held its yearly internal Soccer, Basketball and Table Tennis Tournament between students categorized by majors
- Nabatieh campus held friendly games against universities and high schools from the region, and was victorious in all of them in both basketball and volleyball
- Tripoli campus' soccer team won several friendly games in preparation for the upcoming tournaments, including a big win



against former Lebanese Universities Champions Al Manar University with a score of 3-1

- LIU inaugurated its first gymnasium in its Tripoli campus
- Saida campus held an internal mini-football tournament in coordination with al Risala club
- Saida campus held an internal table tennis tournament
- A friendly table tennis tournament was held between Saida campus' tennis team and Hariri Canadian University's
- Saida campus held an internal mini-football tournament
- Saida campus' soccer team came in first place in Fajer club's Mini-Football Universities Tournament
- A 16-4 was underlined on the score-sheet in the AUB stadium, where LIU boasted 14 goals over the host on the 11th of November 2011. After a hard-fought game with the AUB rugby team, the LIU Eagles were able to make a statement on the green pitch of AUB Hostler court, in the first rugby game for LIU in the Universities Rugby League



LIU EAGLES
Sports star

Haytham Faour

By Malak Jaafar

Sport: Football
Date of Birth: February 17, 1990
Place of Birth: Meis el Jabal, Lebanon
Height: 176 cm
Weight: 70 kg
Competed for: 4 years

After midfielder Abbas Atwi kicked a blinding shot past the goalkeeper into the South Korean net, the crowd erupted in celebrations unseen amongst Lebanese fans for quite some time. The match between the two countries that took place in Beirut on November 15 shocked the football world, with Lebanon beating its South Korean counterpart 2 – 1. When the referee blew the final whistle, jubilant crowds broke out into even louder cheers. Men, women, young and old all jumped up and down yelling “Lebnen! Lebnen!” One woman, perhaps in her 70s, could be seen waving her arms frantically, cheering for Lebanon’s team at the top of her lungs. That night, President Michel Suleiman gave the team a standing ovation. The beyond-capacity crowd of 50,000 spectators in the stadium, and the thousands of people who watched the game at home were obviously impressed by the significant improvement in the team’s performance, as well as their confidence.



Perhaps not many Lebanese International University students know that one of their own was on the field, running, passing and giving his all to ensure his country would qualify for the World Cup Finals. He is 21-year-old midfielder, Haytham Faour, a Biochemistry student at LIU. At this young age, Haytham has played with Lebanon’s best and against some world-class professionals. And throughout every game, he has proven he is a star in the making. “I am proud of where I am today, and more importantly I am proud of my team’s accomplishments. I love what I do, and I wouldn’t trade it for anything else in the world,” Haytham said in an interview with The Scope.

Six years ago, a football scout from the well-known Lebanese club al-‘Ahed saw Haytham playing in a worn out football field and immediately noticed the 15-year-old’s talent. The team then asked him to become a member, and since then, Haytham has been training and playing among some of Lebanon’s finest coaches and players.

“I’ve always loved this sport; I’ve been playing football ever since I could remember,” Haytham said, adding, “I grew up in a modest neighborhood, my friends and I would always, upon returning from school, run to the football field and start playing. They weren’t actual football fields, they were sand-filled empty lots, but it never mattered to us as long as we got to kick the ball around.”

Despite his passion for the sport, Haytham knew from his early years that playing sports in Lebanon will not put food on the table. In fact, even playing for Lebanon’s national football team won’t provide sufficient income. Before upcoming players reach the spotlight, they might receive no more than US \$20 a day as travel allowance if they are playing abroad and almost US \$200 if they have to travel for a week. Because of this, most players hold down a second job. That means they have to take time off from their other job to play football in another country for only twenty dollars a day.

Knowing the dire situation of football in Lebanon, Haytham focused on his studies: “I knew that I couldn’t depend on football as a source of living because in Lebanon, players rarely get paid and if they do, it’s barely enough. My parents encouraged me to keep my grades up and taught me the value



of education from a very young age. That is why I am pursuing this degree; I want to hold a job in my major even though the thing I love the most is football.”

“But perhaps after our recent performance and improvement, things might change and players will get what they deserve. I’m hoping that will happen,” Haytham said, smiling at the thought. After the national side’s recent victory, each player received 10,000,000 Lebanese Lira (about US \$6,667) from the government, US \$3,000 from three different businessmen and US \$5,000 from the Lebanese Football Association.

Despite the unprecedented payout, players remained skeptical about the sport’s future and believed the bonuses they collected were temporary and will not provide long-lasting support. “I want professionalism in football in Lebanon. If that happens, then me and other

players would be able to depend on the sport as our only source of income. We wouldn't have to take up a second job in order to provide a minimally acceptable standard of living," Haytham said.

While most players appear to be obsessed with the game, Haytham explained the fact that although he loves the sport, it "doesn't make up my entire life." The young player enjoys other sports such as basketball and swimming, and he also likes video games and hanging out with his friends. But what he greatly enjoys is going to his village in the south with his parents and spending some time in nature with the family.

Haytham also considers his parents the most important people in his life, saying, "their encouragement helped me become who I am. They were with me every step of my journey."

He added, "I know they are proud of me and my recent accomplishments, and I too am proud of where I am now."

However, Haytham knows he can't stop now. "I am proud, but I am not cocky," he adds, "I know I have to keep training, keep getting better and keep growing. I have to keep improving, and I am lucky to have a great coach who will help me." He was referring to the new German coach who is credited for revolutionizing the team's performance. When Theo Bucker became the coach of Lebanon's national football team, even spectators who were not avid football fans noticed the players' significant improvement. "He changed everything, our performance, confidence, training, diet...without him we would not have gotten this far," Haytham said. The most important aspect of the players that Bucker worked on was their confidence and psyche. "He made us believe that we are not a losing team, but rather a team to watch out for. We believe in ourselves and are much more confident now," he added.

Lebanon's team no longer played half-heartedly; they played to win. "After the win against South Korea, everything changed for us," Haytham



explained, "All eyes are on us now, fans expect us to play at the same level in all our games, and hopefully with the help of Bucker, we will not disappoint them." He added, "We have a greater responsibility now, especially towards the Lebanese. When we won, we saw how everyone was ecstatic and united; these feelings are almost nonexistent nowadays in this country."

On the night of the team's win over South Korea, the entire country seemed united in celebrating the victory. Even Lebanese, who on any other night might disagree over every single thing, stood side by side, cheering on the players. "Lebanese people should see that being united is possible," said Haytham, "Different people from different backgrounds put their differences aside and cheered for Lebanon's team. This tells us unity is not impossible." He concludes: "If us winning will unite the Lebanese people like that night we beat South Korea, then we want to win every game." •END•



Meet LIU Eagles Basketball Team Nabatieh

Coach Mazen Alloush

Height: 174 cm
Weight: 77 kg
Birth date: 28/8/1976
Birthplace: Nabatieh



Mohammad Tawbi

Position: Point Guard
Height: 187 cm
Weight: 74 kg
Birth date: 15/11/1993
Birthplace: Bint Jbeil
Major: Freshman Engineering



Hassan Hamze

Position: Play maker
Height: 172 cm
Weight: 65 kg
Birth date: 13/7/1990
Birthplace: Kfareman
Major: Interior Design



Mahdi Makki

Position: Shooting Guard
Height: 182 cm
Weight: 80 kg
Birth date: 23/11/1992
Birthplace: Habboush
Major: International Business Management



Abass Daher

Position: Play maker
Height: 176 cm
Weight: 68 kg
Birth date: 1/1/1993
Birthplace: Kfareman
Major: Management Information Systems



Ali Daher

Position: Center
Height: 185 cm
Weight: 80 kg
Birth date: 2/4/1992
Birthplace: Kfareman
Major: Business Management



Ali Kanbar

Position: Center
Height: 187 cm
Weight: 92 kg
Birth date: 26/10/1991
Birthplace: Kfareman
Major: General Engineering

**Rami Fahs**

Position: Shooting guard
Height: 190 cm
Weight: 70 kg
Birth date: 5/10/1990
Birthplace: Cote d'Ivoire
Major: General Engineering

**Mohammad Komayha**

Position: Play maker
Height: 173 cm
Weight: 69 kg
Birth date: 12/2/1994
Birthplace: Nabatieh
Major: Advertising

**Hassan Maatouk**

Position: Center point
Height: 198 cm
Weight: 99 kg
Birth date: 24/2/1990
Birthplace: Nabatieh
Major: Banking and Finance

**Mohammad Zorkot**

Position: Shooting guard
Height: 172 cm
Weight: 86 kg
Birth date: 17/5/1993
Birthplace: Nabatieh
Major: Computer Science

**Hassan Hamdan**

Position: Play maker
Height: 178 cm
Weight: 90 kg
Birth date: 1/1/1988
Birthplace: Arnoun
Major: Interior Design

**Hussein Harb**

Position: Wing
Height: 185 cm
Weight: 80 kg
Birth date: 10/5/1989
Birthplace: Abu Dhabi
Major: Biomedical Science



Campus Life

Let's face it: we live on campus. This section represents our university experience. It is a social workspace for creative writing and innovative ideas that can be shared among the spectrum of the LIU community. Lifestyle pieces are found right here; recipes, advice, café reviews; whatever interests the active LIU student. Here you can deliver your message, be it a poem, an essay or a cause for the world to hear.

To contribute, email the.scope@liu.edu.lb



Disclaimer: 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





Interview

Tony Khalifeh

When asked to name their favorite Lebanese TV presenter, most people instantly name Tony Khalifeh. He's honest, transparent, and bold; he has some of the highest viewer ratings in Lebanon and has taken on the most sensitive subjects of the hour. Recently, he provoked great controversy with his show *Lel Nasher*; a program that addresses the hottest national and international issues. With his own original touch, Tony unabashedly tackles social, political, and humanitarian topics directly with the people concerned.

Tony's powerful work is now, in his words, "a part of who he is", yet he claims to be a shy man off-air. He says that he will not censor himself and that he spares no issue, yet he puts exception on one particular subject. According to Tony, the most important Lebanese issue to be solved is "Lebanon itself". This is the man who was offered 28 times his original salary to return to LBC, yet refused. A man of many, many dimensions, and who seems to elude definition, he leaves us with the question: just who is Tony Khalifeh?

THE DESK

How did your journey in the media begin?

It was by coincidence actually. I started during the civil war when I was studying Political Sciences. I started a radio program called Radio Sport, and I went to work as an editor in Free Lebanon Radio (Itha'at Lebnan al Horr). I entered the world of media and journalism when I was employed at LBC in 1992.

What is the best thing about your work? The worst?

I love my job; it's a part of who I am now, and I have gotten used to it. Being under the spotlight and handling continuous pressure is the worst thing.

To what extent do rumors affect you, and how do you deal with them?

Rumors don't affect me anymore because I've managed to adapt to them. The world now knows who I am; they know me because I've entered their homes for over twenty years, and they trust me.

Can you tell us about the reasons behind you leaving LBC?

LBC was the channel that created me, as well as many other journalists. I took the decision to leave because of many factors. In any institution, when



there is a disagreement, we go to our superiors. If there is no result, we go to their superiors, until we mediate the problem. Yet, what happens if your superior's superiors are their siblings? And the managers are their cousins? You don't get anywhere, and that's what happened in LBC.

"I love my job; it's a part of who I am now, and I have gotten used to it"

I prefer to call this 'flawed administration', and LBC is paying for it even today. At the time I left, many people there said that I would never find employment elsewhere. Yet, a while back, LBC offered me a salary 28 times that of my old salary if I returned to them with my show. At the end of the day I wish all the best for the channel, and I would never deny what it did for me.

" I raise the issue and add a personal touch to it "

What's the best offer you've ever received?

I received many good offers when I was still at LBC, yet I couldn't accept them because I was under contract.

How did Lel Nasher achieve such great success in such a short time?

I thank God for that. I had suggested the idea to LBC, but they had refused to finance it properly and didn't give it much importance. At NewTV, it was given the importance it warranted. It was at that point that LBC asked me to come back, but there was a full crew doing their best for this show

POLITICA

If you could solve one national issue, what would it be?

The most important issue to be solved in Lebanon as a country is the country itself. Yet one issue which is the most damaging, the most pressing, is the accusation of disloyalty. All politicians are corrupt, and yet they all accuse each other of corruption. These accusations are more destructive than the actual corruption! Why does everyone think that they are above everyone else?

The solution to most of Lebanon's problems is

at NewTV, and so I refused.

Who is Lel Nasher's number one competitor?

All shows compete with mine, and this is normal. Maya Diab competes with me every Saturday.

How do you choose the topics you address on your show?

Usually I refer to the subjects of the hour; the event that has placed itself in the spotlight. I raise the issue and add a personal touch to it.

Is there any topic you avoid addressing?

Yes, religion. I avoid religious matters because I am simply not equipped to address them. If, for example, I want to speak about a new controversial fatwa, I can't possibly address it adequately because I am a Christian, and I don't have sufficient knowledge in Islamic religious matters. How would I discuss this with a Sheikh that I have invited to the show?

Have you ever succumbed to pressure to cancel a show?

Not once have I cancelled a subject because of threats. When they fail to silence me with cash, their tone changes, and they try coercion. Yet they've learned that I will not succumb to threats. I do however respect the wishes of families of victims if they request that I don't address a topic.

the preservation of the judicial system. If the judicial system is kept intact, we will be fine. If it is compromised, we're doomed.

You believe every single politician is corrupt?

Yes, but with one exception. There is only one politician who is not working for his own ends. He isn't working to increase his wealth, or to provide his son or daughter with a large inheritance. He's working selflessly; I'm not saying he's right in all



his actions; I'm saying that he's doing them with selfless intentions, whether they are right or wrong.

You have a program called The People Want (Al Sha'eb Yurid). What do the people want?

Until now, I don't know what the people want. The

Arab Spring revolutions have each gone in different directions. There are people behind the scenes who have manipulated the revolutions for their personal interests.

What do you think of last year's anti-sectarian campaigns? Why didn't they succeed?

In Lebanon, sectarianism is found in the air we breathe. But it's really not a religious problem, it's a political one. Our politicians manipulate the people into seeing each other along sectarian lines, to further their own interests. We are a people with a very short memory; we don't remember what happens when sectarianism is left unchecked, we don't remember the civil war and we don't remember anything.

In your personal opinion, what's the importance of social media?

It's a great tool if used properly. But in the Arab world it has unfortunately been abused; it is being used to insult others and to spread deceit, as is the case with other technologies.

OFF THE AIR

Who are you outside your studio?

I am a very shy person, modest, and very ordinary. The moment I get out of the studio's door, I transform. The guy you see in front of the camera is nothing like the one behind it. The reason for this contrast is that on these kinds of shows, you must be very strong and control the situation and the guest. If you're not in control, your guest will treat you with carelessness; so you must make the guest feel that he/she is walking through a mine field.

How do you manage your time between work and family?

In the world of the journalist, all hours of the day are work hours. There's no specific work schedule

like that of bankers and other professionals; we pursue the news 24/7. Even if I'm not at the office, I am still working via my cell phone. If I'm at a restaurant eating dinner with my wife, I may well spend three quarters of the time taking calls.

" I am a very shy person, modest, and very ordinary "

Is it worth it?

It is a duty.

If you went back in time 20 years, would you take the same path that led to where you are now?

I don't answer hypothetical questions, because we can't go back in time.

Where do you see yourself in the coming years?

The journalist's professional age is short, like a football player's. Yet unlike football players, we aren't paid well, and so we must have other personal projects besides our work to sustain us in the future. You never know what tomorrow will bring. Look at George Kirdahi, look at Nishan.

For this reason I established Akhbar Iel Nasher. Recently, I've also been working on a political program in Egypt that will be aired during the month of Ramadan. I'm also working on another project, a purely political website.

Are you happy?

I'm not happy, but I'm not unhappy. I was denied my parents' warmth at an early age, when I most needed it. I was denied my brother for the last 25 years. I've always been the subject of attack in the media. Nevertheless, I have made myself by myself, without ever bowing down to anyone. I find my joy among my family members and children. Instead of envying those who are better off, I look at those who are much worse off, and I thank God.

What would you like to say to LIU students?

First, I would like to thank them for choosing me for this interview and for meeting you. I would also like to send a message to media students: College is only the first step in becoming a professional. You must

strive on your own, with your talents, intellect, and self confidence to gain experience. When you leave university and enter the workforce, you will find that all you've learned was only theory compared to the responsibilities that lie ahead. I cannot overemphasize the importance of internships. The most beneficial thing you can do for yourself as a media student is to shadow a professional; just be with him/her throughout the day and watch how he/she works.

I would also like to add a plea to students to hold on to two things: your honor, and the honor of your pen. You should never bow down to anyone while on your pathway to success. These days a pen is being bought for \$50 or for \$100. Yet, how can you be free if your pen isn't?

"Hold on to two things: your honor, and the honor of your pen"



Faculty Profile

Dr. Anwar Kawtharani
Dean of the School of Education

By Fatima Hanan el Reda

Education has been more than a lifelong profession for Dr. Anwar Kawtharani, Dean of the School of Education. It has been a passion and a personal commitment to motivate others to exceed their own expectations for excellence. His eyes sparkled with sweet sorrow mixed with pride as he stared into a distant memory of his father. Dr. Kawtharani is a man who says his greatest achievement is gaining his father's blessings, the father who told him that everything he touches turns into gold.

The Beginning

Dr. Kawtharani joined LIU in 2005 and he gradually became Dean of the School of Education over the course of five years. However, his commitment to education began early in his career. He was equipped with the intellectual stamina acquired during his time growing up in Sierra Leone, where he went to a Catholic boarding school, Christ the King College, affiliated with England. He was raised by a strict and disciplinary father and concentrated on his education from very early on. He had accelerated learning in his elementary stage. At the university level, he went into English because his financial situation didn't allow him to pursue his first choice, Biology. He recently got his PhD from the University of Cambridge with the support



of his mentor Dr. Ghazi Ghaith, Chair of Education department at AUB, and Dr. Kassem Shaaban Director of Graduate Studies.

Energizing LIU

With a strong vision for the future of the School of Education, Dr. Kawtharani continues to carry on a tradition of academic quality that is shared by the faculty and administration to support the university's strategic plan. He affirms that we are moving toward the "global village" where the future of higher education is irrevocably integrated and intertwined with evolving technologies and emphasizes on the need for all concerned constituencies to keep in mark with the technological advances to enhance the operational effectiveness of the university. Fostering collaborations between higher institutions, not only nationally, but also internationally is at the core of Dr. Kawtharani's focus to reciprocate and combine strengths. Partnership with other universities is an essential platform to facilitate a level of innovation and continuous improvement that individual institutions could never achieve on their own. He stresses on establishing robust synergies and engaging with others 'beyond the walls' of the university to keep us abreast of new ideas, insights and innovations.

A Man of Many Plans

Dr. Kawtharani's expertise and leadership skills have taken him to Africa, the continent he grew up in. He is the master trainer at CERD, the Center for Education Research Development, and he trains and provides symposiums all over the Arab world. He is a master trainer and consultant at the British Council, training teachers from Morocco to Dubai. He is the author of 5 Themes English textbooks



for grades 9 to 12 that are used by 92% of private schools in Lebanon and 6 basic English books used from grades 1 to 6. His Master's thesis, Using Cooperative Learning to Alleviate Underachievers, is taught at Cambridge University. He is also on the committee that sets the 3rd secondary official exams for English Language.

To add to the strenuous tasks in Beirut, Dr. Kawtharani set up a unique step at the request of the Vice Presidents, to start teaching visits to Mauritania campus. It started with a week visit back in April, 2011. Today it is a norm for him to visit the campus on semester basis and provide symposiums to educational institutes at the requests of students and educational personnel.

Dr. Kawtharani takes special pride in the school he considers home, Amjad Secondary School in Choueifat. Not only is he Amjad's English language

coordinator, he even does consultation for everything from international projects to sports.

"My Princess"

When he isn't conquering a continent, writing a textbook or running the School of Education, Dr. Kawtharani can be found with someone he calls his "princess"; his 8-year old daughter Mayar. She is in the third grade and is pursuing a French-language education. Dr. Kawtharani boasts a truly education-centered family; his wife, Roa Taha, is the principal and owner of Beirut Central School.

The Footballer Inside

Dr. Kawtharani is passionate about everything related to sports, especially soccer. In his spare time, he appears as a sports analyst on television channels and radios such as New TV, Al Manar, LBC, Al Jazeera, and others. He practices sports journalism as a hobby, and contributes to Shoot Sports Magazine, where he has interviewed national and international football players. He is simply infatuated with the sport and is a dedicated admirer, especially of the English premier league. He is a true Liverpool supporter.

Dr. Kawtharani's philosophy is positively encouraging. He believes one should have trust in what he believes in and should never be discouraged, even in the worst circumstances possible. He doesn't seem to forget something he



learned from a Robert Boyle quote inscribed in a painting at his school in Sierra Leone: "I shall be much more content to see you ignore the mysteries of nature rather than deny the author of it." Dr. Kawtharani looks forward to contributing, with greater breadth and depth, to the advancement of the School of Education and is eager to help LIU achieve its vision.



Instructors' Reflections

The Tourism Industry Today

By Dr. Antoine Accaoui

UNWTO Expert Tourism and Hospitality

Tourism/hospitality is one of the largest industries in the world and a major source of employment. It is a complex combination of interrelated industries and trades and a multi-faced business with strong linkage to other economic sectors. Tourism activities involve the transportation and hosting of the tourism consumer in a local community. The quality of the tourism product is not only dependent on the quality of the natural resources tourists ask for but on the quality of the people working in the tourism industry.

Qualifications

Tourism/hospitality education plays an important role of supporting tourism development and ensuring the continuous supply of quality of human resources to meet the overwhelming industry requirements. Qualifications and qualified manpower, which are offered to the tourism/hospitality industry, largely depend on the process of human capital formation. Tourism/hospitality careers are in demand everywhere.

Tourism Development in Lebanon

Tourism plays an important part in economic and socio-cultural life in Lebanon. 20% of government revenue is due to this sector and it is the largest source of earned foreign currency. Lebanon will be among the top touristic destinations in the Middle East by 2020. In 2010, international tourist arrivals were 2,352,000

tourists. It is estimated that Lebanon will receive over 6 to 7 million tourists and generate over US \$8 to \$9 billion annually from tourism. In the near future, direct and related employment in this industry will approach 230 thousand persons.

Facts and Figures

Before beginning to implement the process of course design, there are a number of questions that need to be addressed:

1- Tourism-Major Employment

The WTTC estimates that tourism, travel and, hospitality are responsible for more than 10% of global employment. Entirely, they create and sustain, directly and indirectly, over 258 million jobs worldwide and more than 5.5 million tourism, travel and hospitality jobs per year during the 2000s.

2- Tourism Education

In order to ensure the potential skilled employees, and to allow the tourism industry to receive foreign tourists and to meet their demands in a professional way, it is absolutely essential to develop high standard tourism and hospitality education and training.

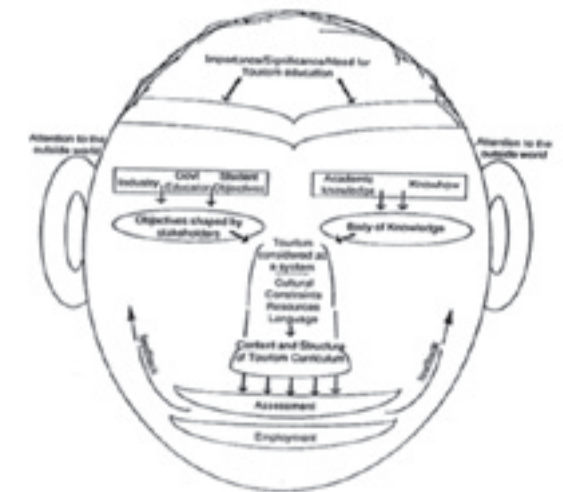
University graduates

The educational preparation for university graduates should reveal the forms and forces of tourism, its infrastructure and superstructure, its constituent parts, its inter-connected and dependent components and their formation as a single entity to which the hotel business belongs. What are Tourism and Hospitality Management students being educated for? And what career opportunities can they pursue upon graduation? According to their concentration area, they are prepared for work in one or more tourism/hospitality enterprises. What are Tourism and Hospitality Management students prepared for? They are prepared for a vast variety of positions which respond to various needs of tourists. With all this opportunity, where should you concentrate your efforts? Focusing on market demands may lead to more jobs opening. Getting a degree in Tourism and Hospitality Management can be a very big advantage.

Education and Training Programs

Bachelor students acquire fundamental as well as practical professional skills and abilities in all phases of business including decision-making and problem solving capabilities. Tourism and Hospitality Management staff (bachelor) should be able to not only perform well in the hotel, but also to understand how the hotel business fits and relates to its broader context called tourism.

Peace Meyer Face of Tourism Curriculum Design



The Field of Tourism, Travel and Hospitality

Tourism/hospitality careers do not describe a single job or position rather a wide array of activities in which you can choose from a vast variety of diverse specialties. They are paid fairly above average salary and can provide ease of access to international experience.

The Scope of Tourism and Hospitality



Future performance and the ability to succeed depend on the skills, qualities and knowledge that managers are able to bring to their assets. Change is coming about so fast that it is a challenge adjusting to it. The higher number of tourists entails higher employment along with the creation of new jobs linked to the technological evolution of the tourism sector. The new challenge will no longer be to reach quantity but to achieve quality in order to maintain quantity.

LIU ALUMNI

Success Stories

The Lebanese International University takes special pride in all its alumni. Graduates of our university have achieved extraordinary success in short periods of time and in a wide range of fields. Their expertise now benefits Lebanon and extends to countries all around the globe. In this issue, Licensed Dietician Reem Fakhri shares her experiences with The Scope.



Reem Fakhri

BS '09 Nutrition and Dietetics

Licensed Dietician at Sahel General Hospital – Beirut, Lebanon

“Working with passion will always lead you to success”

What does your current position comprise of?

At Sahel General Hospital, I provide continuous training and education to all dietary employees and general hospital staff. I conduct regular staff evaluations, and annual competencies. I plan, organize, lead and control the department's monthly consumption. I also implement HACCP standards, and conduct routine food safety audits. I supervise and monitor the Food Service Operations from receiving to serving to ensure best quality of food in terms of health, safety, appearance, variety and modification to suit patients' special needs. I develop, implement and control the patients' diets at the hospital and the dietary plans to be followed upon discharge after providing clinical and nutritional assessments.

How was your transition from the classroom to the workplace?

As Nutrition and Dietetics graduates, we all have to go for a six-month internship at a hospital, in order to be eligible to apply for the colloquium examination to get the MOPH license. So, it actually was the first step in the real practical life outside the classroom.

What personal and professional qualities helped to launch you into your current career?

I started my internship at Sahel General Hospital at the end of June of the year 2009, and completed it at the end of December of the same year. I was full of energy, totally committed, increasingly

motivated and I worked on updating and enriching my knowledge every day. I also showed high self esteem, hard work, and a high potential to grow. All these qualities contributed to getting me hired as the Dietary Department Head a month after I finished my internship.

Please describe a typical day in your life.

I wake up at 7:00 am every day including weekends! On a regular working day, I arrive at the office at 8:00 in the morning; the time I leave varies from one day to another, depending on the clinic appointments. I usually go home after work and the activities I do differ from one day to another. Sometimes I stay home and exercise in the evenings, and sometimes I go out with some friends or the family.

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

The most important things I learned at university are the fundamentals of Nutrition and Dietetics, which led me into my present career.

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

The most important thing I learned at work is how to handle day-to-day obstacles, in order to get the job done with the best outcome.

What is the best part of your job?

The best part of my job is guiding people into a lifestyle that improves their health and their quality of life.

What is the worst part of your job?

I don't find any part of my job to be bad; on the contrary, I love every aspect of it.

What is the future of your field?

The field of Nutrition and Dietetics is actually booming at this stage! People are becoming more aware of how important and essential nutrition is to their lives. Also, there's more knowledge

about studies that have proven the importance of nutrition in the prevention and cure of diseases.

What advice can you give today's students?

I advise all LIU students to follow their dreams, work hard to achieve their aims, and seek excellence, especially at a time where there's high competition and less job opportunities. I especially encourage them to choose the majors they love, since working with passion will always lead you to success.



We Ask the Institute

“If you weren't where you are today, where would you be?”

By Asma al Achhab



Samer Hazimeh

Administrative Director of LIU Nabatieh

I would be a car mechanic. I am passionate about cars and about fixing things, and I love working with my hands. I also love mechanical engineering.

Awad Merhi

Activities Manager

Growing up, I was influenced by the charismatic character my great dad had as a lawyer, and so I envisaged myself becoming a judge. As I grew a bit older, I was fascinated by the latitude a pilot has, and the courage and logic in which he operates. It would be heart-dropping to take that step now. Some things are just not meant to be, but it's always alright.



Mariam Khodari

Administrative Assistant

My dream job is to be a veterinarian. I didn't have the chance to study it though because when I graduated, this major was not yet offered in Lebanese universities.



Mohammad Daher

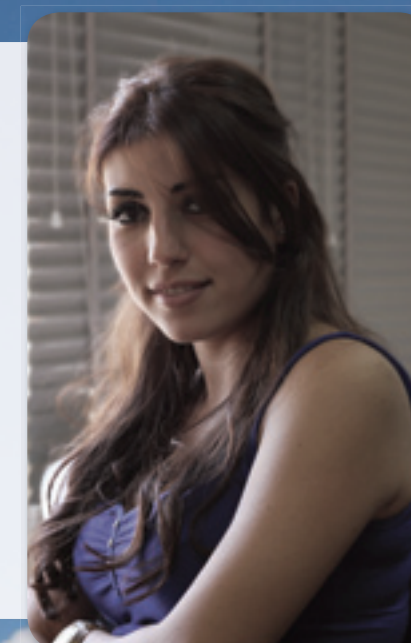
Security Guard

I would be back in the classroom, continuing my education.

Rasha Rahal

Instructor at the Fine Arts and Design Department

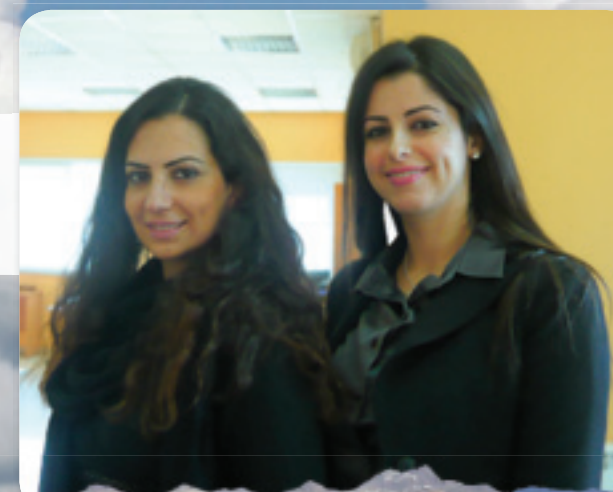
My notion of 'ideal job' is achieving a state that barely corresponds to the rigid definition of a 'job'. Its parameters not only constitute of the "essentials" such as a sustainable business model and cash flow, but also deeper of what I would call "spiritual" essentials. My dream job would basically be what I'm doing now, teaching graphic design and managing my own graphic design studio surface. I guess I do know that this job for me is the creation of art, a piece of art, and a piece of me... something which I have made that will be loved and treasured by another. Respect and trust from my clients and my students, comfortable surroundings, collaboration, and the chance to produce meaningful and thoughtful work absolutely fulfills my dreams.



Ghina Srour

Librarian

I would be in Hollywood.



Nadine Mansour

Receptionist

If I wasn't a receptionist, I would be a world-renowned professional photographer.



What are the advantages and disadvantages of Facebook in your life as a college student?

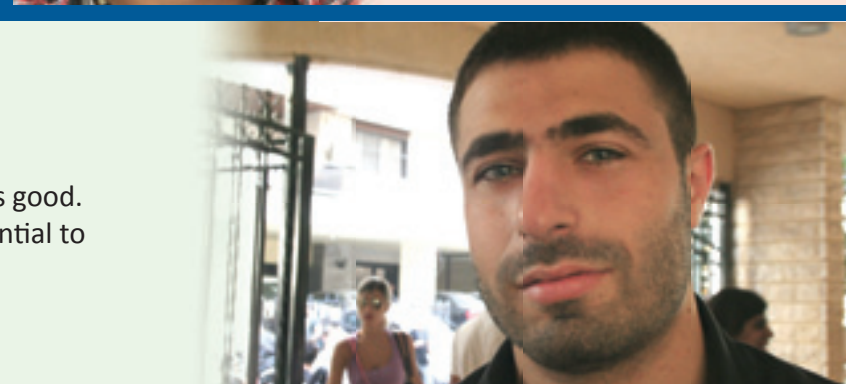
Zeinab Zein

It consumes time, and it's a good source of media information.



Rabi Brian Daya

I like Facebook, but it's affecting me way too much by consuming my time.

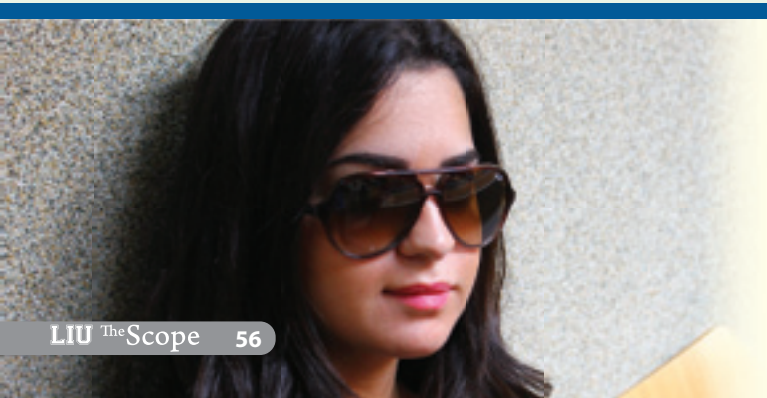


Hussein Rammal

Both good and bad. If you can control it, it's good. It's time consuming though; it has the potential to be abused and can make you anti-social.

Rajaa Shaheen

The disadvantage of Facebook is that it distracts students due to their addiction to it. Nevertheless, it has advantages which are that we can share information; we can discuss anything related to our education - as students - on Facebook. It also breaks the ice among people.



Email

facebook



Lenore Hassoun

Facebook is neutral; it doesn't affect student life; it's only a socializing tool.



Walid Rihane

The advantage of Facebook is that you can always stay up-to-date with your surroundings. As for disadvantages, it takes most of your time, and it is a distracting tool!



Samir Diab

The advantages basically are the groups in Facebook. For example, if you have a certain product or tool you'd like to have, you can find everything about it in the group. For me, as a keyboard player, I can find anything I want about the keyboard I'd like to get. Addiction is the disadvantage of Facebook.

Ali Omar Ali

There are no disadvantages. The advantages are you can do your research, and you are always connected to your friends.



Waed Awwad

I use Facebook a lot, and it's my second year in this major and the material becomes harder as I progress. This has a negative side which is addiction, such as checking updates, notifications, and new friends during the time I'm supposed to be studying. However, the only positive side of it is the social network.



Raweya Al Kassem

It facilitates communication among students, even between students and their professors and also with family members and friends. As for the disadvantages, it takes most of our time which will eventually lead to addiction, and it distracts us from accomplishing our duties.



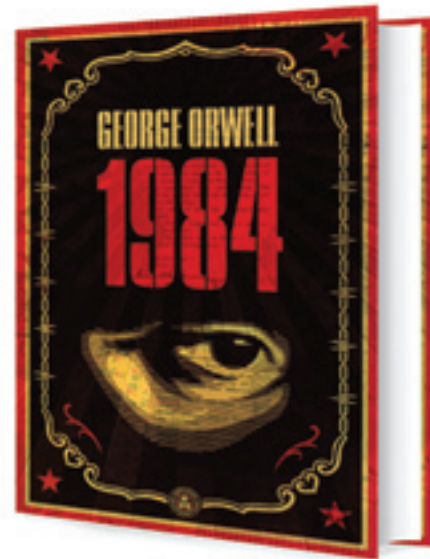
BOOK REVIEW

By Fatima Hanan El Reda



1984

GEORGE ORWELL



Book Ratings: ★★★★★



What is freedom? Freedom cannot be defined nor denied; it is neither logical nor senseless, and neither bound nor absolute. It was created to make people think they are so; if not to make them yearn for it and rejoice if they obtain it.

Written in 1949, 1984 is a novel that reveals the conspiracies of a nation controlled by The Party. Ahead of its time, 1984 is a literary work by George Orwell that speaks against all dictators and totalitarian regimes.

In 1984, the world is divided into three great powers: Oceania, Eurasia, and Eastasia, each indefinitely at war with the other. Oceania, which represents America and England, is ruled by The Party through four ministries. Ironically, the Ministry of Peace deals with war, the Ministry of Plenty is concerned with economic affairs, the Ministry of Love deals with law and order, and the Ministry of Truth is responsible for the production and dissemination of all information through propaganda. The fictional state of Oceania is primarily empowered by an invention called the Telescreen, a two-way television set that transmits as well as receives, detaining people in a fully-monitored environment.

The main character is Winston Smith, a middle aged man who works at the Ministry of Truth where he changes history and distorts any truthful record of it. As a party member, he witnesses the naivety of the people who adore Big Brother, their leader, so as not to be annihilated. They believe what they are told; fabricated lies. They believe the media more

than their own memories. They swallow what they are told and they are in turn swallowed by ignorance. They are obsessed and fanatical. They believe to be important and what they are told is important: cooking pans, breeding, and patriotism. The official slogans are: War is Peace, Ignorance is Strength, and Freedom is Slavery. The concept of Big Brother, whose face is omnipresent but never appears in reality, fools people into thinking that he is one of them and that he is watching over them. Therefore, the people's best interest is in their confinement, the rations, the uniforms, the wars, the prescheduled days, and their loyalty to The Party.

This novel describes the life of an uprising revolutionist whose hatred for the system grows by the minute. His revolution begins with a thought, which is punishable by death. 1984 is a warning for the future. This is a novel that portrays a silent revolution, a revolution of the mind that is whispered to the wind, a novel that tells the story of the power of thought but also shows that one man's revolution is not strong enough to break such a well constructed system. One man's will is fragile in the face of torture and fear.

"If you want a picture of the future imagine; a boot stamping on a human face---FOREVER," declares Orwell. His vision proclaimed the power of totalitarian governments over the ignorant masses. At his time, these governments were growing in some parts of the world. In a sense, Winston is a reflection of Orwell as he begins a diary "for the future, for the unborn."

Article contributed by **Hibry** www.hibry.me



Is The Dark Mist Over!?

Mohammad Mortada

According to CNN World, The Ministry of Public Health estimates that the four-million country of Lebanon will suffer from at least 3,000 deaths each year from smoking. Indeed, according to The World Health Organization (WHO), Lebanon has one of the highest smoking rates in the world. As a result, a proposal has been delivered to the ministry to consider a law that bans smoking in indoor public places and the outcome seems promising.

Former WHO official and head of the National Tobacco Control Program Dr. George Saade, the Rotary Club, and the Tobacco Free Initiative, are amongst the non-governmental organizations (NGOs) and campaigners who have advocated against smoking in indoor public places. The law was first proposed many years ago, and initiatives from several NGOs were put forward, but unfortunately none of them resulted in a solution. The government's cooperation is expected to resolve this situation.

In 2009, Dr. Saade sadly told CNN World: "If I want to go out with my son, I cannot take him to

any cafe here in Lebanon or to any indoor place, because somebody is always smoking." In addition to the great harm that the current situation causes pregnant women, non-smokers are even more affected by second-hand smoke than the actual smoker.

On August 10, the NGO indyACT that advocates for this cause, posted to their Facebook profile that parliament was supposed to discuss the tobacco control law on that day but ran out of time, and therefore it is to be discussed during the next session on Wednesday, August 17. However, this law still contains some loopholes which smokers might use to work the system to their advantage; one being that the fine applies only to the smoker but not the owner of the venue where the smoker was smoking. Consequently, owners may not be inclined to enforce the law.

As previously done, Lebanese people have witnessed many laws being signed but not executed before. Will this law be an exception? •END•

**Eat Right,
Feel Bright.**

Ghiwa el Banna

Licensed Dietitian / LIU Nutrition and Dietetics Graduate



Read Ghiwa's daily health tips on Facebook: www.facebook.com/RD.Ghiwa



Having coffee in the mornings, attending several classes, confectionary nibbling (chocolate, candies, chips, etc) or croissant/mankushe breakfasts, attending even more classes, fast food lunches, some studying perhaps, some late night tentative interest, and always lack of sleep is the typical day of a college student! Have you ever suffered from a continuous feeling of tiredness? You may benefit from a daily multi-vitamin, multi-mineral supplement, but this shouldn't be your permanent solution. The awful feeling of lack of energy is caused not only by your eating habits, but also by your sleeping patterns and sometimes your lack of physical activity.

Dear students, if your grades are your main concern, your health status is certainly your hidden one. Have you ever struggled through attending a lecture on an empty stomach? Or worse, has stomach pain kept you from studying at your best level? The key to optimizing your abilities at college lies in an 8-letter solution: EAT RIGHT. At college this is very crucial, since this stage is the

ultimate opportunity to learn life management tools essential to your adulthood. Since small lifestyle changes can lead to huge health benefits, here are the **EAT RIGHT** tips that might be useful throughout your college years:

Energy Balance: You need carbohydrates, protein, and fat at each and every meal, yet in a balanced manner. Avoid diets that aim to neglect any of these groups, since most of them are harmful and are not backed by sound scientific evidence.

Appropriate Portions: While at home, put into your dish the least quantity of food you can eat and allow yourself a second serving. When dining out and asked to "upgrade your meal size", do not hesitate to say NO!

Thirst Suppression: You must stay hydrated at all times; if 6-8 cups of water are your needs, drink them throughout the day NOT all at one



time. Avoid sweetened beverages such as juices and sodas, as they cause you more thirst.

Routine is Key: Once you get used to your class schedule, find a routine that fits you. The repetitive action of having meals on a regular basis not only increases your basal metabolic rate (the speed at which you burn calories), but also helps you prevent eating too quickly or eating ANYTHING available in the market.

Indoor Eating: Have your main meals at home as much as possible. This can save you both calorie intake and money!

Go Active: No time for a special gym class? Walk to the college if it's near home or park the car as far as possible. Forget about the elevator and climb the stairs at all times. Check out your college's activities (basketball, volleyball, etc). Simply, energize your days!

Healthy Snacks: Whether you pack some almonds or you take out fresh or dried fruit, or even if you buy some low-fat yogurt or some whole wheat unsweetened cereals, these options will offer you great health benefits as well as keep hunger at bay, especially during breaks.

Time Management: Once you manage your time, you'll be indirectly managing your life. Most importantly, have a well-defined sleeping pattern; a tailored diet schedule that includes regular snacks and an active lifestyle. This will ensure your college days go very smoothly and almost stress-free!

The bottom line is to be creative in managing your college years and not hesitating to ask when in doubt. When not hungry, think of alternatives to eating: read a book, take a shower, go for a walk, etc. And remember, **Eat Right, Feel Bright!**

International Cuisine

with Chef Rabih Jammal

Recipes from LIU's Culinary Master



Compiled and photographed
by Mohammad Kansoun

Chicken Parmesan

This fusion kitchen recipe consists of chicken roulade stuffed with parmesan cheese and sundried tomato, served with grilled seasoned vegetables and topped with a blend of flavorful sauce.

Serves 2 people



Ingredients

Green tagliatelle cooked with boiling water

Chicken Roulade stuffing:

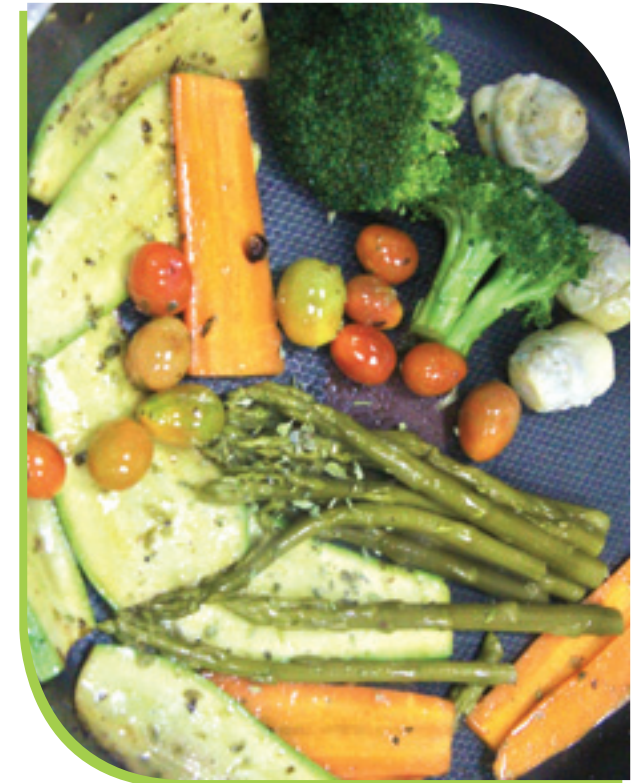
250 g chicken breast
50 g sundried tomato
100 g parmesan cheese
50 g whole nuts
Salt, to taste
White pepper, to taste
Sprinkle of oregano

Side vegetables:

Blanched broccoli
Steamed jardinière carrots
Baby marrow steamed and cut into tourne
Eggplant, sliced, marinated with olive oil and oregano and grilled
Whole simmered sweet corn, seasoned and grilled

Sauce:

1 tablespoon butter
1 small minced onion
1 small branched leek, diced into small cubes
2 tablespoons of moutarde a l'ancienne
500 ml fresh thickening cream (Elle & Vire or President brand)



Directions

Chicken:

- Slice chicken breast in half, and tenderize it using a wooden hammer until it becomes thin
- In the middle of the breast, put slices of parmesan and two pieces of soaked dried tomato and crushed whole nuts, then season with white pepper and salt
- Tightly roll the chicken breast and put it in the fridge for a while
- Pan-fry or grill the chicken breast
- Place in the oven for 10 minutes until the temperature of the chicken reaches 71 degrees Celsius

Sauce:

- To enhance the flavor, use the same pan used to cook the chicken breast
- Add butter, onion and leek until they are a golden color
- Add the mustard
- Add the cream and bring to simmer, then turn off the heat
- Add green tagliatelle and mix

LIU Café Review

By Malak Jaafar



Food: ★★★★★
 Coffee: ★★★★★
 Atmosphere: ★★★★★
 Wifi: ★★★★★

Coffee & Such - Beirut campus



When you step into this new, petite cafeteria, it will feel like you are no longer at the crowded LIU Beirut campus. The pedestrian traffic, the air polluted with cigarette smoke, and the noisy chatter of other students do not exist in this lunchroom. Instead, breathable air and a quiet, relaxing atmosphere prevail here, making your 'between classes' experience a much more pleasant one. The place described is the new cafeteria in Block G, called Coffee & Such. Block G may be the most monotonous and tiny building in all of the Beirut campus, but now it is the place to be for students who dislike smoking and prefer healthy snacks.

Students will also enjoy the simple décor, soothing music and comfy seating, which makes it the right place to enjoy a break from studying.

The menu in the cafeteria is not as diverse as that of other lunchrooms, but it is definitely unique and offers meals students would not find anywhere else on campus. It strictly sells healthy food, such as salads, club sandwiches in brown and whole-wheat bread, and fresh, nourishing beverages. Coffee, tea and other hot drinks can also be found but the usual unhealthy snacks and junk food have no place there.



The ban on smoking in that lunchroom is great news for students who don't smoke and who are bothered by the smell of it. Another type of pollution is also absent: noise pollution. The usual clamor caused by students in the other cafeterias is not permitted in Coffee & Such. You can enjoy reading a book or studying without having to shush other people every two minutes. And speaking of books, the cafeteria also provides some books for students. For students obsessed with cleanliness and hygiene, this new lunchroom will not let you down. Salads and club sandwiches are served in their plastic containers while forks, knives and spoons are steel and are washed in front of you as you pick up your order.

If you are looking for a place to have a bite and relax while doing so, Coffee & Such is where you should be. It may be small, but take it from someone who has been hanging out there – it is exactly what you need between your tedious classes.

DEAR DR. NIBAL

Certified Psychologist and LIU Instructor

NEED ADVICE? E-mail Dr. Nibal on the.scope@liu.edu.lb

Dear Dr. Nibal: I've been in a relationship with a man for a long time now. My parents have refused him because he is not as educated as I am, and because he is from a different socio-economic level. I was dealing with this just fine, but recently he confessed to me that he was jailed before. Should I continue with him?

H. L.

Dear H. L.:

It seems that your choice of boyfriend was wrong from the beginning based on what you've said. If you ever thought about marrying this man, your decision is wrong, since marriage is an institution based on many aspects besides common mutual feelings, such as equilibrium on the social and the academic levels. This has nothing to do with his confession about being in prison.

Now, concerning the confession itself, you said that you had known him for a long time; so what does it show that he confessed to you about such an issue only recently? I think that you have to re-evaluate your choices.

Dear Dr. Nibal: A few years back, I was engaged to a man I loved very much. Suddenly, he left me and married my best friend. Since then I've been having a hard time trusting anyone. Will I ever trust again?

S.D.

Dear S. D.:

It seems that you had surrounded yourself with the wrong people. Many times, girls commit the same mistake of introducing their boyfriends to their close friends, and trying, albeit in an indirect way, to make their relations become friendlier than they should be. They are not careful to keep a distance between what to keep for themselves and what to share with their closest friends.

Concerning the issue of the ability to trust again; the fact that you had such a problem should not prohibit you from introducing yourself to other people. You may have been lucky to discover their hidden personal traits sooner rather than later. Try to benefit from what happened and learn what you can. Think deeply about why your friend and boyfriend behaved in such a way. Life is all about losing people and gaining others at the same time. You can still trust others, yet you have to trust and believe in yourself first.

Wedding Venue

Congratulations to LIU Staff and Faculty who tied the knot this semester!
Send photos to the.scope@liu.edu.lb



Groom:

Ayman Dayekh,
Chief Technology Officer

Bride:

Sara Nouredine

Date of wedding:

September 1, 2011

How they met:

Through a mutual friend



Groom:

Ayman Dahrouj,
Media and PR Director

Bride:

Hind Yassin

Date of wedding:

June 9, 2011

How they met:

They were childhood friends

Be Careful What You Buy

By Malak Jaafar



It is no surprise for anyone living in the Middle East that Israel constantly violates international law and the most basic human rights by occupying Palestinian territories and subjecting the Palestinians and Arabs under its rule to racial discrimination and ethnic cleansing.

It is also no surprise that Israel's actions against millions of people have gone unpunished, seeing that it has never complied with international laws. Even though there were some condemnations from the United Nations, certain countries and human rights organizations, Israel never stopped its crimes against humanity.

In 2009, the Palestinian civil society called upon the people of the world to stand up against this injustice and peacefully challenge the Israeli occupation by supporting the Boycott, Divestment, and Sanctions (BDS) movement.

What is the BDS Movement?

BDS is a global movement that provides an opportunity for people worldwide to take part in the Palestinians' struggle for basic rights, equality, and justice – a struggle that must be a human one. The BDS Movement website www.bdsmovement.net gives a detailed definition:

Boycott target products and companies (Israeli and international) that profit from the violation of Palestinian rights, as well as Israeli sporting, cultural and academic institutions. Anyone can boycott Israeli goods,

simply by making sure that they don't buy products made in Israel or by Israeli companies. Campaigners and groups call on consumers not to buy Israeli goods and on businesses not to buy or sell them. Israeli cultural and academic institutions directly contribute to maintaining, defending or whitewashing the



oppression of Palestinians, as Israel deliberately tries to boost its image internationally through academic and cultural collaborations. As part of the boycott, academics, artists and consumers are campaigning against such collaboration and 'rebranding'. A growing number of artists have refused to exhibit or play in Israel.

Divestment means targeting corporations complicit in the violation of Palestinian rights and ensuring that the likes of university investment portfolios and pension funds are not used to finance such companies. These efforts raise awareness about the reality of Israel's policies and encourage companies to use their economic influence to pressure Israel to end its systematic denial of Palestinian rights.

Sanctions are an essential part of demonstrating disapproval for a country's actions. Israel's membership of various diplomatic and economic forums provides both an unmerited veneer of respectability and material support for its crimes. By calling for sanctions against Israel, campaigners educate society about violations of international law and seek to end the complicity of other nations in these violations."

This gives rise to the question: how exactly can we help?

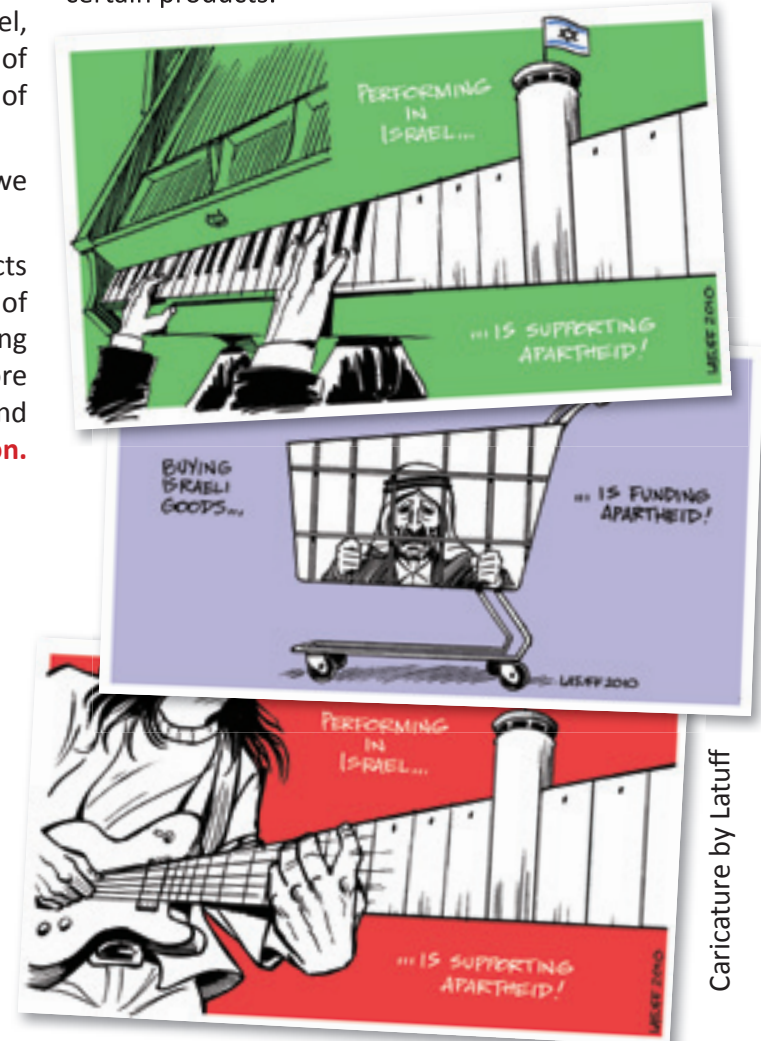
You can easily contribute by not buying products from certain corporations. This is a list of some of the companies that support Israel, thus supporting the occupation of Palestine. A larger and more detailed list of such companies can be found on this website: www.youthanormalization.blogspot.com.

- | | |
|---------------------|---------------------------------------|
| • Burger King | • Microsoft |
| • Coca Cola | • Motorola |
| • Eastman Kodak | • Nestle (including Sannine and Soha) |
| • Ericsson | • Nokia |
| • General Electric | • PepsiCo (including Tropicana) |
| • Henkel | • Philips |
| • IBM | • Starbucks |
| • Johnson & Johnson | • Timberland |
| • L'Oreal | |
| • McDonald's | |

Their support for Israel is achieved through investing in Israeli Companies, running and operating factories in occupied territories, supporting Zionist settlement of historic Palestine and selling Israeli products. The BDS movement has become a worldwide one, with thousands of people from different countries boycotting certain products and pressuring their governments to sanction and hold Israel responsible for its crimes against the Palestinians.

Last September, this movement led to the closing of an Ahava store in London. Ahava is an Israeli company that sells beauty products manufactured in illegal Israeli settlements in the West Bank. After numerous people boycotted their products and organized protests near the store, it closed its doors.

BDS is only one of the several ways to stand up against Israeli apartheid and occupation of Palestinian lands. It gives everyone the chance to support the Palestinian struggle for freedom in the most simplest of ways: simply not purchasing certain products.



Caricature by Latuff

Colors and You

By Nagham Nazar

Your first important decision usually comes in the morning when deciding what to wear. You choose the color of your clothes depending on your mood. I'm happy, so I'll wear my yellow dress to my cousin's party. I feel fresh, so I'll go for white. Yesterday I broke up with my boyfriend, so where is my black shirt? I'm the lady here; I'm the girl that is going to invade the university with my purple jacket.

I think that half of the university students who are reading my article choose the color of their clothes, makeup, shoes, bags, accessories, paintings, and even the color of their pen depending on their mood or what they are feeling. Colors have deep subconscious meanings that affect our thinking and rationale. They have different symbolic meanings that differ amongst countries and cultures. Now, if you want to know what type of personality you have, read about the following colors.



Colors - Ferdi Rizkiyanto 2010©



Red

Red is one of the strongest colors. It is a hot color that evokes a powerful emotion of passion, lust, energy, blood and war. Moreover, it symbolizes strength and pride; that's why many countries' flags have red in them.



Orange

It is a bright and warm color. It represents fire, sun, fun, warmth and tropical scenes. It is considered a fun light color that has appetizing qualities to it. A darker, richer shade of orange can be associated with autumn.



Yellow

It is the brightest color to the human eye. Yellow represents youth, fun, happiness, sunshine and other playful feelings. This is a cheerful, energetic color. It is often used for children's toys and clothes because it attracts small children. However, you should know however that although this color is bright and cheerful, as it starts to darken it quickly becomes a soiled and unpleasant color.



Green

It is the color of nature and health. It represents growth, wealth, fertility and safety. As you may know, green is a relaxing color that is easy on the eye and has a healing power to it. It is usually used to represent anything related to health. Dark green is related to things such as money, finance, and banking.



Blue

It is a cool, calming color that shows creativity and intelligence. It is a popular color among large corporations, hospitals and airlines. It is a color of loyalty, strength, wisdom and trust. Blue has a calming effect on the psyche. As you all know, blue is the color of the sky and the sea and is often used to represent them. Blue is the type of color that looks good in almost any shade and is a popular color among males. When it comes to food, blue is not a good color when used for food as there are few blue food found in nature, and it suppresses the appetite.



Purple

Purple combines the stability of blue and the energy of red. Purple represents royalty, nobility, and prestige. Also, it symbolizes mystery, magic, power and luxury. This color is often used to portray rich powerful kings, leaders, wizards and magicians. Light purple and pink are good for feminine designs and are popular colors among teenage girls. Bright purple, along with yellow, is commonly used in promoting children's products, for they give the appearance of something that is fun and easy to do.



Black

This color is preferred by many designers because it's the color of elegance in clothes. Classy clothes are designed in black, from the power suit to the short black dress. This color matches with all types of colors. But, it is often used to portray something evil, depressing, scary, and in western civilization, even death. You should also know that black is a very powerful color that portrays elegance and wealth.



White

If you love this color, then you're pure, clean, fresh and good. The color of a fresh snowstorm brings up images of a peaceful and pure winter scene. White is also used to represent something positive or wholesome. Moreover, white resembles angels and heaven.

ENERGY & THE SOUL

By Ali Karam Nassrallah

The human body, a masterpiece of nature's supreme engineering, shaped by evolution over millions of years, powered by the eternal spiritual soul, has earned the right to be called the perfect machine. Well, the perfect machine...it doesn't seem right. This means that our emotions and soul are material? This is not what religion says! Now hold on a second, true, our body is the perfect machine, and, true, it has a connection with religion and God. So how is that?

I've been looking for an answer for a long time, wondering how it is possible that we are alive knowing that we are made of atoms? How does science explain the soul? Why do we die? Why aren't rocks alive, for example? What are thoughts and emotions and dreams? Is there a consciousness of matter? What is love? I began searching and reading scientific and religious theories, but I got no answers and absolutely no clues, and I regretted the time I spent.

But, one day, a woman I met changed my perspective on life and on how things work after we had a long discussion about science and religion. For sure I was confused, but afterwards I began adoring God and became thankful for every single thing I had, and I felt I must share it with everybody.

The soul is a non-material, eternal spiritual entity present within any living being. An indication of the presence of the soul within a body is consciousness. The soul continues to exist after the destruction of the body, and it existed prior to the creation of the body. The material body develops, changes and produces by-products [offspring] because of the presence of the soul within. The material body deteriorates in due cause of time and when it is no longer a suitable residence for the soul it is forced to leave the body. This we call death.

But where exactly does science meet religion? The true power of God is found in this word: Energy. Every moving object depends on energy in its many forms: electrical, mechanical, thermal, for example. Everything depends on energy: space, planets, weather systems, electrical devices, and mechanical devices. Without energy there is no life, there are no ecosystems, no plants, animals and absolutely no humans.

Energy is three types: gross material, subtle material and spiritual. Gross material energy consists of earth, water, fire, air and space. Subtle material energy consists of mind, intelligence and false-ego (defined as the identification of the body as the self). Spiritual energy consists of the soul (individual living entities) and the super soul.

For humans, our consciousness is what controls our lives, makes us respond to stimuli, keeps us in touch with others in social networks and allows us to experience different kinds of emotions. It is caused by our souls inhabiting our bodies. The soul is very similar to electricity. The presence of the soul in any living entity is indicated by consciousness. Although we cannot actually see the soul, we can see indications of it. We cannot 'see' electricity but when we see an illuminated light-globe, we can see an indication of the presence of electricity. Similarly, when we see consciousness we see an indication of the soul.

This is where science meets religion: God created us from material and empowered us with energy in the form of a soul represented by the consciousness that controls every part of our lives. Take it from this perspective: A car is dead material but when we ride it we become its soul and it moves!

After I had this conversation, I read two books called *The Alchemist* and *The Secret*, and I realized that despite the major exaggeration in these two books, there is something true and it's that energy is the steering wheel of our dead material bodies. I understood that every thought is a real thing, a force, and that feeling is desire and desire is love, a major positive energy.

All my questions are now answered. Always remember to think positively because good thoughts are positive energy that enables your atoms to perform better, and always be thankful for what you have because Gratitude brings your whole mind into harmony with the creative energies of the universe. Thank you God!

A Flower Story

By Fatima Hanan el Reda



Sitting in front of the municipality garden next to LIU Beirut's Block C has become the most convenient alternative for Riad Al Mokdad, or Abu Karim, a florist who owns a 40 year old flower shop in Beer El Abed.

Abu Karim is just another Lebanese citizen hoping to make a living by selling flowers. "Work is not a shame," he says. Contrary to some Lebanese attitudes, it is true that there is no shame in undertaking any profession, as long as it is ethical and legal. For social and cultural reasons, some people patronize certain jobs, perhaps not admittedly, but by refusing to consider them even when in need. There is a need to maintain a certain social image. But at the end of the day, someone has to construct, to clean, to repair, and even to sell flowers. "The one who works with the sweat of his forehead feeds his children and doesn't need anyone," asserts Abu Karim.

Some view Abu Karim's ways as degrading. "No matter how much a person is in need, he shouldn't humiliate himself to that degree," Raghd Ghazali, an LIU student, comments on Abu Karim's behavior.

He used to roam the streets of Beirut to improve his flower business. He said: "I used to go to Hamra, but there I have to walk, and the Doctor forbade me to do so." Today, instead of walking around Hamra street or Kraytem, Abu Karim sits in the shade of a protruding jasmine tree on a sidewalk that witnesses the flow of an education-induced current. He calls at passersby, urges them to take a flower, and then asks for whatever one can give.

In the gardenia season, almost every neck is accessorized with a gardenia necklace and every rear view mirror as well. However, no matter what season it is, roses are never absent from Abu Karim's basket, and they smell just as sweet even when folded between the pages of a book. The equation is simple: selling flowers brings bread to the table. Supporting his five children and some of his nephews would not be possible if he wasn't so persevering. Another student, Ghada Al Wazeer says, "I think Abu Karim is very patient. He's not the kind of man who would give up easily." •END•



A Frog is a Frog

By Stephanie Laba

Snakes bite, wolves howl, and scorpions sting. That's just how it is. Why can't people accept that they can't turn a frog into a prince no matter how many times they kiss him?

One of the core beliefs listed here is the acceptance of others as they are. People are who and what they are. They don't change because we see potential in them. They don't change because we want them to be better, to be different. Furthermore, if we expect or hope that others will accept us as we are, then we must first display this ability to others. It's a sign of respect and maturity. It's a form of unconditional love.

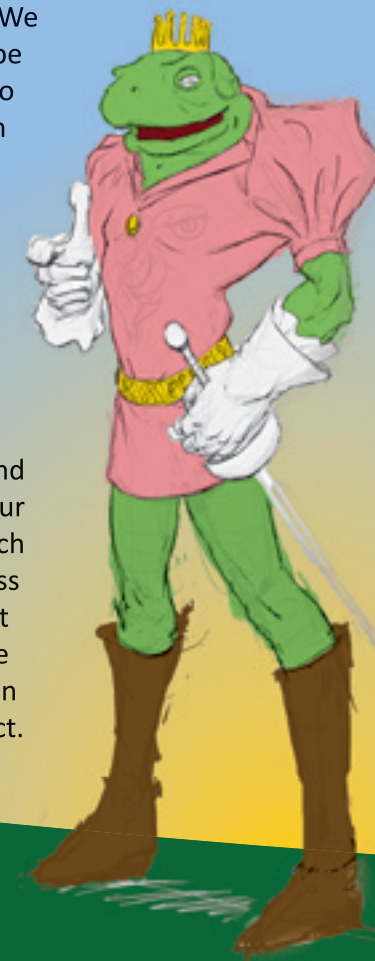
What does it mean to accept others for who they are? It means we do not judge who someone is or look down upon them. It means not having any expectations because when we place expectations on someone then we are either judging who they are or hoping that they will be better. It means accepting each person for who they are at any given moment.

You might be thinking: "What about people who are cruel, mean, or hurtful to us?" These folks will test us the most. We still must accept who they are. We must only control ourselves and our actions and reactions. No matter what we do, we cannot totally change others.

However, accepting others does not mean that we must continuously subject ourselves to unhealthy situations. If a person is cruel or mean, we can accept that, and let go of them if necessary. Accepting others is not about being a doormat or allowing ourselves to be abused. It's about seeing reality and dropping perceptions that are unrealistic.

And when we accept others for who they really are, we allow them to share their trust with us. We give them the freedom to be themselves with us, we also give ourselves the freedom to be our authentic selves, and in doing so we allow ourselves to influence the other person. And quite possibly, this will lead to a little change for the better.

Finally, we are all souls in a process of evolution, and we are all controlled by our ignorance and fear, which cause us to function in less than perfect ways. Thus, it is logical to accept and love ourselves and others even though we are all not perfect.



Unforgivable!

By Fatima Hanan El Reda

Humanity forgot its humanity
Somewhere between modernity
And greed
Humanity surrendered
Its soul
And creed
Humanity was lost
In Palestine
Humanity
Crossed the line
Humanity lied
To find weapons of mass destruction
nonexistent on the other side
Humanity found the earth
And finds no other
Humanity
Makes humans suffer
Humanity insists on existing
From river to river
Humanity
Makes souls shiver
With rage
The earth is deluged
With blood and sage
It refuses to absorb
Humanity's torment
Inflicted upon its sanctity
It refuses lament
Humanity is avaricious and proud
Humanity slaughtered the crowd
That was born
From the earth and the olive branch
The cherry trees and roses
And humanity is inhumane, hidden
And revelation is forbidden
The sins of humanity
Taint its hands with blood
The sins of humanity
Are unforgivable.

Freedom Song

I hear a sound
Travelling distances
From a people found
Guilty of differences

White only
And only white
Dark is less
And has no right

There is a cotton flower
In my hand
From the dark tower
I can understand
I see the persecuted
Crossing a white field
I see the executed
And the invisible shield

The once green tree
By flames eaten
The once born free
Enslaved and beaten

"How do you take your coffee?"
He said: "Black and strong"
From the silenced free
I hear a freedom song

*Fatima Hanan
El Reda*

Regret

Four steps to reach her,
One step to reach me,
I don't know what you prefer,
I wish it would be me.

Months, days, and hours,
I wasted thinking of you,
I saw you giving her the flowers
I tried not to believe that that was you.

You always try to make excuses,
Believe me you don't have to try,
I am not the one, who loses,
At the end, I'm not the one who is going to cry.

Months and years passed so fast,
You came back to me,
See, I'm not the one who begged at last,
But please try to forget about me.

Go away; I've heard these words before,
Go away; that's it, I've closed my door!

Nagham Nazar

A Beautiful Message

By Dalia Rajab

God is our light and our salvation!

Pray even if you don't feel like it...

It will only take one minute.

You never know when God will bless you.

Good things happen when you least expect them.

God, I thank you for this new day.

Thanks for letting us hear and see this morning.

We are blessed because you are the God of forgiveness and you understand us.

We are blessed because you keep blessing us.

Forgive us for everything that we have said and done.

We ask for your forgiveness.

Keep us safe from everything bad and dangerous.

Help us start this day with a new attitude and with gratitude.

Let us give the best of ourselves and clear our minds, so we can hear you.

Please help us to not complain about little things we can't control.

Give us the best answer when we are being pushed beyond limits.

We know that even when we can't and don't pray, you can always hear our hearts talking and asking for forgiveness.

Keep blessing us so we can be a blessing to others.

Keep us strong so we can help the weak.

Keep us with good spirits so we can be filled with words of comfort for others.

I pray for those who can't find their way.

I pray for those who are judged and slandered.

I pray for those who do not know you intimately.

I pray for those who do not believe.

I believe in you.

God changes people and situations.

I pray for my siblings, for my family.

I pray for peace, love and happiness in everyone's homes.

I pray for every eye that reads this message, and hope people know that there is no problem, circumstance or situation that is too great for God to touch.

Every battle is in our hands, for us to fight.

I pray that these words are welcomed in every person's heart.

God, I love you, I need you, fill my heart with love and forgiveness, please.

Day by day passing by
Hearing you
And you make my soul fly
With you my life has changed
With you my life has seen a new way
Now, with you I want to stay
With you I never want to be away
And with you I'm always going to wish for a new day

I made my choice
It's you and only you
With you I want to be
And with you I want to breathe
Listen to me and believe what I speak
I can't live in a world where you don't exist
I dream of you day and night
You're all over my head wherever I go
You're always in my mind in whatever I do
Every day and every night I wish that this day will come true
The day where I hold your hand and never let go
The day we run by the beach side by side
The day you whisper the magic word in my ear
The day you can look me into the eye and make me tear
Every day and every night I wish that this day will come
The day where you'll be mine and mine forever
The day where we'll be together and nothing other
I hope you understand what I'm trying to say
I want you to be the only one I can't live without
To be the one who makes my heartbeats crazy
And for me to say to my friends she's my baby
Day by day passing by
And my only wish
Is for you to be mine

Day by Day

By Saad Allah Mustapha Merhebi

It Is What It Is

By Sara Saleh

I was only looking for a shortcut home
But it got complicated, so complicated.
Somewhere in this city is a road I know where we could make it
But maybe there is no making it now.
For too long we have been denying
And now we're both tired of trying
We hit a wall, and we can't get over it
There's nothing to relive, it's water under the bridge,
You said it, I get it
I guess it is what it is.
I was only trying to bury the pain,
But I made you cry and now I can't stop the crying
Was only trying to save myself but I lost you again,
Now there's only lying
I wish I could say it's only me...
Here it comes, ready or not
We both found out it's not how we thought it would be
How it would be if time could turn us around
What once was lost may be found, for you and me...
But just like you said: it is what it is!

It Is

Tell me we've crossed the finish line,
Tell me I can open my eyes,
And exhale.
Tell me that destiny has conceded,
Tell me that God has granted, that fate has heeded,
Tell me, instead of it will be...
That it is.

Take my hand and let's go,
Just me and you,
Let's run farther than we've ever run,
To places that we've never been,
To see dimensions that we've never seen,
To where lonely nights are in the past, never to come again.

Take me to the highest heaven,
And hand me my wishes on a silver platter,
Allow me my most desired fantasy,
And fulfill my deepest longings like nothing else matters.

Tell me that it is.

Horoscopes

BY DAVID ZOATER

ARIES



Things will get better even if they're already good. This is a great time for you to solve old issues and let out buried emotions. Don't reminisce on the past; through the ashes of the phoenix rises new life.

LIBRA



Liberate yourself from social restraints and explore your inner passion. There are hidden talents within yourself you need to explore. Don't be afraid to think outside the box and step out of your comfort zone.

TAURUS



Take chances, because it's time you got what you have been waiting for. The near future is looking very positive. Keep a heads up because someone has an eye for you, and you might make contact soon.

SCORPIO



You're in love. Face it, and nothing bad can come out of it, at least for the time being. You're facing minor domestic issues, but it will be alright; families fight and make up all the time.

GEMINI



A simple gesture from a friend will make your day. Embrace all positive energy and live life. It's your time to leave problems behind, for they will be solved as soon as you decide to leave them behind.

SAGITTARIUS



The depression-like feeling you have is not grounded in reality. Instead of finding a reason to feel down, look at the reasons to feel up. Major upheavals are on the way, so plan every move carefully.

CANCER



You're attracted to something or someone who pushes against your boundaries, but you're hesitant to act on your feelings. You might think that you shouldn't step outside your comfort zone and therefore deny what you actually like.

CAPRICORN



Nothing is really happening for you. Have a nice day.

LEO



Don't try to rationalize your feelings; you aren't required to justify your tastes to anyone. It's time for you to live your own life without worrying about the expectations of others.

AQUARIUS



A possible partner will make contact in some way today, so keep an eye open and be open to meeting new people. A new career opportunity will open up as well; it can be for better or for worse so think thoroughly before making any decisions.

VIRGO



You are feeling like letting go of something, but if you hold on a little longer you will see that it's worth the wait. Don't let emotions make your decisions for you. Have some tea and greet life with a smile.

PISCES



This is your moment and things are looking good for you, so welcome the world with open arms. The pressure you felt before will soon go away and things will return back to normal.



Student Voice gives readers the opportunity to provide feedback about The Scope and life at LIU. Letters should be brief and courteous (No more than 200 words).

Send to the.scope@liu.edu.lb with subject 'Student Voice'

Dear The Scope,
I am taking some late classes, at 5:00 and 7:00, and I come to the campus to study before then, but as soon as nighttime starts there is absolutely no more light! I don't feel safe on campus with no lighting after dark.

S. G.
Saida campus

Dear The Scope,
The Beirut campus is so overcrowded! I can't go to class without bumping into people, and during breaks there is nowhere to sit. In the cafeteria, I can't concentrate on anything because of all the noise, and in the library I can't do any group assignments because we can't make any noise. It's reached the point where I prefer to go home between classes instead of trying to stay on campus.

Z. F.
Beirut campus

Dear The Scope,
I noticed that here in the Nabatieh campus most activities and sports teams are aimed at guys. The little activities that are gender-neutral are all political or religious in nature. Please, we need more activities that girls can fully participate in.

Z. T.
Nabatieh campus

Dear The Scope,
I wish the library in Beirut had the books organized according to category. Most other university libraries are like that. It makes books easier to locate, and it makes browsing more orderly.

H. M.
Beirut campus



Work Your Brain

Riddle Challenge

Can you solve any of these riddles?
If you think you have an answer, email the.scope@liu.edu.lb and claim your prize!

Please include 'riddles' in the subject line.

- 1 Mhamad was walking to university when it suddenly started raining heavily. He had nothing to cover his head with, yet not even a few hairs got wet. How is this possible?
- 2 What two things are never eaten for breakfast?
- 3 If a plane crashed on the border of Russia and Georgia, where would they bury the survivors?

Sudoku

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

Cross Word



Across

- 2 Who to ask for advice from when you're facing trouble
- 5 Months, days, and hours, I wasted thinking of you
- 6 A law banning _____ in public places is to be discussed in parliament
- 8 Dr. Anwar Kawtharani supports what football team?
- 9 Who advises LIU students to follow their dreams?
- 10 Green food served at Coffee & Such (block G cafeteria)

Down

- 1 Protein, fat and keep energy balanced throughout your day
- 3 Kissing a frog doesn't turn it into a
- 4 Fiery zodiac that lives without regarding others' expectations
- 7 How should the tomatoes be in a chicken parmesan dish?

سيري الرئيس

داليا بسمه

عفواً يا سيدي الرئيس، أنت تعيش في عالم الأبهات، وأنا فتاة بسيطة لا تعرف لغة الصالونات. حبك لي جعلني أعيش في حالة هذيان، فالحقيقة المطلقة انني أخافك يا سيدي، فنفوذك يلاحقني في كل مكان. إرحل أرجوك وابتعد بعيداً عني. الحب الحقيقي لا يعرف لغات الإرغام. أقتلني أرجوك ولا تحطمني، حتى أصل إلى مرحلة الإستسلام. أنت تعدني بحب أنا لم أؤمن به أبداً.. حبك تعذيب يا سيدي، حبك جنون، حبك لا يعرف إلا الهيجان. لا يعرف إلا السيطرة، لا يعرف إلا بطولات كاذبة. لم أرى فيك إلا صورة هتلر، ولا أرى نفسي إلا على الصليب، ذبيحة الحب. حبك يا سيدي برق ورعد، فأنت الفصول الأربع، فصولك معقدة يا سيدي وقاموسي أنا لا يعرف إلا مفردات الصدق والبساطة والحنان.

كم كنت طفلة بريئة عندما آمنت بحب الأكابر، فكم من مرة حاولت إغرائي بالماس والذهب والأساور. كم أعجبتني الهدايا يا سيدي وكم تمنيت الرحيل بعيداً جداً والسفر بين ذراعيك. كم أحببتك وقتها يا سيدي ولكن كم كنت بريئة، كم كنت طفلة آمنت بحب الملوك. لم أعرف أبداً أنك أردتني السجينة. حبسك لي كان صعب جداً يا سيدي، أنا السجينة. سجينة قدر لم اختاره يوماً يا سيدي. قل لي، وبصوت عالٍ جداً، أخبرني عن جرمي المشهود، أخبرني عن ذنبي يا فخامة الرئيس. تخاف جمال عياني، فدعني أقول لك انني أيضاً أخاف قسوة قلبك. قلبك الذي يفرض زواجاً على امرأة رغماً عنها، هي الرجولة يا سيدي.

أين هو الحب الذي تحدث عنه الله في الكتب السماوية؟ أين العطاء أين الإنسانية؟ لماذا تهتم بشكلي ولا تدرك عقلي؟ لماذا تراني بعين واحدة، عين المادة والشكل؟ ماذا عن عواطفني وإحساسي يا سيدي؟ ماذا عن وجودي وكياني؟ حدثني عن المصير الذي ينتظرني.

إلى أسيرة

حسين منصور

يا من سال دمعها على خدود الورد
قلبك دافىء ببعد عني قسوة البرد

يا من جمالها جعل الأمواج تتكسر على الصخور
قد فاحت منك عبير المسك ورائحة العطور

يا من عيناها تتألأ في السماء كالنجوم
لأبعدن عنك جميع الأعداء والخصوم

يا من هي رمز البراءة والحنان
وجودك على الأرض يزينها بالألوان

يا من شعرها أشقر كخيوط الشمس
أنت ملكة اليوم وأميرة الأمس

يا من هي سطعة النجوم ونور القمر
أنت فتاة مختلفة عن كل البشر

يا من هي ملاكا كرمها ربي على الأرض
لأزرعن ديارك يا جميلتي بجميع ألوان الورد

أحلام تتلاشي

خضر سعد

تتكسر أحلامي على خليج شاطئ الواقع، بعدما أبحرث أعاصير الوهم والسراب. يرتطم بصخور مسننة، بأنياب أمضى من حسام له في النزال علامات ثار في أبدان المتتمرين، يقضم من حلمي الوردي أجنحة النسور كي لا أحلق عالياً فوق الرؤوس، تلك الصخور الأدمية أشبه بوحوش غابرة لا تميز بين قريب وبعيد عند تعطشها للدماء، تنهش حلمي الذي ما أتم سنين نضجه، لتجعله راكداً بلا حراك، بلا أمل... بلا مستقبل... ونضال، تدوس بجحافلها ما بين الأسطر من رسومات مزخرفة من عمري الجميل، الذي نثرته بذاراً في بساتين الظلام القاحلة، أملاً أن يزهر نوراً في حياة رائدة على ربي كياني، وأفجر ما إدخرت من مواهب بنائية لمستقبل زاهر وواعد، كنت قد طويتها وخبأتها بين جنبي، ولأن معظم ما يدور في فلكي يغرقني بين أمواج عاتية تحمل في باطنها الدمار، مطرزة بيد التيه والقهر المتعجرفة، ربي من لي غيرك أشكو له ضيمي، وأنت ملجأ وكهفي، وأنا العبد الذليل بين يديك أحنغ لعظمتك وقدرتك، ولا حول ولا قوة لي إلا بملك، فإن لي بعفوك وعطفك يا واسع الرحمة يا الله.

سجن عاشق

كريستينا عبود

قد تكون من أولئك الرجال الذين يرسمون النساء ويمحونهم من دفاترهم
قد تكون من أولئك الرجال الذين يجعلون النساء آلهات
قد تكون من أولئك الرجال الذين ينصبون النساء مراتب عالية ويزلونها ساعة ما يريدون وربما بإمكانك وضع الآلاف مكاني وتقديس الملايين بدلاً مني لكنني لست بسلعة أو زينة تعلقها على الشجرة ولا عطر يتزين به الرجال أنا الكمال في الكمال عبرت البحر وانتظرتك مبتسمة... عاشقة أنا منك وأنا سجنك لن أرضى بحب لا يعرف العشق ولا يعرف الثورة سأكون عاشقتك ومعشوقتك سأكون حقيقتك وخيالك سأكون واقعك وحلمك

أشتاق اللقاء

خضر سعد

دموعي سلسيل لا يعرف الجفاف، دمع اشتياقي
لملقى الأصدقاء، وصورٌ تظهر لا تتلاشي
تحاكي الذكريات، هنا مكثنا... وركضنا...
وضحكنا... وأقمنا الصلاة، وهنا كان الفجر
فراشنا والليل غطائنا والسحاب، هنا الأشجار
بيوتنا... وزادنا التراب، هنا الطيور رتلت ألحان
مشقات الدرب والعذاب، وهنا الجداول حملت
رسائل الأشواق، وهنا النسمات سمعت تهليل
الطلقات، وهنا أشرقت الشمس بنور ربها وكُسِرَ
القيْدُ ورفعت الظلمات، وهنا بصمة مجاهدٍ
ترصع النجمات، وهنا أقسم جواد إما النصر أو
الشهادة فنكون من السعداء، فتسارعوا إخوتي
لساح الوغى وتسابقوا مع الخفقات، إرتحلوا
سريعاً وخلفوا النصر ورائهم ببضع ساعات،
أشتاق إلى عزم ثائري... وصرخات جهاد، يا
رجالاً إنحنيت لجلالك الهامات، وبكتكم عيون
الأمهات، وزفتكم زغاريد النسوة والأخوات، يا
تاج الأمة والعنفوان، منكم يتعلم المرء كيف
يعشق الأرض ويمتشق السلاح، أشتاق جمعنا
من جديد فبالله عليكم متى اللقاء؟، أشتاق إليكم
إخوتي أيها الشهداء.

حفنة رمال

محمد قليط

كان في استطاعة حفنة رمالٍ ان تخفي عني علامتك، حين
كنت لا أفقه معناها، و لكنني أستجليها في كل ما كان
يواريها عني من قبل. فهي التي تتلون فوق أفواه الزهر،
وتتألق على زبد الأمواج، وتزهى في قمم الجبال.

رسائلك تعبد دروبي، ولكني أضل طريقي... فليس في
الأمواه الممتدة ولا في السماء المزرقّة أثر مرسوم يقتقى.
فذاك الممر مظلّل بأجنحة الطيور، بجذى النجوم، بأزاهير
المواسم المتعاقبة. ولكني أشحت بوجهي عنك حيناً، لذا
أخذت أقرأ رسائلك عرضاً من دون أن أفهم معانيها
وأحياناً لا أريد فهمها.

فحين يمتد الليل ساكناً، وتسري النجوم، نجماً في أثر نجم،
سأفتح الرسالة على ركبتني وألوذ بالصمت، ألمس حبرك
بيدي وأملسه على جبينني وأشدها الى قلبي.

سنتلوها الأوراق المتهامسة وتنغمها الجداول المؤنسة
وتغنيها أضواء النجوم المتجانسة، رسالة لم تتم لي قراءتها
وقد خففت عن أعبائي وأحالت أغاني بدل أفكارني.

نصيبي من السعادة بين يديك، فهذا كان وعدك، فما لبث
أن رأيت على قطرات دموعي تلالاً نورك. لذا أتردد
في اتباع الآخرين خشية أن أفوتك فأصر على السير في
طريق يؤدي إليك.

اذ أمشي في صمت الليل المهيّب، وأقطف زهرة وأضفر
منها أكاليل أضعها تاجاً لك، وأفعمها بعطرك، وأنت
تتفخين بالناي موسيقى منتصف الليل و يسعى الهلال
لسماعها و يبقى هائماً بين النجوم.

إستقبال الواقع

كريستينا عبّود

على ما يبدو لا مجال للهروب
وجب علينا البقاء والمحاربة
فالיום هو كل ما نملك
كيف نتخلى عن هويتنا
ونهرب من المجهول
واجب علينا إستقباله
بأجدد الحلة
سنستقبله مبسمين
برغم حزن وبكاء ما بداخلنا
سنستقبله رغم الصراع الموجود فينا
لن نهرب ولن نستسلم
ولدنا مستعدين وسنرحل متأهبين

تقرير سري عن الحب
في زمن الجهل

محمد مرعي

يا صديقتي الهاربة من بين انياب الذئاب...
نحنُ لسنا في زمن المعجزات...
غطي شعركِ وشديه تحت الشال....
لا تنتظري اساطيل الحرب..
ولا حتى كلمة رفض من حكامٍ ينامون بالوحل
لقد ذابت كل السيوف الذهبية وصُهرت
جميعهم يجلسون على كرسي الحكم بالمقلوب...
جميعهم يصرخون كالعاهرات....
هذا ليس وجع..
هذا ليس وجع..
هذا استفحال
وتلاحقنا الخوازيق من المحيط الى الخليج
جميعهم بدون استثناء
زايدوا وبايعوا وناموا على امال الشعوب..
يا صديقتي الثائرة في زمن الخضوع
يا صديقتي الثائرة...
بأعلى الصوت تنادي قصيدتي ثورة..
وانتِ هناك دليلُ بقاء
ياغزة...
من بين خصال شعركِ الطاهرة
يأتي رجال الله....
براية النصر العربية والوفاء
يا صديقتي الثائرة في زمن الصمت
عندما يختلط الدم بالقصيدة
يخلق الله هذا الحب الكبير
ويخلق بعدها هذا الجيل بالنصر المنتظر

سَأَتَكَلَّمُ بِالْعَرَبِيَّةِ

محمد مرعي

وليكن ...
سأتكلم
فنحنُ في وقتٍ الكلام أرخص ما فيهُ
إذاً لما لا أتكلم ...
لما لا أرسـم لوحةً من ماء
وأبيعها بأغلى الأسعار
وليكن ...
فقد صار الدم والفداء
مجرد شعار ...
لتحرير الأرض لنصرة الحق والأنسان
لكني لا أرى إلا نسبةً عالية ...
من الوباء والرياء وقلة الحياء
تسيل من الكبار
وتدخلُ في عقول الصغار
وتؤدي إلى أمراضاً علية ...
وليكن ...
سأخبركم بأننا لسنا الصابرين
نحنُ لسنا أنبياء ولسنا مبشرين
كل ما يقال غباء
انهم يفتصبون عقولنا
بعد ان أغتصبوا أرضنا
شيوخنا .. وحاكمنا .. وكبيرنا ...
الى متى ستبقى هذه اللعبة تدار
وبد الغرب تطبطبُ علينا

من المحيط الى الخليج ... بكل مكان ...
في فلسطين ولبنان
وليبيا واليمن في مصر
وأيضاً عشيقـة الغرب اسرائيل
تدخل في عقولنا وثيابنا واحلامنا
يد الغرب تطبطبُ علينا ..
في حيفا والقدس وقطر
بكل مكان وفي ثياب الملوك التحتية ..
وليكن سأتكلم
وحدهم هم من زaidوا على الشرف في
دمائنا
من قسموا وزادوا وأفرغوا
نحن هنا باقون ...
وحدهم فراعنة العار الى المزابل ذاهبون
وعلى الأغلب سيجدون على أبوابها
مغلق للصيانة
لا تهمني الأخبار ولا حتى المقالات في
الجرائد
كل ما نرى من نسج عقول امريكا
وأعونها
لقد صار البرتقال قنابل مؤقتة ...
وصار القمح مسدس يفتال الأبرياء
وصار الزيتون لعنةً من السماء
يبكي العراق ويموت فيه الناس بلا قيمة
...

وفلسطين تمشي وبالكاد تتنفس
لقد خنقها الدخان ...
في غزة وجنين
والوطن يقسمه الأفراد
وبيع بمزادات الغرب بأسعاراً خيالية
مع بسة
كقطع الشكولاته والصالونات وبيع
الناس كالعبيد ...
في السجون تنام ملايين العيون
وفي البيوت تبكي كل الأمهات
على صور الأزواج والأبناء
وعلى مشهد الدم والأشلاء
أمس بكى الجنوب ...
حتى ذاب وأعمتهُ العيون والدماء
كل بقعةً من هذا الوطن العربي
يحتاج الى تغيير .. يحتاج الى نفـض
الغبار
كل بقعةً من هذا الوطن الكبير
بحاجة ملحـة الى اعادة تركيب
سأتكلم ...
سأتكلم ...
لكنني لن أنشر القصيدة بأسمي
سأكتب بأسفل القصيدة كتبها وهرب

أَسِيرَةٌ أَنَا ١٩

زينب جهاني يكانة

جالسة أتأمل مرور الأيام
أخبر القمر عن ذكرياتي والأحلام
أحدث النجوم عما جرى بيننا من هيام
أبعث مع الليل كل الحمام
وفجأة، يهزني الشوق ويتوقف الكلام
عندها جبنـت، وأعلنت الإستسلام
أرادا القرب والسكينة والسلام
أوقدها حب ماض من غلام
والآن، أقف حائرة أعاتب الآلام
أبكي وأصرخ أه من غدر الأيام
فأرجوك أن تسامحني وتذكر
ولتبارك حبي الذي في قلبك
عله ينسى قبلة رقيقة مثلك
أعذرنـي، إذ أطلت الحديث معك
وأخيراً، أقول أنني أحبك

أحدث عنك كل ما في المكان
قضيتها معك في ذاك الزمان
فغدى عشقا إرتقى إلى الجنان
ليخبروك كم كان حبي لك يحمل الحنان
ليحل السكون ويكون الصمت لي العنوان
وسكنت وحدتي أفكر في حب إثنان
لكن ظروفنا حطت لتكون نارا بلا دخان
حيث سلمت نفسي لذلك الإنسان
التي رسمت على وجنتيك لوحة لم يعرف رسمها أي فنان
التي حرمتني حبي وأنزلت الدمع الغالي من تلك العينان
أن ما من أحد سكن قلبي سوى عينيك
وتسمح له بالعبور نحو خديك
ويعبر من خلالها عن الحنين المتوهج لملامسة يديك
لكن دمعي يتمنى أن يغدو في راحتك
لكن فلتعرف أن حبي أسير لعينين غير عينيك!



عِدِينِي فِي الْقَلْبِ

عبير نوف

أعيدوني

عبير نوف

يا قدس
على جناحين من غسق تلاً لأبي
تغني كقوس قزح خجول
للون بهي ارجواني،
لبقايا زيتونة صابرة
ومفتاح ندي يتوضأ بالفجر
منتظرا... وما زال
ينتظر عابري هضاب
الشظايا، جسور الموتى
على ضفاف النهر،
لك يا قدس
مدن الشواطئ تصلي،
وتقبل يداك امامه
لا تحزني لن يغرق المركب
فالبحر لنا... أمواجه تشهد
السماء لنا... طيوره تشهد
الحجر لنا... وطفله يشهد
بسمه البيلسان،
طيور أبلول أنت،
عطش الأمة مسطح الشمس.

نبر نخيلها يستحضر الغمام،
يمزجه بنور الهي،
يحرس عصور عفتها
ومنها الى السماء الروح الملائكية
لا تفارقها..
آه ما أشهك يا أم السلام
يا أبنه الفجر العتيق
كم يهددك السكون في وضح النهار
كم سكنت ارسفتك العاشقة
ارواح خلف الجدار،
وفوق ربوع قناطرك الأزلية
شمس تتلصص، تقبل ثغرك المسبي
وتتكأ على عتبات أبوابك
ترمق الصليب
والهلال على راحت من زمرّد
في أفق المدينة.

منحوتة بشهوة القرون...
في قلب موريا مدينة عذراء
أمتشقت سحر السحاب...
بعنفوان الظلال الهائم المترنح
ياقونا لؤلؤا وفيرورا
زفّ ييوس كنعان كنيسة القيامة
للشرق عروسا...
عالم ملحمي تهافت لأجل قدسيته
أشوريون
بابلون،
روم، فرس وصلبيون...
أغتالوا بسمه ملكوتها في أوج حلتها
بين أحضان أخيها بكت وتنهّدت
يا أقصى لا ترثيني
أبشر... الفارس سنحاريب آت
وعهد هيرودس قد يأتي بعد خريف
وربما بعد صيف...

مفاهيم

- **موريا:** الجبل التي تقع فيه القدس
- **ييوس:** نسبة الى العرب اليبوسيين الذين بنوا القدس بأرض كنعان
- **سنحاريب الآشوري:** الذي غزى اليهود بعد تحويل القدس الى مدينة وثنية
- **هيرودس:** الحاكم الروماني الذي طرد اليهود من فلسطين

المعول قيثارتي
والمنجل سبحتي
وسنابل الحقل...
سنابل الحقل
تموت بلا عرقي...
بلا جراح كفي
بلا نسمة تلّوْخ سمرتي
أعيدوني إلى قريتي...
الم تسمعوا بها؟
أبي من هناك
من هناك جدي...
من هناك جدتي
في القرية شابت تجاعيدُها
تكسّرت كؤوسي
نضبت خمرتي
لن تهجر البيادر قريتي
ولا عشق الجداول
ولا دقيق خربتها
ولا ثمار سلتي
ولا الروابي المطلّة
ولا عناد بحيرتها
هي
فجر مقاوم
يدحر الليل
وعروس للمجد
للأرض
ما أشهى
طهرها كوثر من أوار لهفتي
أعيدوني...
حيث الشوق بكى في عيون أبي

الى أبي...
أعيدوني
إلى حضنه العتيق
إلى هناك
حيث انتظرت حلما
كالومض اتى
كتنهيدة حمقى
وا أسفي
في الصمت غاب
حين القافلة مرت دون أثر،
أعيدوني الى هسيس الخطى
إلى تعب التراب
الى ابتهاج الحصى أعيدوني
إلى شرفة النواصي
الى نبضي الأول
وكينونة خيمتي
الى السهل أعيدوني
الى بحري ورملي
أعيدوني إليّ
الى اللد
إلى الرملة
الى طبرية
الى ايادي جدتي
وحارات صبيتي
الى عتّاب شرفتي
أعيدوني...
فلاحة أنا
والتراب... حنّاء كفي



النقل العام في لبنان "بَدّو دفشه"

مادونا خفاجة



إن كانت كلفة الإزدحام في العام 1997 قد فاقت ملياري دولار سنوياً، أي ما يعادل 10% من الناتج القومي اللبناني فما يمكن أن تكون كلفة الإزدحام في العام 2011؟ تشير أرقام وزارة الأشغال العامة والنقل (مديرية النقل البري والبحري) لعام 2008 أنّ هناك حوالي 39000 مركبة عمومية. وبحسب تحليل قامت به "Team International" الشركة الإستشارية للهندسة والإدارة، هناك 33000 سيارة أجرة (8 ركاب أو أقل)، و4000 فان (9 إلى 25 راكب) و2000 باص. بالتالي تحظى سيارات الأجرة بـ6,70% من مجموع توزيع إستعمال المركبات، فيما تحظى الفانات بـ11% والباصات بـ1,70% أما النسبة الكاسحة فتعود إلى السيارات الخاصة بنسبة 80,60% من توزيع إستعمال المركبات.

بعيداً من الإحصاءات والتحليلات، يعيش المواطن اللبناني شاء أم أبى الصورة النمطية التي يلصقها به الأجنبي أو صديقه العربي. فهو الذي يملك في بيته عدداً من السيارات يفوق عدد أفراد المنزل بمن فيهم رضيعه الأول... يحب البذخ والكيف ولا يعرف أو يعترف بالفقر. لا يفهم الأجنبي ولا الصديق العربي بأن "باصات النقل العام في لبنان لم يبقَ لها الكثير قبل وضعها في المتحف الوطني"، هكذا عبّرت فاطمة (26 عاماً) عن استيائها من هذه الوسيلة تحديداً التي بحسب رأيها تختبر صبر الراكب وقدرته على التحمل. وتقتصر أن يصبح الباص للكبار في السن فقط أي ما فوق سن التقاعد لأنه من شبه المستحيل أن تصل إلى عملك أو موعدك أو جامعتك في الوقت المحدد.

يملك نديم (22 عاماً) وهو طالب جامعي سيارته الخاصة إلا أنه يملك هواية غريبة بعض الشيء. فهو يهوى الذهاب إلى الجامعة مع "عمو السرفيس" كما يسمّيه. يترك سيارته قرب المنزل ويذهب يومياً بالـ"سرفيس" إلى الجامعة. "أنا أحب قصص عمو السرفيس، فكل يوم أركب مع سائق جديد يحكي قصة جديدة" على الرغم من ملاحظته أن بعض القصص تتشابه لتشابه المعاناة.

فقد اللبناني الأمل بقطاع النقل وفضل دفع مبالغ طائلة لإقتناء سيارته الخاصة وتحمل أعباء الفوائد المصرفية المتراكمة مع كل دفعة من أقساط السيارة.



تعود أسباب تفهقر هذا القطاع إلى عدم اعتماد منهجيات "تقليدية" (بديهية) لتحسين النقل كزيادة الطاقة الإستيعابية للطرق ومواقف السيارات أو زيادة التعرف على المواقف الموجودة على جانبي الطريق كمحاولة لتغيير سلوك المواطن ليستعاض عن سيارته الخاصة بإستخدام إحدى وسائل النقل العام.

إضافة إلى عجز الدولة عن تنفيذ رؤية جدية في إعادة بناء وتطوير قطاع النقل العام دعماً لقطاعي الخدمات والسياحة وسوء حالة شبكة الطرقات (ثلث الطرقات اللبنانية بحالة سيئة) تزداد سوءاً مع غياب الصيانة مما يرفع من كلفة إصلاح الأضرار. وبالتالي لا توجد أرضية صلبة لتنظيم خدمات النقل العام التي لا تحظى حتى اليوم بثقة الناس ولا تستقطب الركاب كبديل عن إستعمال السيارات الخاصة.

تقول ياسمين مهدي وهي "مهندسة نقل مختصة" أن هناك تحديات مالية وتنظيمية يواجهها قطاع النقل البري، منها تشتت المسؤولية بين إدارات مختلفة، وضعف عمليات التخطيط للقطاع، بالإضافة إلى غياب السياسات والإستراتيجيات الأنية والبعيدة المدى وعدم توفر سياسة واضحة ومتكافئة لتسعير خدمات النقل مع تعثر مالي وربحية غير مضمونة وإرتفاع في مستويات الإزدحام الخانق.

وأشارت مهدي، إلى أن هناك عاهات كثيرة تشل قطاع النقل منها الفوضى العارمة وغياب الأنظمة والتخطيط ومفهوم النقل العام الجماعي الكفوء. كما أن نظام النقل العام الحالي يشوبه مستوى إشغال متواضع وعوائد مالية ضعيفة وممارسات خطيرة من قبل السائقين وتوقف متكرر وغير منظم، وعدم تطبيق الأنظمة الخاصة بالسلامة وإهمال صيانة المركبات والتأمين. أما بالنسبة إلى الحلول فهي متوفرة دون أن يُعمل بها، إذ تضافرت جهود بعض المؤسسات الخاصة (IBI Group, Team International) لإعداد دراسة بتمويل من البنك الدولي تحت عنوان "إعادة تأهيل النقل العام للركاب ونقل البضائع"، إقترحت فيها أن تفتح الدولة اللبنانية المجال أمام الشركات الخاصة لتدخل في مناقصة، حيث تستلم الشركات التي تقدم أفضل العروض من حيث السعر ونوعية خدمة قطاع النقل تحت مراقبة الدولة.

من جهة أخرى، تؤكد مديرة الشرق الأوسط وشمال أفريقيا في GRSP (Global Road Safety Partnership) سمر أبو رعد أن وسائل النقل العامة خصوصاً الباصات منها تؤمن عموماً نسب أمان أعلى للراكب بما أن ذلك يساهم في تخفيف نسبة السيارات على الطرقات وبالتالي تخفيف خطر حوادث السير.

ويمكن تفعيل دور وسائل النقل العام في لبنان بطريقة أفضل عبر وضع خطط للتنظيم المدني السليم وإرفاقها بقوانين صارمة

(كتعليمات الإلتزام بالسرعة المطلوبة خاصة في الشوارع الضيقة والتقاطعات). كما يمكن إنشاء ممرات جديدة للدراجات والمشاة والباصات والتشدد في تطبيق القوانين المتعلقة بها من قبل الشرطة. وعلى البلديات أيضاً أن تلعب دورها في تنظيم السير ووسائل النقل العامة ويجب أخيراً تخصيص الأماكن لتوقف الباص وتعزيز دور المبادرة الفردية لبعض شركات النقل الخاصة على أن تتسم بأسعار معقولة للجميع مراعية قدرة جميع شرائح المجتمع.

شبكة الطرق

يقدر مجمل طول شبكة الطرق اللبنانية بحوالي 22 ألف كيلومتر، 6300 كيلومتر منها مصنف:

- حوالي 525 كيلومتر من الطرق الدولية
- حوالي 1650 كيلومتر من الطرق الرئيسية
- حوالي 1380 كيلومتر من الطرق الثانوية
- حوالي 2810 كيلومتر من الطرق المحلية (وزارة الأشغال العامة والنقل)

المركبات

عدد المركبات المسجلة في لبنان- لتاريخ 2010\10\21 بحسب هيئة إدارة السير والمركبات- وزارة الداخلية:

- 1,44 مليون مركبة (1,2 مليون مركبة في العام 2005)
- السيارات الخاصة تصل نسبتها إلى 87%
- يزيد عمر 60% من المركبات عن 13 عاماً
- تفتقر معظم المركبات إلى الصيانة
- نسبة مرتفعة من المركبات الحديثة هي المركبات رباعية الدفع (4*4)



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المقال مساهم
من جريدة

التحضر:

ميزتنا و ليست مميزتنا

محمد قليط

"يرحم ايام زمان ما أجملها، ليك وين كنّا و وين صرنا" مقولة اشتهرت في عصر السرعة، حيث لم نستطع حتى مواكبة التطورات. هذا الحنين للماضي بقي رثاء بين صفحات الزمان المتقلبة بشكل متواصل وخيالي لدرجة أننا نعيش خيال "واقعي". ألم نقرأ الصحف والكتب؟ كانوا ماضيها، فمن منا يعرف "نينتشة" و "هايديغر" و "رولاند بارت"؟ كتبهم غيرت التاريخ وأفكارهم صنعتهم. ولكن، من منا لا يعرف "أوبرا وينفري" و "مادونا" و "مايكل جاكسون". لقد ربينا على نهجهم وكله عبر ذاك المكعب الصغير الموجود في زاوية الغرفة الذي يعرض أطفالنا يوماً بعد يوم إلى خطر لا نراه ولكن نشعر به، آلة التلفزة.

في عالمنا اليوم، ومع قدوم الساتلايت، أصبح لدينا القدرة على النقل المباشر، المتواصل، والمتبادل، حيث أن المشاهد يكون المخرج والمصور في الوقت عينه. المقصود من هذه النقطة أن الشخص يستطيع ان يقوم بعدة واجبات بنفس الوقت، ولكن الحؤول دون نتيجة نافعة، مبدأ الكمية ولا النوعية. انتقالاً إلى فكرة "كارل ماركس" حول التمدن، حيث أكد أنّ الجنس البشري يحدّد حاجاته

الضرورية بفضل الإستهلاك الدائم. "لنكون سعيداً عليك أن تستهلك" – هيربيرت ماركوس قال في كتابه "الرجل أحادي الأبعاد" وذلك لإظهار مدى تعلقنا بالماديات وتفصيل الحياة "الغير مهمة"، حيث حدّد أنّ الحاجات الأساسية للإنسان تتضمن المسكن والملبس والمأكل. فهل أجيالنا تعلم بهذا الأمر؟ بالنسبة للمختصين، إنه احتمال بعيد، فلم يعد الفرد يفكر كفرد، بل كمجموعة أو جزء منها. الرأي لم يعد ناقد بل متبع، مما يعني أنّ السلطة هي الرأي، والحرية كلمة مكتوبة بالحبر فوق كلمات كالإستبداد، السيطرة، والخداع. فتاهت الحقيقة والمعرفة خلف راقصات ومشاهير لم تضيفي للحياة أيّة معنى "حقيقي" بل أصبحنا في خيال "واقعي".

لنظنّ أن الإسترخاء، المرح، الحب، والكره هي احتياجات ضرورية، كماركات الثياب (Adidas, Nike, Puma...)، إن ارتداها "بيكهام" أو "رونالدو"، فترى الفتیان يركضون في محلات الثياب، و إن أطلّقت "هانا مونتانا" صيحة في عالم الموضة، لن تجلس الفتيات في منازلهنّ تنتظر التالي منها، هذا ما أسماه "ماركوس" **بنشوة التعاسة**. باعتقاد "ماركس": التحضر ليس التقدم، بل هو النضاد، فكرة طباق مطبقة، فبدلاً من تحقيق أهدافه (القوة الكاملة، المعرفة الكاملة، اللانهائية) جعل العالم يعيش في حالة "الحاجة" أكثر من "الاكتفاء". ترونها في الإعلانات والأفلام، لتجذب الناس نحو موضوع معيّن، وضمّمهم الى موضوع آخر موجود في رسالة باطنية في الخلفية، فإن التكنولوجيا تستخدم في الموضع الخاطئ لتقوم بواجب السيطرة الكلية على طريقة التفكير. السبيل واحد، الإعلام، إن كان عبر التلفاز، الراديو، أم الإعلانات المصوّرة.

ننحدر يوماً بعد يوم إلى الإنحطاط، التطور لا يعني السمو، التحضر ليس بامتياز، والتمدن ليس أسلوب سعادة. عندما نعتمد على الآلة، الآلة تلغينا وتستبدلنا، لنصبح خاضعين لها، وعندها نعيش خدعة. هذه الخدعة ليست بعيدة عن واقعنا اليومي، اذ كنا نعيش واقعاً "حقيقياً" وليس وهمه.

- نقل الاعضاء وغيرها من العمليات المصحوبة بنزف شديد
- الأشخاص الذين يعانون من سرطان الدم وغيره من الاورام وغيرها

اما فوائد التبرع بالدم فكثيرة:

- الاطمئنان على صحتك. ان التبرع بالدم هو شهادة صحية تدل على سلامتك، حيث يخضع كل متبرع لفحص طبي وفحص مخبري.
- يساعد التبرع على تنشيط نخاع العظم في انتاج خلايا دم جديدة تستطيع حمل كمية أكبر من الاوكسجين الى أعضاء الجسم الرئيسية مثل الدماغ.
- كما يساعد على زيادة التركيز والنشاط في العمل وعدم الخمول.
- ان المتبرع المستديم في بنك الدم له معاملة خاصة عند احتياجه او احتياج أفراد عائلته للدم مستقبلاً لا قدر الله، خاصة في حالة توفر فصيلة الدم المطلوبة.
- ان عبارة **"متبرع بالدم"** تعني انك بطل في عيون شخص ما، في مكان ما، ممن قد تلقى منحتك القيمة بالحياة. لسان حاله يقول: "شكراً لما قدمته من هدية من أجل الحياة" (حياة انسان).
- فالنرفع حملة شعار العطاء وثقافة التبرع بالدم التي تعكس صفاء نفوسنا وتضامننا الإنساني.

فاذا كان الامس ضاع....

فبين يديك اليوم....

وإذا كان اليوم سوف يجمع اوراقه ويرحل....

فلديك الغد.....

بادر بالعطاء

البخل صفة سيئة والبخل يكرهه الناس. لكن ليس كل البخل هو بخل المال، هناك نوع آخر من البخل ألا وهو بخل المشاعر بكلمة حب حلوة أو طبخة رقيقة. أحياناً بخل النفوس أسوأ من بخل الجيوب. ياترى هل أنت بخيل النفس؟ إياك وشح النفس، يقول الله تعالى: " وأحضرت الأنفس الشح" كن كريماً في حبك وعطاءك. (عمر و خالد)

40 وحدة دم من طلاب وطالبات وإداري

الجامعة اللبنانية الدولية – صيدا



الدم ، السكري واصابته بالمalaria (على الاقل خلال السنتين الاخيرتين)، الفشل الكلوي، تضخم الكبد، امراض الصدر، حمى الروماتيزم، امراض الغدة الدرقية، امراض الدم الوراثية، ونزيف الدم • عدم استخدام المتبرع لاي ادوية.

بعض الاجراءات الطبية قبل التبرع:

- القيام بنوعين من الفحوصات:
- « اجراء فحص شامل للعلامات الحيوية، قياس الضغط، درجة الحرارة، نبضات القلب، والوزن.
- « اجراء فحص للدم لمعرفة نسبة خضاب الدم حيث أن يجب ان تكون نسبة الهيموجلوبين 13-17,5 جم في الرجال، وبين 12-14,5 جم في السيدات وتحديد فصيلة الدم.

أما **المدة التي تستغرقها عملية التبرع** اجمالاً 20 دقيقة والمدة التي يجب ان تفصل بين كل تبرع واخر لنفس الشخص 3 اشهر لانها الفترة المثالية لاعادة انتاج خلايا الدم. و ينصح بالاسترخاء لمدة عشر دقائق وعدم بذل مجهود بدني زائد خلال ساعتين من التبرع وتناول السوائل لاعادة تعويض الجسم.

وكان قد سبق هذا اليوم تحضيرات لهذه الحملة الإنسانية-المجتمعية الهامة، حيث القى الدكتور أسامة جرادي، اخصائي دم واورام سرطانية، محاضرة تتناول أهمية التبرع بالدم، وطرق التبرع، وسن التبرع وشروطه. وتحدث عن امكانية الاستفادة من أكثر من مريض واحد من نفس المتبرع وذلك عبر تقنية فصل اجزاء الدم.

❗ إن البخل بالدم مؤشر خطير عن قصور ثقافة التدين وعن مرض ثقافة التضامن وعن قصور ثقافة المواطن...❗

كما أجاب الدكتور اسامة جرادي عن الأسئلة التي طرحها المشاركون من الحضور فيما يتعلق بالتبرع بالدم إضافة الى الأمراض الممكن انتقالها عبر التبرع.

ان الحاجة للتبرع بالدم عاجلة وملحة وذلك نتيجة:

- ضحايا الحوادث المرورية والحرائق
- المرضى الذين يخضعون لعمليات جراحية كبيرة كعمليات القلب المفتوح



سمير أبو ناصيف نائب رئيس الجامعة والدكتور طارق حرب عميد كلية العلوم والفنون، ومدير الجامعة في صيدا الاستاذ خالد مراد. وقد بارك الدكتور سمير أبو ناصيف الحملة وتمنى ان تنظم مثل هذه الحملات الإنسانية في مختلف فروع الجامعة في لبنان.

وقد لقيت الحملة تجاوبا واسعا بين الطلاب والاداريين، فقد تبرع ما يقارب الأربعين تلميذا وإداريا بالدم. و عمل الفريق المؤلف من ممرضين ومسعفين بادارة نائب رئيس بنك الدم- صيدا، الاستاذ حسن جوهر، على التأكد من شروط وموانع التبرع :

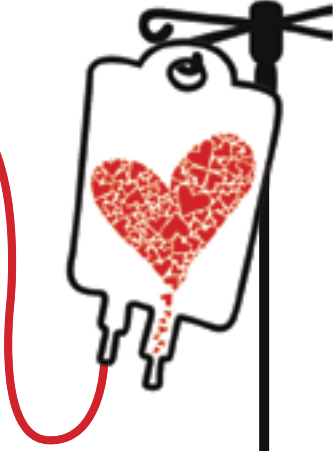
- ان لا يقل عمره عن 18 سنة
- ان لا يقل وزن المتبرع عن 50 كيلو غرام
- ان تكون نسبة خضاب الدم لائقة للتبرع
- خلو الشخص المتبرع من بعض الامراض التي يمتنع معها التبرع
- ان لا يكون الشخص قد قام باي عملية تبرع في الاشهر الثلاث الاخيرة
- ان لا يكون الشخص المتبرع قد اجرى اي عملية جراحية مؤخراً
- عدم إصابة الشخص المتبرع باحد الامراض التالية: ضغط



العتاء

فاطمة ضاهر

منسقة الأنشطة / مكتب شؤون الطلاب
الجامعة اللبنانية الدولية / صيدا



❗ العطاء اطار جميل... لصور عديدة، صور مختلفة، متفاوتة، ترمي كلها لرسم الابتسامة على القلوب والتفاني من اجل ذلك.❗

تقدم للذين من حولك ما هو موجود عندك لكن (بطريقتك الخاصة) فالعطاء ليس بقيمة العطاء، بل بمعنى العطاء والفرح به.

ان قيمة العطاء من القيم الاخلاقية الاصيلية وان الأخذ بها يزيد في قوة شخصية الفرد والجماعة ، العطاء بين الناس يغرس المحبة والالفة ويجعل الحياة أكثر سعادة. حيث للعطاء بهجة روحانية خالصة تملك وجدانك وأحاسيسك.

يقول برنارد شو: (المتعة الحقيقية في الحياة، تأتي في أن تصهر قوتك الذاتية في خدمة الآخرين، بدلا من أن تتحول الى كيان أناني يجار بالشكوى من أن العالم لا يكرس نفسه لإسعادك!)

العطاء اطار جميل.. لصور عديدة، صور مختلفة، متفاوتة، ترمي كلها لرسم الابتسامة على القلوب.

والتبرع بالدم احدى هذه الصور الإنسانية النبيلة، وإذا كان للتبرع بالمال منزلته في الدين، وثوابه عند الله، حتى إن الله تعالى يضاعفه إلى سبعمائة ضعف، إلى ما شاء الله. فإن التبرع بالدم أعلى منزلة وأعظم أجراً ؛ لأنه سبب الحياة، وهو جزء من الإنسان، والإنسان أغلى من المال، وكان المتبرع بالدم يجود بجزء من كيانه المادي لأخيه حباً وإيثاراً.

وحيث ان إدارة الجامعة تشجع الطلاب على المشاركة في الاعمال الإنسانية والخيرية وتحت الطلاب على العمل التطوعي، أقام مكتب النشاطات في الجامعة، بالتعاون مع الصليب الأحمر وبنك الدم، حملة للتبرع بالدم في حرم الجامعة في صيدا، يوم الاثنين الموافق 11 كانون الاول 2012، بحضور الدكتور

معنى التبرع بالدم:

هو أن تمنح شخص ما فرصة لاستمرار حياته

في ظل الحياة العصرية التي نعيشها والتي يغلب عليها نمط الحياة المادية، أصبحت الأنانية سمة من سماتها يغذيها مبدأ "ان لم تكن ذنباً أكلتك الذئاب".

وحين يتضخم حب الانسان لنفسه وينمو دون ضوابط أخلاقية تحكمه، فإنه يجعل الانسان يتقوقع حول نفسه وتصبح نفسه ومصالحها بؤرة تفكيره، فيتحول الى مصاص دماء بمعنى مجازي. بمعنى أنه يمتص جهد الآخرين ويستنزف عواطفهم ويستغل علاقاته بهم، فقط لتحقيق المكاسب لنفسه على كافة الأصعدة، ليتحول إلى انسان أناني حتى على مستوى المشاعر فيشغله تفكيره بنفسه عن الإحساس بالآخرين حتى أقرب المقربين.

فلا يحس بحزنهم أو حاجاتهم له ولا يشاركهم فرحهم. ولا يحصلون على إنتباهه إلا إذا كان يرغب في الحصول على منفعة منهم، فيصبح عاجزا عن تكوين صداقات. ذلك لأن الصداقة علاقة أخذ وعطاء ومساندة وهو قادر على الأخذ لا غير و عاجز عن الإنخراط في نشاطات جماعية، ذلك لأن اختياره للنشاطات قائم على مدى المنفعة التي تحققها له.

هل اصبحت دائرة اهتماماتنا الإنسانية تضيق شيئا فشيئا؟ ما أخرجنا في هذا الزمن الى إحياء قيمة العطاء. فالعطاء هو شعور داخلي نابغ من عمق التفكير الكامل بالفرح والسلام الداخليين. نعم، العطاء هو أن تحب بلا حدود، بلا شروط ولا أوامر، وأن

كلماتي

"كانت الحياة والحياة كانت نور الناس. والنور يضيء في الظلمة والظلمة لم تدركه" يوحنا 1 : 1-30
الكلمة هي النور وأساس العلم، أصل تكوين بحر المعرفة الذي يتدفق بمدى جزره على سواحل العقل والمنطق، فيلامس بزبد أمواجه صفحات كتاباتنا المخططة بأفكارنا، خواطرنا، ذكرياتنا، وإنجازاتنا.
كلماتنا لوحة اجتماعية جمعت نحاتي ومبدعي الجامعة، راسمين بأحرفهم مخطوطات ما اختبروا في الحياة وما سيختبرونه. كلماتنا منحوتة الطلاب، من الطلاب للطلاب.

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ملحوظة: أي رأي و/أو وجهة نظر منشورة في هذه المجلة تأتي مباشرة من الكاتب المساهم ولا تمثل فلسفة أو وجهة نظر الجامعة اللبنانية الدولية



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