

Since 1958

The Herald club consists of a group of young men and women who are passionate about writing and delivering their message to the people. The Herald club's main focus is bringing news and entertainment to individuals and helping them view all aspects of the university life in different perspectives.

This year the Herald club aims to cover all aspects of the universities accomplishments and what it seeks to deliver to the students in a way that is bound to grab their attention. We

hope that this inspires those who have a passion for writing and an interest in the field of

news writing and reporting to become more encouraged in sharing their thoughts and opinions of their lives as Haigazian University students. If you feel like you want your voice

heard and can't think of a way to convey your message, then the Herald club is the right

place for you. It's the place where the unknown gets to have a voice and make a

stand. No matter what your message is you will be heard and the Herald club will make

sure that you're voice will stand out. We hope you enjoy this semester's issue and find it to

be very informative and unique. Feel free to let us know what you think and if you have

any comments on the issue on hand we are always ready to hear what you have to say.

The Herald team wishes you enjoy the remaining days of this semester and make the best out of it. Best of luck on your finals!

By: Aziza Khalil

The Herald

December 2016 - Vol. XXV





Rev. Wilbert Van Saane
Campus Minister

Did you know that Haigazian was the first university in Lebanon to introduce human rights as a course at the undergrad level? That was back in 1994, and ever since it has been taught regularly. Ever considered taking it as an elective?

Why is it so important for a university to focus on human rights? Last year I asked some students to comment on that. As it turned out, they found human rights an essential ingredient of the academic diet.

Elie Bahhadi (Political Science) explained: 'Sadly, the majority of the people in the Middle East don't respect other people's rights. Teaching about human rights in schools and universities is beneficial to change their mentality.' Yeraz Basmadjian (Finance) added that teaching human rights 'gives us a better understanding of our own basic rights, and will equip us with tools to defend them.'

Haigazian's Armenian heritage undoubtedly influences its commitment to human rights. Even non-Armenian students acknowledge this. Joy el-Hajj (Advertising and Communication, graduated earlier this year) explained: 'Once you lose something, you truly know its value. Unfortunately, the Armenians once lost their human rights and they had to fight for survival and justice. Teaching human rights does not only show how much it is valued at Haigazian, but also how valuable we as humans are.'

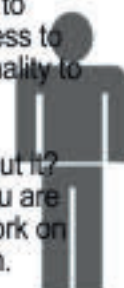
During the 2015 commencement one of the keynote speakers, Patrice Gillibert, secretary of the UN Committee against Torture, said that HU students 'have been shining the values and ethics of human rights'. That's a nice compliment, but take it also as a challenge. Are you really radiating the ethics of human rights?

HU's commitment to human rights rests not only on humanitarian considerations, but ultimately on faith in the God who created human beings in his image. If all humans are precious creatures, loved and respected by their Creator, then the rights and freedoms of all deserve protection!


There is so much work to do in this part of the world! Many countries have an extremely poor human rights record, including some of the Gulf States. To give one example, earlier this year Amnesty International reported that both Qatar and Fifa continue to turn a blind eye on the violation of the rights of migrant workers who are building the stadiums for the 2022 world cup.

In Lebanon too there is much room for improvement. Human Rights Watch's world discloses that many refugees in this country are deprived of basic rights; inmates of detention centers and prisons are exposed to torture; critical journalists are curbed and fined; migrant workers are excluded from the labor law and vulnerable to exploitation and abuse; women have unequal access to divorce and custody and cannot pass on their nationality to their children.

What are we, the next generation, going to do about it? You need to educate yourself in human rights if you are going to contribute to a better Middle East. Let's work on that together, inside and outside the classroom.



HUMAN RIGHTS AT HU



Equality. Pain, suffering. Have you not realized that all we do is fight for things that make absolutely no sense, for manmade creations that are redundant! What is happening to people? What is wrong with humankind?! What is the equality that you all speak of?! Stop it. Stop trying to make sense of aspects of life that have nothing to do with what the essence of human nature is. We always try to make sense of what we do not understand. You want to understand it. Fine, be my guest. Just do not try to act all high and mighty by making it seem as if you are trying to fight for a cause. The only cause anyone should be fighting for is the cause of vanquishing and conquering oneself. The strongest and toughest battle anyone can ever take is the battle to make yourself a better person. I highly doubt any one of you reading this has conquered their selves. Let me ask you this. You want to be equal. You want to be 'fair'. All right. What have you done for YOURSELF that was fair and equal to what you believe is right? All of you will give me a response and say this and that, but if you actually and honestly look deep into yourself will realize that it is complete nonsense. Being true to yourself is something beyond understanding. It can be attained with even a small percentage, but not fully. Yet, properly going on that path is the actual process to being able to fully grasp the concept or the notion of fighting for equality, in all its fashions. So, let us sum up all that we have discussed in a menial paragraph.

Where do you rank in the battle of self-actualization? Difficult to answer, is it not? Yes. People usually forget what it is to reach self-actualization. It is not a path anyone would take lightly; some even take it without understanding what it really is.

Keep in mind; I am not referring to self-actualization in psychological terms. I am referring to it in a misunderstood context. It is something each person has intrinsic and unique to his or her own personality, psyche, and existence. Several of you would say that I am generalizing the dominant population with what I am saying. Yes, I am. Think about it, we are all the same, yet different in our own way. I will generalize and I will say that all of us are the same when it comes down to the idea of doing well, because we all want to be equal and want to do well in life. Yet we do not understand what humanity is about and therefore we do not know how to make it better. Look at the world. Look at people. Look at every single event that occurs in the world. What do you see? Similarities? Differences? Hate, love, pain, anger? Do you know what I see? I see equality. I see the truest, most original and natural kind of equality. The kind of equality that we all hold and try to change. The type of equality that we all hope to change. That is the equality of human nature. The equality of human behaviour. Look closely, and it will expose itself. Look closely, and all will be clear. When you figure it out, everything will open up to you and you will be closer to self-actualization than you could have ever imagined.

TRUTH BEFORE JUDGEMENT

BY: ZIAD JBEILY

Three years ago, I graduated from high school in Riyadh, Saudi Arabia. I never liked high school – all three years of it. So, naturally I was super thrilled to finish and start a new chapter in my life. A chapter that did not include Riyadh, friends who fortunately became strangers, or the same demoralizing routine. At the time, I had ambitions of becoming a fashion designer so I can one day be able to work with one of the top-leading designers, and my personal favorite, Elie Saab. Yes, I'm aware – typical teenage fantasies constructed from late-night chick flick movies and a couple of read articles here and there. It was all rainbows and butterflies until reality kicked in.

The years following my happy graduation were absolutely terrible. Besides the fact of almost losing my dear father, I began to slowly lose myself. My life B.G. (before graduating) consisted of boundless hang outs with childhood friends, a trip to Beirut every now and then, and most importantly, big dreams. The seventeen-year-old who aimed to spread her wings was slapped with constant disappointments only to find anxiety and depression picking the feathers off every day. I can't remember how many nights I cried myself to sleep. I tried applying for a job, had an issue with the papers. I tried hanging out with different friends, everything was going well until they decided to show their true colors. These were the friends who would tell me "Sarah, you're 21. Oh God, you won't be able to make it, you wasted so much time. Take the easy road and get married". Choosing to limit the drama in my life, I decided to cut them off for good. Basically, I spent my time reading, writing, learning how to cook, watching make-up tutorials, and working out. And then one day, out of the blue, I asked my father to buy me a camera and later started a fashion and health blog. This small step was the turning point of my life.

Sarah Mshaymesh
11/28/16

Time passed by and my blog grew bigger one post at a time. It felt so refreshing to be this motivated and hopeful again. Meanwhile, I began to realize different aspects about myself and my future. My passion drifted towards the health and medical field. I was never destined to become a designer – it's not who I am. The blog was closed after 4 months. And that is one of the greatest blessing a teenager goes through; to stumble upon yourself and your many different options only to end up where you're truly bound to be. One year ended and another began. I welcomed 2016 with a Facebook post captioned "Starting this year with the biggest smile on my face". Ironically, I was at my lowest. I had been hearing the same promise for three consecutive years and began to doubt I'll ever be able to make it into medical school. I doubted myself and my abilities – academic and/or social. However, God did not leave me hanging and I finally received the awaited news. My flight was booked. I traveled. And I applied to Haigazian University. Got my pre-med acceptance letter 3 weeks later.

Numb and excited, I couldn't wait. No one around could understand why university meant so much to me, when all you do is study and have no time to sleep. I couldn't tell them how much I've been thirsting for new knowledge, new experiences, and meeting new friends. September arrived and classes began as I said goodbye to depression. After three years, I can finally say that I am now a Freshman Science student who spends her days worrying about deadlines and solving homework, and who still happily hasn't decided on a major. My life has no room for doubts or negativity anymore because I know there's always a solution. There will always be light through the chaos, only if you choose to see it. I will forever be thankful to Haigazian University for the friendly and caring community it's provided us. I always feel appreciated and comforted through everyone's genuine smiles and positive energy. I leave the house and arrive to my second home. This university, with its classes, clubs, and even bad days, brought me back to life.

"Never be ashamed! There's some who'll hold it against you, but they're not worth bothering with" – JK Rowling. Let's think about one of the first lessons we're taught while growing up. We are given a certain image of what life is in 5 different stages: kindergarten, school, university, marriage, kids. Accordingly, if you choose to do otherwise, you're considered anomalous. And not in a good way. We carry the weight of the cultural baggage that we should become what people, aka relatives and society, expect from us. If you aren't a doctor, engineer, lawyer, or pilot then you are pretty much a big nobody. In addition, students now apply to certain universities strictly for the name and prestige, not for any academic reasons. Just to prove they are worthy or just as good. Don't you see? We are all part of this "huge egos, no effort, materialistic, I-only-drive-a-crystalized-Benz" world that is very difficult to survive in. So, stop pretending to like certain things and aiming for undesirable positions only to fit in.

There is no time like the present – always remember that. Therefore, take advantage of what is still left around you. Go out and explore what this world has to offer. You may not like it at first. You may get kicked down by life or people several times. You may not even begin with what you have always hoped for. Yet, as my brother would always say, "slowly, but surely" you will get there. And you will be able to look at yourself and think "I did not only achieve it, I EARNED it". I am aware of the fact that I'm no psychologist, but if I had one eternal advice, it would be this: Wake up and go to bed feeling grateful, take care of your health, don't be afraid to start all over, and always remember that you are loved.

To my beloved parents

Sarah Mshaymesh

11/28/16

FIVE Words That Could Define Your Personality

BY: Nazek El Hout

Wanderlust: An irresistible desire to travel to understand one's very existence.

Sophrosyne: (n.) a healthy state of mind characterized by self-control, moderation, and a deep awareness of one's true self, and resulting in true happiness.

Metonia: (n.) the journey of changing one's mind, heart, self, or way of life.

Selenophile: (n.) a person who loves the moon

Nefelibata: (n.) literally a "cloud walker" ; one who live in the clouds of their own imagination or dreams, or one who does not obey the conventions of society, literature, or art.

HANNIBAL REVIEW:



Everyone says about Hannibal that it is really twisted but in a very remarkable way. The show is perverse for its content and the ruthless character given to Hannibal left me in a loop of non-ending questions.

What I liked most about the show is that it made me so enthusiastic about continuing it from the first 30 seconds of the first episode. I was so astonished by the graphics of the scene in which Will Graham took a step back in the murder in upmost perfection. The directing of that scene was so sophisticated and creative that it made me want to analyze the directing of the rest of the show. The show is full of surprises. I never really suspected Hannibal to be a psycho because of his keen attitude. Hannibal takes the organs of his victims after killing them and then uses these organs as ingredients and cooks them.

What I find to be so eccentric about Hannibal and the show is that the plot is very unreal and real at the same time. Nothing in the show is expected and that's what captured my attention.

The most shocking and breathtaking moment was the ending of season 2. What can be worse than that? He had to slit Jack Crawford's throat, stab Will Graham in his guts or God knows where, and Abigail had to shove Dr. Alana Bloom out of the window. What kind of a drastic season finale was that? So they all just die and Hannibal walks away? This is it? Hearing this was so tormenting it took me days to process it! It is like my doctor telling me you only have a 50% chance of living!

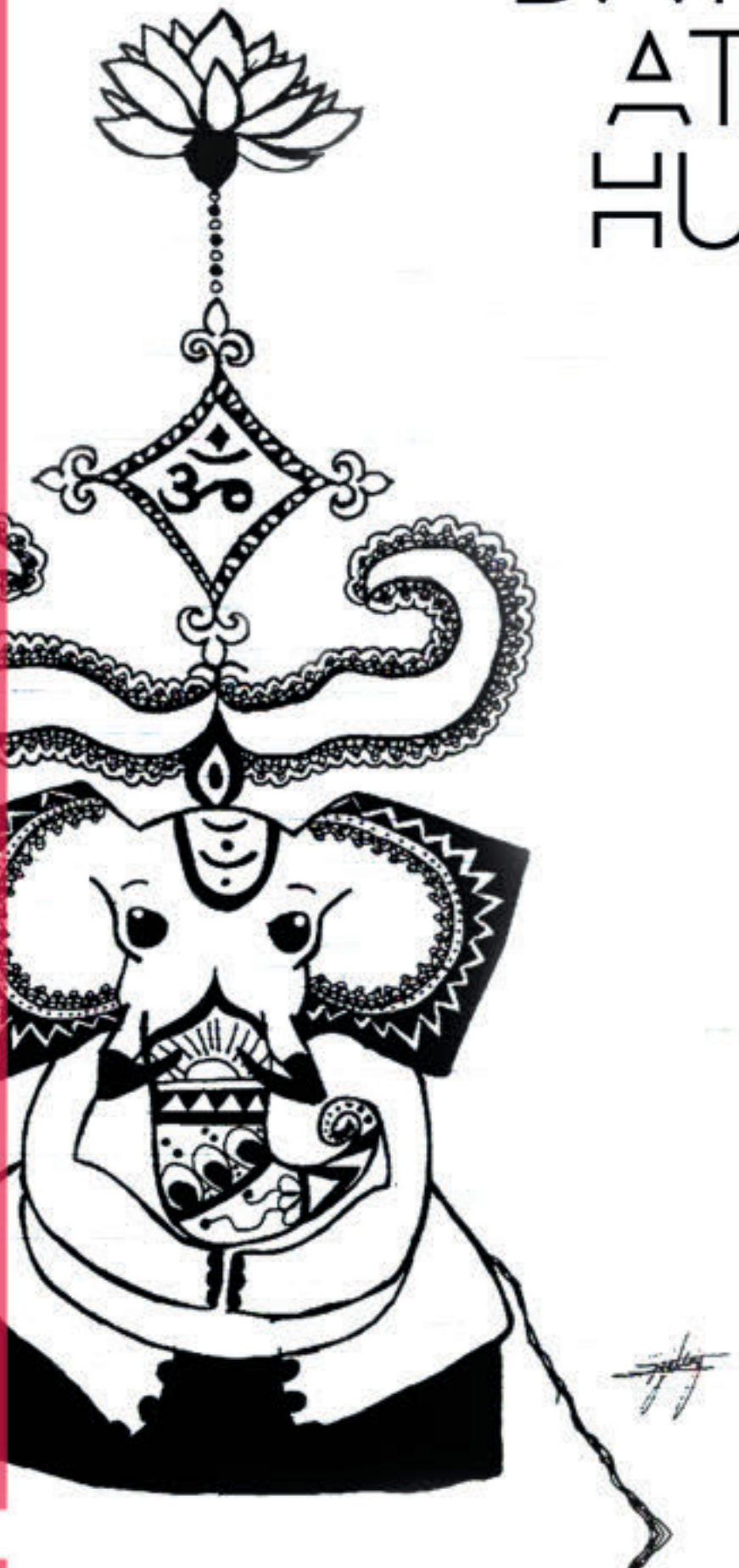
Season 3 had an outrageous ending. The first 2 to 3 episodes of the 3rd season are only about Hannibal. What kept rolling in my head is whether all the rest died or not. Knowing that the main characters didn't die, season 3 finale had to be even more vague. I was left in an emotional and psychological shock as Hannibal and Will attacked The Great Red Dragon (TGRD) and killed him together. Will has one of the most unexplainable personalities which made his actions unpredictable. When they killed TGRD, they both hugged one another and fell from the cliff. I think they left it open for the viewers to decide what might happen next to Hannibal and Will. Whatever the reason is, Hannibal is still a very nice show to watch and one of my top favorites.

CHINESE CULTURE DAY AT HU

Acceptance of diversity and being aware of different cultures is what makes the UNESCO Club at Haigazian university unique and outstanding. A group of young men and women took the initiative and planned an event on campus called "Chinese Cultural Day" that included a wide variety of different information on the Chinese culture, Chinese food, traditional costumes and much more. The UNESCO club received a lot of positive feedback on the event they set together and since it was a collaboration between the club and the Chinese embassy here in Lebanon, made it even a huge success for the university and Lebanon. The event went as follows:

Club members decorated the campus with traditional Chinese decorations, especially since the event was made for the celebration of the Chinese new year, after that club members dressed up in traditional Chinese costumes and prepared a table to serve a variety of noodles to the students on campus. There were games for students to participate in and win vouchers presented by Crepaway; also the Attaché Culturel of the Chinese embassy in Lebanon, Mr.Chen Zhonglin, gave a small introductory speech about the Chinese-Lebanese relation and he expressed his gratitude towards the UNESCO Club and thank them and the entire university for choosing the Chinese culture for their event. The event was featured in 2 national newspapers, Al Anwar and Al Nahar, also on the Chinese government website and the ministry of media's site. This shows how successful the club was at putting together an event like this, and having members that are capable of achieving such an accomplishment and having it featured nation wide.

By: Aya Kanj



HOW DO YOU SEE HAIGAZIAN?

As a student in Haigazian, I wondered how do other students see the university? People's opinions surely are diverse I was curious to see different perspectives about a place I visit nearly every single day. So I walked around campus and asked 20 students 2 basic questions. The answers helped me create a clearer and more vivid picture of the university. I could tell you what this picture looks like, but that would spoil all the fun. I'll just share some of the answers so that you can build up the image on your own.

BY: TIMOTEO PEREIRA NEVES

- "Social life is amazing. The instructors are nice and the people are welcoming." Nour Kassem (Marketing, Freshman).
- "The Armenian background, the chapels, and the teachers make me feel at home." Stephanie Arslanian (Special Education, Junior).
- "I see it as an average university. Academically-wise it is good, but socially it is stagnant. Most clubs are inactive, and I wish we could have more free courses such as sports." Paul Kevork Kolanjian (Pre-Med, Senior).
- "I love it. It cares about the student and focuses on social things." Mira Maalouf (Psychology, Sophomore).
- "I personally dislike the administration. The environment is cosy though." Jad Hajjar (Economics, Senior).

- "I only have one free hour, but I use it hanging out with friends in the lounge." Ali Abed (Business, Sophomore).

- "There's not a lot to do. So I eat breakfast, walk left and right, and sit with friends." Kassem Faheda (Management Info System, Freshman).

- "I eat and I spend some quality time in the sleeping room." George Serop Megerditchian (Political Science, Sophomore).

- "I read books, listen to music, and study." Yara Asaad (Psychology, Sophomore).

- "I read, spend time with my peers, and attend club meetings." Jana Zbeeb (Psychology, Sophomore).

HOW DO YOU SPEND YOUR FREE TIME IN UNIVERSITY?

By:
Pamela
Haber



A chocolate cake without any eggs, milk, butter, bowls or even mixers! Just mix all the ingredients immediately in the pan you are going to bake them in, and you're good to go. It is the best alternative to typical chocolate cake especially if you're Vegan or simply lactose intolerant.

- 1 1/2 Cups of all purpose flour
- 3 Tbsp. cocoa (unsweetened)
- 1 cup sugar
- 1 tsp. salt
- 1 tsp. white vinegar
- 1 tsp. pure vanilla extract
- 5 Tbsp. vegetable oil

CRAZY CAKE

For those of us tired of the typical dieting trend but aim at losing weight without living in deprivation, here are a few recipes that can help us answer to our cravings but give us less calories.

A simple and must know hack to preserve the desired taste while still lowering the calorie count is, other than the obvious (using mixed grain bread), replacing butter with avocados. Avocados not only enhance flavor, they also contain monounsaturated fats which promote heart health and basic body functions.

AVOCADO SANDWICH

- Lettuce leaves
- 2 thin slices mixed grain bread
- 1/4 cup raw avocado, mashed
- Sliced tomato
- Kashkawan cheese
- Turkey (optional)



We all have those days where we want something different and sweet for breakfast but cant afford using half the kitchen supplies on one meal. This simple minimal ingredients recipe isn't only easy to make but also delicious!

- 1 egg
- 1 tsp. vanilla
- 1 Tbsp. sugar
- 3 Tbsp. 0% fat powder milk
- 1 cup of water

HEALTHY CREPE



It shattered then rebounded
echoing in her veins refusing to
drain. Who knew nostalgia could
bring along so much pain?
Who knew that this nostalgia could
nurture and silhouette her thoughts
and actions with such beauty,
wisdom and sane?

Every time she looked down her
childhood lane and saw how it all
shaped her character and thus
name. She'd say:

"Oh Allah help us to forever be
pure, faithful and loyal to your
teachings and stories through
which we find sane. Help us to
always break ignorance - that
pirouette chain. Help us to always
ask for Your knowledge and
wisdom to work by with no
shame..."

To her soul and mind, it was an
endless fight between flame and
rain...For the memories would
sometimes overwhelm her brain so
much like a furious flame but later
they'd wash her soul like an
avalanche of rain...

Oh well, I guess it's just how it is...
After all, no pain...no gain :)

"What's Obvious to You is Not Necessarily Obvious to Others"

By Nazeek El Hout



Written by Dima Safieddine on March 16, 2016

Maybe Later

by DIMA SAFIEDDINE

I'm writing you this to tell you that I can't see you this week. I don't want to see you this week. No, I can't see you this week. I can't. I want to, but I can't. I love you, so I can't. I can't shake the hand whose fingers had memorized the outline of my lips, and casually smile at the eyes that can look through me. I can't look at you and not feel my heart. I can't look at you, present with me; absent with me. I can't. You're more with me when you're not than when you are. Everything reminds me of you; everything beautiful reminds me of you, and everything looks beautiful now after you. I love you. I love you. I love you more than I've ever loved anyone or anything, I love you with an intensity that's breaking my heart. I love you. I can't. I'm sorry, but I can't. Maybe later, when my hand is steadier and my heart is lighter. Maybe later. Maybe then, when your eyes really do see through me, you won't want to come anymore.

SARAH MSHAYMESH

On July 9, 1996, Mrs. Safieddine gave birth to her second born - who would later be known as the girl who broke our hearts. She was given the name Dima, and her parents loved her beyond anything in this world. She was always known to have been a hard worker, giver, and, as her mother says, "A courteous, loving child". Everyone who met Dima loved and respected her for her genuine and simple, yet exceptional, character. Academically, little Ms. Safieddine always stood out and aimed for the best. In late 2008, Dima created a blog that solely consisted of her talented work in English Literature. A subject that she later decided to major in at Haigazian University during the spring semester of 2015. Meanwhile, Dima left her family in Tyre and moved to HU dorms in Beirut. Most of those who've heard of Dima were followers of her blog or Twitter account, which also included a few of her daily thoughts on life and tragic romance. All of her instructors admired her enthusiastic spirit and hopeful ambition. You may now be wondering why an extraordinary girl like this would break our hearts. On November 19, 2016, our dear Dima was hit by a car on Dbayeh bridge in Beirut. She worked as a freelance writer and was heading to work. Losing her was definitely one of the hardest things for both her family and anyone who knew her. She left too soon, but imprinted unforgettable memories in each of our hearts and minds. Ms. Safieddine's colleagues and friends miss her dearly, and all of them had one thing in common to say: "Dima's death helped us realize the importance of family and cherishing our loved ones. She also taught us that religion comes from within, not through a person's choice of clothing or lifestyle. In addition, her memory motivates us to always be the best version of ourselves so we can be able to achieve our goals. We will always love and remember her."

Dima Safieddine

[1996 - 2016]

Dear Dima
by Sarah Mshaymesh.

Dear friend,
I just found out you're no longer with us.
Does that mean I won't be able to speak to you anymore?
Because I was hoping I'll get to see you tomorrow,
And ask if you're feeling cold so I lend you my jacket again.
A few days ago, you were saying it's getting really cold,
But I disagreed and said everything was fine.
Until 'that' news came in and ever-since then,
It's been getting colder and stranger by the minute.
My skin feels weak and my heart is heavy.

Dear friend,
I woke up today and thought of you first thing.
Is this how it's gonna be from now on?
Just thoughts and no words? No calls? No texts?
Alright, fine. I'll just visit your page and read your words.
Maybe that'll help settle our issue.
But, aren't you gonna share anything new?
Alright, fine. I'll re-read every word until you decide otherwise.
After all, what's better than observing a piece of art
By someone who is a work of poetry and tragedy?

Dear friend,
This is no longer fun. I don't want to play this game anymore.
Is this all serious?
They had a memorial at campus today
With a picture of your beautiful features and pure soul,
Smiling at every person who passes by.
You know, nothing new. That's how you've always been.
I guess that explains why no one had any words,
Only tearful eyes and shaken beliefs.
PS - I hope you liked the flowers.

Dear Dima,
Is it true what they say? About angels with big, white wings?
Do you hear our voices when we pray for you?
Can you feel your mother's heartache and your father's pain?
Tyre misses your irreplaceable presence and your foot-steps.
The beach is waiting for you to go watch the sunset.
Beirut apologizes and would love to have you for another visit.
Your writings are gonna get published any day now.
And as for us,
"Maybe we will see you later".




I want to make artwork out of my words
I want to write beautiful lines and sentences
Speak of the beauty that lies within
Ourselves
And ignite the fire within
Our souls
Using letters as a matrix of
Our own
Our inborn
Art

What Lies Within

By: Marwa Saad



Kayant.

A romantic scene of a couple embracing on a beach at sunset. The man is lifting the woman, and they are both silhouetted against the bright orange and yellow sky. The ocean waves are visible in the background.

By: Timoteo Pereira Neves

Leave your roses for the bees
and your chocolates for the
gluttons.
No more letters that cut trees,
Or suggestive flowery buttons.

You sell love like bananas
at every corner, every street.
Framing bonds without
dilemmas,
A sappy oversweet.

The knight's armour is soiled.
If he was brave, he could not
prove.
Why picture him hard-boiled,
If he hasn't made a move?

The damsel's not in distress.
She can manage on her own.
Her charm is nitid for the
press,
But her strength, bred in the
bone.

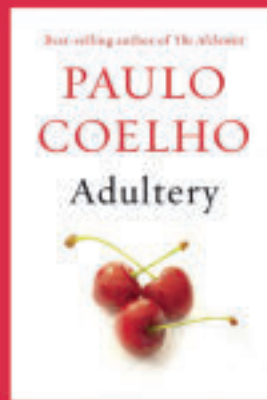
So romance, pretty please,
Take off your guise of
conviction.
I'm fed up with your tease.
Your rule is in the realm of
fiction.

21.10.16

TO ROMANCE, KINDLY

By: Sarah Mshaymsheh

Adultery by Paulo Coelho



This is probably the only time I'll ever attack a book by Paulo Coelho. I have read more than 9 books by this incredible author, so the disappointment is twice as shocking. *Adultery* is one of those books that I waited forever to get my hands on. Unfortunately, the whole story was just a big No-No.

Spoilers ahead: The book starts with our main character, Linda, which reminds me of those very dramatic, silly people we meet at some point in our lives. She's like that friend we all try to avoid because all she does is nag when God has blessed her with an incredible family and work life. To Linda, having a loving husband, healthy children, a successful job, and a good social life is just not enough. The amount of foolishness this character has is quite unbelievable. You'd think that was a major turn off, but wait.

More events begin to happen and suddenly, ungrateful Linda begins to have an affair with a very old boyfriend, who happens to be an elected politician. So, no matter how smart or witty a journalist is, they may still fall into an inexplicable, irrational situation like this. Where are all the morals and principles of this elite, professional journalist?

What bothered me most about this book is the justification and understanding of cheating, lying, and manipulating of people. She took advantage of not only her husband's good heart but also her ex-boyfriend's vulnerability and lack of loyalty. Not to mention that Linda fooled around with another woman's husband, met her, and for absolutely no reason, decided to sabotage her marriage, entire career, AND reputation. What has become of the world? We now applaud immaturity and what one day was considered shameful or taboo.

As I continued reading, I realized how similar the characters are to people in real life. That in particular is why I think Paulo is a marvelous author. The way he puts events and plots together is what makes fans like me want to read even the worst of his work. (hide spoiler)

You may ask how can I praise the writing of a book that I did not appreciate. The answer is very simple. Paulo tackled a very important issue that is part of our every-day life. On the other hand, I am a person who's had a very bad experience with most of the issues stated in *Adultery* and, therefore, disliked the topic itself and not the author or his phenomenal skills.

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Here's one of my favorite quotes from *Adultery*:

"You don't choose your life; it chooses you. There's no point asking why life has reserved certain joys or griefs, you just accept them and carry on. We can't choose our lives, but we can decide what to do with the joys or griefs we're given."



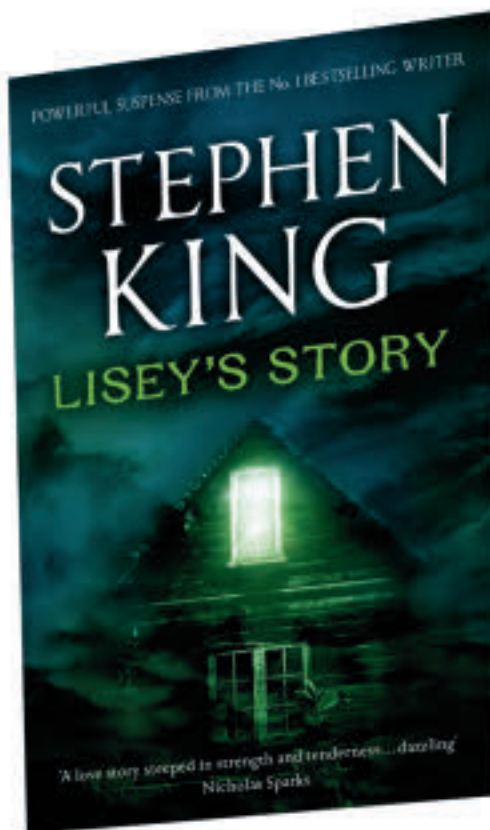
It's Time For a Mammography

On October 24th, the Lebanese Breast Cancer Foundation came to our university to address a very crucial issue. Their goal was to spread awareness among us, and help us, and the people around us understand what breast cancer is, what may increase our exposure to it, how we can be aware of it, reduce it, or beat it completely. It started with Ms. Mirna Hoballah, a strong independent woman, telling us that she has faced and beat breast cancer, and told us how many other women have gone; and are; going through that. She was then followed by oncology nurse Ms. Fatima Baydoun, who talked to us about health and eating regimes that may help us reduce the chance of getting cancer, and then talked us through the steps that we should follow regarding self examination so that we may do it ourselves. She also explained how the process of going to the doctor to get checked works, she showed us a photo of a breast with a tumor, and one without. It was a very important lecture, that did indeed spread awareness because it sheds light on many truly important issues. Finally, Ms. Fatima Hoballah gave the Herald a message that she would like to put out, and that is they are coming to spread awareness to us, and that is that they wish we would share this information with our mothers, sisters and loved ones, in hopes they too will spread to the people they love, and so on from there, letting awareness travel throughout the globe, in hopes of reducing any chance any woman has of getting breast cancer.

By: Marwa Saad

By: Sarah Mshaymsheh

LISEY'S STORY BY STEPHEN KING



Lisey's Story is a Stephen King masterpiece. No wonder it's the author's favorite. Stephen is well-known for his brilliant style.

Each book takes you to a different world. Each tale leaves a different impression. In this book, you will find the perfect combination of two very contradicting genres: horror and romance.

Usually, novels the size of my head don't interest me. But with Lisey's Story, all I wanted to do was read, read, read! I could not skip a word. It felt like I'm part of everything — like I am next to Lisey, touching all the papers Scott left behind, and all the events are happening around us.

The contrast of light and dark in this book provides the perfect presentation of King's talent. You don't only get the chance to enjoy and read about different characters, you manage to witness one life within another. It is sad, beautiful, heart-breaking, and phenomenal.

The Restless Waves

(Addict)

My face has fogged in the mirrors, can't recognize much
these days

It's this calm time when I get to decide
To be taken away with the painfully glorious waves
Feel euphoria itself and proceed to be torn apart
Or stand firmly against it. Resisting.
And I've been making the same choice for so long
That even if I did choose to stand
All that would be standing are my bits and pieces.
And who's to say if what's left can be strong enough to
resist the storms pulling?

But reminding myself of this will tear me apart even further
It's not time for weakness. The storm has grown,
approaching

I can hear its melancholy screaming in my mind in my ears.
The once soft wind crashes onto my skin, leaving blushing
splotches of temporary ecstasy.

I know it's time to make the decision I've been denying the
need to make.

Do I collapse into the welcoming arms of this monstrous
storm once again?

And if I do, will this be my final spin, into nothingness?
Do I choose the path I know is sane? Continue with a
windless life?

The question now yells at my face:
Stand firm or Fly and die?

By: Diana Gorab

By: Shant Agishian

Over the summer, I participated in an exchange program in the United States. The program was sponsored by the US Department / Study of the United States Institute (SUSI), and organized by the Dialogue Institute. It lasted five weeks. The group consisted of twenty participants from four different Middle Eastern countries (Egypt, Iraq, Lebanon and Turkey). I was one out of five Lebanese students.

The subject of the program was Religious Pluralism and Democracy in the United States. During the first two weeks, we stayed at Temple University in Philadelphia. We attended lectures in the university and learned about different religions in the US. We also visited different churches, mosques, and temples. During these two weeks, we had very interesting discussions with students from different religious backgrounds and different religious leaders.

After that we made a study tour to New York, Atlanta, North Carolina and finally to Washington. In New York we visited the headquarters of the United Nations. It was very special to be in that place that I only know from the television and see the meeting room with the seats of the delegates of Lebanon and Armenia. The Washington visit was focused on studying democracy in the United States. We visited several places related to the US government and we had discussions with some politicians.

In North Carolina we spent three days in a retreat in the forest. We learnt how to tell our life stories and how to listen to the stories of others. An Indian American speaker told us his story and then asked us to go back to our childhood and narrate details about our childhood homes, schools and friends. This exercise helped us to attend to details in stories that we often overlook. These unmentioned details actually reveal a lot about people.

Especially interesting were the discussions with the Turkish and the Kurdish students. It was the first time for me to talk to people from Turkey and openly discuss the genocide. Interestingly, the Kurdish delegate from Iraq defended the Armenian point of view, as did the Kurdish student from Turkey. As it turned out, the 'Turkish Turks' knew very little about the genocide and about Armenians. They asked me very detailed questions. They told me that this Religious Diversity program had made them curious to know more about it and that they planned to start reading other sources than the ones offered to them by their schools.

During these five weeks, I learned how to dialogue with people of different religious and political backgrounds in a peaceful way. Whenever I presented myself, I was also able to present Haigazian University. I made lots of friends from around the world and I had a very good experience in the United States.



Religious Pluralism in the United States

2017 is coming up! Have you decided where to travel to as part of your plan to be a volunteer? How about choosing a meaningful and affordable volunteer trip abroad?! Yes! It is common among many college students to call for a gap year break to volunteer. Such trips help students feel liberated, gain learning experience, and transform their lives in many aspects. This is due to the different types of destinations that volunteers choose to visit and work at. Volunteer placements are offered, mostly, in underdeveloped or developing countries, providing a different travel experience all together. Such trip destinations are not for leisure purposes nor are they a vacation for the volunteers themselves. Rather they are a set of affordable destinations that provides a well-equipped heritage and various cultural experiences not to mention adventurous activities to indulge in.

It all started with VOISol's founding director's vision, Mr. Saurabh Sabharwal who not only traveled to more than 40 different countries before settling back to India, but also made the concept of volunteering traveling abroad a possible reality. How you ask? Through Volunteer Solution (VolSol), an international volunteer organization whose headquarters are in India, and who offers a variety of social welfare projects such as Teaching Programs, Childcare Programs, Medical and Health Programs, and Women Empowerment Programs and lots more. Not only that, they also offer internship opportunities for Dental and Medical students in India, Nepal, Thailand, and Peru.

This organization goes back nine years as the ONLY COMPANY in India that works on both in bound and out bound process, and that has placed volunteers from all over the world at more than 20 destinations. VolSol compiled a list of six extra ordinary destinations for college students who want to volunteer abroad. The countries are : Cambodia, Kenya, Australia, Peru, Morocco, and Vietnam. One more interesting thing to know about the services they offer other than the fact that their whole business is web based, thus easy accessibility is that they have their own travel and tour package arm, which takes care of tour planning for volunteers, providing a complete one stop shop experience for volunteering and travelling. What are you waiting for? Buckle up and roll your sleeves! A lot awaits you volunteers everywhere! A lot indeed!

VOLUNTEER DESTINATIONS FOR COLLEGE STUDENTS IN

FUN

I believe I used up all my sick days,
so I'm calling in dead.



IN THE NETHERLANDS, WORKERS CAN BE ABSENT
FOR UP TO 2 YEARS WHILE RECEIVING 70% OF
THEIR SALARY AS SICK PAY.

A LIBROCUBICULARIST IS SOMEONE
WHO READS IN BED.



CHILDREN OF
IDENTICAL TWINS ARE
LEGALLY COUSINS BUT
ACTUALLY HALF
SIBLINGS.



FACTS



POLAR BEARS CAN EAT AS MANY
AS 86 PENGUINS IN A SINGLE SITTING.



SUNGLASSES MAKE
PEOPLE MORE
ATTRACTIVE
BECAUSE THEY GIVE
THE ILLUSION OF A
CHISELED BONE
STRUCTURE ON TOP
OF A SOFT-FEATURED
FACE.

BY: PAMELA HABER



FOR WHOM

We write for the people who don't have a voice
We write for the people who do
We write for humanity, for society
And
We write for ourselves
We write for our peace of mind
We write for our voice

By: Aziza Khalil

Graphic Design:
Anahid Ekmekjian



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