The Scope
LIU Highlights

The Lebanese Issue
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LIU to Expand to Oman

A delegation from LIU headed by H.E. Mr. Abdul Rahim Mourad visited Musqat, Oman on December 1st to explore the possibility of establishing an LIU campus as well as a high school in the country.

Members of the delegation met with the Omani Minister of Higher Education and the Director General of the Ministry of Education and held discussions regarding the development of two institutions – a step that would surely benefit the Omani society as well as LIU.

Omani officials warmly welcomed Mr. Mourad’s initiative. LIU has started working on all the requirements needed for establishing another campus in Oman.

This expansion comes as part of LIU’s mission which is to provide accessible, affordable and quality education for students not just in Lebanon, but across the region as well.
Masters in Mathematics Offered

The Ministry of Education has issued a decree to grant a fully accredited certificate in Masters of Mathematics at LIU’s Mathematics and Physics Department.

Students, whether from LIU or other universities, can now apply for the Master’s Program which comprises of a total of 30 credits in addition to a thesis (six credits).

“LIU students need a GPA of at least 2, while students from outside need a GPA of 2.5 in order to enroll in the program,” said Dr. Ayman Kashmar, Mathematics and Physics Graduate Coordinator at LIU, adding “Students also need at least a B, or a GPA of 3.0, to graduate with the master’s degree.”

The program is divided into two: a theoretical part for students to accumulate more knowledge, and a part dedicated to research where students, with the assistance of their instructors, aim to create original concepts and reach new results.

“There’s more to university than just teaching and studying, there’s also research. Research is producing knowledge, not just transferring knowledge,” said Dr. Ali Sahili, Chairperson of Mathematics and Physics, adding “There are several divisions in the Master’s Program. In the Bachelor of Science program, students gather knowledge, but in the Master’s Program, in the linguistic meaning of the word, they actually become masters of the subject.”

Most instructors teaching and coordinating this program are renowned worldwide, have numerous publications under their name and partake in many international conferences.

“They have so much to offer students. These instructors will teach what they have been learning and researching for years,” Dr. Kashmar said.

He concluded: “Another important thing to take into consideration in the Master’s Program is the fees. LIU offers everyone an affordable and accredited Master’s Degree. Moreover, we’re currently working on a Teacher’s Assistant Program, where students can, while finishing their MA, work and pay for their tuitions by teaching at LIU.”
LIU Excels in National Colloquium Exams

Biomedical, nutrition and pharmacy students did LIU proud once again as they obtained the highest passing percentage among universities in the national colloquium exams as well as the highest grades amongst all students.

**Biomedical:**

The overall passing percentage for LIU was 93.46 percent, while the average passing percentage for other Lebanese universities was 80 percent. Three of LIU’s students also obtained the highest grades in the entire exam; they are:

- Manal Hinawi: 9.4
- Layal Jabali: 9.2
- Salam Bou Hamdan: 9.0

Ms. Hinawi scored the highest score in the history of the biomedical national colloquium.

**Nutrition:**

While the average passing rate for the national nutrition colloquium for other universities was 83.93 percent, LIU’s passing percentage was 88.57 percent. Nutrition students also obtained the highest grades in the exams.

**Pharmacy:**

Pharmacy students also made LIU proud as 32 out of 33 students (96.96%) passed the national colloquium with the highest scores among all universities.

Vice President of LIU, Dr. Samir Abou-Nassif congratulated the students on their effort and achievements, saying: “I want to publicly congratulate each one of our students. They are the source of our drive. Also, I want to thank and congratulate each and every faculty and staff member who, semester in semester out, give their best effort towards enhancing the learning process. I thank each one of you.”

Dr. Abou-Nassif also extended his gratitude to Dr. Tarek Harb, Dean of Arts and Sciences; Dr. Mohammad Rached and Dr. Ali al-Khatib; adding: “Your dedication, integrity, guidance, persistence, and above all giving an opportunity for these students to excel are the reasons for such outstanding results.”
Freedom and Justice:
Men’s actions define them. We all act upon situations. People are not born thieves, murderers or criminals at all; they become so due to certain situations such as deprivation of rights, disturbed psyche from a bad childhood or being put in a “do-or-die” situation. People who commit crime should receive the attention of the government; even after being locked up and put behind bars, they should not be forgotten. One day these people will - or at least should - return to society. The objective of imprisonment is not to isolate violators of law from good citizens, but to be rehabilitated in correctional facilities to be released back into society with less personal conflict at hand.

The Bitter Reality of Lebanese Prisons:
Lebanese jails, especially the infamous Roumieh prison, have created a huge controversy about the effectiveness of Lebanese correctional facilities. The inhumane conditions inside the prison have stirred up tension within the Lebanese public, and protests against this have become an everyday activity for the activists concerned. Lebanese prisons lack the proper facilities to host inmates.

According to a study conducted by LIU’s Human Rights Center (HRC), security is one of the major issues at Lebanese prisons. Inmates are not safe from either prison guards or other inmates since up to 40 inmates share one single cell. In addition to that, prisoners are
not divided according to crime or conviction; murderers and terrorists share cells with people who were convicted for protesting or accounting fraud. And recently law enforcement officers have not been able to enter Roumieh itself and do their job due to riots among prisoners.

"Torture is widespread, with more than 700 cases reported to a single NGO in 2008-2009"

The sanitary and health conditions inside Lebanese prisons are unimaginable. If prisoners happen to find protection and are safe from fellow inmates, their health is still in danger, according to the report by HRC. There are no proper bathrooms or showers for prisoners to keep their hygiene, that’s not to question the presence of soap and toilet paper.

The overall zoo-like conditions have become unbearable for prisoners. There have been reports about sewage and rain water leaking into the main cells and prisoners being exposed to germs and viruses since most inmates have no beds and sleep on the cell floor.

Nutrition wise, if not predictable, prisoners’ meals do not meet the GDA (Guideline Daily Amount) standards and most inmates suffer malnutrition. Even patients of chronic medical conditions do not have access to proper medication while the abuse of prescription pills is high within Lebanese prison walls.

HRC’s report also mentioned other violations of basic rights prisoners suffer through, this includes:

- Prison overcrowding
- Bad lighting and ventilation
- Terrible sleeping conditions
- Limited communication with the outside world, especially with families and relatives
- Deprivation of prisoners’ rights to know the news and access to books and journals

These, unfortunately, are only few of the inhumane conditions in Lebanese prisons. Prisoners are beaten down and tortured whenever they speak up against their wretched conditions.

“Lebanon still lacks a comprehensive institutional and legislative framework for the universal protection of human rights, and has no system to oversee the implementation of international treaties. Torture is widespread, with more than 700 cases reported to a single NGO in 2008-2009, particularly in cases of suspects of national security offences, non-Lebanese citizens and drug addicts,” the report stated.

HRC’s report concluded with: “The legislative and policy framework to prevent impunity for torture is absent.”

"We are here to talk about incarcerated human beings; some of them have broken the law and made mistakes, but others never did"
LIU’s Human Rights Center Takes Action:
LIU’s Human Rights Center not only prepared the comprehensive and detailed report to shed light on the miserable conditions of prisoners and their nonexistent rights in Lebanon, but also successfully organized a first-of-its-kind awareness event on Wednesday, January 16.

The exceptional event, which took place at the UNESCO Palace, not only comprised of lectures and speeches by notable dignitaries and figures, but also of a student-performed play, rap songs, short-movie screening, musical interludes as well as a poetry performance.

The university’s music club kicked off the event before LIU instructors and hosts, Mr. Rawad Kansoun and Ms. Farah Yassine Oueini, introduced ‘Sarkhet Samet’ (Silent Scream), a moving and powerful play performed by students and directed by theater instructor, Ms. Reine Saab.

Two students then surprised the audience members with a beatbox and rap performance. Through music and touching lyrics, the talented artists decried the conditions of prisoners and called for change.

“Our students today are here expressing themselves and demanding human rights through their music, acting and poetry. Their art will shed light on the importance of human rights and the rancid situation of prisons in Lebanon,” Ms. Oueini said, “These are the prisoners; this is their voice and this is their situation.”

Audience members were soon treated to a short-movie about one prisoner’s anguish which was directed and produced by Radio & TV student, Ali Ghader.

“We are here to talk about incarcerated human beings; some of them have broken the law and made mistakes, but others never did. However, even if those people have committed crimes, they are still human beings with rights. These rights are there to guarantee their dignity, to make sure their humanity is respected and to assure they are fairly punished according to their crime,” said Mr. Makram Kamel, journalist and

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Prisoners in Lebanon
(General Statistics)

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<td>Total prisoner count</td>
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<tr>
<td>Official prison capacity</td>
<td>3653</td>
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<td>(source: specialized authorities)</td>
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<tr>
<td>Real Lebanese prison capacity</td>
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<tr>
<td>(source: Lebanese Center for Human Rights)</td>
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<tr>
<td>Other nationalities</td>
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Communication Arts instructor at the Saida campus.

The stage was then given to Mr. Anwar Yassine, a man who was imprisoned by Israel for 18 years and who now works as a journalist. “They say it is better to light a candle than to curse the darkness a thousand times. And, today, LIU is lighting that candle. I was truly moved by the student performance and I applaud the Human Rights Center for this event,” Mr. Yassine told the audience.

He added: “During my years of detention, I was tortured physically and psychologically, but I knew there was a reason behind all this. The enemy wanted to make us suffer and to humiliate us. However, in Lebanese prisons, we see wide-spread torture, suffering and humiliation but to what end? There is no reason for all this torment here. This, and the fact that some people are held for years without being prosecuted or told how big their felony is, is a shame on our society.”

The event was then concluded with a speech by President of LIU, H.E. Mr. Abdul Rahim Mourad who showed nothing but admiration and acclaim to the entire event, the Human Rights Center and its director, Ms. Khuloud al-Khatib. “Unfortunately, there is a huge problem with the way prisoners are treated not only in Lebanon, but in the Arab world as well,” Mr. Mourad said, “This is due to the negligence of the Lebanese government. When a government disregards its roles and responsibilities, more and more people fill up the prisons.”

The president added: “You must provide free education, free schools and universities to the entire society. When the government succeeds at providing all that, as well as the opportunity to make an honest living, then citizens can be held accountable for every crime they commit.”

Mr. Mourad called on the students to continue defending human rights and concluded his speech, saying: “I pray and I hope this generation will use education and knowledge as their weapon to change what we, the past generation, couldn’t. If we couldn’t make the change, then I hope you will.

Among other key speakers were Dr. Anwar Kawtharani, Dean of the School of Education; Mr. George Ghali, representative from ‘Alef’, a human rights organization; and Mr. Wissam Khoury, representative from the Lebanese Center for Human Rights that specializes in combating arbitrary detention, juvenile abuse and torture.
In the crowded lobby of Four Points Sheraton, 24 students from 6 different Lebanese universities assembled on November 10th to partake in a first-of-its-kind peace building workshop.

Over a period of two days, students devoted their time and energy to the seminar on peace promotion in Lebanon organized by United Nations Development Program (UNDP), entitled Capacity Development and Advocacy Techniques.

The UNDP and the Country Cooperation Framework (CCF) co-sponsored the workshop as part of a project on conflict prevention and peace-building in which four LIU students took part in. The aim of this workshop was to mobilize more prominent support to civil society activism, as well as rally peace-sponsoring societal factions.

Project manager of the Peace Building Project and UNDP initiative, Joe Haddad, started the training seminar by introducing participants to one another.

"My hometown Tripoli has been witnessing periodic street clashes," said one participant and a student at the Manar University of Tripoli,
Samer Khalaf, adding “Sitting here with you, I’d like to hear one say, I’m Lebanese. Let’s drop all our differences and help spread a plague-free community through what we will learn.”

Other students voiced Khalaf’s opinion, with one participant saying: “[Living in such] a paradoxical country, I came here with an expectation to interact with open-minded people, not necessary like-minded, but at least I know we’re all here because we want to make a change.”

The diverse group of students soon started learning about violence and its causes, policy-making, advocacy, as well as planning and funding a campaign from nothing.

For Alaa Kanaan, a Radio & TV (RATV) senior student at LIU, the benefit of the training was “to acquire the necessary skill to establish a peace-building club” at his university and "shape an opportunity and ability to work with other students on local causes and agendas."

Many arguments broke out among the participants over various topics and Mr. Haddad took the opportunity to highlight the need for peaceful conflict resolution methods, especially when various sides go head-to-head with their differing opinions.

"We looked at why we need a tool such as advocacy, not just what it is. You now know effective agents of social change and conflict-resolution, use them peacefully," Mr. Haddad said.

What students learned in two days might be that one missing factor waiting to boast an even more vibrant multicultural society in Lebanon.

As Samira Makki, an LIU Communication Arts student said: "We all have seen now [that] we differ by nature, but a candid talk can more or less solve any issue."
The School of Business (SoB), in collaboration with the Association for Tourism and Leisure Education (ATLAS), successfully organized the International Conference on Independent Travel and Hospitality on Saturday and Sunday, January 19 and 20 at Hotel Le Commodore, Beirut.

The conference, which brought together prominent official and keynote speakers from around the world, was held under the patronage of H.E. the Lebanese Minister of Tourism, Mr. Fadi Abboud who was represented by Mrs. Mouna Fares.

Guests at the conference included representatives of several Business and Tourism Schools in Lebanon as well as speakers from England, Germany, Dubai, China, New Zealand, South Africa, Spain, and Iran.

Attendees and participants covered a wide range of tourism-related topics, including: international tourism in the Arab World after the "Arab Spring", nature-based tourism, independent travel in a digital world, travel and technology, hitchhiking, hospitality regulations, cultural intelligence, disrupted hospitality, Western expatriates, Diaspora and Hospitality and ecotourism development.

The conference was followed by a study-visit to Baalbeck Castle, where delegates experienced a sample of the beauty of Lebanese heritage.

The success of the conference was expressed by all speakers, guests and participants, who also commended the distinguished hospitality provided by LIU throughout the event.

Special thanks to: Dr. Farid Abdallah; the Department of Hospitality and Tourism Management; and Mr. Ayman Dahrouj, Director of Public Relations at LIU.
The Lebanese International University is committed to providing the necessary security for its students, faculty and staff members. That is why every block in every campus has security guards at the gates 24/7.

But, have you ever wondered about the lives of those men? The Scope sits with the security guards to get a glimpse of their personal lives.

**Ali Nehme**
*(Security Guard Supervisor)*

I used to work for the Lebanese Army and I wanted to remain in the same domain that I've gotten used to. Our duty here at LIU is to provide security for the university and its students. We make sure all the buildings are protected, keep lost items safe and end any quarrel that might start between students.

**Rabih Abou al-Khoudoud**

I studied Hotel Management at the Lebanese University, and I am looking for a job in that field but finding one is extremely difficult in Lebanon. So in the meantime I am working here as a security guard.

**Majed Assaf**

I support a family of six, so I must juggle between being a security guard here and working as a blacksmith in my own shop.

**Riad Balout**

I work day shifts at LIU for 12 hours, and then four hours at McDonald’s. Overall I’m pleased with my work here at the university; I get along well with all students.

**Amine Abboud**

I am happy with my job as a security guard at LIU, but the salary is not enough to support my family. My brother and I own a boat and we go fishing and sell what we catch in the market.

**Mohammed al-Masri**

Overall, I am very pleased with my job here at LIU. I’ve never faced any problems with the students and the environment is very welcoming and friendly.
Representing LIU’s Communication Arts department, visual artist and instructor Mr. Hassan Choubassi gave a lecture at Monot Theatre in Beirut entitled The Masses: From the Implosion of Fantasies to the Explosion of the Political from Actual to Virtual to Augmented as part of the international conference organized by the Orient Institute Beirut.

In his lecture, which took place on Friday, 5 October, Mr. Choubassi tackled several topics ranging from social media to the revolutions, but mainly spoke about the virtual reality that Arab youth created for themselves.

Under dictatorships and repressive regimes, Arab youth rarely dared to speak up and express their opinions, instead, they resorted to the Internet and the safe haven if offered. The youth not only found it possible to voice their views and beliefs, but to let out their most repressed and extreme fantasies as well.

"The Arab youth imploded their fantasies in the virtual world."

“The Arab youth imploded their fantasies in the virtual world,” Mr. Choubassi said, “but the virtual reality they created couldn’t maintain the rise of their fantasies and the difference between the two realms [reality and virtual reality] became too big.”

“The Arab youth were living schizophrenic lives,” he added.

The actual reality was sealed off from the youth by the tyrannical regimes and offered no space for them to say what’s on their minds, unlike the virtual reality that they created, with the help of the Internet and technology. However, when that virtual reality could not keep in their frustrations and fantasies for much longer, it exploded to the real world – back to the deserted actual reality – in the form of revolutions, creating the augmented reality: the combination of both actual and virtual reality.

This augmented reality was made possible especially through the independent, accessible and affordable mobile media, which was free from the reach of the government, unlike the traditional media.
“Living in the virtual helped mature political activities in the Arab world,” Mr. Choubassi told the crowd, “No one ever predicted a revolution in the Arab world. Slavoj Zizek [Slovenian philosopher] predicted one in Palestine, but no one ever thought revolutions would take place in other Arab countries.”

What has been mentioned here is only part of Mr. Choubassi’s lecture and doesn’t cover the entirety of what he discussed, but this is the part that raised many questions. One in particular lingered during the entire duration of the lecture: what about Lebanon? When will the masses implode/explode in Lebanon? When will the wave of change reach this country?

Many will say: “Lebanon is different; there is no dictatorship here!” and that is true. But we do have the political sectarian system which is a special kind of dictatorship, one that continues to tear this country apart and further segregate and dis-unite a tired, divided population.

This multi-faced dictatorship is kept alive by the warlords we call political ‘leaders’, and has led to rampant corruption and injustice in this country and has driven at least 29% of the population to beneath the poverty line and 8% to extreme poverty, according to the United Nations Development Program in Lebanon.

Chaos, violence, inequality, corruption and nepotism are the rule in Lebanon.

As for freedom of expression, Lebanon lacks any physical public space for people from different backgrounds to gather, engage, exchange ideas and express themselves. And even if there is space, it is ill used; segregated, based on one’s sect and political background. In most cases, we resort to the Internet and social media to voice our opinions.

"No one ever predicted a revolution in the Arab world."

In the mainstream media, the voices that are most often the loudest are the ones vehemently defending their sectarian political parties and, instead of easing up tensions, they’re usually aiding and abetting strife and sedition. Other voices – voices that represent a significant percentage of the Lebanese youth – are never given the space and attention the aforementioned people get and in some cases, they are even ignored.

Even when the alternative voices managed to gather themselves last year during the anti-sectarianism movement, they managed to do only that and nothing more. The movement never translated from weekly protests to an actual party capable of representing a segment of the society.

The Lebanese may not be living under the emergency law like their neighboring Arab countries, but they are living under lawlessness. The question remains: until when?
Community Volunteer... Why?

David Zoaite

The newest phenomena at LIU are the students dressed in white shirts and black pants catching everyone’s attention. These well-dressed committed students are the LIU Community Volunteers (CVs). Those volunteers have one task: to lend a helping hand to fellow students, faculty members and the rest of the LIU community.

What many find strange about this is the fact that all these students are working for free and expect nothing in return. “Why?” and “what will you get out of this?” are the two most common questions asked to the LIU CVs by our students.

This article will attempt to answer those questions.

Community: (noun) a group of people with a common characteristic or interest living together within a larger society.

Volunteer: (noun) a person who performs or offers to perform voluntary service and/or help free of charge.

Community Volunteer: a person who is willing to perform services free of charge for the greater wellbeing of the community. An individual who looks beyond his/her personal bubble for ways in which he/she could give back to the society. A committed individual who believes that the effort put into making LIU and surroundings a better environment is returned in personal development and a rich university experience.

What to expect from volunteering:

Career: a research posted on LinkedIn, the world’s leading business-oriented social networking site, shows that “one out of every five hiring managers in the U.S. agree they have hired a candidate because of their volunteer work experience.”

Volunteer work on your resume means that you’re devoted and hard working even if without pay - and no company wants to hire a slacker who is only there for the money. The majority of the most successful people in the world have chosen to dedicate time to a cause, so you never know who you might meet while volunteering; it is a widely known fact that a blossoming career comes from the right connections, and this is a great way to meet the right people.

Personal: volunteering enhances a huge set of personal skills. People with a history in volunteering usually make great public speakers and communicators; it is a great way to jump out of shyness and develop self confidence. Volunteering also allows people to master their teamwork skills as it requires individuals to cooperate and coordinate with others at all times. These set of skills are essential and allow people to properly function anywhere, whether between family members, in a business or in society.
Studies have also shown that volunteering has great physical impact on people; it helps in battling depression and a great way to stay physically healthy if you don’t exercise. And not to forget the self-satisfactory feeling of fulfillment you get when you help someone in need.

**Community:** volunteering is not only about the volunteer but mainly about the community. An article in The Guardian, September 2004, stated “that voluntary activity in the community is associated with better health, lower crime, improved educational performance and greater life satisfaction.”

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**Q&A session with Ms. Laila Manasfi, Head of the Alumni and Career Development Department at LIU:**

**Why is it important for LIU students to be part of the Community Volunteer group?**

“Students can benefit from learning how certain things function in the world of business and therefore would be gaining experience and communication skills; given that they will be dealing with various people from various age groups. Being exposed to this is similar to an internship program and consequently they receive a recommendation letter from the university for their work.”

**In general, what are some personal improvements you have seen in students in this program?**

“Some students start of as shy and lost, but after being exposed to some activities that they take part in, we have seen a tremendous change in character, self confidence, self esteem and of course in problem-solving. In crisis, they are highly qualified to be able to handle situations in a professional manner and report to their supervisor for any additional needs.”

**What are students guaranteed after a time with the Community Volunteers?**

“As previously mentioned, they receive a recommendation letter from the university – in particular from the Alumni & Career Development Department – in addition to the set of skills acquired from the volunteering work they participated in.

I would like to add that being part of the Community Volunteer Team also means that you get to meet and be friends with people from different majors and learning to work as a team in a fun and friendly atmosphere.”
How Well Do You Know Your Major?

So you have to register an elective course and are checking the list of available classes. A course titled Psychology catches your eye. You immediately decide to register that course. “Think about it,” you tell yourself, “I’ll learn how to tell when people are lying to me and if they’re hiding some secret! It’ll be like mind-reading!”

Soon enough you find yourself studying about hormones and the different parts of the brain, thinking: “This isn’t what I signed up for.”

Have you ever found yourself in a similar situation? You sign up for one course or activity only to discover it differs completely from what you thought it was?

Imagine that happening with the university major you’ve chosen.

The Scope sat down with several instructors and students from different majors and discussed the stereotypes about their majors and what to expect when choosing your career path.

Radio and TV/Film vs. Journalism:

Advertisements, movies, series, newspapers, magazines; media is ubiquitous and plays a vital role in our modern lives. There are numerous majors dedicated to studying and teaching the various divisions of media, yet two particular majors are always misunderstood – especially at LIU – and they are: Journalism and Radio & TV.

Dr. Jamal Wakim, Chairperson of the Communication Arts department, explained the frequent misconception and the true-being of both majors:

“To start, Journalism is not only about presenting and being on camera, as many people think, especially girls. Neither is it about entertaining or inventing lies for the sake of a cause or a person, in some cases. This view is tragically widespread due to the unprofessional practice in our Arab world. A journalist should work for the public’s interest and nothing else. That is how he/she succeeds,” Dr. Wakim explained.

As for RATV, most students are shocked to know it’s completely different than what they had in mind.

“It’s not about acting or being famous. RATV requires a lot of hard work behind the camera and inside control rooms; it’s simply the management of the production process in radio and television,” Dr. Wakim said.
So you think you know what Public Relations is...

Until today, there is no unified definition of Public Relations (PR). PR has been around since the beginning of civilization but only became an actual profession with the turn of the 20th century.

However, with its conception, PR was synonymous with propaganda due to its use in World War II by all parties involved, in particular the Nazis who used PR to influence public opinion and garner mass support.

"People think that PR is only about employing pretty girls in banks, hotels and political parties," Dr. Walid Raad, PR instructor at LIU, said: "In Lebanon, people have come to associate the term PR with the unethical campaigns run by corrupt political leaders. So public figures avoid using the very term even when they’re working in PR; they prefer to say things like press secretary and so on. Also, when it comes to the profession in Lebanon, people focus on the looks and the political stance of the PR practitioner and completely disregard the other essential skills needed to be successful in that domain."

Dr. Walid summarizes a PR practitioner’s job description as follows:

• Be ethical, honest and influential.
• Don’t lose touch with the public and give full priority to public opinion.
• Be independent.
• Accept competition. In most cases, two practitioners don’t get along but competition is needed to improve one’s skills.
• PR is about strategic planning and research.
• Don’t cover up what’s wrong; point it out.

Mathematics: It’s Not Just About Numbers

Most of us can say mathematics wasn’t our best subject during our school years. But for some students, math was their favorite. “Some consider it complex and mind-troubling,” as Mohammad Sharab, an LIU student with a BS in Pure Mathematics and currently working for a Teaching Diploma, explained.

"The sad thing is that people consider math revolves only around calculations, to add numbers and subtract them, or it’s dull and uninteresting," Sharab explained.

“But that’s not the true case, math is a science of logic and it’s the mother of all sciences. It is a philosophy. The logic doesn’t only follow numbers; it’s in the concept itself. In mathematics, you learn how to solve problems with givens, as well as using tools you have efficiently. I have taken numerous mathematical exams that do not involve numbers but only logic.”

Moreover, having a BS in Math doesn’t mean the only job available for you is teaching; there are numerous opportunities for mathematicians in the engineering, finance and computer science fields.

What you don’t know about Pharmacy...

It is probably one of the most challenging and prominent majors at LIU, yet one of the most misunderstood among students as well.

The Scope spoke with Dr. Fadi Houdeib, chairperson of Biomedical Sciences Department (School of Pharmacy), about the several misconceived stereotypes regarding pharmacy – the major and profession.
For a Healthy Lifestyle

Marya Chokr

What is the perfect diet for someone my age? How much water should I drink per day? How can I lose weight in a healthy way?

These are all questions that pop into every person’s mind from time to time. However, when seeking an answer, people usually refer to the internet, books or sometimes even their mothers and grandmothers.

Yet, not one person’s body is like another; and a diet that might work perfectly for someone, might have a detrimental effect on another individual.

Every person has unique nutritional needs that must be satisfied for optimal health. This is why visiting a nutritionist is the best and safest way to answer any of the questions above, and you can do so for free here at LIU.

The Nutrition Department has opened up a nutrition and dietetics clinic for the entire LIU community. The clinic, which is located on the first floor in Block A (Beirut campus), is open for all students, faculty and staff members free of charge. Whether you have a simple question or you’re looking for a detailed diet plan, they will provide all the assistance you need and more.

Even if your goal is not to lose weight but just to follow a healthy eating plan that will give your body the nutrients it needs, LIU’s nutrition students and instructors at the clinic will surely help. Living a healthy lifestyle is now one step closer for you.
We Ask the Institute
What did you do with your first paycheck?

Nadine Makouk
Assistant - Student Affairs Office
I spent the money shopping. I also gave some of it to people in need.

Elmoutasam Aziz
Radio/TV Coordinator - Communication Arts Department
I invited my boss to lunch and gave the rest to my mother.

Ali Nehme
Security Supervisor
I used the money to pay my children’s school fees, and I spent the rest of it on bills.

Amer Jomaa
Infrastructure Administrator
I took out a house loan and spent the rest on daily needs.

Aya Hajo
Receptionist
I shared it with my family.

Fadia Salloum
Filing Officer
I spent it shopping and shared the rest with my family.

Khouloud Younes
English Instructor
I was very young when I had my first paycheck. I really don’t remember how I spent the money, but I think I had fun with a couple of friends, and we went out for dinner on the same day.
Faculty Profile:
Dr. Mohamed Rahal

A dedicated hard-worker who sets high standards for himself, his students and his department, Dr. Mohamed Rahal, Dean of the School of Pharmacy, never settles for anything less than the best.

He is a man who knows the meaning of time and believes in perseverance and determination. He has been a long-standing member of LIU’s Pharmacy department and has led others by example in his teaching and coordinating methods.

LIU students know him as a professor and the Dean of LIU Pharmacy department. Dr. Rahal was one of the founding members of LIU as he helped in establishing the early programs. He started as a school coordinator in LIU, and in 2004 he became the dean of Pharmacy Department. Before that, he was a part-timer at both Health Department at the Lebanese University and Pharmacy Department at the American University of Beirut.

The Scope sat down with Dr. Rahal to get to know the man behind the many achievements of the School of Pharmacy.

The Young Adult

Ever since he was a Biology student at the American University of Beirut, Dr. Rahal has been keenly interested in the medical field and pharmaceutical studies. He described his three years in AUB as the worst years of the history of the university as “the Liberation War” broke out. Both the university and the students were facing various struggles and difficulties. During that time he and his fellow students were desperately contacting universities outside of Lebanon: Canada, United Kingdom, Egypt... in order to continue their studies.

Nevertheless, he chose to remain in his country and obtained with pride his BS in Biology in 1992 from AUB and later earned an MA as well as a PhD between 1991 and 1997 at Bradford University in the United Kingdom. He sees his experience in the UK as different because of the stable and safe environment compared to the one he left in Lebanon. He had the chance to engage in many cultural and entertaining activities that were unavailable in Lebanon.

The Scope sat down with Dr. Rahal to get to know the man behind the many achievements of the School of Pharmacy.

Childhood

‘Lala’ a small, agricultural village in Bekaa Valley is his home town; he was born and raised there. As a child he was forced to change schools frequently because of the Lebanese civil war. The constant change reflected greatly on his
personality. With every move, he had to accommodate to a new environment, friends and school. Among the many schools he joined was Al-Makassed School, Aley National College and later in June 1982, he moved back to Lala and joined a German private school and then Qaraoun High school. For Dr. Rahal, his school years were perceived as an adventure, one that shaped him and his future.

**Family Ties**

Most, if not all children have role models whom they idolize, and Dr. Rahal was no different. His was his father, a man of great values and deeds. Dr. Rahal comes from a conservative family; he respects and cherishes close family ties. He treasures his family members from the elderly to the youngest. As for time with his wife and his three children, Dr. Rahal doesn’t “assign time” for them, they are part of him and can take up the entire day if needs be.

**Personal Perceptions**

“I am a quiet person and a good listener,” this is how Dr. Rahal describes himself. He enjoys football and tennis, is a passionate reader of classic Arabic poems and appreciative of soft and romantic music, particularly Fairouz in the morning.

He is quite satisfied about what he has established in his career, and feels he succeeded on many levels. However, he humbly hopes to do even better in the future and believes no one has a perfect life.

Yet, he still wouldn’t change anything about his life and strongly believes that everything happened in the past happened for a reason.

“My ambition is to establish a strong graduate and PhD program to support research and form scholars and strong LIU scientists in the pharmacy practice,” Dr. Rahal said. His goal is to prepare excellent LIU pharmacists and set them on the right path. He admits that his job is challenging; therefore he makes sure to maintain not only high standards but the best locally and internationally.

**Guidance**

Dr. Rahal always maintained that excellence is attainable for all his students, saying: “Good results come hand-in-hand with hard work.” As he teaches, he expects his students to succeed and to learn. He treats his students equally and makes sure to provide a pleasant learning atmosphere. His door is always open for students at any time.

Dr. Rahal concluded with advice to all pupils in general and pharmacy students specifically, saying: “My advice for all students is to read, read and read. Take advantage of every minute in and outside university. The most expensive thing is time; time spent cannot be returned,” he continued: “I tell everyone that a university degree is important but what’s more important is to be competent, to be on the top. Life is difficult, all people survive, but you have to stand out and not just survive. You have to be special from day one. From the first day, you can’t say later I will do better, your journey starts from the beginning. When there’s a will, there’s a way. If you want to achieve something there is always a way.”
The Mediterranean Diet is a way of eating based on the traditional foods (and drinks) of the countries surrounding the Mediterranean Sea – Lebanon being one of those countries.

It is not a diet as per the commonly known term of watching what you eat - even though the food consumed offer a great way to lose weight or improve one’s health. Rather, it is a lifestyle that comprises of consuming three basic elements: cereals, fruit and vegetables and dairy products (it also includes a daily intake of 1.5 and 2 liters of water).

Olive oil constitutes the main source of fat for its nutritional quality. Meat makes only an occasional appearance, and it’s usually added in small amounts to flavor sauces, beans and pasta dishes. Refined sugar, flour, butter and fats other than olive oil are consumed rarely, if at all. Mediterranean eating also typically includes moderate consumption of red wine.

At the top of the pyramid are sugar, sweets, cakes, pastries and sweetened beverages that ought to be consumed occasionally and in small amounts.
Scientists noted that people in Mediterranean countries lived longer and had lower rates of serious disease despite high rates of smoking and drinking.
Demolishing Lebanon's Heritage

Neveen Elyaseh

Photo courtesy of Giorgio Guy Tarraf for Save Beirut Heritage
For centuries, Beirut’s architectural heritage has been the memory that tied the Lebanese population together. However, now, this memory and Lebanon’s heritage are under the threat of being completely demolished as the country’s real estate sector continues to expand sporadically.

Since the Civil War ended, Lebanon gradually became one large construction site, with buildings being erected here and there. A private company called ‘Solidere’ raised central Beirut from the ashes and reconstructed the entire area. However, the giant real estate firm also took total control over the urban planning, construction and deconstruction of all buildings in Downtown.

Solidere went on to demolish several historic structures and ancient sites. Individuals and civil society heavily criticized Solidere’s destruction of the country’s architectural heritage, accusing the company of putting economic gains before conservation of Lebanon’s rich history.

In addition to large firms’ blatant disregard to Beirut’s architectural history, wealthy investors and politicians became involved in real estate projects, drastically increasing the prices of land in Lebanon’s capital. This in return encouraged
many home owners to sell their properties and homes to the highest bidders, the latter intending to build towers and skyscrapers.

When asked by the online news site, NOW Lebanon, who is responsible for preserving Beirut’s architectural heritage, Chairman and General Manager of Mouawad Investment Group, Joseph Mouawad said: “The preservation of old houses is the business of the Archeological Department at the Ministry of Culture. We, as developers, cannot be blamed.”

Mr. Mouawad explained to NOW Lebanon that for a building to be protected, it has to be listed on a general inventory of historic buildings. He also spoke about the demolishment of the Old Khan in Gemmayzeh, saying: “The municipality did not object; the Khan was never listed as a historical site so developers had the green light to go.”

Only recently, another historical building was completely totaled in Badaro. That building was the home of renowned writer, Amin Maalouf. The Maalouf family lost a legal case against developers after the Ministry of Culture refused to help them preserve their home, according to Beirut Report, an online commentary site run by Lebanese journalist, Habib Battah.

Even if some sites had been listed on the inventory, they are still demolished by developers with no protection offered from the Ministry of Culture. Such was the case with the ancient Roman hippodrome discovered in the heart of Beirut. The hippodrome was “taken apart” by Solidere, to be reinstalled in another location, even though it had been placed on the list since August 2009.

Perhaps what investors don’t understand is that when they demolish an ancient building, site or landmark, they are not only destroying a structure, but also part of Lebanon’s history and culture.

Preserving architectural heritage is such an important matter that the General Conference of the United Nations Educational, Scientific and Cultural Organization (UNESCO) held several sessions on the topic and passed a recommendation in 1976 while in Nairobi, urging governments to protect their history and heritage.

“Considering that historic areas afford down the ages the most tangible evidence of the wealth and diversity of cultural, religious and social activities and that their safeguarding and their integration into the life of contemporary society is a basic factor in town-planning and land development,” the recommendation read.

UNESCO’s recommendation concluded with an appeal for all countries to adopt its proposal, saying: “Considering that in order to save these irreplaceable assets from the dangers of deterioration or even total destruction to which they are thus exposed, it is for each State to adopt, as a matter of urgency, comprehensive and energetic policies for the protection and revitalization of historic areas and their surroundings as part of national, regional or local planning.”
Room is a novel narrated in the voice of 5-year-old boy, Jack. Jack teleports readers to an 11-by-11-foot room; a room where the little boy was incarcerated in since birth.

Throughout the pages, he reveals that he truly believes the only two people existing are his mother (Ma) and himself. His world, or at least all he’s been exposed to, is the Room. The Outside - yes Outside with a capital O - is something he and his Ma have been kept away from. Jack treats each object in his Room as a character, assigning it a gender, because each element is a major component of the world as he knows it. He tells us of all his routines, such as jogging, storytelling, and watching TV. Most of his nights are spent in Wardrobe. “The rule is, stay in Wardrobe till Ma comes for [Jack].”

Old Nick, their captor, visits Room on most nights. That’s when Jack locks himself in Wardrobe and passes time counting the bed creaks. Jack is oblivious to the fact that Old Nick had kidnapped his Ma at the age of 19 and is now keeping them jailed in Room. At times, even, Jack leaves you wondering whether Room is really a jail or a safe haven for them. “When I was a little kid, I thought like a little kid but now I’m five I know everything.” What he does not know, though, is that he was conceived during one of the times Old Nick raped Ma. Of course, Ma keeps this from Jack because she is protecting her innocent child by creating a safe bubble for him. Still, Ma worked hard on raising her child as best as possible, disregarding their unfavorable conditions. She somehow prepares him for the real Outside world; she hopes he’ll be exposed to one day. Ma starts acting upon this hope after a sudden, unexpected twist of events. She seizes the moment and plans an escape. Throughout the course of strategy-planning, she gradually prepares Jack to face and understand the real world, a world he knows nothing about.

Room may seem like a somewhat scary book, especially that there were rumors it was inspired by true stories. However, Room is all about Jack’s innocent perception of the world, be it Room or the Outside. It is a sad narrative of a boy who lived his first five years in an 11-by-11 foot area, not knowing of anything else or anyone else other than his Ma and Old Nick.

The pace of the book may seem slow, but Donoghue purposely does this so that readers can dive into Jack’s thoughts, feelings and even perspective. You may feel pity at times, and hopeful at others; a rollercoaster of emotions is definitely to be expected. But this is part of the journey Room pulls you into as you continue to wonder about the fate of Ma and Jack with every page flip.
Café Review

La Trattoria

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

Houda Henniche
Zeina Anani

Whether you crave homemade cuisine, healthy fast-food, or just a sandwich and an espresso, be sure to make time for breakfast, lunch or dinner in one of LIU Beirut’s four cafés.

Even if you’re craving some Italian food, LIU has the perfect lunchroom for you.

Cozy, warm and nestled on the first floor in Block B, La Trattoria offers students a wide range of pizzas and pastas, as well as a selection of hot drinks, deserts (including freshly made donuts) as well as tempting choices of sandwiches and fresh salads.

Tasty food at a reasonable price—that’s what LIU’s first pizzeria offers students who gather in the colorful and brightly-decorated area.

La Trattoria is smoke-free, clean and the service is welcoming and quick.

A small space yet quiet and relaxing; this Italian-themed café is the perfect place for students who want to study while having warm coffee and a delightful meal.
Coach Bassem Mohammad

The Scope sat with Coach Bassem and spoke to him about his sports journey in LIU and Lebanon.

The Eagles football squad has been making headlines in the LIU community, winning most of their matches and tournaments, and delivering nothing but the most professional and inspiring performance.

That, of course, couldn’t have been made possible without the support and training of Coach Bassem Mohammad.

With years of experience both locally and internationally, Coach Bassem has successfully made the Eagles one of the best university football teams in Lebanon.
Question (Q): Tell us about your personal and professional history.

Bassem Mohammad (BM): I am 35-years-old and have been coaching LIU Eagles since 2003. I am also a Physical Education (PE) teacher. I received my PE diploma from the Ministry of Education and Higher Teaching in 1999. In addition to that, I have two level-A coaching licenses from the Asian Football Confederation (AFC) and the German Football Association as well as a Grassroots Coaching Instructor degree from AFC.

Aside from coaching at LIU, I am also a PE instructor at several schools and the coach for Shabab Arabi senior football team.

I played as a right midfielder for Nejmeh Club from 1992 until 1999 and it was during my time at that club that I became interested in coaching. I would watch my own coaches and notice how they inspired and motivated the players and would always think to myself “I’d like to be in their place.”

What have you gotten out of being a coach over the years?

BM: I’ve gained experience, made numerous contacts and met amazing students and players. In addition to all that, I’ve also travelled to many countries, including: Jordan, Syria, Egypt, Dubai, Kuwait, Turkey, France, Germany, London, Sweden and Spain. During those trips, I was either coaching or taking part in coaching courses.

Of course I gained great experience from participating in such events, they were chances for me to watch some major clubs like FC Barcelona, Bayer 04 Leverkusen and Chelsea FC in action, how they trade players, set game plans, training sessions and how they work to develop their youth into professionals.

What are some of your biggest achievements as a coach?

BM: When the team I was coaching managed to win the Lebanese Youth Championship with very few resources.

When I also got to coach the Right to Play team in 2008 who were partaking in the Chelsea International Tournament. There were many internationally renowned teams playing in that tournament, such as the German FC Bayern Munchen, the American All Stars and the Argentinean Club Atlético River Plate.

What was your most rewarding moment as a coach?

BM: My biggest reward was the 1st place victory with LIU Eagles at the USJ International Tournament for Mini-Football. And the call from the German Embassy that congratulated me for
succeeding with good results in coaching courses.

**What lessons do you try to teach that your players can take OFF the field?**

BM: Play ‘til your last moment, don’t give up. Play different; modernize football. Make as many friends as you can during your career.

Life is like a football game, you win some and you lose some, but the most important thing is to be humble when accepting your victory and brave when accepting your loss.

**What do you think is the most important rule in having a team?**

BM: There has to be a good team spirit and strong bond between players. Also, the players must be eager to learn and develop themselves.

**Does it matter to you to be number one? Or are you happy as long as the players try their best and have fun?**

BM: If you don’t taste the sourness of loss, you will not fully appreciate the sweetness of victory. So, it doesn’t matter if we end up number one; my players are number one in my eyes as long as they keep their fair play and good sportsmanship.

I personally think that being number one is playing with good team spirit and respecting the game and the referees.

**What are some things you would tell students to make them want to join the football team?**

BM: If you want to work on your football skills and are eager to compete while representing your university, don’t hesitate to join the team. We always welcome new teammates as friends.

**Are there certain characteristics you look for in a player, other than skills?**

BM: I like disciplined players who respect the coach, the playbook and show up on time for training and match days. Witt and creativity are also two very rare and important characteristics for a football player to have since on the field a player has to take quick decisions.

**Do you think it is important for the team to interact outside of practice and games?**

BM: It comes natural, teammates develop a relationship on the field that broadens to everyday life. The trust and effort you give your teammate is not something that can be developed right there on the field. It takes weeks and months for teammates to start understanding each other and everyday interaction is a great way to develop bonds with one another.

**A lot of coaches yell at their teams during a match, how does that affect the players on the field?**

BM: Yelling is not effective and will definitely have a negative effect on the players because they are out there on the field making quick decisions, and they need to focus. Some players might get upset and hold a personal grudge against the coach for yelling at them and that will hurt their performance.

**If football didn’t exist would you be coaching something else? What would that be?**

BM: I don’t see myself doing anything other than coaching football, so if that didn’t exist, I don’t know what I would be doing. I cannot give a better answer to your question.

**What needs to be improved in the future of the team and football in general at LIU?**

BM: It would be great if all students had higher team spirit and showed more enthusiasm and would show up during matches to support their university. As a team we’re always looking out for more competition and as long as our equipment and green field are available, we’ll give our 100%.
Brazilian-ly Lebanese

Camilia Majdoub

This fact runs in the mouths of most Lebanese who might not have even visited Brazil yet are aware that the latter is home to relatives and compatriots who once emigrated from their homeland, in search of a more prosperous future.

Foolishly confounded with the Turkish by the Brazilian population at first, the story of what has become known as the “Brazililebanese” dates back to 1855 and is still ongoing until today.

When they first arrived, Lebanese immigrants started off working as street vendors. Knocking from door to door in large urban centers, and travelling from farm to farm in small towns of the countryside, to sell their merchandises along with Italian and Japanese immigrants. Most were modest folk–farm workers and shepherders–who would save the little money they made and send it to their families as soon as they had enough.

Immigrants arrived with no knowledge of the Portuguese language (the official language of Brazil), and would ask acquaintances or the natives to register their children for them. For that reason, many family names were either changed, or spelled incorrectly.

However, step by step, the Lebanese Diaspora began ascending the social ladder. They gradually rose from retailers to shop owners and industrialists, guaranteeing a solid spot in the Brazilian market.

Luckily, there was a positive spark between the Brazilian and the Lebanese communities, allowing both societies to coexist harmoniously. The Lebanese expatriates prevailed and taught Brazilians the secret to Arab trade and, in exchange, they learned the trick to Brazilian charisma.

It did not take long for the immigrants to adapt their culture to the country that they had adopted to become their second home. Both cultures merged progressively, and soon, a new one was created as an outcome– the Brazilebanese.

Hop into any cab, anywhere in Lebanon, and mention that you are Brazilian—and most drivers’ reply is the classic: “There are more Lebanese in Brazil than in Lebanon; nearly 11 million!”

Photo courtesy of Joseph Yaacoub
At that time, Arabs slowly started to switch from Arabic, as they learned Portuguese. Even a new cuisine was born as they adjusted their traditional recipes to the ingredients they had available.

Lebanese restaurants are full on a daily basis in Brazil. However, if you think the customers are purely descendants of the Lebanese culture, then you are wrong. Brazilians and immigrants of other countries form the crowd. Some even consider sfiha, kibbeh and tabbouleh Brazilian dishes. The high demand for Arab cuisine and products led most big neighborhoods to host mini-markets in which arguile and other typical Lebanese goods are sold.

Lebanese fast-food chains such as “Habib’s” have become as popular as Mc Donald’s, proving how the immigrants conquered the hearts - and stomachs - of the citizens of the land that sheltered their dreams.

Nowadays, the nearly-11-million expats have taken over most professions. As a Lebanese, you can find familiar names acting on all diverse aspects of the Brazilian society. Taking-off in arts, moving into entertainment, passing through business and landing in politics; all fields count on the support of Lebanese descendants to excel. One such example is The Hospital Sírio-Libanês (Syrian-Lebanese Hospital), one of the most important hospitals in Brazil and South America.

Although the correct pronunciation of Lebanese names is something quite out-of-reach for Brazilians, both ethnicities were able to blend, despite the clash between the East and the West. The combination of Lebanese hard work and Brazilian acceptance was pivotal throughout the years of interaction.

Perhaps the big question posed by all Lebanese descendants is “are we Brazilian or Lebanese?” The answer, most probably is that they are Brazilian-ly Lebanese, using their Lebanese values in a Brazilian way.

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**Do you know these prominent Lebanese-Brazilian figures?**

**Tony Kanaan:** He won the 2004 Indy Racing League IndyCar Series championship and completed 3,305 laps, making him the first IndyCar Series driver to complete every possible lap in a season. He also led 889 laps in 13 separate races to establish an IndyCar Series record.

**Emil Assad Rached:** Mr. Rached was the tallest Brazilian basketball player ever. He participated in the 1967 FIBA World Championship, earning Brazil a bronze medal.

**Mário Jorge Lobo Zagallo:** He was the first ever to win the Football World Cup as both a player and a manager. He first won the World Cup as a player for the Brazilian national team in 1958 and 1962, and then won the cup while he was the manager for the Brazilian team in 1970.

**Edmond Safra:** In 1956, he opened the Trade Development Bank in Genève and founded the Republic National Bank of New York in 1966. He later on established the Hermitage Capital Management in 1996 which became one of the most powerful investment companies in Russia.

**Fernando Haddad:** Mr. Haddad was the Brazilian Minister of Higher Education and mayor of its biggest city, São Paolo.

**Paolo Salim Maaluf:** He was State Governor and mayor of São Paulo, congressman and presidential candidate. Mr. Maaluf is currently on a second consecutive term as Federal Deputy since 2011.

**Michel Miguel Elias Temer Lulia:** He is the current Vice-President of Brazil.
“Your easy way out!”

That is the slogan of Rikbit, an online platform dedicated to helping you plan and organize activities with your friends and family. Rikbit was conceived after a group of ambitious young people came together and put their skills to use. Among that group is Rawad Hajj, one of the numerous LIU graduates who have been making a difference since their graduation.

The Scope sat with Rawad to discuss how this Graphic Design graduate took a risk and established one of the most successful startup projects in Lebanon.

Question: You’ve been quite busy since you graduated, update us on your recent activity.

Rawad Hajj (RH): It has been a huge chunk of activities all together. My latest activity is Rikbit.com, an online based business, we won a seed investment for the project and we still have two months to go get another big investment.

Q: Tell us about Rikbit?

RH: Rikbit is an online platform that helps people organize or join group activities. You simply go online, click on the activity you’d like to take part in, see who is going and book your place. We’re currently working on launching an online payment system so you can directly pay online. So you just go to the website, book for you and your friends, get the voucher and you’re done! It really is an amazing project. Hectic work, though.

Some of the activities we have on Rikbit, for example, are paragliding and paintball. If you don’t want to go alone or you can’t convince your friends, then just go on Rikbit, join a group and you’re ready. So basically, it’s a group activity network.

Q: Where did the idea for Rikbit come from and how did you develop it?

RH: The idea of Rikbit started with myself and the two other
co-founders, Tony and Elias El Hajj – no, they’re not related to me but it just so happens we all have the same last name. Anyway, they thought about creating an online platform for football and basketball games where people could join, meet and play. Soon it developed to include other social and group activities. We discovered that groups come together not just for sports, but for other activities as well. And this is how the idea began to develop. Rikbit hasn’t reached its final form yet and it won’t any time soon; it will constantly change to meet the needs of the people. When you’re starting a business, you don’t know what the people want and what they don’t want and that is the biggest challenge.

Q: How was your transition from the classroom to the marketplace?
RH: I can’t really call myself a designer at the moment. I’m a designer slash businessman slash marketer slash many other things. This is what happens when you start your own company; you don’t have enough money to hire people so you have to do it all on your own, and you either make it or you sit aside.

From the classroom to the job market, it was a huge transition, but if you go with the right mindset you’ll know exactly what you’re doing. What you learn in the classroom are the theories and the fun stuff. It’s really sad when you hear students nagging about having too many projects and work, because when you go out to the real world you will realize that was all child’s play compared with what you face out here. In the market, you’ll have to do many things that aren’t really part of your job. As a designer, for example, I have to do things that I won’t even put on my portfolio but they’re the ones that bring in the money and I just have to do them.

You apply what you learn, and what you learn at university is the basic skills and then you have to constantly improve and develop those skills and put them into use. Many people graduate with great skills but they don’t know how to use them, where to put them or how to combine them with other skills.

You can’t just be a designer in the real world, no matter how intensely you were living in that euphoric state in university when you saw yourself as just a designer and thought that through design you were going to change the world. You can’t and that won’t happen. You have to be a designer slash something or an engineer slash something; that’s what I have learned from the market place. You have to combine whatever skill you learned in the classroom with something that will generate money.

Q: What’s the best part about your job?
RH: That I am my own boss. We have a small company and I can do whatever I want. Today, I decided to do an animated cover photo on Facebook and I’ll upload a new picture everyday so if you flip through them quickly it looks like it’s moving and I wouldn’t have been doing that in the corporate world as an employee. In the corporate world, there’s this special bureaucracy you have to follow. I can do what I want here and I can completely remove the box and truly think outside of it. I even hand write thank you letters. I can work 18 hours a day and actually have fun. And when it stops being fun, I know it’s time to move on.

Q: What plans do you have for the future, work wise and personal plans?
RH: I don’t think about that much. For now I have Rikbit, but it is definitely going to be something fun, and what I want for Rikbit is for it to grow internationally or at least from now to a year for it to grow regional. Will I be able to do so? Maybe not, but I will definitely try. If not, then maybe during Beirut Design Week of 2013. Or maybe next year, I’ll do masters even though I don’t believe in it; I don’t know. I might buy a yacht.

Q: Who has inspired you?
RH: Every single person I’ve met has inspired me; everyone leaves a print. We’re like sponges, we are what we learn from others. For example, I’ve learned a lot from Stephan Sagmeister, who is one of my favorite designers. Everyone strives to make some change, even if it’s not essentially a great one, but at least they were strong enough to try. We all have our personal reasons and ways to make things happen.

Q: How did your time at LIU prepare you or contributed to this success?
RH: Students always ask me this. But here’s the thing, 99% of the students in Lebanon are passive; they sit in class and ask to be taught instead of actively learning. Grammatically, it might sound the same but in reality it is very different. Students sit in LIU or any other university - I’m talking about LIU because I was a student there - and expect the professor to teach them. But no, you have to have to want to learn. I personally loved every second of my university experience. I’m fascinated with social psychology and behavior and I was especially fascinated by LIU socially because what you witness there is something you cannot learn anywhere else. You learn different things from different instructors; the same can be said about students. Also, the caliber of the teachers is very good, but the problem is that people don’t want to learn, they only want someone to teach them. I went there to learn and I loved it.

Q: As a word of motivation to our students, what would you like to tell them?
RH: Be proactive. Do whatever you want to do; no one will push you to
success you have to push yourself. One university lecture is never enough. I used to nag after a lecture and say it was enough but it really isn’t. No one will educate you, you have to educate yourself. Read a lot – and I mean a lot. For designers, they teach you that creativity is divine. Creativity is overrated; it is your personal baggage of thoughts, visual, sounds and everything you have sensually acquired but it’s nothing if you don’t put it to use. Don’t wait for someone to teach you, go learn. You have to believe in yourself and if you do, you will achieve great things. On this topic I recommend a book by Richard Branson called Screw It, Let’s Do It.

Q: Anything else you’d like to add?
RH: Yes, there is. There are two ugly ideas roaming around that I hate. First, students are ashamed of saying they study at LIU and I don’t know why. When you graduate and make it in the real world and you say you’re an LIU student, you’re helping your university and fellow students. Students should be proud because LIU truly is a great university. Second, if something is not fun, don’t force yourself to do it. It’s about the fun. Many people worry about what to do after graduation, but I tell you, if it’s not enjoyable, don’t do it. Don’t think about the money because if you’re not enjoying your job you won’t make any real money. And when it stops being fun, just stop doing it. Live happy and the money will come.
Golden Guidelines to Get Hired in Lebanon

Dima Rifai*

Who among us is not looking for a job nowadays? The ones who have been unemployed for months, the fresh graduates, employees who are not satisfied with their job or simply seeking better opportunities; they all have a common interest: finding a job. To no one’s surprise, this quest can be troublesome, hectic and stressful.

We will try here to ease up your job search with some guidelines that will facilitate the process of landing this dream job of yours.

Golden Guidelines to Get Hired in Lebanon

Social Media is Key

Background checking has become a very popular technique for recruiters and hiring managers who will use it to find information about your education and employment history, current social activities and any other piece of information that will help them take a decision on whether to hire you or not.

Like Sherlock Holmes and Inspector Gadget, they will not be missing any detail whether it’s on Twitter, Facebook, LinkedIn or any other social media channel. Here are some few things to keep in mind:

- **Facebook**: Make sure all your feeds and posts are private on Facebook. Any posts containing politics, religion, sexual material and possibly offensive content will be held against you.

- **Twitter**: Like Facebook, you need to consider carefully what you are tweeting.

- **LinkedIn**: LinkedIn is the most used social media for background checking. Employers use it as well to search for candidates based on their skills and their experience. If you do not have a profile on LinkedIn yet, then you should start building it as soon as you finish reading this article. With this tool you will be able to add your education and employment history, the causes you care about, the volunteer work you have done, all your skills and expertise and much more. Students who do not have an employment history can build up a profile with recommendations from instructors and the activities they do.

Master the Job Search Techniques:

You might think of newspapers with classified ads as such as Al-Waseet as the best place to look for a job. However, the Internet offers you all what you need today and more. There are many employment websites with endless job listing for numerous fields in many countries.

Below is a list of the most popular employment website, according to a study performed by LebHR.com, a site that provides all the latest news, tips and tutorials for those in the Human Resources filed:

1. Bayt.com
2. HireLebanese
3. Jobs.com.lb
4. Hunting Lebanese
5. Monstergulf
6. Hired Lb
7. Blast My CV
8. National Employment Office

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**Personal Activities**

There are many personal activities that you can partake in that will enrich your resume. Always keep in your mind that as a student, you have the time for this; never waste an opportunity.

- **School Activities:** Some of you might think joining the Drama Club is, well, too much drama to handle. However, this is very untrue, employers consider such social activities as key for diminishing creativity locks. Start joining some of the clubs, or contributing to events and magazines you are interested in.

- **Blogging and Personal Websites:** All of us have done tons of research and will make many projects during our college years. A very good idea is to start blogging and launch a personal website through which you can accumulate your projects that can be accessible at anytime from anywhere. For example interior designers can start blogging about tips and ideas for home improvements and decorations, and add all the projects they have done to form a well-organized portfolio. You do not need to be a programmer to launch a blog or to host it online. There are lots of free tools you can use like WordPress, considered by many the most popular blogging tool. You can also start your own website without any charges at free hosting services such as FreeHosting.com.

- **Volunteer Work:** Such activities reflect well on you as they show you are willing to learn more, enhance your skills and make some sacrifices to help others in need.

- **Certificate Programs:** Enrolling in a certificate program is a great mean to enrich your resume and to improve your career opportunities. This will show the employer that you are willing to improve your performance.

**Communication Skills**

Communication is considered a cornerstone in the world of business. Without good communication skills you will not be able to convey any of the other skills you have, even if they are excellent. The following are some skills you need to develop before you start the search for a job:

- **Resume Writing Skills:** A good resume is key. The content should be a marketing strategy that will attract the recruiter to hire you. Knowing how to organize the content and what resume type you should use is essential. If you do not have work experience yet and are only a college student, you might need to consider using a Functional Resume which is a resume that focuses on your skills and not your job history. However if you have previous employment history you should be using a chronological resume where you list your work experiences in reverse chronological order. Make sure to write an attractive summary and objective about yourself; this part is important for the recruiter and can either push him/her to continue reading your resume, or to stop.

- **Letter Writing Skills:** There are numerous letter formats that you should have mastered by the time you start applying for a job. The four most important types that you will be using during the hiring process are: cover letters, interview acceptance letters, interview feedback letters and job offer acceptance letters.

  The internet offers endless samples that can easily teach you the proper way to writing each letter. Being professional and succeeding in any business starts from writing a well comprehensive professional letter.

- **Interview Skills:** Coming prepared to an interview is important. Keep the following points in your mind when you are going to an interview:
  
  ◊ **Dress professionally.**
  ◊ **Prepare the company profile including the services they offer and their best accomplishments.**
  ◊ **Prepare yourself for the possible questions** that a recruiter might ask. For example: Tell us about yourself? Why do you want to work with us? Tell us one problem that you have faced and how did you resolve it?

  You can find many interview questions online that will give you an idea of what a recruiter will ask a potential employee.

- **Master Body Language:** The recruiter will be studying the way you sit, smile, shake hands, talk and blink. You should learn how your body moves are interpreted and make use of them to reflect your strong character to the interviewer.

  The tips in this article are extremely useful in finding a job; however, without persistence, they can easily go to waste. Landing your dream job doesn’t happen in one day, and is not related to luck, it is a matter of perseverance, determination and patience. Don’t lose hope after one stumble; pick yourself up and keep on trying; this is how you succeed in business and in life.

* Dima Rifai is a System Developer at HRsmart and a contributor at LebHr.com
Interview

Georges Khabbaz

Interviewer: Ibrahim al-Turk
Translation and transcribing: Katrin Awada

It's tough to say when Georges Khabbaz became a household name because all Lebanese, young and old, know and admire the work of this renowned actor, writer and poet.

The award-winning Mr. Khabbaz started acting at the age of four, and has, since then, been giving his audiences nothing less than exceptional performances and works of art.

The Scope had the chance to interview Mr. Khabbaz and talk about his acting, poetry and Lebanon.
Questions (Q): Mr. Khabbaz, describe yourself in one sentence.

Georges Khabbaz (GK): In one sentence, I consider myself a person with a message delivered through the stage. I mean my role is on stage, I’m a man of theater and I hope to always communicate with people through this educational, entertaining, cultural and social stage to offer advice for the people of this community.

Q: What is theater to you?

GK: To me, theater has more than one definition, but the most important one to me is: the ability to stop time. Time stops when I enter that other world with different characters. This is what it means to me. Whereas to people, it is a way to see the present time but from a different perspective. They choose characters that resemble them. A spectator chooses a character that resembles him and interacts with his own self through this character. He cries through this character; he laughs through this character.

To me the stage is, as I said, a very wide cultural stage for communication.

Don’t ever undervalue a person who comes to you and invests his time in you. In return, you have to offer him a masterpiece that compensates for his financial input, from ticket price to the price of fuel for the ride and so on.

Q: Many people were grateful to watch your plays. They have said that your messages always reach the heart with affection, that you have delivered your message to the human soul before considering this human is Lebanese or of any other nationality. Were you born gifted with this ability or have you worked on it?

GK: Well, I started this because I love it; I love to be onstage without knowing why, and the pleasure of amusing people means a lot to me. But with the effect of time and education I realized that making people laugh is not enough, it must come with a message, it must come with a particular pain or it must originate from a particular pain. That is why I depended on the black comedy which is based on dramatic events and suffering, so that we are solving problems in our community but in a comic way to push at the wound and to call for action through these characters that we see onstage that look so much like us. Of course we transport reality the way it is, but it’s not enough because it’s dull, so we add to it a scene full of fiction but with characters that are depicted from reality, a traumatic reality that is.

"I’m a man whose hobby is to find controversial subjects and dive into them"

So with time, I discovered all this about myself; I discovered my intense need to communicate, to know myself, to know my environment, to know others to communicate with others no matter who they are.

I decided that, through this type of plays and theater, I can touch the audience and shed light on a cause. So we simply show the problems in our society as we see them, but the difference with us as actors is that we can translate our ideas through a particular scene.

Q: Who inspired and encouraged you to enter this field? Who was the reason you entered the world of acting?

GK: The first reason is my early-discovered talent. The second reason is my parents who embraced this talent and encouraged it with since I was a little boy until today, through reading and watching anything that could fuel my talent. They took me to so many plays when I was little; it’s even hard to count them because they love theater, they love culture and they thrive to discover new themes in culture. So this was a great push for me to develop my talent and as I grew older, the comedian inside me was ought to be manifested in the right place to deliver something beneficial and not simply to make people laugh. I’m not saying fun and laughter are not good enough, in contrary some of my plays have scenes that are only for fun, but the core purpose is to deliver a social, cultural and sometimes patriotic message.

Q: Georges Khabbaz as a person, who is he?

GK: To be honest you cannot separate Georges onstage from Georges the real person. They are tightly related because practically 80% of my life consists mainly of
my work. So in few words you can say I’m a man who is sensitive, ambitious, active and irritable, not in the aggressive way but sometimes my seriousness in dealing with my work reaches this level of impatience. At the same time there are some things I don’t like about myself; for example I expect people to be like me, especially at work, I expect them to understand my stories the way I do and in no time. But in short, I’m a man whose hobby is to find controversial subjects and dive into them.

Q: I want you to go back in time a bit, when you first stepped on stage.

GK: I was four years, during a play The Life of St. Maroun; I was playing the role of a kid healed by Mar Maroun. I had to say three words after the man playing Mar Maroun’s part put his hand on my head: “Thank you brother Maroun.” So I spent the previous night repeating “thank you brother Maroun” all night long. The next day I went on stage and you know how people cheer and applaud kids when they see them on stage and I did my role. Then I went to backstage and continued the play there. Since then, I felt the pleasure of entertaining people, how good it feels to add joy and love to others’ hearts, and draw the smile on their faces. But as I already told you, making people smile is not enough; it has to carry a message.

Q: If you were not this Georges, who would you like to be? What would you be doing now?

GK: If I were obliged to choose a different profession, I would go for music. I am a musician, and I have studied music in Al-Rouh Al-Quds University, and even my plays depend on music in a way. Not only from the songs included in the plays, but from the overall melodies of the plays and the rhythm of the sentences used. So yes, if I were not an actor I would be a musician in a big orchestra. I consider the orchestra as symbol of successful group work that is, sadly, missing in Lebanon. We are most successful as individuals in Lebanon and in the Arab world, but at working in groups, we fail miserably.

Q: What or who is your source of inspiration?

GK: The society. I am one of the people; I live among those people. I am not separating myself from them, living in my own high cultural tower watching the people and telling them to come to my culture. No, I am one of the people; I walk on these streets, and I depict the culture of the streets and transform it into a scene onstage.

"you cannot reach the highest level without being on the lower ones"

Q: In our Lebanese society, there is a somewhat negative perception of artists and people who work in this field, how you deal with this reality?

GK: We have Fairouz, Wadie el-Safi, Sabah, Nasri Shamseddine, Melhem Barakat and we have Melhem Zein from this new generation. We also have Assi al-Rahbani, Mansour al-Rahbani, Philip Wehbe and Zaki Nassif. With time, we all forgot the nonsense and only these names remain. To them, art was sacred; like a high-class spiritual ritual if we may say so. But, unfortunately, we have a lot of intruders in the field of art as well as comedy. There are people who care about profit and are of limited talents. They are all stuck in their own jokes about politics and inappropriate things. On the other hand, you get people like us and some of my colleagues who change this image into something better.

Q: Is it essential for Lebanese children to learn this kind of art even if they lack the talent?

GK: Yes, of course. Even in the absence of raw talent in art, it still disciplines one’s self, and improves one’s taste. Children end up seeing things from a refined and humane perspective,
even if they are not talented. I encourage the government, and Ministry of Education to include the subject of Arts in the educational curriculum. Directing, acting, theater, singing, dancing, and drawing... all kinds of art.

Q: Since we opened the subject of education, most Lebanese youth, after graduation, aim to travel abroad, would you ever leave this country to start something abroad?

GK: No, I would never leave even though I could have left long ago. Let me tell you something, in Lebanon we are not satisfied anymore. After graduation, a person wants to find a job with a salary of $3000. Well, they have to take it easy; life is like a ladder, you need to go up step by step. You start with $500 then $600 then $700 to react the $1000, so that later on you appreciate the income of $10000. I would like to tell all Lebanese youth that you cannot succeed without starting from nothing, you cannot reach the highest level without being on the lower ones. I want to say that your nation needs you, and has given you a lot; you have to give back in return. And for those who complain about war and absence of government, I want to tell you something: your country is your father, if by accident your father has lost a limb or any organ, he is still your father, isn’t he? Wouldn’t he need your compassion? He would need you more than ever. So if you abandon him, you will cause more damage. For me, Lebanon needs us, especially now. I believe that our country is strong enough to heal this wound fast because it is young, and it will always be young. I only hope that this generation builds its ambitions here in Lebanon. Do not say there are no jobs, believe me, if someone wants to work, they’ll find a job.

Q: You were at the Baabda Palace during the official launch of the Lebanese Youth Policy. What encouraged you to take part in this and represent the youth?

GK: First, there was the invitation from the Ministry of Youth and Sports and the President; they chose me as a representative for the youth after a study they have conducted in universities, institutions and on the streets in the country. I was honored to receive this invitation, and I was looking forward to it because I’ve lived with the youth, and I know their needs and obsessions. They asked me what I want to say, so I said what every young person thinks of but does not know how to put it in words, or doesn’t want to, or is afraid of letting down his history, family, party, or institution by saying what he wants to say. That’s exactly what I did.

Q: What are your plans for future?

GK: I wanted to welcome you here now in my home, which is the theater. We are now about to present the play Mish Miktelfin (We Are Not in Conflict) which talks about the sectarian conflict and a young couple in love, Ali and Christina, who belong to different sects - which is obvious from their names. We see that in Lebanon, even the air and food include sectarianism. I will not talk more about the play; it has comedic scenes depicting the painful reality. But I will say that a human is a human in spite of who he/she is, and if we don’t erase the corrupted perception of the person who is different from us, we will neither build a united community nor reach peace. This country deserves to live in peace.

Q: In conclusion, what would you like to tell the Lebanese people, every man, woman, child, parent, farmer, politicians...what would you say?

GK: I would say we were destined to live in this country, and if we were not, we would not be here in first place. And I want to say we are destined to live together in this country, and once again if we were not, we would not have been created together in this country. So let us live these days in peace, and stop trying to destroy us with sectarianism. Let us get over these issues so that we can have a peaceful community. And to all the elder people, they’ve seen a lot and been through a lot; let them teach their kids lessons from what they’ve been through. As for the youth, don’t desert Lebanon. Work in Lebanon, this country needs you and without you, this country cannot go on.

You can watch the entire filmed interview with Mr. Georges Khabbaz on The Scope’s YouTube channel: www.youtube.com/thescopeliu

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Meet the Music Club

Fatima Abou Nassif

They can be seen at every event whether on LIU campuses or outside, providing the perfect melody to all kinds of activities and gathering. Despite them being quite recent, members of the Music Club have been making ripples in the LIU community. The Scope spoke with Jaafar “Jack” Berro, president of the club, about their objective and future plans.

What is the Music Club?
“It is basically a group of music lovers who share a combination of passion and skills that yield in joint performances. This club is a platform for LIU students to use music as a medium for personal expression.”

What instruments are available?
“The club has access to a violin, drums, pianos, and both acoustic and electric guitars.”

What genre of music does the Music Club play?
“It all depends on what the members prefer. There are 91 members, and the club has clusters classified by genres. So far, the members play rap, soft rock, heavy metal, classic and symphony pieces. The music pieces are mostly originally composed and written by club members.”

What events has the club participated in?
“Last semester, the Music Club was part of two main events: the UNESCO Prisoners’ Rights and Pharmacy Get-together Dinner.”

Any future plans?
“The club is planning on getting more involved with the students. We are planning on coordinating with the Marketing Department in order to plan joint school visits with LIU representatives. They are also going to launch a series of music lessons in order to reach out to music fans who aspire to develop their skills. All money raised through these will fund the club’s equipment.”

How can someone join?
“The Music Club has an open recruitment policy, regardless of skill levels. It is a club which unites music lovers and lets them explore their passion.”
Hussein Shouman
Co-founder
A graphic design student. For the past three years, he has been a lead vocalist and a rhythm guitar player. He joined the Music Club to gain more experience hoping that “someday people around the world will enjoy listening to [his] music.”

Albert Abdul Wahed
Co-founder
He plays the piano. The Music Club has given him the opportunity to share his passion with other talented students in an attempt to deliver messages through art. He believes that “sharing experience results in faster learning.”

Jaafar “Jack” Berro
President of the club
He has been pursuing his love for music for 11 years now and is now the president of the Music club. Composing music and playing the piano and percussion have become his daily therapy. After practicing with the Lebanese National Higher Conservatory of Music for seven years, he studied online for a Bachelor of Arts in Music Education from Kean University. With a portfolio filled with music experience, Jack believes that “everyone is born for a reason, and [he] was born for music.”

Performing during the prisoners’ rights event at UNESCO Palace.
Antibiotics:

Antibiotics are among the most misused and overused prescription medications. People have a terribly misguided view of antibiotics, which can be dangerous:

Antibiotics only treat bacterial infections. Other infections from viruses, fungi and parasites are not treated with antibiotics. The flu, like seasonal flu viruses or H1N1, is a viral illness. And because antibiotics won’t kill a virus, they won’t help flu at all. In fact, they will probably make you feel worse because of their effects on the digestive system.

Antibiotics are somewhat disease-specific. Different bacteria are treated with different antibiotics. If you take all your antibiotics as prescribed and the illness has not improved, you may need further tests called cultures to determine exactly what bacteria you have, and what antibiotics you need.

You need to take all your antibiotics until they are gone. The most common mistake in taking antibiotics is not finishing the complete course. In fact, stopping the antibiotics early lets the bacteria adapt to the drugs and become resistant.

Never take antibiotics that weren’t prescribed for you. Your doctor can tell you what kind of illness you have, and give you the right medication. The wrong medication can do more harm than good.

Tackling Lebanese Pharmaceutical Myths

Pharmacy Club

We all know the drill. Got a headache? Just pop a Panadol pill. Stomach ache? Check what you have in your home pharmacy and take that. Fever? Have your mother ask your neighbor what medicine she uses and just take the same.

What’s the worst that could happen, right? Almost everyone you know does that and, hey, they’re still walking, talking and breathing. How big of a deal can this be?

Well, it’s a huge deal.

As lightly as the Lebanese society handles medications and illnesses, taking drugs without a prescription is dangerous and might have serious long and short-term side effects on the individual’s body.

In this article, LIU’s Pharmacy Club, with the help of the School of Pharmacy, breaks down the common pharmaceutical myths prevalent in the Lebanese society and gives readers some solid and professional advice on drugs and their usage.
**Paracetamol:**

**What is paracetamol used for?**

- Mild to moderate pain such as headache, migraine, neuralgia, toothache, sore throat, period pain, and rheumatic aches and pains.
- Fever.
- Relieving aches, pains and fever associated with colds and flu.

**Warning!**

- Do not take this medicine with any other paracetamol-containing products.
- Do not exceed the dose stated in the information leaflet supplied with this medication (which is 4g/day).
- An overdose of paracetamol is dangerous and capable of causing serious damage to the liver. You should never exceed the dose stated in the information leaflet supplied with the medication. Immediate medical advice should be sought in the event of an overdose with this medicine, even if you feel well, because of you risk serious liver damage if you delay seeking professional advice.
- Alcohol increases the risk of liver damage that can occur if an overdose of paracetamol is taken. The hazards of paracetamol overdose are greater in persistent heavy drinkers and in people with alcohol-related liver diseases.
- If symptoms persist, consult your doctor.
- Consult your doctor if your headaches become persistent. Taking a painkiller for headaches or migraines too often or for too long can actually make the headaches worse.

**Some side effects of paracetamol:**

It is worth mentioning that paracetamol side effects are rare but nonetheless existent.

They can include:

- Rash
- Hypotension (low blood pressure) when given in hospital by infusion (a continuous drip of medicine into a vein in your arm)
- Liver and kidney damage, when taken at higher-than-recommended doses (overdose)
  In extreme cases the liver damage that can result from a paracetamol overdose can be fatal.

**Home Pharmacy**

There are many over-the-counter (OTC) medications available without prescriptions that are used to treat the symptoms of many illnesses that don’t usually require the help of a physician or health care practitioner. This article reviews a few of these medications that can help treat minor aches and pains, fever, diarrhea, cold symptoms, sore throat and allergies.

OTC medications have brand names as well as generic and store brand names (similar to prescription medications). Generic, store and brand names contain the same active ingredients and are identical in their action on the body if the concentration of the active ingredients is the same. Since some OTC pills and liquids contain multiple medications, it is important to read the fine print on the label to know exactly what ingredients are in the product.

Even though they do not require a prescription, OTC medications may cause significant side effects. Some can interact with prescription medications and cause harm. For example, patients who take warfarin [Coumadin], a blood thinner, are at higher risk of bleeding from ulcers if they take OTC ibuprofen.

Other products can cause organ damage if taken in amounts greater than recommended. For example, acetaminophen [Tylenol] may cause liver failure; aspirin may cause lung and kidney damage.

Before taking any OTC medication or dietary supplement, read the label, especially the dosage, frequency and precautions sections. If you have any questions or concerns regarding the use of any OTC medication or dietary supplement, contact a medical health care practitioner or pharmacist for clarification.

Some useful drugs that should be present in our home pharmacy include medications that treat the following:

- Pain and fever
- Common cold
- Cough
- Headache, earache and body aches
- Constipation
- Diarrhea

Ask your pharmacist to give you medications that treat those conditions.

**Storage conditions and some advice:**

Many people store their medications in the bathroom. But this popular spot is actually one of the worst places to keep medications in. Bathroom cabinets tend to be warm and humid, which is an environment that speeds up a drug’s breakdown process.

This is especially true for tablets and capsules. Being exposed to heat and moisture can make medications less potent before their expiration date. For example, a warm, muggy environment can cause aspirin tablets to break down into acetic acid (vinegar) and salicylic acid, both of which can irritate the stomach.

Instead, keep medicines in a cool, dry, secure place out of a child’s reach. You may need to use a locked cabinet or box. If you must keep your medicines in the bathroom, keep the containers tightly closed. If you store medications in a kitchen, keep them away from the stove, sink, and any hot appliances.
Shish Barak

Shish Barak is a traditional Lebanese dish, perhaps of Turkish/Ottoman origins (hence the name), which is basically made of tiny meat dumplings cooked in a plain yogurt stew.
INGREDIENTS

For the DOUGH
• 500g flour
• 250ml water
• 50g butter
• 50ml oil

For the STUFFING
• 500g coarsely ground beef
• 1 onion, finely chopped
• 1 tablespoon vegetable oil
• 1 teaspoon salt
• 1/4 teaspoon white pepper
• 1 pinch of cinnamon
• 1 pinch of sweet pepper

For the STEW
• 1 kg yogurt
• 4 tablespoons starch, dissolved in ½ cup of yogurt
• 3 cloves garlic, crushed
• ½ bunch of fresh coriander, chopped
• 1 tablespoon vegetable oil
• 1 teaspoon salt

DIRECTIONS

The Dough:
• Pass the flour through a sieve and into a bowl with some salt (add butter and oil if you wish to have crispier dumplings)
• Gradually add water while blending until you end up with soft dough.
• Cover the dough and let it rise in the refrigerator for 30 minutes.

The Filling:
• Finely chop one onion and fry it to a gold color.
• Add ground meat, cinnamon, salt and pepper. When the meat is well done set aside your filling and let it cool down.

The Dumplings:
• After the dough has risen, flatten the dough out on a lightly floured surface.
• Cut the dough in approximately 4cm wide circles.
• Place approximately 1 teaspoon of filling in the center of each dumpling.
• Wet the edges of the dough dumplings, and fold each into a semi-circle and press them together so they stick, and then bring the corners together so you have a perfect pyramid shaped dumpling.
• Place the Dumplings on a well-greased oven tray, and let them bake in a pre-heated oven at 180 °C for 10 minutes, and then set them aside to cool.

The Final Mixture:
• Dissolve starch in water and mix it with the yogurt in a pot, place the pot over medium head and stir continuously until the mixture thickens. Continuously keep stirring while simmering over low heat. (Importance of stirring; the yogurt doesn’t stick to the pot).
• Fry minced garlic and fresh coriander in vegetable oil then add them to the yogurt mix. Stir them up well and you’re done.
• Shish Barak can be served over rice as a casserole or eaten alone as a stew. Sahtein!
Between Classes

Who is your professional role model and why?

Samar Dayekh
Donald Trump because he’s one of the most successful people on this earth, and he gives back a lot to the community. He really makes good use of his money.

Mirna Zbib
Steven Spielberg is my role model. He has an amazing imagination that goes beyond extremes. He has the impeccable ability to transform all his visions to visuals that entertain everyone.

Mariana Kamal
My role model is my father because he has his own business. As a management student, I learn a lot from him, and he inspires me to start my own business one day. He taught me the importance of being independent.

Bilal Soueid
My father is my role model, and he has taught me everything I know. He is a one-man army.

Widad Hamoud
My role model is my aunt; she encouraged and inspired me to work for my dreams.

Ghida Choukeir
My sister is my role model. She encouraged me to get into this major, and as a pharmacist, I can really contribute to the society and help people in need. Also, this major helps me socialize; I owe this all to her.

Mohammed Abbasi
Edward N. Wyner, the founder and developer of the Ritz-Carlton Hotel. He worked hard to raise the standards in the hospitality industry. His hotel is of world-class and I wish to become as successful as him.

Alaa Kdouh
Mark Zuckerberg because he founded Facebook at a really young age. He was even color blind when he started the most successful social network site in the world and that has taught me that nothing can come in the way of success.

Mohammed Hussein Abu Sheikh
Sheikh Abdullah al-Hurary is my idol. He came to Lebanon at a young age to spread the beliefs of Islam. He also established non-profitable Islamic foundations and built several schools. He has made a difference and for that reason, he is my role model.
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