**On the Margin**

Humans are naturally born to be competitive just as is every other species. Babies start competing for attention and emotions, as soon as they are born and the journey continues through high-school, college and to the real world afterwards. Obviously, competition adds on an exciting and motivating flavor to life and can lead to great things, as long as it does not go over the top.

As University students, you may compete among each other in various ways: academic performance, sports, activities, job seeking, awards winning, etc. A typical model of healthy competition at the University of Balamand is between clubs and societies, where members and officers with the support of advisors strive for distinguished events and presence. This not only enriches campus life, but also increases cooperation and interaction between different groups of students, faculty and staff members, and helps in developing the surrounding community as well.

Competition remains stressful of course, especially when competing students or groups of students expect to win. Believe me competition is not only about winning, it is more about what have you tried to accomplish and what did you learn. I have seen some of our varsity teams battling to win in International Sports tournaments, playing against highly skilled athletes and knowing in advance that the chances to win are extremely slim if not nil, for me, their teamwork, persistence and positive attitude throughout the competition were of much greater value than the medals. On the other hand, I witnessed cases of students who barely made it through their years of study at the University, but were able to build on their struggles and mistakes to become successful and competing entrepreneurs.

Competition remains healthy as long as it is not over-exaggerated. For example in a tug-of-war contest, two groups of people pull the rope in different directions trying to win. Great, but what happens if the rope breaks? Unfortunately, the current situation in our region is very similar; groups of people are striving against each other for the purpose of achieving dominance and the consequences: nations are getting ruined, children are being killed, human rights are being violated, it is chaos everywhere.

As students at the University of Balamand and citizens of this region, I hope that you always use your mind and select to enroll in fair competitions that are constructive to our nation and make sure you don’t fall into the traps of others, who can lead you to uncivilized types of competition just to satisfy their greed and personal benefit.

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**Never a Monologue!**

Controversial issues exist because people disagree. They disagree about how they should live. Who should get what? How should power and resources be distributed? Should society be based on cooperation or conflict? How should collective decisions be made? What is life? Are people aggressive by nature? Are we driven by our instincts only? Are we destructive creatures? What is our purpose on earth? Many questions follow that sequence, emerging from all fields and disciplines like media, history, philosophy, culture, sex, science, technology, economics and politics. The existence of disagreement about the nature of any field that is being studied as an academic discipline means that it embraces a range of theoretical approaches and a variety of schools of analysis. Therefore, a question is never simply answered by a yes or no only.

A controversial issue is highlighted by the conflicting opinions it generates. The structure and the reasoning of the problem is important. Finding a direct answer is difficult and opinions are shaped by the combination of many factors. Therefore, it is always a dialogue never a monologue. Controversial issues are constantly being re-thought in a circular manner. For Aristotle, politics is considered to be the “master science”; that is nothing less than the activity through which human beings attempt to improve their lives and create the good society. In the field of philosophy, Epicurus explained that “the essence of philosophy is that a man should live that his happiness shall depend as little as possible on external things” (1). In Einstein’s philosophy of science, he demonstrated the relevance of philosophy to physics in concepts such as reality in relation to space and time. Therefore, the word “real” is taken in the physical sense based on experiment and observation. He explains, “A human being is a part of a whole, called by us, the “universe”, a part limited in time and space. He experiences himself, his thoughts and feelings as something separated from the rest... a kind of optical delusion of his consciousness. This delusion is a kind of prison for us, restricting us to our personal desires and to affection for a few persons nearest to us. Our task must be to free ourselves from this prison by widening our circle of compassion to embrace all living creatures and the whole of nature in its beauty.” (2). Dr. Stephen Hawking, the author of A Brief History of Time, and one of the most brilliant minds of our time, worked on the origins and structure of the universe, from the Big Bang to black holes, which revolutionized the field. He mentions that, “Science is beautiful when it makes simple explanations of phenomena or connections between different observations. Examples include the DNA double helix in biology and the fundamental equations of physics.”

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**In This Issue**

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**Asma Kammoun**

http://2.bp.blogspot.com
In October 2012, I applied for an assistantship with Dr. Elie Salem and one of my duties was to read her BA students’ blogs and give my input on them. I read one after the other remembering how my writing at first was as disorganized as theirs back in the days when I, myself, was a BA student majoring in journalism. Then, an article struck me, more like blew my brains out. And when I thought I was done reading for that day, this article immediately entranced me with its words. It was the only article that made me stop in the middle to check if I was that “Mike Nammour”.

I don’t know why I expected him to be one of those gory-looking guys with pimples, and if you knew Mike, you can imagine my shock when I saw his figure for the first time.

I am not sure why my inability to stop babbling to Mr. Jou and repeating for ten times per minute how Mike’s blog post was outstandingly written and how it was the absolutely most impressive. Since that day, whenever his name came up, there was babbling again about how smart and easy to be around was most of the people knew Mike, the dorky boy, Mike the charismatic handsome man, Mike the passionate music lover, Mike the passionate music lover.

I wish I got the chance to know all that he was, however, what bewildered me was mainly my love for writing and of course our mutual major. Next, I happened to discover that he was my friends’ neighbor, so we bumped into each other all the time at Arab University as I also met his lovely dog, Asia.

Bumping into him was always awkward due to how much I’ve told people about him, but never really said anything to his face. Until one day, he broke the ice and surprised me on Facebook chat. He said that he has heard about how much I always talk highly of him every chance I could, and thought it was nice. Mike enjoyed my writings on Facebook as well.

Mike met my boyfriend who was also his neighbor, and always expressed how much he enjoys hanging out with us. That’s what burns me the most today. Unfortunately, time fouled us; it flew away too fast that we weren’t able to enjoy his company more.

I was really happy to spend most of last July with him though. We registered together for this workshop under a broader theme. This year’s conference brought the participants and organizers together. Students from all around the world can join. Each activity is presented by different organizers. This year, MDF planned different lectures and sessions. Students can choose the ones that involve changing the whole world’s view. Those that involve making conversations with all of us, spreading his brilliance and admired positive energy all over the place.

That’s the Mike I know.

The Mike I knew had no enemies; I cannot even imagine him having someone mad. The Mike I knew always managed to steal a piece of everyone’s heart. The Mike I knew never caused any trouble and was kind and useful. The Mike I knew will always be an exceptional human being, no me as he is on the outside. The words written by the Mike I knew will forever be engraved in my mind and spirit.

“Me and the song that you requested to be played at the outside. The words written by the Mike I knew will forever be engraved in my mind and spirit. And as the song that you requested to be played at your funeral goes…”

Dr. Elie Salem

The Mike I Knew

Saher Kammoun

It is extremely hard to adapt through changes, especially the ones that involve changing the whole atmosphere and the knowledge we are exposed to. Following the war, moving from Saudi Arabia to Lebanon to start my college life at the University of Balamand, I realized that the second edition of MDF (Mediterranean Development Forum), a conference that is held at the University every semester and to take place near me before the semester starts.

MDF is basically a conference that runs for three days in which different sessions, lectures, and activities are presented by different organizers. Students from all around the world can join. Each year, MDF plans different lectures and sessions under a broader theme. This year’s conference addressed issues of human rights. This particular theme caught my attention and was another major reason that encouraged me to join.

The highlight of the first day was an ice breaking activity that allowed the participants to communicate and interact with each other. Some sessions discussed child labor, others discussed the abuse of the elderly, the right to access governmental documents, and the importance of civic engagement. My favorite sessions were the ones that talked about the refugee crisis worldwide, and in Lebanon particularly. This session was the most interesting not only to me, but to most of the participants, as it tackled an issue we are facing in our daily lives. One of the sessions screened “Shahrazad in Baabda” a play that highlighted the lives of different individuals in one of the Lebanese prisons. It tackled the issue of poverty and its effects in producing unpredictable individuals who would commit crimes to provide food and shelter. The activities encompassed by the conference brought the participants and organizers together.

This year, MDF experience taught me how to be socially active with people coming from all over the world, and mainly to adapt to my environment. To put it in other words, it was an outstanding experience that I will never forget.
تعز فعلى نادي الّـ۱۸

«kids First»

أودّ أن أشكر كلّ المساهمين في هذا المشروع، فإنّ ما نحتاجه أن نكون ناجحين.ً

- في نهاية فصل الربيع.

 wurq د.يرم الحكيم.

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Is Lebanon Under the Threat of an Earthquake?

Philip Hawi

If you are one of the many who think that the Mediterranean coast in general and Lebanon in particular is a risk-free region when it comes to earthquakes, history and seismology tend to prove you wrong. As a matter of fact, Lebanon has withstood three severe earthquakes in 555 AD, 1202 AD and 1759 AD. More recently, major earthquakes struck in 1918, 1956, 1997 and 2008, with respective magnitudes of 6.8, 6.3 and 5.1 on the Richter scale. In the past 14 months alone, Lebanon witnessed 17 earthquakes with magnitudes in the range of 2.9 to 5.2, according to the ‘Euro-Mediterranean Seismological Centre’. New Td ‘disastrous’ earthquakes have occurred: Monroe, an active fault system – the Mount Lebanon thrust (MLT) – has been recently discovered, which would suggest that the threat is even greater than previously anticipated, and a big earthquake is virtually right around the corner. For that reason, a study on the seismic activities in Lebanon done in 2013 by Dr. Houri and Dr. Sadek, from AUB, proposes that the seismic zone parameter for Lebanon be updated accordingly. In short, a higher value of this parameter suggests higher seismic activity in that zone, which would subsequently impose more stringent criteria for the design of buildings. It is proposed that the seismic zone parameter for the coastal area between Saida and Tripoli be increased from 0.2 to 0.3, on a scale of 0 to 0.4, 0.4 being the most critical, while the remaining part of the country would have a seismic zone parameter of 0.25. Another microcrack that seems to be running around, is the idea that ‘short’ buildings (up to three stories) are less susceptible to seismic damage and death. Unfortunately, this is a belief that is held by most engineers and government officials. However, statistics and the science of how earthquakes work both suggest otherwise. From the scientific point of view, ‘short’ buildings have very short natural periods that help them absorb the energy of an earthquake. This makes ‘short’ buildings more susceptible to higher seismic forces, since these forces are intrinsically proportional to the natural period of a building. Statistics show the facts are astonishing! In the 1985 Mexico earthquake, 3699 buildings, 4,000 victims and 9,000 destroyed! In the 1992 Erzincan (Turkey) earthquake, 324 of the destroyed buildings were less than 4 stories. And in the 1995 Kobe (Japan) earthquake, 3,188 buildings, less than 5 stories, were destroyed. During all those earthquakes, no buildings higher than 18 stories were destroyed. On the other hand, a ‘short’ 3-story buildings are taken for granted during the design and construction processes, and a lot of requirements and special details are overlooked, making them even more critical and prone to destruction.

In general, design and construction in Lebanon tend to look proper regulations when it comes to earthquake precautions. This is mainly due to the popular misconceptions that suggest that Lebanon, which is mostly covered by ‘short’ buildings, is relatively safe when it comes to earthquakes. And that those short buildings face almost no risk from seismic activities. Well, science and history suggest otherwise. So it is perhaps time to take action.

“Take care of the pennies, and the pounds will take care of themselves.”

Note: This article has been reviewed for academic credibility by Dr. Hikmet Zerbe from the Department of Civil Engineering.

Is the Death Drug

Lea Sacco

In our modern society, people strive and act to achieve something, and in order to gratify and achieve this, the fast pace of development we are witnessing has affected our mentality and made us obsessed with our personal image. One of the main goals of each teenager or adult is to build the perfect body. This is especially true for some of those who are into athletics. While working to fulfill their dreams, many individuals devote towards a glamorous pathway that helps them reach their targets in a shorter period of time, with noticeable, major side effects that may ruin their health. Most kids and young adults fantasize about building or maintaining a second physique, and as they try to adapt to the latter’s lifestyle regardless of the dreadful result. They aspire to reach their dreams at a younger age, at a faster pace, and at a lower price; the outcome is a terrible, individual, which enables them to perform everything they would like to achieve, in their health. We are flooded by ads and billboards revealing the perfect body one dreams to have. Unfortunately, we ignore the dangers of setting ourselves on such a detrimental road that may cause them permanent disease starting from HIV and contaminated needles and ending in a painful death, or as result of a stroke, heart attack, or drug addiction. So, wake up people! You can change your body and turn yourselves into healthy beings without the use of unhealthy products. In stead, aim for a healthier diet, practice extreme sports, and adapt to a lifestyle to boost your metabolism. If you are willing, you can do anything, even if it takes a longer duration; if you do not, you won’t lose anything, only time. You can change your body and turn yourselves into healthy beings without the use of unhealthy products. Instead, aim for a healthier diet, practice extreme sports, and adapt to a lifestyle to boost your metabolism. If you are willing, you can do anything, even if it takes a longer duration; if you do not, you won’t lose anything, only time.

In general, design and construction in Lebanon tend to look proper regulations when it comes to earthquake precautions. This is mainly due to the popular misconceptions that suggest that Lebanon, which is mostly covered by short buildings, is relatively safe when it comes to earthquakes. And that these short buildings face almost no risk from seismic activities. Well, science and history suggest otherwise. So it is perhaps time to take action.

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Activism 2.0: Hacktivism
Asma Kammoun

Change should always take place for the betterment of societies and the preservation of human development. Many people group fight for change on all levels using many tools. Hacktivism is an essential form of activism that the internet is becoming a technical, economic and political platform for change. It is considered by many as social disobedience towards existing systems, besides other aspects of activism including street marches, strikes and boycotting. This is part of what is called now “cyber war”. Hacktivism has become very influential and important in making a difference in the modern age of technology that is controlling the little details of our lives. It is a politically motivated act to create change usually against governments seen as corrupt, oppressive and viewed as enemies to the people, just as Henry David Thoreau said his act was before the war on all (1).

When talking about hacktivism, the first thing that comes to one’s mind is the One Hacker group, “Anonymous”, which has become well-known for a series of well-publicized attacks and distributed denial-of-service (DDoS) attacks on government, religious and corporate websites. Their targets are the countries they fight against and they also include the Israeli Defense Forces, Bank of Israel and Israeli PFI’s Office. They even supported the Occupy Wall Street protest, Wikileaks and the Arab Spring. It is an organization that fights for the pursuit of justice, exposure of the truth and spreading awareness on various issues.

According to the New York Times, the Syrian Electronic Army hacked the current site of Fox News on “Easter Sunday”. The group uses multiple tactics in its attack; one of them is sending emails to employees at each organization with a link that redirects them to a fake Gmail or Microsoft Outlook login page, where they have to enter a password (2). The hackers then use the passwords to break into email accounts and retrieve information. This effective way is used by hackers for political interests and reasons. This is known as social engineering.

Greetings citizens of the world, we are “Anonymous”. These phrases have sent chills up operating systems of government around the world. Anonymous have made it clear that they stand for transparency, freedom and equality. They chose their battles all over the globe, seeking to bring freedom to those who suffer injustice and oppression. Hacktivism is considered to be one of the internet crimes that continue to increase as an alarming rate. Should it be considered an internet crime, if it serves a social and a political cause? Who defines the borders? Hacktivism is in controversy as traditional activism. Some believe that harmful cyber attacks represent a justified form of protest, while others think that all types of protest should remain peaceful.

Did We Really Walk on the Moon?
Abeer Obeid

Zoom In

On The Edge

Highlights Issue 33 - October 2014

Would Arabia Unleash the Genius Within Anew?
AbdulFatah Al Sheikh

Almost 700 years after the famous Toguicciologist, Ibn Khaldun published his treatise on the birth and development of society. He took a look at the idea that the world looks like a cubical desert today, but this is a recent phenomenon. The Arab society, while characterized by its history and substance appetitive through various theocracies, monarchies and feudal aristocracies, up through modern liberal democracies and technological capitals. Both Hegel and Karl Marx believed that the evolution of human society was not open-ended, but would end when man had achieved a form of society which satisfied both desire and most fundamental longing. For Hegel, this was the state, while for Marx, it was a communist society.

The last decade of the nineteenth century saw the decline of the Soviet Union and consequently the fall of Communism. Liberal democracy’s emergence triumphant from the Cold War Nazi Hegemony, had the battle of ideologies come to an end. But Liberal democracy’s victory proved short-lived; it was a thriving democracy with non-violent protests can survive, and others, economically, as a non-reeveing authoritarian basis on reminding us that Liberal democracy might never be espoused wholeheartedly reemerging authoritarian Russia keeps on reminding us that systems can survive, even thrive, economically, while a defense against Marxism.

The Arab world, secular demots and religion fundamentalists alike have purposefully weakened and emasculated, enabled by state and societal institutions and the influence of the Western powers. Both can be seen in the enactments of removing the right of the Supreme Council to pass laws on the ruling regime. This is their weakened almost hopeless state of civil societies in the Arab world which explains why the running of the Syrian regime was notified firstly by the fall of state-sponsored institutions, a decisive turn.

Did We Really Walk on the Moon?
Abeer Obeid

One small step for man, one giant leap for mankind! These were the first words said by Neil Armstrong upon making his first steps on the moon in 1969 (as it was claimed). The astronaut who took this journey with his crew on Apollo 11 experienced a difficulty entering the moon's orbit. But at claimed, Armstrong and the crew managed to land on a safe area. Armstrong was accompanied by astronaut Buzz Aldrin.

During the cold war the United States and the Soviet Union, the latter launched the first artificial Earth Satellites, Soviet, in 1957. This incident left the States with the shame of being second in space race. Therefore, Americans planned to send the first man the moon as a retaliation. This was accomplished by 1969. But did it really? Was it just a political act of the United States that was desperate to show supremacy?

Several questions were asked claiming that Armstrong and Aldrin did not really land on the moon. The most interesting claims were the following:

Firstly, the picture taken of the flag on the moon showed the flag was being raised. When there is no air on the moon, the flag cannot move. How did this magical occurrence happen? According to those arguing with, the movement of the flag is due to the inertia of the astronauts placing it there.

Another picture shows Armstrong with Aldrin reflected by the mirror of Armstrong’s helmet. If no one but them was on the surface of the moon at that time and no one was holding a camera, then who took the pictures? The NASA answers that the camera was attached to Armstrong’s spacesuit and a self-timer for the camera was a feature of the capsule. Neil was able to take the picture himself.

Moreover, as the lunar module landed, it should have left some marks of landing on the surface of the moon. No video footage or picture showed this effect on the moon. It looked like it was added in space. Also, there is the Van Allen Radiation Belt, which is a belt held by the Earth’s magnetic field and does not change its strength. Theories claim that if any human being was ever to cross this belt, he would have been cooked in seconds on their way to the moon.

Finally, where are the stars? How many clouds on the moon should make it hard for the stars to appear in pictures. None were seen in any picture. I thought the stars were seen better from space. According to some scientists, the moon reflects the sunlight. Therefore, this reflection would have made it harder to see the glare of the stars in the space. Growing up, I have always been fascinated by the way Armstrong and his group landed on the moon. It turned out I should have simply taken some action classes to figure these claims out. What do you think? Did we really walk on the moon?
As science is becoming an indispensable "service", many people are becoming more acquainted with the existence of God. Science has become more influential, since it provides them with logical proofs and directly solves some of their problems. Therefore, people succumb to scientific theories as the result of Big Bang and Evolution theories. Science does explain that the Universe has started at a single point that kept expanding, but it was never able to answer how this single point existed or was created and how the Big Bang was caused, which actually involves the presence of a Creator.

Moreover, science fans admit that behind each complex invention, there is a smart creation. For example, we all know that a smartphone cannot exist and work symmetrically as it needs in a need for lots of work to be created. The designers have to specify shape, color, and size. Engineers have to decide the kind of chips that will form its hardware part. Then, programmers manage it in a way that permits it to execute what they want.

Therefore, the smartphone is a result of hard work and time. If we take a look at the universe, we notice the existence of evidence of design all around us. If we think of our Universe, we notice that the stars have been revolving symmetrically around the Sun for billions of years. Earth is the only planet that has the ideal conditions to promote human life to survive: it contains columns of years. Earth is the only planet that has the ideal temperature.

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The ALS Ice Bucket Challenge (IBC) is a new phenomenon that appeared all over social media. Most of us have come across at least one friend who participated in the IBC and have been equally excited about it. Some didn’t even consider donating. For me, this challenge was overshadowed by the phenomenon and misused it for personal gain and fame.

Unfortunately, people lost sight of the meaning of a charitable perspective of the true goal of the IBC was not expected. Awareness and donations did succeed, however, the loss of an individual.

Did the Ice Bucket Challenge Serve the ALS Cause?

With, in fact, should be everyone’s concern. It paralyzes the research, but what exactly is ALS?

Did the Ice Bucket Challenge Serve the ALS Cause? 

The ALS Ice Bucket challenge (IBC) is a new phenomenon that appeared all over social media. Most of us have come across at least one friend who participated in the IBC, and their excitement to participate in the IBC overshadowed the cause for which the event was intended.

Personally, I was devastated to see friends who are studying medical and scientific majors participate blindly in the IBC. Some didn’t even consider donating. For me, this challenge was overshadowed by the phenomenon and misused it for personal gain and fame.

Their excitement to participate in the IBC overshadowed the cause for which the event was intended. Some didn’t even consider donating. For me, this challenge was overshadowed by the phenomenon and misused it for personal gain and fame.

Frank’s initiative in terms of raising both awareness and donations did succeed, however, the loss of an individual.

Almost everyone who knew someone suffering from this disease reportsadasa when it comes to donating.(cc)

I don’t wish to sound harsh or to generalize, as many have displayed that they do not understand what ALS is. I would like to salute those who have donated to ALS research. I hope that after making this article, we will all consider educating ourselves more about these causes. People with ALS continue to suffer, and must be more sensitive to their pain and spread awareness among our friends and loved ones.

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Did the Ice Bucket Challenge Serve the ALS Cause?
Robotics in Medical Surgery: for Better or Worse?  
Joseph Sleiman

Clearly, you never worry when a doctor requests bloodwork, an electrographic imaging, or an endoscopic ultrasound (EUS) at this time. The technology was always accompanied with modern doctors, and patients just got the long of it over the years. But over the past 20 years, another field of medicine was flooded with a new approach of technology: Surgeons Avowed Robotic (SAR). This type of technology, surprisingly, caused a lot of fear and skepticism in the civil community. Statement like, “I don’t trust the doctors doing it now. Will I be able to back up information from any device?”

To help with this dilemma, I interviewed Mr. Neal Naiz, a highly skilled doctor of Medicine, an active member in the UOBMC development team.

Neal SARs have an immeasurable advantage of better precision during the operation, reduced time of operation, less incision exposure and inflammation (cleaner surgeon approach, except in making publicity mumps for hospitals. Many examples reflect such ideas, indicating the indispensable advantage of using SAR, mainly in neurology and microsurgery. In other words, when comparison in gallstone removal surgery was made with and without SAR, revealed no reduction in gallstone sudden breakage, complication, and death, or reduced recovery time (G. Khurmbi).

Another case in South Korea (Abbots) about robotic surgery in prostate cancer removal revealed improved operative rates, but uncertain improved cost-effectiveness. It stated that robotic proctectomy will always be more costly because of the fixed capital and maintenance charges for the robotic system. This reveals that the excess cost can be reduced if capital costs of equipment are minimized and by minimizing high case volume for each robotic system, at system of at least 100-150 procedures per year (C. Ramy, 2012).

It has been a long way ever since SARs found ground in 1985, when the first robotic arm was used in a neurological biopsy with no laparoscopy (small insulated video camera). This current generation is trying to mimic the real situation a doctor could be missing with SAR use. The public concerns, still not fully answered, remain a catalytic orthosis to such innovation.

Logistics Outing for the Last Time  
Jad Yassine

I used to check my Facebook News Feed about once or twice a day, usually around night time. Right before I go to bed, I am glued to my phone, and I would be scrolling through the latest updates almost without paying attention to anything else. I used to keep myself from actually falling asleep until at least 2:00 AM. While I was never a hard-core user, the kind who would just stay up all night and do anything, I was always there doing it. I was always there looking to see what others have been up to, and what counts are.

I created my Facebook account sometime in early 2009, back when my interests did not go beyond the Harry Potter books/movie, a few music albums I can hardly enjoy now at 1 as old as it was then, and just complaining about school, the weather and the amount of homework we had to make our lives miserable. At the time, I had only created my account because all my friends were doing the same. It was just the way of transporting school life into the virtual world and continue living it through the comfort of our computer screen as we go to school. We all had each other on our friends lists, but the communication purpose remainsthe same; we were still split into groups or cliques.

Now, since a social network like Facebook is meant to be a reflection of the user’s daily life, one could argue that my profile was not very interesting in 9th grade. But as we got older and more aware of the world outside, our interests went a little more beyond the classroom and I started taking Facebook more seriously. Suddenly, it went from pasty daily life to much better photos, whereas I can get the latest updates on technology, literature, music, events, and so on, which was, and still is, why I finally appreciated Facebook.

Unfortunately, my relationship with it did not last long. I deleted my Facebook account in August of 2014; I did not deactivate it, I permanently deleted it. But, it was neither for privacy nor security reasons. I just found myself dealing with a platform that looked like a really bad sad.

This platform caused me several problems which include but are not limited to, friend requests from people whom I have never met, game requests that you would need a lifetime to block permanently, friends turning me at around 4:00 AM whose phones would be shut during that day, spam updates about how unpleased school like is, like or ignore posts which people never dealt with properly, irrelevant religious debates with mocking, backfire; which could not be put past our own, people wanting me that they to went to the bathroom and other people “liking” it, and the list goes on and on.

But here is the rite, all of these problems can be controlled. I can easily remove the people I do not like from my friend list, permanently block all game requests you, and so forth! I can just block the status updates and news that show up in my News Feed, and so why seem quite odd nowadays! The ultimate reason was that it was not worth the trouble, for me at least.

As I mentioned previously, I was never a hardcore user. Facebook did not fully appeal to me. This does not mean that it is a bad tool, because I know that most of you are satisfied with your experience. However, there are people who are leaving it and this is the article for the sake of that, and the controversy behind it.

So what! Well, what I went back to the real world to realize that I had never left. My life is still as complicated as ever. The difference is that I no longer glue my phone to my ear before I go to bed, and the pillow feels better.
Rainbow Fudge
Adib Ibrahim

Ingredients: (Serves 1)
- 1 kg chopped white chocolate or white chocolate chips
- 3 cups sweetened condensed milk
- 3 teaspoons vanilla extract
- Salt
- Food coloring: red, orange, yellow, green, blue, and purple

Direction:
- Line a pan with aluminum foil and spray the foil with nonstick cooking spray.
- In a bowl, combine 1 cup of chopped white chocolate or white chocolate chips, 1/2 cup sweetened condensed milk, a pinch of salt, and 1/2 teaspoon of vanilla extract. Microwave the bowl for 30 seconds, then stir. Continue to microwave the white chocolate in 15-second intervals until it is completely melted and smooth when you stir. This can take anywhere from 45-90 seconds, depending on the strength of your microwave.
- Once melted and smooth, add a few drops of purple gel food coloring and stir until the color is dispersed. Scrap the fudge into the prepared pan and smooth it into an even layer. It will be very thin, but remember we are making six layers in all! Chill the pan to set the layer, for about 30 minutes in the refrigerator or 10 minutes in the freezer.
- Repeat the process from step 2 again. This time, once your white chocolate is melted, add another color of food coloring and stir until combined. Then pour it over the purple layer and spread it out, then chill the fudge again. (Repeat step 2 until all the colors you want are done.)

- When you are ready to cut it, remove the fudge from the pan using the foil as handles. Use a large sharp chef’s knife to cut the fudge. Rainbow Fudge can be stored in an airtight container at room temperature for up to a month. For the best taste and texture, let it sit at room temperature for 15 minutes before serving.

Sudoku

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

“Behind this mask there is more than just flesh. Beneath this mask there is an idea... and ideas are bulletproof.”
- Alan Moore, V for Vendetta

Dedications

- This issue is dedicated to the loving memory of Mike Kammoun. Mike was a colleague, a friend, and above all, an inspiration.
- Highlights and all the OSA family wish Dr. Tony a happy birthday and many happy returns.
- Thank you Oli for funding the lovely Highlights team.
- Congratulations to the Highlighter of the month: Veronica Alwan & Yara Younes

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Words of thanks to Dr. Hasan Abiad (for the Arabic editing), and Dr. Philip Blair (for the English editing)

Highlights Issue 33 - October 2014