

# Speak Out

OCTOBER ISSUE



## The Lebanese Revolution

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(Full article on page 3)

## Breast Cancer Awareness Month

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(Full article on page 7)

## Technology of 2019

For the past few years, we've seen so many new technological advancements. Companies have created products that were thought to be impossible and have defied standards, especially in 2019, which has been a great year for the technology industry. From "rollable" TV screens to underwater drones...

(Full article on page 16)



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# The Lebanese Revolution

JOYA KHOURY – IB1

Our beautiful country has had a week of destruction. Starting with the fires on October 16, the fires burned for about 72 hours which took such an impact on the people. 140 fires, the country quite literally went up in flames. People said that it was as if it were 'Judgement Day.' It broke all our hearts as we witnessed it and a moment of appreciation for the ones who helped put them out without any pay, especially the civil defense teams. It was the worst wildfire in decades, between 1,300-1,500 hectares of forest were lost. There are volunteer groups who are helping those who are displaced and affected by the fires by providing them with food, water and medicine. By Wednesday, the fires were out due to the rain and the help of the people. Incident aside, there had been much criticism targeted at the government for their unpreparedness and lack of action, but that did not come as a surprise to the people. Over the last 24 hours, the people have been protesting in the streets. The protests started Thursday October 17 and went on all throughout the night. The people took to the streets after hearing about the new taxes that are being implemented. It is one of the biggest protests in years. The intensity of the situation questions whether the government will survive. "Interior Minister Raya El Hassan warned that the country itself could collapse if the government falls." The protesters are fed up and charging for 'WhatsApp' calls was the last straw. "The people were already at the edge barely holding on. The WhatsApp issue broke whatever they were still holding on to." The 41-year old Rami told Al-Jazeera. The reversal of the 'WhatsApp' policy has been announced but the people feel that this is too little too late. Roads are being blocked by fires and people. Last night in Beirut, the protesters were in the street for 10 hours before they were resisted by security forces. 22 people were rushed to the hospital by the Red Cross, while another 70 were treated on site. "I'm not here for myself" Ahmad Halawi, aged 35, from south Lebanon said. "I have two children. I am here because I want them to have a future and a country to grow up in. I really hope that this is the end of people blindly following traditional parties. There has to be change in this country."

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| Al Jazeera, Al Jazeera, 16 Oct. 2019,

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### **A Personal Approach**

On the 18th of October 2019, my sister and I went to observe the protests, as there was one taking place nearby.

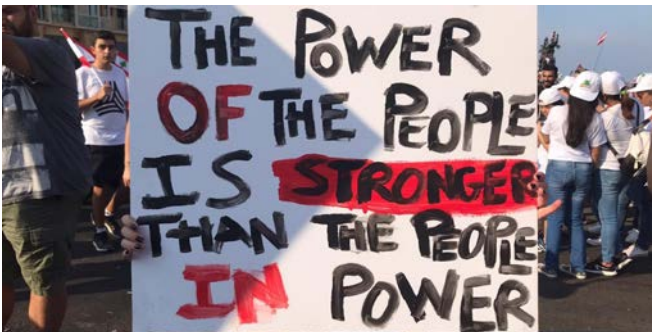
We witnessed everything first hand, and if I had to describe it in one word, it would be beautiful. We were walking to it, before you get there, the smoke was visible, and you could hear the music they were blasting. It was quite a sight. When you get there, there is an indescribable feeling that washes over you. You are standing with people that you don't know, people you might never see again, but you are there to support a cause that is bigger than you, me, or even the country. A cause that is our futures, especially the youth's futures. I was so proud to be there (even if it was for just a short while). The sense of unity and peace you get from being there is very unique, you feel as if you belong and you are part of the country. The flags are waving from the arms of the protestors, the music singing about change and a revolution, and of course our national anthem. The sight was so emotionally moving, all the people of Lebanon uniting and setting side their differences, all standing together. It was such an emotionally positive experience. The only problem is that we just put out the fires and burning tires does more damage than harm. But if this is the only way the government will listen, then it is for the greater good. The people are fed up and they have a right to be. They should not be silenced, and they should not stop. This is what Lebanon needs right now. We must fight in respect to our past, our present, and most importantly our futures. We must be loud and be proud.

# The Lebanese Revolution P.2

ANGELA SAADE – IB1

10,452 km<sup>2</sup>, also meaning a dot on the world map, ruled by 128 deputies and 30 ministers, in addition to a president; does our small country Lebanon truly need these many politicians to govern it? Have our politicians been sincere and true to us? These are the questions that have been raised by the Lebanese populace and clearly answered in the past few days.

On Tuesday October 15, fires spread along the mountains of Lebanon from Chouf to Akkar, and through el Metn region. These fires were supposed to be extinguished by Lebanon's three Sikorsky firefighter aircrafts that had been gifted to the nation in 2009, however the government had not provided them with the proper maintenance and thus they could not be used. For that reason, the government had to seek help from neighboring nations. One cannot deny, though, the humanitarian aid provided by the citizens and NGO's that was more than necessary in this crisis. Eventually Mother Nature responded by raining over the grounds of Lebanon and the fire was finally doused. Yet, these forest fires led to the destruction of hundreds of homes, cars, belongings and several injured citizens as well as the death of a man that had a heart attack as a result of the stress and effort. This was the first incident that caused people to rage over the 'sleeping' rulers.



triggered anger and worry within the hearts and minds of the citizens, who did not want their country's future to fail in the hands of such leaders. Therefore, the people finally realized that it had been enough. With taxes increasing, unemployment and crime rates growing, the lack of

Ultimately, Thursday, the 17<sup>th</sup> of October, the government also imposed on taxes on WhatsApp calls which is illegal according to WhatsApp's policy and thus the company had the right to sue our government for that decision. The government, through this initiative, aimed on increasing the total local revenue and decreasing the nation's debt. However, this was unfair and

proper public services, the lies and unattained promises of the politicians, levels of inflation rising, the Lebanese pound currency's value dropping, the corruption of the system and the missing integrity and truthfulness of the people in power, sectarianism and nepotism growing; Lebanon, as a populace, has decided to unite putting aside their diverse political and religious affiliations, in order to revolt against the corrupt system, government and politicians. This revolution commenced by protesting on Friday, October 18<sup>th</sup>. On the first day of the occurrence of these protests, Prime Minister Said El Hariri gave a speech, stating that he will further discuss the situation with the rest of the members of the parliament and they will give their resolutions within the next 72 hours. The revolution carried on for eight days and did not stop despite the speech given by the Prime Minister on Monday, October 20 and that given by President Michel Aoun on Thursday, October 24.



What is so special and remarkable about this historical revolution, however? The revolution has reached over 50 cities worldwide. It is also the first time in history that Lebanese citizens revolt altogether against the entire system and not just against a specific political party/leader. It is the first time as well in which separate religious figures come together to protest along the streets of Beirut, downtown. People of all religions, ages, and nationalities even,

united against the corrupt government. Yet, to what extent will these manifestations cause the politicians to truly wake up? Will this revolution be able to cause more ministers and leaders to resign (other than the 4 ministers that have already resigned)? Will the people's voices be responded to this time, after decades of silence and pain? The answers are up to you, as young future leaders to unfold.

Information: Lebanon times & political pen & livelovebeirut

# The Educational System

YASMINA YARED – IB1

## “System of indoctrination of the young” by Yasmina Yared

Educated individuals including Thomas Jefferson, William Shakespeare, and Galileo were never given grades. Today however, our educational system revolves solely around them. Children are told to get the best grades, in order to go to the best university, and get accepted to the best jobs. Most students are in constant fear of aiming for anything less than what society expects of them and will therefore opt for the easier paths and take easier courses in order to get an easy A; a letter that supposedly determines a student's product's quality. Students are put into classrooms in which they're trained to be obedient, not think too much, or raise too many questions. They undergo tests corrected by people that have a list of “correct” answers, and if a student happens to think outside the box, the answer would be considered wrong; and yet, we're told that “school expands your vision and horizons.”



Quoting the trilateral commission's view of the educational system, which identifies it as a “system of indoctrination of the young”. Schools don't offer the right environment for students to embrace failure, which will lead to a drastic downfall in innovation and creativity and restricts progress. While each student's brain is different, they're still treated the same, and are expected to perform similarly, they will therefore believe that they are stupid. This is one of the major educational malpractices, where a teacher stands in front of more than 20 students and teaches them the same things, using the same method, while each student has different needs, and strengths.

The school itself plays a major role in shaping the development of adolescents. The approach a school has towards grades and class ranks has major implications on the students. Unfortunately, not only does the educational system revolve around grades, but the students' lives as well. They're repeatedly asking if "this is going to be on the test?" which proves that most students' objective in school concerns grades. Society's structural dependence on grades has affected the way people treat others with different grades, as they interact with a person who obtained an A differently to how they interact with someone who obtained a C. Furthermore, grades cause a loss of purpose. As students are in their pivotal years of self-development and figuring out their goals and interests, grades create this shift in their goals and deny their full potential.

"The tests are too crude to be used and should be abandoned", said Frederick J. Kelly, the man who invented multiple choice tests. The world has progressed, and so we must upgrade and change the educational system. In countries like Finland, where the school days are shorter, there is no homework, and the teachers have decent salaries, all of which have led to social, cultural, political, and economic improvements on the long-term. Accordingly, the success of this alternative educational system demonstrates the link between the education provided and the development of the country, emphasizing on the importance of change in the system followed today in Lebanon and the majority of other countries.



# Mental Health Awareness

NATALIE ASHKAR – IB1  
“GLASS HALF-FULL”

I debated back and forth about whether or not I should write this. There has always been a universal stigma around mental health, but it needs to be addressed. It can often be tough to answer, “how are you?” because any response other than “fine” is often deemed inappropriate. Young people joke about being “depressed”, lonely, or just fed up. There even seems to be a global consensus that more and more people are feeling down in the dumps... This is also evident in memes, social media posts, and celebrities... In the past 3 years, depression and anxiety in American teenagers have increased by 5%. However, the taboo on mental health is gradually lifting, and it is being handled more seriously. It’s vital that we do not succumb to negativity – we only get one life, and to waste it being anxious or sad is unfair. It’s crucial that we learn to cope in ways that suit us, to make the most out of our lives.

We often get so lost in our daily commotion that we forget to relax and calm down. 8 hours of classes, sports, and social interactions on repeat is stressful, so remember to take a breath every once in a while, and to avoid overworking yourself. By improving both physical and mental health, through exercise, eating properly, getting enough sleep, taking breaks, and having fun, your motivation and productivity will increase. Many breathing exercises and time management tips can be found online: (<https://adaa.org/tips> and <https://www.daniel-wong.com/2017/07/17/time-management-tips-for-students/>) If stress gets too overwhelming, talk to someone you trust about how you feel. Do not be embarrassed to ask for help when needed. With so much negativity going on in the world we all need to be so much nicer to each other. Whether it’s teasing, exclusion, judgement, discrimination, lying, or any other form of bullying, it should not be happening. Being kind should not even be up for debate, it goes without question. We’re much stronger together; the Lebanese Revolution is one of many examples of this.

Live boldly. Don’t waste life by being in a bad mood or on your phone. Don’t let your whole life revolve around achieving standards set by others, and dreams that aren’t your own. Obviously, it’s important to have a steady income to sustain a comfortable lifestyle, but do not

forget to combine your passions and dreams with whatever you do. Are you working to live or living to work? Statistically, the top 3 things people regret on their deathbeds are: not letting themselves be happy, not being true to themselves, and working themselves too hard. (<https://www.businessinsider.com/5-things-people-regret-on-their-deathbed-2013-12>) Be brave: persevere through tough times, fight for what you believe in, be competitive, work your hardest, pursue your dreams, and get off the d\*mn couch.

I've had days where I was zealous and inspired, but I've also had days where I would hide in the library during breaks. Life is not black and white, but we can all afford to be more positive. Although 2019 was overridden with fires, deaths, and discrimination, we have also seen paramount developments in equality, sports, climate action, technology, science... The world is hopefully changing for the better, and hopefully we'll soon see less "depression" memes online. I was reluctant to write this, but I did it with the hopes of helping at least one person breathe, seize the day\*, and see the glass as half-full.



\*Watch *Dead Poets Society*

# Breast Cancer Awareness

ADRIANA GORAIEB – IB1

October is Breast Cancer Awareness Month, an annual campaign to raise awareness about the disease, ranked #3 among the deadliest cancers worldwide. Breast cancer is the most prevalent type of cancer among Lebanese women, making up 35% of all women's cancer cases. It's become crucial to raise awareness on its prevention and treatment, as well as the symptoms and diagnosis of the disease.

## What is breast cancer?

It is a disease in which malignant cells develop in the breast and form a tumor. The cause of breast cancer is not yet known; we know that results from a mutation in a cell's DNA, however little is known on why it occurs in some women and not others.

However, there exist risk factors to cancer. Some, like drinking alcohol, can be avoided, but others, such as a family history of breast cancer, are uncontrollable. Note that a risk factor is not a cause, but a factor which may contribute to the development of breast cancer.



## Symptoms:

It's important for women to be proactive about their breast health by performing monthly breast self-exams and to be aware of the symptoms of breast cancer. They include: nipple tenderness, a lump in or near the breast/ underarm area; a change in skin texture, unexplained change in shape/size, asymmetry, nipple discharge, and many more. The symptoms don't necessarily mean that breast cancer has formed; but if detected, professional healthcare services should be sought after to clear the disease out of the way of suspicion.

## Diagnosis:

A mammogram, which is an x-ray of the breast, is used to check for breast cancer, and there exist two types:

1. Screening mammogram: routinely administered to detect breast cancer when there are no symptoms.

2. Diagnostic mammograms: in the case of suspicious results on screening mammogram or suspicious symptoms. These mammograms provide a more detailed x-ray of the breast and help detect the presence of breast cancer.

Mammograms should be taken every year starting the age of 45.

Ultrasounds, MRI's and biopsies are also used to check for and diagnose breast cancer.

**Treatment:**

- Chemotherapy uses a combination of drugs to either destroy cancer cells or slow down their growth.
- Radiation therapy uses high-energy rays to kill cancer cells and affects cells only in the part of the body treated with the radiation.
- Hormone therapy using hormone blockers or inhibitors to cut off the tumor's supply of hormones and destroy the cancerous cells.

It's important to spread awareness about this disease to your loved ones, especially women above 45 years old, who are at higher risk for this cancer. You can also donate to Lebanese Breast Cancer Foundation, which is a non-profit, awareness, educational and fundraising initiative which aims at supporting breast cancer patients at AUBMC.

(<http://lbcfoundation.org>)

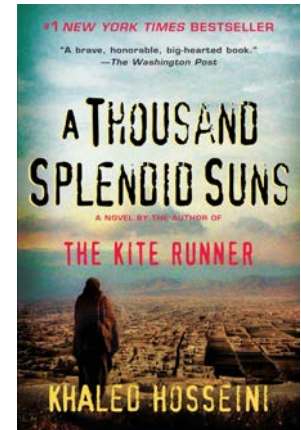


# Book recommendations

YASMINA YARED – IB1

## 1) “A Thousand Splendid Suns” by Khaled Hosseini

The novel follows the lives of two generations of characters struggling to survive and find happiness during the volatile events of Afghanistan (the soviet invasion, the reign of the Taliban... etc). This story is of intense beauty buried under the surface of violence, fear, poor human conditions, and a war-torn country.



## 2) “The Rock of Tanios” by Amin Maalouf

Written by a Lebanese author, the novel delves into the extraordinary life of Tanios, a child of the mountains. As the story takes place in the 1880s, the author insinuates the complexities of Lebanon at that time through the life of his characters. Amin Maalouf also explores the depths of human nature in his novel, from the never-ending war with one’s self to the battle between logic and societal strains.

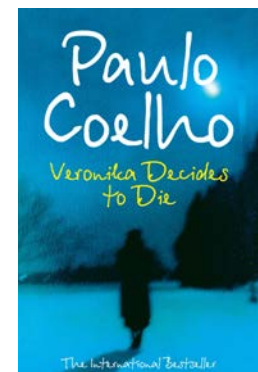
## 3) “De Niro’s Game” by Rawi Hage

Also written by a Lebanese author, this is a psychologically compelling book about the corrosive effects of war. It is set in Beirut, before and during the Israeli invasion of Lebanon in 1982. The events are presented through the eyes of Bassam, as he and his childhood best friend George must choose their futures, between staying in the city or leaving and alienating themselves from the only existence they have known. As each takes a different path, their lives inevitably collide, with explosive consequences.

As described by Boston Globe: “Hollywood noir meets opium dreams in a blasted landscape of war-wasted young lives”

## 4) “Veronika decides to die” by Paulo Coelho

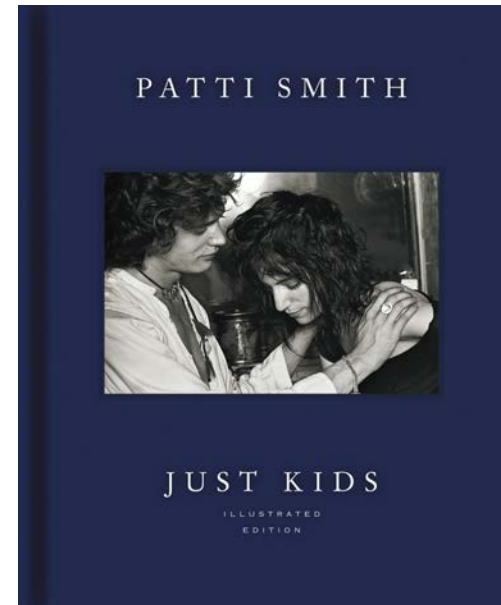
The novel addresses fundamental existential questions, as the main character Veronika seems to have everything she could wish for, she still feels that something is lacking in her life. After an attempt of suicide, she wakes up in a local mental hospital, where she is informed that she has only a few days to live. During her days in the hospital, Veronika goes through a serious journey of self-discovery, and realizes that she hasn’t allowed herself to feel genuine emotions throughout her life. After living life that consisted solely around choosing between life or death, Veronika finds herself open to life more than ever before. Paulo Coelho poetically covers issues of madness, liberation, and conformity through this novel.



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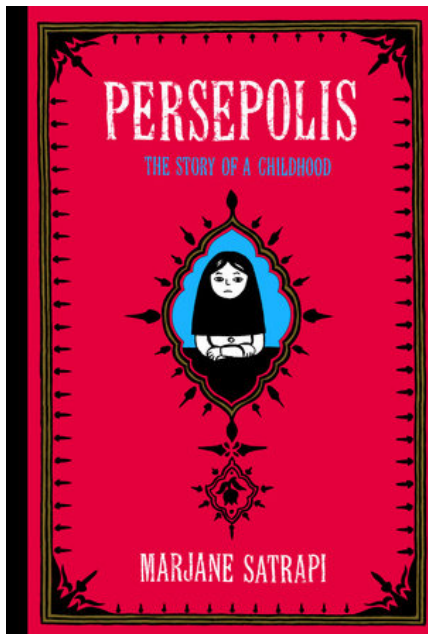
### 5) “Just kids” by Patti Smith

“Just kids” offers poetic memoirs of Patti’s remarkable relationship with photographer Robert Mapplethorpe back in the 60s and 70s, filled with art, innocence, and fate. The book was so honest and real, and the way Patti sees the world affects the reader’s approach to life. I personally saw more beauty and hope in life after reading this book.



### 6) “Persepolis” by Marjane Satrapi

Marjane Satrapi’s memoir of growing up in Iran during the Islamic Revolution. Using black and white comic strip images, the author tells the story of her life through the overthrow of the Shah’s regime, the triumph of the Islamic revolution, and the war with Iraq. This book is a reminder of the human cost of war and political repression, as we get introduced to Marjane Satrapi and the contradictions between her home life and public life.



“A reader lives a thousand lives before he dies . . . The man who never reads lives only one.” – George R.R. Martin

# BR1 Scouts Group

GABRIEL KHABBAZ - IB1

If you aren't familiar with the Brummana One scouts now is the time! BR1 is the scouts group based right here in BHS. They meet every Saturday from 3:30 to 5:30 and learn about different skills while also having fun and serving the community. The group is open to people from ages 7 to 18. So, grab your siblings and friends and attend our next meeting!

On the 12th of October, Brummana One Scouts attended the closing event of the Lebanese Scout Association (LSA), where they took part in a march to close off the scouting year. The event was a total success with our cubs winning 2 awards! In addition, the cubs, scouts, and ventures got to mingle with other scouts from across Lebanon and form new friendships. Congrats again to our adorable unit!



# Running

JOEY ANGELIL - IB1

## Why participate in a marathon?

Although many people believe that running or participating in a marathon can be scary or painful, they can be extremely beneficial. Whether you are a professional/trained athlete or just an ordinary person, these benefits will apply to you. Running strengthens your heart and keeps your blood pressure at a healthy level. Adding to that, you'll get into superior shape and you'll be able to sleep better. According to a recent article by "APA PsycNET", running in times of stress helps you better handle life's challenges by increasing your mental resilience.

Running a marathon isn't necessarily only good for your body and mind, it can also help in social situations and gives you the opportunity to help out the community and charities.

## My Personal Experience

I've been participating in marathons for the past 7 years. Running and marathons have changed me in an unbelievable way. Training for a marathon takes up some of your time. Personally, I find this an advantage because instead of me wasting my free time on something useless, I could just take a nice run outside in the fresh air. My goal one day is to run the full 42km marathon, and by setting a goal like this, I actually became a more confident person.

Every year I participate in the Beirut Marathon, and I run for an organization called "CARE". This organization takes care of kids with special needs and teaches them to become helpful and useful citizens to the society.

Many marathons, including the Beirut Marathon, benefit charities, NGO's and worthwhile causes (from disaster relief to fighting cancer). Running for a cause is a great way to keep you motivated to train and meet other runners to train with, and because of this you can make your trainings and races even more meaningful.



Last year I won 1st place in the half-marathon for my age group. As soon as I crossed the finish line, I gained the amazing feeling of accomplishment. Although I felt a bit tired during the race, it was all worth it at the end. This experience changed me a lot; I felt that I was a different person at the finish line because I then knew that I have the mental and physical capacity to persevere even during times I thought I can't and won't succeed.



# Artwork by BHS Students

LEA JABER AND JAD EL GHOUL – IB1



“This painting represents the current state of the Earth today, a global issue that the entire planet is facing; Climate Change. The painting represents our planet as a ball of fire, sitting on a match and humans trying to blow it out.”

- **Lea Jaber, IB1**



“Painting to me is therapeutic and calming. I’ve never been interested in painting, but I gave it a try, and not only did I manage to paint something pleasurable, but I managed to improve my mental health; stress relief, nurtures emotional growth, and fosters creative growth. This also taught me a great lesson, which is to never judge anything, without giving it a try. If you try to do something and put in your all, you will then see how great your outcome will be.” - **Lea Jaber, IB1**

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“The painting was an inspiration from “Dance” by Matisse. Basically, I decided to use very vivid colors for the bodies, unusual ones too. Blue is a symbol of youth, and I decided to use different variations, taking into consideration that everyone lives their youth in a specific way.” - **Jad El Ghoul, IB1**



# Scientific Breakthroughs of 2019

EDWARD PRESCOTT-DECIE – IB1

2019 has been a big year in terms of scientific breakthroughs. With huge advancements in all fields of science, it is fair to say that this year's discoveries will serve as a baseline for many years to come. To elaborate, over the past months, we have seen substantial advancements in the exploration of space, quantum computing has become an even greater reality, and artificial intelligence has emerged as an effective tool in finding solutions to numerous problems, among them the most pressing medical issues of the decade.

SpaceX's Starship Spacecraft has been in the works since the beginning of this year. Elon Musk, the CEO of this company, plans to use it to carry people to Mars in the not-so-distant future. The ship is almost ready for testing and is designed to carry eight artists around the moon in 2020. If successful, the mission would lead to a huge step forward towards actually getting humans to Mars and back. Starship is the most powerful rocket in history at the moment and if any rocket is capable of proving the possibility of multiplanetary life, it is almost certainly this one. 20 new moons were discovered orbiting Saturn on the seventh of October this year, boosting its total number of moons to 82, surpassing Jupiter's 79 and rendering it the planet with the largest number of moons. In addition, the first



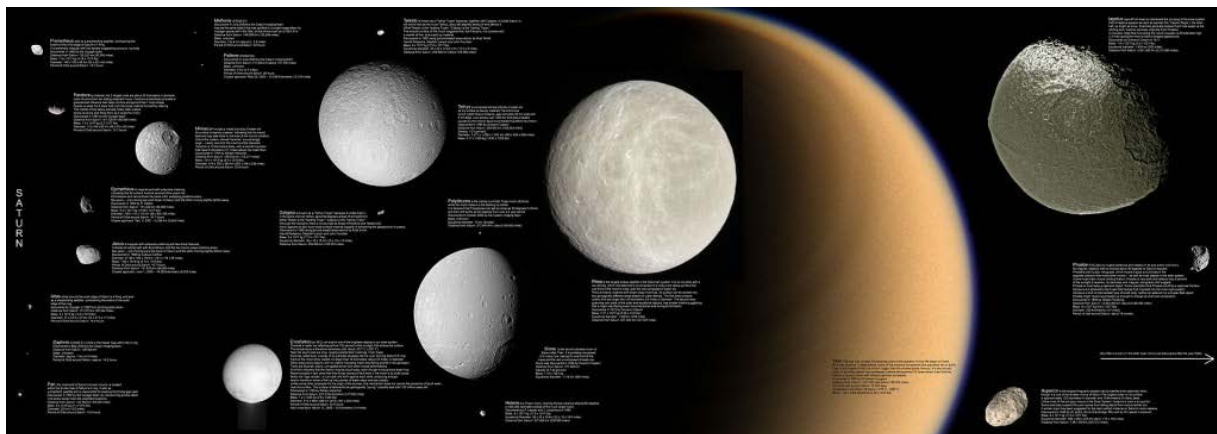
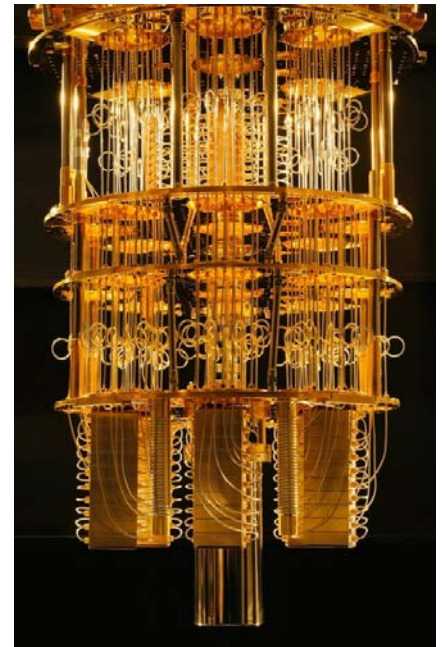
real photo of a black hole was taken on May the seventeenth. These two discoveries are arguably not of the utmost importance but do serve as an example of an increased understanding of the observation of space.

The concept of quantum computing has been theorized since the late 1900s but has only gotten close to a reality as of this year. In recent years, computers have been

such a crucial part in solving problems in all fields of science. However, as the problems increase in size so does the time and space required for the machine to solve it. Some problems are so large that even the world's largest super computers are unable to deal with them. Quantum computing allows the computer to interpret codes in a lot more ways allowing it to work at greater speeds and store greater amounts of information. According to a paper published by NASA, Google gave access to their first supposed supercomputer. The computer was reportedly able to solve a problem in minutes that would require 10,000 years on a supercomputer. If this report is in fact correct, all sorts of issues that we face today such as various diseases or scientific conundrums could be eradicated in a matter of minutes.

Other aspects of computer science that have been improved upon greatly are the concepts of machine learning and artificial intelligence. Artificial intelligence gives machines the capability to think and come up with solutions by testing scenarios and reaching optimal outcomes through trial and error. This has become a very common means of searching for solutions to problems especially in the medical industry. Examples of such discoveries include an app created by Google's deep learning system that is able to detect 26 different skin conditions as accurately as dermatologists. The creation of 6 novel inhibitors of a gene partially responsible for fibrosis and other diseases was created by an artificially intelligent system. The system that created the inhibitors only took 21 days to do so, and the new compounds showed positive effects when testing on mice.

2019 has so far been an immensely influential year for science and scientific discovery. It is almost certain that the projects and creations of this year will give way for many more to come.



# Technology of 2019

TAMER SALEH - IB1

For the past few years, we've seen so many new technological advancements. Companies have created products that were thought to be impossible and have defied standards, especially in 2019, which has been a great year for the technology industry. From “rollable” TV screens to underwater drones, here's a brief overview of some of the coolest technologies of this year.

## **LG Signature OLED TV R9**

CES 2019 took place in January, and a lot of new gadgets and electronics were revealed. LG came out with their long awaited “roll up” TV. The 65-inch flat screen OLED display is not like any other television. It is able to expand upwards and back down through its rollable display. It can be rolled back down at any time and allows you to save more space and remove the unnecessary black display from your living room if you're not using it. The TV also comes with a built in Dolby Atmos speaker and Google voice assistant.



## **Waverly Ambassador Translator**

In March, Waverly Labs released their new and improved version of the Ambassador Translator. This “earphone” that fits over your whole ear is used for translations of over 20 languages and 42 dialects. The Ambassador Translator can listen to people speaking as far as 8 feet away and translates their sentences to the native language of the person wearing it, which allows for people who speak different languages to communicate with each other.



## **Samsung Galaxy Fold**

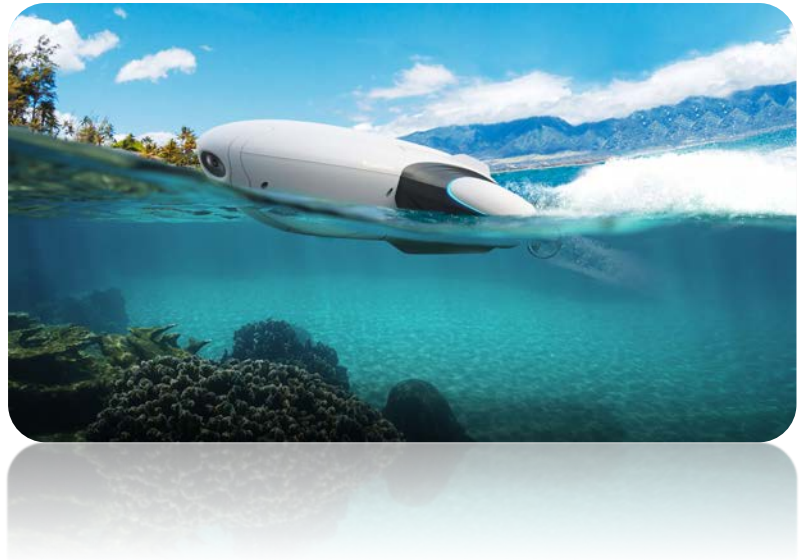
Released a few weeks ago, the Samsung Galaxy Fold introduces the ground-breaking design of a foldable phone. The 4.6-inch display can be folded out to a 7.3-inch display (similar to a mini-tablet). The expanded display lets users multitask more easily and provides a better experience for mobile gaming and editing. The unique phone is one of the only ones on the market right now and is a great example of the extent of Samsung's creativity.



## **Powervision**

### **“Powerdolphin”**

Also, at CES 2019, Powervision revealed their new “Powerdolphin”, which is an underwater drone. The drone is equipped with a 4K camera that can rotate 220 degrees. The drone can capture footage above and below the surface and can be used in many situations. It can be used to film water sports and activities, but it can also be helpful for scientists to make new discoveries of underwater species and behavior which can be hard to observe.



# Sports in BHS

MARC EL KHAZEN - IB1

Congrats to the girls and boys football team! They both will be entering the LES Football Tournament in the coming month. The boys have their first tournament on the 2<sup>nd</sup> of November in LES, and another tournament will be taking place in IC on the 9<sup>th</sup> of November.

The girls' rugby team is going to participate in an upcoming tournament on the 26<sup>th</sup> of November. They will be playing in Sin el Fil stadium against IC, AUB, and Jamhour.

In October the only match that has taken place was the boys' high school basketball pre-season game against IC. The first tournament will take place in LES, starting on the 2<sup>nd</sup> of November. The second tournament is going to be in LAU on the 30<sup>th</sup> of November, and there are going to be many more matches coming up after that, so try to attend the games to support the school's teams!

Representatives of the BHS basketball team:

- Coach Bassel Bou Shaheen
- Jad El Hajj
- Maxime Touzot
- Jules Kehdy
- Mark Bamboukian
- Elio Abou Jaoude
- Andrew Nader
- Tarek Khanafer
- Mounir Fadel
- Joe Fadel
- Carl Sadek
- Ramy Haddad
- Jad Abdenour
- Malek Moussa
- Miguel Bechara



During the pre-season game, the starter players were Mark, Jad El Hajj, Jules, Elio, and Andrew. Jules was a great team player, always searching for a fellow player to pass to, while attempting to earn his team the most points. He scored the first basket (*Steps: 1 block/7 layups/2 mid-ranged shots/1 three-pointer*) with the help of Mark's steal. Mark played a great defense and locked down every player within the first half. Jad, intimidating every player he came across, played defense really well, with a block within the third play (*Steps: 3 blocks/1 three-pointer/and 2 layups*). Andrew scored a great layup, and Max performed his very first attack (*Steps: 1 block/2 layups*)! Jad Abdenour came in late, with a beautiful floater. The team performed fantastically, with 4 steals in the first 2 minutes. Elio scored 4 amazing layups. Tarek entered the second quarter and kicked off with an assist first attack and an outstanding three-pointer last quarter, to lead the team by two points. Carl Sadek entered mid-first quarter with a block. Malek and Karl Eid came in late in the 2<sup>nd</sup> quarter. Malek performed a great layup on his first attack. Karl Eid had a great steal, and Miguel entered the game during the last quarter.

Unfortunately, IC played better, and we didn't win: the score was 56:47 in favor of IC. Thank you, MVP of BHS Jules, for scoring the team a total of 28 points. Our team didn't take it too seriously because, after all, it was a pre-season friendly game. However, when the real games begin, watch out for outstanding performances. We believe in you!

We encourage all students to join the school's sports teams, because not only does it support the school, it also benefits you.



# Featured Author and Book

ADRIANA GORAIEB – IB1

## “Broken Things” by Lauren Oliver

### About the Author:

Lauren Oliver is an author of young adult, science fiction and romance novels. She was born on November 8<sup>th</sup>, 1982 in Queens, New York, and was raised in Westchester, New York. Her parents are both literature professors, and so they encouraged her and her sister to be creative through art, dance, and writing. She started writing by writing sequels to her favorite books; she stated that she “was inadvertently a fan fic writer, before “fan fiction” was even a term.” Later on, she began working on her own novels, including *Broken Things*, *Delirium*, *Pandemonium*, *Vanishing Girls*, and 24 others.

She studied literature and philosophy at the University of Chicago, and then attended NYU’s MFA program for creative writing. She began working at Penguin Books, where she started writing her first book, *Before I Fall*, and pursued full-time writing after she left in 2009.



### About the Book:

*Broken Things* was one of the most captivating books I’ve ever read, and actually kept me up to 2 a.m. to complete! It’s a psychological thriller, unlike what I usually lean towards, and revolves around two girls, Mia and Brynn, who have been accused of murdering their best friend, Summer Marks, 5 years prior to the novel’s plotline. They’ve been outcast by their community, and are forced to relive the moment every year when the news reminds the people of the supposed facts of the case, in which Mia and Brynn were viciously driven by an obsession with an unfinished fantasy book called *The Way into Lovelorn* to murder Summer, with the help of her ex-boyfriend, by stabbing her multiple times and leaving her out in the forest. But were they?

Brynn ends up in multiple rehab centers, and Mia has isolated herself in the mess of a house she calls home. They haven’t seen each other since the incident. But one day, Mia shows up at the center, and begrudgingly together again, they set out to find out who really killed Summer Marks. Even her ex-boyfriend, Owen, joins the girls on their mission to track down the killer.



The facts are that the trio of girls worked on a fan fiction to complete *The Way into Lovelorn*, and the fan fiction allegedly contained a series of events very similar to those of Summer's death.

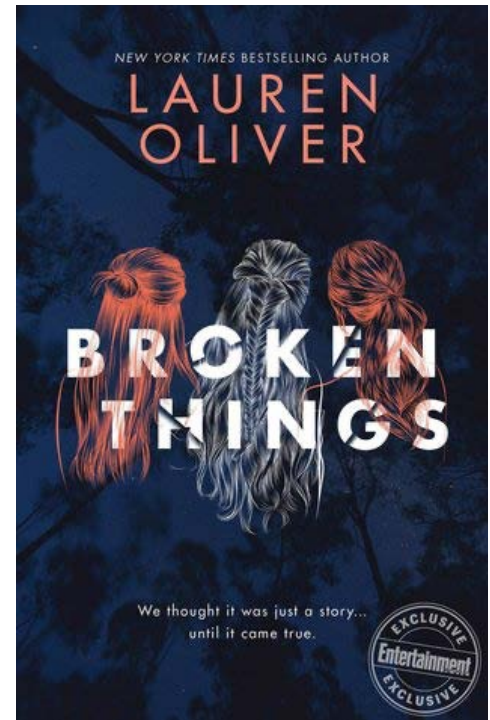
However, the mystery lies in the possibility that somebody else may have helped Summer write the fanfiction, and that that somebody else may have been her true killer. The moment the protagonists come to realize this possibility is where the plot really picks up.

The story is told in alternating points of view, Brynn and Mia's, moving from past to present, and this gives us insight into the insecurities, thoughts and exigencies of the girls over time. Oliver also touches on several issues through different perspectives, including prejudice, trust, self-identity, and guilt.

Although I found the ending a little too abrupt, the person and reason behind the murder are both unsettling and captivating and raise the question of who young people should trust.

My favorite aspect of the novel is how she touches on prejudice and how recognizing and embracing one's own self-identity has a healing power. The girls are shunned by their own community for something they did not do, and the news' portrayal of the situation prevented people from thinking twice about the rationality and reliability of the facts. The girls were prevented from accepting identities other than those of murderers, and Oliver exhibits the transition of their self-confidence and insecurities as they get closer to clearing their names. She shows that societies have major influence on their individual members, and that self-actualization has to come with accepting prejudice and defying norms and stereotypes.

You will not regret reading this book; it is unlike anything else I've read and has kept me hooked till the very end.



# Joker - Review

STEPHANIE CHAKAR - 8IP

REARRANGED BY MALEK HAMZEH - IB1

*Joker*, one of the most controversial and talked-about movies. *The Joker* tackles multiple current global issues from mental illnesses to gun violence, to the negative effect society can have on people. Before we get into the controversy of the movie, cinematography-wise, many people have labeled it as a movie with phenomenal production and directing, with great designs and animations, and some reviews have labelled it as "Oscar-worthy" for best picture. Acting-wise, Joaquin Phoenix really embraced the Joker and his character so well, to the point where he actually lost 52 pounds for his role as Joker. Furthermore, he embodied the personality of the joker outstandingly and nailed all of his traits, from the laugh to the joker's big ego, Joaquin Phoenix did it all. Now, onto the controversy of the movie. The reason many people consider it to be too depressing or dark and violent to watch is because they can't tolerate how accurate and relatable it is in our modern-day world. For example, Joker, or Arthur Fleck, undergoes so much bullying and pressure from society because he is considered weird or mentally ill, causing a trigger in him which leads him to killing 7 people. This



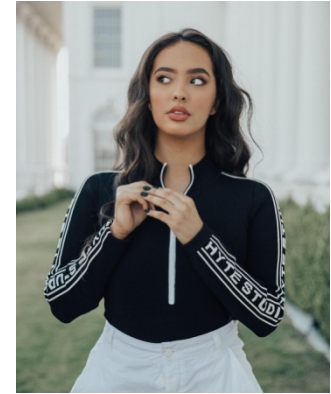
is a very accurate representation on mass shootings today. Mass shootings are a very current issue and many people believe that a lot of school shootings are from the kids who were bullied and considered weird, who came back as a form of revenge and shot the school. Also, after the Joker murdered the three Wayne enterprise employees in the subway, since they were considered higher class and worked for Thomas Wayne, many people went on the streets and started a riot against Thomas Wayne's run for presidency. Therefore, this can portray the current revolution going on in Lebanon against the people of power. Overall, the Joker is a phenomenally directed movie that discusses very sensitive topics going on in our global society.

# Featured New Artists

ADRIANA GORAIEB – IB1

## Faouzia

Born July 5<sup>th</sup>, 2000 in Casablanca, Morocco, Faouzia Ouihya, known simply as Faouzia, is a Canadian-Moroccan singer/ songwriter and multi-instrumentalist known for her oriental-style vocal technique, and her songs about female empowerment and overcoming darkness. Her music has been described as “cinematic pop with alternative and rhythmic elements,” and her wide vocal range and vibrato technique is known to stop listeners in their tracks. My personal favorite songs of hers: “Bad Dreams,” “Born without a Heart,” and “This Mountain”.



## Tash Palmer

Tash is an 18-year-old Sydney-born R&B singer/ songwriter, who started writing music at age 13. She was discovered by multi-platinum record producer Mark J Feist on Instagram, and currently has around 27 original songs released on YouTube and Spotify. Her music can be described as “chill”, relaxing R&B, and her songs often revolve around love, freedom and self-expression. Her voice can be described as soft, and she adopts a slight vibrato and mixed-voice technique. My personal favorites: “Days Ain’t Done,” “Worried”, “I don’t like parties” and “Euphemism”.



## Taylor Felt

Taylor felt started singing lessons, piano and songwriting at 8 years old, and she’s known for her car covers, weekly mashups (#MashupMonday) on YT and Instagram as well as her collaborations with beat boxers and other rising artists. She wrote a song, “Touch the Sky”, which talks about aiming high and setting goals while society tries to put you down. Her vocal style also incorporates a lot of vibrato, and her music is often directed to inspire and spread optimism. My favorite covers by her include: “Halo” by Beyoncé, “7 Rings” by Ariana Grande, and a mashup between “Let you Down” by NF and “I Fall Apart” by Post Malone.



# Top 10 Songs of October

ADRIANA GORAIEB – IB1

*Highest in the room* → Travis Scott

*Truth Hurts* → Lizzo

*Señorita* → Shawn Mendes and Camila Cabello

*Someone you loved* → Lewis Capaldi

*Circles* → Post Malone

*No Guidance* → Chris Brown ft. Drake

*Bad Guy* → Billie Eilish

*Panini* → Lil Nas X

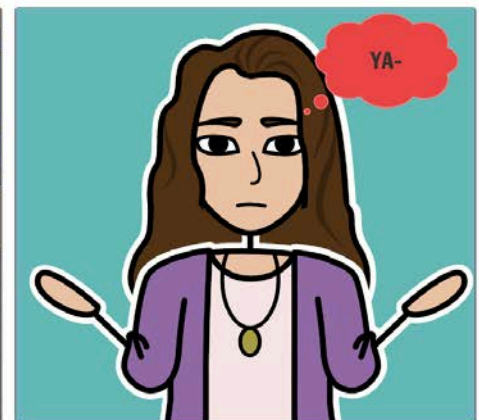
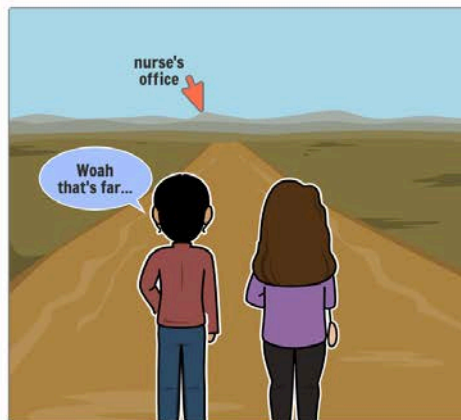
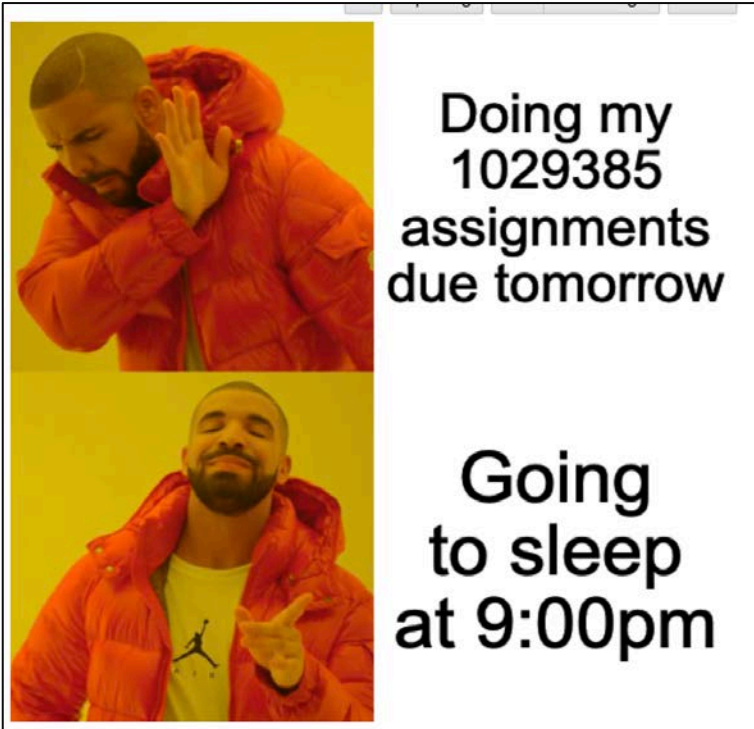
*I don't care* → Ed Sheeran ft. Justin Bieber

*Beautiful People* → Ed Sheeran ft. Khalid



# Comics

ANNA YAGHI - IB2



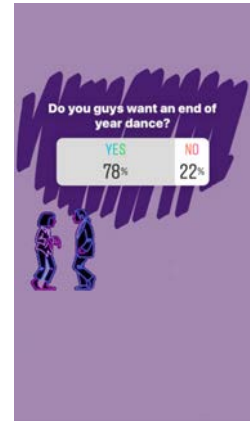


# Instagram Polls

AYA ZEIN - 9 IP

On the BHS Speak Out Instagram story, questions were asked to the students regarding several topics. The first question revolved around an end-of-year dance. 78% of the students that responded were for a school dance and only 11 students voted against.

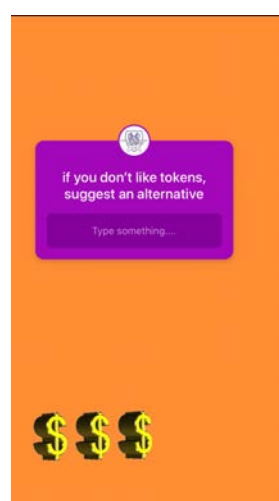
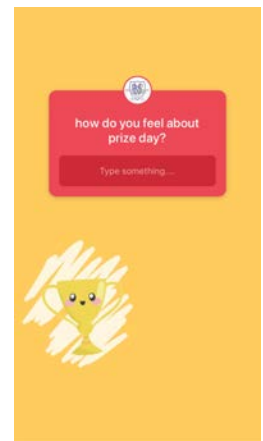
The second question was on the students' thoughts on Prize Day. A main concern and recurring response from several students were that it is too exclusive and that it gives limited opportunities to win awards because only students in first or second place are rewarded. Some commented that they are feeling left out. Some had positive comments such as it's a "great way to aim for higher grades," but the majority still believed that everyone should get recognition for something.



Thirdly, we asked the students what they think about the token system at school as well as suggestions they could give if they do not like it. 52% of the students like it, but the other 48% that do not suggested alternatives, such as using normal money or the use of cards in order to save paper from printing tokens and to save time. (Often times, the queue to get tokens is very long.)

In addition, protests are going on all over Lebanon due to the government's inability to tend to the economic crisis as well as many other issues, therefore we asked the students if they will be participating. 42% of the students that responded said they'd be joining in on the protests against the government.

(All information was taken from polls posted on the BHS Newspaper Instagram account)




# Halloween Crossword

LEA LAHOUD - 9 IP

## Halloween Crossword

Clues

1. Vegetable you can carve.
2. Month of Halloween.
3. A "mean" woman.
4. Opposite of light.
5. A colour of Halloween.
6. The soul of a dead person.
7. The handle of a broom.
8. A large kettle.
9. It is made by a spider.
10. An animal related to Halloween.
11. The skeleton of the head.
12. A box to hold a dead body.
13. A spoken word believed to have magic power.
14. A hole dug to bury a dead body in.
15. Opposite of day.
16. 
17. Opposite of alive.
18. To pull with effort.
19. Trick or .....

Why did the ghost cross the road?



Answer of riddle:

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3

5

6

13

2

10

9

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14

12

19

18

17

4

11

1

8

16





# Advice from BHS Graduates

MAXINE EL ASWAD – IB2

## **Advice to IB students:**

1. Do your EE over the summer
2. Do your IAs in December
3. Establish good habits from the very beginning

- **Stephanie Ashkar (2019 IB Graduate)**

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## **Advice to LP students:**

Focus on all subjects, not just the ones you deem important. For the subjects that require a lot of memorization, at least listen in class so that you get a brief idea of what's going on (it'd obviously be better if you could study at home, too).

Given the breadth of the LP curriculum, try to link the different disciplines (a biological mechanism can be explained by a reaction in chemistry). This not only helps you study, but helps you truly understand how everything works, which is one of the key advantages of the LP programme.

Ask your teacher about different opportunities, don't just stick to the class curriculum. Ask about research, science fairs... so that you can apply what you're learning. This aspect isn't bread to a great extent by the LP programme, so it's up to you to find ways to nurture your curiosity.

Manage your time so that you can find extra-curriculars to commit to, and obviously maintain your social life. The LP programme is demanding, obviously, but that doesn't mean you should give up everything else.

- **Michel Sadek (2019 LP Graduate)**

# November Calendar

TIA KHALIFEH - 9IP

<b>NOVEMBER 2019</b>	
<b>Nov 1 (Friday)</b>	Open House Lower Elementary Section (at 9:30 am)
<b>Nov 4 (Monday)</b>	Upper School Student Council elections
<b>Nov 8 (Friday)</b>	Open House Upper Elementary Section (at 9:30 am)
<b>Nov 9 (Saturday)</b>	SAT Trial Exams Grade 11 and grade 12 (Library Building from 8:30 am - 12:30 pm)
<b>Nov 10 (Sunday)</b>	Prophet's Birthday (school closed)
<b>Nov 13 (Wednesday)</b>	Grade 10 IP parents and students orientation (4:00 pm- 5:00 pm)
<b>Nov 15 (Friday)</b>	End of term 1 for all classes
<b>Nov 18 (Monday)</b>	Term 2 starts for all classes
<b>Nov 21 (Thursday)</b>	In Service for all teachers - no classes
<b>Nov 22 (Friday)</b>	Independence Day: no school
<b>Nov 29 (Friday)</b>	Founders' day

# November Horoscopes

GABRIELLA NAKLEH - IB1

## ARIES



We say as much with our words as we do with our actions, so make sure yours are matching this November. Persistence and enthusiasm will get you far but be sure to be verbal this month about your appreciation and gratitude for the people in your life so as to avoid resentment and hurt feelings.

**Love Days:** 22, 26 // **Money Days:** 15, 1 // **Luck Days:** 13, 31 // **Off Days:** 24, 27, 10

You've got a busy month ahead, Taurus, with lots of movement and energy at your workplace, as well as your home. Stay patient and keep firm with your boundaries. Interestingly, this month will not only be busy for you, but for others close to you as well. Be careful that the choices of others don't influence your own decisions in a negative way. Fear-based decisions almost always lead to regret!

**Love Days:** 24, 27 // **Money Days:** 17, 7 // **Luck Days:** 15, 1 // **Off Days:** 13, 26, 31

## TAURUS



## GEMINI



The crazy, hectic energy of October will wind down for you slightly in November, busy Gemini. Less people will depend on you for care and support, and you'll have more time to turn to creative pursuits. This will also give you the opportunity to have the tough conversations and actions you've been putting off. Rip off the band-aid, and let the healing begin.

**Love Days:** 26, 31 // **Money Days:** 10, 20 // **Luck Days:** 17, 7 // **Off Days:** 15, 27, 1

Repairing relationships can be incredibly difficult, even when we deeply love the person. This November, an old friend or associate may come back into the picture. It's up to you whether or not you want to welcome them back in—but regardless of what you decide, do so with compassion and empathy. And not only towards others, but yourself.

**Love Days:** 27, 1 // **Money Days:** 13, 22 // **Luck Days:** 20, 10 // **Off Days:** 17, 31, 7

## CANCER



**LEO**

This is a great time for your professional development, Leo. Finally, your ideas will get some recognition and projects will pick up momentum and speed. Use this opportunity to your advantage. Now is the time to ask for that raise or extra responsibility. Don't doubt your ability to succeed. Ball out, you know?

**Love Days:** 31, 7 // **Money Days:** 15, 24 // **Luck Days:** 13, 22 // **Off Days:** 20, 1, 10

It's easy to give advice, and so much harder to take it. This November, practice not giving advice unless explicitly asked. Your high standards don't only affect you—but everyone around you. This can definitely be an asset to any team, but it can also create tension in relationships and stop people from opening up to you. It's not about fixing people's problems, it's about loving them as they fix it on their own time.

**Love Days:** 1, 10 // **Money Days:** 17, 26 // **Luck Days:** 15, 24 // **Off Days:** 13, 22, 7

**VIRGO****LIBRA**

Mindfulness will be more important than ever, as stress may reach a breaking point for you right before the holidays. Drink water turn off your phone and say no more. It might make you uncomfortable at first but trust me—it gets easier. Additionally, don't let your indecisiveness get in the way of forward movement. Make the best choice you can with the information you've got readily available and be prepared to change things as necessary.

**Love Days:** 7, 13 // **Money Days:** 20, 27 // **Luck Days:** 17, 26 // **Off Days:** 24, 15

You should be enjoying good health and interesting challenges this month, Scorpio. Luckily, Mercury's influence in your chart should resolve a lot of your interpersonal issues with coworkers, classmates, or people on the outskirts of your life. The challenges in your life are ones that you've welcomed, in one way and another, and are likely to provide future opportunities for growth, \$cash money\$, or new relationships.

**Love Days:** 10, 15 // **Money Days:** 22, 31 // **Luck Days:** 20, 27 // **Off Days:** 13, 17, 26

**SCORPIO**

## SAGIT -TARIUS



This is a time for transitions—in work, relationships, the home. Maybe even mentally or spiritually. This is a transformative time that will require a lot of discipline and self-reflection. Don't take the easy way out, even if it seems tempting to from the outset. Do the hard work now and enjoy the payoff later.

**Love Days:** 13, 17 // **Money Days:** 24, 1 // **Luck Days:** 22, 31 // **Off Days:** 15, 20, 27

Spending time with family can be the definition of bittersweet—the terrible tension that comes with unmet expectations, and the sweetness of shared memories and talking about your dramatic aunt. This November will have you spending more time with (or thinking about) family than usual. Remember to choose your battles wisely and *forgive*. Even if your brother won't let go of the ONE TIME you crashed his car—you can forgive him for pouring salt on your pet snail Christina when you were six. // **Love Days:** 15, 20 // **Money Days:** 26, 7 // **Luck Days:** 24, 1 // **Off Days:** 17, 22, 31

## CAPRI - CORN



## AQUA- RIUS



For being known as one of the less emotional signs, you sure have a lot of potential drama brewing this November. Misunderstandings and rumors may make even you—one of the more level-headed signs—lose their cool and thirst for blood. Be direct, and face conflict head on to avoid making situations worse. Sometimes, the band-aid method really does reign supreme: Be fast and a little bit ruthless, and just get it over with.

**Love Days:** 17, 22 // **Money Days:** 27, 10 // **Luck Days:** 26, 7 // **Off Days:** 20, 24, 1

You've always had a big heart, and this November, you will feel called up to do more. Whether it be in your own friend group, family, or community—follow your intuition. Giving back can take a lot of energy and resources—but it's also a great way to fill up your creative well and inspire change within yourself and others. Lean in.

**Love Days:** 20, 24 // **Money Days:** 31, 13 // **Luck Days:** 27, 10 // **Off Days:** 22, 26

## PISCES



Sources: <https://www.elle.com/horoscopes/daily/>  
<https://stylecaster.com/november-2019-horoscope/>

# Word by the Editor-in-Chief

GABRIELLA NAKLEH – IB1

Hello, I hope that you enjoyed the first Speak Out issue of the year; a lot of effort was put into it so that both the students and teachers could enjoy it. Thank you to all members of the newspaper club for their hard work and amazing effort dedicated to making this issue a success. Thank you for the students outside the newspaper club for submitting their articles and artwork so that everyone can enjoy them. Thank you to Mr. Chadi Nakhle for his cooperation and to our Principal Mr. David Gray for his encouragement and help in releasing the newspaper. Last but not least, thank you to Yasmina Yared and Adriana Goraieb, co-editors of the newspaper, for your amazing effort and dedication to publish this amazing newspaper. Again, hope that you enjoyed this issue and that we can have even more in the next one!

Don't forget to follow our Instagram page @bhs.speakout, and email us anything you want to publish in the next issue at [bhs.student.newspaper@gmail.com](mailto:bhs.student.newspaper@gmail.com).

Thank you,

- Gabriella Nakleh

Editor in Chief