

Speak Out

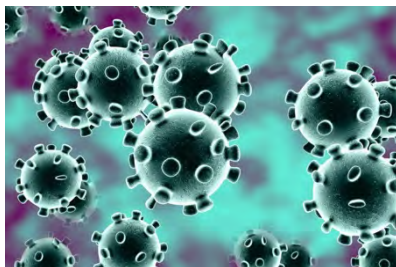
MARCH ISSUE



COVID-19 (CORONA VIRUS)

The coronavirus outbreak has been declared a global pandemic by the World Health Organization. COVID-19 comes from a large family of coronaviruses, which are zoonotic ...

(Full article on page 3)



Spring Equinox

This year, the Vernal (or Spring) Equinox falls on Friday, March 20. Although the start of seasons varies every year, the Equinox officially marks beginning of spring in the Northern Hemisphere and fall in the Southern Hemisphere. During this time ...

(Full article on page 5)



How Beantown Made Me Love My Nationality

Asked if I live in a desert? Check. Asked if people in my country ride camels? Check. Asked if Lebanon was a safe place, and whether or not the citizens are terrorists? Check. As dramatic as it may sound, these are ...

(Full article on page 16)



Table of contents

COVID 19 (Corona Virus)	3
Spring Equinox	5
Must-Watch Movies	6
Workouts	8
Instagram Polls	10
Senior Q&A	11
April Calendar	12
Quarantine Movie Recommendations	13
New Technologies	14
How Beantown Made Me Love	
My Nationality	16
Poem	17
Horoscopes	18

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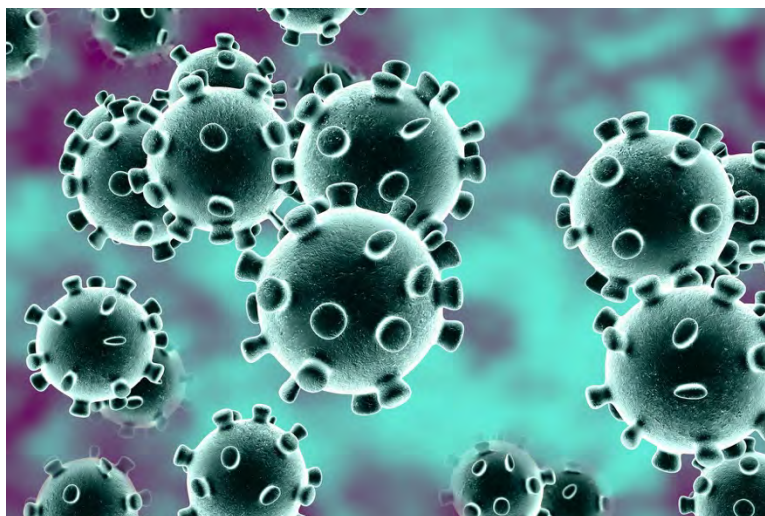
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COVID-19 (CORONA VIRUS)

JOYA KHOURY - IB1

The coronavirus outbreak has been declared a global pandemic by the World Health Organization. COVID-19 comes from a large family of coronaviruses, which are zoonotic (meaning they can be transferred between animals and people).



Symptoms:

- Fever
- Cough
- Breathing difficulties
- Shortness of breath
- Pneumonia
- Severe acute respiratory system
- Kidney failure

How to protect yourself and those around you:

- Regular hand washing
- Covering your hands and mouth while coughing and sneezing
- Disinfecting with alcohol or Dettol
- Only leaving the house when you have to
- Not touching your face

Some Misconceptions

- *Using hand sanitizer:* hand sanitizer is antibacterial, but COVID-19 is a virus so using hand sanitizer won't do much unless you are using one that has a percentage greater than 60%.
Instead of using hand sanitizer, get the alcohol spray bottle and disinfect your hands; this way is more effective and will help protect you more effectively.
- *Wearing gloves:* if you are wearing gloves but are still touching your face then the gloves are futile and can be even more harmful. The virus is more likely to stick to surface of the glove than on your hands.
However, wearing the gloves, not touching your face, and then throwing them out is an effective way to use them.
- *Wearing masks:* the masks which are worn by the general public do not filter out the air as you inhale, and only manage to remove large particles (unlike viruses, which are very, very

small). The masks are generally used as a precaution by those who are feeling unwell to keep them from spreading a potential infection to others.

- *Hot baths:* Taking a hot bath will not increase the internal temperature of your body which ranges from 36-37 degrees. So sitting in a hot bath will not protect you from COVID-19.
- *Checking for fever:* COVID-19 is tricky because you could have the virus in your body but not develop symptoms for 10-14 days after contracting it, so checking your own temperature or having it checked at the entrance of public places like supermarkets or malls will not be a clear or accurate indication of whether or not you contracted the virus. The best thing to do is just avoid public places as much as possible.
- *Touching a surface with COVID-19 on it means that you now have it:* that is not the case. Viruses only last 24 hours on surfaces, and if it is on your hands but you do not touch your face then the virus will not enter your system. The best thing to do is regularly wash your hands and spray them with alcohol to limit the risk of catching the virus. However if the virus has already entered your body, spraying alcohol will not help.
- *Vaccines against pneumonia help:* COVID-19 does not have a vaccine yet, and getting a pneumonia vaccine will not help, nor will taking antibiotics. Antibiotics fight off bacterial infections and COVID-19 is a viral one.

The pandemic is spreading very rapidly indeed, and although it should not be taken lightly death rate is only 3%, and for those aged 40-50 years, that value is less than 1%. The disease is not very deadly, but the problem does not lie there; it lies in the rapid spread of it and the finite amount of medical equipment, nurses and doctors, and hospital rooms. Some people come in contact with the virus and go out and see their loved ones, thinking they are healthy, spreading the virus even further. The best way to try to contain the pandemic is to stay home and to wash our hands thoroughly.

Lebanon has, in fact, dealt with the situation very well. Lebanon and Norway have similar population sizes, with an even bigger density in square kilometer here. Nonetheless, Lebanon has 77 registered cases whereas Norway has 865. Because of the precautions we took, we are far better off than many other countries.

SPRING EQUINOX

ANNA YAGHI - IB2

This year, the Vernal (or Spring) Equinox falls on Friday, March 20. Although the start of seasons varies every year, the Equinox officially marks beginning of spring in the Northern Hemisphere and fall in the Southern Hemisphere. During this time, the length of day and night are nearly the same in length which therefore leads to earlier sunrises, later sunsets, softer winds, and sprouting plants as we come out of Winter. The Spring Equinox also means that the daylight savings period will soon end, and the clocks will move an hour forward, fixing Lebanon on the true time zone to which it is located according to the position of its line of longitude.

An Equinox takes place twice a year, one in spring (the one approaching) and one in fall. For centuries, the Vernal Equinox has been celebrated around the globe. The famous Stonehenge in England was built by the Druids and Pagans who would congregate around these statues to watch the sun rise and welcome spring. The Persian new year, Nowruz, which lasts 13 days, also begins on the Spring Equinox and is a holiday that millions have celebrated for centuries. Nowadays, crowds gather around the ruins of old civilizations at the ancient Maya city in Mexico to watch the afternoon sun as it creates a snake-like shadow that moves along the stairs of the pyramid, Kukulcan. The snake descends down the pyramid as the sun sets until it merges with a large serpent head sculpture at the base. It is speculated that the Maya, being skilled astronomers, may have designed the pyramid to align with the equinox and create this effect. Though it may seem like any other day for us, especially during these difficult times, the comfort of knowing that Spring is approaching is comforting, and that these times will pass just as they always do.



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MUST-WATCH MOVIES

ANNA YAGHI - IB2

1. **INCEPTION** (directed by Christopher Nolan)

AGE RATING: 12

Known for making movies that will leave you thinking, Nolan's Inception is arguably one of the best films of the decade. Although it dates back around ten years, it is nothing short of an incredible cinematic experience. Inception is a Sci-Fi Thriller about Dom Cobb, a thief who has the ability to enter people's dream states and take information from their subconscious. After losing everything he loves because of this skill and by being involved in the world of corporate espionage, he gets a chance to redeem himself. However, this redemption will only come if he succeeds in carrying out the perfect, yet, almost impossible crime. The movie is complete with outstanding cinematography, and a beautiful soundtrack by none other than Hans Zimmer. Immerse yourself in the world of Inception as you dive into the different layers of the subconscious, where the difference between reality and reverie is no longer distinguishable.



2. **A QUIET PLACE** (directed by John Krasinski)

AGE RATING: PG-13

If you haven't seen this high anticipated horror film that was the topic of conversation 2018, watching it would be the right choice as a sequel is coming out in theatres this month. The movie follows a family living in a post-apocalyptic world swarmed with creatures sensitive to sound who will hunt you if they hear you. The story expands on their survival as they navigate the world in fear and silence, being prepared to fight back whenever necessary. A Quiet Place truly demonstrates the lengths that people would go to in order to protect their families and is heartfelt yet chilling in its story telling.

3. **PARASITE** (directed by Bong Joon Ho)

AGE RATING: PG-13

Parasite has been receiving all the buzz since it came out in mid 2019, racking up a handful of awards during its season. It has made history and is already considered a classic as it became the first foreign-language film to ever receive an Oscar for best picture. This Korean film presents an entertaining and well executed commentary on social class in society, as greed and class discrimination begin to threaten the bond that has been created between the wealthy Park family and the penniless Kim clan. With incredible cinematic artistry, this movie defies the genre conventions and leaves you wanting more from the story.



4. **BAD BOYS FOR LIFE** (directed by Bilall Fallah and Adil El Arbi)

AGE RATING: R

Will Smith and Martin Lawrence are able to bring their A-game to Bad Boys for Life just as they do with all of their film projects. The movie follows the quest of two wise-cracking cops who team up with a special tactical squad, AMMO, to take down the wife and son of a Mexican drug lord who take off on a vengeful quest to kill all those who imprisoned him. Bad Boys for Life will be nothing short of an emotional rollercoaster, being funny at times but still having emotional moments. Needless to say, this film will leave you on the edge of your seats.

5. **MULAN LIVE ACTION** (directed by Niki Caro)

AGE RATING: PG-13

Though the new adaptation of Mulan is not out in cinemas yet, and its release has been postponed amid the COVID-19 pandemic worldwide, it's safe to say that everyone is eager to watch one of their favourite childhood Disney movies being adapted into a live action. This adaptation promises to be more culturally accurate and will therefore include a few changes to the plot, characterization, and setting. Additionally, if you're not a big fan of musicals, then this movie will agree well with you as the new Live Action Mulan will no longer be a movie musical like its animated predecessor was- in an attempt to be more respectful to the Chinese culture. So, when this film is released on the big screen, a trip to see this modern adaptation would be a great experience for you and your family/friends

WORKOUTS

MARC EL KHAZEN - IB1

Amid the coronavirus outbreak, it's become critically important to take care of our bodies in order to boost our immunity systems and protect ourselves physically. The pandemic is keeping us indoors, and we might as well benefit from this "free" time and work ourselves out! Quick note: before any workout make sure you stretch properly, because lack of stretching can cause serious damage to your body.

I. Muscle building (*gym*)

Take care to avoid overexertion for the following exercises, because excessive muscle straining can be very dangerous.

- Bench press: (*chest*)

1. Lie on the bench with your eyes parallel to the bar
2. Grab the bar
3. Unrack the bar by straightening your arms
4. Lower the bar to your mid-chest
5. Push the bar back up until your arms are straight



- Lat-pulldowns: (*back*)

Keep your chest straight and bring it to the bar

- 1.
2. Keep your elbows pointed straight down
3. Pull down from your armpits
4. Lower to your chin or just below
5. Grab just outside your shoulders or a little wider
6. Then pull down until the bar reaches your chin or the top of your chest

- Seated dumbbell press: (*shoulders*)

1. Hold a dumbbell in each hand and sit on a bench with back support.
2. Plant your feet firmly on the floor about hip-width apart.
3. Bend your elbows and raise your upper arms to shoulder height so the dumbbells are at ear level.
4. Pull your abdominals in so there is a slight gap between the small of your back and the back of the bench.
5. Place the back of your head against the pad.
6. Push the dumbbells up and in until the ends of the dumbbells touch lightly, directly over your head, and then lower the dumbbells back to ear level.

- Leg extensions: (*legs*)

1. Place your hands on the hand bars.
2. Lift the weight while exhaling until your legs are almost straight. Do not lock your knees. Keep your back against the backrest and do not arch your back.
3. Exhale and lower the weight back to starting position

- Barbell Bicep curls: (*biceps*)

1. Grab a barbell with an underhand grip and let it hang with arms fully extended and
2. palms facing forward.
3. Without moving your upper arms, bend your elbows and curl the barbell as close to your shoulders as you can. Pause, then lower the barbell back to the starting position.

- Triceps rope pushdown: (*triceps*)

1. Start by bracing your abdominals.
2. Tuck your elbows in at your sides and position your feet slightly apart.
3. Inhale. Push down until your elbows are fully extended but not yet in the straight, locked position.
4. Keep your elbows close to your body and bend your knees slightly on the pushdown. Resist bending forward. Try to keep your back as straight as possible as you push down.
5. As you exhale, return to the starting point using a controlled movement. *Try not to crash the weights.*

II. Weight loss/ripping (*at home*)

With these workouts' weights aren't really required just some space with a clean yoga mat, but if you are looking for a challenge you can add weights.

- Push-ups (*for a challenge side to side push-ups*)

You guys probably already know how to do a pushup; all you need to do is place your hand on the floor right over your chest, straight your body in plank position, and then lower your body as low as possible by bending your elbows without touching the floor or bending your alignment and lift yourself back up.

Side to side pushups are very similar but instead you place your arms further apart and then lean on one hand for 2 seconds and then alternate.

- High plans leg lift

To do this you have to go back to the original push up position and lift one of your legs until it reaches the same height as your waist, then lower your leg and do the same thing to the other leg and keep on alternating.

- Mountain climbers

Start off at the push up position, then bend one knee towards your chest, straighten your leg back down and do the same for the other leg. This exercise is done quickly, as if you were jogging or running.

- Pull ups

There are many exercises one can do with a pullup bar. For a normal pullup: grab the bar with your palms facing inwards, then lift yourself with your arms only until your head reaches above the bar.

- Jump squat

Place your hands behind your head, then separate your legs to a comfortable distance and make sure your feet are pointing straight. Proceed with your first squat and as you are coming back up jump as high you can.

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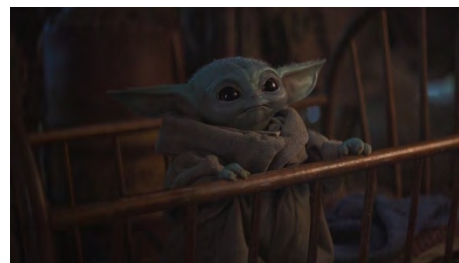
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INSTAGRAM POLLS

AYA ZEIN - 9IP

In the polls segment of the newsletter, we are going to be discussing the opinions of BHS students on certain trends and movies.

The first thing we asked about is sushi. Some love it and some hate it, but it looks like the majority of the students are fans of sushi. Only 4 students out of the 24 who answered the poll do not like it. Next, we asked the students for their opinions on bucket hats. Several students seemed to dislike the trend! Many said they are “cute” but don’t look good on everyone. Others did not like them at all; one student said, “why would anyone wear them!” and most of the students who do not like them agreed that they are overrated. The next topic was the app “TikTok”. Many students said that “TikTok” is very fun but addictive and keeps people on their phones for hours. Those who like “TikTok” even admitted to being on the app “24/7”. Others disagreed entirely and responded saying they hate it! The final trend topic was Baby Yoda. There seemed to be a general consensus about how adorable and iconic he is. A few others said that he is overrated and didn’t need to become a meme.



In the second half of this article, we will talk about movies. First up was “Joker” and received numerous positive comments. For example, one student said, “one of the best movies ever” and another said, “Amazingggg, deserves all the awards it got”. Many also added that it was intense and quite deep. The next movie was the classic “The Notebook”. Many said it was sad, whereas a few others said it was “cliché” and painfully slow-paced. The third movie was the “Frozen” sequel. Many clearly loved it; one student even said, “WOW, so good”. A few said they haven’t watched it, and we highly recommend you



do. Next up was “Avengers Endgame” and many said it was amazing, whereas others disagreed and said that it is overrated. Many pointed out that the ending was sad, and we agree :(The last movie we asked about was “Star Wars: The Rise of Skywalker”. Many said that it wasn’t good and that it was just an addition to make money. Others disagreed and said that it was “the best way to end the legendary saga” and that it made up for the “mediocre movies by Disney”.

Many students gave their responses and we urge more to participate in these surveys and polls. If you don’t follow our Instagram, you should. It is @bhs.speakout. Thank you to all who responded!

SENIOR Q&A

MAXINE AL ASWAD - IB2

Considering the situation that we find ourselves in, with universities and schools being closed and the Government declaring a state of emergency, how has this affected your learning? How are you managing to keep up with deadlines and the syllabus? Is there anything that your educational institution is doing to help make it easier during these hard times?

I have been both positively and negatively affected by the current pandemic. First, since my major is more focused on individual study and not on lab time, I found it much easier to keep up with material when I was setting my own pace. Since I am spending more time on my own studying and less time on hour-long drives to my university and back, I am finding the lockdown to be quite beneficial in terms of productivity. However, I am finding trouble keeping track of what each of my professors wants us to do. Some are setting weekly tasks through email while others are keeping us in the dark, only occasionally posting readings to Moodle. Our university, it seems, is doing everything it can in the face of this health crisis, but ultimately, every professor is experimenting with their own styles of online learning. This transition, especially as many of them are not as technologically proficient as would be ideal, has been rough on time-management.

- *Celia Prescott-Decie (2019 IB Graduate)*

I think universities took a considerably short period to adjust to the situation. Our lectures were posted the day classes were dismissed, and a few days post-quarantine online classes began; hence it wouldn't be just to say that this has hindered my education in any way. It may be easier for me to keep up considering I have the facilities such as a laptop, WIFI, and online platform to connect with the professors, however, I can only imagine how far the public sector would be.

- *Pia Ibrahim (2019 LP Graduate)*

This issue is really difficult for me and all my friends because it is affecting our education a lot even if we are using technology such as "skype for business" or "zoom". The connection is really bad, and I am not able to understand anything due to the bad connection. In addition, the professors are not going to repeat it. I am self-learning a lot to understand some subjects, it's not easy, but I am managing due to many reliable sources in the Internet. Being a university student makes you more independent.

- *Celine Sroujian (2019 IP Graduate)*

APRIL CALENDAR

TIA KHALIFEH – 9IP

April 2020	
Apr 2	Last day of classes for G 10-11 IP
Apr 3	End of Term 2 and last day of classes for IB 2
Apr 3-8	Final Exams G 10-11 IP
Apr 6-8	IB2 Mock Exams for subjects in Groups 1, 2 & 3
Apr 7	Deadline for payment of deposits for boarding reservation End of Term 3 for G 9 LP, G 12 LP/ IP
Apr 8	Upper School Easter Concert
Apr 9-20	Easter Vacation: no classes
Apr 10	Good Friday (Western): school closed
Apr 13	Easter Monday (Western): school closed
Apr 17	Good Friday (Eastern): school closed
Apr 20	Easter Monday (Eastern): school closed Return of Boarders at 4:00pm
Apr 21	Classes Resume
Apr 21-22	IB 2 Mock Exams for subjects in Groups 4 & 5
Apr 22	University Orientation for Secondary Section students at 4:00 pm - Khoury Hall SAT University Orientation for G9-G11 at 5:00 pm – Khoury Hall
Apr 24	Last day of classes for G 9LP, 12LP and 12IP

QUARANTINE MOVIE RECOMMENDATIONS

STEPHANIE CHAKAR – 8IP

“Breakfast at Tiffany’s” is a dazzling romantic comedy from the 1960s. The movie follows the journey which Holly Golightly, brought to life by Audrey Hepburn, and her neighbor Paul Varjak, portrayed by George Peppard, take in New York City as the wild playgirl is set on marrying a Brazilian billionaire.

“Little Women” (2019) is set in 1868 and shares the story of 4 American sisters on a journey to fulfil their dreams and to set out to the real world to reach their goals in defiance of society’s standards in terms of having to marry a rich man and be beautiful.



If you're in the mood for a family comedy, “Charlie and the Chocolate Factory” is the right movie. The mysterious Willy Wonka Factory, which once shut down, reopened and hid 5 golden tickets in random chocolate bars distributed across the world, promising the winners a free tour of the factory, guided by Willy Wonka himself. Just when Charlie, a young boy raised in a poor family in England, thought he had no hope in finding a ticket, the 5th ticket came into his possession and his adventure begins...



If you’re in the mood for a movie that will make you ball your eyes out, “Five Feet Apart” is my personal recommendation for you. It follows the impossible romance between a rebellious boy who does not care for his CF treatment, and a sweet girl who vlogs her life, in an attempt to share her story which follows her determination to find a cure. It is a love story between these two teenagers with cystic fibrosis who must stay 6 feet apart at all times, yet try to do anything to live an ordinary life together. (Trigger Warning: CF illness)

NEW TECHNOLOGIES

TAMER SALEH - IB1

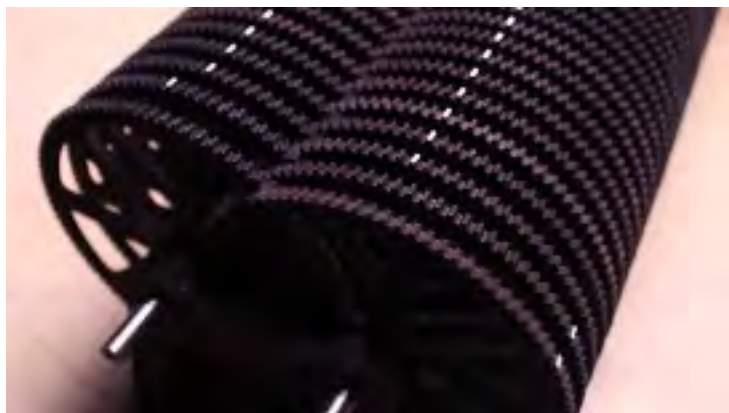
New Quantum Computer Technology

A new company has entered the quantum computing race, and is making a statement. Honeywell has joined Google and IBM in the quantum computer industry, stating that it will be released by mid-2020. The Microsoft-backed company has confidence that, through the introduction of new technology, their computer will be twice as powerful as the current quantum computing machinery being tested. While IBM and Google have initiated the designs using superconducting processors, Honeywell is using ion traps, which allow atoms' spin to be controlled through magnetic and electric fields as well as photoionization by lasers. Instead of using bits, the computer uses qubits. In other words, instead of binary code being limited to either 0's or 1's, qubits can be both 0's and 1's simultaneously. This ion trap method has allowed Honeywell to make a powerful statement about their available quantum technology. Whether they will be commercialized or not, quantum computers give us endless opportunities in the computer science field, and maybe one day such technology will be normalized and made available worldwide.



Googol Gear Reduction

A few weeks ago, YouTuber Daniel de Bruin decided to celebrate spending 1 billion seconds on Earth (around 31 years, 8 months, and 12 days) by creating an interesting invention. Daniel



made a gear reduction system, which is a mechanism in where the rotation of 1 gear at a certain speed leads to the rotation of different gears at slower speeds to reduce output speed. However, this gear reduction system is special, as it visualizes a googol for people to understand just how big this number is. A googol is the name given to 10^{100} , which is a 1 with 100 zeros behind it. The specialty of this gear reduction system is that the first gear will have to rotate a

googol amount of times for the last gear to complete a full rotation. With 100 separate gears in this system, this will obviously take a very long time, and it is estimated that the first gear

would have to turn more times than there are atoms in the universe (That's how large a googol is). Although the prototype isn't that durable, and it might not last until a googol is reached, it's a nice visualization of one of the most famous numbers out there.

An Unusual Star

A few days ago, an unusual natural phenomenon was discovered by some amateur astronomers. Using data from NASA's Transmitting Exoplanet Survey Satellite, they observed that one of the stars in the night sky was not like the others. Usually, stars are observed to pulsate regularly due to the contracting and expanding nature of the surface layer of the star. The pulsations occur all over the star, and gives the twinkling feature that we see from Earth, but this specific star, called HD7442, was recorded to be pulsating only on one side. Scientists figured out that there was a red dwarf star accompanying HD7442, and the two stars orbited around each other in 2-day periods. The gravitational pull of the red dwarf star is the reason the bigger star is shaped like a tear drop, with one side bulging out. Such an interesting astronomical discovery as this one paves way for even more pivotal discoveries in the future, with the possible help of other space technologies such as the Voyager 1.



Speaking of stars, here are some important astronomical events happening within the next few weeks:

April 8:

-Supermoon: The moon will be extra bright and appear closer than usual on this day due to it being directly in front of the sun. The best time to watch the moon will be at 2:35 am UTC (4:35 am Beirut time), but the full moon will be shining throughout the night.



April 22,23:

-Lyrids Meteor Shower: Around 20 meteors per hour, this shower will peak at the evening of the 22nd and continue into the morning of the 23rd. They can appear anywhere in the sky, and it is best to watch them from a dark location.

HOW BEANTOWN MADE ME LOVE MY NATIONALITY

Jad Tannous El Ghoul - IB1

Asked if I live in a desert? Check. Asked if people in my country ride camels? Check. Asked if Lebanon was a safe place, and whether or not the citizens are terrorists? Check. As dramatic as it may sound, these are all misconceptions and stereotypes that remain unbroken, driven by factors such as biased media, international competition, and so on. 'Well I did have Lebanese food once' was the best I've heard, and before that, it was repeated questions about where Lebanon is located. My identity is something that I value a lot; it is a building block in the social formation of an individual, for before all my characteristics, I am Lebanese.



Boston is a beautiful city, full of amazing architecture, a whopping quantity of history, and the people there are phenomenal. During my trip I did a lot of sightseeing, even reaching Connecticut and New York, but most importantly, participated in a Model UN competition hosted by Harvard University. Model UN is a very rigorous program that requires a lot of wit, social capabilities, having a holistic view on things happening around the world, in addition to the most important requirement, constant perseverance and determination, to win of course. Luckily, for the Lebanese population, all these requirements are already a given. As one of my faculty advisors told me as we were riding the T from Back Bay to Downtown Crossing, 'You should be thankful for your nationality. The Lebanese are like cats... or even Vans: no matter how you throw them, they're landing upright', and to be honest, I 100% agree. The Lebanese population has been through so much that taught them how to meet each and every requirement mentioned above. The Civil War taught the population to rely on their instincts and their wit, since they were put under hot lights for over 25 years of constant battles; all respect. The tragic events, such as the war have not only developed our wit, but also our social aspect. As people who have been through so much in the past, we have developed this sense of unity of living. We're known for our over-the-top hospitality in Lebanon, and our social-butterfly-capabilities, in which we can easily discuss anything with as little or as much knowledge as possible. In addition to such, the situation in our country, the recurring strive for perfection as a nation, has allowed the population to have a sense of independence individually, to find things out on our own, and I've experienced that firsthand. A common trend I noticed in the delegates (Model UN language, meaning participants) in my committee room, to avoid

generalizations, were all familiar with the topic, but not familiar with other things going around in the world. They were not at all familiar with simple relevant headlines at the time, like the COVID-19 outbreak, or the effects of the Australia Wildfires on the climate. But again, this remains specific to my committee, just to avoid the misconception of generalization. Finally, perseverance and determination. The Lebanese population is the type that is known to stick their grounds and not give up, no matter the circumstances. If we were to give up, would we have had 2 nominations in the Academy Awards? If we were to give up, would the October revolution lead to the stepping down of a whole cabinet? If we were to give up, would we gain international recognition in our multiple fields of medicine, engineering, and so on? Absolutely not.

God knows how many of our ancestors migrated in the war to seek better living, and I can relate, having family in Brazil and Argentina that have let go of their origins and adopted new roots. But a nationality is so much more than something that can easily be traded for something else. It's a valuable ticket that must not be forgotten, because it holds responsibility in who we are and what we become later on. As Gibran Khalil Gibran - a former inhabitant of Beantown, native to the village of Bsharre, and one that did not deny his roots - once said,

لو لم يكن لبنان وطني لاخترت لبنان وطناً لي'

POEM

MAXINE EL ASWAD - IB2

Waking up as not myself
 Can sometimes be the thing I need
 Flying, soaring way up high
 Away from others, being free
 Full of hate and judgement down there
 But up here there's only peace
 Free to do anything I please
 If I were you I could be me

HOROSCOPES

ARIES



Why so emotional, Aries? It may have something to do with today's sensitive star map, as the benevolent Sun aligns with healer-feeler Chiron in your sign. If a loved one comes to you in need, offer your support without chiming in to give unsolicited advice. You're better off providing a shoulder to cry on...rather than an amateur therapy session. Chances are, this person just needs to vent to a sympathetic sounding board. Listen with an open heart as they share their struggles.

Face the music, Bull! If there's an issue you've been avoiding, things may finally bubble up to the surface today. Instead of waiting for the inevitable to happen, why not take matters into your own hands? Confront this problem head-on, as the brave Sun forms a powerful alignment with soothsayer Chiron in your twelfth house of healing conclusions. Reach out to the other party in this conflict and conduct a diplomatic dialogue. It's possible that this whole mess was simply a big misunderstanding. Clear things up, then focus on moving forward!

TAURUS



Don't repress your honest emotions, Gemini! You enjoy projecting a confident image, but sometimes it's important to drop the facade and let people know how you're REALLY feeling. Today's starmap helps you open up to others, as the benevolent Sun aligns with healer-feeler Chiron in your relationship corner. Reach out to a trusted loved one and have a deep-diving conversation where you vent about whatever is on your mind. You'll feel incredible relief when this is finally off your chest!

GEMINI



Overwhelmed by work? It's likely that you have one too many items on your to-do list, but resist the urge to panic. Take a deep breath and prioritize: What urgent action items **MUST** get done today and what can wait until tomorrow? You may have to ask an authority figure for an extension on a deadline, but they're likely to be understanding when they see how hard you're working, especially given current conditions. People will be empathetic toward you under today's benevolent Sun-Chiron mashup, so err on the side of honesty.

CANCER



LEO



Build those bridges, Leo! Connect with people you normally wouldn't gravitate to, as your ruler, the bold Sun, aligns with healer-feeler Chiron in your horizon-expanding ninth house. Seek out a diversity of perspectives and it's possible that you could emerge with a whole new POV. Open dialogues could lead to profound breakthroughs, so create a space where everyone feels comfortable speaking their truth. It's all about authentic communication—and that's needed now more than ever.

Passions are running high today, as the fiery Sun forms a nice alignment with Chiron in your eighth house of merged energies. Although dating's just gotten a whole new set of rules, you can still connect over chat or a deep conversation online. Make like the Netflix show "Love Is Blind" and get to know the person before you meet them face-to-face.

VIRGO



LIBRA



Stuck in an ongoing conflict with a loved one? You may **FINALLY** be able to bury the hatchet today, thanks to a peaceful alignment of the warm Sun and healing Chiron in your seventh house of relationships. Wave the white flag and reach out to the other party in this battle for a diplomatic dialogue. Resist the urge to play the blame game and work to find common ground instead. With a few compromises, you'll be back on track in no time. Single? Just because we're social distancing doesn't mean you can't connect virtually for now. If you've been holding a grudge with someone, this could be a good moment to find some closure.

Ready, set, systemize! Get your life in order today, as the bold Sun forms a powerful alignment with healing Chiron in your sixth house of structure and altruistic acts. Once you've gotten your own priorities sorted, shift your focus to those around you. How could you utilize your skills to benefit the greater good? Could a colleague or friend use a hand? Or perhaps you could give an online donation to your favorite charity. Make a difference today, however you can.

SCORPIO



Place your own needs front and center today, as the Sun and "wounded healer" comet Chiron form a powerful alignment in your foundational fourth house. Make plenty of time for self-care, whether you go for a meditative walk in the park (at safe distance) or do an at-home spa treatment later this evening. Need some extra emotional support? Call on a loved one who can help you talk through this difficult matter. And whatever you do, steer clear of those emotional vampires. You don't have time to deal with someone else's drama!

SAGITTARIUS



Place your own needs front and center today, as the Sun and “wounded healer” comet Chiron form a powerful alignment in your foundational fourth house. Make plenty of time for self-care, whether you go for a meditative walk in the park (at safe distance) or do an at-home spa treatment later this evening. Need some extra emotional support? Call on a loved one who can help you talk through this difficult matter. And whatever you do, steer clear of those emotional vampires. You don’t have time to deal with someone else’s drama!

CAPRICORN



AQUARIUS



Just say “no” to drama queens, Aquarius! You may suddenly realize that a certain someone in your orbit is draining your emotional reserves, as an illuminating alignment forms between the blazing Sun and “wounded healer” Chiron in your third house of communication. Resist the urge to get sucked into this needy person’s latest soap opera and install healthy boundaries instead. Turn off text notifications, for example, if they constantly bombard you. You may have to have a somewhat uncomfortable conversation, but it will be well worth it in the end. Place YOUR needs front and center, Aquarius!

Having a money-related conflict with a close person? Work toward mutual understanding today, as the benevolent Sun forms a powerful alignment with healing Chiron in your second house of income and self-esteem. Reach out to the other party and have an honest conversation, whether you need to resolve things with a BFF who owes you cash or a relative that bailed you out once. Keep the conversation diplomatic. Even if you don’t fully solve the issue today, at least you’ve started an open dialogue.

PISCES

