

THE INSIDER.

For centuries, journalists, writers, poets, historians, and activists have turned to language when faced with the threat of being forgotten. Long after voices fade and moments disappear, words remain. They preserve grief, love, identity, memory, and so much more. This newspaper became our way of resisting disappearance. These pages allowed us to suspend our voices in time, and guarantee our imprint on these halls. Hidden in the fold of each page, there exists a whole year of laughter and tears echoing through hallways. There exists disappointment, celebration, and everything in between. Perhaps small moments, definitely fragile ones, but beautiful nonetheless. None of these voices, or these moments, could have been preserved without this newspaper, and it was not built alone. The Insider's team devoted endless amounts of their time, beyond dedicated to making this come to life. This newspaper has been, and will always be, a collective heartbeat, one that continues beating because of you, our readers. Although words are powerful, they cannot survive without the people willing to listen to them. Every time someone took a moment to flip through our pages, share our articles, offer us feedback, or simply suggest helpful advice; they gave our newspaper a new reason to keep going.

Words are perhaps the most permanent form of resistance. JEYA GEAGEA—EDITOR IN CHIEF



Thank you for reading, and thank you for believing in us. We will carry that gratitude with us long after these pages are turned. Above all else, there is one person without whom this record would never have existed in the first place: Mrs. Tatiana Zreik. Before there was anything tangible, there was her belief that student voices matter. Her encouragement and her trust transformed an idea into something real. Not only did she give us confidence in ourselves and our words, she also gave us the freedom to create fearlessly. There are some people who leave fingerprints on everything they touch, this newspaper carries hers on every single page. On behalf of the entirety of The Insider team, thank you for becoming part of the record we built together.

Thank you to our creative director, Chafic Chebat, without whom this newspaper wouldn't have been brought to life. Thank you to every journalist, social media manager, graphic designer, and web designer for their help in building this. Thank you to our principal, Mr. Alex Husni, and our Superintendent, Dr. Nabil Husni, for creating a space where we are heard. What began as a fragile idea has turned into something far larger, and we assure you that it will continue to grow. We leave this year with even greater ambition for what comes next. We are beyond excited for what next year will bring, and for everything this newspaper has yet to become.

As usual: **By the Students, For the Students.** See you next year!



From the hills of Mount Lebanon to metropolises across the globe, the Lebanese diaspora has arguably become one of the most influential and prominent migrant groups the world has ever seen. Despite the home country's tiny size, millions of Lebanese descendants have built strong communities in foreign nations. Our nation's diaspora has not only been successful in maintaining Lebanese traditions, but it has more importantly managed to introduce our unique culture to people all over the world. The journey of the Lebanese diaspora began in the late 19th to early 20th century. Around this time, the state of Mount Lebanon was under the rule of the Ottoman Empire. The Ottoman Empire around this time was known as "the sick man of Europe" because it began to stagnate and was falling behind technologically compared to the rest of the world. Many choose to leave Mount Lebanon in search of opportunities they could not find back home. More waves of Lebanese migration then followed after conflicts like the civil war devastated the nation.

Today, large Lebanese communities can be found in places like Canada, the USA, Europe, and Brazil. Perhaps the most admirable achievement that our countrymen have succeeded in doing is maintaining their identity. The diaspora is famous for being very adaptable and for also introducing Lebanese music, food, and traditions to their new homes.

Lebanese cuisine is craved by everyone, and singers such as Fairuz have gained international recognition. In fact, many of these communities have even built Lebanese schools and institutions on a large scale, proving that individuals have found success despite being far away from home. Ironically, the Lebanese diaspora is famous for helping local economies.

Lebanese businesses are well-known and successful, and many students have also become doctors, lawyers, and more trades. In West Africa, for example, Lebanese companies are important players in the trade of gems and jewelry. On another hand, the money that Lebanese immigrants earn often gets sent back to relatives in the home country, which helps keep

families afloat in a time of economic crisis.

Many Lebanese immigrants are widely celebrated all over the world due to their stunning achievements in their respective fields. Khalil Gibran, a Lebanese writer, is celebrated as one of the brightest thinkers of his time. His book "The Prophet" is translated in multiple languages and has shaped the way of thinking for many cultures.

The Lebanese-Colombian singer Shakira is an icon in the world of music, and she often speaks proudly of her Lebanese heritage on her father's side. The success of these individuals shows how far Lebanese culture has reached.

Today, the Lebanese diaspora stands as symbol of what Lebanese people truly are: resilient, adaptable, and proud. Across all continents, generations of Lebanese descendants have helped spread Lebanon's culture to new heights while also contributing greatly to local communities. Their story shows that no matter how small we may be, we are all capable of having an everlasting effect on the world around us.

نظنّ أنّ الشاشات هي خير وسيلة للهروب من مأساة الحاضر فنبحث عن الملاجئ في داخلها، بينما قد يكون مهربنا الحقيقي هو ما يقع وراء الشاشة الصّماء أي الكواليس التي تقع في العالم حولنا، وتفاصيل الحياة التي لم نعد نلاحظها البتة. نحن نعيش في عالم تضيق به مساحة الأوقات حيث احتلت التكنولوجيا مكانة مرموقة في قاموس البشر و أصبحت شغلهم الشاغل وملجأ للتمويه عن الضغوط التي تتراكم شيئاً فشيئاً.

غدونا نستخدم الشاشات كنافذة تمنحنا الفرصة للهروب مما يخلق لنا الاضطراب والانزعاج والتعب. بيد أن وسط المحيط الرقمي الذي نغرق فيه ببطء ننسى أن هناك وسائل أخرى للنجاة بدلاً من التطبيقات والمنصات والشاشات التي تبعث منها الأضواء التي تخدع الإنسان بأنّها خلاصه الوحيد، طرق لا تحتاج إلى بطارية أو اتصالاً بالإنترنت. يكفي أن نتنعم بخيرات الحياة البسيطة، واستكشاف ما تخبئه من أسرار ومفاجآت مما يغيّر مفهوم الإنسان عن الحياة وعن الوجود. يكفي أن نخرج قليلاً من دوائر الشاشات المغلقة، لنكتشف في العالم من حولنا ما يهدئ هذا الضجيج والغضب الداخلي. إن التأمل وتقدير التفاصيل الصغيرة في الطبيعة التي لها تأثير كبير على مجرى حياة الإنسان تبعث فينا نوع آخر من الراحة، راحة لا تُستهلك بسرعة، بل تُشعرنا أنّنا لا نزال جزءاً من حياة حقيقية تمضي خارج شاشة محدودة.

وفي النهاية، لا تكمن المشكلة في الشاشات بحدّ ذاتها، بل في الطريقة التي جعلناها البديل الوحيد عن العالم. ربما نحن لا نحتاج سو للحظة صدق مع أنفسنا بعيداً عن أشعة الشاشة. لحظة لنفهم أن الحياة لا تزال تجري من حولنا، بصمت وبساطة، وبكل ما فيها من جمالٍ نجهله. فما وراء الشاشات ليس مجرد عالم آخر، بل فرصة لنعود إلى أنفسنا قبل أن نضيّع داخلها.



The Hallways We Once Owned

SERENA SALIBA

There is a particular kind of heartbreak that no one ever prepares you for. It is not just the

loss of someone to death, or distance, nor is it the ending of a relationship. It is something much quieter than that. A heartbreak that happens out of nowhere. One that happens in the hallways that once felt like home.

One day you will look around and realize that the people who once knew every little detail about you have become nothing more than strangers. At fourteen, you'll promise each other forever as if forever is a simple thing. ou'll laugh together, whisper secrets to each other, and believe that you will remain there for the rest of your life.

In moments like these friendships feel indestructible; however, as you grow older, you change unnoticeably.

You outgrow fears, develop new ambitions, and begin to understand yourself more clearly. Some become quieter, some become louder, and some dream of things that no longer fit the versions of themselves their friends first met. And although growth is known to be one of the most beautiful things in life, it is rarely ever symmetrical, and while you are all moving forward, you are not always moving in the same direction. In that moment, friendships began to shift. There isn't always a betrayal or a final conversation. Sometimes it is only gradual silence. Messages get shorter, inside jokes lose

their meaning, and the seats that were once reserved for you are now occupied by someone else.

And what makes this loss so difficult is how the person who once noticed your sadness now walks past you with nothing more than a polite smile. The way you still pass them in the hallways you once owned.

And what you miss most isn't them, but rather the people they used to be. Even if their role in the story you live in was only ever meant to be temporary... the ending of a friendship does not erase the meaning it once held.

Losing them hurts because what you once shared was real, and you will forever remember how it felt. Although the hallways you walk through no longer belong to the people you once were, the memories you made will forever remain.



A track runner's first race is never against another athlete but against the speed of their own thoughts. Before the race begins, the mind has already imagined victory, failure, and every possibility in between. Competition is reduced to simple terms: winning and losing, but between those outcomes lie performance, self-expression, expectations, and identity. The competition is always different, whether it be sports, academics, or appearance, but the act of competing is always the same. No matter the opponent, the real battle is internal. It is the surge of adrenaline in your blood, the what-ifs racing in your mind, the way you compare yourself to others, the pressure you feel pulsing in your brain. Competition does more than resemble art; it is art. All preparation eventually comes down to the performance: athletes perform physically, speakers perform verbally, musicians perform emotionally, delegates perform intellectually. Winning is only one outcome, the act itself has beauty, discipline, and creativity. Like all art, it can invigorate you, or it can consume you. In chasing excellence, people often forget where achievement ends and self-worth begins. Competition's appeal lies not in victory but in the willingness to perform despite uncertainty.



TEACHER OF THE MONTH

Amale Salloum

For the month of May, chemistry teacher, Mrs Rana, was chosen as teacher of the month. Mrs Rana is widely loved by all of her students for her kindness, understanding, and helpfulness. Many see her not only as a teacher but also as someone that they can turn to in times of trouble, who supports them exactly as a teacher should. Because of these qualities, the LWIS students voted for her to win.

Many students wanted to know what Mrs Rana wanted to do before teaching. When asked, she admitted that before she was a teacher, she was a scientist, but felt that being in the lab by herself the whole day was exhausting and lacked the social and human connection she needed to flourish, so Mrs Rana decided to share her love of science by becoming a teacher. Mrs Rana shared that she is proud of her students no matter what, but she is especially proud when a student goes from studying for grades to studying because of their love for chemistry and, in turn, improves significantly. She even shares a wholesome story about a student who didn't use to perform so well in her class, putting in effort and getting a 100% on her test.

She was so proud of her student that she gave her a hug and a kiss on the cheek. Mrs Rana commented, "I was so proud of her, I couldn't contain myself. I felt like she was my own daughter, and I'm happy she stuck with it and benefited." This shows just how much she loves her students and takes pride in their success as if it were her own. While Mrs Rana was reflecting on her past as a student, she told us that she used to be a bit of a troublemaker. She used to get very good grades at school, was extremely quiet, and appeared very innocent to her teachers, so when trouble happened, no one would suspect it was her who started it, giving her the freedom to do as she pleased. Mrs Rana's word of advice for students

was not to procrastinate and do things as soon as possible. But she also tells us that this does not apply only to academics but to life in general. She advises us to live life in the moment and not to delay our plans for when the circumstances are right, because you never know what tomorrow holds for you. She also tells us to keep busy with fun plans and people that we love to make the most out of life.

Her mindset of living in the moment comes from one of her biggest challenges, which is Lebanon's political state. Mrs Rana shares that this continuous state of uncertainty often leaves her worried for her family and unsure whether she should stay in the country or leave in the hope of a better



future for her family outside of Lebanon. This is, unfortunately, a common fear for many of us today.

Mrs Rana reminds us that teachers are not just people at school, but people with a backstory, experience, and love for what they do. Her decision to become a teacher is one that no doubt is appreciated by many students who are thankful, and I know I'm one of them. On behalf of the LWIS-AIS newspaper, we would like to congratulate Mrs Rana

on being teacher of the month and thank her for everything that she does for her students.

As the school year is coming to an end, I advise you to tell your favourite teacher how much they have helped you over the school year and how much they mean to you. You have no idea how much it would mean to them, and I'm sure that they feel the same way!

The school newspaper is now available online!

You can now find all current and past issues on the school website under the "Newsletter" section. Stay updated with the latest school news, events, and student stories!



Taking place on Friday, May 22 is our annual international day celebration! The day hasn't even arrived, yet students are already buzzing with excitement as preparations begin throughout the campus. This event gives students the opportunity to represent countries from all around the world and share their cultures and traditions with others.

While the celebration gets closer, students have already started brainstorming ideas for their tents that will represent their assigned countries. Of course, different classes are already thinking about the specifics: decorations, traditional clothing, food, and ways to make their country stand out among the rest. From Jamaica, to Peru, Mexico, Greece, and as always Lebanon represented by the seniors, each country brings its very own identity to the celebration. What's important is that International Day is also a reminder of why learning about different cultures matters. Even though most students are looking forward to the competition and presentations, there is so much more to the event than that.

At our school, students see each other every day, but they do not always know much about each other's traditions or their backgrounds. While walking from tent to tent, many might end up trying new foods they never had before, watching traditional performances they have never seen before, and the list goes on.

Different classes will be graded based on factors like preparation, creativity, performance, and the overall presentation of their tents. The parents are also invited to attend which makes the atmosphere even more exciting because now students get the chance to share the hard work and effort, they have been putting in for their preparations for everyone to see.

With just a few days left until Friday arrives, students are already counting down the days till the campus transforms into a wonderful array of cultural celebration from all across the world.

Weekly SUDOKU

	3			7		5		9
		8			3		2	
1			6			4		
5				8			7	
7		6	9			1		
	2				5			4
	4		2	6				5
2					9	8		
		3	1					9

Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

DIFFICULTY THIS WEEK: ★

★ Moderate ★★ Challenging
★★★ HOO BOY!

© 2014 King Features Synd., Inc.

Answer

4	3	2	8	7	1	5	6	9
6	9	8	4	5	3	7	2	1
1	7	5	6	9	2	4	3	8
5	1	4	3	8	6	9	7	2
7	8	6	9	2	4	1	5	3
3	2	9	7	1	5	6	8	4
9	4	7	2	6	8	3	1	5
2	6	1	5	3	9	8	4	7
8	5	3	1	4	7	2	9	6