

Issue 10:
Feb &
March



Editor's Note

LAMħA /Lamha/, or a glimpse. A window into the vibrant and diverse world of Carnegie Mellon in Qatar.

Trying something new is not easy for everyone. For some, the thrill of not knowing their next step makes them happy, whilst others find solace in the comfort of their familiar routines. Yet, within the pages of this issue, Journal, we witness students embracing new experiences: participating and organizing competitions, attending conferences, traveling through global trips and exchange semesters, and more. There is so much opportunity in the world, many we don't even know of because we haven't looked. Trying something new can be difficult, but in university, it's the best time to do it. Trying new things means to learn and grow.

As our founding team prepares to graduate this semester, we find ourselves reflecting upon the beginnings of LAMħA. When we started LAMħA, we had no idea what we were doing. It was a completely new idea within CMU-Q, and Qatar Foundation in general. Whilst LAMħA is one of our favorite things we've done throughout our university experience, it has definitely not been the easiest. Our journey has been one of continuous learning and growth, full of highs and lows and unexpected challenges. Despite our challenges, we've managed to release 10 issues full of little glimpses into the student life at CMU-Q. Our message in this issue is to try that thing you've been thinking about, even if it seems stupid or impossible. You never know where it may take you.

LAMħA is for the students by the students. We are more proud than ever to continue being an anchor for your monthly conversations, and an archive for your university experience.

Sincerely,
LAMħA Editorial Board

Thuc Ngo, Mariam Hamad, Hala Al Darbasti, Maryam Al Ghanim,
Dana Aldisi, Dema Al Shirawi, Boushra Bendou

New Editor Alert: **Boushra Bendou**

"Becoming a part of the LAMħA editorial team is an opportunity I approach with great enthusiasm, inspired by its dedication to giving students a platform to share their voices. It's a privilege to join this mission, aiming to enhance the conversations that weave through our campus life. I'm eager to work alongside LAMħA, bringing to light the myriad of ideas and discussions that pulse within our community, fostering a richer, more engaging dialogue for all."



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Lamؒa Team: A Thank You for Everything

Thuc: LAMؒA has been & will be an encapsulation of my CMU-Q journey, something I hold close to my heart and am very proud of. To me, LAMؒA is this: As life passes, things that you strongly believe in & aspire to do when you were 19-20 in college will fade away, perhaps become something naive or unimportant. The friends & memories you made with your sport teams, in a competition or a school event will eventually feel like a disfigured fragment of the past. I hope LAMؒA will always be around as an archive of memories, thoughts & discussions you enjoyed having as a 20 something. It will never be able to capture everything for everyone, it's only a glimpse, but that's all it takes to remind you of the fun, the anxiety, the lessons & friendships you've made. And I hope LAMؒA helps this significant portion of your adulthood remain with you as long as it can.

You have learnt a lot in many ways that you may not have realized. Conversations with friends on the food court about all things in the world, lessons with your professors, your own research & curiosity - they have taken you to different corners of the world during your time at CMU-Q. I hope by flipping through stories from different cultures, global experiences, professional insights & personal reflections, you will not only learn more about & from your community but be reminded of the excitement for learning that you've honed here.

Someone asked me "What's the benefit of doing all this?". Many people told me to put LAMؒA out of my CV & put professional experiences instead. To be honest, I have no idea what's in it for me in a career, professional sense - indeed, what I do as an editor can be done by anyone really. But I think there is some stuff you do just because you love to do it, and it's serving a purpose you believe in. Maybe LAMؒA didn't change anything in CMU-Q radically, or made anyone impressed with my profile - so what? I'm proud of the stories I have been able to share, help tell, and the potential connection these stories may have created within & beyond our community.

A sincere thank you to everyone who has supported LAMؒA as an initiative since day 1: My team for always believing in the values LAMؒA brings & excited to bettering & expanding its reach. Thanos, our Student Activities Coordinator who was there to help brainstorm the first columns of LAMؒA, find vendors, help us navigate through all processes for our first launches. My Student Majlis 22-23 team, especially Yahya & Ahmad for your support in funding our initiative. Everyone who has chosen us to send your writing, art, poems, reflection - you have given LAMؒA the colors, emotions & diversity it has today. Till we meet again, thank you so much for everything.

Boushra: Joining the LAMؒA team as a new editor has been an exhilarating experience, filled with learning and creativity. I am deeply grateful for the warm welcome and the opportunity to contribute to such a meaningful project.

A heartfelt thank you to our readers and contributors. Your engagement and creativity are the lifeblood of LAMؒA, making it a vibrant showcase of student talent. Your support inspires us to keep innovating and growing. Working with this passionate team and being part of LAMؒA journey has been a highlight of my experience here. I'm excited for what the future holds and am thankful to everyone who's been part of this journey.

Mariam: Where do I even begin? Ever since I started LAMQA, I've felt like I found my purpose. I will remember everyone I've met through this journey, whether it was someone I interviewed, someone telling me they love LAMQA, or even if it's someone asking when the next issue is coming out. I will remember every story I've shared, every conversation I've had, every launch I've attended, and cherish them as treasured moments throughout my university experience.

It's sad to think that my time with LAMQA is ending, but I'm excited for what's to come. I've learned so much on this journey, and am thankful for everyone who has supported me on it. It's been inspiring to see the creativity that has come out from the CMU-Q community. I want to thank the amazing team I've been a part of, we've been through a lot together, and I'm so proud of what we've achieved. I also want to give a special thanks to the people I've worked with, especially the repeat contributors. I've always looked forward to seeing your submissions, and hope everyone continues to write, photograph, paint, or whatever else your creative outlet looks like.

Hala: LAMQA has continuously been one of my favorite things from my CMUQ experience. When I joined this university I never ever would have thought that I'd be co-founding and designing a magazine and yet here we are. I've always been a creative and an artist and so having this opportunity and outlet to pursue my passions and challenge myself and my skills as a creative whilst pursuing my degree has allowed me to live the best of both worlds. With every issue I got to learn so many new skills and techniques and develop new ideas but not only that, I got to learn so much about my peers and my community at CMUQ. LAMQA allowed me to explore aspects of CMUQ and meet people that I otherwise would have never gotten the opportunity to. I've been able to have so many conversations and even build friendships as a direct consequence of this magazine and our launch events and I'm so grateful.

As I'm creating this issue, I'm feeling incredibly emotional and nostalgic over the fact that this will be the last time I ever do this, the last time I ever create a LAMQA issue. At the same time I feel incredibly thankful and grateful for having had this opportunity and for the endless kind words, excitement and compliments I've received over my hard work. I hope that even after I graduate, LAMQA continues to thrive and that over the years we go back to all the issues we've released and remember our time here and the marks we managed to leave. With all my heart, thank you and I hope you enjoy this issue <3.





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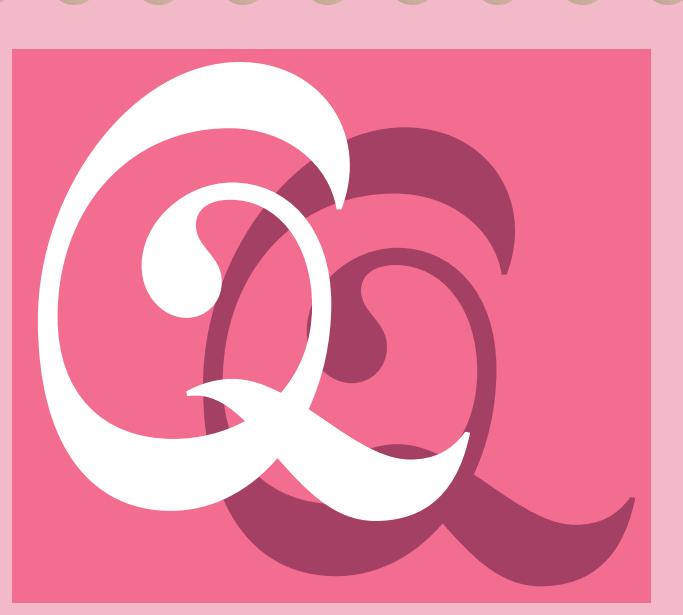
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A Semester Exchange

By Mariam Hamad

I interviewed Messou Fofana, a computer science major from CMU-Pittsburgh, in Qatar on exchange. She is a Guinean American, living in Brockton, Massachusetts.

Why did you come to CMUQ?

I first heard of CMUQ during one of our first-year immigration information panels. The office of study abroad mentioned that there existed a campus in Doha and that the CS classes were the same as in Pittsburgh. It's common for CS students not to study abroad, as it is hard for us to find classes that satisfy the transfer credit policies for the major. However, hearing that I wouldn't have to worry about that issue on the Doha campus was a huge relief and a catalyst for my decision to come here someday. My decision was also influenced by my minor in Arabic studies. I figured that studying abroad in Doha would be a great opportunity for me to meet more Arabic speakers and be exposed to a new facet of Arab culture.

I specifically chose this semester because I had met some CMUQ students during spring 2023 who told me all about the campus, and I was thrilled to come experience the world they were describing. Their presence in Pittsburgh made the prospect of studying abroad in Doha more tangible and prompted me to apply for this semester.

What was the first thing you noticed about CMUQ that is different from the main campus?

I think the first difference I noticed was the size of the campus and how close knit the campus community was. The Pittsburgh campus is vast, and it can be difficult to connect with other students. Here it seems as though everyone knows each other, and it's really easy to get to know people.

What's your favorite part?

My favorite part about the campus would be the small sized classes, which is rare to experience in



Pittsburgh. It's really nice to be able to know and remember everyone in your classes and be so familiar with your professors. It's refreshing. Also, the dorms here are fantastic, and the opportunity to meet students from all the other campuses in Education City is something entirely unique compared to Pittsburgh, but absolutely delightful.

My favorite thing about Doha, would be the weather so far (although everyone has been warning me about the summer haha) and the accessibility in terms of transportation. I love the tram system and the metro. There's much more to see in Doha than in Pittsburgh and so every weekend I've been trying to see a different part of the city here.

What do you miss about CMU Pittsburgh?

Although I'm having a grand time here, making amazing friends and connections, I do find myself missing my friends back in Pittsburgh. I look forward to seeing them in the fall inshaAllah!



What has been your most prominent memory at CMU-Q?

I have been fortunate to create great memories here and it's hard to pick a single one to be the most important. The entire experience of being here is already the best memory I have of Doha.

But, if I had to pick a favorite I think maybe international night would be it. It was such a fun and memorable night; I learned from many cultures! I learned some Rwandan dance moves, I danced some Senegalese sabar and even Dabke. It was great to learn about all the cultures present on campus and witness the diversity of talents and backgrounds that are here. International night was a great night.



I interviewed 3 students who are on a semester abroad here in Qatar. They came from the American University of Beirut, and spoke of their experiences at CMU-Q.

Who are they?

Suhaib, Computer Science, Senior, Lebanon

Jana, Computer Science, Senior, Palestine

Aya, Computer Science, Senior, South Lebanon

Why did you come to CMU-Q?

Suhaib: I chose Qatar, not CMUQ. I was forced to come here.

Aya: CMUQ is known for its good rating in computer science. Qatar has a similar culture to Lebanon, but we wanted to experience what it's like to be in a different Arab country. Also there are many future work opportunities.

Jana: Recently, I've been hearing Qatar in the news a lot due to all of the events happening here. I thought it would be interesting to come and check it out.

What was the first thing you noticed about CMU-Q that was different from AUB?

Jana: It's a very small community with only one building, which is very different from AUB.

Aya: Everyone is friends with everyone. There are also a lot of events happening within the CS department.

Suhaib: The relationship between staff and students are more prominent especially in terms of activities.

What's your favorite part?



Beirut to Doha

By Mariam Hamad



Aya: I like the people and how they try to approach us and get to know us.

Suhaib: I like the professors a lot.

Jana: I came with my friends, and it's nice to experience this with them. I also like getting to know new people around campus.

What do you miss about AUB?

Suhaib: The campus.

Aya: The campus and winter vibes at AUB.

Jana: My friends.

What has been your most prominent memory of CMUQ so far?

Aya: The first time we went to majlis and participated in a trivia. We also really like professor Cristos, it is the first time we present an assignment in CS and we felt like we understood the topics. He's very friendly.

Jana: Tarnival. Aya got on the inflatable and it was a very fun event in general. Battle of the Backyards was also really fun, I wanted to participate. The professors that went to AUB were so friendly, it felt like I was back in Lebanon.





By Mariam Hamad

I sat down with Allyssa Magpantay, a student at CMUQ who has recently reverted to Islam. She talks about her journey and experiences that led her to Islam, as well as after her reversion.

1- What attracted you to Islam?

I have always been curious about Islam because I grew up here in Qatar. Ever since I was a kid, I had this impression that the majority of Muslims were pious, which has always inspired me to learn about their beliefs. During school, I would spend my lessons talking to my friends about Islam and learning more about the faith. Then, there was a time I helped my friend do a 20-page reflection journal for their da'wah class, which is where a lot of my knowledge came from. What attracted me to Islam was how everything had a logical reason and there were no contradictions.

2- What was the moment you realized you wanted to convert to Islam?

My revert journey technically started when I was 16, but I finally committed after Ramadan last year. There were a lot of factors which made me realize that I really wanted to do it. One of the factors was seeing my closest friends go through their own religious journey: they even told me that they started including me in their prayers for me to revert which genuinely inspired me so much. I guess the exact moment was when one of my friends sent me my first prayer mat. That night I was really sad, so I sat on the prayer mat while I was on Tik Tok and my for you page was just full of quotes about Islam which comforted me so much. This made me realize that I was postponing something so important so that night I set the date to go do my shahada.

3- How is your first Ramadan as a Muslim?

I've been fasting ever since I was a freshman so I thought it wouldn't be too sentimental because I've been doing it for 3 years now. However, the night before the first day of fasting I felt so overwhelmed with emotions. Firstly, I was scared because I wanted my first Ramadan to be as perfect as I could make it, since I feel like I put a lot of pressure on myself to be like the born muslims. But most of all I felt excited and at peace because I was finally going to be participating as an actual Muslim – I even prayed my first Taraweeh at the EC mosque! I love everything about Ramadan including making plans with my girl friends to go out and pray, falling in love with dressing modestly by wearing more abayas and just the constant support I've been receiving from my friends to help me get through my first official Ramadan.

4- What has been the hardest thing about reverting?

The hardest thing is having to keep it from my parents which has made it so lonely and scary at times. For example, I have to hide when I pray. However, what's been really difficult is knowing that I can't go home to spend time with my family like everyone else during Ramadan because then I wouldn't be able to fast. While this is the prime time for people to be spending time with their families, I have to spend the majority of the month alone. It's also difficult because I can't fully practice my faith such as wearing the hijab because my parents don't know I reverted. ***I'm not sure when I will be able to tell them and if they will accept me and my faith eventually, but I have faith that Allah is the best of all planners.***





Insights from a Recent Revert to Islam



5- What advice would you give to other young adults thinking about reverting to Islam?

This was the original reason I wanted to do this interview - I want to tell anyone out there who is considering reverting to just go for it. You don't have to be the perfect Muslim and know everything before reverting – you can do your shahada and learn as you go. I was postponing it because I wanted to do it at the 'right time' – when I don't have to hide it from my parents and when I'm ready to wear the hijab – but you never know when Allah will take you back so what better time than now. Trust me, if you want to revert, it will be the best thing you will ever do for yourself. Taking the shahada is the first and most difficult step but everything else will make sense and fall into place afterwards.

6- What has been your favorite part/s about reverting?

I love everything about Islam – how easy it is to follow, the teachings and how supportive the community is. ***My favorite part is that Islam is literally a cheat code for everything.*** If I feel lonely or anxious, I look forward to prayer so I can speak to Allah because he will always be there to listen, even if everyone else isn't. If I really want something I can be as delusional as I want when I pray Tahhajud and make du'a because Allah's blessings have no limits. Even if I don't know why something happened the way it did, I just have to have faith and patience in Allah's plan because we learn from Islam that whatever is taken away will come back tenfold.

7- Would you like to add anything else?

I think even for born-muslims it's so easy to just take the faith for granted, so I think a lot of them don't have the same experience as revert, who have to truly find and accept the faith for themselves. If you are born a Muslim, I encourage you to go out of your way to learn and fall in love with the religion, because it will make you realize how amazing and infallible Islam is.

8 - What happened on the day of your shahada

The day of my shahada was so exciting – I went to one of my closest friends' house to get ready at her house. I picked out an abaya from her closet and we were just taking little photobooth pictures and vlogs of us learning how to put the hijab on, because I needed to take an official headshot to revert. One of the moments I will never forget from that day is when her sister hugged me before we left the house. It was so comforting and it made me realize how welcoming the Muslim community is. Two of my friends were with me when I did my shahada, it was such a wholesome moment. I was trying my hardest not to cry but I was also smiling so much at the same time because I realized that I was finally doing it. Another cute memory was when I called our group to break the news and everyone was so excited for me – someone even got me a silly little congratulations card from Hallmark.



Lifelines Hackathon 2024

By Boushra Bendou



Unleashing Potential, Fostering Innovation: The Lifelines Hackathon 2024 Journey

In an era where global crises seem to unfold with relentless frequency, the imperative for innovative solutions has never been more urgent. The Lifelines Hackathon 2024, hosted by Carnegie Mellon University in Qatar (CMUQ), emerged as a beacon of hope and innovation amidst this backdrop of challenges. Themed "Software that Saves Lives," this initiative transcended the conventional bounds of a competition, embodying a profound call to action for students, faculty, and the broader community to leverage technology for humanitarian aid.

A Catalyst for Change

Nour Ali, an alumnus and team lead, encapsulated the essence of the event's inception, reflecting on the series of global tragedies that spurred the team into action. "While Gaza was not the start, it served as a catalyst. In the wake of harrowing tragedies across Turkey, Syria, Sudan, Morocco, and Libya, Gaza ignited something profound within us. It liberated us from the grips of despair and hopelessness," Nour shared, highlighting the hackathon's foundational spirit of resilience and hope.

The Power of Community and Collaboration

The organizing team brought together diverse talents and visions, each contributing uniquely to the hackathon's success. Maimoonah, the Program Manager, expressed her awe at the journey and its outcomes: "When I first became an organizer for LifeLines, I had no clue what could come out of it. My hope was to contribute something impactful, even if small. What we've achieved in the last few months with the LifeLines Hackathon has far surpassed my expectations—it has been nothing short of extraordinary."

Hazem, the Outreach Coordinator, underscored the value of collaboration and dedicated effort: "As an organizer, crafting LifeLines was both a new challenge and an exciting thrill. Working with the team on defining a vision, designing a learning experience, convincing ourselves and others about the whole thing, and actually delivering it under pressure has taught us a lot. In a conversation with one of the LifeLines volunteers, I was happy to see that our first hackathon has served as a profound testimony to us students regarding what directed collaboration, dedication, and talent can achieve. The 24 hours gave me deep sense of hope about what 150 students can bring to the world within a lifetime."

Crafting a Brand, Building Engagement

Aaliya, involved in Media and Public Relations, played a pivotal role in shaping Lifelines' brand image from the ground up. "My experience working for Lifelines began when I joined the team last November," she recounted. Working remotely from Pittsburgh during her exchange semester, Aaliya was instrumental in developing the logo, brand guidelines, and social media marketing strategy, along with designing various components for the hackathon event itself, including merchandise, the website, and campus signage.

The journey to finalize the Lifelines logo was marked by robust discussions and numerous iterations, reflecting a deep commitment to encapsulating the event's mission. "We really wanted something that could convey the overall message behind the platform: collectively using technology to solve humanitarian issues," Aaliya noted. Building brand trust was crucial, especially for a new initiative like Lifelines, aiming to attract a diverse range of participants and contributors.

and collaboration required to bring the event to life. Her involvement with Lifelines has been a rewarding journey, offering valuable insights into the multifaceted nature of organizing a large-scale event.

Mariyam, another Media and Public Relations coordinator, shared her newfound appreciation for the media's role in event organization: "I never realized the importance of the media until I joined as a media coordinator for the hackathon. In the event, I was looking around and saw how the logo, merch, posters, signage, stands, etc. were all designed by somebody for hours, even in the smallest details. Every part of the hackathon showed me the effort behind event organization."

Envisioning Impact and Legacy

Abdelrahman, the Research Officer, mused on the origins of Lifelines and its overarching mission. "Identifying the exact moment Lifelines was conceived is challenging, but it emerged from our collective contemplation on how to leverage our



Reflecting on her experience, Aaliya emphasized the complexity and detail involved in event planning. "From the poster that you would just pass by across the hallway to the food that you would be provided with during the break sessions," she said, acknowledging the extensive planning

knowledge for meaningful, sustainable change. This dialogue led to the idea of a hackathon dedicated to creating solutions for Palestine, an idea that Nour, our team leader, eagerly embraced, marking the inception of Lifelines."

He shared insights from the experience of organizing this large-scale event. "This endeavor taught me two profound lessons. Firstly, the impact of genuine intentions cannot be overstated. The Lifelines team, characterized by its dedication and altruism, has significantly raised my expectations for future collaborations. We were united in our goal to develop technologies that could make a global difference. The journey was blessed with barakah (blessing and productivity), reflecting in the meticulous planning and execution of the event. Although the breakthrough technology for Gaza remains unseen, we've laid the groundwork for future innovations."

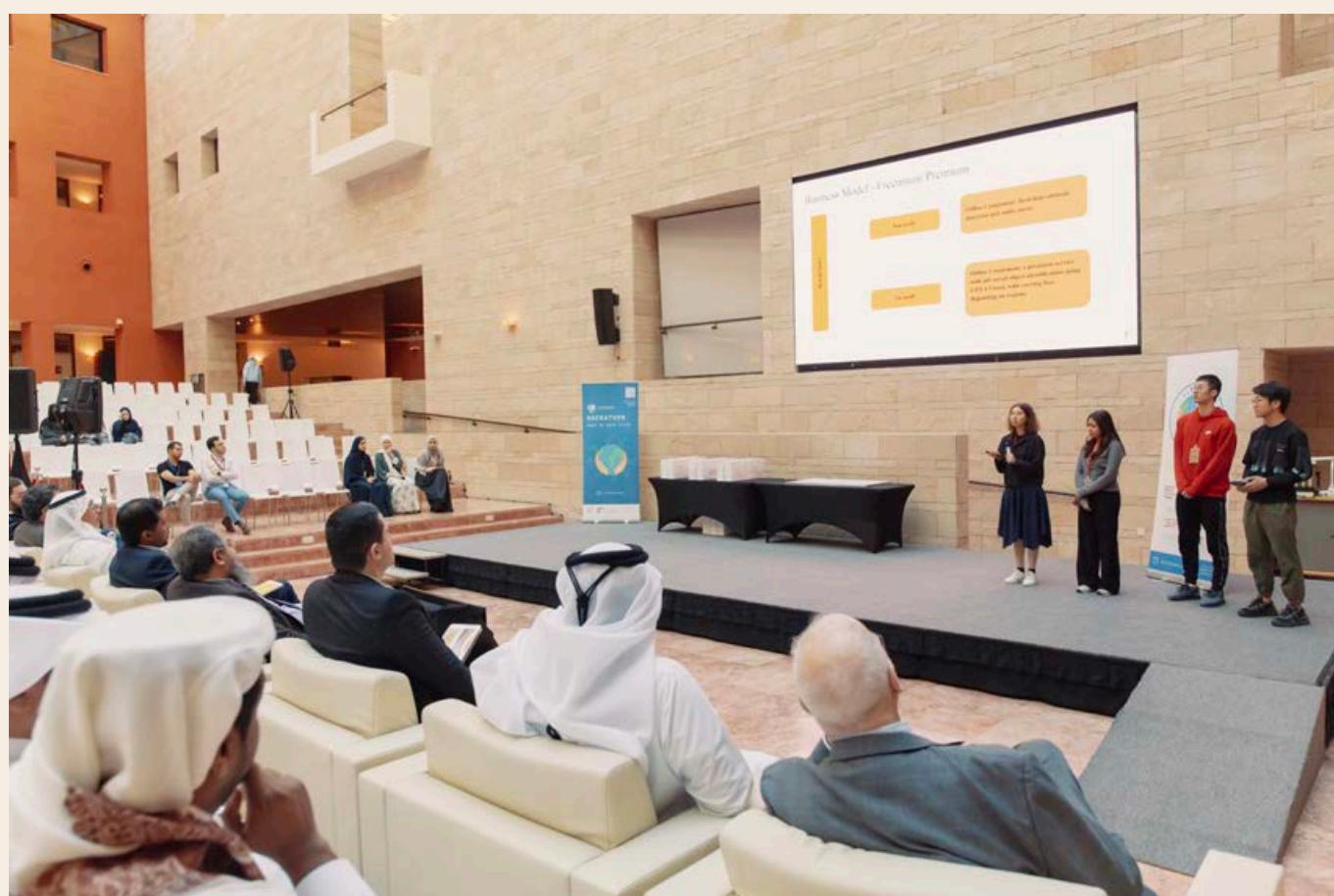
"Secondly," Abdelrahaman continued, "we often fail to recognize our own capacity for effecting change. The potential within us to positively transform our world is immense. It requires us to share our strengths, collaborate with like-minded individuals, and there would be no bounds to the impact we could achieve. Lifelines stands as proof of our ability to undertake significant, impactful projects with the resources currently at our disposal. The urgency

to acknowledge and utilize our potential has never been greater—the world awaits our contribution. If not us, then who will answer the call?"

A Testament to Potential and Hope

The Lifelines Hackathon 2024 stands as a powerful testament to the CMUQ community's potential to catalyze significant change through technology and collaboration. In the words of the organizers, this event was not just about developing software; it was about unleashing collective potential, embracing diversity, and fostering a spirit of innovation that extends far beyond the confines of the hackathon.

As we look toward the future, the Lifelines Hackathon has laid a foundation for continued exploration, innovation, and impact. It is a reminder of the transformative power of technology when aligned with humanitarian goals and the collective will of a community dedicated to making a difference in the world.



**For the
students, by
the students,
to document
our times here
at CMUQ**

To: Tartans

From: LAMCA



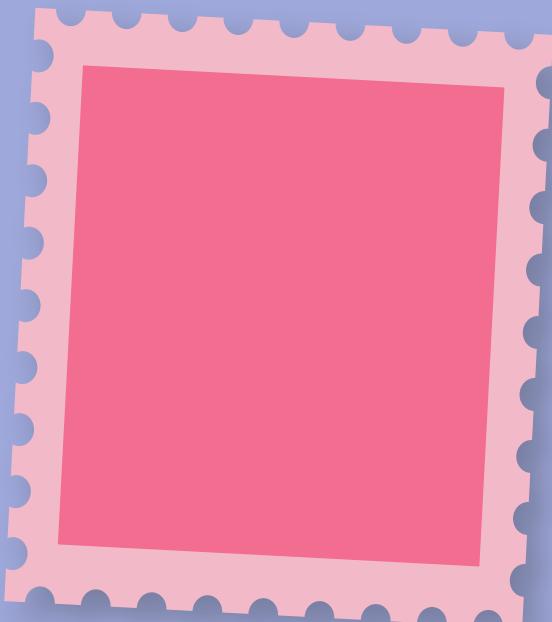
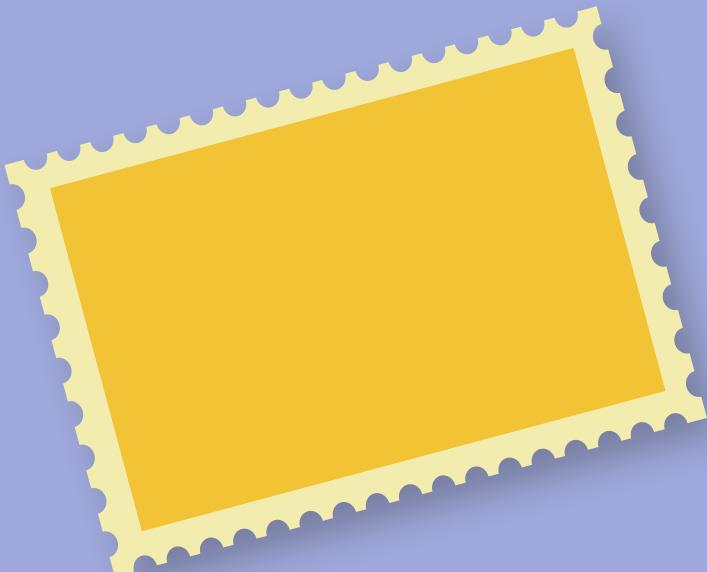
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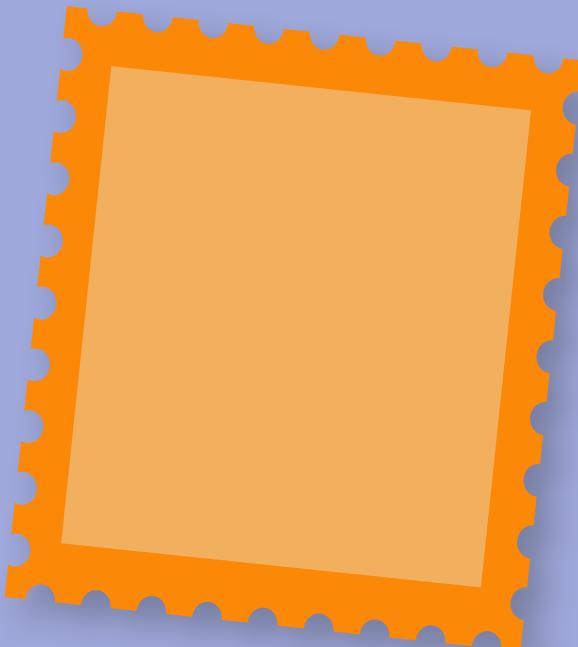
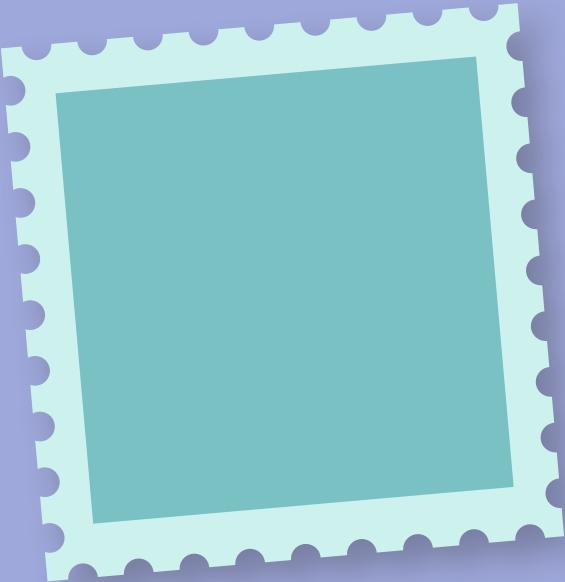
Post Card

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MESSAGE.

POSTCARD

THIS SPACE FOR ADDRESS ONLY.

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Do Not Go Gentle into that Grad Night

By Diram Tabaa

Those who haven't watched Interstellar should, and those who have might recall a scene where Dr. Brand recites a poem to Cooper and his crew of astronauts as they head into the abyss of space. The poem (or at least part of it) recites:

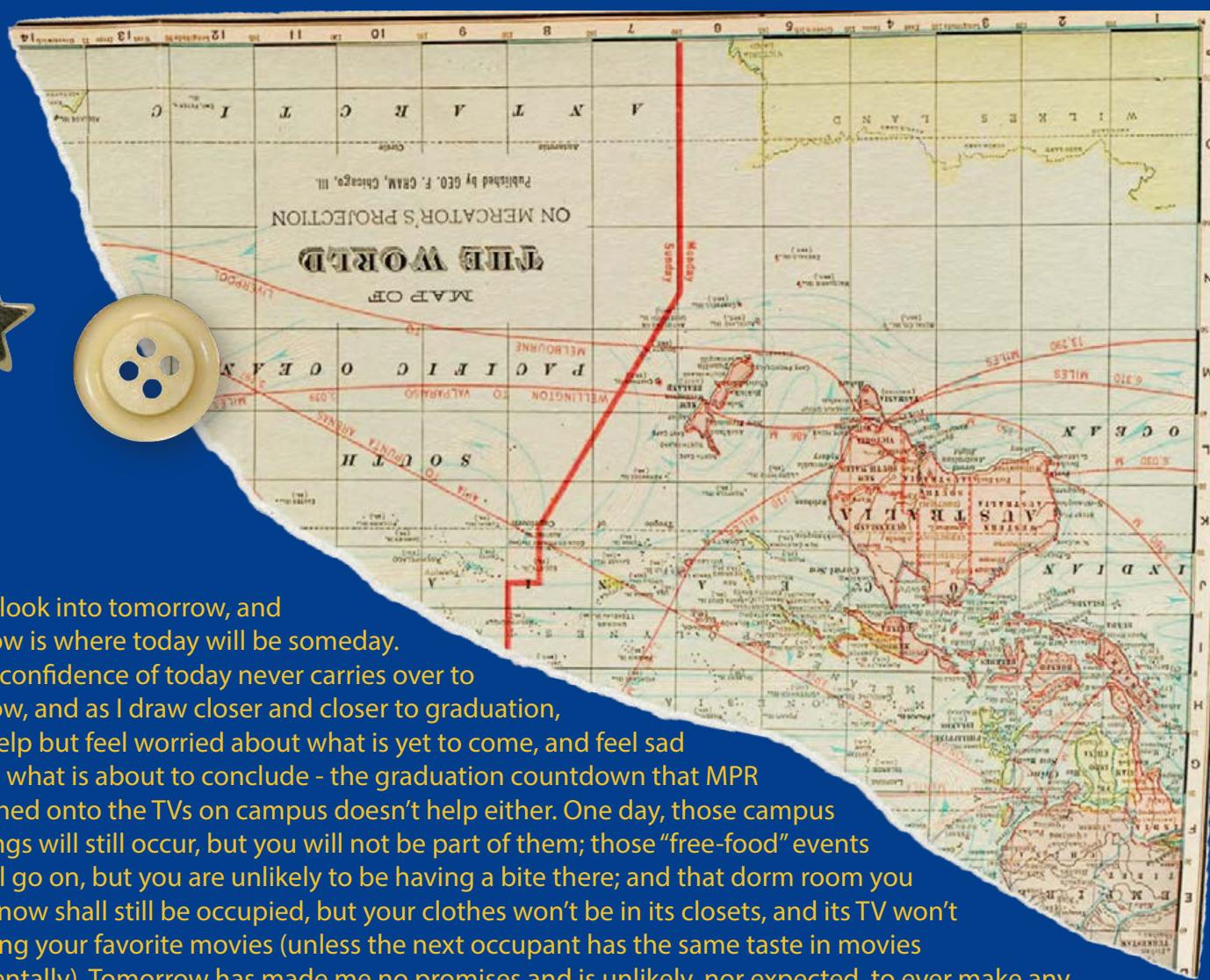
**"Do not go gentle into that good night,
Old age should burn and rave at close of day;
Rage, rage against the dying of the light"**

Today, I shall wear Dr. Brand's hat, and I shall recite "***Do not go gentle into that grad night.***"

Two and a half years ago, precisely on the 31st of October 2021, my foot touched the ground of the CMU-Q building for the first time. I still vividly remember that day, new faces except for those that I could match from Zoom, unreasonably grumpy security, and an even more unreasonable repetition of the phrase "you are finally here!". As we transitioned out of COVID, I was one of the last few of the Class of 2024 to make it to campus, and I couldn't help but feel robbed of an entire year of my CMU-Q career. Yet slowly but surely, the CMU-Q experience did lend me its hand, and I can surely tell you now that I no longer feel robbed.

Today, I stand as a senior, probably with less than a month to graduation by the time you read this article. Today, I and the person I was on the first day at CMU-Q share the name and the history but differ vastly otherwise. If I were to go into the details of those differences, I imagine a list of many "I would never have imagined I would have done"s, and many more "I can't believe I have been there"s. To think that parts of this story unfold as far west as San Francisco, and other chapters as far east as Japan. To believe that days of these chapters were spent representing in Debate Championships, side by side with days where I had to pull numerous all-nighters to finish assignments. To conceive of the people I met, so diverse yet so unified in their common pursuit of knowledge and growth. And then to think, this chapter is the last in this story.





Today, I look into tomorrow, and tomorrow is where today will be someday. Yet, the confidence of today never carries over to tomorrow, and as I draw closer and closer to graduation, I can't help but feel worried about what is yet to come, and feel sad towards what is about to conclude - the graduation countdown that MPR has pushed onto the TVs on campus doesn't help either. One day, those campus gatherings will still occur, but you will not be part of them; those "free-food" events shall still go on, but you are unlikely to be having a bite there; and that dorm room you occupy now shall still be occupied, but your clothes won't be in its closets, and its TV won't be playing your favorite movies (unless the next occupant has the same taste in movies coincidentally). Tomorrow has made me no promises and is unlikely, nor expected, to ever make any.

Yesterday, today was "the tomorrow," and paradoxically, the "tomorrow" that was a source of hesitation became the "today" of confidence, and so will likely be the next "tomorrow." It might not be the same confidence, and surely not the same context, but its reluctance to give promises is what in fact gives the confidence: the confidence of new starts and the ability to imagine a tomorrow that is not a today. Only when we look back do we see how tomorrow was not our enemy. Surely, Diram of 2.5 years ago couldn't speak so eloquently of his tomorrow the same way I speak of my today, despite being equivalent in context, for my today is his tomorrow.

As I head into graduation, I remind myself of the time I still have, and I am constantly reminded of the poem that Dr. Brand recited, but to abstract away from death and old age, I think of my own version of this poem:

**"Do not go gentle into that grad night,
Old sage should burn and rave at the close of play;
Rage, rage against the blowing of the pipe."**



Ginger Beer

By Ibrahim Abu

"What are you doing Thursday morning?" Noah asked me. Solo-traveling has its perks, one of which being complete flexibility.

"I'm doing nothing", I responded.

"Let's go to the countryside then", he told me.

Traveling to the English countryside with someone I barely knew. How I would explain this to my parents? No idea at all.

"Let's do it!"

I finished off my ginger beer, which went great with the fish and chips. The true London experience. Noah and I talked about how crazy it was that Edgar Allan Poe had eaten in the same pub that we were eating in.

Thursday morning came, and we headed to the train station. We had a long journey ahead of us, and I was skeptical. The sun was nowhere to be seen, and there was the classic grey skies that characterized London.

As the train slowly moved forward, I saw a completely different city. Old buildings with weak foundations, uncollected trash, and no vibrance.

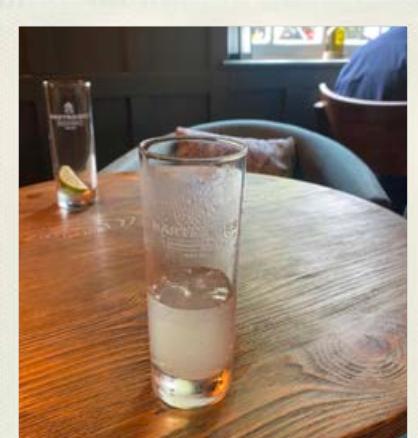


This wasn't the London that I had seen earlier that week. This wasn't the dancing with strangers at Covent Garden, singing our hearts out to Love Yourself by Justin Bieber. This wasn't the bright lights in Soho. This was a tired, worn-out London, but it was still London.

As we made it out further, I knew we had exited London. An endless sea of rolling hills, rolling on top of each other, extending as far as the eyes can see. The shift from old Victorian buildings to green pastures was refreshing. The trip was already worth it for me.

We exited the train at Shoreham station and began our journey. We got out of the station and Noah guided me through a muddy trail. To our right was endless trees and you could catch a squirrel if you focused. I didn't get the chance to focus though, because within a couple of seconds of stopping, Noah was fifteen feet ahead of me. I played an endless game of catch-up.

As we walked together, Noah told me stories about growing up in the English countryside. He would explore his little village with his brother and his friends, playing games and learning about life. I tried to imagine a life here, rather than the concrete streets and sand pits of Saudi Arabia. His stories made me dream of a different life, and it seemed beautiful. As we continued walking, I noticed the berries growing on the trees.



"Two ginger beers please", I told the old man at the bar.

We sat in comfortable, old armchairs and went back and forth in conversation, trying to understand what motivated people to leave nature behind and seek urbanization.

After finishing our drinks, we headed out and saw that the grey skies persisted. Despite this, Noah insisted that we should still hike up the hills.

"Either it rains and we're fucked, or we get lucky", he told me, but we didn't come this far to turn back.

"Let's do it", I told him.



As we made our way up the hill, I found myself slipping countless times. The muddy floor did not help me at all. The bushes and trees covered our view of the hill as we continued our hike. We were both quiet on our way up, so all we could hear was the chirping of the birds, the rustling of the leaves and the whistling of the wind as it passed by our ears.

We made our way out of the bushy path, and the top of the hill became visible. A large cross made out of flowers was laid aesthetically on the hill, in honor of the fallen soldiers from WWII that were from this village. I turned around and saw the whole village from the top of the hill and I was speechless. I could see the river running through the village, the horses and sheep grazing freely, and the little brick houses. It was beautiful.

I turned back around, and Noah was halfway up the hill, laughing at me for being way slower than him. I made my way up to the top, and the view from the top was breathtaking. As I was taking in the view, the clouds split. The sun shone through, warming us up immediately, shining light over the entire village. We could see the sun's rays slowly expanding its grip, covering everything we could see. The sunlight brought out nuance. There was a deeper shade of green coming from the trees and the leaves, and the grass took on a beautiful light green color. Losing my camera in my previous solo trip to Oman made it harder to capture the beauty, but some would argue that beauty like this can only be captured in the heart.

As I sat on top of the hill, all I could think of was;
thank God I was free that Thursday morning.

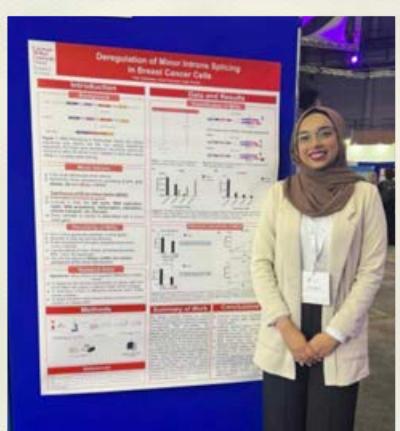
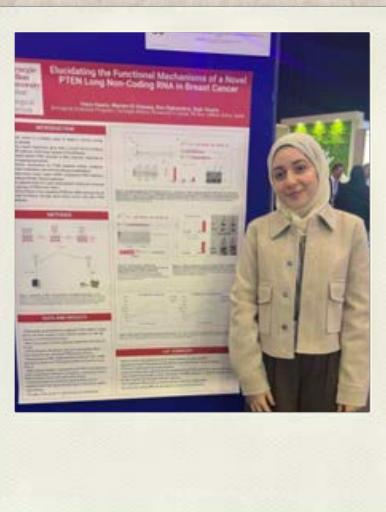
Journey to Birmingham: Showcasing Undergraduate Breast Cancer Research

By Hana Hasna and Fiza Faris

We traveled to Birmingham, UK, with a purpose—to showcase our research at the interdisciplinary breast cancer symposium. As undergraduate researchers deeply invested in breast cancer studies, both through our coursework and research honors, this opportunity was priceless. Each of us presented a poster, reflecting our dedication to advancing knowledge in this critical field. Our posters are located on the third floor next to the bio departments office if you want to have a look!

We were encouraged by our research professor, Professor Ihab Younis, to actively seek opportunities to present our work at conferences, given our extensive research experience in his lab. Following his advice, we submitted abstracts of our research to the interdisciplinary breast cancer symposium. Upon receiving confirmation that our abstracts had been accepted, we were overjoyed. Furthermore, our trip was made possible through funding provided by CMUQ, enabling us to attend the conference and share our findings with researchers around the world.

Hana's research: I looked into the functional role of PTEN's non-coding RNA in breast cancer. PTEN gene alterations are recognized as significant contributors to cancer development, given its role as a vital anti-cancer gene/protein. Through meticulous investigation, this study unearthed a groundbreaking mechanism involving inefficient splicing, leading to PTEN reduction across various breast cancer cell lines. Notably, the unspliced PTEN product was revealed to undergo processing into a long non-coding RNA, the implications of which were profound, influencing cancer cell proliferation dynamics. This research sheds new light on the intricate molecular pathways underlying breast cancer progression, offering potential avenues for targeted therapeutic interventions.



Fiza's research: Our body's activities depend on making proteins. To make proteins, we follow a process that starts with reading the DNA and creating a pre-messenger RNA (pre-mRNA). This pre-mRNA has specific parts called exons and introns. Exons are the important parts used to make proteins, while introns are in-between sections and need to be removed (spliced out) for functional proteins to be made. This project zooms in on the introns of the pre-mRNA and the process of removing the intron (splicing), specifically the minor introns. These minor introns have been linked to various cancers, including breast cancer. Our goal is to understand how minor introns splicing contribute to breast cancer development. In our research, we discovered a method to slow down breast cancer growth by blocking a key component that is responsible for removing the minor introns.

The conference was an amazing and surreal experience. We were surrounded by so many great minds and great projects. It was interesting to learn the many different fields that are contributing to advancing treatments to breast cancer and understanding the pathogenesis of breast cancer. It was also nice to be regarded as a doctor and then see the surprises on people's faces when we tell them we are just undergraduate students (it was a great flex).

There were many interesting moments that were particular to science itself. From learning that stress is a contributing factor to developing or triggering cancer to the idea that there is data suggesting that circulating tumor DNA (CTDs) should be treated at night and not in the morning to increase the effectiveness of the treatment.

It was very cold and windy in Birmingham, it rained almost everyday. The conference was located in the business district of Birmingham so there wasn't much to do except going to the city center to do some shopping and visiting Sea Life. We did both and we had lots of fun. When we went to Sea life just as we got the tickets to the place there was a fire alarm and we had to leave the building. We waited outside for 45 minutes and it started raining so many of us that were there had to find cafes or convenience stores to wait in before it was safe to return to the building. But once we went back in we had lots of fun seeing penguins, octopi, and different fishes.

A funny story to share is that Hana almost let me (Fiza) die there. We were crossing the road and when I turned to the right, I was face to face with a bus honking loudly at me. I had to run back to the pavement to see Hana simply shaking her head at me! She could've pulled me back or even yelled my name but she did nothing :/ Thanks, Hana, for traumatizing me ;/

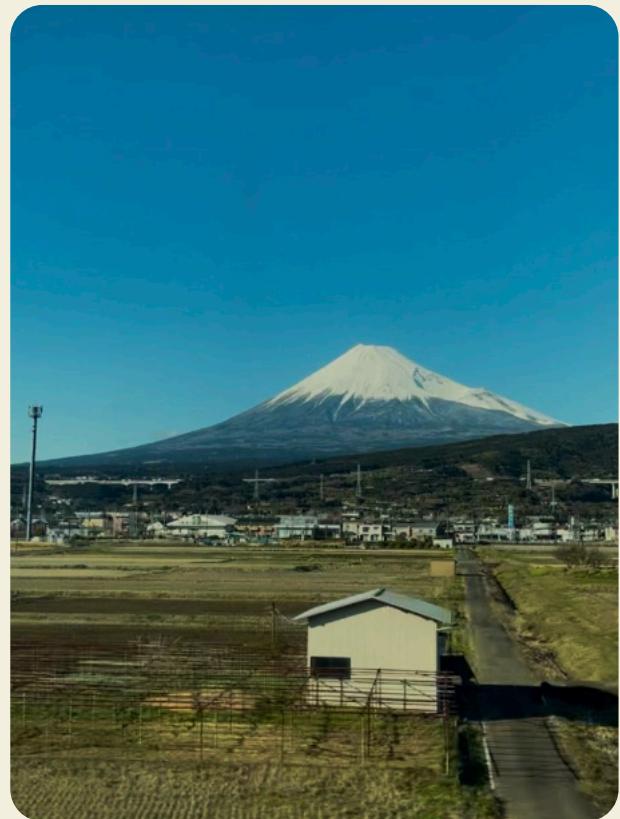




Postcards from Spring Break



T 19/11/11
I MALAYSIA 11/11/11
I KLIA2 11/11/11
L 25.03.15 X



To: Carnegie Mellon University in Qatar,

Education City

Doha, Qatar

PO Box: 24866



From: Laiba Sameer, CS Class of 2027

One of the highlights of the Japan trip for me was spotting Mount Fuji from the bullet train. It might seem small compared to all the other fun activities we did, but to me, it was monumental. Witnessing something I'd only ever read about or seen in movies felt like a personal victory, a moment of reflection that stuck with me for the remainder of the trip.

To: Carnegie Mellon University in Qatar,

Education City

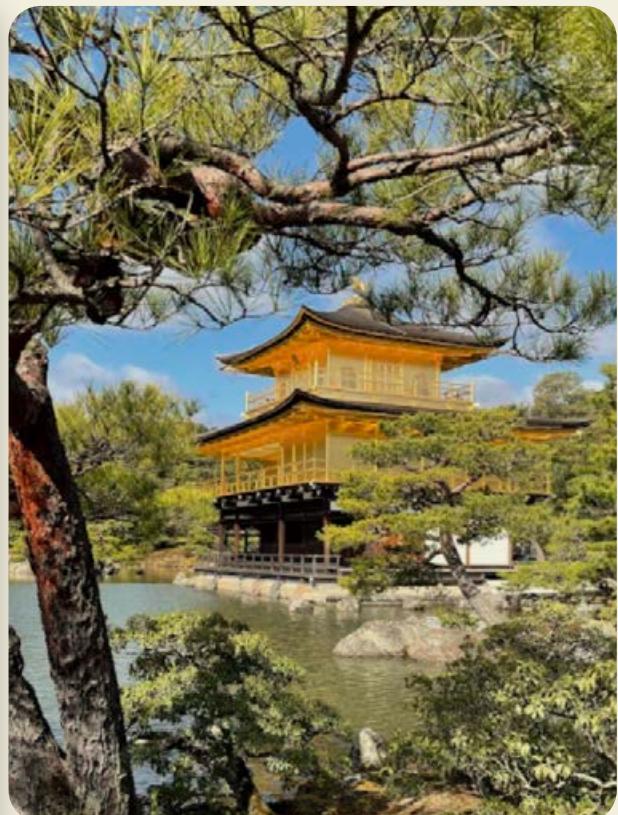
Doha, Qatar

PO Box: 24866



From: Laiba Sameer, CS Class of 2027

Plus, this experience provided me with a great opportunity to step out of my comfort zone and try things I normally wouldn't, like eating sashimi and other raw seafood dishes. I really enjoyed learning about their culture and being able to experience it; there are definitely habits I've taken home with me. Always thinking about you Japan!





To: Carnegie Mellon University in Qatar,
Education City
Doha, Qatar
PO Box: 24866

From: Eaint Thet Su, Bio Class of 2024

In this picture I am holding two matcha cups from two different cafes in the Tsukiji Fish Market area in Tokyo. For me, this is one of the pictures that answers the question "How was Japan?". Matcha runs are one of the favorite activities of me and Thuc's. Throughout the trip, our activities during the free hours were saving well-reviewed places on Google Maps and rating any food or drink we tried in those places. We gave these iced matcha drinks a 6/10 and an 8/10. This was also the same day that we had king crab and visited this beautiful temple called Tsukiji Honganji. I wished all my mornings were like this. From cooking lessons to trying exotic desserts, the Japan trip was filled with new experiences and stories. What a well-spent Spring Break! I only look forward to visiting more places on this earth with my friends and collecting more memories (and of course many more matcha runs!!).

To: Carnegie Mellon University in Qatar,

Education City
Doha, Qatar

PO Box: 24860



From: Maria Darwish, Business Class of 2024



One of my most memorable times in Korea is the first night where we all stayed up together in one of our rooms talking about how surreal it feels to be in Korea. It got to around 1am and no one felt like sleeping so we decided to play hide and seek outside on the street. When we left the hotel we realized it was snowing and it was some of us' first time experiencing snow. We decided to just walk around even though everything was closed, when we came across a 24 hour photobooth that was open and took some pictures. It was a simple but memorable night.





To: Carnegie Mellon University in Qatar,
Education City
Doha, Qatar
PO Box: 24866

From: Fatima Yousaf, CS Class of
2025

Going to NYC & DC was a completely different experience going on a two person versus group trip. The highlight for us was probably seeing the Moulin Rouge broadway show, we managed to get lucky with the tickets and snag some of the best seats morning of the show and were able to interact with the actors with an absolutely gorgeous set that kept giving!

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PO Box: 24866

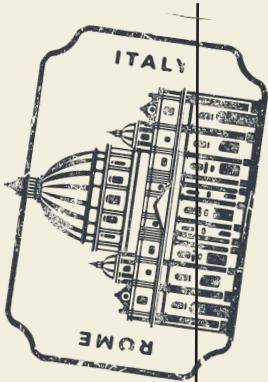
From: Fatima Yousaf, CS Class of
2025

We stumbled across many good baked goods at coffeeshops, eye opening meuseums, and cozy parks.

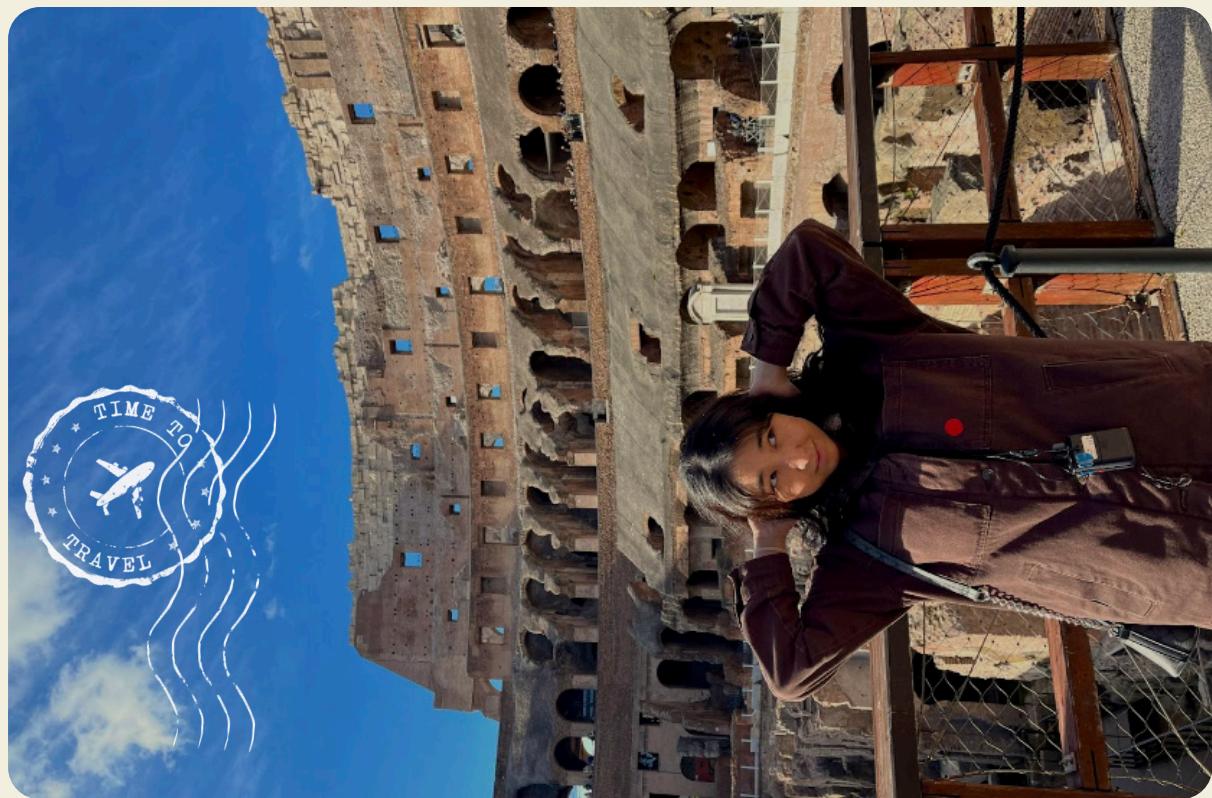


To: Carnegie Mellon University in Qatar,
Education City
Doha, Qatar
PO Box: 24866

From: Gulnaz Serikbay, CS class of 2024



From getting lost in the streets to those lazy gelato-fueled afternoons, Italy has been one epic adventure. I enjoyed exploring the local food culture by visiting the cheese & balsamic vinegar factories and trying out the cuisine everywhere with girls. In this picture, I am standing inside the Colosseum, one of the 7 wonders of the world, feeling the echo of history beneath my feet and enjoying the beauty of Roman architecture.



Wabi-sabi, Matcha, Ship & Graduation

By Thuc Ngo

Going on a trip with the intentionality for learning has broadened my perspective in an unimaginable way, not just about a different way of life in Japan but about mine, my community & my upcoming journey after CMUQ.

Wabi-Sabi (侘び寂び)

In writing application essays for the trip, it was the first time I read a book about a place prior to visiting it. In the famous book *Ikgai*, Francesc Miralles and Hector Garcia talked predominantly about 'wabi-sabi' as a central philosophy in Japan's culture. "Wabi" represents the inner, spiritual experiences of human lives, characterized by humility, simplicity, naturalism & imperfection. "Sabi" represents the outer, or material imperfection of life. Combined together, wabi-sabi aesthetics & principles include the simplicity, modesty & appreciation of nature, appreciation of beauty in its inevitable imperfection & impermanence. With this prior framing, I came visiting temples, shrines & other monuments and observed much more clearly the manifestation of this concept.

Unlike grand European churches, usually made of durable materials like stone, brick that last through centuries, many of Japan's most sacred temples are made completely from wood, and are rebuilt many times in history due to fire & forces of nature.

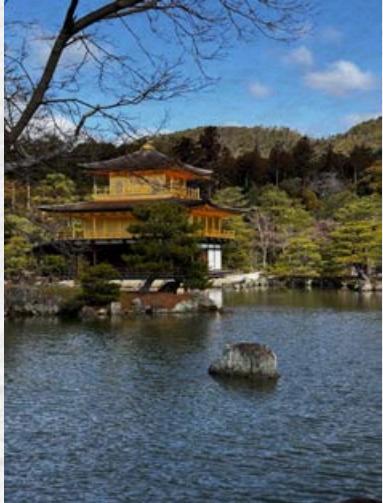
Abeeha, a junior Business student on the trip, observed various different states of weathering and breakdown across thousands of Torii gates we had passed in the Fushimi Inari Taisha shrine. The unique marks of nature left on each gate shows beauty emerging from the passage of time, rather than the architectural fragility.



Fushimi-Inari Taisha Shrine

She also observed this emphasis on the beauty of impermanence in the Kinkakuji Temple. While the top two floors are made of dazzling gold, the lower floor is made of wooden structure.

Another typical characteristic of Japanese architecture is the presence of garden, lake with abundance of trees, rocks, creating a harmony between human existence and different forms of nature.



Kinkaku-ji Temple



Tenryu-ji Temple

For me, the most impressive manifestation of wabi-sabi in architecture is Kiyomizu-dera temple's main hall. Its stage is supported by 168 wooden pillars made from century-old thick tree trunks. It stood solid overtime using a special method of interlocking wooden joints without a single nail.

Imagine this massive wooden structure made without a single nail. This hall is an impressive manifestation of the Japanese's honor of nature, simplicity, and their acceptance of the fleetingness of time inevitable in every structure. On my next trip to Japan, I would love to visit the Grand Shrine of Ise, which has been routinely torn down and rebuilt every 20 years over 1,300 years by local artisans & people using traditional methods. The active tradition of iconoclasm - breaking down things of great sacredness - is a continuous teaching for future generations that material things are not supposed to last, but tradition, customs & culture are.



Kiyomizu-dera Temple Main Hall

Matcha

I also found the concept deeply embedded in daily practices like the tea ceremony we attended together. We enjoy matcha all over the world, but for many Japanese, making and enjoying tea is an aid to meditation & is a means to get closer to spiritual awakening. The takumi (artisan) took very elaborate, elegant movements to prepare the tea. First, she would receive the guests by bowing. Then, she would purify the tea utensils by taking the bamboo whisk, pouring a small amount of water into the tea bowl, whisking briefly to soften the bristles before discarding the water & wiping the tea bowl with a clean cloth. By being elaborate, intentional & focused throughout the process, the person harmonizes with nature (tea) & deepens connection with their inner self.



The takumi added a little touch to our ceremony by urging us to cherish the current moment such as the trip we're on as young students, or really any moment that life brings us, because it, as all things, is fleeting, impermanent & will never happen again - 'Ichi-go ichi-e'!

Life is a Ship?

This keeps orbiting in my mind as I'm navigating the last few months before graduation. In our 20s, there's this urge to be extraordinary, but when you let the standard of greatness be influenced & defined by societal standards & expectations, it creates a pressure to tick different boxes & be great. Getting into a good school, offers from top companies, starting your own thing, social impact & financial stability. There's a certain disconnection I've been feeling from my inner self & my actions. Applying to jobs started to feel like auto-pilot. Going to class and doing what I like doing, such as writing for Lamha started to feel like distractions from what I'm supposed to be doing - applying to jobs & figuring out my life plan. There's this constant uneasy feeling in the stomach that you're not where you're supposed to be yet, and whatever you're doing is not enough to get there.

Professor Farooqi told me this. Life is often misinterpreted as a ship amid the fitfulness of the sea, which you can control by steering the right way, right direction. No one can control life, what you can control is your perspective. You can choose to be pessimistic about the uncertain future, or excited about the boundless possibilities that same future can entail. Plan for the future, but be content with the part you can do, and have faith in what will unfold.

But how do you feel content with what you're currently doing, with all the pressure that you need to dream bigger? I think the Japanese artisan is able to prepare the tea like a choreographed ritual with precision, grace, and mindfulness because she's in a flow with her craft & tools. It's very similar to the loss of sense of time when we do an activity we enjoy - where there is no past or future, just the present. I started to think that maybe the key to being content, happy & successful is to find & master this flow with anything you undertake.

So the upcoming months when I will officially graduate from CMUQ is about navigating the worries about future uncertainty, overcoming them to train being in the flow with what I do, and developing faith & excitement about what will come. Incorporating both the matcha & ship lessons.



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CMU-Q had its first Tarnival in years and it was a resounding success! It brought a burst of excitement to Greenspine, as clubs set up booths with all sorts of fun games. People won tickets left and right, and traded them in for fun prizes and merch at the prize booth. It was a fantastic event that brought everyone together and left a lasting impression. Here's to more Tarnivals in the future!



This year's international night was a vibrant celebration of CMUQ's diversity, featuring cultures spanning from Brazil to Libya to Vietnam. Students, staff, and faculty united to proudly present their cultural heritage while eagerly learning about one another. Each booth was adorned with captivating decorations, offering engaging minigames and delectable finger foods representative of their respective countries. Standouts among the booths included Indonesia, Egypt, and Palestine, captivating attendees with their unique displays.



Following the booths, a mesmerizing fashion show unfolded, showcasing student's traditional attire from around the world. The evening continued with an array of cultural dances and singing, captivating the audience's senses.

A surprise came in the form of a student from Pittsburgh, who was on the IMAQT trip, enchanting the crowd with an opera performance. Overall, it was a great night brimming with joy, diversity, and shared cultural experiences.



Arab and Africa Collegiate Programming Contest 2023

By Thuc Ngo

I met up with Gulnaz Serikbay, Ulan Seitkaliyev (CS, Class of 2024) & Andrey Genze (CS, Class of 2025) on their amazing achievement: Being the first CMU-Q team to qualify for the World Finals of the International Collegiate Programming Contest (ICPC) after a 3 day Middle East regional competition in Egypt. Let's just say, programming definitely was not the only highlight of their trip!

About the ICPC

The International Collegiate Programming Contest (ICPC) is a worldwide and the most prestigious contest in competitive programming that has been held since 1977. It is a multi-tiered competition, where each participant first has to go through country, and region and then get qualified to the final international level.

Coincidentally, or maybe a deliberate cosmic setup, three years ago, even before applying to CMUQ, Andrey sent an email to Professor Giselle inquiring about opportunities to prepare and participate in ICPC. Years later, he made it to the finals under her mentorship - life does work out in very unexpected ways.

To qualify for the final, each country has to establish its own nation-level contest to begin with. In Qatar, the Qatar Collegiate Programming Contest (QCPC) was actually brought to life by CMU-Q faculty, Professor Giselle Reis, and Professor Eduardo Feo Flushing back in 2021. At the 3rd QCPC in September 2023, 3 university teams qualified for regional Egypt to Arab and Africa Collegiate

Programming Contest (ACPC) 2023 hosted by Egypt: 2 from CMU (Andrey+2 consisting of Andrey, Gulnaz & Ulan, and Shustri27 consisting of George Chkhaidze, Khasanbek Khakimjanov, and Diyorbek Ibragimov (all CS 2027) and 1 from Qatar University. However, the contest, due to unforeseen circumstances, was deferred from November 2023 to March 2024. Nevertheless, it gathered 112 teams from teams from different Arab and African countries, from Iraq to Syria, with many participating teams in Egypt.

Game Day!

On each level of the contest, there were 12 problems over 5 hours where participants had to develop algorithms of different levels of complexity to solve them. The teams that solved the most problems & fastest win. On the national level, Andrey+2 solved 11 of them and Shustri27 solved 10 of them. ICPC rules allow any printed material during the contest. The team did print some but accidentally left some cheat sheets that they already had as PDFs. Turns out, the only two things they needed during the contest were the formulas in those discarded cheat sheets! They ended up having to derive them on their own and still managed to solve the problems under a big time crunch.

In the end, Andrey+2 solved 7 problems and got in the top 14 with a Bronze medal, which meant a qualification for the final round. Interestingly, all team members will be heading to their home country for the International contest, happening in Astana, Kazakhstan on September 14!

Learning beyond programming

Each member of the team remarked on many different observations that highlighted the experience.

The Palestine team couldn't come, but as a sign of solidarity, everyone in the opening ceremony applauded when their names were shown. Through conversations with other Arab teams, most of which were often limited due to language barriers, the team came to understand the difficulties that exist in different countries when it comes to education access. CMU-Q teams were sponsored fully by our university, from registration fees to flights to accommodation. However, many other teams, for example from Syria, were not sponsored by their universities or even governments, so they had to seek funding externally as fees were \$1,500 per team. Some had to also commute by bus for days to reach the competition. Thus, their participation in ACPC means a lot because it requires strenuous efforts to get there.

Gulnaz shared that it was particularly inspiring to see students from all corners of the world striving to gain knowledge & keeping a proactive, open learning attitude despite all the hardships that sometimes we overlook as students of a resourceful university.

Finally, the team wants to send the utmost appreciation to faculty & staff members who have contributed to their success in the competition:

"Our heartfelt gratitude goes to Giselle Reis and Eduardo Feo for their pivotal contributions to competitive programming at our university, including orchestrating 18 Pizza and Programming Competitions and starting the QCPC organization. Professor Giselle's outstanding mentorship and support have played a vital role in enabling a successful trip and achieving gratifying outcomes".



Sports Day

By Boushra Bendou

From the basketball court to the volleyball net, and onto the football pitch, our teams have showcased exceptional talent, resilience, and teamwork in this year's National Sports Day QF tournaments. We bring you firsthand accounts from the heart of the action, capturing the triumphs, challenges, and unforgettable moments that defined this year's competitions.

Women's Volleyball Gold Medal

"In the showdown for the top spot, the CMUQ women's volleyball team clashed head-on with the formidable American University of Afghanistan (AUA). To win the finals, a team had to win two, fifteen-point sets against their opponent. As the score climbed, so did the anticipation, until finally, we found ourselves in a deuce. Despite our best efforts, AUA ended up winning the first set. For first place, we had to win the next two sets, so the whole team was under pressure. Fortunately, after the first set, we quickly adjusted to the play style of the AUA team and this was when our players shined. Sejal and Mimi's serves were on fire, raking up the points. Katrina's sets were consistent thanks to the stable receivers of Reem, Sejal, and Zeina. We were extremely proud of the team as their months of practice paid off and we won the second set, bringing it to a tie of one win each. There was only one set left to decide the winners and both teams were eager to win the set. It was a back-and-forth battle, with neither team willing to yield an inch. It was a very close game and the encouraging cheers by the CMUQ crowd hyped up our team. With a decisive service ace by Gulnaz, we secured the win with a score of 15-13!"

" - Mimi and Kat



Men's Volleyball Gold Medal

"Last year, when the volleyball tournament was mixed, CMUQ placed second, as they lost to HBKU. This final match was heavily anticipated, fueled by vengeance and the hunger for redemption. It started with us losing the coin toss, perhaps indicating our luck for what was to come. A series of mistakes led to us losing the first set. Rainier's vow to only jump serve in the tournament wavered in this defeat, "perhaps I should play it safe" he cogitated. The tension in the air was palpable, as the trauma from last year's defeat filled the venue. The second set started with another loss in the coin toss, however, two negatives make a positive, right? The Great Wall of Korea, John mercilessly blocked HBKU's attempts to attack. Imron and Enoch's receives helped John deliver sets to Rainier and the Korean cannon, Edwin, allowing us to get points and build up momentum. After numerous tips, Rainier finally hit a sound-splitting spike, leaving us one point away from the win. He then proceeded to hit the most diabolical jump serve seen in the entire tournament, resulting in CMU winning the second set. The momentum obtained from this spectacle led to the CMUQ men's volleyball team building up a lead in the last set, mirroring the scenario in the last. Rainier serves another ace, putting

CMUQ a point away from winning. His conviction to his promise of only jump serving led him to this moment, giving him the chance to end this ill-fated relationship with HBKU. However, right before the last serve, he heard a piercing comment from the crowd, "please don't mess it up" from Sejal, and alas, he did. The CMU men's volleyball team proceeded to win anticlimactically with Edwin, tipping the ball.



As president of the volleyball club (Mimi), I am thankful to all the members who showed up to every training session and brought a lot of enthusiasm to our games. It has made playing volleyball more fun and I'm so proud of everyone's progress. I hope for the CMUQ volleyball team to keep going strong and always win all the gold medals" - Rainer

Women's Basketball Silver Medal

"Despite not having a basketball club this semester, some girls and I signed up for the Sports Day Basketball tournament to try out our luck. Some of us were completely new to basketball while others were rusty. Even though we had a total of two 7am training sessions together before the tournament, we managed to win second place overall in the tournament. To be completely honest I was not very optimistic about the outcome in the beginning given our lack of training. However

with our unwavering support for each other and determination to have fun I think we opened a new chapter for ourselves. We hope to become a stronger team next year by re-establishing the Women's Basketball club next year and recruiting all those interested and determined to win us a few more medals!" - Boushra



Men's Basketball Bronze Medal

"For Sports Day, the men's basketball team was involved in the tournament, after missing out on competing for the season-long tournament. Unlike last year's team, this year's team had to be constructed from scratch, almost, as most of our players from last year had graduated or have old people bad knees (Ibrahim Abu). We spent the first few weeks of the semester setting up our team of first years and first-timers, and eventually, we were on a roll. When the time came to enter the tournament, we felt ready to go, and boy we were wrong (kind of).



Our first game of the season was against HBKU, and although we were very confident, we had to shake off some of the rust. After going 0-8 within the first 4 minutes, our bad-kneed coach called for a timeout, shouted at the team, and got us back on track. What ensued was a barrage of 3-pointers from the entire team, lockdown defense, and an overall winning mentality. Although we ended up winning comfortably, there definitely were holes in our game to address. We then entered the semifinal game against Georgetown without 4 of our players. and started the game scorching hot, carrying on our momentum from the previous game. While Georgetown eventually managed to injure half of our team, we put up a good fight and lost by a slight margin. Distracted, but not defeated, we were then given 10 minutes to play against HBKU again for the 3rd place. After yet another slow start, however, we achieved our biggest comeback of the season, and managed to bring home the bronze. Although we did not win the whole thing, the team has a bright future ahead of it, and we are very proud of our improvement in such a short time." - Ghali

Male Football Team Gold Medal:

"After a very unfortunate run that we had as a team in the QCSF (Qatar Collegiate Sports Federation) football tournament, we knew that this 5-a-side tournament was going to be our redemption. But

as I said, it was 5-a-side which means 5v5, for the past tournaments we were used to playing 11v11 in a big field where you can easily play in space. Our first match was against ABP, at first we seemed unprepared trying to get used to playing in a futsal match but we slowly picked up the pace relying on our players to do their part, we scored the first goal in the first 3 minutes. After that, we just kept on going, we were on a roll, scoring the second, the third, the fourth, they couldn't stop us. The game ended with us winning 5-1.



So now, guess what, we were in the semi-final going up against non-other than HBKU our rivals for some time (we have met them twice in the past 2 years and lost both). We knew this was going to be a tough game, one that we needed to be on the top and consistent. Then the whistle blows, we started passing the ball confidently, however in the first 2 minutes we played a wrong pass which led their striker to go on a solo run against me (the keeper) in a 1 v 1 situation, the striker placed it in the bottom right corner.

From that point onwards, we knew that we cannot make another mistake being 1-0 down, in a futsal match is tough by itself, throughout the first and second half we had a sturdy defense while also trying to finish our chances in front of the goal. After multiple shots on and off target, you can then see Ahmad AlHallaq going with the ball on the left side, dribbling past their defender and then rifling the ball straight at the keeper, boommm it goes in. With it becoming 1-1, we go to penalties.

Their first pen goes in, our first pen saved by the keeper.

Their second pen is saved, our second pen goes in.

Their third pen goes in, our third pen goes in as well.

Their fourth pen goes over the bar, our fourth pen (GUESS WHAT) goes in, and just like that we are into the final.

The final is against TAMUQ, every game against Texas is like a mini battle, each team trying to show they are better and more dominant, which turns the game into a on pins and needles affair. Here we go, on the national sports day of Qatar we are ready for this match.

Something you did not know is that for all three matches we only had around 5 or 6 players, which means we had no substitutes, and here we meet Texas who had 14 players, which meant we had to conserve our energy. With the start of the game, Texas were more energetic, having a better feel on the ball and moving it around in an organized fashion but we kept a strong defense, at this point I knew this game is going to be tough.

After a couple of long shots from TAMUQ, their defender strikes a ball from around the half-way line, it passed across our defender hit the post and then went in. and here we go again being 1-0 down again, good thing is we have been here before but now it is against a better team. We kept trying to get chances, we getting closer and closer but with no goals, on the other hand Texas is attacking with all they got which led to two goal line clearances from both Ahmad AlHallaq and Jamil.

In the second-half with Texas subbing some new players, Asad fought for a ball that was going up near the keeper no one thought something was going to come from it but to our surprise he jumped higher than the keeper and headed the ball in, making it 1-1. We kept trying to score a second but we had no second wind.

So here it goes again, PENALTIES!!

We shoot first, saved by the keeper. Texas first shot is saved by the keeper as well.

Our second pen we score it. Texas second is saved by the keeper (tense moments if we score the third we win this final)

Our third pen.....YES goes in.

JUST LIKE THAT WE WON THE TOURNAMENT, after two penalties thrillers and with only 5 players on



each day, we got the gold.vCouldn't have been possible without the team, Osman, Nayef, Jamil, Asad, Abdulaziz, and Ahamed AlHallaq." - Othman

Weon Gyu: The 3 Medal Winner

"Different from tournaments I played in previous years, this tournament felt very special for me since it will be my last time playing in QF with my friends. Since then, I hoped to win in a tournament for the first time. Big expectations, so losing against Georgetown in the Semifinals of Basketball or finishing third in the Bowling tournament were disappointing. Despite all that, we finally won a gold medal in volleyball! It was one of the most satisfying days in my life, with winning three medals including gold and Georgetown losing in the finals."

Conclusion: A Testament to Teamwork and Tenacity

As the curtains fall on another thrilling Sports Day, we are left in awe of the incredible talent, spirit, and unity displayed by our student-athletes. Each team's journey through the tournaments speaks volumes about the power of teamwork, the importance of perseverance, and the sheer joy of participation. These stories of triumph and resilience remind us that, beyond the medals and accolades, the true victory lies in the friendships formed, the challenges overcome, and the memories made. To all our athletes, coaches, and supporters, we extend our heartfelt congratulations and look forward to even greater achievements in the years to come. Here's to the spirit of sportsmanship that continues to flourish within our CMUnity.

to: Doha

Art



scope

From: 서울

A Reminder and Realization

"There is an indescribable sadness inside of me. It sits heavy, a thick cloying feeling that coats my bones. A sadness of the soul.

My body is a cage, and my soul a flightless bird yearning to fly among the clouds again.

My body is a ball and chain, and I the prisoner.

My soul longs to be reunited with Him, so why am I here?

The world is cruel, it takes and it breaks – there is nothing I can have that will not be taken away.

The world is cruel, it hurts and it kills – there is no way to escape from suffering as long as I am here."

A reminder:

Every pain borne onto you strengthens your soul, and enriches your reward for hereafter. Everything you lose is a reminder of how temporary the world is, a reminder to let go of your attachments to the physical and reinforce the rope that binds you to him. So when you are tired and angry, and the cage seems as though it will never let you go, remember.

Do not be afraid.

Do not be shaken.

Do not turn to the world; do not turn your back on Him,

These struggles are a show of love, not contempt. In times of trouble, let your soul be strong and say Alhamdulillah

"I see the destination, but in front of me lay a thousand different paths. Diverging, converging, interlinked. Which one did He pave for me to walk on? Does it even matter if the destination is the same; if every path ends with freedom for the soul?

The world is cruel, it takes and it breaks – there is nothing here I can build that will not be destroyed.

The world is cruel, it hurts and it kills – there is nothing I can do to cease the suffering people endure."

A realization:

You have a purpose in this world. He did not give you life just so you could die.

There is something you can do that will last forever. He did not tell your body, your mind what it was, but He instilled it in your spirit. He gave you a reason to live.

The only thing that the world can't take away, the only thing it can't touch, is your soul.

And the purest act of the soul, is to love,

Everything you do should be because of, and for the purpose of love.

So walk the path of love,

For to love is to connect with another soul

To love is to feel the divine,

To be loved is to be immortal,

To be loved is to glimpse eternity.

I Will Remember You

Not a day passes by
Where I do not think of you.

How can I forget you
When the moon reminds me of your smile?
A glimpse of heaven that shines so brightly.

How can I forget you
When the stormy ocean reminds me of your turmoil?
The darkness deep within
That you hide from everyone else,
And how despite all that,
You manage to bring so much life,
So much beauty into the world.

How can I forget you
When the rain reminds me of the tears you've shed?
All those times you cried alone in your room.
All those times your heart was torn into pieces,
And every time you pieced it back together
So you could still love others,
So you may love yourself.

How can I forget you
When I see flowers bloom after the winter,
And they remind me of your unbreakable spirit?
How you get up and persevere,
When the world beats you down,
Time and time again,
Despite your sensitive soul,
That gets hurt so easily,
That feels pain so fully.

But even if the moon falls out of the sky,
Even if the ocean dries up and ceases to be,
Even if it never rains upon us again,
Even if all the flowers wilt and die,
Even when my soul departs this world,
It will remember you,
For its hue has been changed by the color of your
light.
Its form forever changed by the touch of your soul.

-Idris

Magic Moments

the bell rings, and 10th grade english class was ready to begin
across the hall was the honors english class, also ready to begin
and all i wanted was to be there

it was an insult to my ego, all of my friends are there, and my english is better than theirs
i should be there, but here i am, nursing my wounds, in the normal section,
it was just a stupid placement exam, and if it was any other day i would've aced it

it doesn't matter
but in a different sense, it really does

because there are these moments, that are ever-present in our lives
where your soul begins to speak to you, of something, only the heart can understand,
they are called magic moments

when you look to the left, and you catch someone's eyes, and they catch yours
and the smile in their eyes shows you
a reflection of your soul

you see life is consequential, but we forget that all the time,
instead of embracing the endless possibilities
we wallow in self-pity when things don't go the way we want them to

i looked to the left, and my heart strings fluttered, responding to my soul,
ancient tradition tells us that souls plan meetings, long before the bodies see each other,
but funny enough, we get in the way of our souls
because the fear of suffering is worse than the suffering itself

the reality is, we are terrified of what we're truly capable of,
we are not scared of loving someone, rather we are scared of being loved back
because love is the only force in the universe that changes who we are, changes our essence,
so more often than not, we avoid what our soul so radiantly desires,
preferring convenient excuses

ancient tradition continues, saying that when these magical moments come about,
and people choose to chase them, choosing to fear regret instead of failure,
the entire universe conspires to bring their souls together

all of my friends were in the other class, so the chair next to me was empty,
both of us, oblivious to the next six years of love and pain

the bell rings, and 10th grade english class was almost over
across the hall, was the honors english class, also almost over
and all i wanted was to be with her



Dear Professor Christos,

Yep, I am definitely not a theory girl, but writing poems is so much more fun than writing proofs anyways. Keeping aside my feelings towards proof writing, I'd like to thank you for inculcating in me that everyone has unique strengths, and that every strength is beautiful in its own way, just like every flower is. The world needs more patient gardeners like yourself though! Life lesson learnt. *insert checkmark*

The kind gardeners

"A professor tends his garden green,
Knows every flower and every scene.
He nurtures them with a loving hand,
And anchors them when they need to stand.

But some tend their garden wide,
With love for blooms on every side.
Not just those who are swift to reach the light,
But also, those that bloom in the darkness of the quiet night.

For some roses like me, that are slow in pace,
The kind gardeners hold a special place.
Because with patience as deep as the earth's embrace,
The kind gardeners always wait for every rose's blooming grace."

P.S. Shout out to all the professors, for believing in roses that take longer to bloom.

-EA

N° 1686/12

The Kind Gardeners



Acrylic Painting: The Unseen Parts of The Process

By Najoud Al-Talib | Arts & Crafts Club

In the painting process, the painter makes many decisions that end up elevating a piece even though those decisions are very subtle. I thought it would be interesting to talk about the subtle parts of the painting process using one of my own paintings.

The pink under the paint

A pink wash (or any other color) under an acrylic painting serves many purposes: it ensures the white of the canvas is completely covered, makes the canvas less daunting to begin painting on, and makes the painting's end result more cohesive (the different paint colors all have the same pink hue underneath). Most of all, it's nice to look at when the painting is still unfinished.

A more advanced technique would be to use the wash color to paint the shadows too, then layer the actual colors on top—this is called an underpainting. That ensures that the correct values—the lightness or darkness of a color—are used. (Value is more important than color but it's very easy to focus on the color pigment instead of seeing the color's value, so these techniques are helpful. That's why painting using random colors but the correct value actually works).



The unmixed paint straight from the tube

In areas of a painting, using a pure color straight from the tube adds interest and more dimension. When painting an orange, it is more striking for the brightest area to be pure unmixed yellow instead of an orange-white color mixture. Fauvism is an art movement that takes this to the extreme: the colors used in a fauvist painting are all straight-from-the-tube bright and also involve strong brushwork. Fauvist artists disregarded accurately representing the real world in their artworks and instead focused on communicating strong emotion using strong colors. I think there's a lot to learn using their approaches.

The brushes used

Although it's a popular saying that it is the artist that makes the art and not the tools used, the tools play an important disregarded role. The usage of a big flat brush throughout a painting leads to a better end result: it ensures that the artist does not get lost in the details of a painting. It ensures that all the big shapes are blocked out properly first, instead of getting lost in details that make you forget the actual proportions and composition of the piece. Using a smaller round brush to detail the subject of a painting allows the subject to pop out more (the orange in the example painting), as it would contrast with the background that is simply blocked out using a big brush. Those brushes that look like fans, called a fan brush, are more helpful for painting the leaves of a tree.





S(e)oul Reflections

Acrylic on canvas
By Hala Al Darbasi

HALA
DARBASI

2024

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