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Algerian Twitters from Constantine

FUSION

Magazine

Once Upon a Time
Constantine....

The Student's Message
Our University

ACC Echo
What you need to know about the ACC

The English Café
What is good writing?

Skipping Dinner at University!

Spirits in Pens
Bull Ring

What do you think about...?
Love ?

Ask the Mother Nature:
tips for a beautiful hair and a healthy skin

Health
Find meaning in your life

Fun
with Dalinda and Hadjer



**FUSION,
BRIDGES THE GAP...**

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BELADJILA

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FUSION

Bridges the Gap...



Fusion is an Algerian magazine edited in English; it aims to fill the vacuum in the written English productions in Algeria. The idea of the magazine blossomed as a group of university students, teachers and adherents of the American Corner Constantine decided to launch a magazine that would reflect their thoughts, dreams and hopes by means of English; their favourite language.

The idea of creating an Algerian magazine that uses English as a medium of communication would have been unthinkable a few years ago, because such a project would be submitted to certain linguistic conditions most Algerians are aware of. Although Arabic is considered the official language in Algeria, still French dominates the professional and social life of almost every Algerian. Statistics indicate that the number of newspapers in French is higher than the ones in Arabic, and that's why the figure of the French readership is higher than the one in Arabic. Some argue that in such a bilingual environment, English cannot impose itself upon the Algerian society, and it is rather limited to a specific category that includes academics and students.

But what this assumption seems to ignore is the fact that Algerians give much importance to English not only because it is their academic choice but also because it is a language of power, business and prestige. We have noticed that a number of students from different fields of study -even from the scientific ones- are attending English classes. One of the reasons that push them to do so is that the majority of scientific references they need are written in English. Therefore, one should not deem the interest of some Algerians in learning English as an obligation; it is rather a passion for them. Music, movies and TV shows also played an enormous role in attracting many Algerians to learn and love English. Nowadays, Algerians' love for English appears clearly in social media, such as Facebook, in which a large number of Algerians communicate in English, not just with native speakers but even with other Algerians. A Facebook page called "I am DZ and I speak English" is a typical example, as it has more than 197 127 fans, most of whom are Algerians.

The virtual sphere is not the only place where Algerians exercise their English because many of them do use English frequently in real life. That is, they write poetry, short stories and articles in English. In addition, many Algerian novice singers seem to prefer English, especially new bands that want to share their art with the world and English is certainly the best medium. Some other students or youth often organize activities where they debate and discuss a multiplicity of issues in English.

In such environment, Algerian editors will definitely guarantee a number of readers who would certainly welcome to read an English piece of writing produced by another Algerian. In this occasion, we deem it appropriate to acknowledge some previous courageous initiatives, such as "50/Fifty Magazine" which is considered to be the first English-speaking magazine in Algeria.

Fusion comes out, therefore, in the right timing as it is going to be an open space for the Algerian pen to express a variety of ideas through English. It will also satisfy the increasing demands of readers to know about their environment in a different language. The other significant importance of the magazine is the cultural dimension, as it represents probably both the cultural rapprochement and the mutual understanding that University Constantine¹ and the American Corner Constantine are trying to reinforce between Algerians and Americans.

By Hadjer BLOUD





Echo
ACC



WHAT YOU NEED TO KNOW ABOUT THE AMERICAN CORNER CONSTANTINE

By Khawla ALLOUACHE

The Algerian public is familiar with the French cultural institutions which are often found in the country's big cities. That is, Algerians do not know a lot about other cultures owing to the shortage of foreign institutions. However, in the last decade, Algerians started to discover the American culture thanks to the creation of three American corners in the east, west and south of Algeria.



What is an American corner (AC)?

An American corner is a small library established by the U.S. embassy with partnership of a local institution of a host country. This corner aims to define the American culture and history for people overseas and to promote mutual understanding between Americans and the people of the host country.

The U.S. diplomacy has established many American corners all around the world, in which it targets big cities. In Algeria for instance, the choice came on Constantine, Oran and Ouargla.



How has the American Corner Constantine been established?

The American corner Constantine ACC was inaugurated in June 15th, 2008 by the former ambassador of the U.S. in Algeria Robert Ford and the rector of University Constantine 1 professor Djekoun. The Corner is located in the same university as part of the central library.

The ACC is composed of three parts; a reading room, a projection room and a small library. The reading room is the largest room; it gives adherents the opportunity to read and access to internet. Besides, it is an open space for active members to organize a variety of activities. The projection room is designed to hold visual activities such as screening movies and documentaries. The library of the American corner contains more than 2197 books in different domains such as: literature, arts, history, politics and social sciences.

Though the ACC is relatively small in size, it reached almost 4100 adherents. Many of them visit the Corner every day which helps at creating a warm atmosphere. Many friendships have been made at the ACC between adherents from different nationalities; they get to know each other's culture and lifestyle.

The linguistic aspect is vital at the ACC; most members consider it a space where they can

practice and enhance their English. The corner facilitates the learning of this language by providing the members with the necessary materials such as books, as well as the opportunity to use the language regularly through the 'discussion-based' sessions.

How can you join the ACC?

Access to ACC is for free, and it is open for the Algerian public and foreigners living in Algeria regardless of their age or their educational level. The way to subscribe is quite easy: any interested person should approach the ACC and present a copy of the identity card and two photos. The passport copy is accepted for foreigners.



*The director of the ACC
Hasiba Bendjaballah with
the U.S. Ambassador in Algeria
Henry S. Ensher*

Hardworking, motivated and competitive are the qualities that characterize the director of the American Corner Constantine ACC Mrs Hassiba Bendjaballah. She took the responsibility of the Corner a year ago and since then, Mrs. Hassiba has been showing a great enthusiasm toward developing the ACC.

Many would agree that she is the kind of directors who cares about the quality of work and who is ready to give her best even in critical moments. Regardless of her pregnancy, she kept working and the day she gave birth to her baby boy is a day that she would remember as a long day of hard work at the ACC. The employees at the ACC said that they didn't feel her absence after giving birth as she calls every day to make sure everything is going well.

Mrs. Hassiba has encouraged a lot of active members to refresh the ACC through organizing activities all long the week. Her attempt to make the ACC a space of creativity is exhibited through her dedication to the Fusion Magazine which was born in her office.



THE ALGERIAN UNIVERSITY: A DISGUISED OPPORTUNITY

If we were asked to tell whether a piece of cloth is clean or not while it had a tiny taint on it, the answer would be for sure that it had to be in the laundry. This example is largely applicable to the tertiary education in Algeria.

he dominant opinion about the situation of the Algerian university is that it cries for a radical change. A glance at University Constantine1- that would presumably represent other universities- shows the discontent of students mainly about the quality of administrative services; for instance, it is only in last October 2013 that a significant number of students got their diplomas while they were supposed to have them in June. This delay caused graduated students who chose to start their professional life to lose many opportunities since the graduation certificate is mandatory in applying for a job. Yet, it is worth mentioning that the Algerian administration, like the educational system itself, is witnessing reforms which include new computing programs, to which the administrative staffs were not sufficiently trained. Moreover, students seem to be lost and struggling with the new educational system LMD that is basically made on research. The latter imposed two problems: one of the knowledge- acquiring methodology and the second is about the means to get this knowledge. Students found themselves right in the gap between the traditional way of teaching which was about receiving the information from the teacher and the new method which requires him to be a guide to the process of learning. This gap enlarged by the lack of the research means like internet's academic sources, books and laboratories 'equipment in some departments.

These problems and others helped shift students' attention to the black spot on the cloth rather than the white surrounding. Amidst these misfortunes -as described by students- there is a blessing in disguise, which is free education from primary school to college. The state provides an entire funding to schools, institutions, and in our case, universities. Some European universities like in Sweden or Denmark provide free tertiary education, but it does not cover more than the academic funds. However, the Algerian educational system is following the policy of indirectly supporting the students financially, by covering the fees of accommodation, food, medical-services and transport and what goes for Algerian students goes for the non-Algerians as well. Students who live in provinces which are 50 km far from

the university they study in, have the right to access to accommodation in halls of residence that are built intentionally near universities to facilitate the students' mobility and assure their arriving on time. Transportation is free as well; many buses are devoted to carry the students to the closest station to their houses and they are timely distributed to fit their schedules. In addition to that, students whose families have limited resources are granted direct financial support. Moreover, major program grants the best students opportunities to get scholarships overseas.

It is also worth mentioning that universities provide the students with extra activities like photography, Taekwondo, basketball, origami, chess, riding, football and others that are meant to fit students' interests and evolve their talents under the supervision of experts, also create a kind of interaction between learners of distinct fields and ages. Equally important, conferences of experts and pioneers of many fields like astronomy, human development, lawyers, and linguists are held at universities to introduce the students to post-studies professional life. For instance, University Constantine1 organized on December 2013 a conference held by bailiffs at the level of the auditorium discussing the necessity of amending their penal law and students were welcome to be present. Also, in Kasdi Merbah University, Ouargla, students of English are provided with trainings at the level of foreign companies to put what they have learnt into practice, discover the breaches and correct them. In the domain of human development, University Constantine1 organized on May 2012 training by an expert in the field from the Canadian Center of NLP to improve students' memory performance and boost their communication skills that are mandatory for the next level that is to say the professional life.

To sum up, while some students focus on criticizing the circumstances, ask for a readily ready change and lift the situation to a better level, others prefer to move "slowly but surely", be grateful to what they have been granted, use what they have now and get the necessary knowledge to put their gratitude to Algeria into practice in the coming days.

By B.BELAL

A HUNGRY STUDENT CANNOT

THINK!



"First we eat, then we do everything else."

M.F.K. Fisher, a food writer

As future teachers, we have been taught in TEFL (Teaching English as a Foreign Language) that students learn better if they are well nourished. Eating well affects learning positively; it boosts the memory power and increases concentration as well. However, it's not the case at University Constantine¹ where students are suffering from a lack of nutrition. While some students in developed countries are buying lunch with their fingerprints; Algerian students' are still suffering and waiting to have a real lunch time.

The Carnegie Mellon University in the U.S. is a good example in which students are buying lunch with their fingerprints. Like any student, four seniors had problems with finding their student-ID cards. Instead of complaining, they came up with a brilliant idea: PayTango. This idea of buying food using only fingerprints was created by Ms. Lau-Kee and three classmates, and it is already used in several locations on the Carnegie Mellon campus. This shows the importance of school lunch. Moreover, students in the U.S. often write articles about school lunch such as: bene-

fits of eating lunch, negative effects of skipping it and good lunch choices. They have already started taking the whole process of school lunch to the next level by creating new ways to improve it.

In Algeria, University Constantine¹ as an example, students are not buying lunch with their fingerprints. They are still having serious problems with lunch time for a number of reasons. First, some students don't even have lunch time. Studying non-stop for hours affects students' performance. For this reason, I think a lot of students are passive; they attend their lectures and take notes and that's all, this will certainly create a feeling of exhaustion. Second, there are others who can't always make it to the college restaurant because it can never cover the huge numbers of all the students which many of them consider a violation of their rights. Not all students can pay for expensive food; they can't buy it from private restaurants and cafeterias. This obliges many students to become less motivated to come and spend a long day at university. And finally, we have those who don't eat until they come back home or sometimes bring some home-made food. Even if they have enough money to buy food from private places, they prefer to gain time, to stay out for some fresh air, and spend it with their friends instead of waiting in long lines.

***Sarcastically speaking:
«First we don't eat ... Second, we do everything else; we study.»***

a College Student - UC1

There are many things to say about this particular topic, but a simple comparison like the one above is strong enough to show the message of this article. If this lack of food is not taken into consideration, many students will face health problems such as: weight loss, lack of energy, slow pulse rate, a decrease of blood pressure and many others which will affect their performance negatively. Therefore, it's high time to follow the path of developed countries!

By I.F. DERRAHI

CELEBRATING **EL-MAWLID** **NABAWI** **IN ALGERIA**



Every year, the Islamic community celebrates the birthday of the Prophet Mohammad, peace be upon him which is called El-Mawlid n'abawi (from Arabic, means the birth of the Prophet). This memory takes place in the 12th of Rabi' Al-awwal, the third month in the Islamic calendar. All Muslim countries have their own way of celebrating El-Mawlid. Algerians, for example, have a unique way of expressing their joy on such a special day.



Throughout time, Algerians have known different ways to celebrate El-Mawlid n'abawi. In the past the celebration of the Prophet's birthday was somehow different from that of nowadays. As Mrs. "Sir-El-Houda", aged 75 years old, has acknowledged, 'people before had considered El-Mawlid exactly like Aid El-Fitr and Aid El-Adha. That is, women clean their houses, cook traditional meals which are similar to "Couscous", like "Trida" and "Chakhchoukha", for dinner, and prepare other things like candles and henna, a reddish-brown dye used on the hair and skin. Men, on the other hand, go and prepare competitions for memorizing the holy Quran in Mosques. In the Mawlid's eve, families meet in a house, and have celebratory dinner together. Afterwards, women lighten candles, put henna, and form groups at home to read Quran, while men go to the mosque to speak about the Prophet's birthday, peace be upon him, remember his life, contemplate his teachings, reward the children who have memorized the Quran, and sing some reli-

gious songs (Anasheed). The day after, in the morning, women prepare "Bsis" or "Zrir" for breakfast, which is a sweet meal made up of ground wheat mixed with honey and butter, as they used to do for the newly-born babies' events. Meanwhile, women gather and go to the cemetery. After that, they make "Korsa" (similar to Crepes) for lunch, and pay a visit to their families and friends.

In the present time, however, Algerians have slightly changed their way of celebrating El-Mawlid. It is true that almost all the Algerians still consider it an important day, but because of the new lifestyle of people, new ways of celebration have appeared while others have vanished. We can notice the Mawlid's manifestations 15 days or even a month before. This is because wherever we go, we find street-sellers with their tables of fire-crackers and fireworks. When we asked Mr. "Mohammed", aged 53 years old, he said that women still cook traditional meals for the Mawlid's dinner like before, prepare Henna, lighten candles and even make the "Bsis" for breakfast, whereas men are not all of them doing what their ancestors used to do, because of work and modern life. "Only 20% of men, who truly go to the mosque to celebrate this joyful event, read Quran, sing Anasheed, and reward the children who have memorized Quran, while the rest stay at home", added Mr. Mohammed. The third category which is the youth and the teenagers often spends the eve outside playing and setting off fireworks which Mr. Mohammed considered a crazy, dangerous and harmful way to celebrate

El-Mawlid. Yet, the 13 aged Abd-Ennour sees it as: "a beautiful way to express our happiness and to show others that we also know



how to celebrate"

To conclude, in spite of their modern lifestyle, Algerians are still holding on their identity. They still wait for such events on tenterhooks, prepare for them and celebrate them in a diversity of ways. No matter how crazy they are in expressing these ways, but they do it with a remarkable and a beautiful touch which reflects the spirit of this community.

By Khawla BENAOU

Once Upon a Time ... CONSTANTINE

To many persons, the hardest part in writing does not lie in writing itself, but in the beginning to write ... I openly confess that I belong to this category of people; one of the clarifications I could, perchance provide is this piece of a philosophical vision: the paper mirrors our memories and the pen echoes our souls ... once I take my pen, magically, all my memories beautify themselves to seduce this thin instrument implicitly, at times, and explicitly at many other times ... not surprisingly, my memories remind me of any lady in love; she may spend hours and days to choose what dress she should put on when her lover asks to see her: "his eyes have to see only me!" that's the condition that she cannot get out of her head; I smile every time I hear this story and then I whisper: "she is acting instinctively!" deep down she must know that, beauty, as the saying goes, is not only seen by the eyes, it is also felt by the heart ... my pen has "soul!" my memories were too vibrant to the point that they granted my pen with a "soul" ! That "soul" which could straight-

forwardly feel the predominant place Constantine has in me ... that connection made my pen and I decide to write, in few lines, Constantine ... as our eyes pass through this bunch of words, our hearing sense perceives a "Nûba" coming from the ancient times, and our minds travel thousands of decades back, to the black and white epoch, to the black of the "Mlaya" and the white of the "Aâdjar" worn by the ladies of Constantine, once upon a time ...

Olden times affirmed that the gorgeousness and grace of Constantine captivated a massive number of lovers who offered all what one can give to make the desired dream a reality... history witnessed the painful death of hundreds of admirers in the pursuit of their dreams, and the pleasantness of other devotees chosen by destiny to make "her" their own property... by "her", I definitely mean Constantine ... I have, and always will personify "Constantine" ... the grammarians would certainly make an exception if they felt what I feel for this extraordinary city ...

Thousands and millions

years back, Constantine was reigned by the Phoenicians and Berbers (1000 – 46 B. C.); she was given the name "Kirta" which means "the castle" or the "city". The name "Kirta" was transformed to "Cirta" when the Numidians took over the city after the defeat of the Phoenicians by the Romans in "The Third Punic War".

In the year 308 C, Constantine's beauty faded away due to the civil war between emperor Maxentius and usurper Domitius Alexander. Four years later (311 C) the emperor "Constantin the Great" defeated Maxientius, he got her back, smartened her and named her after him.

In 432 C, the Vandals were bewitched by Constantine and decided to acquire her, a dream realized, and a desire achieved ... but not for so long ... Constantine belonged to them for only one century ... the Byzantines, too, could not resist to her charm; they acted so hard to own her, again, a goal attained and a wish granted ... a similar fortune to the Vandals; a century!

The fascination and classiness of Constantine reached to the Arab World ... In the 7th century, the Arabs showed their keenness to possess her ... and so they



Photo by Smail REBIAI

did for their eagerness was too strong ... they changed her name to "Qussantina" ... consecutively, "Qussantina", the city, was governed by several "Wali" alternatively dependent on Baghdad coming after the "dynasty epoch"; namely the Fatimids, the Zirids, and the Hafsids. In the 12th century, the "Hafsids" occupied "Qussantina" and their reign lasted for three whole centuries.

In the 15th century, Constantine appertained to the Ottoman Empire ... the city, then, was ruled by forty one "Bey" (governor). The history of Constantine, in that time and age, was marked by the "Bey Salah" who ruled the city from 1770 on until 1792. His love and admiration to "Qussantina" were demonstrated in so many ways and are still visible today, mainly, in the architecture of the city.

The Bey "Ahmed Ben Mohamed Cherif" another important figure in the memory of Constantine ... he was elected to be the new head of the city in 1826 and destiny decided to make him

the last one ... The French invasion of the Algerian land the year 1830 made Ahmed Bey protect Constantine fiercely... the resistance drained out all the energy of Constantine ... by 13 October 1837, France captured the city and Constantine was 1848 an integral part of the French motherland and centre of the "Constantine Department" from the year 1848 on until 1962 where Algeria has got its independence...

Constantine, in fact, is not only a land limited by some curvy lines ... Constantine is a lot more than that ... Constantine is past, present and, hopefully, future ...

My memory and my pen still want to tell more about the fascinating "capital city of eastern Algeria" ... but I decided to put them on a hold till the coming moment in time when other words are selected and another "nûba" is played with the same notes chosen once upon a time ...

By Rym CHELBI

WHAT **YOU** DO **THINK** ABOUT! **LOVE**

Do you believe in love?

What's love to you?

Is love necessary in a relationship?

Do you have love in your life?



The above-stated questions are not a part of test; they don't have right or wrong answers but truthful ones, only. When choosing this topic, a lot of people frightened me about the sensitivity of these questions. They claimed that only few would accept to answer my questions, and if they ever do, they won't say the truth. But against all the odds my interviewers proved it wrong; they were very welcoming and comfortable to share their views about this beautiful feeling that binds people's hearts and souls. Here, I share with my readers some views that I have selected from more than 50 interviews with persons from different genders, ages and social situations.



HADJER (26 YEARS OLD -SINGLE)

"Love is necessary in life; we need it to forgive and to forget other people's mistakes ... only when we love someone we can forgive him completely. As a female, I think that the majority of women love to be with romantic men similar to those we read about in novels and see in romantic movies ... still a little bit of craziness will be nice in a love story "



ADEL (40- YEARS OLD - MARRIED)

"Love is the most wonderful thing in life; in fact it is the engine of life...the person I love is my air, my light and the mother of my children. She is everything to me,I treat her well and sometimes I get mad at her in order to show that I still care about her after years of marriage ... my wife is the love of my life and she is the only one to hold this position"

JOHN (21 YEARS OLD)

"It is not easy to define love but it is easy to feel it... loving someone requires being present next to him, trusting and loving him/her endlessly "



IMED (20 YEARS OLD - BREA-KING-UP)

"I don't really believe in love because most of girls aren't serious and they become 'materialistic'; they are just running after men's pockets. I became convinced with this 'truth', after suffering myself from a love story ... In case I get to love again, I would be a romantic lover: the kind who tells poetry..."



THEODORE (19 YEARS OLD)

"Love is a profound affection of liking and caring about someone. Therefore showing emotions and affection is a big part of a relationship that involves love. The relationship that lacks the true real love is stuck in a world of hypocrisy"



YACINE (50 YEARS OLD -MARRIED AND A GRANDFATHER)

"Love is a sacred feeling. When falling in love, everything you do reflects your love: the way you talk and treat your lover, the fact that you trust him and reveal your weaknesses in his presence. I think love uncovers the good side in one's personality. Faithfulness is definitely the core of life and the key to happiness in any relationship ... I could never imagine living with someone who I don't love, I gave my heart years ago to the woman I am living with today... she is still the one who owns it "



KOUKI(19 YEARS OLD- IN LOVE)

"I simply believe in love because I am already in love. I see my lover as the other half of me, the missing piece in my puzzle and the last note to my life song"

At last, we may say that love is an important ingredient of a recipe called life; it is the light that appears to guide a lot of people to be the best version of them. I would advise those who are in a stable relationship to keep that stability and avoid hurting their partners .Those who love someone and are ashamed or afraid to reveal it; life is short and no one knows what's going to happen, so just express your feelings before it will be really late. To those of you who are single or have ended a relationship recently, I would rather say, don't give up, you will find your soul mate eventually.

By Warda BENLAKHLEF

short story

Bull Ring

The circle of spectators exploded into eloquent chants. A chorus of voices thundered from the throats of thousands of fans. A crescent of sunlight shined glow fully on the yellow patch of dry sand. In it, stood two fearful opponents – Taboth, with rattling teeth – and angrily scratching the earth, a fierce black Afrikaner bull.

The days that followed were bad. Taboth's mind escaped from the harness of sanity and ran wild into a land of confusion. He lay sickly in a hospital bed. The stump of his leg puffed up angrily, drawing the stitches so tight. It seemed they would tear out of the swollen flesh. His body jerked in spasms like a fish off hook.

The trumpet for the third bull had been sounded and Taboth was to fight this ferocious beast. Merely a learner, he could barely gather courage. The doors flung open, the attendant scampered for dear safety and the bull bolted out like lightning, snorting like a steam engine. His eyes burned brightly with rage like twin fires of hell.



With untamed bravery, the bull shot out spiritedly, charging towards Taboth, his horns held at an acute angle. The earth seemed to tremble violently under his enormous weight. Defenseless, Taboth could only mutter a little prayer, awaiting his ruthless death.

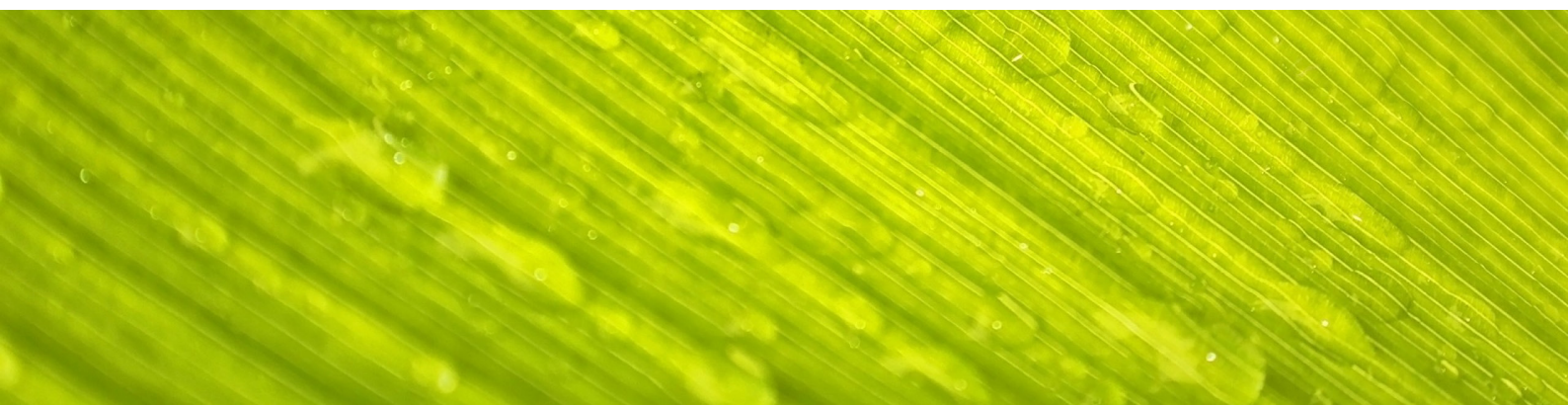
Next, the bull's horns suddenly lodged themselves several centimeters into Taboth's belly and tossed him nine yards across the ring, split his arm and trampled upon him. His eyes felt like heavy anthracites. His vision blurred and before he could recollect his nerves, he fell unconscious.

Many days later, he woke up in a double bed in a hospital ward. Defeated with no grace nor honor, grit nor help.

By Theodore TAFADZWA CHAWARAMBWA



Health



FIND MEANING IN YOUR LIFE

Enjoying life is more about walking in the very steps of your destiny, serving your purpose and taking part in a range of interesting activities as well as establishing long-standing and meaningful relationships– that motivate you to get up every morning.

Good health, remember, is not limited to your physical health but it also includes your mental health. Increasing evidence suggests that how you view life and the satisfaction you get from it have a major influence on your health.

If you're happy in what you're doing and you feel that your life has meaning and purpose, you're more likely to enjoy a healthy life. Without a sense of mission – a passion for a positive purpose – some people become vulnerable to depression or other life-threatening illnesses.

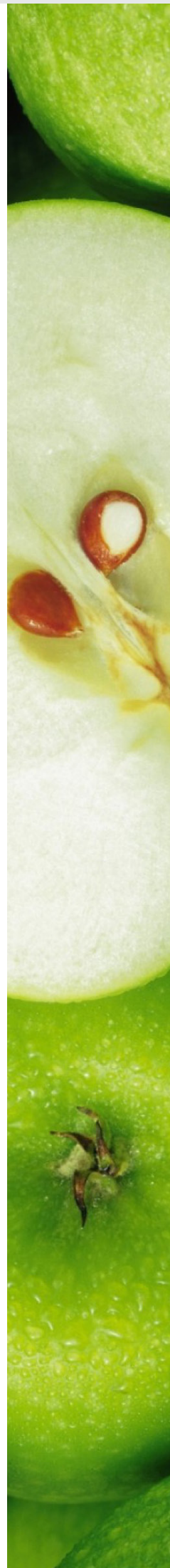


ACTIVITIES

One vital component of a purposeful life is spending your days doing what you enjoy.

A feeling of satisfaction often comes in many different forms. For some individuals their studies provide meaning and enjoyment. Others find satisfaction in caring for family members and friends. For still others, real meaning in life may come from a hobby or civic duty. But yet there is a special kind of people who seem to find the genuine meaning of life in the true worship of GOD.

Keep in mind that satisfaction doesn't have to come in big packages. Something as simple as having coffee with friends may be what you look forward to and what gives you pleasure.



RELATIONSHIPS

Similar to the benefits that come from meaningful activities, strong social ties aid a purposeful life. Healthy relationships with family and friends appear to boost your physical health in a number of ways:

Bolster immunity. Stress can suppress immunity. To the contrary, love and friendship reduce stress and strengthen immunity.

Improve mental health. Having people to talk with provides a psychological buffer against stress, anxiety and depression.

Improve recovery. Studies suggest that individuals who have a strong system are likely to recover faster from a major health event, in comparison to those who have a weak one.

Extend life. More than a dozen studies link social support with a lower risk of early death. Yes, you can live a little bit longer!

SPIRITUAL TIES

Most importantly spiritual well-being is critically integral to health and happiness.

People often use the term spirituality interchangeably with religion. However, these terms are not necessarily synonymous. Whereas religion refers to a system of beliefs and practices held by a group of believers, spirituality is more individualistic and self-determined process.

Prayer is one effective means of exercising your spirituality. Believing in GOD strengthens your ability to cope with whatever life hands you. Such a belief seems to lead to a deepened sense of purpose and in the greater good.

You may benefit a lot from incorporating spirituality in your life. Spirituality can help you reach the following:

Lead a healthier life. Some researches indicate that people who consider themselves 'spiritual' are often better at dealing with the daily stress, and are quicker at healing from illness or addiction.

Focus on personal goals. Cultivating your spirituality may help uncover what's most meaningful in your life. By clarifying what's important you can eliminate stress by focusing less on unimportant things that can sometimes consume you.

Cope with hard moments. The more you feel you have a purpose in the world, the less solitary you feel – even when you're alone. This can lead to an inner peace during difficult times.

What is the conclusion of the matter? - We are complex beings with soul, body and spirit intertwined. For many of us, our busy lives mean that spirituality sometimes gets neglected until we are confronted by a major illness. But it doesn't matter so much what brings us back to our spirituality. It's just important that we nurture all aspects of our being in our quest to stay healthy. Find ways to energize your spirit, body and soul. Doing so can bring a healthy balance to your life.

By Theodore TAFADZWA CHAWARAM-BWA

ASK MOTHER NATURE

By Sabrina CHEKROUD

You want to have a beautiful hair! A soft healthy skin! And a good body! Sabrina will give you the solution, she will answer the questions for the most common problems that we all may face, and her major source is nature.

FIRST QUESTION FROM MAYA: My problem is hair loss. I have tried many treatments, but nothing worked. Could you, please, give me some tips to promote my hair growth?

SABRINA: Dear Maya, hair fall is a common problem that can be cured naturally, it only requires some patience. You can have healthy thick hair by mixing 1 tspn of olive oil, 1yolk (or more depending on your hair's length) and 1 tspn of honey. After mixing them together, put them all on your wet hair as a conditioner, and massage your scalp in a circular way using your finger tips, so as to promote the circulation of blood. Keep doing it for 10-15 minutes then wash your hair with a shampoo. Besides, following a healthy diet can be beneficial for your hair growth such as eating vegetables, fruits, nuts and of course different cereals.

SECOND QUESTION FROM KHAWLA : I used to have a very long hair, but I had to cut it as it was seriously damaged. Now, I wish I get my long hair back! Would you please tell me if there is any hair masks to get hair grow longer?

SABRINA: Hello Khawla, who does not wish for a long hair? But your dream can be actually true; bitter lupine can grow your hair longer and faster, but first you have to grind it. You should do the following: boil around 1 cup of water, then put grinded lupine in it and let it the whole morning. At night, strain the lupine, and use only its water on your hair. Massage it to your scalp for 10 minutes, and then let it on your hair the whole night. In the morning, wash your hair and condition it. Do this once or twice a week for 3-4 months, and you will get your long hair back again!



THIRD QUESTION FROM SELMA: I am 18 and I have been suffering from acne for 2 years. I have tried some acne ointments, but they dried my skin so much that I noticed some wrinkles. I would be grateful if you can provide me with a natural mask for acne?

SABRINA: Dear Selma, before I give you the facial mask you should know that acne can be due to many factors: it can be caused by having unbalanced diet like eating greasy food, or due to having an oily skin or to a non-balance in your hormones, so firstly you need to know the reason behind. Concerning facial masks, bier yeast is the best cure for pimples, it is also inexpensive and you can get it easily from any drugstore. Grind around 3 pieces, mix them with 1tspn of water, and put them on your face avoiding eyes circles and the area around the mouth. Let it for 15 minutes and then wash your face with warm water; do it three times a week and your pimples will disappear. Before you apply this facial mask, make sure you are not allergic to it.



Rick and Ashley's list of things to do in Glasgow!

- eat pancakes
- photograph pancakes
- drink coffee at Artisan Roast
- walk indie through the west end
- go to the cathedral at night for bachel
- do some street shooting
- eat crepes at the christmas market
- Mexican dinner
- make a time lapse
- go to the cinema
- new avatar shot for Ashley

The
English



Café

What is good *writing*?

Students, especially of language (s), often ask this question without realizing that it is one of the most intricate issues in the world of academia. In fact, even researchers could not provide a full and clear answer to such a tricky question. In this article, I will try to shed some light on this problematic matter to help students understand the general meaning of 'good writing'.

In their book 'the writing process', Hatcher & Goddard state that "good writing is like lots of other intangibles, like beauty or art- we can't define it but we think we know it when we see it". That is, although it is very difficult and maybe impossible to define 'good writing', it is still possible to distinguish it from poor writing because there is a range of qualities that help the reader differentiate between effective and bad writing. The following is a brief account of four important traits of good writing.

According to scores of books, the majority of specialists suggest four major criteria for identifying good writing, namely; clarity, conciseness, correctness and organization. To explain more, clarity, in writing, refers to the quality of being understandable to the readers without any difficulty, while conciseness denotes the act of expressing many ideas in a few words. Correctness, on the other hand, means that a given piece of writing is free of different types of mistakes and conforms to some standard of acceptability. Organization refers simply to the way in which a set of ideas are arranged in a given text for a particular purpose. Therefore, to

produce a relatively good piece of writing; student should avoid vagueness, wordiness and incorrectness.

Coherence and cohesion are, furthermore, other crucial aspects of good writing. Coherence in writing refers to the unity of the meaning of sentences and paragraphs in a given text, while cohesion denotes the unity of the text by means of linguistic devices. In other words, coherence is related to the connection of ideas and cohesion to the connection of sentences.

The abovementioned criteria are probably the most important features of 'good writing' which student writers should pay attention to when producing any written material. So, difficult questions do have simple answers and those who write well are certainly aware of the fact that simplicity is always the best option.

By: Djalal TEBIB



*Selected for you by
Dalinda MESBAH
Hadjer KHALFAOUI*



“

***I enjoy jokes, smiling,
and making people
smile. I may be a
little different, but
that's OK, who wants
to be normal anyway?***

”

Tim Duncan



teacher: why are you late , Joseph?
Joseph: because of a sign down the road.
teache: what does a sign have to do with your being late?
Joseph: the sign said , "school ahead , go ahead , go slow !



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Did You Know?



•Swans only have one partner for their whole life if their partner dies they could pass away from broken heart.



• Did you know that putting a wooden spoon over the top of a pot of boiling water or any other liquid will keep it from boiling over ?



•Mosquitoes are more attracted to people who have recently eaten bananas or had beer . If your blood group is O,they love you .

PROBLEM SOLVING GAMES

+ - / % ! ?

Which number should come next in the series?

1 - 1 - 2 - 3 - 5 - 8 - 13

- a.) 8 b.) 10
c.) 13 d.) 21
e.) 26 f.) 31

WHICH ONE OF THE FIVE CHOICES MAKES THE BEST COMPARISON?

PEACH IS TO HCAEP AS 46251 IS TO:

- a.) 25641 b.) 26451
c.) 12654 d.) 51462
e.) 15264

Funny Idioms

Foreign languages are another favourite topic, and as these men are bilingual they have a fair notion of what it means to speak and think in many different idioms.

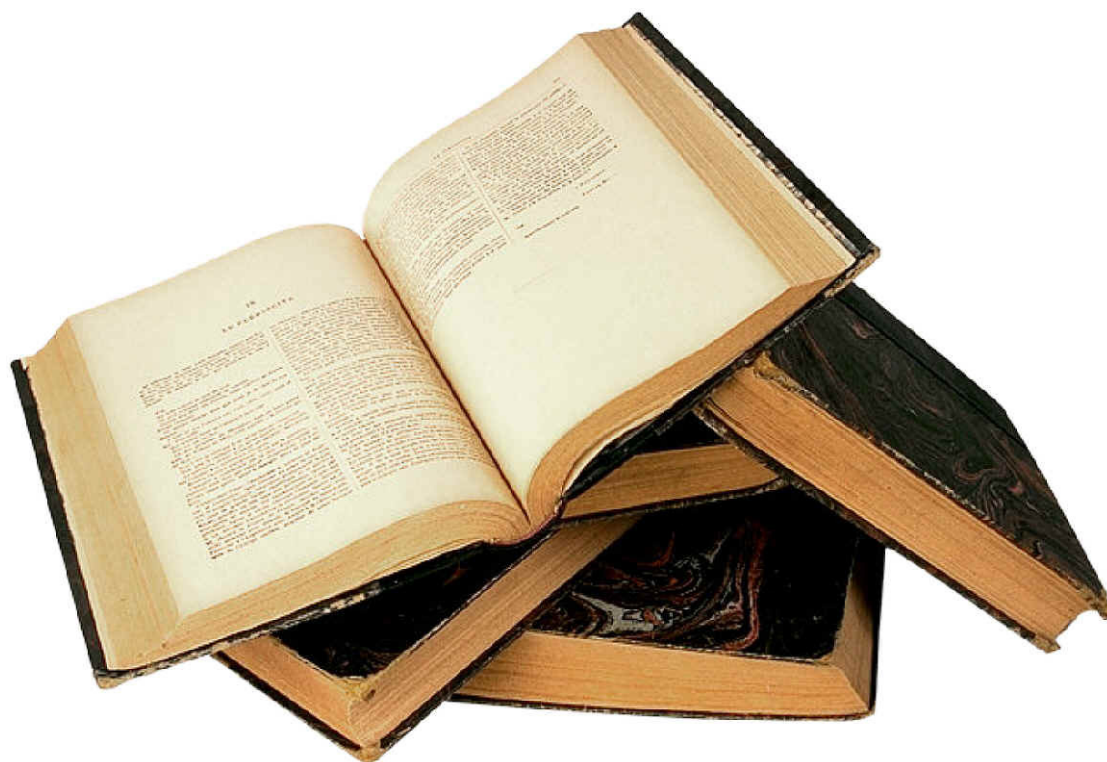
John Millington Synge

“

Learn science
for the sake of
science, not for
the office.

The counsel of Hamdan Lounissi to Albelhamid Ben Badis

”



TOGETHER FOR A GREEN ENVIRONMENT

**“THE BEST TIME TO
PLANT A TREE IS
TWENTY YEARS AGO.
THE SECOND BEST
TIME IS NOW.”**

