

The Titan Chronicles

ISSUE EDITOR: ANNA ROMBOTIS

What's New

LET'S TALK ABOUT LOVE
THE THEATER CLUB

.....

WITH LOVE, WE CAN
THE MARKETING CLUB

.....

WOMEN IN SCIENCE:
WE LOVE YOU!

.....

INTRODUCING PAMELA
TO THE TTC TEAM!

A Letter to the Titans

Dear Titans,

Once again we are so proud to present to you our third issue of "The Titan Chronicles"!

We hope that as you read through the wonderful contributions, you feel the care and love that has been devoted, especially given that this months themes were Love and the New Year!

It was such a pleasure to read through everyone's work, thank you all!

If anyone would like to contribute to future issues, please email us at: titanchronicles@hauniv.edu.

With love,

A. Kourtis, H. Plemmenou, A. Renieris, A. Rombotis



Let's talk about love

By Nathasha Sharma, Theater Club President

A monologue from the perspective of Vicky and her journey of learning and relearning what love is.

Vicky: "Hmm love. It's the very first experience of human interaction we are supposed to have. The moment you are born and your parents hold you in their arms, it is the happiness on their faces when they finally meet you. The rest of your life is shaped by how well love is communicated to you, that's how we learn how to love others and ourselves. We watch our parents and how they love each other and learn how romantic love looks like. Everyone experiences this one way or another. But, do we all learn how to express healthy love and what that looks like? Or do we just learn the expression of love our parents learned from their parents and the generations before them or the cultural version of it that we are told is the correct way. Is there one correct way to love? I doubt it, I learned from the age of 4 exactly what love did not look like.

What this child version of me saw was that love was neglecting or sacrificing your needs for another, love involved the occasional physical abuse and regular forms of verbal and emotional abuse. Love meant accepting elders knew better when they hurt you, love involved being alone while others were physically or mentally absent, love did not listen, it reacted. Love lied and had mixed messages, love incorporated punishment so you could learn better. Love was financial, it was impatient, it had masks, it had walls, it was irrational, materialistic and compensational. Love was having no boundaries, it was self-centered, demanding with rules. At times, love was sexual abuse and staying quiet. It was not sharing what you really thought or felt, it was silent. Love was always pleasing others even when you didn't agree, it was not holding people accountable, it was denial. Love was hurtful and always fleeting.

And, right then I knew this wasn't how love should be, but I still stored all of these, over the years learning that this somehow would end up being my version of love too someday. So now, as I'm older I think to myself, what is love? Or what was the version of love my child-self fantasized about? I really couldn't answer this for a long time. I literally had to hit rock bottom with an endless circle of abusive relationships and friendships to decide that I had to explore this further in depth, in therapy. Yes, I know I should have been in it earlier but love, as I learned also meant protecting the others image or reputation. A few years into therapy and in a new relationship, guess what, repeated all the patterns I learned as a kid of how to express love, until

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Let's talk about love - continued

By Nathasha Sharma, Theater Club President

something shifted. Someone who learned how to express love in the opposite way than I did showed up, my very first encounter of healthy love. It took a long time for me to learn to rewire my version of love to one that was more beneficial to my needs. So, to answer my question on what is love, let me tell you where I got with this, here we go again.

I relearned that love is to actively listen; it is to show up to support someone even if you don't know how to support them. Love is understanding and accepting that it's ok to have boundaries. Love is patient and expressive in different ways either verbally or non-verbally daily. Love is kindness without conditions, thoughtfulness, empathetic and compassionate. Love is not abusive and it is also learning how you affect others. Love is others understanding your negative patterns and helping you through your journey to alter them. Love is having a voice, it is honoring your needs at all times, it is authentic. Love is accepting of all parts of you, weakness and strengths. Love is stable, it is constant, it doesn't abandon you, it doesn't intentionally hurt you. Love is there even if it is not physically present, it checks in. It is truthful, it isn't demanding, it isn't always pretty. Love doesn't keep a record of your wrongs, it is not self-centered or selfish, it is not envious nor proud. Love is forgiveness of yourself and others, it is letting go of the hurtful version of it you learned when you were younger. Love is realizing that we are human and it's ok to completely screw up. Love is not being caught when you are falling but present as you fall and as you rise. Love is there despite it all."

Happy Valentine's Day!



A Message from the Theater Club

The Theatre Club holds club meetings every two weeks on Fridays! The next event will be held on February 26th at 6:00 PM in collaboration with the Rainbow Alliance Club. Stay tuned and check your email for upcoming collaboration events with other clubs too. More information, please contact us at theaterclub@hauniv.edu.

With Love, We Can

By Helene Plemmenou, Marketing Club President

February carries with it the sweetest opportunities for people in love to express it – with the year still in its onset, people still make dreams, then Valentine’s Day provides the perfect excuse for them to challenge the winter cold by coming together to celebrate love, a day that pretty much marks February as the “month of love”! This Valentine’s, the Marketing Club chose to express our love in a different, more impactful way by loving and providing for the less fortunate people next to us, which happens to be the life-long mission of the Boroume (“We can”) organization in Greece. Boroume’s journey began during the economic crisis in Greece in 2010, when many citizens became impoverished and were forced to live under terrible shelter and nutrition conditions. At that point, Boroume made it its duty to provide warm, fresh meals to those people, all day every day, while also targeting the phenomenon of mass food waste from companies and producers. Boroume’s mission statement became “No food portion is lost” – and with that said, their driven team reached out to the broader production lines to request their donation of unutilized or unsold food, in order to create meals for the poor and let no food go to waste. Inspired by Boroume’s social sensitivity, we proudly joined its most engaging and exciting volunteer action called the “action of the farmer’s market” in an Athenian farmer’s market in Ampelokepoi, where we gathered together and collaborated to collect donated products from producers to be cooked and distributed to the poor in churches, and shelters across Attica. This Valentine’s, our message is that to love means to “can” – to find the strength within us to contribute even the slightest of our time and skill to help someone get through the day – the most rewarding love of all.

To join the Boroume family, please e-mail marketingclub@hauniv.edu.



The Marketing Club has proudly launched its very own website this week! Check it out at: <https://www.haumarketingclub.com/>

Women in Science: WE LOVE YOU!

By Zahra Al-Haddad, Master of Science Student in Informatics

On the 11th of February, the world celebrated the Women and Girls in Science Day, and a question from a friend of mine compelled me to write this piece. He asked cynically, "why do we celebrate women in science? Why don't we celebrate the roles of everyone in science?".

Not so long ago, women were either disregarded for scientific roles, denied proper recognition, or simply snubbed of their own discoveries in science, for there is a reason behind Virginia Woolf's famous quote, "Anonymous was a woman". In 1964, Dorothy Hodgkin was awarded the Nobel Prize in chemistry for her mapping of the structure of penicillin, yet her winning was announced in local newspapers in outrageous headlines such as "Oxford housewife wins Nobel" and "British woman wins Nobel Prize - £18,750 prize to mother of three,"[1] without the slightest mentioning of the awarded scientist's name. Unfortunately, Hodgkin suffered the lesser, for there are several female scientists whom we might have never heard of their discoveries at all, simply due to their gender.



Hedy Lamarr, attributed "the most beautiful woman in film", was also a brilliant inventor, which brought us the technology behind secured Wi-Fi, GPS, and Bluetooth. Sadly enough, she has not received any proper recognition or material compensation for her inventions until a recent documentary revealed her splendid contribution to modern day communications[2].



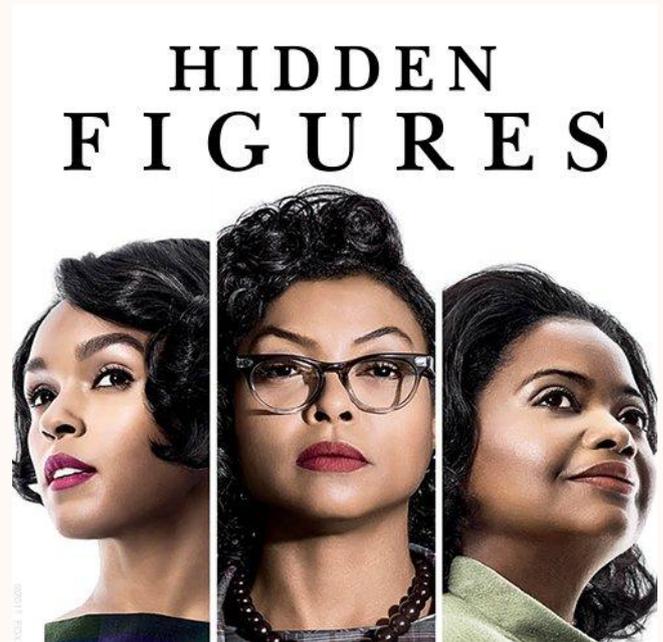
On the other hand, the mass media has not made it easy for girls and women to envision themselves as female scientists until recently, with a majority of movies and shows mainly portraying male protagonists occupying scientific roles, or having impossible standards for female counterparts. With shows and movies mainly focusing on the sexual appeal of the female scientists' characters rather than their intelligence, it seemed like girls all over the world could not attain the role models they, so desperately, need to see. Luckily, in the last decade, we can observe an increase in the number of women ...

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Women in Science: WE LOVE YOU! - continued

By Zahra Al-Haddad, Master of Science Student in Informatics

participating in the STEM (Science, Technology, Engineering, and Mathematics) community, as well as a rather hopeful representation of female scientists in the movie/ TV industry, as many movies stray away from delivering the stereotypical image of female roles of scientists, delivering us masterpieces such as Hollywood's blockbuster "Hidden Figures". With faith that one day the STEM field will rid of the gender gap, we celebrate and honor the 30 percent[3] of women researchers and scientists today, and encourage more to rise that number.



Dear readers, remember when you are asked "why do we celebrate women in science?"

Why, we celebrate because we can!

[1] Field, Shivaune. "Hedy Lamarr: The Incredible Mind Behind Secure WiFi, GPS And Bluetooth." Forbes. March 08, 2018. <https://www.forbes.com/sites/shivaunefield/2018/02/28/hedy-lamarr-the-incredible-mind-behind-secure-wi-fi-gps-bluetooth/?sh=6c438f5541b7>.

[2] Guardian Staff. "Dorothy Hodgkin: The Only British Woman to Win a Nobel Science Prize Gets a Doodle." The Guardian. May 12, 2014. <https://www.theguardian.com/technology/2014/may/12/google-doodle-honours-biochemist-dorothy-hodgkin>.

[3] UNESCO. "Just 30% of the World's Researchers Are Women. What's the Situation in Your Country?" UNESCO. March 05, 2014. <https://en.unesco.org/news/just-30-world's-researchers-are-women-whats-situation-your-country>.



Moonlight

By Evgenia Sgkamato, Ice Breaker Club Member

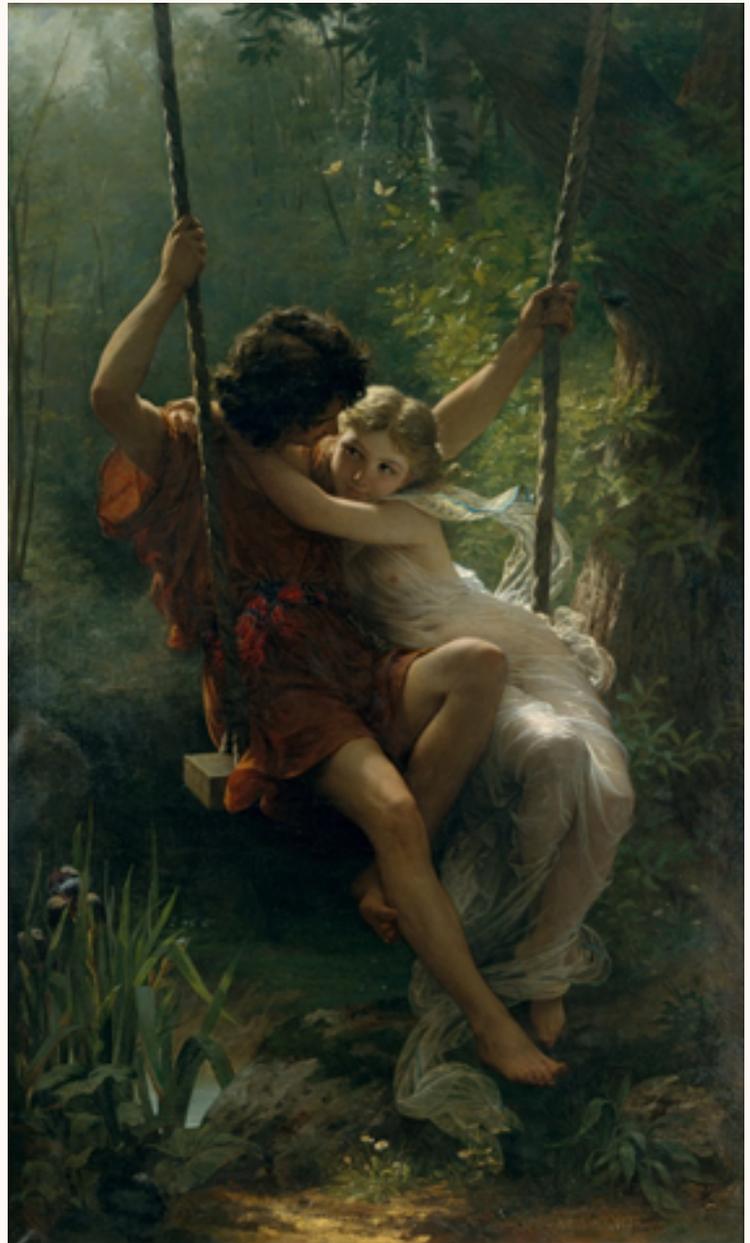
Keen are the eyes of those who observe
 Love they shall find, be it what they deserve
 And if this fervent emotion, they manage to capture
 Unravel its mysteries and rest in its rapture
 Sentient their minds and pure their hearts
 At this revelation, they'll see life's greatest parts
 Darkness needs to exist for the Moon to shine;
 Lustrous like silver in its obscure shrine
 Ever so brilliant, like untainted love
 Resilient through time as it reigns from above



In the Brim Before Spring

Dedication from Helene Plemmenou & Veronika Luiza Baduashvilli, Art Club Presidents, for "The Month of Love"

"Springtime" By Pierre-Auguste Cot, 1873, France. The Art Club wishes you a dreamy and passionate month, dedicated to love, giving, and caring for oneself and others - Welcome the Spring spirit!



Love During Lockdown

By Abby Renieris, Student Council President & TTC Editor

February, a month that includes a day dedicated to showing your loved ones just how much you love and care about them. For some, this is a highly anticipated holiday and others, not so much. With everything that has happened in this last year, a day filled with love and the ones you love might be comforting. Although, with our main focus on others it becomes all too easy to forget about taking care of ourselves. Take a step back, do something that makes you happy and whatever you do, don't feel bad about putting yourself first sometimes! During this pandemic, many relationships were not able to weather the absolute monsoon the world threw at them, mainly due to quarantines and national lockdowns. Isolation is not always best for a relationship or friendship and it can get difficult to navigate feelings & communication. Communication is paramount in any relationship, so during this holiday of love, tell someone you love them!

But, for those of us going stag this holiday- remember to think of yourself and take care of yourself. Relax, read a book, watch a movie, play some of your favorite music, do what makes you happy and don't forget that bottle of wine!

My pathos for... books

By Alexandros Kourtis, Newest TTC Editor

A story about my love I am to write
in relevance to Valentine's delight
lots of candy, the deadline is due
lets see what my heart can do

My affection for books is an odd one
They are like my neighbor, if I had one
all they do is stare, no words spoken
nor am i to dare, to unbreak the broken

I smile when I see them because I know
They will smile back when I come and go
who put them here sometimes I ask
my own true colors I want to unmask

My dearest collecting dust sitting back
I open them up and close them right back
seasons changed, so did the cause
the ones that were, now was



Dear Abby - February Q & A

Answers by Abby Renieris. Questions from Anonymous

***“Dear Abby,
I have too many things I want to do
but too little time and energy...”***

First off, preach!!! This is a quintessential college student problem, and everyone handles it differently! My advice would be to plan and set some goals! I am obsessed with to-do lists and I have a planner on my wall. It's a whiteboard-very forgiving for schedule changes! Just remember not to beat yourself up over things you can't control!!

***“Dear Abby,
How can I show my boyfriend I'm
thinking of him when it's so hard to
see each other?”***

Be vocal, be honest and be straightforward. If you're feeling any type of way- communicate. Alsooooo, daily affirmations are not just great for personal growth, but can definitely help in relationships! Send a text and tell him you care, never be afraid to be honest!

***“Dear Abby,
I'm afraid my girlfriend doesn't like
me anymore, what can I do???”***

Honestly, just ask her. If you aren't sure, voice your concerns! If you are honest and can convey your fears in a way that won't translate as an attack, you'll (hopefully) be able to have a calm conversation and figure out why you feel that way.

***“Dear Abby,
Classes are so tough and I feel like I
won't be able to keep up with them
when we have tests and finals”***

Take everything one day at a time! Focus on you and make sure you are good before you drive yourself insane. Try not to work yourself up before you have a reason to, and please try not to procrastinate! Procrastination is extremely easy, and things will be more difficult overall. Keep yourself and your expectations straight! Do your best and communicate with your professors if you find yourself struggling!



Upcoming Events in March!

Art Club

By Helene Plemmenou & Veronika Luiza Baduashvilli, Art Club Presidents

The Art Club is hosting chapter one from its new three-part series of events on Ancient Greek Art!

“Ancient Greek Art: Potter” on Friday, the 26th of March at 16:00 GR - 09:00 US

Marketing Club

By Helene Plemmenou, Marketing Club President

“Next-Day Strategic & Operational Marketing follow COVID-19” on Tuesday, the 9th of March 20:00-21:00 GR, 13:00-14:00 US

“Market Orientation or Marketing Orientation?": Strategic Focus & Marketing in Greece” on Tuesday, the 16th of March 20:00-21:00 GR, 13:00-14:00 US

“Customer Experience: A Wonderful Customer Journey in Marketing Practices”, on Tuesday the 23rd of March, 20:00-21:00 GR, 13:00-14:00 US

Toastmasters Club

By Teodora Ursu, Toastmasters Club President

We will have three meetings in the upcoming month, dedicated to those who want to improve their Public Speaking and Leadership skills! They always happen on the 2nd, 3rd, & 4th Wednesday of each month, at 19:00PM UTC+2, on Zoom. If you want to join us, you can register using the following links:

10/03/2021 meeting - <https://forms.gle/LJ6ZdrLpRy3H3wH29>

17/03/2021 meeting - <https://forms.gle/ewTrnEJCxqpxP6u7>

24/03/2021 meeting - <https://forms.gle/23VqBxGMPvPJDxaz7>

Weekly Virtual Coffee/ Happy Hour!

By the Student Council

Virtual Coffee/Happy Hour's are hosted by the Student Council on a weekly basis. Join us for games, good conversations and a drink! Times change weekly so keep an eye on your emails and our Instagram: [@hautitans](https://www.instagram.com/hautitans)



Introducing Pamela to the TTC Team!

By Pamela Asiedu, TTC Representative of the Nashua Campus

Hello there! I am Pamela Asiedu, the representative of "The Titan Chronicles" on the Nashua Campus in the United States. I hold a B.A (Hons) degree in Sociology from Ghana and a certificate in Français Langue Étrangère (French as a Foreign Language) from Togo. I am currently a graduate student on the Nashua Campus, pursuing an MBA with a concentration in Management Information Systems.

In my own time, I like to volunteer with humanitarian groups for pleasure and am always enthused about putting my thoughts and experiences on paper.



A Message from the Editor

Anna Rombotis

Thank you to everyone who has supported us in this issue with beautiful contributions! Also, my fellow teammates for your continuous involvement and hard work, this would not have been possible without you!

In closing, I would like to leave you with the following quote:

"Your greatness is not what you have, but in what you give."— Alice Hocker