

Everyone keeps asking me: “Matthew Perry, how do you always manage to make people laugh?” My answer remains the same: “Humor is the way to heal”.

Dear USJ students,

You may only know me as Chandler Bing. Well, it’s easy to assume things when it comes to an artist’s personal life, especially actors’. As an actor, your public persona keeps switching depending on the role you play. In fact, no one knows what hides behind masks. Oh, the irony! Now, we are actually wearing masks and nobody seems to know what’s going on behind it. A smile? Maybe. A long face? Probably.

My fellow F.R.I.E.N.D.S, what we are enduring is far from being joyful. It’s no less than evil. But remember that no one can take your humor away from you. I call humor “the soft weapon”. Why? Because you fight the toughest demons with it but you save lives, too. No, this isn’t absurd at all. My story is a concrete example that life can get better with a simple smile. “Fake it till you make it” couldn’t BE any more accurate. Well...well, you see what I did there, don’t you? Just like that, humor does heal.

My acting days weren’t always the best years of my life. You heard that right. Being a part of the worldwide show “F.R.I.E.N.D.S” is an opportunity that I will forever be grateful for. But nobody actually knows what goes on behind closed doors. Getting over my addiction, relapsing...and so the cycle kept going. You see, it’s easy to “assume” one’s status. With that being said, let me mention the devastating Beirut port explosion. The 4th of August 2020 is a tragic day that Lebanese people will never forget. It may seem like the victims’ relatives are doing okay now, but little do we know that their heart is an explosion itself? To be real, nothing will ever be the same for Lebanese people but a little humor that steps in has the power to tame the ongoing burning flame for a bit.

As USJ students, you are capable of changing the world one step at a time. Be kind, use your humor to heal despite the current challenges especially in Lebanon. This includes the economic crisis, the pandemic and the consequences of the blast... What a chaotic world we live in. We feel like our problems are the worst. Needless to say, we are tiny compared to the universe. Are we even the size of dust? Well I’m not a scientist therefore I can’t help you with that, but I sure can provide you with some jokes! You don’t have to be a genius to be a part of the change. Good at chemistry? Make experiments. Good at writing? Fight the world with some powerful words...Just do your part. It’s true that the world is a miscarriage of justice but later on you realize that each individual has something to offer. You are a fellow community that is still wet behind the ears. You still have time to make a change and I invite you to USE your humor. A good laugh costs nothing, and yet it’s the best medicine.

You are the Hope. Have faith in what you do, mix it with a bit of motivation and add a pinch of humor. I am no Gordon Ramsay but cross my heart and hope to die, this recipe works like magic!

Each of you is a flower, and each flower has spines but this doesn’t stop it from blossoming. Keep going so that you can rise to bloom. I believe in you.

