

The Voice of AUK

THE OFFICIAL STUDENT NEWSPAPER OF THE AMERICAN UNIVERSITY OF KUWAIT • October 2015 •



“Welcome to the new academic year.”

President Nizar Hamzeh Page 3



“Lets start this year with a bang!”

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WELCOME BACK!

The Voice Members



Editor-in-Chief
Paola Schietekat

I'm Paola and I was born and raised in Mexico. Now I live in Kuwait and study International Relations. I attribute my misanthropy to politics and gender inequality, but I still enjoy political, philosophical and theological debate. I have a book published and hopefully more to come. I love literature and football. I also like Lego, dinosaurs, eggplant, videogames and series like Game of Thrones and Adventure Time.



Graphic Designer
Alaa' Dashti

I'm Ala'a Dashti, a 25 year-old graduate from Box Hill College, Kuwait with a diploma Graphic Design. I enrolled in AUK to continue and get my bachelors degree in Graphic Design. One of my initial projects for The Voice of AUK was the logo, which was successfully changed. I designed it to portray that all AUK'ers have the right to express their opinions freely.



General Reporter
Huda AlKotob

My name is Huda AlKotob. I'm a rather ordinary 19 year old Palestinian girl. Currently, I'm an Accounting major who anticipates graduating later this year. I like puddles, trampolines, learning, food, and furry animals. I often get that I resemble Zooey Deschanel and Jonah Hill.



Reporter
Nathalie Matta

My name is Nathalie Matta. I'm 19 years old. I'm a sophomore majoring in Marketing and minoring in Graphic Design! I am obsessed with makeup and everything that has to do with fashion, thus I will be responsible for the fashion section in The Voice newspaper as a reporter. I truly hope this newspaper stands out.



Reporter
Abdullah A Al-Qouz

I'm Abdullah, a 21 years old junior student. Initially an English major with a hope to be an author/spokesman. I enjoy working in groups with saltiness, which is unaccepted quite often. I do it even when I'm working by my own and people think it's not funny. I won't stop because I think it is.



Reporter
Roua'a Diab

Hello. My name is Roua'a Diab, I am a computer engineer who surprisingly enjoys writing articles and sharing my views with the world. I am involved in several clubs, including the IEEE student branch in AUK and the Hummingbirds. I like to write, especially things that express my thoughts and opinions. Hopefully you'll enjoy my pieces!



General Advisor
Candace Dominique

Candace Dominique is an Assistant Professor in the Department of Communication and Media and the Faculty Advisor for The Voice. She is committed to using her skills in journalism to support The Voice staff in producing a newspaper that is the source the AUK community looks to for high quality news and information that represents the University's legacy.



Graphic Designer Advisor
Patrick A. Makhoul

Patrick Makhoul is a graphic designer in the PR & Marketing department at AUK and the design advisor for The Voice. He uses the experience he's gathered over the years designing publications and layouts to give advice and suggestions on ways to make The Voice a more pleasant experience for the reader.

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President's Welcome

Dear AUK Students,

It is my great pleasure to welcome you all to the new academic year. I hope you had a restful summer and are settling in to your Fall courses.

I would like to take this opportunity to update you on some developments. With the new term, we have several additions to the faculty and key staff ranks. First, we are pleased to welcome Dr. Jin Wang, Dean of

College of Business and Economics, and Dr. Hanan Muzaffar, Dean of Student Affairs. We are also pleased to greet seven new full-time faculty members, Dr. David Hadbawink, Assistant Professor of English, Dr. Muhammad Sid Ahmad, Assistant Professor of English (will join Spring 2016), Dr. Philippe Gauthier, Assistant Professor of Communication and Media (will join Spring 2016), Ms. Jowoon Lee, Assistant Professor of Graphic Design, Mr. Raobin Bhattacharya, Senior Instructor of Finance, Mr. David Hoffman,

Instructor of IEP, and Mr. Patrick O'Brien, Instructor of IEP. In an effort to provide students with more study abroad opportunities, we are currently expanding our collaboration with other universities. In addition to our partner Dartmouth College, Science Po and Mary Mount University, a student exchange agreement will be signed soon with George Washington University (GWU). Similar agreements with Arizona State University, Tuft University, and Virginia Tech are currently under consideration. To this effect, a Study Abroad Coordinator will be announced sometime soon to move the process forward.

In addition, I am pleased to announce that we have signed a memorandum of understanding with the Small Business Development Center (SBDC). The center will provide business consulting services to students at free cost. The center is located on the 4th floor of the Sciences Building – A 415, and will soon announce its working hours. I encourage you to take advantage of the services provided by this center.

As regarding the campus construction plan, a pre-construction work has already started on the old soccer

field for building a student center with indoor sport and gym facilities. The center will be completed within a period of one year and will followed immediately by constructing a new building which will include new academic support facilities.

Finally, I encourage you to take advantage of our shuttle service, which in many ways similar to shuttle services provided by universities with urban locations in the U.S. or somewhere else. The shuttle service has been extended to include the Marina Crescent and more details on this will be announced by the Dean of Student Affairs. I hope that I will have an opportunity to talk with you sometime during the year. My schedule sometimes finds me at open meetings or public events, and I can also be found walking across campus. If you see me, feel free to say hello and strike up a conversation on any topic of your choice! Again, welcome to AUK. I hope your year ahead is both challenging and successful.

Nizar Hamzeh, PhD
President
Professor of Political Science and International Law



Dean's Welcome

Welcome to Fall 2015

It's a new year. And new years come with new excitements. So are you

excited? Are you ready? I know I am. Let's start this year with a bang. Wake up singing. Wear your most beautiful smile. Carry your most thrilling book. Write with your favorite pen. And end every day with happy thoughts. I know

you have them. I know they're there. Somewhere. Even if at times they lay dormant. I am always excited about back to school. In me it still rings of new pencil cases and new backpacks. It rings of visits to my favorite stationary and of new outfits laid out for my first day of school. It rings of the excitement of reconnecting with friends I haven't seen in summer, of potential new friends I will make in fall.

This back to school excitement lived with me through my college years, through my graduate school years, and it stayed with me even when I joined the other side of academia, as instructor, and now as dean.

I still visit the stationary to buy my markers and post it notes, an upgrade from my pencils and pens; my folders

and dividers, an upgrade from my pencil cases and backpacks. And occasionally, I even go shop for a new outfit. Just occasionally.

This year is especially exciting for me as I will be looking forward to what I can offer you as your dean, but more importantly, to what you can teach me as students. I'm looking forward to meeting and getting to know every single one of you. I want to hear your thoughts, your ideas, and your suggestions towards making this a wonderful year. So drop by. Come say hello. And maybe show me your favorite pen and your most cherished book.

Let's connect.

Dr. Hanan Muzaffar
Dean of Student Affairs



Dartmouth College Internships: A Summer Well-Spent

By: Tadd Kruse

The Dartmouth-AUK Internship Exchange was developed as part of the Dartmouth-AUK Memorandum of Understanding and has been bringing Dartmouth students to AUK since 2005 and sending AUK students to Dartmouth College in Hanover, New Hampshire since 2006. The exchange provides the opportunity for Dartmouth students to spend a term at the American University of Kuwait and for AUK students to intern for one month in the summer at Dartmouth College. While this experience is designed to assist with personal growth, it is also meant to build personal bridges between the AUK and Dartmouth

communities and to encourage greater cultural understanding between the Middle East and the United States.

This past summer two AUK students participated in the program: Ali Kelkawi and Zahraa Hamadi. In addition to their internship duties Kayaking down the Connecticut River, performing comedy skits in Arabic, and hiking up Gile Mountain are but a few of the many exciting events that made up the experiences at Dartmouth this summer. Although one month is a very short period of time, this summer's interns took advantage of every opportunity and made sure their experiences would be memorable. Below are accounts of the summer exchange experience from the two AUK students. The selection process for Summer 2016 will begin, most likely, in early November.

Dartmouth College: No Better Way to Spend the Summer!

By: Ali Kelkawi

The Rassias Accelerated Language Program (ALPs for short) provides language instruction in a 10 day period, during which all activities, meals and classes are conducted in the specific language that a student wants to learn. Put simply, if a student wants to learn Arabic, then they will be taught Arabic without being spoken to in English. Seven languages were taught during this year's program: Arabic, French, Spanish, German, Italian, Chinese and Portuguese, with each language having both Master and Assistant Teachers.

From the first day I decided that I did not want to waste any opportunities given to me while at Dartmouth College, so when we were asked who wants to volunteer on the first day to be part of the Rassias method demonstration, I immediately raised my hand. Little did I know then that a few other assistant teachers and I would be put on the spot in front of everyone and taught a few phrases in German. Despite it being one of the most terrifying experiences of my life, seeing that the person teaching us spoke to us only in German, I came to truly understand how hard it is for the students to understand a language they are completely unfamiliar with at such a fast pace.

After the initial few days of training with the previous members of the Rassias family, and being taught the famous "Snap, Point, Look" method by the humble Dr. John Rassias himself as well as previous Assistant Teachers, we settled in at the dorms and began the intense program. I never experienced anything as demanding as the Rassias Program in such a short period of time. To

learn a completely new language in just 10 days is no easy feat. Being an Assistant Teacher in Arabic meant that I was in charge of conducting drill sessions with the students to help them with pronunciation and introducing new phrases to them, acting out every word to help them understand the phrase without translating it into English.

Ten days later, after spending lunch, dinner, and countless hours of classes and cultural activities with them, my students became my friends, and the Rassias family became my second family. We had spent so much time together that it no longer felt like we were working. After the students' graduation ceremony, our students left us and soon enough the rest of the Rassias family returned home. I spent my second two weeks at Dartmouth in the Rockefeller Center for Public Policy, where I attended several classes and sessions on public policy, social entrepreneurship and leadership, as well as learned more about the projects and opportunities that the Rockefeller Center provides to Dartmouth students.

After attending a few meetings with the Rockefeller Center staff, I saw the passion and commitment they take in providing their students with only the best of opportunities. This is accomplished by bringing political figures on campus to speak to aspiring students, or providing students with the Policy Research Shop; from allowing them to have a voice in their community through presenting well researched policy briefs to state legislators, and by holding discussions on critical issues in their state. This is supported by the useful lectures that the center provides to better enable the students to work on these policy briefs. Having spent a month at Dartmouth, I got to experience even more than the duties of my internship placements. Kayaking on the Connecticut River, hiking up Gile

Mountain, attending Circus Smirkus and watching fireworks on the 4th of July are just a few of the many things I was able to do. To whomever is considering to apply for the Dartmouth-AUK Internship Exchange next summer, I strongly advise you to apply as soon the announcement is made, this is not something you want to miss. It really is the best way to spend your summer.

Wandering Around Dartmouth: A Time Well Spent.

By: Zahraa Hamadi

“The Dartmouth effect” is a strange sensation, one that you can only really

feel if you’ve been there yourself. Truthfully, it’s quite hard to describe the feeling you get once you’ve step foot onto Dartmouth’s beautiful campus. The drive up to Dartmouth itself will surely instigate the sensation. The lushness of the New England Forests towers above you as you drive along the curling roads. I for one enjoyed the green that surrounded me very much; it was a great contrast to what we experience here in Kuwait. The friendly small town of Hanover welcomed me with open arms and for the entirety of my internship, has taught me great things both professionally and personally.

As a graphic design major, I knew that it is important to go beyond the creative aspect of design and to further push myself to learn about

how the intended audience would perceive my work. I learned exactly that and much more at the Office of Public Affairs. I started my internship redesigning a Dartmouth-At-Glance piece. It was a two-page summary of facts and figures about Dartmouth’s students and faculty. With the help of the OPA’s graphic designers, I came up with a layout that was both attractive and easy to comprehend. This project taught me to constantly keep the target audience in mind as I worked, because in the end of the day, they are whom I’m designing for.

The following weeks at the office were extremely exciting; I was given the task of creating Geo-filters and a short video to advertise Dartmouth’s upcoming Snapchat account and towards the end of my internship, I even worked on an informative animation which explains the history behind Dartmouth’s annual homecoming bonfire. I found myself wandering around with my notebook and camera a lot because I wanted to get to know Dartmouth’s lifestyle a little better for the projects I was working on. As a matter of fact, I spent the majority of my time there at Dartmouth walking around and exploring places in and around the campus.

This whole experience has given me the opportunity to partake in activities that I’ve never done before. I went hiking up a small mountain and climbed a fire tower, offering the most beautiful view of the surrounding areas. I got to experience what it was like dining at a proper cafeteria and was pleasantly surprised by the wall of breakfast cereals. I also visited the Simon Pearce glass blowing factory in Windsor, Vermont.

I wanted to take advantage of my time at Dartmouth and immerse myself in all sorts of events. I audited an Earth Sciences class for the duration of my internship and thought it was extremely interesting to see what it’s like to be part of a class at Dartmouth.

I watched movies at the Hopkin’s Center, enjoyed performances and kettle corn on The Green and spent a lot of time in The Hood Museum. I even learned that rummage sales are dangerous places for me to be; I went for a “look around” with a friend and ended up buying 4 records I didn’t need for 25cents! I got to experience the 4th of July fireworks, enjoyed sensational music at Pink Martini’s concert and best of all went jogging around the charming Occom pond.

Dartmouth has a great sentimental value to me. I met and worked with the most amazing people, shared knowledge with them, and most importantly added another step to the strong foundation that bridges the connection between Dartmouth and the American University of Kuwait. This internship has definitely been one of the most educational and eye opening experience of my life. I can honestly say that the “Dartmouth effect” does indeed linger. Four weeks was all the time it took for me to fall in love with Dartmouth.

Our Thanks for a Wonderful Experience

Our trip to Dartmouth was a life changing experience, and it would not have been possible without the help of two special individuals at Dartmouth College, Ms. Elizabeth Hindmarsh and Dr. Dale Eickelman (along with his lovely wife), whom we’d like to truly thank for their kindness and consideration throughout the month. We would also like to thank all the friendly staff the Office of Public Affairs, Rassias Center and Rockefeller Center for welcoming us with open arms and being extremely supportive in all aspects of our internships. Last but not least, we would like to thank the AUK selection committee for allowing us to go through this experience.



What does it feel like being on campus 24/7?

By: Ali Kelkawi

I get asked this question a lot. Why am I always on campus? What is it that requires me to spend so much time at AUK? For the past two years, I dedicated all my time and effort to being one of the most involved students at AUK. What did I do? I signed up for clubs, I ran for Student Council, I applied to be a student employee on campus in several departments. I may have been helping you with math at the Tutoring Center at 10:30 a.m. and then assisting you at the Office of Student Life at 11:00 a.m. It wasn't easy at all keeping up with everything as well as handling my studies, but with practice I managed to do more and more every semester. With this in mind, there are 3 important points on why you would want to be more involved on campus:

1. It makes your CV more appealing:

It's the simplest reason as to why you may want to get involved. You may have a blank CV now, but your future employers will definitely have something to look at when you start doing more on campus.

2. You meet new and different people:

I'm sure you already have a lot of good friends, but getting involved on campus enables you to meet different groups of people whom you may not usually interact with, but could learn a lot from.

3. Learning to manage your time:

Nothing will teach you how to manage your time better than having to be at three different places at the same time. It may get hectic at times, but you will definitely learn how to prioritize your responsibilities. Working in all these different departments, committees and organizations has helped me immensely in my professional and social life. It's never too early and never too late to start getting involved on campus. Join a club, find a department that needs student employees, and start making the most of your college experience!

AUK's Top 10 Survival Tips

By: Huda Al Kotb



1. University Hour (make plans!)

Every Tuesday at 2-4 p.m. is university hour. During these two hours, professors and students are freed from the walls of AUK's classrooms. This is the perfect time to attend meetings, go to events or plan an outing with your friends since no one's going to be in class.

2. Don't skip classes (in the beginning of the semester)

It's hot. You're not in the mood. The professor's voice is monotone. Your friends are playing Kout. GO TO CLASS ANYWAY! If you're taking TRU classes, you're allowed up to seven absences, and the MW schedule allows up to five absences. Don't waste them all in the beginning. You'll miss out on new material and risk using up all your absences before the semester is over. Besides, the air conditioning is pretty good in the classrooms!

3. Eat healthy #thethriftyway

Pack some snacks and a water bottle. Why, you ask? Because everything around us, in Salmiya, is overpriced and you don't want to wait for an hour for Talabat to deliver your goodies. If you do have money to blow, then whatever: spend it all in the diner. If you're struggling to find cash in your

pockets, then pack your own snacks. I also recommend some supermarkets' (bakala) cuisine such as the pizza fatayer, some crushed salt and vinegar Lays chips on top, and a refreshing Barbican. It will fill you up.

4. Be nice to the security

You definitely want them on your side. If you're a kind of a troublemaker and you happen to be rude, the next time you're in trouble there will be no mercy. But if you're a polite person and an occasional troublemaker, or you bend a rule or two, they might show you some mercy!

5. Feed the cat on campus

There's an annoying cat near the Registrar Office and the Library that constantly meows at anyone who passes by. Please feed her and her little husband because she is very annoying but she's family too, and the Wolf Pack must stick together!

6. Check your email (for free food)

All event notifications are emailed to you. Read them because sometimes there's free food at these events, and who doesn't like free food?

7. Don't start smoking (until you declare your major)

For many of us, smoking is inevitable. I'm here to try and delay the inevitable. You don't need nicotine until your second or third year of university. The first year should be spent running around and jumping with your healthy lungs. Not that I'm encouraging smoking!

8. Talk to Maria at Starbucks if you have a problem

She has great life advice.

9. If you like someone in your class, don't go for it

It's going to be awkward when they reject you. You're in the same class.

10. Smile

Whether you were forced into AUK or not, smile. It's not as bad as you think. There are pretty cool people and you will learn a thing or two whether you like it or not. So smile and the world will smile back (unless you're passing by Starbucks; the people there aren't too keen on smiling).

Meet the Academic Advising Team

The Academic Advising Center is the place to go to when you have concerns about anything that has to do with academic related questions. The academic advising team always makes sure that when any student leaves their center, they leave satisfied and have the correct answers to their concerns and questions.

What does the team have to say about the center and their services?

Dr. Mary Queen – Director of AALSS

"Most students are unfamiliar with the many ways in which university-level study differs significantly from high school. The Academic Advising Center works with new and continuing students in making effective choices to link their academic requirements with their personal and professional interests and abilities. AAC advisors act as mentors/teachers to show students how to participate actively in their educational planning process by understanding program requirements and university and college policies, and making smart choices based on these requirements, policies, and their own goals. Our ultimate purpose is to help students become more independent, effective, and successful decision-maker.

Prior to taking on the full-time administrative role of Director of Academic Advising and Learning Support Services (AALSS), I taught Composition and Rhetoric courses for 15 years, including eight years in the English department here at AUK. While I love teaching and miss it, I have really appreciated this opportunity with AALSS to develop a new perspective on the work of the university outside of the classroom environment.

As Director of AALSS, I am responsible for leading a large team of full-time and part-time staff and student workers to provide the most effective advising and academic support (including the Tutoring Center and Writing Center) to students across the university. The AALSS team is continually analyzing and revising its practices to keep

current with best practices in the advising, tutoring, and writing support fields. I have been extremely fortunate in working with a team of outstanding staff members whose collaborative spirit, eagerness to develop, and professionalism have given me the opportunity to grow as a manager.

My daily activities include advising new & continuing students from all disciplines on course planning, talking with parents about the challenges of university study in a liberal arts framework, discussing with AALSS staff solutions to the numerous challenges of providing daily academic support to the 2400+ students at AUK, working with faculty from across the university on program requirements and changes, collaborating with other units on developing more effective policies and procedures, and serving on numerous university committees.

All of these activities combine to provide me with a much more holistic understanding of how the university actually works. From this deeper and broader understanding, I believe I can become a more effective participant in and advocate for creating the best learning and teaching environment, both inside and outside the classroom, for students of diverse backgrounds, abilities, and interests”.

Monica Matta – Senior Academic Advisor:

“The AAC is a resource to help you experience a smooth transition between high school and university. We are here just to guide you all the way through to a timely graduation! If you come to the AAC just to get your RAC, chances are it’s going to be busy and you’re going to have a rushed advising session. If you come during some of the quieter times, you’ll have a chance to work on your 4-year-plan, talk about major/minor options, and much more. To new Students, make the most of your time at AUK, 4 years may feel like a long time, but trust me, they will pass by really quickly so try to enjoy them to the max!

Nour Jaber – Academic Retention Advisor:

“The advising center knows everything there is to know about your Academic

Requirements. There is no office better fit to answer your questions (Unless you ask questions you should be directing to other departments J) However, we will always point you in the right direction! It is always good to be sure that you are on the right track, and coming only for the RAC number means you are probably coming in a busy and crowded time. Avoid the hustle and bustle by coming in throughout the year and make sure you are on the road to success! To new students, never ever listen to your friends or family or anyone who doesn’t work in the Academic Advising Center regarding your academic requirements. The AAC knows best!”

Another important part of the Academic Advising center apart from the directors and advisors are the Peer Academic Leaders also known as pals. Pals are basically student workers that get trained on the universities rules and policies, so they can try as much as they can to accurately answer your questions.

Let’s meet the Academic Advising Pals!!

Maryam Mofied:

Hello, I’m Maryam Mofied. I’ve been a Peer Academic Leader since Summer 2014. This position has helped me develop my character as a university student. My leadership skills have developed greatly throughout my first year, and I think that’s the most important element in this position. Not only that, but also I’ve learnt the true definition of responsibility. So, in general, this position has empowered me as a person in regards to leadership and being more responsible. Additionally, I’ve realized the importance of the AAC during the first year. You receive so much support and guidance and it simply empowers you as a student and boosts your confidence to the max in belief that you are on the right track.

Kassem Makki:

Kassem Makki (19 years old) Double majoring in Accounting and Finance The experience at the AAC is a valuable part of my education.

The skills I obtain from working complement my academic performance and communicate to future employers my ability to succeed in a professional setting. Studies have shown that students who work do just as well or even better academically than non-working students; and grades improve as students work more hours per week. (ASU) At the moment, I hold great responsibility in terms of guiding all students at the university who are seeking academic help at any time of the year. Therefore, it’s crucial that I give out correct information to fulfill any student’s required need for help.

George Massoud:

Hello, my name is George Massoud and I am majoring in Marketing and minoring in Communication and media. I entered AUK back in fall 2012 but did not start working at the advising center up until fall 2014. I had no experience in the working field as I have never had a job before however, the AAC have added greater knowledge on how to deal with students and parents, how to overcome hard situation professionally which changed the way I deal with people and enhanced my personality. What I realized about the advising

center as a Pal is that it’s not as easy as everyone thinks as I believe that the advising center is an essential part of AUKs community due to several reasons one of which is that the advising center deals with freshman students, probation students, academically dismissed students and many more.

Nathalie Saab:

I’ve only been working at the AAC since summer block 1 and so far I’ve been really happy to the amount of information that I’ve been exposed to, as a student we always hear about policies and rules all the time but we never know if they’re right or wrong but as a PAL, the AAC’s team makes sure that we get trained in a very appropriate way to be able to carry forward the right and specific information. For me, working as a PAL was not my first job experience nor it was the hardest, but it did add a lot to my personality because we as PALS carry a lot of responsibility while giving students information and we need to be very accurate and on point. I really enjoy how the team works and I love how everyone shares experiences and tips with everyone, so at the end of the day the teams grows bigger and becomes better.



The Recipe for Academic Success

By: Bader Al- Mutawa

The feeling of success or accomplishment allows one to feel that he has added something, changed something, allows one to feel independent and creates a sense of being. I believe that academic success is the first step one would need to take for an awaiting future. I joined AUK in Spring 2013, and since that time, I have followed certain steps that allowed me to be academically successful.

1. You have to set a plan in order to reach a certain goal. Your existence at university shouldn't be because your parents want you to go to college. You should, at least, have a simple goal like: 'I want to finish college to pursue graduate studies', or 'I want to finish college with a high a GPA to get employed in company x', or 'I want to finish college and study something I like, so after graduating I can work in my field of interest.' What I mean is that you should have a simple goal that encourages you to wake up every morning to go to AUK with passion.

2. When you choose your courses, choose them wisely. Sort your classes according to time, difficulty, and course description. I find it surprising when students register for four courses in a row because it is very difficult to concentrate for such a long time! Thus, try to have some breaks in between. Also, do not finish all your free electives and general education courses; try always to leave a couple so you can mix them with your major courses. Please be wise and do not choose a course based on recommendation from you peers; read the annual academic catalog for the course's description.

3. When returning home, spend an hour or so reviewing what you studied every day. This includes organizing your binder, stapling papers, and doing "office work".

4. Before you go to bed, jot down your 'on campus to do list' for the next day.

Create a simple chronological list on your iPhone, listing everything you want to accomplish on campus the next day.

5. Yes, our iPhones and social media are important, but try to set your phone on 'airplane mode' when there is a lecture. Try to focus and give your undivided attention to the lecturer.

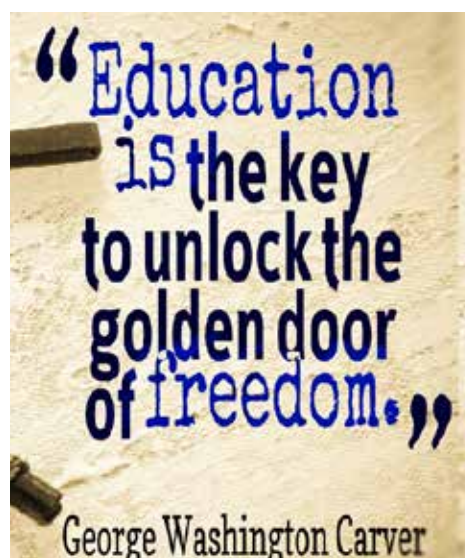
6. It is always nice to visit your professor during office hours. Visit to ask questions, to have things clarified, to have your work read prior to submission. Utilize every opportunity!

7. Give yourself some time (not too much time though) to socialize on campus, to meet new people, to have a cup of coffee or breakfast. Engage in activities that are organized by clubs; it is important that you experience this kind of on-campus active involvement.

8. Get to know the many services that are offered at AUK. You can write for The Voice, you can work as a student worker in different departments, and you can also join different committees (code of conduct, curriculum, academic dismissal...etc.)

9. I am not saying that university should take your whole time; I highly support that you enjoy your weekend to break the weekly routine.

10. You have to remember that whether you have a state's scholarship or if your family is paying for your tuition fees, the goal here is for you to attend university to learn and succeed. Allow your family, community and country to be proud of you!



Writing Center – Your Academic Support Pal on Campus!

By : WRC Team

Welcome back, students new and old! After a long sweltering summer, finally Fall is here ushering in cooler weather and a new academic year, which for you means myriad activities, new classes, fresh courses and new assignments, too. Here's where we figure in – AUK's very own – Writing Center (WRC).

For those who are not-so-familiar with us, we are located in the Science (A) building (A207) and our main objective is to develop your writing skills by providing assistance in any stage of the writing process; discussing your drafts, brainstorming, and helping you with critical thinking. Throughout the last academic year, the Writing Center has carried out various projects and activities to improve its internal performance and increase services offered to the AUK community. On the other hand, the Writing Center is more than just an academic support unit.

We organize writing workshops (which address writing process and highlights the importance of brainstorming,

outlining, drafting a thesis, and organizing paragraphs); speaker events; annual writing contest; and field trips. Part of the Center's mission is to promote students' literacy, which we do through the Diwaniya Book Club. Last year, the club successfully held its third consecutive field trip to the Emirates' Literature Festival in Dubai. Also as part of our annually held literary series, we've had the opportunity to invite award-winning personalities like writer, Tim Mackintosh-Smith, and poet, Zeina Hashem Beck, who magnificently performed her poetry for the AUK community.

WRC thrives to promote fluency in multilingualism through offering supplemental instruction sessions to students. We currently offer foreign language assistance in Spanish, Italian and French. Visiting interns from Dartmouth University helped us in adding diversity to the Center by sharing experiences and working on projects to develop the unit. That's said, we also hire outstanding students, who have excelled in their work and show promising qualities to join our talented group of peer consultants.

So, once again welcome back, and we look forward to seeing most of you around, sooner than later. Cheers!

The Writing Center is located at the 2nd floor of the Science (A) building, A207, and opens from 9:00am – 7:00pm Sunday-Thursday





Everybody Loves Monsieur Joseph!

By : Abdullah A Al-Qouz

After ten years of endless support from professeur Joseph Fiannaca to AUK, The Voice team would like to thank him for his hard work and contributions to the AUK community and the department of Arabic and Foreign Languages in specific. We thank Mr. Joseph for his efforts in widening the scope of the Arabic department and evolving it to the Department of Arabic & Foreign Languages. Mr. Joseph was the first instructor to stabilize a new language in the AUK curriculum, and always reflected a very welcoming image to his students.

Mr. Joseph started his career in Kuwait as a French cultural attaché assistant for the French embassy, and also worked as an instructor of French language in Kuwait University after earning bachelor degrees in Italian & English Translation and French Language. Mr. Joseph also has a masters degree in Teaching French as a foreign language. He taught at the American School of Kuwait until he was hired at the American University of Kuwait in 2005. Over the years, he has become the Senior Instructor of French Language and Literature capturing the interests of students who want to learn French in the university. The following are a few questions we asked Mr. Joseph about his experience in the university over the past decade.

Do you feel any difference between when you first came here and the current moment?

"When I first came here, AUK was a smaller campus. It was in its first year of operation and it was exciting to be part of a new institution. Everyone was dedicated to turn AUK into a successful university. Our department was very small and there was no section for foreign languages at that time. I was accepted to work as an adjunct in the arts and humanities department but not permanently in the beginning because there were many assumptions that having a new language added to the department might not work or attract any.

Eventually it became popular even more than I expected so I was offered a full-time contract at AUK. Gradually the students' interests flourished more and more and now we happen to have more foreign languages offered like Spanish, by Professor Viviana Peiretti. Professor Viviana puts a lot of energy and enthusiasm in her classes and students love her and appreciate everything she teaches. As the foreign languages kept growing and going further in the department, Italian courses were added to the program. Professor Emanuela Buscemi is a great addition to the section and her classes are too good to even have an empty seat every semester! I have seen many developments these years in our department and even the AUK community as whole."

What is the biggest highlight(s) over the past ten years in AUK?

"The biggest highlight of the past years would be seeing the students' learning abilities growing in front of me. Even though I am mainly teaching beginners' classes in the French language, it is truly gratifying to see students coming to class with no knowledge at all, and at times panicking in the beginning, and yet blooming at the end of the course. It is a journey; I take them from point A to point B. There will be obstacles on the path but if they tend to put the effort, enthusiasm, and hard work, they will do well by the end of the course. Many times I get to see students coming to me later to tell me about trips they experienced in France or

in any French speaking country and that they were able to apply what they learned from my French classes in real situations and be able to communicate with the locals. I also have to add that some students are very self-dedicated and keep up with the French classes as much as possible. Seeing these students keep their knowledge and practice of French makes me love what I do a lot more.

I have taught many different classes over the past ten years in AUK. Students were able to complete four classes (A1-A2 DELF level) as French electives in their college years. I taught the French Civilization class (FRNC 333) and other similar courses too as special topics, French literature in translation course, and another study abroad course where I took students to France on a cultural and linguistic journey as well. But it is sad that despite all the interests from the students, we are still unable to offer a minor in foreign languages.

My colleagues and I have tried to initiate a minor focusing on French and Spanish for the professional life. This minor would be practically beneficial for students in art, social science, and/or business majors since it would be focusing on applying a European language in a work place. Kuwait has several business inquiries in French language. The same is applied with diplomacy. Almost all diplomats speak French."

Compared to the previous years before AUK, do you consider working AUK a life-changing opportunity?

"Yes it is a life-changing opportunity. Before joining AUK I used to teach in school and now getting to deal with mostly young adults shows me that they have more responsibilities and more time and effort to put into their work. I have lots of gratitude, I found stability in my work and students taught me many life lessons. They helped me to grow as an educator and as a human being. Also since I started teaching in AUK, I saw a lot of involvement as I said especially in our department of foreign languages which did not exist during my time in 2005. And again, I never thought it could go as far as it did till now. We now need

to take our section to the next level; a minor in foreign language(s). That would be the best gift to the students for their contributions over the years to the French or any foreign language in the Department of Arabic & Foreign Languages."

The Voice asked former and current students from Mr. Joseph's classes to share their opinions about his teaching style. The Voice asked former and current students from Mr. Joseph's classes to share their opinions about his teaching style. Not every name is included and not all of those students are from AUK.

- "His teaching is thorough and he opens up for students to participate." - Radiah Al-Fili

- "Monsieur Joseph is an amazing professor who encouraged me and all the students to raise our abilities to participate in class." - Mohammed Garada

- "Professor Joseph's classes were really a lot of fun! He makes sure students are highly interested in learning their materials as much as enjoying them at the same time. Hopefully he will teach here for ten more years." Shahad Al Farhanian

- "Mr. Joseph is an efficient instructor who knows how to keep his students engaged, interested and well informed. I have taken three courses with him, out of which one was an additional course and will count as more than the required number of credits for graduation! All because his classes take you to Paris and make you love the language. I have learnt a lot from his classes, and I believe that he is an asset to AUK." Farah Harb (former Editor-in-Chief)

- "Monsieur Joseph is a wonderful professor. I really enjoyed classes with him and loved his teaching techniques that allowed me to learn the language. I have never thought of learning French; however, it was an amazing experience and Professor Joseph made it much easier. I am looking forward to continuing learning French with him." - Ghadeer Al Ghafour

Healthy Living

By: Charita D. Monungolh, BSN, R.N.

When we talk about healthy living the first thing that comes into our mind is how to become physically fit. Good health is a state of complete physical, social and mental well-being and not merely the absence of disease or infirmity. It is a resource for everyday life, not the object of living, and is a positive concept emphasizing social and personal resources as well as physical capabilities. Health is a fundamental human right, vital to a nation's economic growth and internal stability.

Being physically active is what we aspire for in dealing with our daily lives. I, too for sure want it! Many factors affect your health. Some you cannot control such as your genetic make-up or your age but you can make changes to your lifestyle. Physical fitness is generally achieved through correct nutrition, moderate – vigorous physical activity exercise and rest. And if you are physically fit, you will have the capacity to carry out the day's activities without undue fatigue.

In this article, I want to share to you the top 10 reasons why you should eat healthy by Napala Pratini:

1. You'll be more productive

Just like your car, your brain needs quality fuel to run efficiently. One study found that eating unhealthy foods puts you at a 66% increased risk of productivity loss. Eating a healthy, balanced diet to make sure your brain has the fuel it needs means more energy and increased productivity at work.

2. You'll be happier

What we eat has an impact on our brains. Did you know bananas contain 10 milligrams of dopamine, a chief mood booster in the brain? Dark chocolate, packed with polyphenol, is also known to boost serotonin, a neurotransmitter that many antidepressants also target. You should see a doctor if you're seriously concerned about your moods, but

for the rare gloomy day, try a dark chocolate-covered banana.

3. You'll be less stressed

Certain foods have the ability to moderate our body's level of cortisol, the stress hormone. Some studies have found that foods packed with vitamin C, omega-3 fatty acids and magnesium help reduce cortisol levels. When the body is in a chronic state of stress, it breaks down protein to prepare for battle. Eating a protein-rich diet, including fish and dairy, can help replenish protein stores and keep cortisol levels at bay.

4. You'll control your weight

Simple healthy choices such as replacing soda with water, choosing carrots instead of chips, and ordering a side salad in place of fries not only will help you lose weight, it also can help you save money.

5. You'll eat less

When it comes to eating healthier, quality trumps quantity. Fresh foods contain fewer low-nutrient fillers that the body burns through quickly. If you are buying and eating less food, then you will have more money in your pocket.

6. You'll think it tastes better

Who would trade their Big Mac for a beet burger? Although taste is subjective, healthy food can taste delicious if it's prepared well. One study showed that people perceive healthy food as tasting better even if it doesn't. In a blind taste test, participants said organic coffee tasted better than regular coffee, even though the two cups were the same. So perhaps the beet burger is better after all — even if it's only in your head.

7. You'll age better

Why pay for expensive and painful Botox procedures when you can improve your skin through your diet? Fruits and vegetables high in antioxidants can help protect your skin. The antioxidants in fresh berries and salmon's omega-3 fatty acids both help improve the health of your skin's cells and slow premature aging.

8. You'll be healthier

Unhealthy eating — especially over the long term — can be a risk factor

for chronic diseases such as cancer, diabetes, obesity and heart disease. If you miss out on too much of the protein, vitamins and minerals that your body needs, your muscle mass will decrease as your fat stores increase. Some estimates say at least 30% of cancers are linked to poor diet. One study of over 6,000 women found that those who ate the most cabbage, turnips, broccoli, cauliflower and kale had a lower risk of developing breast cancer after menopause.

9. You'll live longer

Healthy eating can help you avoid diseases that may lower your life expectancy. One study showed that a diet of fruit and vegetables, in combination with exercise, extended life expectancy for women in their 70s. Elsewhere, researchers reviewed a group of studies that suggest vegetarian or low-meat diets could help you live a longer life. And another study points to nuts as a way to reduce your risk of early death. No matter how you cut it, a healthy diet can play an important role in how long you'll live.

10. You'll save money

Many of the benefits of healthy eating contribute to potential savings. If you stay healthy, you'll have fewer medical bills to pay and by cutting back on food, you'll eat less and have fewer groceries to purchase. Save your body and your wallet and eat your greens today.

For all of you who happened to read this health issue, I prompted you to think positively, exercise daily, eat healthy, work hard, stay strong, build faith, worry less, read more and most importantly BE HAPPY!

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When Cannabis Makes Cancer a Little More Bearable

By: Paola Schietekat



When my brother got his letter of acceptance from UBC, he celebrated with exhilaration. He had worked unbelievably hard for that chance and now he was leaving with his very best friend to Canada. Then he got a phone call: "Dude. I ran some tests and it seems I have cancer. I'll get surgery tomorrow morning."

My brother sat in the waiting room until Carlos' family told him everything had went fine. After all, cancer is a scary word, sometimes scarier than what it means. But testicular cancer soon became metastatic (when cancer shifts from one organ to another), and after Carlos woke up with a bump in his waist, my brother knew plans to go to Canada together were over. At the age of 18, doctors and family would do anything to fight someone's cancer for the sake of preserving the patient's bright future. But what about the present? Aggressive sessions of chemotherapy kept Carlos in the hospital for a whole week, and my brother right next to his bed, holding a bucket in case Carlos wanted to throw up.

He lost weight, his face turned pale and greenish. When he was discharged and could go home, my brother called one of his peeps at school and asked him to bring Carlos 2 grams of cannabis. The third friend would usually find Carlos in bed, holding a bucket, his head hopelessly hung from his shoulders. A few minutes after smoking, though, he would get some color back, the nausea

would fade away and he would finally, after days of not being able to, grab something to eat. Whenever he got some energy back, Carlos fantasized about leading a campaign for the legalization of medical cannabis, while my brother nodded; knowing that next month his best friend would be poisoned in an attempt to kill cancer cells, and getting the weed would be yet again another ordeal, where quality and price would never be certain.

“It is unfair indeed, but you don’t know that until you go through it, and it’s a shame you have to realize this way, because no one deserves to be in that place”- my brother spoke about Carlos, well aware that his experience was not as bad as those who suffer from daily seizures that damage their brain; people who get their cases turned down and get the ‘junkie’ label when they try to appeal for a dosage of marijuana, even though they’ve ran studies that prove cannabis partially reverses brain damage. But no one seems to care when it turns political. Doctors might shrug their shoulders, even agree that there’s truth to marijuana killing cancer cells, but without legislation, people will always need to cut corners. You see, it’s not only the corner cutting which is dangerous. Regular Joes are not scientists and will go with what an iffy dealer gives them, while a medical prescription would be cautious with dosage, quality and frequency. What to do then? Raise awareness, change the mindset, legislate. In principle, that’s what should be happening everywhere in the world, where drugs are the biggest and most profitable black market. But governments stick to prohibition, based on nothing but political hyperbole, neglecting social and medical needs.

I don’t know how many people like Carlos have realized the need for change, and I would never hope that many will. What I hope is that policy makers will not have to be sitting at the edge of their beds, holding a bucket between their legs, while they gag and retch, in order to realize that while we may not find the “cure for cancer”, we have found a way to cope with it. (The name used has been modified for privacy issues.)

Whose Opinion Matters?

By Roua’a Diab

Is it your parents’? Your friends’? Your favorite professor’s? Now surely you can already tell where this article is going, it seems like one of those article that motivates you to take control of your own life, and it sort of is. But there’s more to this article than just to motivate you, as a reader, as a student, as a faculty member, as anything as a matter of fact. I would like to relate to you through this article, and show you that we are all on this boat of confusion and feeling of misguided-ness.

Firstly, yes, it is important to please the closest people to you in life, to make them proud of calling you their son, daughter, best friend or even lover. But you see, if these people really do love you as much as they claim they do, then they should love you unconditionally. Unconditionally, meaning that even if you fail, or hurt someone, or make a wrong decision, no matter what, these people will love you the same. So we do not need their opinions that much, we need their support and wise words, and their unconditional love.

Unfortunately, the opinions of others seem to matter to us more than the opinions we have of ourselves, simply because most of the time others tell us the good things about us, while as individuals, we tend to maximize and pinpoint our flaws, rather than think of the good things that make us who we are. And there lies our answer to this article’s title question. Whose opinion matters? Half of yours.

That half of you that knows what it wants, that knows its capabilities, that knows it has no limits, that knows it can fix its flaws to the point of almost perfection, because after all let’s face it, are any of the people you know perfect? It may seem that way, but you never know the internal struggle and the constant internal criticism happening within them. Stay motivated, know your capabilities and realize you have no limits!

Simple Steps to Get a Fresher Face

By: Nathalie Matta

We all, as girls, wish to have a fresher and better-looking face and skin. I was recently testing different products/ techniques throughout the summer in order to get a better no makeup looking face.

Step #1 : Apply a scrub of cold yogurt + honey + brown sugar at least 3 times a week; preferably after your long day at night

Step #2: Never ever sleep with makeup on, even if you’re dying. :P Take it off before that.

Step #3: when you wash your face, don’t wipe your face using a towel instead use a clean tissue and just press it slowly on your face to absorb the water instead of harshly wiping. **Step #4:** Drink a lot of water because it makes your face look healthier and your cheeks brighter.

Step #5: Decide on a day or two per week and call them the “no makeup days”. Abandon any use of products on your face unless they’re natural/ homemade masks. Also, go out under the sun with no makeup/products on your face so it can freshly breathe and absorb some sunlight.



New in Kuwait

By: Nathalie Matta

Kat Von D products are finally in Kuwait. For those who have never heard of Kat Von D, she is basically a tattoo artist, who started showing interest in makeup after her obsession with tattoos and colors. She is also famous for her stared shaped obsession, which made her tattoo stars all along the side of her forehead all the way to the other corner of her eyes. She then started her own makeup line under her name ‘Kat Von D cosmetics’ and became very famous after because her tattoo liner is pigmented in a way that makes the color look like an permanent tattoo shade.

What do I know about her products?

To be honest, I haven’t used many of her products; I’m looking forward to, though. I did try her foundation and my feedback about it is that it’s the best full coverage foundation that I’ve used. All her foundations/concealers provide a full coverage to the extent that they can hide tattoos and scars. They’ll be very useful for you guys that have tattoos you want to hide for job interviews and such. From all the reviews that I’ve read about her products, I came to know that her products are strong, pigmented and fun to use to create artistic/colorful looks.

One week after university started and we were off again for Eid break. And although it is a major holiday in Muslim countries, the meaning of Eid has changed for a lot of people. Now the spiritual part of it is secondary, and marketing strategies may be seeking to exploit Islamic holidays to increase profits. But we care about what our students think, about how skeptical or not they've become about Eid. Here is what a few members of the Wolfpack had to say in response to the question, "What does Eid mean to you?"



Yasmeen AlBaghdad, 22 years old, Kuwaiti, Finance.
"A celebration."



Hala Ghareeb, 19 years old, Lebanese, Communication and Media
"Holiday, nothing new."



Ahmed Al Sayyar, 21 years old, Saudi, Electrical Engineering.
"Sacrifice and move on"



Mohammed Taqi, 20 years old, Kuwaiti, International Relations.
"It's the day where you can easily get money from your family in a certain age."



Ahmed AlRasheed, 18 years old, Kuwaiti, Computer Engineering.
"A culture thing" + money"



Lujain, 18 years old, Kuwaiti, Economics
"Celebration, family and money."



**Mohammed Janati, 19 years old, Kuwaiti,
Accounting.**
"Eid means traveling."



**Abdulaziz AL-Hussainan, 20 years old, Kuwaiti,
Electric Engineering,**
Gathering with friends and family.



**Abdullah Soliman, 19 years old, Egyptian,
Computer Science**
"Happiness and Wow!"



**Ahmed Mohammed, 22 years old, Egyptian,
Computer Engineering**
"Happiness."



**Rula Ghareeb, 24 years old, Lebanese,
Graphic Design.**
"Money and travelling/vacation."



**Meshal Najem, 21 years old, Kuwaiti,
Computer Engineering.**
"It's all about money and meeting family to make up
for lost time."



Omar Al-Shayji, 21 years old, Kuwaiti, Communication.
"Family Time"



Bibi, 19 years old, Kuwaiti, Undecided
"A holiday."



Faisal Al-Samhan, 22 years old, Kuwaiti, International Relations
"Family gathering with a lot of traditions (customs)."



Ghazi Al-Bader, 19 years old, Kuwaiti, Management.
"The only event that I get to see and gather with all of my family."



Saad Al-Ammar, 20 years old, Kuwaiti, Marketing
"To have a wonderful break from university, where I can have a long day of sleep."



Ali Jumaa, 31 years old, Kuwaiti, Computer Engineering
"One of the famous events for Muslim people that I can meet my family and friends. "



Abdulrahman, 26 years old, Kuwaiti, Finance
"Islamic celebration that gathers family and brings people together. You should take advantage of this holiday to get over conflict and forgive one another. "



Abdulmajid Kassem, 21 years old, Lebanese, Communications and media
"Spend time with family, enjoying each other's company and money."



Bader Alfailakawi, 20 years old, Kuwaiti, Computer Engineering.
"Money and chilling with the family, travelling and going to the chalet."



Duaij Al-Duaij , 20 years old, Kuwaiti, Finance
"Sometimes it means traveling either with friends or family members , and sometimes its gathering with them here."



Maryam Jaffar, 26 years old, Kuwaiti, Alumni
"Celebratioooooon!"



Farnaz, Darvisihi, 20 years old, Iranian, Media
"Happiness and Family Gatherings"

Refugees Should Never Come to Kuwait

By: Paola Schietekat

While the region revolts in war, while the politics ignite the Middle Eastern fire and the world finds itself in the midst of the biggest humanitarian crisis of the century, Kuwait remains glorious and lives up to her duty of preserving her magnificence. No one intends (and why would they anyway?) to reduce a gross domestic product (GDP) per capita that is ranked 3-5th highest in the world, which allows for all sorts of subsidies, expensive cars, luxury mansions and, occasionally, transatlantic flights in first class. Such costly way of living can only be maintained if plenty of hands work hard enough.

Migrant workers from underdeveloped or developing countries are continuously sponsored to work in Kuwait, and their eagerness and necessity (more the latter than the former), put them on a plane away from their families and on an exhaustive work routine. Social mobility is, naturally, an abstract, an impossible, and not Kuwait's responsibility. At all.

It is clear then, that Kuwait is a country that only has space for workers that actively produce and yes, inevitably, consume. Why on earth would we want to break that beautiful and symbiotic relationship to

take on a burden that does not belong to Kuwait?

The humanitarian crisis can be solved if the country in war stops being in war... duh. And if it doesn't because things have got way to complicated, sectarian and violent, then we can always point fingers at Europe and demand them to take care of it, to open their borders and share. They owe that to humanity, right?

Remember colonialism? Me too.

Let's just assume, for a minute, that Kuwait decides to go soft, undermine the strong foundations it has been built on, and accept refugees. Isn't our society divided and fragmented already?

I mean, I can only tolerate being next to someone who does not belong to my religious, ethnic and language group. Now imagine that someone is sucking up on my benefits and I can no longer afford that Mercedes I was so looking forward to driving! Madness. Now I think about those refugees and feel pity. They would be so marginalized, so scorned... they would obviously prefer to be somewhere in Europe, or somewhere cheaper, like Turkey, even if they are not allowed to work. There is no way they can cope with the super expensive lifestyle in Kuwait. The icing on the cake is the problems we already have and all the stakeholders who would be harmed from such an irresponsible decision to admit refugees. Have you seen the drop in oil prices?

I mean, even if the GDP continues to increase, we need to think of the future, and capitalizing on industry is just way too risky and we are way too comfortable the way we are. Besides, we are already 'dealing' with the stateless and the country is way too small to marginalize yet another bunch of people. Not that marginalization is bad, but it has to yield some benefits, and if refugees are unfit to work because a lot of them are children then no, it is not a good deal. So let's keep war refugees where they are, or send them over to Europe, or Lebanon, or Turkey, or Jordan...there are many more, most suitable options and we just do not have the resources, land or will to build a refugee camp. As long as we can diffuse our responsibility, we will not come under the radar, not too much.



Green Corner

By: Paola Schietekat

Overpopulation, exploitation of resources and systematic contamination has led our world to exceed its carrying capacity. In other words, it cannot sustain us anymore... and we just don't seem to care. The Middle East plays a huge and antagonistic role in this whole mess. Have you ever been to a beach in Kuwait on a Friday night, after all the families that were scattered around left? Very few of them actually picked up their trash, I mean, why would they? After all, everyone else is throwing everything on the floor... what can happen?

I'm not going to get all scientific here, but it is an utter display of stupidity to think that all the tons of inorganic garbage we carelessly forget at the beach, accidentally throw while we drive, or even blatantly (and it happens) toss on the floor has no effect whatsoever on the subsoil, on the air we breathe and on the water we drink (except if you drink Evian, for now, but it'll get there too, promise.)

I don't mean to tell you what a horrible human being you are for helping Climate Change to advance so rapidly; I'm pretty sure you know that, even if you leave the lights on accidentally you

are still a disgrace. But I do mean to tell you that small differences matter a lot, because they are as contagious as Ebola.

Influencing others to do good is easy, is simple and it redeems you of all the times you chose the hardcore toilet flush when you only took a leak (it has happened to everyone). What's my point? Turning lights off, using your car less, and buying local products does make a difference, and it is important because we need to start somewhere and we need to start now. So if you are reading this, you can't run away from this responsibility. Take this paper home, don't throw it... reuse it. Put it in your bathroom to offer your guests a nice read *thumbs up*, or use it to dry substances... you'll figure it out.



Sparks of Creativity is a space where students, faculty and staff can share anything their thoughts lead them to: a poem, a story, a sketch, or an experience that deserves a passive-aggressive rant about life and how much it hates you. English and Arabic entries are welcome.

On Chivalry

By: Huda Al Kotb

The word "chivalry" comes from the 11th century, meaning "horsemanship" in Old French. It was only until the 20th century where damsels in distress came into the picture. Originally, it was a code that knights followed. They were expected to uphold their honor and nobility by doing awesome things such as never going back on their word or respecting and defending the weak. The main emphasis was on loving and protecting their country.

As we progressed into the centuries, it stopped being cool to carry your sword around and always be truthful and just. So bit by bit, the armor came off, and the idea of chivalry became outdated and moved to a different direction. To be chivalrous now meant to fulfill three duties: firstly to the countrymen and fellow Christians, secondly to God, and thirdly to women. Now, I'm not sure what happened, but I suppose everyone just wanted a change, which isn't bad at all. With the world becoming more integrated and diverse and equality emerging, the differences between the genders and gender roles also blurred out. There's nothing strange with having the girl pay for dinner these days. And why should it, really?

As a young adult in today's world, I feel like it's completely fine that 'chivalry is dead.' It really isn't a necessity; there's so much to look forward to out there these days, like lava lamps. However, I would be lying to you if I said I don't like when a guy holds the door open for me. It's just a nice random act of kindness, and it restores a little faith in humanity. I've been told time and time again that I put really low standards when dealing with people, which is true, because I don't think that common sense is all too common and human nature can be a really nasty thing.

So it's ridiculous to expect these random acts of kindness, but if I can do anything about it then you bet my swollen tonsils I will. I'm about to tell you a quick story, then I'm going to challenge you, and I want you to email me back what happens to you if you choose to accept my challenge.

Here's the story: Growing up, I was considered just another one of the guys, so I'm not very feminine

or ladylike in my actions. Nevertheless, my parents raised me to be polite so I've decided to be borderline polite in this lifetime. If any of you know me, you'll probably agree I'm not the most graceful girl you've ever seen. But I pass the bar. Anyway, last April the strangest thing happened. A new kid wandered over to the benches where I usually sit, and so I interrogated him. He seemed to be decent so I let him live. A few weeks later we were hanging out and I get a call from my mother asking me to bring home some stuff. I can't remember why but I didn't have my car with me, or I did but I didn't want to drive. Either way, this abovementioned kid having heard me speak on the phone and understood the situation, offered to take me. Call me crazy but that was really sweet of him.

Here's another: The very same person opens doors for strangers. He carries things for you if you need. He calls when he says he will. He respects all things. He makes sure you're okay and offers you a jacket when you're cold. Better yet, he offers you a charger cable when you need one. I'm not sure if he knows this, but he's leading by example. I've become a more decent human being because his behavior is contagious.

I find myself smiling at strangers in the hallways and saying good morning to people I don't usually want to wish a good morning to. I think I have a lot to learn from him. So here's the challenge. Whether you're a young lady or gentleman, I challenge you to act on your most chivalrous behavior for just one day, preferably Thursday so we can all have a nice weekend. Go out of your way to make someone smile. Don't just do the bare minimum, really go all out. Go crazy. I want you to email me on voice@auk.edu.kw telling me the most chivalrous thing you did, and how the other person reacted. The person I mentioned, proved to me that chivalry is not dead. But the rest of the world makes it crystal clear that it's in short supply. Gentlemen, give it a try and see if it's the thing for you. Ladies, don't be horrible people if someone does something nice for you because a lot of us have pretty nasty reactions to random acts of kindness for some reason.

Gentlemen, it doesn't make you less manly to say your fellow man looks lovely today. Ladies, it doesn't make you less beautiful if you gave someone your spot in the Starbucks line. If anything, it makes you even more beautiful, especially if it's me in that line, especially if you go the extra mile and get me the drink as well. Really beautiful!



By: Roua'a Diab

Movie Review

Everyone loves to go to the movies, although here in Kuwait, we might as well just stream them online to skip the awkward censorship that would cut off even a small peck in animated movies. Whether you are OK with that because you can't wait to watch the new release, or you prefer to wait a little and watch films at home, these reviews will surely add a few more titles to the list in case you missed them in the summer.



Avengers: Age of Ultron

Whether it's DC's Batman or Marvel's Spiderman, nowadays superhero movies have the world's biggest fan base. With great graphics, amazing acting, and action-packed scenes, no doubt that this year's Avenger movie was one of the biggest and most talked about movies this year. This movie felt like it took place in the near future, with all the technological devices that are available to us and the never ending discoveries of humans, not to mention the artificial intelligence that humans have created. Only twist to this movie, is when artificial intelligence outsmarts the race that created it, what would become of

our future technology-based world? This Avengers sequel gave us an insight on how it would look like if humans created machines, made them intelligent, and then lost control over them. So you can almost say there is a race of intelligent machines fighting against or with humans. This movie is not only entertaining, but if watched closely, will make you think. And maybe worry a little.

Totally worth it though!



Poltergeist

Although there is nothing quite like the original, this horror movie remake of the 1982 Poltergeist original movie is definitely a must watch if you are a horror movie fanatic. Viewers have criticized this movie saying that they were expecting more. Basically, what the viewers wanted was the same feeling they got when they watched the original Poltergeist movie, that feeling of a new kind of fright.

However, a remake is a remake, not a lot of original ideas can be incorporated within a remake and in regards to modernization, this movie did a good job. Also, when the original came out, the plot was a whole new idea, so it was sure that it would impress the audience. In our

era though, the scariest ideas are already out there, so there is not much movie-makers can do. This movie may not be very scary to our generation, but it is worth the watch to see the modernization of old horror movie plots, which in were actually incredibly scary at the time.

What to Watch

Summer is over but weekends are still there for us to release our inner couch potato and enjoy the best shows out there. Our reporter Roua'a Diab shares some of her favorite choices in this section dedicated to all those who want suggestions on what to watch in their free time.



Game of Thrones (2011 – present)

This fictional show does not need much introduction. Game of Thrones has been one of the most popular and most viewed shows since 2011. It is based on a series of novels written by George R.R. Martin, who is also part of the production team for the show.

Game of Thrones is fictional and set in an old era, and era where dragons are more than legendary creatures. Some people would say that the core

of this show is politics, but it passes on its political messages without boring young adult viewers, and it does so in unusual ways.

The first five seasons of this show, among all the violence and mischief, have had their ups and downs, nothing too unbearable; not up until the Red Wedding episode that scarred all viewers. Eagerly, we wait for season 6 to answer all the questions left in season 5.

Quote: "The next time you raise a hand to me will be the last time you have hands!" – Khaleesi.



Breaking Bad (2013 – 2008)

Even though this show is over, it is a must if you haven't watched it, mainly because of the high ratings and the unfortunately realistic plot. It centers on a high school chemistry teacher, who finds out that he suffers from lung cancer, and tries to find ways to make money. And since it is well-known that money is the root of all evil, the main purpose of this show is to feature an innocent man who finds ways to tap into his dark side.

This show is kind of a guilty pleasure, it sounds unethical to enjoy watching a man who has been a devoted husband and a hard-working father for all his



Pretty Little Liars (2010 – present)

This famous show has been a favorite among audiences all around the world. Mainly because it follows the lives of four high school girls from different backgrounds, interests, and ways of thinking. Almost anybody can relate to this show even though the main storyline is about a creepy, yet very smart, stalker who will not let these four girls forget their troubled pasts. Everyone likes to see things that they can relate to; it allows them to feel like they are not alone with whatever they have gone through. Pretty Little Liars gives them that sense of unity, but with a little twist of mystery.

Quote: "Rich girls steal, pretty girls lie, smart girls play dumb and the dumb spend their days trying to be all of the above." - Caleb



Where to Eat



By: Paola Schietekat

Who does not love food? If we did not, we would all walk around with six packs, but we have earned those extra pounds, sometimes fairly, other times not so much. Below is a suggestion to make those extra pounds an experience worth the cardio you'll have to pay back with. Promise.

Everyone save your cheat day for Crumbs Café! You may be familiar with Crumbs Bakery, where cupcakes, biscuits and cakes are yet another form of art. Well, we can rejoice because Crumbs' dedicated owner has decided to take it to the next level and open a Café in September, at the Sahara Kuwait Golf Club.

The loft-like place is small and comfy, decorated impeccably, but the visuals are just outweighed by the food.

Drinks are original, fresh and natural. Appetizers are unique in ingredients, taste and concept. Everything is great until you get to the main course and see THAT Grilled Chicken Waffle. Yes, a chicken waffle with cheddar cheese and maple syrup that will set new standards of 'good' and 'beautiful'.

"Tastes like the souls of a thousand unborn pandas." was the most accurate reaction to describe the Chicken Waffle experience. For the vegetarians, the Goat Cheese Portobello will take you places. Crumbs Café is not afraid of new things, not when they taste so freakin' good.



This is Halloween



By Roua'a Diab

So, what's the story behind Halloween? Why do we carve pumpkins, why do we go trick or treating, and most importantly, why do we wear costumes? This celebration and these traditions came from a mixture of several cultures and beliefs. However, this is the most general explanation for Halloween. To start this off, let's find out the origin of the name "Halloween". This name was derived from "All Hallows Eve".

But how did we choose the date?

It coincides with the Samhain celebrations of the Celts. These celebrations took place in November 1st, and celebrated the end of summer and welcomed the beginning of the harvest season, the darker and colder winter. There was also a belief that, on October 31st, the lines between the dead and the living become blurry and spirits can mingle with the human beings.

Which brings us back to, why do we wear costumes?

Well, people started to wear costumes in order to make it harder for the spirits to recognize them. And when it comes to trick or treating and pumpkin carving, this is all about tradition. British children are believed to be the first to begin trick or treating, back then it was called "Souling". They would go knocking on doors, but rather than asking trick or treat, they would sing

songs in exchange for water, money, and food. Carving just started out as a scary prank, also done by the British in the 19th century. However, back then, they did not carve pumpkins in order to scare people, they carved turnips.

So now that we know the originals of one of the most enjoyable times of the year, here are a few activities that you could do this Halloween: Attend AUK's annual Halloween event, attend a Halloween party, or throw one, have a spooky night in, or just watch a scary movies with a few of your good friends. I personally recommend "Halloween" or "Psycho".

ENJOY!



Horoscopes: Virgo (August 23 – September 22)

By: Bader Al- Mutawa

1. Image is very important to them and they are very materialistic. Brands, jewelry, expensive items are things they adore.
2. They can be easily “used” by their friends; they trust Them way too much.
3. They are very “street smart” and know what they want.
4. When they stare at you, they give you this “Virgo scan” looking for any mistake (your clothes, the way you talk, your makeup...etc.). They have a great eye for details.
5. They are attracted to wealthy people; a Virgo woman always targets to marry a wealthy man.
6. They are very clean, sanitized, and organized.
7. Their self-confidence is not very high.
8. They love to criticize people; they get this feeling of empowerment when they put people down.
9. They “sugar coat” a lot.
10. They love to play hard to get; they feel this will give them a sense of importance.



Call for November Submissions

The Voice of AUK is now accepting submissions for our November edition. The deadline for submissions will be on **Thursday, October 22nd**. The Voice will be publishing relevant information about a career in Graphic Design in our Academic section.

The Voice also regularly accepts submissions concerning health & beauty, sports, fashion, politics, poetry, opinion pieces, etc. from students, faculty and staff.

Email your submissions to: voice@auk.edu.kw
Submissions should be 1000 words or less. If pictures are attached, they need to be in a JPG format and attached in a separate file.

The Voice of AUK is the official student newspaper of the American University of Kuwait.

Youth Empowerment in Kuwait

Save the date! **On October 13th**, ten of our International Relations students mentored by Dr. George Irani will hold a seminar at the Multi-Purpose Room to talk about their projects to empower and unite the Kuwaiti Youth.

These year long projects advocates for the involvement of the AUK community in a variety of programs that address current issues that affect Kuwaiti society as a whole.

If you are into activism, advocacy and policy making, do consider passing by the MPR on **October 13th at 2-4 pm**. After listening to the students' project proposals, you'll be able to join one of their initiatives.