

The Voice



of AUK

THE OFFICIAL STUDENT NEWSPAPER OF THE AMERICAN UNIVERSITY OF KUWAIT • May 2016 •



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.

General Reporter

Sara F. Ayesh

اسلام عليكم. I'm a 19 year old junior majoring in Management. I enjoy being a fact debunker, and taking photographs; ironic occurrences are my favorite subject, selfies are not allowed. I hope to be a writer in the near future. إن شاء الله.

Reporter

Abdullah A Al-Quoz

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.

General Advisor

Iqbal AlHaddad

I'm Iqbal AlHaddad, I've done all my schooling abroad starting from New York to Beirut, Islamabad and finally the undergraduate and post graduate studies in Switzerland. I only returned to Kuwait after I started working and had a formal job. This is my seventh year at AUK. I'm married with three children, a son and two daughters. I like to challenge myself to explore new things. I'm into scuba diving, painting, Zumba, reading, traveling, exercising, fishing and walking.

Contents

Academics

Sleep For Less Than 8 Hours (at your own risk)

Page 3

Major-Life Crisis

Page 4

Productivity

Page 4

AUK News

MYND on Parkinson's

Page 5

Trade Your Wasta In For Hard Work

Page 6

Getting Together to be Greek Family- A Field Trip to Greece

Page 6-7

Greece: A Trip to the Land of Wonders

Page 8-9

Randi Zuckerberg: CEO, Author & Mother

Page 10

Get To Know...

Dr. George Irani

Page 11

Health & Beauty

Eating Healthy & Working Out Is Not Enough For Weight Loss?

Page 12

Feeling Low?

Page 12-13

Spring/Summer '16 Fashion Trends

Page 14

Get That Summer-Ready Skin!

Page 14

Seven Easy Ways To Wake Up,
Feel Awesome, And Stay Positive

Page 14

Sparks of Creativity

Squad Goals and The Friendship Paradox

Page 15

The Problem With 'Nice Guys'

Page 15

Humans of AUK

Jassim Hayat; IR Meets Communication and Business

Page 16

Spring'16 AUK Student Statistics

Page 17-18-19

Spring'16 AUK Student Statistics

Page 19

Entertainment

Places to Visit in the Summer

Page 20

Hobbies You Didn't Know Existed

Page 21-22-23

Magnet Cafe

Page 23

Food so Good, Yet so Fattening, it Should be Illegal

Page 24-25

Must Watch Fictional TV Shows of the Month

Page 25

Horoscopes

Page 26

May in History

Page 27

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Sleep For Less Than 8 Hours (at your own risk)

By: Farah Hamoudah

We're all too familiar with the relentless sleep cycle that college students all around the globe struggle to eliminate from their lives. We wake up, go to college, return home, cruise through the contents of Instagram or some other notorious social media platform, suddenly realize that it's 12 midnight and desperately try to finish assignments and cram for exams, and then finally, we sleep only to find ourselves, after a few hours, disrupted by our phones again. For some strange reason (or for no reason at all), we have put one of the most basic necessities of survival -sleep- at the bottom of our very long list of priorities. I, for one, am very guilty of degrading the value of an 8-hour, healthy sleeping schedule. Maybe because the word "healthy" is in the title. Or maybe because cramming for an exam late at night makes me feel more like Ethan Hunt from Mission Impossible. Whatever the reason may be, I can definitely feel sleep deprivation taking a toll on me now and if you, too, are sleep deprived, I'm sure you're feeling the same way. But it's May,

and the final exams are coming up. Do we all really need to be looking like slouching, caffeinated, and mindless zombies when our G.P.As are at stake? And is that extra hour of cramming even worth the lethargy, forgetfulness, weight gain and depression, all of which are the clinical side-effects of excessive sleep deprivation?

In order to begin discussing the debate of whether sleep deprivation works for some people or not, we need to examine its characterization first. In simple terms, it's quite like debt (another spiteful thing). If you're losing sleep, you eventually need to pay off the debt and sleep at a later time. The more sleep you lose, the greater the consequences of not paying off that dangerous debt will be. Loss of sleep is very likely to severely impair your judgement as well as your performance in your job and academia. A recent study published in the journal of Archives of Internal Medicine has even shown that drowsy driving could result in the same devastating and perilous outcomes as drunk driving! And with all the "excellent" student drivers we have here at university and the reckless driving nature in Salmiyah, the risk is easily doubled! If you're still on the fence about the correlation between fatigue and accidents, then you ought to consider this: Did you know that the infamous

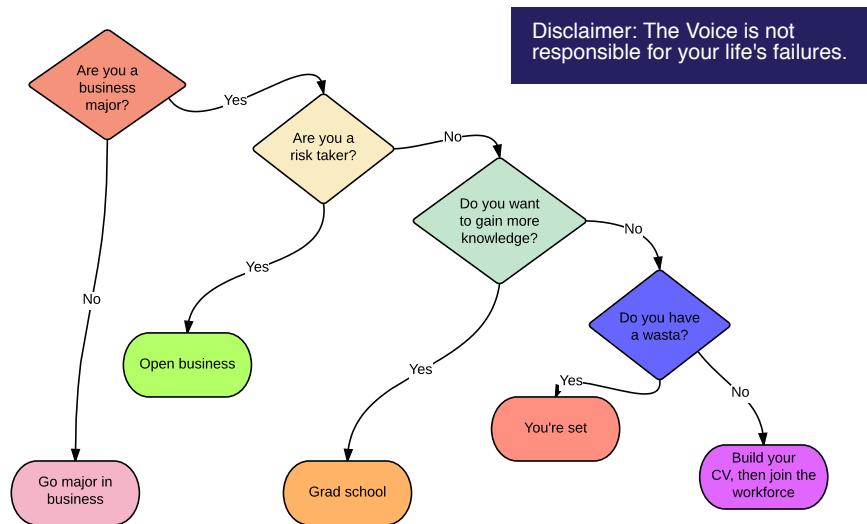
Chernobyl nuclear meltdown catastrophe that caused an unknown number of people to die and be exposed to radiation, was concluded, by investigators, to have been caused by exhausted workers' sleepiness? As you can tell by now, the threat that lethargy exposes us to is very real and wildly distressing.

However, even though we have concluded the horrifying nature of sleepiness, we can not judge by that alone whether or not late night sponging of information works for anyone's academic career. On behalf of all the curious ones out there, a research team from the University of California, Los Angeles (UCLA) set out to find the truth about the validity of the extra hour of study myth, and they have concluded, in their article published in the journal Child Development, that sacrificing sleep to finish up academic work isn't just a tremendous waste of time and energy, but could also tarnish already processed knowledge. The researchers also stated that the habit of giving up sleep becomes more and more predominant with time. The more you practice it, the more power you give it to control your life. Not to mention that one's circadian rhythm (your biological clock that tells you to wake up in the morning and sleep at night) would be totally skewed and disrupted. Next

thing you know, you'll be waking up in the middle of the afternoon, and you've missed class. And if that doesn't sound too bad for you, and you think skipping class is a great perk, a typical 3 credit class in AUK is worth about KD600! What a loss!

Despite the dreary situation we're all facing now with struggling to balance work and rest, I can assure you that we can all recover from our downfalls, and just in time for the finals too! All that there is to do is to cut the studying time into periods instead of whole sessions. Study for two hours each day until you get there, and if you have a hefty workload, plan ahead and try to anticipate unexpected circumstances, such as a sick day or whatnot. This leaves you with little to no excuse for avoiding the negligent last-minute study time, and unlike the latter option, is definitely stress-free. In addition, if you'd like for an occasional boost in energy, munch on some sunflower seeds instead of resorting to detrimental caffeinated drinks like RedBull or coffee. If you follow these suggestions, I guarantee you'll feel vibrant, focused, and motivated to conquer even the worst of finals week. On that note, I wish you all a productive and cheerful month of finals, and a peaceful 8-hour-sleep that'll help you attain it.





Major-Life Crisis

By: Shahad Al-Failakawi

We spend weeks, months and possibly even years trying to choose a suitable major, whether we are forced to choose the major we are currently holding or chose it due to our interests, we all have to learn to make the best out of it. After all, where is the fun in working in one field for the rest of your life if you aren't interested in it?

In this major-life crisis, a thousand questions roam around our head, some include: *I wonder how other majors are connected to my current major?*

What jobs could I possibly go occupy myself with using this major?

Am I really interested in fulfilling my career with this major? And if it gets really severe you might think: What am I doing with my life?

Believe it or not, each major is connected to another in the form of courses, understanding and interests. International Relations is a very unique major that is suitable for people who are interested in travelling, politics, international opportunities, research and debate.

However, this major does not stand on its own. IR is connected to other majors such as Communication, Political Science, Law and, Business.

Politics: An IR degree prepares you for the public sector and exposes you to political life early on. Whether you are interested in being a diplomat, a legislator or a minister, an IR major will open all those doors for you.

Public Policy: If you feel you can influence the decision making process of the society you live in, an IR degree will put you in the right track. Policy makers see the big picture and aid government officials in making the most beneficial decisions.

Business and Law: If you are not interested in getting into the government department, you can use your degree in International Relations to make a mark for yourself in the field of law and business. Although you may have to go to Law School, an IR degree will expose you to Public and International Law. You can assist companies in import as well as export limitations, trade principles, global human resource policies and so on. You can go for a career in large investment firms or banks. Transportation and manufacturing services can be options as well.

A degree in International Relations also helps you in working for the welfare of the society. You can join nonprofit organizations that operate at an international level such as UN, Human Rights Watch and Amnesty. This will give

you the chance to shape your career in a local office that has a global reach. It also increases your chances of traveling to other countries. Nonprofit agencies like the Red Cross provide such global services.

Research: You may feel repulsion when you hear the word 'research' because of the amount of papers you've had to submit this semester, but there are some curious minds out there whose topics of interest have led them to ask questions no one has asked before, particularly in the ever changing world of politics. Research works closely with the fields mentioned above, because beyond publishing your findings in journals, you can influence policy, organizational structures and the political system.

A degree in International Relations explores several disciplines, such as Political Science, Economics, Anthropology and Sociology, that explain or illuminate circumstances in other countries and how those circumstances influence countries' relationships with one another. As you get into your studies or perhaps during an internship, you may decide that one discipline holds more interest for you over others, and this can help guide your career selection or determine if you need an advanced degree.

Productivity

By: Mariam Naser

Learning to be more productive is a crucial skill to learn and try to improve in life. There are numerous benefits and advantages to learning how to be more productive. Productivity can maximize the amount of work done in a smaller amount of time. Being productive allows an individual to reach their maximum potential, allowing them to achieve their goals quicker and more efficiently. Because being productive means more goals/tasks get done in the best way and in the shortest amount of time, it can improve an individual's overall mood and wellbeing.

The first steps to becoming more productive throughout the day is to learn your body's natural rhythms. One of the main natural body rhythms is the night and day routines. Achieving those means working with your body and going

to bed in a completely dark environment. The quality of sleep you get when you sleep before or after midnight is different, even if it is for the same number of hours. A good night's rest helps in getting up early, which is another important factor. Waking up early allows you to feel energized throughout the whole day, and helps with your body's natural rhythm. Working with your body's natural rhythm allows you to be more productive and feel like seizing the day. Everyone is different, so it is important to understand your own body's timetable when completing tasks throughout the day.

Another way to be more productive is to implement a to-do list. Prioritizing important tasks you want to get done on the top to the least important task of the day on the bottom will clearly show you what you have to get done and what you have completed throughout the day. This will increase your productivity as we all have those one or two things on our to-do list that we don't look forward to doing. Getting those tasks out of the way first,

means we don't have to spend all day procrastinating and looking for ways to avoid them. If we knock out the difficult items at the beginning of the day, it frees us up to do the more enjoyable tasks and ultimately accomplish more.

Try setting limits, don't take on too much work to avoid burn out and feeling overwhelmed—the opposite of being productive. Try to let go of perfectionism on a daily basis, honoring the essential tenet of productivity that sometimes, if not all the time, things need to get done versus them being perfect.

This allows you to set a time to get the task done, and in doing so you motivate yourself to complete the task at the best of your ability, in the right amount of time, all the while taking breaks in between work sessions to avoid feeling fatigued and tired. This will prevent you from getting too caught up in the weeds of one thing, and provides a quick focus shift—a brain—and body-healthy breather.

Take a quick break; stand up, stretch, get some water then sit back down and get back into it. You might find this far more productive than when you sit for extended periods of time which will only let your mind wander and dilly-dally on things like, oh you know, Instagram.

One last word of advice: do not multitask. Focus on the task at hand and get it done with all your attention focused on it. Multitasking has been proven by research to slow you down, causing you to cause more mistakes and forget more. With all that said, enjoy your new found productivity and good luck!



MYND on Parkinson's

By: MYND



MYND is a social construct of mental health and a space of artistic self-expression. Our purpose is to create, maintain, and develop a freeform resource and activities center within our community for those struggling with, or developing an interest in mental health issues and disabilities.



Jerry S. Lakandula

Jerry S. Lakandula is a 43-year old male who is diagnosed with Parkinson's disease. He originates from the Philippines, and is living in Kuwait. He worked as a personal trainer before his symptoms worsened. We conducted an interview with him regarding his disease and how it has impacted his everyday life.

*Please note that some of the information has been slightly edited to include relevance to the readers.

MYND: "When did you first find out about your disease?"

Lakandula: "I was first clinically diagnosed three years ago but I have been experiencing the symptoms since I was 30 years old. It all began when I had trouble sleeping, and depression later kicked in."

MYND: "Are you taking any medication for your condition?"

Lakandula: "Actually there is no medication or cure for Parkinson's disease yet, there is just treatment for managing the symptoms."

MYND: "Do you feel any side effects from taking these medications?"

Lakandula: "Yes, sweating is excessive for me as people with Parkinson's cannot

regulate their body's temperature. As you can see it's cold right in here but I'm sweating. But sometimes when it's hot I tend to feel cold. As for sleeping, I would sleep for three hours then wake up, as I don't like to take sleeping tablets."

MYND: "How has this affected your life in general, other than occupation?"

Lakandula: "I can't wear a shirt for a long period of time because of the sweating. There are times also where my medication doesn't work properly so I do need help getting dressed and undressed as my muscles are rigid- there's like a limitation of movement accompanied with pain."

Other difficulties I face on a daily basis is that my whole right side feels as if it is slightly paralyzed which makes it difficult for me to move my right arm. I also tend to smile less, as the right side of my face is hard for me to move. Performing daily activities such as brushing my teeth with my right hand feels as if I'm using my left hand.

Also, because of the constant shaking of my right arm, associated with my tattoos, some look at me as a "junkie" and unapproachable, which have lessened my chances of getting a job and meeting people. I have to inform them ahead of time that I have a condition to avoid being judged by my appearance."

MYND: "Are you able to exercise with your condition?"

Lakandula: "It's really hard, given that Parkinson's disease is progressive. Three years ago I could jog for 7.5km, and two years ago I could go for 6.5km. As for now, on my good days I would jog for 4.5km, and normal ones 3.3 to 4 km."

MYND: "What helps better your condition's symptoms?"

Lakandula: "Exercising helps a lot, especially for those who can't afford physiotherapy. I'm trying to do the best I can, but it's really painful. I used to enjoy working out before, but now it's more like a punishment. If I don't workout then I'll be in a worse condition."

MYND: "How is your medical care different here than in the Philippines?"

Lakandula: "It is actually much easier and cheaper for me to get the treatments and therapy I need here than in the Philippines. The only issue I have here is the limitation of medication, as some are not provided for foreigners."

MYND: "In the Philippines, is it socially acceptable for you to tell others that you seek therapy or that you suffer from a kind of disorder or disease?"

Lakandula: "They do tend to make fun of others who are mentally or physically disabled. That is why in my country we have a law where if you make fun of a disabled person, you can be jailed for three months and pay 50,000 Pesos, which is around KD326. But even though we have a law like that, people are still ignorant of it."

I have encountered a situation once, where I had to wait in a queue but was having severe symptoms that day, so I showed the person in charge my disability ID ,which I only use if truly needed, in order for them to assist me right away. The guy kept questioning me about it and making a scene instead of helping me. I asked to speak to the manager, once I did, he also was laughing at my ID and my situation, as he didn't expect for a tall and big guy like me to be suffering from Parkinson's. In the end they tried to make it up to me with free mobile phones and offers that I did not accept. I was dissatisfied and I asked for a meeting with the manager and employers to make them aware of what Parkinson's disease is and its symptoms."

MYND: "Do you have any hobbies or interests?"

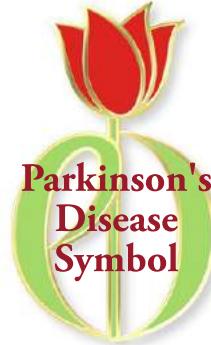
Lakandula: "Just the gym that keeps me going. I'm still trying to pursue my dream to become a personal trainer, but I can't

function as well as I could before, as my weight decreased by 50%. I also want to help others with my condition back in the Philippines by making an organization everyone can afford.

I also love animals, my pets are a part of my family. I have 15 dogs, five are rescued from an animal shelter here in Kuwait, and you can check them out on Facebook by following The Pack Leader."

MYND: "Is there a piece of advice you would like to give anyone going through the same journey as you?"

Lakandula: "I speak generally for people struggling with Parkinson's: you shouldn't fight it, you have to find ways to live with it. I want to help people in my country to be more aware of their health. Since people are not aware of the diseases or conditions they might have, they misunderstand what they're going through thinking it's only a minor health issue when it can be something as dangerous as Parkinson's or depression."



WHAT IS PARKINSON'S?



Trade Your Wasta In For Hard Work

By: Farah Hamoudah

Picture this: You're standing in a line inside a grim, cramped and crumbling government building hallway, awaiting for your application to be processed. The walls are sagging, the tensions are rising, and the line only seems to be getting longer. While you are waiting, you notice people coming in, displaying to the office workers a piece of paper and skipping the much hated lines. Does this scenario sound familiar to you? Probably not. Why, you ask? The answer lies within your "wasta." For those few who do not know, "wasta" is the extraordinary, powerful tool that can get its owner anything they desire, sort of like the genie in a bottle that grants three wishes (which is ironically another Arab culture association), except with wasta, there are no boundaries and you're just as powerful as your connections! Sounds too good to be true, right? That's because it is. The truth is, there are consequences to wasta, only those setbacks don't apply to the wasta holder, but rather towards all the other people of society that have nothing to do with wasta.

That doesn't sound fair. If anything that sounds cruel and disconcerting, and let's be honest, you'd probably flip if someone cut the line at your local Starbucks, so imagine how you'd feel if they used their connections and influence to take your job rather than your daily fix of Frappuccino! This is why I'm appealing to you, the conscientious students of AUK, to be part of the great change of our troubled societies and to bring awareness to the corruption of the wasta culture so that one day, we may finally live in reformed societies that praise equal opportunities and individual talent.

In order to clearly explain why we should (and how we can) get involved, I'll begin by telling you about my own perception of wasta. Last semester was my very first one here at AUK. I was excited, and who wouldn't be? I was going through the notions of being a college student and being able to soon drive my own self around. I recall my dad telling me to not lose sight of one very important thing: real-life. He said: "In college, it's easy. Don't get used to the cushioned life." I knew what he meant. In this part of the world, even when we're flooded with luxury, it's still difficult to lead a life of righteousness, primarily because the system doesn't take into account what's ethical and what's not. Because I'm clearly not a lawyer, or an authoritative figure, I can't speculate just how exactly we can mitigate bribery, nepotism and favoritism in the Middle East, but I can definitely put two and two together to figure out that the situation must urgently be carefully examined, both by the public and judicial eyes.

Moreover, last semester I (following my dad's speech) created a public awareness campaign for UNIV100 titled "No More Favors." The campaign strived to seek

answers as to why most people choose to use wasta even when they clearly think it's an immoral and spoiled way to get what they want. After interviewing a total of 18 people from AUK, AUM and some local high schools, the campaign concluded that most people think it's "as necessary as water," without it, they'd get trampled over and crushed to nowhere.

Many people think we're stuck between a rock and a hard place, with two very skewed choices: either use wasta and be despised or envied hideously by the rest of the nation, or don't use wasta and get hindered, walked over, and humiliated in front of the nation. Currently, those people are right, but it doesn't have to be this way. We don't have to "compete" with each other and strive to hold the most powerful "wasta cards" in this endless and vicious cycle of "Do you know any rich and influential men/women?" Our society cannot continue to stoop so low to be compared to a "Yu-Gi-Oh!" card game. We have reached a point where we have to make a change now, and stop, all together, networking our way into attaining prestigious jobs, positions, licenses, paperwork, and seats in universities, or be forever governed with the fear that someone, somewhere, with a higher rank of wasta will swoop in and take everything we may have or haven't earned.

Furthermore, even without the lurking doom and downfall that acts of favoritism and nepotism (wasta) will inevitably bring to our nations, we're still definitely better off without those acts. The proof lies in the United Nations' World Happiness Report of 2016, which ranks 156 countries based on how the residents evaluate the quality of life in those countries. Unfortunately, according to the report, Kuwait ranks 41st in happiness and this ranking is lower than that of 2012's ranking of 31st place. In just 4 years, we've managed to downgrade 10 ranks! In the GCC, we're blessed with riches and privileges from every corner. We have no reason to be unhappy, we have no reason to denounce and reject equal opportunities and yet we are unhappy. Isn't that strange? Without wasta, without "legalized" corruption, we can curate and nurture a healthy living environment where people get paid and "processed" based on their credentials, their merit, and their intellect rather than whether or not they know Mr.X. Without those so-called favors, everyone can ultimately be motivated to reach their goals, to aspire innovation, and give back to a society that doesn't steal from them or tease them for their terrible fortune of lacking a "wasta."

There is a hidden pool of talents in the Middle East that's constantly being shoved back into a drain by the interplay of government, communal and individual idleness. I urge you, don't be idle. I don't think that equal opportunities should be a privilege. It's a right. If we want peace, if we crave happiness and prosperity, if we seek success, we must repair the way we see right and wrong before real and dire consequences make it impossible to do so.

Getting Together to be a Greek Family- A Field Trip to Greece

By: Nastaran Mohammadi

This article attempts to express the affinity among the travelers who all joined together to go on a tour to Greece from the American University of Kuwait. The educational tour became a family tour and everyone cherishes becoming a part of that family. It is the time when we (students and staff) met each other and spent time together, just like how a family spends time among with other family members, neighbors, relations, or friends and enjoy a family tour for about ten days in a splendid European country like Greece. The whole ten-day package was amazing. It brought a lot of benefits to me and my friends psychologically, spiritually and mentally.

The popular American Science Fiction writer Frank Herbert says, "Without change, something sleeps inside us, and seldom awakens. The sleeper must awaken." So, I think every living creature must undergo a positive change in life psychologically, socially and academically, so that there will be an improvement in their life. If someone does not face a change in life, it is meant as though he or she has been lazy or sleeping in life. The educational tour hosted by our university came as a change in my academic life. The sleeper inside us will be awoken when we are exposed to different places, different situations from different nations.

One becomes aware of so many interesting things when coming in contact with traditional food and places abroad, all experienced with the five senses. However, the motive of an educational tour is to learn. Therefore, it is necessary to take a travel guide or people who knew the place or have a background knowledge about Greece in order to promote a better understanding about the place. If the travelling people are our classmates and professors who belong to that nation, Greece in this case, it would be more beneficial for us because we will get a chance to get closer to them as well as know Greece better. Every year in academy, it is a beneficial and a compulsory goal of education to go for an educational tour.

The students of the Travel and Tourism Department must use the chance for it becomes a part of their study. Dr. Antonia Stamos showed us the popular sculptures, paintings and sites like the Acropolis, The Citadel, The Lion Gate, The Fisherman fresco, and The pediments of the Parthenon that show the birth of Athena and Athena vs. Poseidon for protecting Athens which we have also learned in our lessons. The tour guide Katherina explained the history behind every piece in the archaeological sites in detail. She also gave us some

idea about the martial arts and sculptures found in the museums.

It should be noted that in an educational tour, every student gets a chance to get closer to the professors and other classmates. We benefit in knowing about each other in the get together. We came to know about different professors, especially about their educational career and experience in teaching. For example, Dr. Antonia Stamos told us how the Sicyonian Treasury at Delphi was the focus of her Master's degree. She also showed us the place where she comes every summer with her friends as a team for excavations. As a professor, she spoke to us about her past college days when was a student and how hard it was for her to complete her doctoral program (Ph.D.).

It was in the tour that every group member came in contact with each other, sharing their experiences in life. The professors were so approachable that they gave pieces of advice on education and life for everyone's benefit. Over all, the students and staff appeared relaxing and lovely.

Dr. Golam Vatandoust gave me a piece of advice specially: he advised me to develop my social communication so that I will get to know about people around me and society which is very important in life. Learning apart from professors, a tour such as this is the time to know about your classmates. It is a known

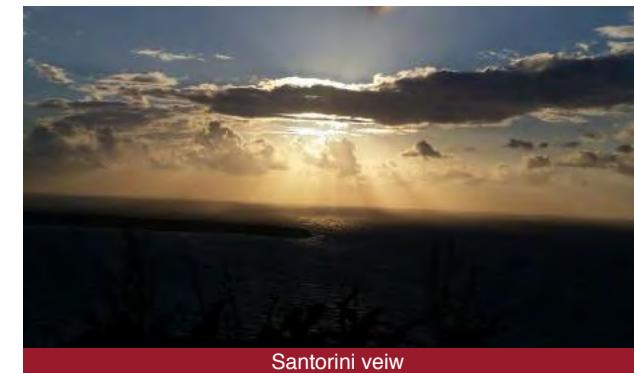
concept that only in groups people will get to know each other easily. I got a nice chance to be part of such a group and learned about the likes and dislikes of my friends and classmates. In this short time, I got a best friend, Sarah Al-Hatem, who also belongs to the same university. After the tour, we are more closer, almost like sisters, and we really had a great time.

One of the most important parts of the educational excursion were the words of Ms. Alison, "Now we are a family." I cannot forget these wonderful words which poured into my heart like magic because the words were so real. It was an AUK family where everyone looked after one another. The package was like a family-celebrating tour. We also celebrated the birthday of one of our new family members, Marjan, with whom I cracked jokes, laughed and sat together enjoying the sunset on Santorini Island. Thus, the whole family had fun and it was supporting in all aspects, such like if one feels home sick, the whole family is there to support him or her by changing the mood.

In the end, there was one fulfillment for all the members in the family: that even after the tour, if they depart, all will remain as friends and supporting as always. In the ten-day tour, despite all the educational and personal benefits, one will never forget their AUK family. All determined to never be apart. It was the familial feeling that made the tour so special.



(If to rt) Sara Babazadeh, Marjan Ziae,
Sara Al Hatem, Nastaran Mohammadi



Santorini view



AUK group picture at the Temple of Poseidon, Sounion

Greece: A Trip to the Land of Wonders

By: Marjan Ziae

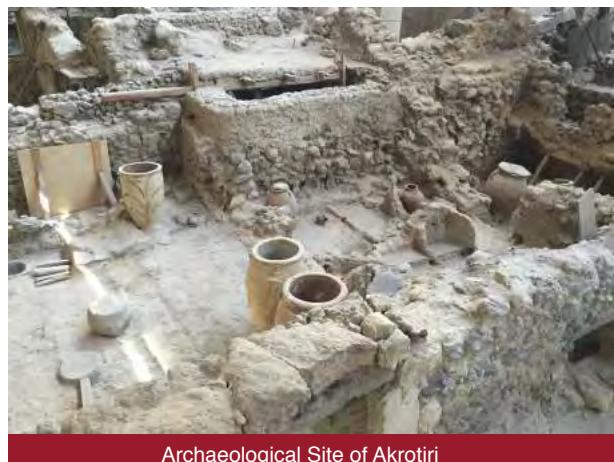
Speaking of miracles, what most people usually start to think about is something as unbelievable as the story of Aladdin and the magic lamp! However, I believe that miracles are the little unexpected incidents in life that end up being the best unforgettable memories.

For me, one of these little incidents happened this semester when I joined the Academic Field Trip to Greece. I call it a miracle because I had no intention to go when the trip was announced, and I was literally one of the very last people to join right before the deadline. It turned out to be one of the best trips of my whole life. This amazing experience became possible with the help of the organizers of the trip, Dr. Antonia Stamos and Professor William Andersen, as well as the company of everybody else who was a part of this group.

Getting to know more about the rich history of Greece, being able to see the remainders of great civilizations, and having a chance to actually walk through them are what made this trip unique. The beautiful nature of this country had us enjoy it even more. Out of the many places we visited on this trip, I can mention some of the most fascinating ones such as the island of Santorini, Mycenae, ancient Olympia, and Meteora.



A View from Santorini



Archaeological Site of Akrotiri

Can you imagine a volcanic eruption so massive to the point that it covers a whole island? That is pretty much what happened to Santorini. Driving on the roads of this island, we actually passed by meters-high layers of volcanic ash visible on the side of the road.

Yet the most amazing part of our adventure on this island was visiting the archaeological site of Akrotiri. This was where we could walk through a typical Minoan city, some parts of which have been uncovered, and other parts are still under excavation. How it feels to be there is something one needs to experience personally, as words are unable to describe what it is like to be at a place where time stood still for ages, and everything has remained untouched since its residents left.

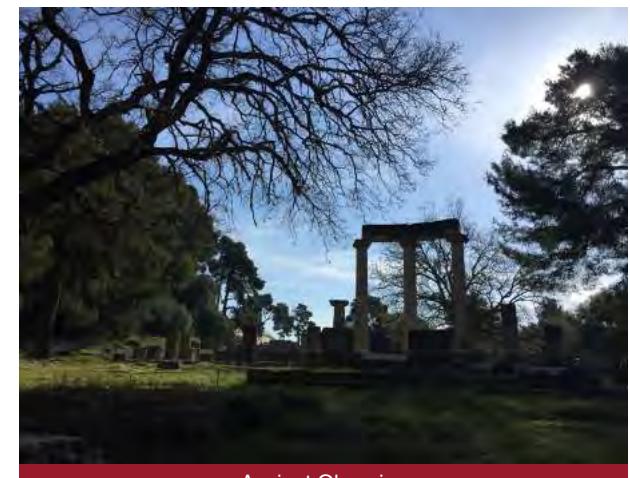
Of course, all of this became possible due to the very thick layers of volcanic ash that covered the whole island, and it helped preserve the city as it was back in the Bronze Age. Aside from the rich historic aspect of Santorini, its unique natural beauty played a significant role in making it an unforgettable place. The view of surrounding mountains, its neighboring little islands, the plant life growing on ash, and its beautiful clear night sky are all one of a kind.

Personally, what amazes me the most about ancient civilizations is their unbelievable intelligence. Coming across the city of Mycenae during our trip, we could see this in how they had chosen the location of their city in order to protect it from their enemies. They had built their city such that the mountains, which are impossible to be passed, protected it from behind. On the other hand, the city faces a valley so they could easily realize when an enemy approached.

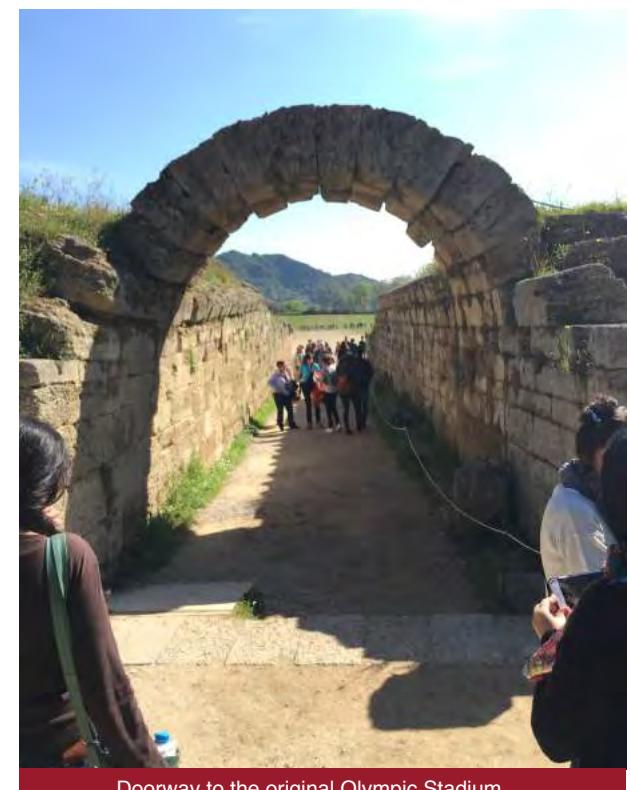


Treasury of Atreus

At another part of Mycenae, we visited the Treasury of Atreus, which is unique for its construction. Standing at the doorway, we could only wonder how humans of that era were able to dig into a hill and build such an amazing monument, keeping in mind that the lintel stone above the doorway is the largest in the world. That is not all to wonder about though. What is even more fascinating is the acoustic effect inside the Treasury due to its shape. Braving the sting of native bees for a few minutes, we listened to a short song by one of our group members to enjoy the amazing acoustics of the tomb.



Ancient Olympia



Doorway to the original Olympic Stadium

Among all the places we visited during our trip, ancient Olympia was one of my most favorite. Getting to see the ruins of great monuments and temples, which we had only studied about in books, was amazing. What astonished me the most in this city was getting to visit the original Olympic stadium. That is where one could stand, close their eyes, and hear the sounds of the crowd of the very first Olympic Games. Walking along the stadium, I could imagine how the place looked like back then with people cheering for their champions.

May 2016

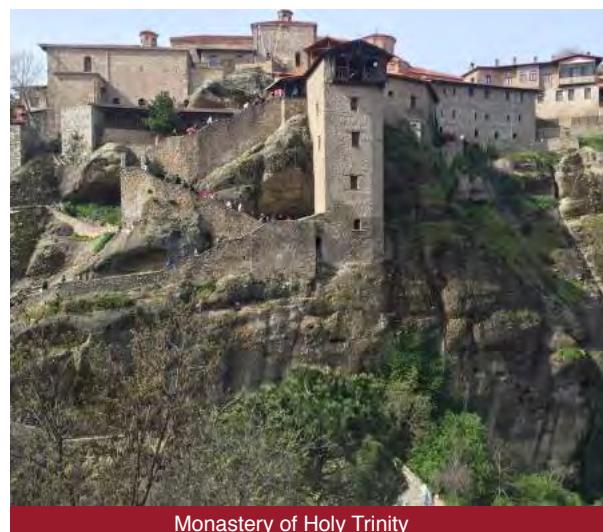
One of the very last places we visited on the trip was Meteora. This incredible place is where nature, history, and religion go hand-in-hand. The view of the enormous rocks of Meteora with their unique shapes was enough for us to be eager to spend some time “Suspended in the Heavens Above.” On top of these huge rocks, ages ago, monks had built several monasteries, which were very hard to reach. Among the six remaining monasteries, the monastery of the Holy Trinity began with the ladies of the group having to wear long skirts in order to enter the monastery.

One of the areas I found really interesting inside the monastery was a room where the skulls of former monks of the monastery are kept. With a little window at the door, we could see the shelves where the skulls were sorted. Moreover, we had a chance to enter the main part of the monastery and see the beautiful decorations and frescoes on the walls and ceiling, telling its visitors stories from the Bible. There, we also got to know more about the interesting beliefs and rituals, which are still practiced today.

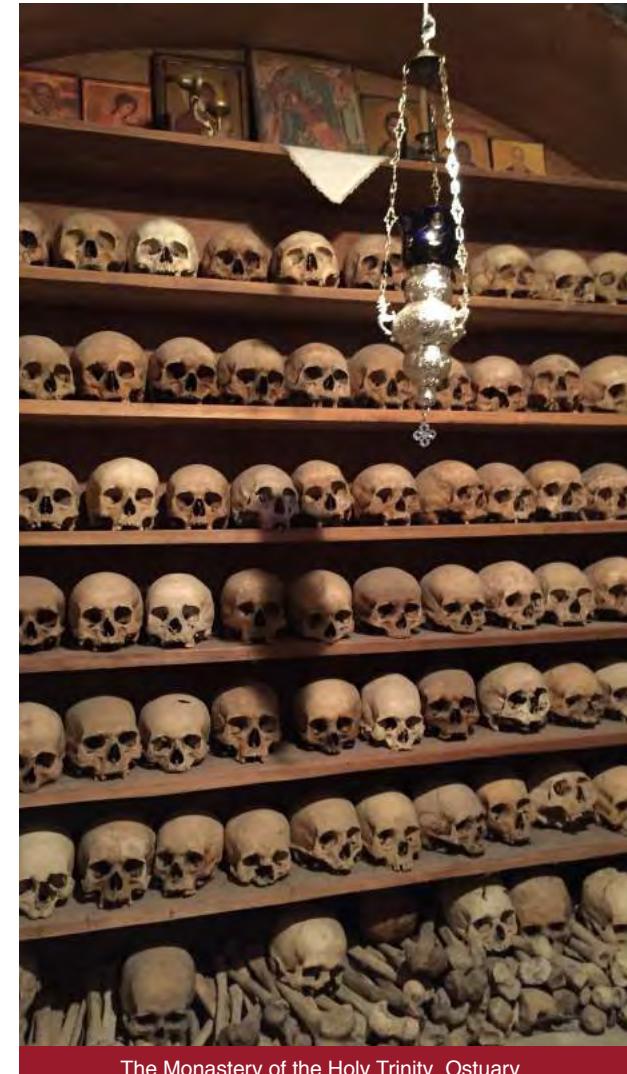
What I discuss here about our trip to Greece was only a small part of our great adventure. Not only did we get to visit many interesting places in addition to the four I talked about, but we also shared a unique experience. We had a chance to spend time with each other, learn from one another, and discover characteristics of everybody in the group. That is what makes us no longer feel like strangers, but a family. And, that's why I believe in miracles.



Meteora Rocks



Monastery of Holy Trinity



The Monastery of the Holy Trinity_Ossuary



At the Monastery of the Holy Trinity

Randi Zuckerberg: CEO, Author & Mother

By: Bibi Al-Abdulrazzaq

"We're all fighting a difficult fight in gender equality."

These honest words were spoken by a businesswoman who changed the world in her own ways. Many do now know her, what she does, and where she has been, but after the "Woman in the Corporate World" conference held on May 4th, she walked out as the most influential women in the conference. Randi Zuckerberg is the former Director of Market Development and spokesperson of Facebook. Zuckerberg was one of the many powerful women who joined us in the conference to speak about gender inequality, gender gaps in the business world and lack of leadership positions held by women.

Zuckerberg is a Harvard graduate and is currently the CEO of Zuckerberg Media and Editor-in-Chief of Dot Complicated. She spoke about how she got here today, holding leadership positions and supporting women across the globe. Her perseverance and determination allowed her to fall out of her dear brother's shadow. You might wonder by now how she started to build her successful career. Well, it all started with Mark's idea to create Facebook. He believed she had talent to bring the social titan to where it is today – and that's what

happened. Randi took a chance, moved to Silicon Valley and began work from there.

Mainly, Randi's speech spoke to both genders of diverse demographics. As she is an entrepreneur in her field, she focused on enriching the audience with personal stories that led many people to success – after failing multiple times. The message was to not give up on something you really worked hard for; try your best; do not give in to the negative things people might say to you. This all brings me to mention the events that take place at Facebook. Every month, "hackathons" are held so that employees work on their inventions or projects in order to come up with a breakthrough idea and to draw back focus on their daily jobs. Hackathons allowed the employees to apply change to the environment, interact and to become encouraged to share their thoughts and skills. "It is amazing what happens in a company when you free people from that fear of failure."

Randi proceeded in motivating young women to start creating their own ideas, their own companies and to become their own boss. It is all about making difficult decisions; it is when you do that you'll feel satisfied enough in where you are and where you're headed. Women need to work for themselves in a male-dominated corporate world. Although there are more women in the world, men seem to be achieving higher positions and taking initiative more often. This is because women are afraid to go out there and promote

themselves, their skills and their undeniable talent. Zuckerberg continues to tell her story of how she thought of an idea during the hackathon which turned out to be an amazing feature used by over a billion people. Facebook Live with Randi Zuckerberg allowed her to be noticed by many including celebrities such as Jessica Alba and Katy Perry. She even jokes about an incident where she turned to her husband and told him "Hold on honey, the White House is calling." The White House! Can you believe that?

Top Tech Trends. That was the name of the 10 technology trends she advised to follow in order to achieve media stardom. From creating apps that will breakup with your gf/bf for you to hiring mothers to work from their own house while communicating through email and Skype. Anything small or big can improve people's lives, or destroy them thanks to the breakup app, and have a hand in allowing the world to move forward. It is all up to the feeling of empowerment and breaking the boundaries once in awhile in order for your ideas to be heard and taken seriously.

Now who doesn't want to be Randi right now? I know I do. At least I'm adopting her as one of many role models who gained the ability to influence people who share the modern world of technology and media. You can never sell yourself short; always believe that there is someone rooting for you to accomplish the greatest. Just like the idiom states: If at first you don't succeed, try, try again.

Randi Zuckerberg



Get to Know...

To Impart Knowledge with Modesty: Dr. Irani's Legacy

By: Paola Schietekat

Having taught at AUK for seven years, Dr. George Irani, renowned expert in Conflict Resolution has grown to become one of our dearest professors.

The Voice: What are all the different identities that constitute Prof. Irani?

Dr. Irani: I was born in a Christian family in Lebanon, and I went to a private Catholic school. There we studied the History of Islam, the History of France, we studied Catechism, and then we celebrated Ramadan.

The Voice: Given that you speak 5 languages fluently, what language do you think in?

Dr. Irani: It depends on the context

The Voice: What language do you speak to your cat in?

Dr. Irani: English

The Voice: What countries have you lived in and which one is your favorite?

Dr. Irani: I've lived in Lebanon, I've lived in Italy, in the US, in Canada, Spain and Kuwait. Spain is my favorite.

The Voice: What do you want to be remembered for?

Dr. Irani: For imparting knowledge with modesty... Put that as a title.

The Voice: If you were to have a stage name, what would it be?

Dr. Irani: Stage name? I don't know... Enlightened Technocrat (jokingly).

The Voice: What is the most significant conflict you have contributed to resolve?

Dr. Irani: Not the whole thing, but I contributed to the issue of the displaced in Lebanon, the internally displaced.

The Voice: What do you think of millennials' relentless use of social media?

Dr. Irani: I have no problem; I am also a fanatic of social media. But I think that sometimes they push it to the extreme. It's becoming an addiction.

The Voice: Who's your favorite student?

Dr. Irani: ALL of them

The Voice: Even those who are not IR majors?

Dr. Irani: ALL OF THEM!

**THE
AWARENESS
OF OUR OWN
STRENGTH
MAKES US
MODEST.**

Paul Cezanne

PICTUREQUOTES .com

Dr. George Irani, Associate Professor of International Relations



Eating Healthy & Working Out is Not Enough For Weight Loss?

By: Nazish S. Quraishi

Here are 5 Myths about weight loss:

1) Losing Weight Is A Linear Process

The majority of us believe that if we follow a diet plan, and workout regularly, we will lose a set amount of weight every week. This is so not true. Some days or weeks- you will lose some pounds, while during others you may gain a little bit. No worries! It is normal for body weight to fluctuate up and down. This could happen due to two possible reasons. First, you may be carrying more food in your digestive system, and second, your body could be holding in more water than usual. As long as the general trend is moving downwards, you will achieve your weight loss goal.

Bottom Line: Losing weight generally takes time. The process is generally not linear, as weight tends to fluctuate up and down by a few pounds

2) Obesity Is About Willpower, Not Biology

It is entirely false that weight gain or loss depends on the drive that you have to achieve weight loss goals. Obesity is a very complex disorder with numerous, if not thousands, of contributing factors. There are many genetic variables that have been found to be associated with obesity. Although it can be genetics, that shouldn't stop you from your weight loss goal. Losing weight is possible, but might take more effort, or require medical consultation for some people.

Also, various medical conditions, such as depression, can increase the risk of weight gain. The body comprises of various hormones that regulate body weight. Usually, college students believe "the freshmen 15" are true, but they aren't. Students tend to gain weight due to stress. When you are stressed out, your brain releases adrenaline, as well as cortisol, which demands for food, and we are more likely to choose unhealthy snacks.

Even sleep deprivation counts, as it confuses your brain into thinking you are stressed. Remember how when you're not sleeping at night, you go for unhealthy snacking? Eating is driven by behavior, and behavior is driven by physiology and biochemistry, that is an undeniable fact.

Bottom line: Obesity is a very complex disorder because there are too many factors that contribute to it, it is not just about willpower.

3) "Diet" Foods Can Help You Lose Weight

A lot of junk food is marketed to be healthy. Those include; diet versions of fizzy drinks, aka disguised high sugar beverages, fat-free foods, and processed, gluten-free foods. You CANNOT always trust those labels and health claims, as they are usually put on products to deceive customers.

Bottom line: A good rule of thumb is to take all health claims and product promises with a grain of salt.

4) Weight Loss Diets Actually Work

The weight loss industry wants their customers to believe that "diets" work. However, many studies show that solely dieting almost never works in the long term. The majority of people end up gaining weight back within a year. Additionally, studies show that people

who go on diets only are more likely to gain weight.

It is better to change your lifestyle with slow and short steps. Don't make drastic changes to your lifestyle, because you are more likely not to keep up with the rigid restrictions demanded by diets. Never approach weight loss with a dieting mindset. What works for your friend might not work for you, and vice versa, each body is different. Excessive dieting can also lead to deficiency in vital nutrients.

Bottom line: Watch out! If you are losing weight drastically, most probably something is wrong. Going on a diet and starving yourself probably won't work in the long-term.

5) Fat Makes You Fat

Body fat is stored fat. So, it seems logical if you intake fat, it adds up to the stored fat. However, there is nothing fattening about fat, except what it is usually found in junk foods. As long as you maintain within the range of your daily calorie consumption, fat will not make you fat. Also, certain foods that are high in fat are found to cause weight loss, for instance, chia seeds which are considered to be a superfood contain good fat.

Bottom line: Be mindful about what you intake.



Feeling Low?

By: Mariam Naser

"Not all days are good, but there is something good in all days." is personal favorite quote of mine as I can relate to it completely. Some days can keep me feeling low, but there are some ways to beat this slump; by staying motivated and taking the time to find something good in a day that seems demotivating you will be able to find your silver lining.

Firstly, try to identify what is clouding your day; is it your current mood, or is it the events that have happened throughout your day? Or is it both? Finding out why you're feeling low is the first step to being able to conquer and eliminate this slump more often. Next time you're feeling down, recall the events you went through during the day, and try to pick out what was a slumping moment.

Also, when you're having a bad day, try to remember how you started your day. You can do this by asking yourself; how did you wake up feeling this morning? Your mood in the morning can determine how you're going to be feeling throughout the day. Which is why it is crucially important to try to make every morning a good one. Creating a better morning is really easy, even if you're not a morning person.

Try to plan an exciting breakfast the night before, which has been proven to motivate you to wake up in a better mood. Also, get a good night sleep by turning off phones to get rid of distractions. Your body and mind rejuvenate and recharge at night, only when you are asleep, preferably in a dark environment.

Wake up and try to focus and think about something you're grateful for. Eliminate negative thoughts, a new day is a new start. Starting your day with positive thoughts and a clear mind is extremely beneficial for your overall wellbeing.

Throughout the day, if you're starting to feel low after a specific event dragged you down, try to think about how you're feeling at that moment, and be cautious about your mind state. It helps if you write down what you're feeling in a journal so you're not building it up in your mind.

Once, you have written it down, or talked to someone about how you're feeling, let it go and try to come up with a solution to prevent it happening again. However, if it is out of your control to change an event which is totally fine don't worry-there are many tips to handle feeling low.

1) Try to take up a hobby or two-such as singing, which is great for your overall mood as it is proven to leave you feeling happier- or drawing, fishing, exercising, dancing and reading. There are countless activities you can take up that can boost your mood. As taking up a hobby will allow you to express yourself and that will definitely make you feel better.

2) Adopt a pet. Taking care of a pet has been proven to reduce anxiety and stress levels, as well as leaving you in a better mood.

3) Try eating food that boosts your mood. You can do this by researching online. A few popular choices are oats, bananas, chocolate, berries, fish and many more. All these foods are really important for your body and mind, and all of them have many health advantages as well. Try whipping up new meals with these mood-boosting foods, and that can also count as a hobby-cooking.

4) Finally, write down everyday at least one thing you're happy or grateful for in your day, and save it in a jar or box for later. It can be a beautiful sunset you saw, something someone told you or you performing a good deed. Even on really tough days, try to get at least one thing. This will remind you to always look for good moments, because they are always there. Next time you're feeling low, you can take out your happy cards and read them, which will encourage and motivate you to get through your day.

I am going to be
STRONG today.
I tried it yesterday
and I think I'm hooked.

~Neila Rey

Spring/Summer '16 Fashion Trends

By: Nazish S. Quraishi

Flaunt Your Shoulders

That's right girls, off-the-shoulder pieces are needed to stay on top of fashion ladder. The trend is set to define spring as flirtatious and feminine at the same time. The off-the-shoulder exposes right amount of skin.



Vivid Colors

If you want to add some colors in your wardrobe, this is the right time to do so. Pick a dress with the statement rainbow stripes and you are good to go.



Graphic Stripes

Majority of designers showcased some kind of stripes and deviated from plain black and white to some bold colors. Some experimented with chopped, scattered and curled lines.



Slip On

The slip dress is back and looking slinkier than ever before. These dresses had some laces that made it look more feminine. You can layer it with a t-shirt. This trend is at the top most for this season.



Bomber Jackets

Use the 50's bomber jackets from the menswear Spring/Summer 2016 collections as a style reference and try them in dark hues. Bomber jackets are versatile for casual days and comfortable. Try this trend with the variety of new colors and materials available to keep things more contemporary.



Overalls

This Spring/Summer 2016 gave a nod to the mechanic-like overalls, presenting them in dark blacks, denims and dusky greens. Make the denim overalls low key with white t-shirt. While pull out some dark tee when having the black pair on.



50's Shirts

Relax with oversized polos and textured fifties shirts. Balance it out with tailored trousers.



Shorter Shorts

Prada and Gucci brought back short shorts in a range of colors and prints. There are especially great for spring/summer weather, keep short shorts bright with colors like blue, green and yellow for beach days or think of this trend with more tailored styles in an array of subtle, darker colors for versatility with simple button down shirts.



White Chinos & Trousers

Complement the white chinos with navies or bright vivid colors. Also, pair patterned sweaters to make for preppy look. Or give it a weekend look with a button down shirt.





Get That Summer-Ready Skin!

By: Nazish S. Quraishi

So the weather is heating up, you have put away the fall clothes and pulled out your beautiful summer dresses, now it's time to give some serious attention to your skin. You definitely need to switch your skincare routine in preparation for the warmer months that are around the corner. This article will focus on your face, because that's what greets the world each day.

Avocado and Honey Mask

If you want to improve your skin in any aspect, whether it be brightening up your skin, or getting rid of those annoying acne scars, start with moisturizing your skin. This DIY mask does just that.

Ingredients:

½ a ripe avocado
2 tablespoon honey
½ teaspoon coconut oil
Mash the avocado into a pastelike consistency, and mix all the other ingredients together. Apply this mask for 10-15 minutes. Rinse it off with lukewarm water.

Plain Oatmeal Mask

Oatmeal is known for its soothing effect, it amazing for angry skin that is prone to acne breakouts. When paired with honey and yogurt, it makes a calming and revitalizing mask for all skin types.

Ingredients:

1/3 cup of oatmeal
½ cup hot water
1 tablespoon honey
1-2 tablespoon yogurt
Add hot water to oatmeal and mix it together. Leave the mixture until the oatmeal looks a little plumped up. Add honey, and yogurt to the mixture and blend it using a blender. Slather it your face, leave it on for 10 minutes, then rinse with lukewarm water.

De-puffing Mocha Mask

This caffeine mask reduces swelling, and has anti-ageing properties. Also, the yogurt replenishes lost moisture.

Ingredients:

2 tablespoons freshly ground coffee
2 tablespoons pure cocoa powder
1 tablespoon honey
3 tablespoons yogurt
Blend all the ingredients together and apply it all over your face. Let the mask sit for 10 minutes. When you rinse the mask gently scrub your face to exfoliate.
Quick tip: You can use the remaining mask to scrub the dead skin cells on your arms or any other body part that needs some exfoliation.

Blueberry Brightening Mask

Think of this mask as a healthy smoothie for your face. Blueberries contain salicylic acid, which is good for acne-prone skin, lemon juice is known for its natural bleaching properties, and yogurt and honey have antibiotic properties.

Ingredients:

1/2 cup mashed blueberries
2-3 teaspoons lemon juice
1 tablespoon yogurt
1 tablespoon honey
Mash all the ingredients together, and spread all over your face. Avoid the eye area and leave it on for 8-10 minutes. Rinse off with cool water.
Quick tip: Never add a lot of lemon juice to your mask, as it can make your skin more sensitive to the sun, which can burn your skin.

Redness- Reducing Mask

The apple cider vinegar stabilizes the pH level of your skin, while the other ingredients produce a soothing effect.

Ingredients:

½ cup of oatmeal
2 tablespoon yogurt
1 tablespoon apple cider vinegar
1 teaspoon honey
Strong-brewed green tea
Blend the first four ingredients together and add 3 tablespoons of hot green tea. Stir regularly for a few minutes until you've created a pastelike consistency. Apply it over your face for 15 minutes, rinse with lukewarm water.

DO NOT USE SOAP at least for 6 hours after it. Apply twice a week for better results.



4-Clean your room before you sleep.

This might sound weird but, the messier your room is, the messier your mind will feel. If you wake up to a neat and organized room, your mind will be neat as well.

5-Avoid stressful conversations before bed.

A little secret I'm guilty of is that I avoid talking to people that I know cause me stress before bed. Think relaxed, worry-free thoughts before bed and I guarantee you, you'll wake up ten times happier.

6-Change your mindset. "I am not a morning person."

I have heard this at least a thousand times. None of us are morning people until we become morning people by shifting our mindsets. Say "I am becoming a morning person", and then be one.

7-Smile. This step is very crucial to the way you feel during the day. Even if you have the roughest morning, forcing yourself to smile and get through it can trick your mind into thinking that everything is okay. And I assure you; everything is going to be okay. Stop stressing.

Have a good night's sleep and a happy morning!



Sparks of Creativity

Squad Goals and The Friendship Paradox

By: Farah Hamoudah

It's always been a cosmopolitan fact that humankind cannot enjoy and revel in the many happenings and adventures of life without the company of friends. And no, I'm not talking about the hit TV show (although, that's a necessity as well)! I'm talking about the wonderful, bilateral force of nature that connects and binds strangers whom share similar interests together. Now, if you have an Instagram or Tumblr account (and I bet you do), and you've cruised through your feed, then, you must've undoubtedly stumbled upon an image of a cheerful group of friends appearing to be bold, fierce, or unstoppable even, tagged with the hashtag #squad goals. Taylor Swift, the much adored American singer, has brought even more attention to this modern trend, as she's seen fighting off mortal enemies along with her very own clique of edgy-looking celebrity friends in her 'Bad Blood' music video.

You may have wanted to be one of them. You may have questioned your choices of friends. Or you may have even felt alienated and polarized by the so-called squad goals trend. I, for one, do not believe in squad goals. Friendship is not picture perfect, not in any science, and #squad goals gives people the false perception that it is just one universal formula, which is not the case. Instead, I believe that friendship, unlike most of the mundane things in our lives, is not bound by rigid rules. It's something that's sacred, spontaneous and divine, well, the true form of it anyways.

One very intriguing proof that the realm of friendship is much greater and boundless than we can ever imagine it to be is the perplexing phenomenon of 'The Friendship Paradox,' which was first detected and noted by sociologist Scott Feld back in 1991. The paradox states that, on average, your friends will inevitably always have more friends than you do. You may wonder how that's even remotely possible, and why your friends are consistently more popular than you are, but the thing to remember is, the trick

lies within the "weighted average" of the paradox and Feld's mathematical formula. Feld's results and observations in social human networks have since then peaked the interests of many network scientists. Two of these curious social scientists, Young-Ho Eom from the University of Toulouse in France and Hang-Hyun Jo at Aalto University in Finland, research different kinds of network topologies to find out if there are other patterns to be detected.

They concluded, shockingly, that on average, your friends are apparently happier and wealthier than you are. Who knew, right? This revolutionary finding, along with 'The Friendship Paradox,' are clear explanations as to why we feel negatively towards ourselves when we browse someone's Facebook page or gaze enviously at someone else's "squad," since we intuitively begin to compare their life to our own. In many ways, trends like that of "squad goals" emphasize and spark a sort of rivalry and elusiveness in society, that ironically but understandably resemble Swift's "Bad Blood" music video. I don't know about you, but the last thing I want is for worldwide hostility and bitterness to be the next thing for the Internet to take pleasure in.

Craving happiness, joy, riches, and wealth is not wrong, or unimaginable. By all means, be ambitious, set standards, meet them, move beyond them, even! Do not, however, try to match up to someone else's life and someone else's goals. Create your own, make it as elaborate as you wish, and savor all of it. I do not mean to make anyone feel inferior through this article. On the contrary, through Feld's phenomenon I hope to show you how we're all in the same exact position, where there's always going to be someone out there that's better off than we are - and that is perfectly okay and completely expected!

To conclude, even though 'squad goals' makes us all sound like spunky, superior rebels, and even though I hate to burst everyone's bubble, but sadly, there is no such thing. What you and your gang of friends are (or aren't) is completely up to you and your friends and no one should ever make you feel poorly about it.

The Problem With 'Nice Guys'

By: Paola Schietekat

They were both waiting for their Starbucks coffee when insistent eye contact made her smile politely back at the tall, rather handsome guy that laid eyes on her the moment she asked for a tall latte. He started small talk, doing nothing wrong, he tells his best friend. "Such a *****", he sighed. Her mistake? She declined to give him her number. "Man, I don't understand why women don't like nice guys." She did not give him an explanation right away; but the perplexed look on his face after being denied what he deserved lead her to unconvincingly lie "Sorry, I have a boyfriend." because 'no' was not a good enough answer.

We grew up hearing that mantra "girls don't appreciate nice guys." How many movies follow this plot? We have learned to sympathize with the "poor nice guy" and blame the "arrogant girl" who rejected him, ignoring how this mentality undermines women's self-value and autonomy. After all, how many of us watched 500 Days of Summer and saw her as the antagonist for not being so into Tom. But that's the thing about patriarchy; harmless, tiny details that we are socialized into, but so innocuous that if we step back and question them, we become misandrist, narcissistic, entitled and self-absorbed witches who exaggerate reality to advance our agenda (I wish).

The problem with "nice guys" is that they are actually not: someone who expects to be rewarded for not being a misogynistic jerk who degrades women, or an upfront rapist is NOT a nice person, it is rather a person who is using the imminent threat or possibility of those things (harassment, assault, rape) happening and guiltling women into feeling they owe guys who display basic civility. It's great that you respect women, it is great that you refrain from raping them, but women have no obligation of feeling gratitude towards that because valuing the other as a human being is, in theory, an inherent code of behavior. Are women expected to date you because you are a 'nice guy'? No. So please, do not act like a child who has been denied what he thinks is a very well

deserved lollipop. Firstly, because you don't deserve anyone. Secondly, because women are not things.

Nice guys come last, but at least persistence pays off. Yet another patriarchal mindset that we've seen in mainstream culture and makes me want to violently throw up. Often, if a guy perceives himself as a 'nice guy' and gets a 'no' for an answer, he knows that, with a little perseverance, that 'no' can turn into a 'yes'.... After all, nice guys deserve treats, right? Again, no. Undermining a woman's autonomy to decide upon whatever aspect of her life is precisely the reason why women still have to justify themselves if they say they don't want children. It is the reason why a lot of women have to cope with unwanted pregnancies or unsolicited advancements in the workplace. It is the reason why rape culture exists.

In an ideal world, a woman should be able to say no: assertive, bare and unquestioned. However, when declining unwanted male company, our only way out seems to be to claim we have already been appropriated by another male. This is a safe exit, most of the time, because some 'nice guys' won't step on another man's territory, while stepping on a woman's will is completely okay. But it is really outrageous that, in order to be left alone, women need to indicate they belong to someone else because saying 'no' does not suffice. Even more, saying 'no,' makes them "*****s."

1 out of 3 women have been harassed at the workplace, where relations are supposed to be professional, and I don't want to go to how many are street harassed in a daily basis. What this indicates is that, although the strife for women's rights has progressed in many realms, we still have a long way to go, and women cannot do it alone: we need men. We need men who are up to the challenge of unlearning patriarchal values and begin reinforcing a culture of equality, empowering their fellow women to be able to say 'no' to a nice guy at the coffee shop, not because she has a boyfriend, not because she's gay, not because she's dealing with divorce or has no time on her schedule, but because she is not interested and is not obliged to say she is.

Jassim Hayat; IR Meets Communication and Business

Interviewer: Shahad Al-Failakawi

Interviewee: Jassim Hayat



I conducted an interview with a very motivating and humorous communications student in the American University of Kuwait. Jassim's personality stood out as being very cheerful and optimistic. His deep passion and incorporation for sports in relation to business, communication, and International Relations was quite intriguing.

Let's start off clichéd, why did you choose this major in particular?

-Well, Kuwait is a country that obviously has a lot of business-related activities in it. We have to take this into consideration if we wish to succeed in the future.

Would you recommend this major to other individuals, why or why not?

-Of course, this country prospers in its area of business. If one wishes to have their business grow and prosper, they should gain more knowledge on business and its fundamentals.

What quote do you live by?

-The most important thing in life is to do what you love, and love what you do.

What is your dream job?

Laughs Realistically or Imaginatively?

-Realistically, I would assist my dad with his company and help him benefit by adding in my skills.

Imaginatively, I would probably be involved in anything to do with sports, I love soccer. My dream job is to become a soccer player, sports manager or journalist.



What food are you craving right this moment?

-Wow, that's a hard question.. most likely pizza. I'm a big fan of pizza.

What are your strengths?

-As in things I'm good at? Hmm.. I am really good at communicating, which is part of the reason I'm majoring in this area. I am quite persuasive, trustworthy, optimistic. I am also confident, that's very important. Oh, and I can be funny too.

What are your weaknesses?

-Time management is one big factor. I am a procrastinator.



What are you thinking about?

-The holiday, the upcoming break. I need the rest.

Where do you see yourself five years from today?

-In five years from now, I might open up a small business along with some friends. Until then, I would have gained more experience and knowledge on opening up a prosperous business.

If you owned a company, what would you be selling?

-Sports Equipment, anything to do with sports would be something I specialize in.

Share an embarrassing moment with me, how did you overcome the embarrassment?

-Here's a funny story. When I was studying in the states on my own, I went through a forest. The forest had a frozen lake and I was passing through it to go back to my dorm room. It was quite dark and it was freezing cold.

I accidentally tumbled into a hole. My legs were soaking wet. I rushed back home to seek warmth. I spent a long time trying to dry and warm up my feet. Since I was alone, it was only embarrassing to myself. However, I did laugh at this silly situation, and I guess that's how you overcome it.

How do you overcome stress?

-I listen to music. I usually hang out with my friends or talk to someone. I love watching movies and TV shows too, but those things need time, relaxation and focus.

Any role models?

-My dad is my biggest role model. His business gave me huge opportunities and job experience. My passion for communication and business grew when I started assisting him with his business.

Which leader, dead or alive, would you want to meet?

-Definitely Sir Alex Ferguson. (A former Scottish football manager and player who managed Manchester United). I have so many questions to ask him as to how he got to where he is today. He is known worldwide and in my opinion that's a big accomplishment. I want to ask him how he got through tough times and obstacles. You know, he has a book on his skills.



Who has impacted you most in your career and how?

-My parents.

They always gave me motivation and were always there for me, thankfully. They usually gave me advice and offered me experience that aided my learning. They made me certain about my future plans by helping me with a 6-month job experience at a business. This experience motivated me to work harder and excel at what I love to do.

When were you most satisfied with your life?

When I was in the states. I learned a lot of self-responsibility. I was quite young; I was 17 years old so I had a lot to take care of on my own. I wouldn't call myself spoiled before that, but this experience definitely made me feel like a grown-up. I had lots of chores to do, such as dorm cleaning. It shaped me into the mature individual I am today.

Was this interview intimidating?

-No, it wasn't.

Spring'16 AUK Student Statistics

Provided by AUK Public Affairs, special thanks to Rehab A El Bahey.

1- Number of Students whom have attended AUK since foundation (2004) = 11870

3- The Age groups of AUK Students

2- Number of Non-Kuwaiti Students with respective nationalities listed.

#	Country	No. Student	#	Country	No. Student
1	Algeria	1	26	Mexico	1
2	Armenia	1	27	Netherlands	1
3	Australia	5	28	New Zealand	3
4	Azerbaijan	1	29	Nigeria	1
5	Bahrain	6	30	Non-identified Citizenship	34
6	Bangladesh	2	31	Oman	1
7	Brazil	1	32	Pakistan	22
8	Canada	21	33	Palestine	19
9	China	2	34	Philippines	2
10	Columbia	1	35	Poland	1
11	Cyprus	1	36	Qatar	3
12	Egypt	269	37	Saudi Arabia	35
13	Eritrea	1	38	Somalia	2
14	France	2	39	South Korea	2
15	Germany	2	40	Sudan	2
16	Hungary	1	41	Sweden	1
17	India	22	42	Syria	106
18	Indonesia	3	43	Tunisia	1
19	Iran	37	44	United Arab Emirates	1
20	Iraq	17	45	United Kingdom	6
21	Italy	3	46	United States of America	41
22	Jordan	102	47	Yemen	8
23	Kazakhstan	1	26	Mexico	1
24	Lebanon	123	27	Netherlands	1
25	Libya	4	28	New Zealand	3

#	Age	No. Student	#	Age	No. Student
1	17	21	17	33	15
2	18	165	18	34	13
3	19	351	19	35	9
4	20	400	20	36	9
5	21	410	21	37	3
6	22	357	22	38	4
7	23	241	23	39	3
8	24	131	24	40	3
9	25	94	25	42	2
10	26	66	26	43	3
11	27	46	27	44	1
12	28	36	28	45	1
13	29	23	29	46	1
14	30	20	30	53	1
15	31	16	31	58	1
16	32	18			

4- Number of Graduate Students as of spring '16

#	Term	No. Student	#	Term	No. Student
1	Fall Semester 2005	1	17	Spring Semester 2011	208
2	Spring Semester 2006	3	18	UG Summer Semester 2011	113
3	UG Summer Semester 2006	4	19	Fall Semester 2011	150
4	Fall Semester 2006	15	20	Spring Semester 2012	171
5	Spring Semester 2007	25	21	UG Summer Semester 2012	118
6	UG Summer Semester 2007	16	22	Fall Semester 2012	105
7	Fall Semester 2007	33	23	Spring Semester 2013	161
8	Spring Semester 2008	79	24	UG Summer Semester 2013	115
9	UG Summer Semester 2008	71	25	Fall Semester 2013	106
10	Fall Semester 2008	62	26	Spring Semester 2014	156
11	Spring Semester 2009	104	27	UG Summer Semester 2014	110
12	UG Summer Semester 2009	110	28	Fall Semester 2014	80
13	Fall Semester 2009	97	29	Spring Semester 2015	131
14	Spring Semester 2010	160	30	UG Summer Semester 2015	118
15	UG Summer Semester 2010	123	31	Fall Semester 2015	105
16	Fall Semester 2010	157			

5- Number of student Workers Spring 2016 = 144

6- Enrolled Students by Scholarship & Financial Aid Type, Nationality, & Gender

Type of Scholarship	Enrolled Students by Scholarship & Financial Aid Type, Nationality, & Gender				Total	
	Kuwaiti		Non-Kuwaiti			
	F	M	F	M		
Government Scholarship*	658	392	60	31	1141	
Ministry of Defense Scholarship (SF)	-	4	-	-	4	
Masharee Al Khair Scholarship (SK)	-	-	4	5	9	
Other Scholarships(SO)	3	-	2	-	5	
Civil Service Commission Scholarship (SQ)	30	9	-	-	39	
Martyrs Bureau Scholarship (SR)	3	-	-	-	3	
PAAET Employees on Scholarship (SP)	2	-	-	-	2	
AUK Offered Scholarship	1	-	9	6	16	
AUK Sponsored Minister Seats Scholarship (SV)	-	-	9	5	14	
Total on Scholarship (inclusive of the above)	697	405	84	47	1233	
AUK Financial Aid (Partial Support)	-	-	16	10	26	
No Scholarship or Financial Aid	239	213	406	358	1216	
Total Enrolled Students	936	618	506	415	2475	

*AUK provide 20% discount for all Government Scholarships

7- Number of enrolled students by Major

Enrolled Students by Major		
	Intended	Declared
Business & Econ.	115	159
	11	24
	61	48
	136	124
	76	72
Arts & Sciences	74	89
	208	173
	195	33
	73	22
	18	20
	87	67
	109	106
	59	68
	23	20
	64	-
Total	1309^	102

8- Full-time – part-time student breakdowns

Enrollment			
Level	Full-Time*	Part-Time*	Headcount
Intensive English Program (IEP)	189	-	189
Undergraduate	2028	258	2286
Total Spring 2016 Enrollment	2217	258	2475

Full-time students are those with 12 credit hours or more for UG, and all IEP students;

Part-time UG students are those with less than 12 credit hours

FTE is 1994 UG and 189 IEP (UG is the sum of all UG credit hours divided by 15; IEP is one to one.)

Note: The above reflects only the primary major recorded for each student, second majors are not reflected.

[^]Includes UG Undeclared (1261) & IEP (189)

AUK's Methods of Waking Up

By: Sara F. Ayesh

We can argue debate all we want about politics, student rights and fair wages, but all students collectively agree that the worst thing about university isn't the studying, it's the waking up. If taken by empirical knowledge alone, the recommended 7-8 hours of sleep a day are just as believable as saying the sky is blue. It sounds like it makes sense, and we have been taught the fact since we have been children, but when you really look into it, it turns out to be just a misconception. No matter how much one sleeps, it never seems to be enough.

As a self-proclaimed student of learning with no little sleep during finals week, I have often wondered how fellow students have beaten this tiresome cycle of late study nights and early morning classes.

To be perfectly honest I didn't expect much deviance from "coffee" and "take a short nap" when I asked my fellow Wolf Pack how they stayed lucid awake in class. With the benefit of hindsight, some of these methods could use a little more personal reflection.

Predictably, those who were sitting in the warm and sleepy atmosphere of Starbucks quoted "coffee" as their preferred method. "I can't function without it." Others emphasized the importance of a good breakfast; "Orange juice", "milk", "chocolates", "a McDonald's breakfast", or "anything sugary" to get them through the day. Some even took the extra mile and went "to the Diner during class" after all, breakfast is the most important meal of the day.

Although, milk might be an odd thing to use as a catalyst for energy, since some find eating or drinking dairy products makes them sleepy, that was no where near the oddest thing some of the Wolf Pack has done in the pursuit of lucidity.

Reminding themselves that they will "see an F" in the end of the semester, and that they "have a summer they want to enjoy" was one of the incentives that drove some to attentively listen in class. Another was "sitting closer to the board or the professor", as proximity is directly proportional to the embarrassment felt if caught dozing off.

After some prying on my behalf, new methods started to emerge. Nahla Yaacoub said that "getting startled" does the trick when one is feeling sleepy. A Yusef that wishes to remain anonymous stated that he finds "printing out funny pictures and looking at them during class stops him from falling asleep." The less prepared students, who did not take the time to print anything out, just stated

that going through your social media networks does the trick.

To those of us who find themselves walking up 15 minutes before class, Shrouk Younis Al Matrook said that in order to make sure you are wide awake, you should "wake up 15 minutes before class so when you look at your alarm, you panic, and that wakes you up."

Lastly, Alaa Oqlah and Batool Henda each said that "speeding up in the streets" and "listening to upbeat, Iraqi nationalistic music" helps energize them respectively.

The next time you find yourself a little drowsy in class, make sure to apply one of the various methods stated above. After all, what good is knowledge if you do not take the time to spread it to your fellow Wolf Pack?



Places to Visit in the Summer

By: Bibi Al-Abdulrazzaq

Ever argued with your family or friends on what places you should visit in the summer? Had disputes about which places have great weather, are affordable and full of activities? It is difficult to settle on a place or two to fill up a three month vacation, and not all countries/cities are what they are cut out to be. If you are experiencing this problem of indecisiveness, then sit your parents next to you and read this list of top 7 places to visit this summer.



Walt Disney World

You must have seen that coming. Disney world, located in Florida, has some of the most entertaining, vibrant attractions and resorts in the world. It's suitable for kids and definitely adults. Your heroes, favorite princes and princesses and joyful characters such as Mickey Mouse come alive at every corner, museums holding some of the most famous Disney props seen on TV and roller coasters that will blow your mind. The tickets might be on the pricey side, but you'll absolutely get your money's worth.



Sharm ElSheikh, Egypt

If you're not looking to go far but still want to make the best out of an arguably short vacation, then why not go to Sharm ElSheikh. There's no doubt that everyone wants to escape to the blasting heat during the summer in Kuwait, but if you're okay with a little bit of sun, then try to enjoy the beach at Sharm. This famous tourist attraction has many cafés, clubs, and of course, what every Arab country has, a desert safari. However if I were you I'd leave the safari trips for late summer or early winter.



Ibiza, Spain

This island is quite small in diameter, but has activities for all ages and tastes. Ibiza is famous for its all-night clubs and thrilling atmosphere best suited for college kids looking for an affordable, wild vacation. International renowned DJs often perform in the most popular nightclubs, such as David Guetta. Not only is it lively during the night, but if you're looking for some relaxation time, it's an island for God's sake. Book a hotel next to the beach and enjoy tanning in the hot, summer sun. Oh, and by the way, it's pronounced "Eivissa"



Nice, France

Voila! France, the country that has the city of love, is quite famous for its delicious cuisine and outstanding art collection. European countries have their charisma, but France wins the bet. Nice, the fifth most populous city in France is quite a destination. You can enjoy strolling around the boardwalks, sunbathing on the beach or having lunch in one of the best restaurants downtown. It is quite affordable if you're on a budget, but the only way to get the best out of something is to spend money on it and never look back!



Acadia National Park

If you're into hiking and natural scenery, then Acadia National Park in Maine is the place to go. The beautiful weather, surrounding nature and peaceful atmosphere will certainly change your perspective about living near a city. The park has beaches, mountains, cliffs and trees as far as the eye can see. If you're looking for family bonding with a little bit of challenge, then pack your bags and head straight to Maine.



Europa Park, Germany

If you have already been to Disney World, then your next stop should be Europa Park in southern Germany. You must admit, their language is pretty rough, but just look past that and allow yourself to be entertained by the exhilarating superfast rollercoasters and themes in Europa Park. It includes smaller versions of major cities in Europe such as London and Venice. Is it worth it though? I believe nothing is more worth it than the adrenaline rushing through your body as you ride the 100 km/hour rollercoaster while screaming your lun



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The Big Apple

New York City, New York must be the most favorable summer vacation spot for – that's right girls – SHOPPING! Leave behind Harrods in London and take a trip to the city that never sleeps. It's one of the most expensive cities in the world and it's well worth it, not only because of its endless shopping outlets, rather for its famous pizzerias, huge museums and the well-known Central Park. This city really does have it all! You can take a tour to the statue of Liberty, a walk through Times Square and best of all, you can spot the places where many TV series and movies such as Friends, New Year's Eve, and The Avengers were filmed.

Hobbies You Didn't Know Existed

By: Sara F. Ayesh

It is no secret that we tend to find ourselves doing strange, unexpected, and dare I say *shocking* things to amuse ourselves when faced with the endless sea that is boredom. Our kitchens can attest to that. While the oddest thing I might have down was wonder if spraying a lit lighter with perfume actually makes a flamethrower, others around the world make my idea sound like child's play. Here is a list of the most *interesting* ways people have been passing their time:

1) Collecting: Let's start off our list with something easy, collecting things. Some collect seashells, some tea bags, others like to make things a little more interesting;



a. Milk Bottles: Steve Wheeler spent the last 30 years collecting almost 20,000 milk bottles. His collection is worth about KWD 43,000.

Fun Fact: He hates milk.



b. Ecstasy Pills (Netherlands): This hobby came to light when the 46-year-old Dutch man, unidentified, filed a police report stating his collection of 2,400 colorful pills was stolen. 40 pills of them were poisonous, and could be lethal if swallowed, which is the main reason the Dutchman reported them missing. The collection is worth almost KWD 3.7K.



c. Elongated Coins: Using a penny press machine you can flatten any coin and emboss it with a new design. These are mostly used as souvenir tokens in amusement parks and museums.



d. Handcuffs: Handcuffs, leg irons, thumb cuffs, neck collars and the good old ball and chains are all fair game for collecting to these restraints aficionados.



e. Cigar Bands: Because you might need to convince your doctor that you didn't smoke that much when he is looking at your chest imaging results.



f. Navel Fluff: Since all other hobbies have become too mainstream.



2) Creating The World's Largest Ball of Paint:

Since January 1, 1977 Michael Carmichael has been painting a layer of paint on a regular baseball. Now almost 40 years later, the ball of paint has over 24.6K layers of paint, weighing 2.5 tons and over 14 feet in circumference



3) Competitive Dog Grooming (China): Dog grooming has become a trend in Taiwan and China, where canine owners can enter dog grooming competitions where dogs' fur is clipped, shaped, trimmed, and dyed in bizarre and outlandish ways. Laugh all you want, but first place prizes can reach to more than KWD 9,000.



4) Mooing (US): The Moo-la-palooza is held during the annual Wisconsin State Fair. Contestants are judged on how realistic their mooing is, their style, and originality. On 2010 and 2011, the best moo-ers were 10 year olds!



5) Suing (USA): Jonathan Lee Riches, who is receiving mental health treatment, holds the record for the most lawsuits filed. He has tried to sue former President George W. Bush, Britney Spears, Martha Stewart, Plato the philosopher, Nostradamus, the famous French seer, the Lincoln Memorial, and the Eiffel Tower and many more. Even the Guinness Book of World Records was sued because they "have no right to publish my work, my legal masterpieces," according to Riches. He is currently incarcerated in a Kentucky Federal Prison, USA.



8) Giving Away Ten Dollars (USA): Losing your job can be a hard time for anyone, you start counting every Fils, and start thinking of others less. Reed Sandridge refused to do that however, and spent 2010 giving 10 dollars to strangers that he thought needed help, or had a fascinating tale. "I am sure there have been quite a few people now that those 10\$ have really helped, or made their life or even their days a lot better."



11) Extreme Ironing (UK): It's a thing. Contestants compete by ironing their clothes in various environments. These lunatics brave souls have gone up mountains, helicopters, through rivers, and even skydived all in the pursuit of this underrated household chore.



6) Tattooing Vehicles (Taiwan): Li Zongxiong, a 71 Taiwanese pensioner, likes to tattoo Buddhist texts on his methods of transportation. After tattooing his motorcycle, car, and two trucks, his family forbade him from buying anymore vehicles because they were sure he was going to write on them regardless of their value. His grandson did however promised to buy him a big bus to write on when he got older.



9) Video Bombing TV (UK): Paul Yarrow, a South Londoner, takes photo bombing to the next level by showing up on the background of numerous live news reports. So far BBC, ITV, Channel 4 and Sky News have unknowingly had him as a guest star.



7) Trainspotting: They spot a train, and they record it.



10) Train Surfing (Germany): You can't get great waves all the time for surfing, so sometimes you just have to make due with what you have available. Some Germans for example, started train surfing in the 80's. This hobby involves you "jumping on the outside of a passenger train and hitching a ride." Fun Fact: over 80 people died in Germany just in 2008 because of this.

12) Toy Voyaging (Worldwide): Toyvoyagers.com has given children the chance to send their toys on worldwide adventures from their living room, *literally*. All they have to do is choose a temporary destination for their beloved toy, and they shall send it there. They can even get pictures of their toys from the various hosts they stay with. Once the child wants their toy back, ToyVoyagers.com books them their return ticket and they come home.

13) Bug Fighting (Japan): Step one, find different types of bugs, Step two, put them in a plastic arena, Step three, let them fight, Step four, Upload it on YouTube. Exactly like the gladiator fights, but their weapons are already built in.



14) Duct Tape Art: This hobby is quite creative; duct tape art enthusiasts make canvases, seat covers, clothing, jewelry, and even toys.



15) Javelin Catching: Some throw Javelins for fun, some catch them. It's the exact same thing; one just has a higher death count.



16) Hikaru Dorodango (“Shiny Dumpling,” Japan): This is a form of art. Regular dirt is crafted and sculpted into shiny and delicate spheres. This process takes several hours and immense precision. This is a great example of the concept of the journey rather than the destination because of its meditative benefits.

Magnet Cafe

By: Sara Al-Mekhaizeem

My friend and I found a new cafe that just opened in the heart of Salmiya called MAGNET, So we decided to check it out. Since Kuwait is filled with many cafes, we wanted to see what makes this cafe different from the rest.

The whole design of the place was creatively done. It has a modern rustic look to it due to its white walls and wooden tables. The owners of the restaurant showed us the other side of the cafe; the first floor was a study room filled with cubicles, computers and four meeting/study rooms that were equipped with tables and chairs. Again the whole theme of the cafe is white walls and wooden furniture which made the room light and airy.

The white walls were creatively decorated with inspirational quotes and fun graphical designs that I thought gave it a nice touch to the whole concept of the room. Also, there were some books, free WiFi, and refreshing detox water, which was delicious. The second floor of the cafe was a multipurpose room that is good for hosting parties or large meetings.

The staff were super friendly which made the atmosphere very inviting. After the tour we decided to try some of their dishes. They have a wide variety of salads and sandwiches and many other options as well.

We decided to try the grilled chicken and quinoa, a Brie Panini sandwich, and the cauliflower and potato salad. The cauliflower and potato salad was flavorful and different than any salad I have ever had before, the grilled chicken and quinoa was filling and the grilled chicken complimented the quinoa tastefully. Last, but certainly not least, the Brie Panini sandwich was crispy and delicious. The presentation of the dishes was on point.

To top it all off we got the saffron cheesecake. It was creamy and light, although I would have liked it to have a stronger saffron taste to it, but all in all was great. I drank a hot caramel latte with it, which was the best I have ever had. The espresso on the other hand was bitter.

Their prices were student-friendly, and I would definitely recommend Magnet cafe for cafe-lovers. It's a great place to study, or just chill and have a drink. They also have a great special; after your sixth drink you get the seventh drink for free on your next visit.

Magnet Cafe is located in Salmiya Amr Bin Al-Aas Street, Block 3, Aknan Complex. It's open from 12 pm to 10 pm, also they're on Instagram @magnet.kw .



Food so Good, Yet so Fattening, it Should be Illegal

By: Paola Schietekat

The Sweet



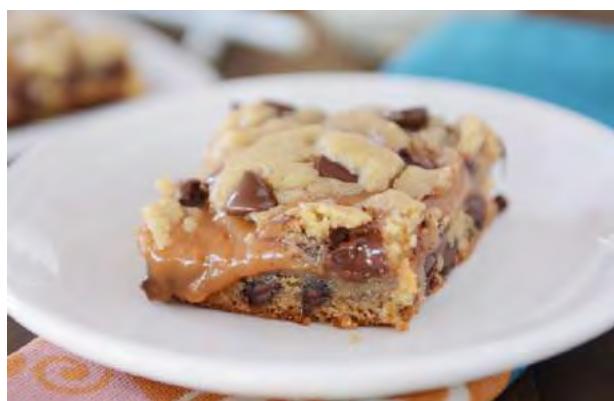
Oreo-Stuffed Chocolate Chip Cookies

Imagine biting into a regular cookie, expecting nothing different, and then *WHOOP*, the taste of an Oreo takes over your senses while you munch on soft cookie dough. Besides baking them, you can get them from Choowy Goowy.



Cinnamon Roll Pancakes

Cinnamon rolls and pancakes are some of people's two favorite things, but they've existed separately by socially constructed barriers. Well, not anymore.



Chocolate Chip Caramel Peanut Butter Bar

A.k.a. diabetes.

The Savory



Pizza Pie

Pizza dough makes the pie's crust, a combination of soft cheeses is the filling and you top it with tomato sauce, mozzarella cheese, and whatever toppings you want.



Cheeseburger lasagna

Epic Meal Time style; the cheeseburger lasagna is exactly that: a layer of burgers, a layer of tomato sauce with mincemeat, and you can top it with extra cheese and onion rings.

The In-Between



Bacon Mashed Potato Cheese Bombs

Carbs, carbs, glorious carbs. Needless to say, the cheese has to be yellow cheddar.



Chicken Waffles

Breaded chicken and cheddar cheese sandwiched by two Belgian waffles. Add maple syrup for a majestic experience, and bacon because why not.



Bacon Cinnamon Rolls

Again, two favorites that come together to make an explosion of flavor and cardiac diseases.



Bacon Maple Bar Donut

Fried donuts topped with maple icing could only be better when wrapped by an oozing bacon strip; seriously, bacon goes with almost everything.

The Please-Have-An-Ambulance-Nearby-When-I-Eat-This



Luther Burger

This nuke is also known as the donut burger. The base could be any donut, but regular glazed Krispy Kremes and maple bacon donuts are favorites. The donut is cut in half, usually grilled and used as a bun for the meat, melted cheddar cheese and strips of bacon. This meal is over 1,000 calories.

The Voice is not responsible for any arterial blockage.

Must Watch Fictional TV Shows of the Month

By: Bibi Al-Abdulrazzaq



Sleepy Hollow

Sleepy Hollow is a fictional show that combines biblical and historical outlooks on the life of two witnesses. Ichabod Crane is resurrected by dark magic after being killed on the battlefield while fighting alongside General George Washington and the founding fathers during the 18th century. After his resurrection, he finds his way to Lieutenant Abigail Mills where she is to discover that she is the second witness as prescribed in the Bible. Watch Ichabod as he learns about the modern day technology, cuisine and forgotten manners while serving together with Abby as the first witness in order to fight horrendously ugly monsters and gods, deal with the apocalypse and protect each other from the evil that roams the earth.



Supernatural

Sam and Dean Winchester are brothers who come from a family of hunters. They are not just your typical hunters, but have dedicated their lives to hunt demons, monsters, vampires, werewolves and the most terrifying of creatures, the darkness. It has been their duty since they could crawl to hunt those creatures without harming innocent people in the process, or so they tried. They have had an eventful life; they died, went to heaven, hell and purgatory about a 100 times. Of course, their journey is not without help. Castiel, an angel of the Lord, is sent to help them in their daily endeavors. Watch Sam, Dean and Cass as they deal with Lucifer, the king of hell Crowley (totally different from Lucifer) and battle the darkness.



Once Upon a Time

Emma Swan has long searched for her happy ending and upon blowing the candle of her 28th birthday a surprise came along flipping her world upside down. Henry, Emma's biological son she gave up for adoption, has located his mother in order to bring her to Storybrooke where he believes that all the town's residents are fairytale characters. Regina Mills runs the town and is the adoptive mother of Henry. Oh, but that's not it. Regina is also the Evil Queen who set a curse upon all the people of the enchanted forest turning them into real world people living in the state of Maine. Henry embarks on a mission to convince Emma that she's the Savior and to prove that Snow White and Prince Charming are her parents. Many of our favorite princesses, heroes and villains come life in Once Upon a Time, so be sure to watch the five seasons, while the sixth is on its way.

By: P.O. Boxistilis



Aquarius:
January 20 – February 18
(Air sign)

There's a word for what you're doing: woolgathering. You're dilly dallying. It was fine then, but now not so much. You risk becoming slack. Understand that a hot shower and a warm bed is the devil.



Pisces:
February 19 – March 20
(Water sign)

Patience. Patience for pleasure. Don't you love it when the light turns green and traffic decongests?



Aries:
March 21 – April 19 (Fire sign)

This is the month you realize it's the toilet with the working light that's the dirtiest. It's the one most people'll use; the dim ones are used only in emergencies. Don't make yourself too available and you'll only be used when needed most.



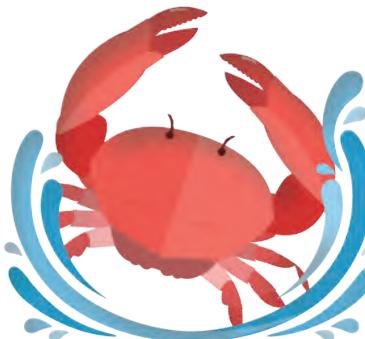
Taurus:
April 20-May 20

Simply, consider the beach you built your sandcastle on.



Gemini:
May 21-June 20 (Air Sign)

Remember what George Carlin said; "Electricity is just organized lightning." Once creativity strikes, find a way to keep the power running. Remember not to have that third coffee. You know how you get.



Cancer:
June 21- July 22 (Water Sign)

There's a hair in the salad you forked. It's long and brown. Your hair is long and brown, so is the waiter's and so is the chef's when called to your table to apologize. You're unsure, but arrogant. Hopefully, the waiter scares the cats out the dumpster before they're made wet with vinaigrette.



Leo:
July 23- August 22 (Fire Sign)

Finally, and after *so long*, an old happiness works its way back, but you provide the butter it needs to squeeze past the doggy-door it came in from.



Virgo:
August 23- September 22
(Earth Sign)

Forest fires need to happen, something to do with ecology. But careful - once, they found out the autopsy is what killed the guy. Wait a tiny bit. Hold a mirror to the nose and see if it starts to fog. No? Go ahead.



Libra:
September 23- October 22
(Earth Sign)

Looks from others seem more tender and inviting. You knock and are let in, but kept only in living rooms.



Scorpio:
October 24- November 22
(Water Sign)

Don't compromise. Stay sharp. An extreme will anchor you. No middles. Know what happens to middles? From the English Standard version: "So, because you are lukewarm, neither hot nor cold, I will spit you out of my mouth."



Sagittarius:
November 22 - December 21

I'm joking, you say to save face. Yes, the worst part is that they love each other.



Capricorn:
December 22 - January 19

An old fatherly saying: "When you assume, those first three letters are *u* and *me*." You're not trusting in the good of people. Your hypotheticals are going to kill you.

May in HISTORY

By: Sara F. Ayesh

1	1997	3	xxxx	4	1923	5	1818	6	1882
Tony Blair, 43, becomes the youngest British Prime Minister in 185 years.	World Press Freedom Day	Al Capone, America's most infamous gangster, is prosecuted and incarcerated for Income Tax Evasion.	Karl Marx, communism founder, is born	The Chinese Exclusion Act, which prohibits Chinese immigrants from entering the United States for 10 years, is passed.					
7	1945	8	1945	9	xxxx	10	1994	11	912
General Alfred Jodl signs unconditional surrender of all German forces, ending WWII in Europe.	Victory in Europe Day (VE Day)	Victory Day (Russia) in honor of the 20 million Russians who died in WWII.	Nelson Mandela becomes President of South Africa.	Alexander becomes the emperor of the Byzantium Empire.					
12	1949	13	1816	14	1963	15	1957	16	2005
The Berlin Blockade is lifted by the Soviet Union.	Pakistan, (then a part of British India) opens its first railway line, connecting Karachi to Kotri.	Kuwait joins the United Nations and becomes the 111th member.	Britain tests its first Hydrogen Bomb on Christmas Island, Pacific Ocean.	Women are granted the right vote and run for Parliament in Kuwait.					
17	xxxx	18	xxxx	19	xxxx	20	1902	21	1965
World Hypertension Day (abnormally high blood pressure)	HIV Vaccine Awareness Day	Remembrance Day (Sri Lanka), in remembrance of those who died in the Sri Lankan Civil War.	Cuba gains its independence from the United States.	The Canadian Province adopts the Flag of Ontario.					
22	1906	23	1995	24	1686	25	1918	26	1647
U.S. Patent 821393 is granted to the Wright Brother's for their "Flying Machine."	The programing language, Java, is first released.	Daniel Gabriel Fahrenheit is born.	The Gulf Cooperation Council (GCC) is founded.	Alse Young becomes the first woman hanged for witchcraft in the British American Colonies.					
27	xxxx	28	1937	29	1453	30	1431	31	1869
World MS Day (Multiple Sclerosis)	Volkswagen (VW) is founded.	Constantinople is defeated by the Ottoman Empire.	Joan of Arc is burned at the stake.	Big Ben starts ticking in London.					

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