

LET THE GAME OF MEN BEGIN



The
Voice of AUK

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Start
Flipping

The Voice Members

Editor-in-Chief

Zeinab Wasfy

Hello. I'm a 20 year-old who like's the color green. My vision for the future is to be surrounded by trees, greenery, a blank un-lined book that comes with an attachable pencil and a puppy that will grow old with me. Maybe also a turtle, because they're usually green.

General Reporter

Farah Hamoudah

I'm Farah Hamoudah, an -18year-old computer engineering major. I have a passion for all things mind-boggling and writing happens to be one of those things. My friends say I'm too loud, but I think that makes me more enthusiastic than everyone else. I can't write too loud, so that's why I do it. Technology, science fiction, comedy and people (social psychology) are the four fields that I think I'll always be curious about, and AUK helps me curate that curiosity. My ultimate goal is to travel through time to erase all bad vampire novels from existence, which is laughable but necessary (like myself).

General Reporter

Sara F. Ayesh

السلام عليكم. I'm a 19 year old senior 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.

Section Manager

Shahad AlMousa

Entertainment Section Manager and social media correspondent. managing and editing the articles that fall under 'entertainment', also in charge of social media platforms related to The Voice Of AUK.

Section Manager

Shahad Al-Failakawi

My name is Shahad Al-Failakawi and I am a 20 year old. I love to spend my time writing random things, cooking, and binge watching TV shows.

Section Manager

Ahmad Hasan

Hello! My name is Ahmad Hasan; I am a 22 year old business student at AUK with a diploma in marketing and in a little under two years a degree in Finance and Management from AUK. The English language has always captivated me, to the point where my Arabic skills have fallen laughably behind in comparison. As such, I look forward to working in the Voice in a way that not only lets me share my love of the English language with others, but also combines that passion with a more practical, business-like application, which is relevant to what I am currently studying at AUK. I have also recently gotten into playing music as well as physical fitness, two aspects of my life I also enjoy sharing with others, and look forward to writing articles about.

Graphic Designer

Alaa' Dashti

I'm Ala'a Dashti, a 26 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 Advisor

Omar Mehdi

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Change in the Air as Student Center Construction Progresses

By: Farah Hamoudah

Do you smell that? The aroma of something sweet brewing up is filling the AUK atmosphere. No, I'm not talking about the pumpkin spice latte you just ordered from Starbucks. It's the scent of something new and exciting in the works; something all students are bound to enjoy very soon- the scent of change finally approaching as the new student center nears its finish.

As I gaze at the covered and occupied stature in wonderment of what life might be like in the new, shiny building, I begin to also imagine with it the cultivation of a modernized AUK community. But, we needn't speculate any longer because Dean of Student Affairs, Dr. Hanan Muzaffar, spoke exclusively to The Voice about the floor plans of the student center project and the impact we can expect it to have on us, the university and the future.

Observation of the Process

It's been a long wait, but hopefully, it will be worthwhile since the developmental plans for this cozy addition to the AUK campus were discussed thoroughly and comprehensively, stretching back from roughly more than a year and a half ago. Even though, we as a student body, may have noticed a lot of back-and-forth in terms of construction, if there's anything

I can express with complete certainty it would be that it has taken a lot of hands-on collaborative effort from many of AUK's board members, faculty and staff to bring this idea to light. But how did such an epiphany form?

According to Dean Muzaffar, the initial idea came about from a need for more sports facilities to support AUK's hard-working athletes, who won us lots of games during the entire course of the last academic year and surely are deserving of the state-of-the-art facilities being built. We also have them to thank for the student center, which will act as the Wolfpack's social hub, as the plan is that The Student Center shall sustain facilities, offices, entertainment for the rest of the student body as well.

Dr. Muzaffar describes her endeavors in this project, as she says: "It started slow in the beginning, but when I came back from Summer, I saw it pick up pace." "The process was long. A lot of meetings were involved. It came to the point that at times, I felt like I wanted to back out [of meetings], but I knew I had to stay." She further elaborates on her observation of the project by adding "It benefitted me knowing what students needed. Overall, it was fun." By its name, we can tell that the student center is being created to satiate the needs of students. We can anticipate to see vending machines, pool tables, snack areas, and more Wolfpack favorites at every corner of the student center. Vice president for Admissions and Public Affairs, Ms. Amal Al-Binali describes her optimism on the exciting project, as she also agrees that "It's a step in the right direction."

Key Features of The Student Center

So, after what I can only imagine to be a series of cognizant conferences, restless meetings, and tireless hours of strategizing and conceptualization, a final verdict of the plan was reached, and the key features of the Student Center will be:

- The ground floor will include a reception seating area, a spacious basketball and a men's gymnasium which would be accommodated with a locker room, toilets and showers.

- The first floor will feature a ladies' gymnasium with accommodations of locker rooms, toilets and showers and there will also be a designated area for aerobics.

- The second floor is where student life, clubs and organizations, and the department of student affairs' offices will be.

- The third floor will likely host the department of public affairs' offices.

- The fourth and final floor is reserved for AALSS (Academic Advising and Learning Supportive Services) such as the tutoring center, the advising center and the writing center.

The brilliant architectural feature in the design of the building structure is its embrace of the open-space concept, as clear glass and steel are the main elements that will be radiating through in this project. This urban arrangement is impeccably foolproof since the building will likely occupy and indulge many students, and so the pressure is high in preserving its cutting-edge beauty while still welcoming as many members of the Wolfpack community as possible. Dr. Muzaffar predicts and hopes that the student center will encourage student involvement and entangle those of seemingly different interests together harmoniously in which it would encourage to open students' eyes to everything, academic or artistic, AUK has to offer. The floor plan for clubs and organisations is an especially appealing one since it meshes together different communities and areas of interest here at AUK, and so it may be a fascinating section of the student center to delve into and explore. The aspects of health and wellness are also emphasised into the heart of The Student Center, and the new sports facilities are expected to create a better awareness for the importance of individual health in the varying communities of the Wolfpack.

More Campus Renovation?

Since the advising center is scheduled to move into The Student Center, then, naturally, one would wonder what would happen to the advising center building. There are currently talks ongoing about further construction to occur after the new student center is up and running. The plans are still vague, and in lack of detail, but we can expect at least two new buildings that will support academic services and facilities, like, say an amphitheatre for drama courses or otherwise. By the end of the next academic year, if all goes according to plan (and hopefully it does), the buildings will be constructed and ready for use. This obviously implies that the AUK student body is set to grow rapidly in the near future across the span of two years since campus expansion calls for faculty expansion which would also call for more courses available for registration. So, now that we are officially getting ready to expand, what will come of this great change?

These remarkable advancements marks a milestone in AUK's history as a private university. It is shaping up for all the right reasons. But with great change, comes even greater responsibility.

Even though The Student Center (coming possibly December 2016 or early Spring 2017) and the latter structures that will ensue represent a uniquely phenomenal and warm gesture from the university family to ensure us that our worth is acknowledged, students will have to adjust to those changes and make changes of their own. Already, I've noticed a great deal of optimism and a general happiness merely provoked by the thought of finally having a proper student center. There is change in the air, and all of us are getting affected by it, so here's hoping for a better AUK and a better us, as we grow within our extending campus, a place that many of us already consider to be our cozy home.



Journey to the Center of the Student Center

By: Sara F. Ayesh

The first thing I noticed where the cats as Engineers Mayce El Mostafa and Mohammad Farghal lead me into the structure that will soon be the new AUK Student Center. There was a battalion of them sunbathing on the concrete near the Center's entrance. The day-to-day sounds that came with the construction workers did not seem to bother the felines. After almost ten months of this, they seem to be taking it better than the Wolf Pack and the visitors taking the IELTS on Saturdays.

Engineer Farghal offered me a white construction helmet, a color usually reserved for engineers and mangers when they are on site. It was an offer, not a requirement. Growing up with a similar hat in the back seat of my father's car reserved for oil field visits, I understood its importance. Therefore I downed my hard hat clumsily, watched my step, as there were still wet patches on the ground, and followed the two experts.

Volleyball and basketball enthusiasts will appreciate the wide area reserved for them in the first floor of the Student Center. As Engineer Farghal explains, they plan to add bleachers and hang a big scoreboard as well. Due to space limitations, the court will have to be shared, with retractable hoops, and volleyball nets that can screw into the ground when needed. The jogging track above the court gives a great view of the games.

The elevator has yet to be assembled so we took the stairs up to the first floor. I grasped the various pipes I could find at arms length, taking it, quite literally, one step at a time although they assured me it was quite safe.

While the Men's gymnasium on the ground floor focuses more on heavy weights, the first floors gymnasium for Women has a specific area for aerobics.

There were no lights on in the building as the two engineers gave me a thorough tour, but they were not needed, as the exterior walls were not yet assembled and plenty of sunlight, and heat, came through the green cover hung all over the building. I say assembled because the exterior walls will be made of a special glass instead of cement, concrete or bricks, to let as much light through as possible.

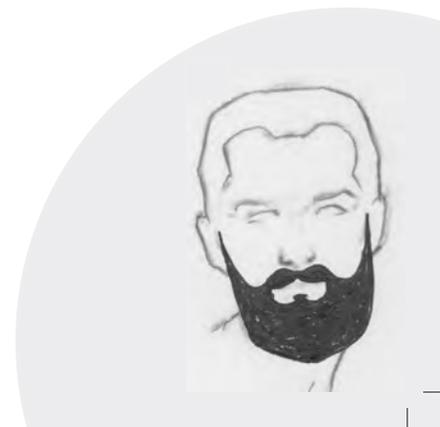
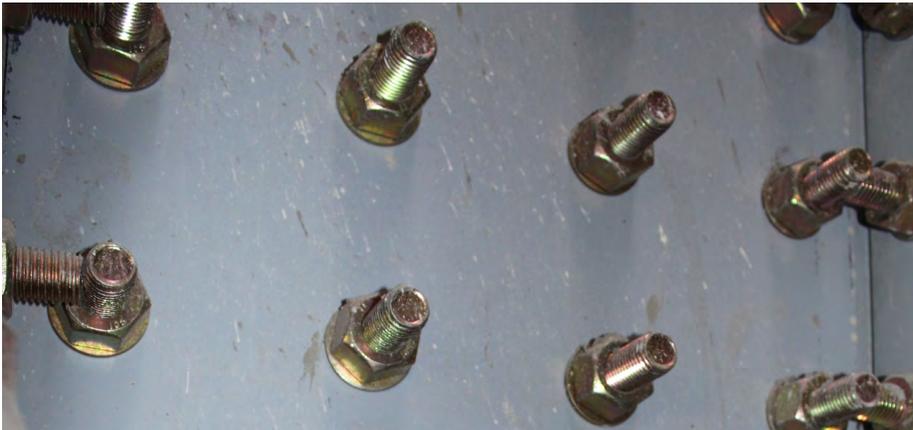
The Wolfpack's favorite will be the second floor where students can relax in between classes and play games. This area will be a sure upgrade from the Hangout. Student life and all clubs will also be over there. AALSS will also move into the building, to the 4th floor.

The best part about the Student Center is that everything is in one building,

one does not need to go from the Science building to talk to Bader about a new event, then to the Liberal Arts building where their club members are having a meeting, and finally to the Hangout to relax or go back to the Science building for half an hour of torturing before their next class. While fresh air and exercise are good for you in small doses- personally I'd rather everything within arm's reach.

Almost 45 minutes later I emerged from the Student Center, dusty, shoulders aching, and with a newfound excitement for what the finished building would look like. I'm very grateful for the wonderful opportunity to see the building in it's final phases, but most of all I say Al-hamdu lillah for choosing to wear the white, hard hat since I hit my head twice on the stairs as I was going down.







An Insight Into The Person of AUK's Fifth President Dr. Earl L. "Tim" Sullivan

On Sunday 23rd October 2016, The AUK Board Of Trustees decided to appoint Dr. Earl L. "Tim" Sullivan as the fifth president of the university, succeeding the esteemed Dr. Nizar Hamzeh. He will be serving his role as president starting January 27 2017. Throughout the years, the American University of Kuwait has marked milestones of achievements, thanks to the diligence of all of its warm and dedicated members. We are a community; one that strives to work together for adventure and preeminence. The Voice would like to, therefore, welcome Dr. Sullivan into our whimsical yet warm community of the Wolfpack, by introducing the incredible person of Dr. Sullivan to the hearts of the AUK family, who will surely be shaped and lead by him.

The Voice: Please tell us a little bit about yourself (Childhood, education, hobbies, etc).

I grew up in a small town in Montana and attended St. Paul's grade school and Anaconda Central High School. I played trumpet in the school band and was a member of a small jazz band. In high school I worked during the summer on a small railroad to make money to help pay for college. I attended Seattle University and majored in Political Science, with a concentration in International Relations. In college I was an orderly in a large public hospital. Working there was the equivalent of earning a second degree. In college I met the love of my life and we got married in the summer between our junior and senior years.

After graduating from Seattle University, I did graduate work at Claremont in southern California, receiving my PhD in International Relations and Government in 1970. I taught at the University of Portland for six years and then went to Egypt as a visiting professor at the American University in Cairo,

intending to stay two years. My wife Jeanne and I arrived in Egypt with three small children, 20 days before the 1973 War: Great introduction to the Arab World! Rather than 2 years, we stayed 35. I taught a variety of International Relations courses for 25 years and then was selected to serve as provost in 1998. Jeanne and I now have seven grandchildren, ranging in age from 3 to 22. Three of them are now in college in the US, two are in an international K-12 school in Jeddah, and the two youngest have started school in Maryland. Jeanne and I like to hike and snowshoe in the mountains and travel both domestically and internationally; and we enjoy all of the fine and performing arts.

The Voice: What was your first impression of AUK during your first ever visit on campus?

AUK in 2010 was a new, Liberal Arts institution that was struggling to find its place in the world. It was smaller than it is today, and probably less cohesive. Today, AUK is somewhat larger, has some programs that were not here then, and others that have

grown and matured considerably since 2010. One of the biggest issues facing AUK in 2010 was whether to stay in Salmiya or move to a site in the desert. In the intervening years, the founders of AUK decided to remain in Salmiya, develop the existing campus, and eventually cap enrollment at roughly 3000 students. Finally, AUK currently has a different academic structure, with a College of Business and Economics as well as a College of Arts and Sciences. Basically, this is a more mature institution now than it was six years ago. The whole AUK community has a great deal to be proud of!

The Voice: What kind of vision do you have for AUK and its community?

If I focus on the "community" part of your question, I would like to help AUK students, faculty, staff, and alumni become more of a functioning community rather than merely a collection of disparate parts. For students, this means becoming more engaged in the process of their own education, and more engaged in the life of the university and the world

around them. I hope that experiential learning, project-based learning, and community engagement will become distinguishing characteristics of an AUK education.

Seeing as you have had remarkable experiences in leadership roles, what do you think are the key elements of making great leaders out of AUK students?

In addition to enabling students to earn a degree in their chosen field of specialization, the program at AUK enables them to acquire many skills and attributes that will prepare its graduates for leadership roles. In classes and in student activities, AUK helps students develop several characteristics of leaders: the ability to think for themselves, the ability to work as part of a team and as a team leader, and the ability to analyze issues rationally and to use appropriate data to defend positions and conclusions. All of these skills are important qualities of leaders. In many countries the purpose of a university education is to prepare students for entry-level employment in a particular field or for additional education or training. In most cases few, if any, other programs or services are available for students. The American approach to higher education is quite different. It aims to develop the whole person, so students are exposed to advanced courses in many subjects, not just in their chosen field of specialization, providing education in breadth as well as depth. American universities also provide students with a variety of co-curricular and extracurricular student activities that offer students the opportunity to explore new interests, develop skills such as public speaking and the ability to debate effectively, and to organize and take responsibility for programs and activities of the clubs and groups in which they participate. All of this adds up to education for leadership.

The Voice: Give us an example of the hardest challenges you have faced in your career as an educational leader.

There were so many difficult issues to deal with that I can't single out one as the most difficult. Negative decisions, such as dismissing a student, denying

tenure, promotion or contract renewal to faculty, are always difficult, but sometimes necessary if standards are to be upheld. However, one of the hardest decisions I had to make was to give up teaching and to become provost. I loved teaching at AUC and it was difficult to move out of the classroom and into an administrative role. I did it largely because I thought I could make a positive difference and help the university grow and improve. But I was not willing to give up dealing with students, so I continued to maintain close contact with students, particularly those in the Model United Nations and Model Arab League, large co-curricular programs for which I was the founding faculty advisor.

The Voice: As a liberal arts institution, what features do you find unique in AUK that distinguishes it from other universities with an American curriculum?

What makes AUK unique? Universities are distinguished from each other in many ways, but it often boils down to location, history, the nature of the campus, and the composition of the student body, faculty and staff. AUK is in Kuwait, and is also the only urban private university in this country. It is also the only university in Kuwait that was established to provide a traditional American style liberal arts education. The student body is the most diverse in the country and the staff and faculty are also quite diverse. Finally, AUK is relatively new, the campus is small and we need new facilities, so we are likely to be dealing with the construction of new buildings for quite some time.

The Voice: What are the highlights of your time spent as interim president, provost, and educator at the American University in Cairo?

I taught at AUC for 25 years before I was appointed provost and what I did prior to becoming provost shaped what I tried to accomplish as an administrator. As a teacher I felt that it was my job to help students to learn how to think, not what to think. I also felt that if the students were not learning then I was not teaching. These beliefs led me to focus on

pedagogy -- how to teach - as much as it did on the subject matter of the courses I taught. Not every method of teaching is effective with every student. I experimented with many different methods of teaching, and tended to focus more on classroom dialogues than on lectures. I employed simulations, debates, service learning, and case studies quite often. I also took students on study tours of parts of Cairo they were unlikely to visit on their own, as well as to other countries. When I became provost I followed up on this interest in pedagogy and worked with others in the faculty and administration to establish a Center for Learning and Teaching. Another facet of my career as a faculty member was my experience in faculty recruitment, development and retention. As provost I continued to work to recruit highly qualified faculty, and to develop policies and programs that were designed to help them develop as teachers and scholars. It is my intention to continue with these interests at AUK.

The Voice: How would your background and experience help in connecting with AUK's culturally diverse student body?

I have lived and worked outside my native country for most of my life, and most of that time has been spent in the Arab World. During my career at AUC, there were about 70 different nationalities in the student body and the faculty was also multinational. I am more comfortable living and working in a community that is ethnically, religiously, and culturally diverse than I am in a community that is homogeneous.

The Voice: What is the biggest change you have ever implemented or influenced at an educational institution?

There is an old saying in academia that it is easier to move a graveyard than it is to get the faculty to agree to change the core curriculum or general requirements. While I was provost at AUC, the president and I set out to revise and update the core curriculum. The debates that occurred on campus soon spread to all of Egypt's major newspapers and were even the topic on some TV talk shows. The campus

was consumed with this issue for most of the academic year and I probably even lost some friends over it but we worked to produce a broad consensus and when the vote was finally taken, a large majority accepted the proposal I put forward. It was painful but it was worth it.

The Voice: What task do you see is the top priority for the first year of your presidency at AUK?

I plan to help AUK build on its current strengths and also improve those programs that are struggling. As part of the process I will support efforts already underway to create a center for learning and teaching, and I will work to insure that it is created.

The Voice: Looking back at your career, what is something you wish you could go back to change?

I can't say that I regret any of the really major decisions I have made in my academic career. First of all, I do not regret making the choice to become an academic, nor do I regret spending most of my life and career in the Middle East.

The Voice: What book do you think every student should read?

It is impossible for me to select one book that everyone should read. I think people from the "east" should get out of their comfort zone every now and then and read things from the "west", while those from the "west" should read major works from the "east." In this regard, I would suggest books that are often thought of as "classics" so I would recommend things like Plato's Republic, or any of Shakespeare's major plays. As for books from the "east" you may wish to try to understand the Bhagavad Gita, The Epic of Gilgamesh, or Ibn Khaldun's great classic, the Muqaddamah. Happy reading!!



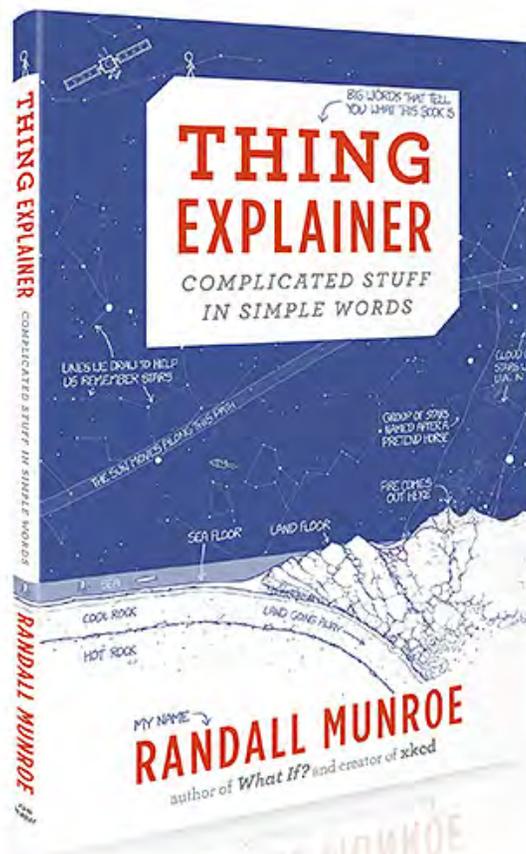
The Power of Speech, Public Speaking and its Importance

By: Shahad Al-Failakawi

We are all aware of how dreadful speaking in front of a crowd is. Whether we're shy, self-conscious, or just plain awkward; public speaking can be the biggest nightmare. When I first started University a few years ago, I thought the idea of public speaking as a course was useless and a waste of time. I used to gloat about how I didn't need a course that taught me how to speak, I was perfectly fine the way I was. Little did I know that deep inside, the idea of speaking in front of a class of 23 students was terrifying.

The biggest problem I faced was the fact that I took the class during my freshman year. At that time, I did not know my way around University nor did I have the courage to socialize with more than a single person at once. For the first few weeks of class, every presentation was the same routine. My heart would race dramatically, my palms became sweaty, my voice would shake and I always had to pause in the middle of my presentation for no reason at all. I remember during one of my presentations, I blankly stared at the class for a good 3 minutes just trying to put my thoughts to words. It was probably the most awkward phase I went through.

I managed to survive the uncomfortable speeches and endless embarrassment. The class miraculously changed who I was as a person. I noticed the difference in the way I socialize in groups; I would be more open to speak about certain topics. The stuttering and extreme nervous reactions slowly started fading away. Some classes may not be beneficial to every major offered in the University. However, this course is beneficial to both your social and academic life. Public Speaking, I think is without a doubt, the most important course AUK has to offer.



Thing Explainer and Life In Cartoon Motion

By: Farah Hamoudah

A few days back, I heard my friend utter something *that* no self-respecting college student should ever say out loud. We were conversing over coffee and cheesecake; I was reading *The Kuwait Times* and she was gazing at my scanning habit in wonderment. Knowing that I am somewhat of an avid reader, she asks: "Do you have any book recommendations you think I should try?" I was ecstatic. Of course I had book recommendations. She continued to say, "But, I prefer books with lots of pictures. Text is just annoying." I sighed. My fully grown friend was mimicking my third grade self. I was almost going to throw around an eyeroll, but managed to hold back.

Still, some part of me agreed with her. Reading can be tedious. This got me thinking, what if there was an incredibly teachable book that wasn't "annoying," dull, or lengthy. The description reminded me of "Thing Explainer" by Randall Munroe; the book came out a year ago back in 2015. I stumbled upon it again a few months back, and it was the epitome of fun.

There is no field out there that is free of perplexing terminology. Especially in a realm as complex as science, the amount of nonsensical jargon keeps piling up on students bit by bit, until eventually, we start to lose interest in the subject matter. This is why I can only describe *Thing Explainer* as the heliograph that will guide all those who prefer adventure to idleness, and get them up and

reading again. The book is whimsical even in design, with it being bigger than my face, but still easy to carry around.

Using only comic-style illustrations, *helpful arrows*, and *basic, elemental words*, Munroe succeeds at making a leisurely textbook that, in my opinion, everyone should equip themselves with. But, don't let looks fool you, *Thing Explainer* isn't just child's play, rather, it magically consumes scientific concepts that are usually stressful to absorb, and transforms them into amusing education-two words I never thought I'd put side by side or even associate together. Although in theory, it's farcical to even consider meshing two antipodals such as academia and humor, Munroe certainly has the credentials for the task at hand. He is an expert in both fields as he is a former NASA roboticist and a brilliant cartoonist. His creation of the webcomic xkcd and its growing community led him to publish *Thing Explainer*.

The book reminds me of an easy breezy 3-minute crash course. Throughout it Munroe attempts to breakdown various, intricate objects such as nuclear reactors, submarines, jet engines, dishwashers, shared space houses, maps and human biology into exciting molecules of scholarly sources. He does so with some wit, some charm and a whole lot of clarity. The reader will likely feel a great sense of accomplishment, because roaming through the book is like taking an analytical tour through the universe and exiting through the wormhole. The journey *Thing Explainer* lets us embark on is not one of usual snobby scientific seriousness, but quite the opposite, it is one that can only be described as ridiculous astonishment in the every day. The empowerment that it gifts its readers, is, in every sense of the word, priceless.

In *Thing explainer*, even a commonplace item such as a microwave can seem phenomenal. It gives value and worth to everything, just like the modern thinker should. It just goes to show you that sometimes a picture really *is* worth a thousand words. Sometimes, it's better to provoke one's curiosity through comic strips and lines that look like blueprints. Sometimes, life is better off labeled rather than muddled with the heavy ink of monotonous academic writing. And, most importantly, sometimes, your friends *really* are wiser than you are.



Dear Al Zain,

What's the point of having a minor? Is it even worth it?

Skeptic AUK Student.

Marhaba Skeptic AUK Student,

I know minors can be a bit confusing sometimes, but don't worry-as with all things-sometimes people make them a lot more confusing than they need to be.

Basically a minor is a collection of 6-7 classes you take on a specific field; say communications. This is different than your main field of study; your major. After completing a minor you are somewhat of a mini "expert" in the field. It is a chance for you to use your free electives to get deeper knowledge of a field you are passionate about without having to major in it.

A minor also helps you get a more well rounded education; if you majored in Computer Science you could minor in Business Management or English and have a wider perspective, thus helping you think outside the box that one major may constrict you in. Some people say that after so many years of learning to think like an engineer, they tend to always approach things as an engineer would, minoring in a field from the Arts would enable you to think as an "artist" as well as a "scientist" to solve your problems.

Unlike a major, where you might want to take something that will help you get a job in the future, a minor could be something you love to learn about but might not be wise to major in, depending on your circumstances. For example, as a person who loves art, I would love to major in Art History, but considering the job opportunities available to me in Kuwait, perhaps a different major might be more prudent. Nonetheless, I could minor in Art History and still study what I love, albeit in a smaller dose.

Minors also help your chances of getting employed as they show that you are willing to exceed and to do more than just the minimum. A fresh graduate who is applying for a job writing articles in a news site with a major in IR and minor in English would stand a better chance of being hired than another candidate with only a major in IR. It gives you an edge over others, and in this day and age of few jobs, and fluctuating economies, it certainly doesn't hurt.

Dear Al Zain,

I'm thinking of applying for a job in AUK, what kind of obstacles might I face?

Prospective Student Worker.

Marhaba Perspective Student Worker,

First of all, you have to ask yourself what you want to get out of your years in AUK; do you want to focus all your time and energy on your studies, or would you like to try out different opportunities during your college experience? Needless to say, being a student worker takes a lot of dedication and commitment, because you will have to set aside certain hours every week that you have to be at your job. These hours would have previously been used to hang out with your friends, eat lunch, or revise for the quiz you have later on in the day. You will have to find another time to schedule those things, especially your college work.

Being a student worker also means you might need to arrive at AUK earlier, or leave later, depending on whether your hours are before, during, or after your classes. So if you have trouble waking up for your first class, don't have flexible hours, or are dependent on someone else for a ride, you might reconsider being a student worker.

Of course no matter what job you take, your education will always come first. Despite the extra responsibilities you will have, you need to keep your grades up or you will be let go. The minimum GPA required for student workers is 2.3-3.2 depending on the position.

This is not meant to discourage you; in fact, one student worker I know, now an Alumni, has explicitly stated that it was "the best experience I had in AUK. It got me to interact with other people and now its 1 and ½ times easier to get a job". Just like any other job, being a student worker will help you meet new people, forge connections, be more organized and responsible, and enhance those rusty time management skills. Essentially, it will prepare you for the next step in your life. It's doable of course, and many students do it every semester, and like all things, if you are dedicated enough, you will make it work.



Body language

By: Mariam Naser

Body language is so important and can be defined as the conscious and unconscious movements and postures by which attitudes and feelings are communicated. Unconsciously a person's true intent can be uncovered and shown through body language. Research shows that body language influences 70 percent of a conversation from what is actually being said, leaving only 30 percent of what is being said to sink in. Body language has a huge impact on relationships. Businesses have to study the art of body language to master conversing. Unconsciously everyone takes notice of other people's body language constantly.

Meeting someone for the first time is a very important moment when forming relations. The first 8 seconds are crucial, since those 8 seconds form first impressions people take from a conversation, and first impressions usually stick for a long time. There's a well known saying which goes "don't judge a book by its cover", however we all judge involuntarily. It's an implicit bias. The minute we meet someone we immediately unconsciously start analyzing their body language and try to feel what signals they're sending as opposed to hearing what is actually being said.

The non verbal conversation includes, according to Wikipedia, facial expressions which is integral when expressing emotions through the body. Combinations of eyes, eyebrow, lips, nose, and cheek movements help exhibit different moods of an individual. Studies also show that facial expressions are one of the most important types of body language since they're connected closely to emotions. The brain is linked to our facial expressions, thinking about something happy, sad, angry etc... will usually be conveyed on the face.

Secondly, body language also includes body posture. How someone is sitting can send a lot of different messages and can indicate to the receiver how the conversation is actually going. Since body posture is also linked to emotions it can reveal more than what is being said. Some examples are from research 'Wikipedia' A person sitting and leaning back of his/her chair, leans forward with

his/her head nodding along with the discussion implies that he/she is open, relaxed and generally ready to listen. On the other hand, a person who has his/her legs and arms crossed with the foot kicking upwards slightly implies that he/she is feeling impatient and emotionally detached from the discussion.

Thirdly, Gestures. Some examples discussed by EnkiVillage are to do with the hands, arms, fingers, head, legs and they can be voluntarily or involuntarily. One of the most common gestures is the crossing of arms in front of the chest which indicates that one is being defensive. The body language meaning of crossed arms may also show disagreement with opinions and actions of other people with whom you are communicating.

Second example of gestures is biting of nails, nail biting demonstrates nervousness, stress, or insecurity. Many people bite nails without realizing they have the habit. Thirdly, the hand on the cheek indicates boredom and lost in thought, Be cautious not to demonstrate this gesture in class. Another gesture is placing finger tips together, another name for this is steepling and is commonly associated to show authority and control.

Steepling is usually used for bosses and high authority figures. The patting or fondling with hair gesture shows insecurity, or lack of self confidence. Since parents usually pat the top of their children's heads when young, patting and playing with the hair gets associated and gives a sense of security and feeling comfortable.



Vegan Starter Kit



What's the Beef about Veganism?

By: Shahad Al-Failakawi

This past year, veganism has been a very trendy topic, ranging from a temporary diet to a long-lasting lifestyle. Veganism is restraining yourself from eating or using any products/foods that contain animal products. According to the news agency "Time", Veganism is an extreme form of vegetarianism, and though the term was coined in 1944, the concept of flesh-avoidance can be traced back to ancient Indian and eastern Mediterranean societies. "The Greek philosopher and mathematician Pythagoras of Samos around 500 BCE first mentioned vegetarianism. Pythagoras promoted benevolence among all species, including humans. Followers of Buddhism, Hinduism, and Jainism also advocated vegetarianism, believing that humans should not inflict pain on other animals". It is great to see history finally make an impact to the world today.

Why do people switch to veganism?

According to The Vegan Society, There are three reasons people switch to the vegan lifestyle.

For the Animals: "having emotional attachments with animals may form part of that reason, while many believe that all creatures have a right to life and freedom. you can take a stand against animal cruelty and animal exploitation

For your health: More and more people are turning to a vegan diet for the health benefits: increased energy, younger looking skin and eternal youth are just some of the claims from enthusiastic plant eaters. The plant-based sources of these nutrients tend to be low in saturated fat, high in fibre and packed with antioxidants, helping mitigate some of the modern

world's biggest health issues like obesity, heart disease, diabetes and cancer.

For the environment: The production of meat and other animal products places a heavy burden on the environment - from crops and water required to feed the animals, to the transport and other processes involved from farm to fork. The vast amount of grain feed required for meat production is a significant contributor to deforestation, habitat loss and species extinction.

Vegans get their protein and other necessary nutrients from vegetables and foods that contain those nutrients such as tofu, lentils, beans and other legumes. In my opinion, I have seen major differences in friends and family members that switched to a vegan lifestyle. Their skin began to clear, they eat more moderately and they look healthier and happier. I wish I could switch to this lifestyle however; I love food too much to restrict myself from certain types. I think it would be a fun project to try veganism for a certain time and see if it suits your lifestyle or not. If you do, tell me how it goes!

Sources: TheVeganSociety. "Why Go Vegan?" The Vegan Society. Donald Watson House, n.d. Web. 30 Sept. 2016.

Schopper, Tom. "A Brief History of Veganism." Time. Time, n.d. Web. 30 Sept. 2016.



How to Stay Healthy

By: Ahmad Hasan

Staying healthy is no easy task, particularly in a culture which seems to glorify smoking, promote fast-food delivery, and encourage a sedentary lifestyle. While we all may have our vices, it does not mean that we cannot make changes in a way that improves our health and lifestyle. There are many aspects of living a healthy life, and little to no reason not to follow one or both of these paths that lead to good health.

Eat Well

It is almost horrifying to see some of the misconceptions people have about food, and some of the archaic beliefs still being thrown around as fact. The only thing that a person should know is the composition of the food they are eating, and the quantity of said foods in terms of calories. Particularly true for weight loss is 'CICO', calories in calories out, a 'philosophy' which states that if you eat more calories than you burn in a day, you will gain weight, and inversely, if you eat less than you burn, you will lose weight. I can personally attest to the validity of this method for weight loss, although I am not a strict follower of the cult of CICO myself.

The composition of foods can be broken down into the 3 essential "macronutrients". These are proteins, carbohydrates, and fats. Despite the apparent crusade being waged against fats, they are not at all bad for you, or the cause of weight gain. Fats, just like proteins and carbohydrates, are an essential part of a balanced diet and a healthy lifestyle. In fact, many foods labeled as "fat free" tend to be worse for you than the actual thing, as they end up replacing the missing fats with more sugar, or artificial sweeteners. Don't believe me? Next time you buy a fat-free product, compare the amount of sugar in it to the non fat-free version, and watch the lie you've been living melt away into the nothingness from whence it came.

The average person living a moderately active lifestyle requires around 2250 calories per day, with that number being slightly higher for men, and slightly lower for women. The macro breakdown of these calories is not a strict science; it should mainly consist of hitting your daily

protein (~0.8g per kg of body weight), and supplementing the rest with carbs and fats. Keep this in mind and the battle is mostly won; as dietary changes are undeniably more important than exercise for managing weight.

Exercise

The second pillar of a healthy lifestyle is a good exercise routine. Many people are under the impression that the only way to exercise is at a gym, or with a group of people. While it is true that a gym is for exercise, and exercising with a group or in a class can help some people stay motivated, it is not at all required. In fact, there is much you could do at home or any time you have a few minutes to spare to stay physically fit.

Bodyweight fitness is growing in popularity, and features all manner of exercises which take virtually no effort to get into and take practically no time out of your day. Trying to develop your lower body? Instead of getting up out of a chair the way you usually do, try doing it with one leg, with your arms and other leg extended for balance. Upper body routines often include pushups, as they are a simple exercise that helps develop your chest and arms without requiring any equipment. A jump rope pays for itself within a month, and requires nothing more than a small area to utilise for exercise, and can take care of all of your cardiovascular needs.

Finally, doing planks are a great way to develop a strong and well-defined core, which is the key to doing all the other exercises with minimal risk of injury. One last thing to remember, which most people are guilty of skipping, is to warm up and stretch before and after exercise.

Follow these guidelines and you will be surprised at the results; the body wants to be fit and healthy, it just needs a little push.

Disclaimer

I am in no way a professional in these topics, but personal research and discussions with people of all body types and backgrounds have led me to vehemently believe in what I have stated. It is recommended to consult a doctor before engaging in any strenuous physical activity.



Rock Bottom

By: Mariam Naser

Ironically, hitting and experiencing rock bottom is a good thing. It seems bad at first but the outcome forces you to make one of two possible choices. There are only two options left to take, either the bad or good. Decisions become easier to make. Everything seems clearer and everything for the first time seems to slow down until the path you choose to take is implemented.

The "bad" path is a waste of time to even consider since the other "good" path is much better. The good path is also the harder one but all good things come with a price to pay. Choosing to get back up, trying again and again, not giving up, making changes and turning plans into action will eventually lead to good outcomes. Choosing this "good" path makes you stronger and at the end of the road you will have transformed into a stronger person. Hitting rock bottom is not failing, it is being strong enough to recognize that your not happy leading this way, and giving yourself a chance to choose another path. Choosing to get back on your feet is definitely the right path. It may seem harder at first, and that's ok take your time, there is no rush. Never compare yourself to other people, instead compare yourself to the person you were yesterday, and try to always be better than you were the day before. The right path is not hard compared to all the perks that will come from this journey. For example, one of the perks of hitting rock bottom is everything becomes clearer, and implementing a change in the right direction becomes easier. Fear is no longer present, reaching rock bottom means the only thing left is to move up, and things will start to look better and improve.

Rock bottom is a place for redemption where desperation becomes your greatest strength. Desperation is usually

categorized as a bad trait since it can lead to ignorant and stupid actions. However, when at a really low stage in life desperation proves to be everyone's silver lining and heroic characteristic. It is powerful, motivating, and offers the most important thing to every living thing, hope. Desperation is a good thing it means you are not allowing fear of failure, consequences, or anything else stop you. Not being 'afraid' means the sky is your limit when it comes to being better and creating a better outcome for yourself. For instance, J.K Rowling, the amazing author of the Harry Potter series, was able to create this massively successful life for her self once she faced a hard time. She wrote Harry Potter while she was an unemployed, single mother on a delayed train ride. Since then she has not let fear stop her and continued to pursue her dreams.

Desperation can either bring out the best or worst in a person, depending on what path you choose to pursue. If you choose the right path desperation will be the light at the end of a dark tunnel. That's the ironically good thing about rock bottom; there are so many advantages. Reaching rock bottom is a second chance, a lesson, a place for redemption and means the only way forward is up. But once you pass that stage the lesson learned is truly worth all the pain and suffering that had to be felt. The transformation couldn't and wouldn't have been made without reaching an all time low. That experience, rock bottom, makes you stronger and wiser. You do not have to face that painful stage again. In the end you will have transformed to a wiser, stronger person because you will have experienced and conquered everything that has been thrown at you so far.



Dessert Recipes For Fall

By: Shahad AlMousa

When we think of fall treats we think of cinnamon, vanilla, apples, and pumpkins. Throw them all together you get a mess but include them in already existing recipes' like cupcakes and cookies and you get the most perfect recipes for fall. Here are three of my favourite recipes for fall desserts:

Apple Crumble

1. Preheat the oven to 190 degrees Celsius. Toss 3 medium apples (chopped) with the 2 tablespoons of sugar and put in a 23cm round baking dish at least 5cm deep, or a 20cm square dish. Flatten down with your hand to prevent too much crumble falling through.

2. Put 175grams of flour and 110grams of sugar in a bowl with a good pinch of salt, cube 110 grams of butter and mix it in with your fingers until the mixture looks like moist breadcrumbs. Shake the bowl and any big bits will come to the surface – rub them in. Alternatively, pulse in a processor until sandy (don't over-process).

3. Pour the crumb mix over the apples to form a pile in the centre, then use a fork to even out. Gently press the surface with the back of the fork so the crumble holds together and goes crisp, then lightly drag the fork over the top for a decorative finish. Sprinkle 1 tablespoon of oats and 1 tablespoon of sugar over evenly, if you wish.

4. Set on a baking tray and put in the preheated oven for 35-40 minutes, until the top is golden and the apples feel very soft when you insert a small, sharp knife. Leave to cool for 10 minutes before serving.



Peanut Butter Cinnamon Cookies

1. Preheat oven to 375°F. Mix 1 and ¼ cups of flour, 1 tablespoon of the cinnamon, ¾ teaspoon of baking soda, ½ teaspoon of baking powder and ¼ teaspoon of salt in medium bowl. Set aside.

2. Beat 1 stick of butter(softened), 1/2 cup of the granulated sugar, ½ cup of brown sugar, ½ cup of creamy peanut butter, 1 egg and 1 teaspoon of vanilla extract in large bowl with electric mixer on medium speed until well blended. Gradually beat in flour mixture on low speed until well mixed. Refrigerate 2 hours or until firm.

3. Mix remaining 1/4 cup granulated sugar and remaining 1/4 teaspoon cinnamon in small bowl. Shape dough into 1-inch balls. Roll in cinnamon sugar mixture to coat. Place about 3 inches apart on un-greased baking sheets. Gently flatten with fork, pressing a crisscross pattern onto tops of cookies.

4. Bake 8 to 10 minutes or until lightly browned. Cool on baking sheets 1 minute. Remove to wire racks; cool completely.



Pumpkin Ginger Cupcakes

1. Preheat an oven to 175 degrees C. Grease 24 cupcake cups, or line with paper cupcake liners. Whisk together 2 cups of all purpose flour, 1 package of instant pudding mix, 2 teaspoons of baking soda, ¼ teaspoon of salt, 1 tablespoon of cinnamon, ½ teaspoon of ground ginger, ½ teaspoon of allspice, ¼ teaspoon of ground cloves, and 1/3 cup of crystallized ginger in a bowl; set aside.

2. Beat 1 cup of butter, 1 cup of white sugar, and 1 cup of brown sugar with an electric mixer in a large bowl until light and fluffy. The mixture should be noticeably lighter in colour. Add 4 eggs one at a time, allowing each egg to blend into the butter mixture before adding the next. Beat in 1 teaspoon of vanilla and add 1 can of pumpkin puree with the last egg. Stir in the flour mixture, mixing until just incorporated. Pour the batter into the prepared muffin cups.

3. Bake in the preheated oven until golden and the tops spring back when lightly pressed, so about 20 minutes. Cool in the pans for 10 minutes before removing to cool completely on a wire rack then apply the icing on top.





5 Sure-Fire Ways to Lose Weight Fast!

By: Sara F. Ayesh

As a wedding, party, graduation or even school comes near, your eyes linger longer on that beat up scale you keep under the bathroom sink. You tell yourself "One extra slice of cake won't really make a difference." You'll just.... hit the gym the next morning." "That side of fries is just going to be thrown away if I don't finish it, really, I'm being a good person by eating it, so much food is thrown in the trash everyday. "Unfortunately you don't feel so good as you stare at the blinking numbers of your beaten up scale. "It time for a diet!" you say with full conviction, this time you *will* stick to it.

Fortunately for you, there are many sure-fire diets you could choose from; there are as many diets as there are Ben and Jerry's flavors. All you have to do is choose the right diet for you; what are your concerns? Detox, fast weight loss, or healthy lifestyle? Senseless question, believe us, *we know*-weightless is what you're looking for.

You could start off easy, sweets are always the hardest to give up on. The Brownie Diet by Dr. Sweet is every brownie lovers dream; Instead of wasting time and energy preparing breakfast and

lunch, just enjoy a delicious brownie made especially for each meal. The best part? You can eat whatever you want for dinner! Just make sure to eat sensible portions for dinner, as many tend to throw caution to the wind when given free reign, but we know you're better than that-you're dedicated to loosing weight!

These wondrous cookies can be ordered and shipped right to your doorstep too. (Details on page 45.)

If you like a less restrictive diet the Five-Bite diet might be your best bet. This diet, originating from the genius of obesity doctor Dr. Sinko, lets you eat whatever you want for lunch and dinner, as long as you make sure it is only five bites for each. Just sleep through breakfast and that way you will save the calories for one whole meal! The science behind this diet is that no matter what you eat or how big your bites are, you are only consuming 900 to 1,000 calories each day.

Calories are our worst nightmare, so we like to make sure they never rule our lives. We do that by preventing them from piling up without us noticing. The solution? *Baby food*. Because those delicious and appetizing brown, green and orange jars of delight range from 20 to 100 calories a jar, eating the 14 you need per day for breakfast and lunch won't put a strain of your calorie intake restrictions! As some of your colleges may not understand your



weight loss commitment, perhaps it is best to pour your lunch into a Tupperware before going to work.

Still skeptical? We know what you're thinking; these are all too risky, you don't just want a "fad diet" you want a *lifestyle*, and you want one that has been verified for generations, don't worry we have one just for you.

The Master Cleanse, otherwise known as the Lemonade Diet, is nature's oldest diet. It is also simplifies meal preparation exponentially; just drink lemon juice, maple syrup, and cayenne pepper mixed with water for a few days and watch the kilos drop. Those three liquids are diuretics, which help increase bowel movement, and will get rid of all the excess water you are holding onto. If you are feeling a little faint or dehydrated after a few days of this diet, worry not as this is normal and will soon pass. Perhaps take a nap to feel more like yourself.

If all else fails and that stylish pair of jeans is just too good to stay in your closet for much longer, you might need to pull all the stops and go for the Sleeping Beauty diet. This is the easiest diet ever invented and your friends will thank you for introducing them to it. Since food has become too addicting for you, and you can't help but feel hungry all the time, spend your days sleeping. Sleeping for a few days will make all that extra fat disappear.

You have a lot of freedom in this diet, unlike many others, you could either sleep on your own anytime you feel hungry, or you could take sleeping pills, like Xanax and Valium. As you need a prescription for those ask your fellow weight conscious friends which pharmacies sell them without a prescription.

Disclaimer: Side Effects of the above mentioned diets include sweating, nausea, dehydration, irritability, infection, high and low blood pressure, and death. The Voice is not responsible for any injuries or sickness brought on by following any of the diets mentioned above.

Disclaimer: The Voice does not agree or advocate any of the opinions presented in the piece. This piece was written in jest and as a response to the excessive marketing of unhealthy diets and in no way advocates following any of the diets mentioned above.



An Actor's Fear

By: Yousef Muzairai

The curtains are ready to go up, lights are on, people are coming in, props and the stage are ready to go. This was the last place that I thought I would be; on stage. My entire life I was playing with my thoughts and using my imagination for my own purpose. I never thought in my wildest dreams that I would be on stage, using my imagination in front of a few hundred people. I never even thought that I; a person who was quiet and had no confidence, would be in front of a hundred people. I was the last person to think that I would end up on stage; I guess I was bitten by the acting bug.

Let me start at the beginning of this story; a story that's filled with bullies, loss, and heartache.

I was a quiet child; not speaking during class, always daydreaming and never paying attention to the outside world, but creating my own world. A world filled with giant robots in disguise, flying ships that were run by pirates, and a world filled with superheroes. I was often bullied in school for being different; talking to imaginary people, pretending that I was a pirate, etc. Those things weren't accepted in the eyes of other children.

During that time I was introduced to music, I was introduced to the piano,

guitar, saxophone, and trumpet. It was an opportunity to try something different, something that I would probably enjoy very much. Everyday, before practice, and often at times after practice, children who were bigger than me made fun of me for playing a musical instrument. I would run towards my mother's car, crying everyday after practice, wiping my tears before going in so she wouldn't know.

A few months after I began my musical journey a teacher told me I was to perform a piece of music in front of the entire student body. I froze, and ran to the boy's bathroom. I couldn't breathe and couldn't move; I was having what some professional doctors would call a panic attack. As I locked the bathroom door, I couldn't stop thinking about the bullies that made fun of me and the beatings; because I was playing a musical instrument. I made the decision that I couldn't play in front of people that ridicule me, so I walked away from my musical journey.

A few years have passed since I picked up an instrument; I decided to return to playing music, but something different would come my way instead. As I looked for a way to go back into learning how to play music, I was introduced to acting. Never have I thought that I would become an actor, but I guess good things have to come my way.

Since I was introduced to acting, I've met such wonderful people that supported the

arts. With the support that I was getting, which I longed for, I was able to perform in front of people, something which I couldn't do while I was in school. My fear had turned into my strength; I was able to do things in front of people that I thought were not possible. Fear was my weakness, and my passion was my strength.

After I returned to playing music, and had been introduced to acting, I was given an opportunity to perform in a Shakespearean play at the British Embassy. It would be my first play, so it would be logical that I would play an ensemble, but no, the director casted me as a supporting role in Othello. The director told me that I was capable and ready to play a supporting role. I felt my fear start to turn into my weakness again. Before rehearsals began, I was given a script to learn; I've never learnt a script before, or learned how to handle it. I was beginning to feel nervous about doing the play, and considered not doing it. As I started to look at the script, I began to think about the bullies and the constant teasing. I was afraid that I would end up being humiliated in front of everyone, and that the other cast members would make fun of me while I was on stage.

As rehearsals started, the director's father noticed the fear and frustration that I was experiencing. He took me aside and asked me what was wrong; I told him that I was afraid of making a fool of myself. He said something to me that I would never forget, and that would change my entire perception of performing. He said, "My dear boy, you shouldn't be afraid. That's what acting is about; using fear as an advantage for making something beautiful and real, that allows us to be truthful as actors". After that moment, I began to look at my fear as a tool for my acting, that when the time came, I would use to my advantage.

The day of the play had arrived, the curtains were ready to go up, people were coming in, and the lights were on. I was about to make my debut on stage for the first time in my entire life. I was ready to go on, but before I started to make my way to my place, the director's father pulled me aside once again and asked, "Are you ready?" I said, "Yes" and he replied, "You are an actor". I started to make my entrance. Some say the rest is history, but I would say it's only the beginning.

Heaven on Earth

By: Noor

I love my mother, her kindness makes me cry
 tears of joy only my father will understand,
 because he is always there for me when I need him.
 My heart is made from these two.
 Not a day goes by that I don't feel their love.
 I think my sister feels the same.
 When she is here, I know I will never be alone.
 And even if she has no strength to share,
 the days ahead seem promising.
 For if I fall, her voice will soothe my landing.
 Not a bruise in sight because she is my protector.
 Surely my sister is the reason my heart is in one piece
 because every night as I grew, she would mend it for me.
 My big heart only knows love for these three.
 Their happiness is my heaven on earth.
 My big heart knows who are special to keep.
 Plenty of room for those who wait.
 Their patience is my heaven on earth.
 My big heart can care for them all because I know they care for me.



Creating a Life That Does Not Require a Holiday

By: Mariam Naser

Holidays are a great way to escape reality for a while, and is usually a time to get away from stress. A vacation is what everyone looks forward to, whether they're in school, university or employed. We all need a break from all the hustle and bustle from time to time, some more than others, but why is that?

Some people can not wait to leave work and get home as soon as possible; they love holiday times when they can get away from work. Does this imply they may not actually love their job? Whereas other people do not mind working the extra shifts and late nights all year round. The same exclusive group of people who do this without complaining and out of their own free will, do it because they love to. Some people love the hustle and staying busy, but others really enjoy the comfort and coziness of a lazy lifestyle. The busy bees are able to work hard and enjoy every moment without needing a holiday since they've created a life that they do not need a break from.

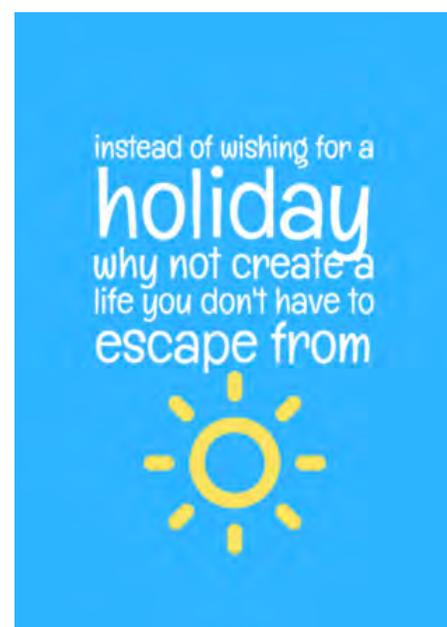
Whatever you choose to do in life, make sure you enjoy it. Enjoying the activity you're getting into is a key factor that will take you a long way. Whether it is choosing a career, goal, hobby etc. As long as you enjoy what you're doing, you'll be able to succeed. Not only that, but you will not need a holiday or break as often as before. Doing something you love will encourage and motivate you to work on your strengths in a pleasurable environment. Also, when holidays do come around you will find yourself missing what you love and wanting to get back home.

Creating a life you do not need a holiday from is tough for many due to different reasons, such as responsibilities and societal opinions, but it is not impossible. The first step is figuring out yourself; including your likes, dislikes, strengths and weaknesses. Try thinking about past experiences and memories where you were proud of yourself for completing something or when you felt a sense of

accomplishment, or a time in your life you were content doing something. In doing so, you can find out what areas of your life you need to explore further, since doing what you love will allow you to succeed and excel.

Secondly, make a plan. Once you know your strengths and weaknesses, try to figure out what you can do to fulfil your life, including things you're good at. At the same time, keep in mind that it is something you should enjoy doing. Also, Make sure you choose a career you enjoy, no matter what the decision is, if you find pleasure then you will succeed in the long run. Doing what you enjoy, will encourage you to be your best therefore excelling your abilities.

Thirdly, surround yourself with positivity. Having positive people around you to lift your spirits when you're down is extremely beneficial for your life and goals. Creating a positive environment will motivate and encourage you to always look for the good in every situation as well as how to keep trying. Surrounding yourself with positivity and encouragement can come from hanging up plants or photographs you like of beautiful sceneries, finding a new pet to love and will love you unconditionally, or anything that will keep you feeling positive. A happy life is intertwined with a happy home, so making it as enjoyable and positive as possible will have many good outcomes. That includes being happier and you'll be less likely to feel so down on rough days. Knowing what makes you happy helps you feel a sense of self fulfillment, and then implementing your knowledge to better yourself.

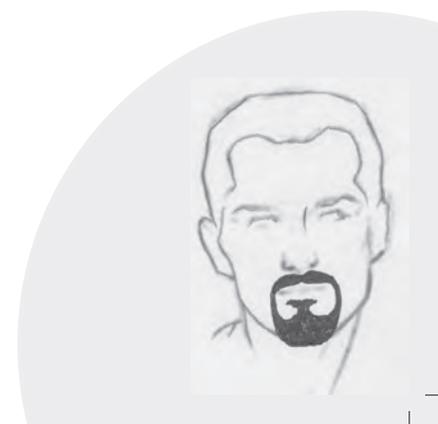


Emerald Green

By: Anonymous

She took her first benevolent breath here.
To say her lungs were branded with the air of this country is an understatement.
She took her first steps as her mother and grandfather cheered on.
To say her feet knew where home was-- and struggled to get there-- Is an understatement.
Then she grew up watching Egyptian sitcoms a thousand times over.
To say language has been moulded and designed to fit. Designed to be one of you.
She was born to be one of you.
Yet I am not missing from you.
Is it the way her T's were pronounced?
She tried to put her finger on it, but it seemed as though she couldn't point just far enough.
Thoughts gushed through my brain like angry bullets.
I was shot with the gun they call DIFFERENT!
"You are not a true Egyptian!" They spat in words to paint their disappointment and shame.
What of the menacing misery of weakness engulfing my soul at the moment I hear the silent words of those who boast about belonging?
"It's because you're not born and raised in Egypt!"
I heard when gloom began to streak my face.
It's distressing to watch the effect of shunning someone, you see?
I am stripped of my right to boast about my own nationality because "untrue Egyptian" was inscribed on my forehead.
I come back to my birthplace ashamed as

if, they too, could read fake.
They too could smell my difference.
"An EGYPTIAN!"
They call to me as if Emerald Green was the colour of dirt.
Like the word I patriotically announce as mine was mud on one's hands.
As if it were poison to the touch.
As if I were even more different than they.
"You do not belong here!"
Like an outsider walking amongst you feeling bereft and bemused, because little old she— thinking that she belonged there too.
Ruby rivers flowing within our inner skeletons.
Anger sharpening our knives,
Despair quitting music,
Kindness selling seven kinds of bread
Beauty wearing a gold shawl.
We are our intricate language pieced together,
Words and flesh will ultimately expire and fit within the soils of our earth like jigsaw pieces.
Confined and lifeless within a tomb in eternity, confined within cages of pointless chatter in life.
She can run now, she can speak her T's and point as far as she wants.
Her feet don't value which direction anymore; the inscription had not yet dissolved.
Still being told that I am not like them, I breathe their air and live in their country.
Yet I carry Emerald Green in travel.



Freshmen First Impressions

By: Shahad Al-Failakawi

Every semester, we witness new faces appear and get lost down the hallways. These new students are most likely freshmen trying to find their way around campus.

This semester, I met a small group of freshmen that stood out to me in particular. They were very welcoming and their presence in the hallway was very heartwarming.

This group consisted of three energetic and kind-hearted souls known as Lulu, Anisa, and Meshari. I decided to welcome them to the University by of course, asking them what their first impression of AUK was.

Here are the results:



“Can I use the word fun? No.. I want something smarter * giggles * Okay..My first impression of AUK was that it was very challenging. You can easily find your way around since it is a small community. Was that good?”

-Lulu Al Khatrash



“How should I pose? Let me look optimistic * puts two thumbs up * my first impression was that it was diverse. The people are very friendly, I like that.”

-Anisa Al-Refaie



“Should I take my hat off or is this fine? Okay hmm.. my first impression? I guess it was entertaining. It’s very lively and that makes the atmosphere fun.”

-Meshari Al- Ruwaished



The BFG Review (With Critical Feedback)

By: **Shahad Al-Failakawi**

Children have weird imaginations. When we were younger, various books by Roald Dahl, including Charlie and the Chocolate Factory, James and the Giant Peach, Matilda and the BFG widened our imagination by giving us the hope that Oompa Loompa's and chocolate oceans exist. (I still hope they exist).

Roald Dahl's "The Big Friendly Giant" was transformed into a movie this year. As a huge fan of Roald Dahl, of course, I got the chance to see the movie. In the book, I remember the giant having a weird sense of vocabulary. He would say words such as 'whizzpopping' and 'fizzwizzards'. I was excited to see how the broad imagination and astonishing creatures in the story were going to be illustrated in the movie. Justin Chang from the Los Angeles times described the movie as "a rich and unmistakably Spielbergian understanding of the loneliness of childhood, and of the enduring consolations that friendship and imagination can offer. Not unlike its title character, the movie can be cloddish and clumsy, but it is also a thing of wily cleverness and lithe, surprising grace."

His representation of the movie flies far from just the basic view of the movie. The story within a story concept that Roald Dahl created by comparing the little girl's life and the Giant's life created an amazing story of its own. The movie may have been a bit too dramatic in its horror form. The giant did look scary and there were always sudden movements. Every once in a while, you would hear a child scream or cry in the theatre, but I guess that made it more entertaining. Overall, the movie was enjoyable and I am very excited to know what other Roald Dahl books are going to illustrate our imagination in the near future.



The Power of Internet Anonymity

Children have weird imaginations. When walking around campus, we tend to run into friends, classmates, Professors and acquaintances. Every comment given to us by these people, may it be a compliment or a critique, is coming from a known source, so the effect it has on us depends on how well we know the person, and how much we care about his or her opinion.

Now imagine this, imagine that all of these people's faces are covered, imagine you have no idea who has given you that comment which may break or make your day, just imagine. How do you think you would feel like if you did not know who was complimenting you, would it make you feel as good as in the case where you know the person who did? Would it make you feel worse not knowing why a person who does not want to show you their identity would give you such a harsh critique? The main issue with comments given anonymously on the internet is that you may not know why the person on the other side of the screen would say such a thing. An example of a website in which questions are asked anonymously and comments are given anonymously would be ASKfm, which is a site many of us are familiar with.

Let us picture two scenarios happening on websites like ASKfm: First scenario, an anonymous person compliments you by telling you that you looked pretty in a certain photo. Surely, no one would be offended by such a comment, but it is not taken to heart as much as the second scenario. The second scenario is the case where an anonymous person offends you intentionally by comparing you to a certain

animal known to be ugly or bad-looking. I have, unfortunately, witnessed people go through such comments, and as silly as it may sound; it does indeed deeply affect them.

The reason why people get upset over the harsh comments is because since we do not know who the person is, we cannot tell whether they are just jealous, just being honest or just trying to have a laugh, we do not know. When this happens, we unfortunately take a look at ourselves, and start critiquing ourselves, and some of us may even start hating ourselves.

Do not get me wrong, internet anonymity can be good in some ways; it can help us express things that we are too scared to admit out loud in real life. Our generation has become a much more expressive and opinionated generation because of seeing people express themselves on the Internet. Also, some website running anonymously may be used to expose certain lies that the general public has been told or to send a strong message of awareness, and it may be too dangerous to include a name along with such posts. Internet anonymity can be safe at times. However, my focus in this article was on the many people that have lost themselves in the harsh comments and who have been deeply affected, whether it is just emotionally or physically as well.

As an anonymous writer, I would like to tell these people who have suffered with such bad comments coming from people who do not have the guts to say things to people's faces, that it is not you, it is them. They are the ones who are not comfortable with themselves, so they desperately try to find a way to get to others and make them feel as bad as they do about themselves. I know that this is a cliché statement to make, but it is true for most cases. So how do you feel reading this not knowing who I am? Whether I am a girl or a guy? Whether I have been through such a thing or not? Would the message be more strongly conveyed if you were to know who I was?

With love,
Anonymous.



November Playlist: Feeling Infinite

By: Farah Hamoudah

You know when you're listening to a song and you feel the world slow down like you're stuck in a time warp? When you catch a glimpse of your favorite chord and the lyric you've sang out loud a million times before and now, you're suddenly on cloud nine. The songs on this playlist are going to make you feel just that- you'll feel infinite.



Daughter - Human



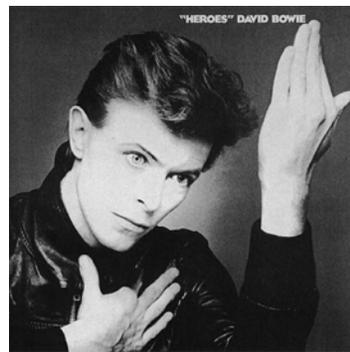
Talking Heads - Psycho Killer



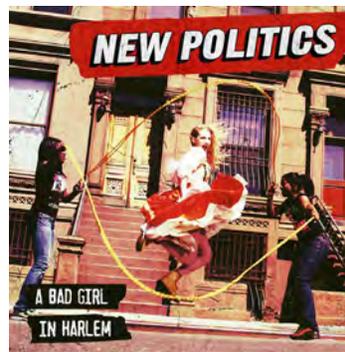
Walk The Moon - Anna Sun



AC/DC - Back In Black



David Bowie - Heroes



New Politics - Harlem



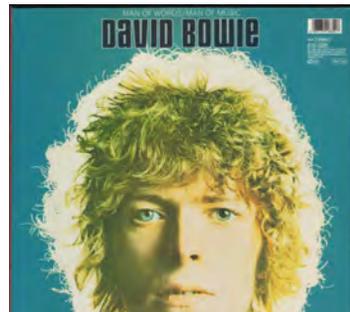
The Handsome Devil - Mexico



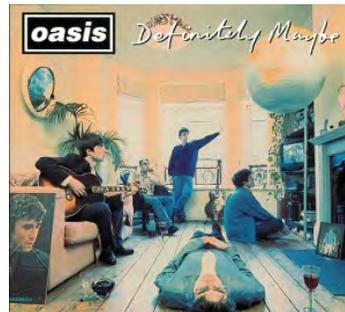
Gorillaz - Clint Eastwood



Bleachers - Rollercoaster



David Bowie - Space Oddity



Oasis - Live Forever



Rihanna - Higher



The 1975 - Robbers



Bridgit Mendler - Atlantis



Queen - Don't Stop Me Now



My Chemical Romance - Na Na Na



The Strokes - Machu Picchu



Børns - Electric Love



The Beach Boys - Good Vibrations



The Smiths - There Is A Light That Never Goes Out



The Killers - All These Things That I've Done



Dexy's Midnight Runners - Come On Eileen



The Black Keys - Gotta Get Away

The United Nations' 17 Sustainable Development Goals

By: Ahmad Hasan

Since the advent of industrialization, mankind has gotten caught up in a frantic wave of development. We've been so rushed in our actions, so eager to build, expand, develop and exploit the land, that we have done irreparable damage not only to the planet we call home, but also to its future inhabitants. In an attempt to curtail this growing disaster, the United Nations, on September 25th 2015, signed into action a set of goals to try and achieve within the next 15 years. These 17 developmental goals have been adopted by a plethora of countries to try and end poverty, protect the planet, and ensure mutual prosperity for all. For the sake of brevity, this article will only mention each goal and its objective, without delving into the details. For those interested in reading more, I encourage you to visit the United Nations' official website; there you will find a more detailed breakdown of the specifics behind each issue, as well as a more comprehensive analysis of how each problem will be tackled, and the date by which they hope to accomplish each step.

1. No Poverty

End poverty in all its forms everywhere.



2. Zero Hunger



End hunger, achieve food security and improved nutrition and promote sustainable agriculture.

3. Good Health and Well-Being



Ensure healthy lives and promote well-being for all at all ages.

4. Quality Education



Ensure inclusive and quality education for all and promote lifelong learning.

5. Gender Equality



Achieve gender equality and empower all women and girls.

6. Clean Water and Sanitation



Ensure access to water and sanitation for all.

7. Affordable and Clean Energy



Ensure access to affordable, reliable, sustainable and modern energy for all.

8. Decent Work and Economic Growth



Promote inclusive and sustainable economic growth, employment, and decent work for all.

9. Industry, Innovation, and Infrastructure



Build resilient infrastructure, promote sustainable industrialization, and foster innovation.

10. Reduced Inequalities



Reduce inequality within and among countries.

11. Sustainable Cities and Communities



Make cities inclusive, safe, resilient, and sustainable.

12. Responsible Consumption and Production



Ensure sustainable consumption and production patterns.

13. Climate Action



Take urgent action to combat climate change and its impacts.

14. Life Below Water



Conserve and sustainably use the oceans, seas, and marine resources.

15. Life on Land



Sustainably manage forests, combat desertification, halt and reverse land degradation, halt biodiversity loss.

16. Peace, Justice, and Strong Institutions



Promote just, peaceful, and inclusive societies.

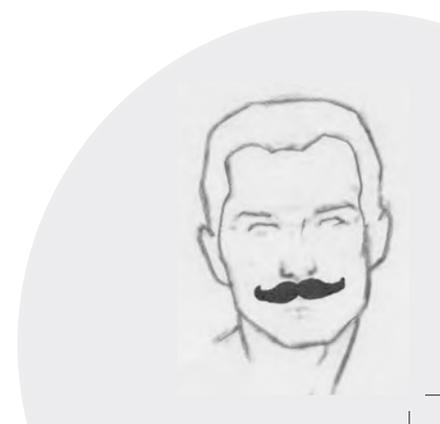
17. Partnerships For the Goals



Revitalize the global partnership for sustainable development.

As you can see, this is no small undertaking. Most if not all of the issues tie into each other in one way or another, and no single issue takes precedence over the others. However, the goals vary enough and are independent enough that anyone can be involved in one, or in the project as a whole. There are many ways a person can contribute; even doing as little as raising awareness for these issues does far more than remaining silent and ignorant on the topic. While we cannot personally influence global policies that affect deforestation, or oil consumption, or the treatment of others, or any number of issues that might seem out of our hands, it is still most definitely possible to lead by example.

By cutting down on our own emissions, treating others fairly and justly, and by generally respecting the planet we live on, we can be an inspiration to others to do the same, and little by little correct the wrongs we have done, hopefully before it is too late. It is up to all of us individually to determine what we end up as; a perfect society living in a perfect utopia, or an extinct species on a charred and desolate wasteland of a planet, and everything in between. Both extremes, once considered an impossibility, are now, while unlikely, completely possible outcomes.



Exclusive Interview With The Saudi Reporters



By: Shahad Almousa

“It started as a hobby, we always loved making videos and making people happy.”
–TheSaudiReporters

They say when you love what you do you excel in it. While *TheSaudiReporters*’ love for making videos grew so did the frequency of their uploads. Soon it became regular. Sundays, 7pm, KSA timing. Drop everything and refresh their Youtube channel.

It was one of those moments where boredom took its toll on me.. I had nothing to do. Naturally, as one does when bored, I went on Youtube. To cut a long story short, I have discovered a channel that is beyond what I can call epic. (Okay I may or may have not (probably not) exaggerated on the whole epic thing.)

After binge watching most of *TheSaudiReporters*’ videos in the time span of three days I came to the conclusion that I had to, and I mean I just had to introduce it to more and more people.

TheSaudiReporters team consists of Abdulaziz Bakr and Abdullah Bakr on-camera, and Kholoud Bakr behind the camera. Born in 1994, Abdullah and Abdulaziz are 22-year-old brothers from Jeddah, Saudi Arabia. Upon following them on social media I have found that Abdulaziz portrays himself as ambitious, comedic and determined. Whereas, Abdullah expresses himself as diligent,

confident, and charming. Kholoud is artistic, supportive, and enthusiastic with everything in regards to the Youtube channel.

It doesn’t take much to tell that *TheSaudiReporters*’ Youtube channel has risen as one of the most influential and diverse Youtube channels in the Middle East. (It’s also by far one of my most favorite channels to watch). They have recently had the number one most viewed video in Kuwait and Saudi Arabia, and in September they received their Youtube play button for 1 million subscribers. (Even though they’re closer to 2 million right about now)

The YouTube channel, *TheSaudiReporters*, being their main social media platform was initiated August 10, 2010. It was a result of their love for making videos and spreading joy and positivity. With the initial support of their family, and now with over 1.7 million subscribers and 1780 million total views they are able to reach the wide audience they once wished to influence.

TheSaudiReporters bring so much more than just entertainment to their Youtube channel. What I love, and have noticed most about the channel is how Abdullah and Abdulaziz manage to slip facts and information smoothly and subconsciously into their videos. Not only is this a great way to educate people, but also, it actually makes learning seem worthwhile and fun. Sometimes, when Abdullah and Abdulaziz get a chance, they travel to extraordinary places. My favorite thing about their vlogs is that they share their journey with us. They teach us about a country’s traditions, culture, and languages. Best of all they encourage us to identify with new ideas and ways of thinking, which in the end could help us grow as people.

Whenever you need genuine humor and a good laugh, refer to *TheSaudiReporters*. You laugh *with* them and *at* them! The best thing about *TheSaudiReporters* is that they manage to make everything comedic in some way or another, down to



the struggles in life. Their determination to make it through a challenge without failing miserably is humorous.

Challenges, however, also show determination. Without their strong belief in their supporters, and *their own* persistence, they wouldn't be able to complete difficult, whimsical challenges that bring crazy obstacles to the table. In a way, it's found both brave and encouraging that they put themselves through minor struggles just so they can put smiles on their viewers' faces.

Some of my favorite videos are:

- Vlog to Washington D.C.
- Interview with ourselves
- Ghost pepper challenge
- What's in the box 1
- Whisper challenge
- Heads up

When you are done with your *TheSaudiReporters* marathon and you have no more videos to watch, there are only two other options for you. Either follow them on all their other social media accounts or re-watch every single video over again. Since Abdullah and Abdulaziz only post one video a week, they make it a habit of being super active on other social media networks such as instagram and

snapchat. Other social media networks they are on are vine and twitter, and here is how to find them:

Youtube channel: TheSaudiReporters

Twitter: @TheSaudiReporters

Facebook: TheSaudiReporters

To find Kholoud on Twitter:

@Kholouddddd

And on Instagram: KholoudBakr

To find Abdullah on Twitter, Vine,

Snapchat, and Instagram:

@BoodyZozo

To find Abdulaziz on Twitter, Vine,

Snapchat, and Instagram:

@ZozoBakrTV

I took it upon myself to contact TheSaudiReporters so we can get to know them a little better. With the help of my colleagues, we came up with a few questions and these were their replies:

Out of all social media platforms , why did you choose youtube as your main outreach to your audience?

For the Saudi Reporters, YouTube was the first platform that introduced them to the social media world. They "think it's the best platform to express your opinion", that helps them reach a wider audience.

Is there a time when you feel like your lives are too public? Do you ever feel like your privacy is violated, if so how do you deal with it?

Upon choosing this line of work the Saudi Reporters "knew some sacrifices had to be made in order to make it in a highly competitive field". They think, however, that this helps them interact with their fans more when they meet. To them their self-proclaimed titles of "reporters" translate more clearly into "partners."

Did YouTube provide mostly positive outreach experiences?

In all fields of work you "receive positive as well as negative feedback and experiences." As The Saudi Reporters put it, "enjoy the positive and try to learn from the negative."

Do you think YouTube serves as a great memory board? do you think years from now you would look back at your youtube channel the way our parents and grandparents look at photo albums?

"Definitely, as a creator it's nice to look back sometimes at the humble old days and see where you started from". The Saudi reporters seem to think that comparing current to old videos helps you improve. However, they always prefer to focus on the future.

Can you tell us one quote that you would like us to print as your own, one that you go by?

" Our favorite quote is 'Try new things it's ok to make mistakes' ."

How do you feel on camera? do you feel like if you were one without the other the videos would be harder to make?

Although each of the Saudi Reporter's has his own identity and the same audience, together they "complement" one another.

Have you ever visited Kuwait? If not do you feel like you ever would?

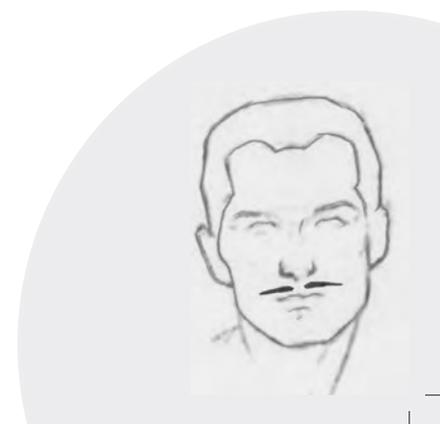
"We are planning to visit Kuwait soon and we are very excited for that since we have many reporters in Kuwait."

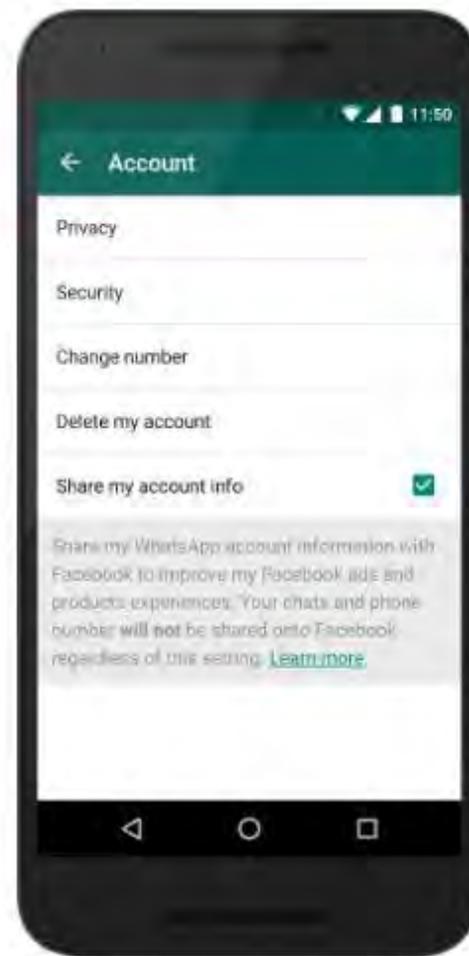
How do you feel about possibly hosting official meet and greet events, in the future, where you can connect with your subscribers and meet them face to face?

"We have done that in Dubai and other

cities and it was very exciting." They manage to get direct feedback through meeting fans face to face.

As far as I know, *TheSaudiReporters* can proudly say they are growing as people, as a channel and as a brand. They keep adding wonderful content to their already admirable collection of videos. This however, is not the capstone to their Youtube channel nor is it their end. A new beginning and a new chapter have just opened up for Abdulaziz and Abdullah, and we are thrilled to say we will witness their great rise. So, stay tuned because there's great things in the works!





Will WhatsApp's Data Mining Help Local Businesses?

By: Farah Hamoudah

As I roam through the unusually vacant and notoriously popular Marina mall, I begin to feel a tingling sense of dread as I walk into store after store and notice something unforeseen amongst the shopaholic masses of Kuwait. No one was buying anything (excluding food). No one. Later, I was told by my sister, whom unlike me keeps up with the latest trends, that it has become "uncool" to shop in public; People now go shopping in Kuwait through Whatsapp. The concept is that people can "window shop" and look through products on the business's *Instagram* [Instagram is owned by Facebook, Inc.] profile, then, they can order the products via "end-to-end encrypted" Whatsapp chats. I didn't like complexity and intangibility of it all, and even more so after *Whatsapp* changed their already-terrible "Terms and Conditions" to allow itself to share

users private data with its domineering parent company of *Facebook* supposedly for the noble pursuit of better quality advertisements featuring things you probably don't need and the battle against spam, which when you think about it, are two very contradicting ideas.

You may have noticed a white page, with green text urging you to agree to WhatsApp's new terms and conditions when opening the messaging application. The note remained until September 25 2016, where if you had not clicked "agree" already it would automatically do that for you, instead. The following is what is featured in WhatsApp's newest privacy policy in the "Key Updates" section:

"We joined the Facebook family of companies in 2014. As part of the Facebook family of companies, WhatsApp receives information from, and shares information with, this family of companies. We may use the information we receive from them, and they may use the information we share with them, to help operate, provide, improve, understand, customize, support, and market our Services and their offerings. This includes helping improve

infrastructure and delivery systems, understanding how our Services or theirs are used, securing systems, and fighting spam, abuse, or infringement activities. Facebook and the other companies in the Facebook family also may use information from us to improve your experiences within their services such as making product suggestions (for example, of friends or connections, or of interesting content) and showing relevant offers and ads. However, your WhatsApp messages will not be shared onto Facebook for others to see. In fact, Facebook will not use your WhatsApp messages for any purpose other than to assist us in operating and providing our Services."

Now, I don't know why, but it seems like the people of Facebook fancy themselves to be some kind of reincarnated King Midas - as in, they think that everything they touch magically turns to gold! But, is that true? WhatsApp is clearly aware of business transactions going on as more and more people in the region satiate their need to invest in shiny bags, shoes and other luxuries. This is its attempt on making a buck out of said transactions. Will it work? I don't know how it can when there are still

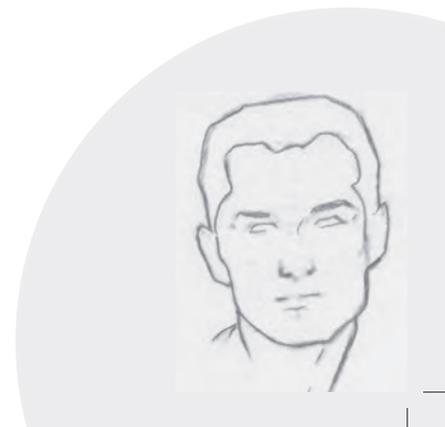
rules to be made and work to be done. It feels silly to predict that this controversy would just eventually die down, especially when global courts (such as in India and Europe) are taking steep action to stop, what many consider, a violation of basic privacy rights.

Our new-found reliance on WhatsApp these past few years has cultivated a disturbing sense of need, i.e that we need the app, and **not** the app needing us. I say, WhatsApp should consider the community it has cultivated before it's too late. It cannot just spring something as radical as changing its entire privacy policy to cater to its parent company rather than its loyal users. Which is why, I'm surprised why there hasn't been that big of a reaction in the GCC. Do we not care about our privacy? Have we developed a shallow habit of giving in or are we just plain lazy? The silence of the mall stores, which I once thought to be relaxing, is now dismally disheartening, reminding me that if the silence persists, we will continue to be monitored extensively by a network that has no real regard for neither technology ethics nor transparency.

Days of November

By: Sara F. Ayesb

1 World Vegan Day	9 World Freedom Day (United States)	17 World Philosophy Day	25 International Day for the Elimination of Violence against Women
2 International Day to End Impunity for Crimes against Journalists	10 World Science Day for Peace and Development	18 National Day (Oman)	26 Law Day (India)
3 Culture Day (Japan)	11 National Education Day (India)	19 International Men's Day	27 Native American Heritage Day (United States)
4 Community Service Day (Dominica)	12 World Pneumonia Day	20 World Day of Remembrance for Road Traffic Victims	28 Independence Day (Mauritania)
5 World Tsunami Awareness Day	13 World Kindness Day	21 World Television Day	29 International Day of Solidarity with the Palestinian People
6 International Day for Preventing the Exploitation of the Environment in War and Armed Conflict.	14 World Diabetes Day	22 Lebanese Independence Day	30 Martyrs' Day (United Arab Emirates)
7 National Revolution and Solidarity Day (Bangladesh)	15 Tree Planting Day (Sri Lanka)	23 Labor Thanksgiving Day (Japan)	
8 World Urbanism Day	16 International Day for Tolerance	24 Teachers' Day (Turkey)	



HOROSCOPES



Aquarius:
January 20 – February 18 (Air Sign)

This month you will be adventurous, daring and bold in your actions. You will find the energy to do things beyond your wildest imagination.



Gemini:
May 21-June 20 (Air Sign)

Bizarre events lie in store for you this month, so expect the unexpected. However, make sure to keep track of your finances since this month will be turbulent on your wallet.



Libra:
September 23- October 22 (Earth Sign)

Your physical appearance will be noticed by those who surround you this month. You are likely to receive many compliments.



Pisces:
February 19 – March 20 (Water sign)

Tap into your nature-loving side and spirituality this month. Volunteer at an animal shelter and take a yoga class at Al-Shaheed Park. It will serve you well.



Cancer:
June 21- July 22 (Water Sign)

You will experience a change in your energies, which will allow you to follow your dreams more easily. But beware being thrown into an imbalance of energies.



Scorpio:
October 23 - November 22 (Water Sign)

The odds are in your favor this month! Welcome your birthday with open arms and embrace those you love, or they probably have something big planned for you. Forgive them if they don't.



Aries (Mar 21-Apr 19)

A friend will prove their true loyalty to you soon. If you look carefully, good fortune will come your way in its material form.



Leo:
July 23- August 22 (Fire Sign)

Situations in your recent history have caused you to be doubtful of those closest to you, but you mustn't let that feeling get in the way this month.



Sagittarius:
November 22 - December 21

It could possibly be time for a change in your wardrobe. Your sign predicts you will have excellent bargains on purchases this month.



Taurus:
April 20-May 20

Take extra care of yourself this month, especially your health. Pressures and stresses of life are likely to build up this month and raise your blood pressure.



Virgo:
August 23- September 22

With the change of weather will come a change of heart. You might want to reconsider some of your friendships this month.



Capricorn:
December 22 - January 19

You have promises left unfulfilled and have begun to disappoint those closest in your life. Attempt to mend the bonds before they are broken beyond repair.