By FATIMA IBRAHEEM

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

This past summer, four AUK students participated in the program: Abdulrahman Al-Farhan, Shahed Al-Wadani, and Khawlah Tukhaim. Below are accounts of the summer exchange experience from two of the interns. The selection process for Summer 2011 will begin most likely in early November. In the middle of nowhere, a 16-hour flight from the AUK campus in Salmiya to get to a place they call the greenland. Welcome to Dartmouth College, an Ivy League school and one of the best universities in the linguistics field. It’s been one of my greatest experiences to be living and working on this prestigious campus. I don’t consider it as just an internship but a month of life experiences that I will never forget.

Teaching and Learning Language at Dartmouth

By ABDELRAHMAN AL-FARHAN

I was a really great experience to both teach and study a language as a student. In the Rassias Center of World Languages and Cultures, I first started as a teaching assistant for the Arabic language program where I taught the participants Arabic as a second language. It’s more than just teaching, it’s experiencing the happiness of helping other students speak my native language. It’s also the self-satisfaction of observing the improvement of the participants day by day. The effort needed in this small time period is immense but it is enough to make a person happy and do

What’s the Proportion Between a Child’s Neck Size and Future Weight Problems?

By FATIMA IBRAHEEM

For years, we have been relying on the BMI (Body Mass Index) to indicate our weight status. However, recent study suggests that “measuring neck size could be as accurate as BMI,” specifically for children at age 5, which is so beneficial in the aspect that it helps in revealing any future weight problems the child might encounter. This, in return, initiates taking action for early treatment and prevention. As seeding to studies and researches at the University of Michigan’s Mott Children’s Hospital, screening using neck size rather than BMI suggests more accuracy because BMI measures the body mass by a ratio of weight to height, which isn’t entirely an accurate indicator, as doctors suggest, since it includes weight of both body fat as well as bones and muscles mass. “While adults may develop muscular necks as a result of diverse and relevant issues by providing high-quality news and information in an academic context. Through this, the Voice also strives to heighten awareness.

 SSC Welcomes New Staff Members

Student Success Center (SSC) Welcomes El-Sherbine, Academic Support Specialist. Shaimaa El-Sherbine, the new Academic Support Specialist, joins AUK from the American University of Cairo, where she earned a Master’s degree in Public Policy and Administration. She also completed her Bachelor’s degree at AUC, majoring in Journalism and Mass Communications with a double minor in Philosophy and Business Administration. Shaimaa is responsible for all academic support services including the Peer Tutoring Program, supplemental instruction, and success workshops. If you need some help with your courses, you might encounter. This, in return, initiates taking action for early treatment and prevention.

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Ten Brain-Destructive-Habits!

1 - Leaving home without having breakfast. This will cause a decrease in the level of your glucose, which prevents your brain from its reach to do its job. If your poor brain does not have its own food, do you expect it to function properly in your tum Math class?

2 - Excess sugar intake. Be moderate; your body needs energy, and it’s your brain that needs it the most. If you’re going to drink, drink in moderation.

3 - Not eating enough. Make sure you eat a balanced meal, rich in protein and vegetables. Your brain needs all the nutrients it can get to perform its optimal function.

4 - Not drinking enough water. Your body is made up of 70% water, and your brain is no exception. Drinking enough water helps maintain the proper functioning of your brain.

5 - Drinking too much caffeine. Caffeine can help you stay awake, but it also increases your heart rate and blood pressure, which can put a strain on your brain’s blood vessels.

6 - Lack of sleep. Your brain needs rest to function properly. Sleep helps consolidate memories, and it’s critical for learning and memory.

7 - Smoking.烟草烟雾中的有害物质会损害你的肺部、心脏和大脑。这些物质会干扰血管，导致血压升高、血氧水平下降，最终可能导致中风或心脏病。

8 - Excess alcohol intake. Excess alcohol intake can lead to neuronal death and decrease the brain’s ability to function efficiently.

9 - Smoking. Tobacco smoke contains harmful substances that can damage your lungs, heart, and brain. These substances can interfere with blood flow, raise blood pressure, and put a strain on your brain’s blood vessels.

10 - Not exercising enough. Regular exercise helps improve blood flow, reducing the risk of stroke and dementia. It also helps maintain a healthy weight, which is essential for optimal brain function.

Hurricane Arabia Hits London

By FARAH AL-SHAMALI

Whenever you’re traveling and excited to discover new places, meet new people, and create/share meaningful memories with your loved ones, you shouldn’t always expect everything to go right. I know, I’m starting this article out negatively but that’s exactly what I realized a few months ago. This summer, my family decided to take a trip to Edinburgh, Scotland and London (of course, being one of the most populated cities on earth, I wouldn’t need to tell you which country it’s in). In the years leading up to my journey to London, Kuwaitis began to pick up the trend of making it a holiday getaway that might help you become a part of some people who would visit on weekends. I’d always hear from my friends how they’d just gotten back from London and they’d seem back from London and they’d seem

Al-Akhdar Club Trip to Egypt

By MARIAM K. EL-TEMTAMY AND SHAZA A. ZARI

A-Lakhdar Environmental Club is designed to accommodate students and faculty who wish to make a positive difference with respect to environmental issues. This club is for people who are committed to taking action, in order to protect and preserve the environment. Al-Akhdar Environmental Club volunteers and accepts any students who intend to participate in activities that are 'green' initiatives on campus as well as off campus.

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Outcome of Presidential Search Process

Continued from pg. 1

next year or not, and who is it? "Yes," Dr. Sullivan smiled, "his name is Winfred Thompson." Winfred Thompson was the first candidate AUK invited, and he came back for a second visit, which was different from the first in many aspects as it was more specific. During the search process, selected students who have been identified as student leaders on campus were included in many of the different candidacies to debrief and have their own feedback and perspective, share similarities and ambitions for a record in assistance of the process. However, due to final exams, these consistent students were unable to meet with Mr. Thompson for a second time.

With a PhD and M.A. in the field of History from the University of Chicago moving on to earn a Juris Doctor (J.D.) and advanced Law Degree (L.L.M.) from George Washington University, President Winfred Thompson served as Vice President of the University of Arkansas, Fayetteville, and has also acquired several administrative positions in the same university. He served as Chancellor in American University of Sharjah, and took a presidency position in University of Central Arkansas (UCA) as the 7th President from 1988-2001. In regards to achievements during his tenure at UCA, Dr. Thompson encouraged the development of building connections and renovations on campus, while also establishing the Community School of Music and the introduction of the Baum Gallery of Fine Arts, which goes hand-in-hand with AUK’s Liberal Arts education. In addition, in relation to AUK and the opening of new majors/minors, Thompson made UCA receive two doctoral programs, one in School Psychology and one in Physical Therapy. For faculty, he created two programs; one responsible for giving lectures and opening chances on a teaching profession named Instructional Development Center (IDC), and, another, Sponsored Programs, related to assisting faculty in their search for grant money.

AUK’s mission statement should and will be Dr. Thompson’s priority, therefore helping but ask the question: “How could he assist AUK and what kinds of goals have you brought to his attention in regards to AUK in this particular point in time?” Accreditation was the first issue brought up and since Dr. Thompson has been involved in accreditation processes, his past experience will hopefully have a hand in AUKS. As of the exhaustive issue of segregation, there will be an attempt to allow students to circumvent such decisions through more of out-of-class activities. "The Graduation!" Dr. Sullivan laughed, meaning that with what he has observed from the past graduation, he will make sure to enrich him with details and recommendations for improving next year’s graduation ceremony through an elaborate and confidential memo.

As President Thompson arrives to AUK, Interim President, Tim Sullivan will overlap for the first three weeks starting from September. Dr. Sullivan also added, in response to the question: “Based on what kind of criteria was Winfred Thompson chosen that the Board of Trustees was careful to choose someone who is highly experienced and someone who would already know the job rather than someone who would ‘learn the job on the job’ as he put it, since this is crucial for a six-year-old campus.” However, with my follow-up comment which implied that experience isn’t always the accurate basis for a candidate’s evaluation, Dr. Sullivan assured me that Dr. Thompson is the “best fit” for AUKS current position and situation since, in addition to his experience, he is someone who can University of Kuwait. Selection Process, he suggested participating in the Presidential Search which students act as a therapist in several private practice clinics. He has experience working with many different issues such as anxiety, anger management, social problems, family issues, and addictions. He has also received training and certifications through various organizations, including Anxiety Disorders, National Organization for Victim Assistance, Childhood Disorders, Relationship Dynamics and Cultural Diversity.

Please drop by the SSC on the 5th floor of the Liberal Arts Building to welcome Jason Sullivan, the new President to AUK and let him know if you would like to talk about any problems that are bothering you. Student Success Center Welcomes Shoug Al-Othman, Academic Advisor/ Government Scholarship Program: Shoug Al-Othman, the new Government Scholarship Academic Advisor, earned her Bachelor degree from the American University of Kuwait with a double major in Finance and Marketing and a minor in Economics. Shoug is responsible for advising and assisting all Government scholarship students in developing educational plans and/or offering general assistance with scholarship guidelines and regulations. Please visit Shoug at the SSC to ensure that you are on track.

The Voice of AUK

Our Mission

The Voice of AUK is a student-run, monthly newspaper that seeks to foster active communication among the entire campus community and keep it abreast of diverse and relevant issues by providing high-quality news and information in an academic context. Through this, The Voice also strives to heighten awareness of rights and responsibilities in the AUK community. The Voice also exchanges a commitment to philanthropy.

The Voice of AUK welcomes contributions from all registered students, faculty and staff members of the American University of Kuwait. Submissions should be emailed to voice@auku.edu.kw.

All submissions must be approved by the Editorial Board, in accordance with the Editorial Policy, in which AUK offers no guarantee that any submission will be published. To make considerations for publication in the Voice, submissions for a given issue must be received on or before the published deadline for that issue.

The views expressed in opinion sections represent strictly the views of the author, and do not necessarily reflect those of the Voice of AUK, nor of those of the American University of Kuwait. All submissions become property of the Voice of AUK. The Editorial Board reserves the right to edit all submissions, including for grammar, spelling, style, and clarity. Writers have the right to withdraw submissions at any time prior to publication.

The Voice of AUK is published in ten monthly issues from September through October, and in a single issue for the months of July and August. Special non-news supplements may be published from time to time. For advertising information, send email to voice@auku.edu.kw.

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Dalal Marafie

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Nada El-Badry

Dalal Marafie

Sarah Khalaf

Farah Al-Shamali

Our Mission

Welcome! We are pleased to welcome you back to campus to kick of another successful academic year! This fall, AUK will continue to provide quality instruction and cutting-edge research to our students. With over 1000 full-time faculty members, AUK offers a range of undergraduate and graduate programs in the arts, sciences, business, engineering, and other fields.

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was to explore and investigate the conduct Egypt uses in greening the environment and then apply it to AUK’s and Kuwait’s environment as a whole. Furthermore, Al-Akhdar Club has a social aim, which is to enrich the relations between Kuwait and different countries from the Middle East. Professor Aly Mansour is the club advisor and he was one of the faculty members who joined this trip along with Professor Mohammed Satti and his wife Mrs. Mimi. The supervisor was Mrs. Sally Khalida. She helped a lot in planning the events with the club’s president, Fahad Al-Ammar. The trip lasted for seven days and every day had its own enriching experience for the Al-Akhdar club members, whether on an environmental or social scale. Their first visit was to Salah El Din Citadel which has the main focus of Egypt’s ancient history during the Ottoman reign. The architecture of the citadel was a history by itself. In addition, Al-Akhdar members visited the Pyramids, a Sound and Light show, which also enhanced their understanding of Egypt’s earlier inhabitants (the pharaohs) and the techniques they used in building the pyramids.

On Monday, 19th of July, 2010, Al-Akhdar members experienced their first visit to Suez Canal University, Faculty of Agriculture and Agronomy. They met faculty and students who were working on their senior waste recycling projects. Moreover, they attended a lecture by Dr. Abdel-Hadi about waste recycling and the uses of the resulted biogas as fuel. During the same day at Suez Canal University, Al-Akhdar members planted two trees, one by the male members and the other by the female members, as their first practical step in greening the environment.

On Tuesday, 20th of July, 2010, Al-Akhdar group visited Suez Canal University for a second time. They met more of the faculty and attended seminars that discussed pollution problems, their causes and thought of reasonable ways to solving them. After that, they had a tour of the Crocodile Lake in Ismailia, which is visually connected to the Suez Canal. Also, they were lectured on the history of digging the Suez Canal, which took ten years. In addition, the lecturer talked about the wars longing to the council of the Arab League. This club was established in 2006 and it has flourishing activities in greening and beautifying Cairo. The lecturer also mentioned that Kuwait is one of the countries that seek the protection of endangered creatures under the supervision of Mrs. Muna.

In brief, the Al-Akhdar club’s trip to Egypt was a positive step and, optimistically, a good start for a green future! Without the support of AUK and its faculty, it would have never happened.
A new feature of the Voice, the WOLP PACK COMMUNITY introduces members of the Woll Pack family. Whether you’re involved in activities or events that AUK provides, we want to introduce you to the community. Each edition will feature nominated students selected by different divisions at AUK, namely Student Life and the Division of Student Affairs - it’s all about your profile! If you have someone in mind and would like to nominate them to be featured or even wish to feature yourself, contact the Voice at voice@auk.edu.kw so that your nomination is considered by the mentioned divisions.

Luke Rangel

Luke Aquinas Rangel displays powerful insight through showing how educational works effectively and how it transforms the human persona. This creative individual wrote poems for school plays. He passed the JAR (Joint Aviation Regulations) exams in the UK, and completed a couple of flying degrees in the States. EXTRODINARILY! He joins AUK with the intentions of majoring in Computer Engineering and has later plans to pursue his Masters Degree in Mass Communication. Luke is certainly a determined student with diversified interests. His School Grade Average Point is 4.00 and his college placement results were fasci- nating. Luke chose to study in AUK rather than heading back to India to learn more about his world politics and Middle Eastern affairs. Luke stated that “strength lies in differ- ent choices, apart from this, none of us is as smart as all of us.” Salute to Luke Rangel from the Office of Admissions!
Warm Welcome from the Editorial Board

Welcome to the Dean of Student Affairs’ Corner

BY DEAN CAROL ROSS-SCOTT

WELCOME BACK CORNER

Step One: Meet your Parent Relations and Alumni Affairs Coordinator to learn about inter- and extra-curricular activities. If you’re not sure if you know your way around, come by the Student Activities Office, the Student Government Association, and the Student Assembly to introduce yourself. You will be able to check out the main office and locate the office of Student Life or Academic Affairs.

Step Two: Meet your Residence Life Coordinator to learn about the main campus and the different residence halls. You will be able to check out the main office and locate the office of Residence Life or Medical Services.

Step Three: Meet your Academic Affairs Coordinator to learn about the main campus and the different academic departments. You will be able to check out the main office and locate the office of Academic Affairs or Business Affairs.

Step Four: Meet your Student Life Coordinator to learn about the main campus and the different student organizations. You will be able to check out the main office and locate the office of Student Life or Campus Activities.

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Welcome from the Office of Registrar

BY THE OFFICE OF REGISTRAR

Dear Wolfpack members, welcome back to another exciting year at AUK! Whether you’re a new or returning student, you will occasionally find yourself walking over to the Office of the Registrar, located across from the library. We are available Sunday to Friday, from 8:00 am to 4:00 pm to answer your questions and address your concerns regarding class registration, including a list of commonly used forms (Application for Graduation, Authorization to Enroll, Credit In/Debit Request, etc.) and a copy of the final exam schedule. In addition, you may contact us at 22248399 ext. 214 or 254 or email us at registra@auk.ac.ae.

Wishing you all the best in the new academic year!

Here are some important dates to keep in mind:

- Classes start the 1st of September
- Classes end the 15th of December
- Classes start the 6th of January
- Classes end the 17th of April
- Final Exams: April 26th – May 6th

By AMY KUSHNER, MA, CAREER COUNSELOR/SSC

Welcome Back Wolfpack!

BY MAY OMARAN

Welcome to another outstanding academic year at AUK! I myself, as a new student, have already found AUK at a wonderful start. So prepare yourselves for a dynamic and smooth transition into your progressing stage of life. Coming straight from a concise high school environment, you may find yourself somewhat hesitant to a change into a diverse community. As people may fear change for reasons such as adaptations to new ideas, thoughts and environment as a challenging challenge, you deserve confidence will help pave the way for an easy flowing process.

Here are some tips for the big step:

Stay Cool! Yes, as silly as it may sound, keep your cool. You don’t want to be a nervous wreck, a very bumpy road to take.

Be Diverse! All possibilities are out there. Being in a pro-active environment is fundamental for your mind.

Get Involved! Getting involved in your interests and hobbies provides some fun time around the university. AUK offers many clubs, organizations and activities to fulfill students’ extracurricular interests.

Touch Bases! Around the university you will find staff and faculty to assist your academic needs. Take advantage in obtaining all information needed about your program. Talk to your counselor in any difficulties you may be encountering. It is essential to keep in touch with them.

AUK is a diverse community ready for your exploration! AUK provides many wonderful opportunities to venture into your own personality and build a personality with all standards. As a student you will find the university set up slightly different from the high school setting. In terms of studies, you will find it more appealing since you are centralizing your studies in a certain field at your choice. Attending free lectures (check your emails for various lecture scheduling) provided by AUK is also a great idea to put in your consideration. Choice of fun electives may also be taken to add some tenderness in your studies.

University is all about identification and development into the individual you are. As a high school student, you may have been confused for being naive. Now as a university student, you are in the progressing age of self-development in being a more mature professional. In the next ideally – four-year education, you will find that when you understand the rules and procedures for AUK’s academic issues, they will help clarify a variety of your questions, and provide assistance through your university experience.

By NIzar Hamzeh, PhD, Dean of College of Arts and Sciences

The Division of Student Affairs is proud to announce that, starting this fall, the Office of Parent Relations and Alumni Affairs will serve two vital external communities: Parents and Alumni.

Our Mission: “The Office of Parent Relations and Alumni Affairs develops relationships and life-long connections with Parents and Alumni by serving as their primary liaison to AUK. The Office promotes awareness and provides assistance through numerous programs designed to engage, educate, and support.”

By OpraA has Arrived

The Transition

BY THE OFFICE OF PARENT RELATIONS AND ALUMNI AFFAIRS

The Voice of AUK Volume 7, Issue 1
Welcome Aboard!

BY AMY KUSHNER

The Student Success Center gives a hearty welcome to all the new faces entering our institution for the very first time, as well as embraces the continuation of students back to the American University of Kuwait. Where University Comes to Life.

Before we dive into the whirlpool of class registration, RAC numbers, credit hours and other college lingo, we will give you a little refresher of what the SSC is all about, and introduce for the very first time the new Peer Academic Leaders joining our team. The Student Success Center is committed to providing academic, personal and career support to all currently enrolled students and alumni. Located on the 5th floor of the Liberal Arts Building, the SSC provides services ranging from academic advising, academic support (tutoring center and various workshops), retention initiatives to personal and career counseling and disability services.

The Peer Academic Leaders, more commonly known on campus as PALs, serve as Peer Advisors to freshmen students, catering services in areas of educational planning, course selection, and academic support before, during and after PAR sessions. PALs are not just here to advise you on what courses you should register for, or what prerequisites you need to meet, but instead strive to create that genuine mutual bond with the advisee, and delve deeper into what career paths they wish to pursue and help them meet their goal.

So, don’t just see the PALs as another group of students on campus who serve you during registration or PAR events with the aid of the SSC Professional Staff, but instead see them as mentors who aim to guide you through your years at AUK, and make your transition to university life easy breezy. Being a PAL for the first time, I certainly hope my colleagues and I live up to the fine standards set by all the previous PALs.

Here are a few words you will hear more than you want to in your time at AUK, especially in your first year! So read along, familiarize yourselves with them, and pretty much commit them to your memory to make your life easier.

Advising: This is the time you will meet your academic advisor, who will tell you what courses to register for, it is acquired after meeting with the SSC (Freshmen & Undeclared majors) or your academic advisor (Declared majors). Credit Hours: Hours you have earned by successfully completing a course. Credit hours range from 1 credit to 4 credits, depending on the course.

Drop/Add: The procedure by which you may change your class schedule during the 1st week of classes by dropping or adding a course (through AUK Self-Service) without penalty. Beware that dropping or adding courses after the deadline announced will result in you being penalized! Freshman First Time at College: A year of being in the wrong place, standing in the wrong line, sitting in the wrong classroom, and having the wrong form. Luckily others are aware of this problem and will usually help.

Minor: Not a degree program, but a limited focus in a program which enhances your major.

Tips for you in the future.

Tip 1: Explore the various clubs, organizations and events by visiting the Office of Student Life (located in the Sciences Building). Your ability to develop social skills now will lead to greater opportunities for you in the future.

Tip 2: Play or watch intramural sports. Doing so allows you to get to know other students and it’s good for your health!!

Tip 3: Attend special lectures, panels, speeches, plays and/or concerts. The real-world knowledge, experience and outcomes of these events cannot be found in the classroom!

Tip 4: Go to see professors after class and ask questions. This is an exercise that will help you build confidence and character over time.

Tip 5: Eat at the Diner. We have a new chef and the food menu is incredible!

Tip 6: Join a student group that is passionate about something.

Tip 7: Express your feelings, emotions, thoughts and ideas freely and openly! This is what a liberal arts education is all about!!

In closing, I hope you make the best out of your education. Learn. Think. Become. P.S. Please check your self-service accounts for admissions holds that may exist. Any missing documentation from your admissions file will prevent you from registering for classes next semester. Please stop by the Office of Admissions with any concerns that you may have regarding your admissions file.

Look Out For

Social Awareness Week
Mark your Student Planner & Get Involved!!

October 31-November 4, 2010

Welcome from the Office of Admissions!

BY MAHER DABBOUSEH, MBA

Dear AUK Wolf Pack, on behalf of the Office of Admissions, I would like to welcome all new students to AUK! Also, welcome back to all faculty, students and staff!!! The college/university years are known to be the best years of your life. This holds true when you take advantage of the services that are available to you! Below are some tips to get the most out of your experience at AUK.

Tip 1: Explore the various clubs, organizations and events by visiting the Office of Student Life (located in the Sciences Building). Your ability to develop social skills now will lead to greater opportunities for you in the future.

Tip 2: Play or watch intramural sports. Doing so allows you to get to know other students and it’s good for your health!!

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IMPORTANT DATE

22 Sept 2010 – Wednesday

- Last day in-person Tuition and Fees due.
- De-Registration process for non-payment of Tuition for Fall semester courses at the end of the business day.

28 Sept 2010 – Sunday

- Fall semester and 1st Block courses begin.

30 Sept. 2010 – Thursday

- Fall semester and 1st Block Drop/Add deadline.
- Last day to submit a Pass/Fail Option form. Permits to Audit Form, Independent Study Form & Internship Form. Last day to withdraw from the University with a 90% refund.

07 Oct. 2010 – Thursday

- Last day to withdraw from individual Fall semester and 1st Block courses with a 50% refund.
- Last day to withdraw from the University with a 50% refund.

28 Oct. 2010 – Thursday

- Last day to withdraw with a W from 1st Block courses.
- First Tuition Instalment due.

31 Oct. 2010 – Sunday

- “Must Declare Major” holds placed on students.
Let’s Club.... AGAIN !!!

Contact Rama Sabano
Coordinator of Student Organizations & Leadership Development,
Ext. 234
rsabano@auk.edu.kw
This summer, since it is three months before I’ll be a responsible, busy employee-to-be, I have once again fallen into the habit of spending many hours of the day for reading. As well as reading sensible and beautiful literature like Far from the Madding Crowd or other Hardy novels, I can also guiltily read all the mysteries, detective novels, adventures, and travelogues I want without deadlines or assignments, and enjoy every minute of it.

Recently, I was plodding through a rather impossible chapter in a book on theoretical physics also on my summer reading list, when I read about how time could hypothetically bifurcate, or fork, into several universes. This would solve Schrödinger’s cat problem, which asked if it was possible that a cat could simultaneously be alive and dead. I suddenly realized that there were interesting papers to be written on the connection between theoretical physics and Jorge Luis Borges’ “The Garden of Forking Paths,” a novel, let me just say that this description of this maelstrom is concerned! The first let down was discovering that there was such an ample population of my people because when you leave your country, the last thing you’d want to stumble upon is any thing that reminds you of it. Don’t get me wrong, I love Kuwait and everything it stands for, just not when I’m out to see the world. Then and there, the center of focus shifts as you’re given time to learn different things and nothing is more rewarding than that. I respected the fact that pockets of immigrant communities are always present in major metropolitan cities where people come to escape grim situations back home. I really did until I walked along Edgware Road which is a major shopping area in an Arab hub by night. As me and my family struggled to enjoy this brisk walk, I knew myself well enough to tell myself from this madness. I ate myself from this madness. I ate it, bit by bit. In the meantime, I try to analyze events and information for truths, and have developed the courage to read what I read on the news, or what I notice with my own eyes or ears. I try to analyze events and information for truths, and have developed the courage to read about—and enjoy—things I had never thought myself capable of, such as Middle Eastern history and the sciences for example.

As I tried to meditate myself from “student” to “graduate” who will soon be working, I am also forced to face some of the questions I started considering while at AUK. What do I really want to do? What is it that I’d really like to study further? What is it that I enjoy doing, enjoy learning? I’ll already begun to fret over these life-changing questions during my junior and senior year, but as family members and supporter pro- fessors and administrators have told me many times, I need to have planned out so methodically, it’s okay that I don’t know what I’m going to be doing in 10 years from now; it’s actually a good thing. This article cannot possibly cover how that shift around in my mind as I write this, partly because even I don’t know what half of those things are, but mainly, because the thoughts about the future are so overwhelming I can’t even begin to consider them in a sometimes confusing, sometimes enlight- ening way.

I’ve always been familiar with all my own interests and passions, but now I am warming to the idea that it will take a while to know which one(s) will come to prominence as something I definitely want to pursue further through higher studies, than that. I respected the fact that people to swing around on from the entrance, all that was really left was the ceiling to complete this immense tale and what officially inspired me to swing around this for you (that is, for those of you who’ve never been lucky enough to see this marvel!). Edgware Road is littered from start to finish while the rest of London’s streets are polished and gleaming. Before I turn this article into a novel, let me just say that this description, however exaggerated it may seem, is truthful. I remember thinking to myself: What must the English think of this? Shame was overcast upon me and I wanted nothing more than to dissociate myself from this madness. I stepped into McDonald’s to look for a bathroom and let me just say that a jungle is more organized than that. I respected the fact that pockets of immigrant communities are always present in major metropolitan cities where people come to escape grim situations back home. I really did until I walked along Edgware Road which is a major shopping area in an Arab hub by night. As me and my family struggled to enjoy this brisk walk, I knew myself well enough to tell myself from this madness. I ate it, bit by bit. In the meantime, I try to analyze events and information for truths, and have developed the courage to read what I read on the news, or what I notice with my own eyes or ears. I try to analyze events and information for truths, and have developed the courage to read about—and enjoy—things I had never thought myself capable of, such as Middle Eastern history and the sciences for example.

Although it was genuinely dis- appointing, in many ways it was a good thing.

Graduating has been so many things, and all through my last sophomore, even as early as my senior Fall, I kept going over my memories of being at AUK, from working through my first literature class in freshman Spring, to all of my non-major classes in Arabic, Art, Religion, Astronomy, Biology, and Math. I have very clear memories of taking notes in the cold Auditorium for lectures that I’ll be writing about for the Voice, or grabbing lunch from the Diner before running to the library to catch up on emails. In my four years at AUK, I can recall moments of great inspira-

continued from pg. 1

Notes After Graduation

Arabia Hits London

BY NUR SOLIMAN

Grabbing lunch from the Diner

writing about for the Voice, or

taking notes in the cold Audi-

Spring, to all my non-major

my memories of being at AUK,

senior Fall, I kept going over

considering I graduated in June.

that I wouldn’t get the chance to

at all. And then I remembered

not sure what really happened

Akira Kurosawa, where we’re

happens, or maybe even the film

“The Garden of Forking Paths,”

physics and Jorge Luis Borges’

connection between theoretical

be alive and dead. I suddenly re-

universes. This would solve

bifurcate, or fork, into several

chapter in a book on theoreti-

enjoy every minute of it.

As well as reading sensible

responsible, busy employee-to-

In my four years at AUK, I can

Graduating has been so many

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Les Misérables - A Book Review

Les Misérables is full of characters whose lives are linked together. Jean Valjean, the main character, steals a loaf of bread for his starving sister and her family and was incarcerated for nineteen years. An old rival, Javert, pursues him because Valjean breaks parole. Javert has disagreements because he sees the world in black and white and Valjean exposes him to the grays. While mayor, Valjean meets Fantine - an employee of his that used to work in his factory. He feels guilty because she is dying and promises to take care of her daughter, Cosette. Cosette is staying with the Thénardiers. The father and mother are villains and later drag their children into it. After Valjean observes them abusing her, he buys Cosette from them and takes her to a convent school where he gets a job. By the time she's a teenager, he feels safe enough to buy a house for them to live in. Cosette eventually falls in love with a revolutionary, Marius. Soon Valjean saves him from the barricade. Valjean also allows Javert, who is still chasing him, to escape from the revolutionaries. In the end, Javert's understanding of right and wrong is utterly destroyed and he cannot handle the gray, so he commits suicide. Cosette and Marius get married, and Valjean confesses to Marius of his past. Valjean removes himself from Cosette and dies of heartache. It is a lovely story, which is filled with detail and character.

The Phantom of the Opera - A Book Review

The Phantom of the Opera is about a young lady named Christine Daaé, a ballet dancer at the Paris Opera House. She is the musical student of a repulsively malformed musical genius who hides in shadows, living beneath the Opera House. Most people call him the Phantom or Opera Ghost, but she calls him the Angel of Music. He has been secretly teaching her how to sing. When Carlotta, the main female lead at the opera, leaves, Christine is called upon to sing, and she does so gratefully. But this does not mean well for her. Raoul de Chagny, a man whom she has known for some time, sees her sing and remembers her. He then becomes passionately interested in her, but the Angel of Music does not allow it as doing so will determine the fate of not only Christine, but of the entire Paris Opera House. Instead of letting them run away together, the Angel of Music kidnaps Christine in order to train her further. After unmasking him and revealing the horrible abnormality on his face, Christine runs away in astonishment.

Now, she is the enemy of the Phantom. She must hide from him at all times when she is in the Opera House, which also makes Raoul afraid for her. In desperation, after another performance by Christine, the Phantom kidnaps her again. He tries all to get rid of Raoul, who follows them down under the Opera House. Instead of doing so, however, he ends up making Christine and Raoul fall further in love with each other, and even more desperate to escape.

The Twelfth Night

The play centers on the characters Orsino, Duke of Illyria, and the woman he believes he is in love with, Olivia, “a rich countess.” After a shipwreck, twins, Sebastian and Viola, are separated, and Viola disguises herself as a young man and becomes Orsino’s servant, calling herself Cesario. Orsino sends Viola to Olivia to reveal his passionate love for her; but when Olivia meets Viola, she falls in love with “him,” assuming Viola is a man. During the course of the play, Viola also falls in love, with her new master, Orsino. Meanwhile, the servants and other characters present additional comedy of confusions, disguises, and practical jokes, such as when Maria (Olivia’s maid), Sir Toby (Olivia’s uncle) and Sir Andrew (Sir Toby’s friend) send a fake letter from Olivia to Malvolio (Olivia’s steward), claiming that she is in love with him, and requesting that he wear some rather bizarre clothing for her sake. Illyria, in which the play takes place, is a fantastical world where time and wisdom do not exist.

Timeline for Graduates

<table>
<thead>
<tr>
<th>Event</th>
<th>Date</th>
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<tbody>
<tr>
<td>1st Graduation Workshop</td>
<td>Oct 12, 2010</td>
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<tr>
<td>Senior Launch</td>
<td>Nov 23, 2010</td>
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<tr>
<td>Application for Graduation Due</td>
<td>Nov 11, 2010</td>
</tr>
<tr>
<td>Graduation Fee Due</td>
<td>Jan 4, 2011</td>
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<tr>
<td>Deadline for missing documents</td>
<td>TBA</td>
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<td>Administrative Clearance Form Due</td>
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<td></td>
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<tr>
<td>Fall</td>
<td>Jan 4, 2011</td>
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<tr>
<td>Spring</td>
<td>June 1, 2011</td>
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<tr>
<td>Summer</td>
<td>Aug 8, 2011</td>
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<tr>
<td>2nd Graduation Workshop</td>
<td>March 8, 2011</td>
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<tr>
<td>Career Day</td>
<td>April 19, 2011</td>
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<tr>
<td>Senior Day</td>
<td>May 24, 2011</td>
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<tr>
<td>Cap &amp; Gown/Ticket Pickup</td>
<td>June 9, 2011</td>
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<tr>
<td>Picture Day</td>
<td>June 13, 2011</td>
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<tr>
<td>Graduation Rehearsal</td>
<td>June 15, 2011</td>
</tr>
<tr>
<td>GRADUATION</td>
<td>June 16, 2011</td>
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Dr. Gholam Reza Vatandoust’s New Book: “The Meshkinfam Museum of Art”

The Voice of AUK

27-30 September 2010

Summer Nights at the Dar Al-Funoon

BY NUR SOLIMAN

E

erlier this year, Professor of International Studies and History, Golshah Reza Vatandoust published a new book entitled “The Meshkinfam Museum of Art: The First Private Museum of Visual Arts in Iran". In this book, co-authored by established artist and museum curator Hassan Meshkinfam, the Meshkinfam Museum of Art, the museum’s largest art collection is described in some detail, highlighting the main types of objects housed within each sub-collection, namely, calligraphy, paintings, photography, and sculpture.

In September 2001, under the reign of former Iranian president Mohammad Khatami, the Meshkinfam Museum of Art was designated a newly renovated building by the Council for the Cultural Development of the Province of Fars, in order to house the Meshkinfam art collection, the first private museum of arts in Iran. Housing hundreds of works from the 18th, 19th, and 20th century, from photographs to paintings, sculptures, and calligraphic works, the museum is curated and managed by Hassan Meshkinfam and Dr. Gholam Reza Vatandoust, the meager state funding previously provided to this museum has now ceased, and the museum is currently in danger of shutting down due to lack of sufficient resources and local support, which may not improve under the current administration, despite the encouragement from the Iranian government to permit the establishment of private museums through its guidance since July 2005.

Hence Vatandoust felt the need to prepare a publication that described both the efforts and the collection managed by Mr. Meshkinfam, who curates a collection that his family has been developing for over fifty years, a collection that represents a singular historic profile of Iran’s historically vibrant, lively cultural and artistic scene. In this sense, Vatandoust’s book seeks to record or capture Meshkinfam’s legacy and efforts, as well as providing an image of the museum as a whole, in a format that both finally shuts down, but also as a way to inform readers about this relatively new museum collection, should it be given the resources to be able to continue.

The main argument behind the book is that the Meshkinfam Museum of Art houses a unique and valuable collection of Persian art, from the 17th century to the present and that it should not be neglected and left to close down due to its recent loss of support, as the endeavor is one that should be followed throughout Iran in an effort to care for the many priceless and historically significant artifacts around the country.

The book begins with an introduction to the historic and cultural significance of Shiraz, where the museum is located, and Iran, or Fars in general. Vatandoust also sets up the context in which the museum was established, through new policy changes made by national councils and governmental organizations, and how Meshkinfam’s collection contributes to the preservation of Iranian culture and history. Vatandoust’s book is the first attempt to create a detailed reference book on the Meshkinfam Museum of Art, and it offers a comprehensive overview of the museum’s collections and the various disciplines of art represented.

The book does not provide extensive information on the specific items of the collection, neither by their catalogue numbers, nor by their full set of information (e.g. artist, title, year, etc.), which may disappoint if the reader was looking for further particulars about a certain artist or work which interested them specifically, but the sheer number of images, all taken by Hassan Meshkinfam, of many of the calligraphic texts, photographs, paintings, and sculptures provide a truly rich and varied experience of artwork and perspectives that the museum’s collection offers. Some of the older photographs, black-and-white images portraying some of the older artists and craftsmen of Shiraz, also offer a window into the past of artistic Iran, while the rich profusion of photographs of the diverse, colourful paintings or sculptures also represent Iranian art as rich and full of different styles and influences as other traditions.

With the publishing of this book, Professor Vatandoust also presented an article entitled “Recreating the Past and Embracing the Future: The Meshkinfam Museum of Art” at the Eighth Biennial Conference of the International Society for Iranian Studies held in Santa Monica, California, from 27-30 May 2010 describing the collection and the museum’s singularity as the first private museum of art in Iran, as well as its initiatives, goals, and current challenges while facing potential closure.

As yet another way of hopefully gaining more support for Hassan Meshkinfam and others like him who support local heritage and art efforts, Professor Vatandoust, AUK’s own Art Club, and a few Art professors are hoping to organize a small conference on Persian art early this Fall at AUK, at which Mr. Meshkinfam will be invited to speak on contemporary art in Iran.

While the book does not have detailed information on the objects like the paintings, for example, it does provide sufficient detailed summaries of the lives of artists by way of introduction to the featured objects themselves within each chapter. This is important when reading the book, as it is a less of a museum catalogue than it is an introduction to the initiatives of a curator and his collection, as a first in Shiraz and Iran.

"The Meshkinfam Museum of Art: The First Private Museum of Visual Arts in Iran" offers an inspiring and in-depth look at a young museum whose curator has made lots of effort to show-case not only artists who may have become obscure even in Iran, but also the visual, artistic heritage and vigorous cultural scene of a changing, diverse Iran.
STUDENT LIFE EVENTS 2010

September

26th
Welcome Back Barbeque, Ice Cream, Movie night @ Outside Diner
12.30 pm
BB-Q

27th
Get Involved Fair
Central Hallway
12.00pm-3.00pm

29th
Welcome Back at
THE HANGOUT
10.00am-4.00pm

October

5th
LEAD at AUK
Learn, Experience, Achieve, Discover
Workshop

10th-14th
Wii Tournament

10th
Intercollegiate Sports Tryouts

12th
LEAD at AUK
Learn, Experience, Achieve, Discover
Workshop

14th
Deadline for
Re-registration &
Registration of Clubs

17th-21st
Golf Week

19th
LEAD at AUK
Learn, Experience, Achieve, Discover
Workshop

21st
Monthly Ice Cream & Popcorn Social

31st
Social Awareness Week

November

1st-4th
Social Awareness Week continues

1st
Tell it to the Dean of Student Affairs

8th
Intramural Football Season Begins

9th
LEAD at AUK
Learn, Experience, Achieve, Discover
Workshop

21st-25th
Art Exhibition

23rd
LEAD at AUK
Learn, Experience, Achieve, Discover
Workshop

25th
Monthly Ice Cream & Popcorn Social

28th-2nd Dec.
Home Coming Week
Organized by OPRAA

December

6th
Tell it to the Dean of Student Affairs

21st
Cake Cake Decoration

21st
Intramural Football Season Ends

23rd
Monthly Ice Cream & Popcorn Social

Got Questions???....
Email us: studentlife@auk.edu.kw
phone: 1802040,Ext: 232
The following are guidelines for visitors of the Writing Center:

- Please do not enter the Writing Center when the lights are off.
- To make an appointment, visit the website of the Writing Center at the American University of Kuwait.
- It is best to arrive early to ensure a timely consultation.
- Visitors are expected to arrive 10-15 minutes before their scheduled appointment.

4. Correct spelling: you might want to write your email in Microsoft Word if your email account does not have a spell check function.
5. Correct grammar: remember that an email is not a text message, don't take shortcuts.
6. Correct line spacing: some email programs allow you to set a line length; always do so, and set a good way of earning respect.
7. What are the conventions for proper communication? The written rules of writing are always changing, and everyone has their own special preferences.

In addition, one thing to remember at AUK, never have to write a blog. The Writing Center is available Sunday through Thursday from 9:00 am to 7:00 pm in room A207 in the Sciences building. Student and staff writing consultants are available to work with you on everything from emails to research papers. I wish everyone all the best of luck during the Fall semester. Study hard and write well!
A SPECIAL INVITATION TO FACULTY MEMBERS ONLY!

The Voice of AUK is implementing a lot of positive changes this year and one of them is in YOUR favor:
- The creation of the “Faculty Corner” - a section where the spotlight is on YOU
- We are depending on YOU, professors, to fill YOUR section of the newspaper
- Welcoming all submissions from all faculty members on the following email: voice@auk.edu.kw

Writer’s Workshop

Whether you pride yourself on your good writing skills or simply want to develop them, the Voice of AUK has just the thing for you! An opportunity to become involved with AUK’s only Official Student Newspaper!

Agenda of the first Workshop:
- Introduce the Voice of AUK in general
- Welcome interested participants who would like to become active volunteers and regular writers
- Assign news stories and make note of writers who would like to write articles of their own
- Open the floor for suggestions, comments etc.

Before coming, we would like you to brainstorm a list of stories you’re interested to write about and we’ll help you develop them! If you have nothing in mind to write about, then no problem, there will be several stories waiting to be covered and distributed! So don’t miss the chance!

Date: Tuesday, September 28th
Time: 3 - 5 pm
Location: Library Conference Room
Scalar Energy: The Energy of Health

BY MAY OMARAN

A ll life matter is composed of energy; which energy which is characterized by particle and wave-like properties graphed as herizwan waves. Energy waves differentiate from each other by their frequency and amplitude, how fast and intense the wave rises and falls. Several forms of energy include, but are not limited to, chemical energy, mechanical energy, kinetic energy, potential energy and...health energy.

By health energy, I mean scalar energy. The existence of scalar energy has been around since the dawn of time. It was until the mid 1800s that mathematician James Clerk Maxwell proposed the existence of scalar energy through four ground-breaking equations. After the vast breakthrough proposition, the demonstration of the existence of scalar energy took merely a half-century to be proven by Nikola Tesla. When Tesla died, so went along with him the knowledge of scalar. It took scientists yet another century to demonstrate the existence of scalar energy and prove its miraculous benefits. So what is distinctive about scalar waves and how they differ as opposed to all other waves? Scalar waves are composed of replicant waves that are in phase spatially and differ from the standard herizwan waves. Aside from wave formation, scalar waves are more field-like rather than wave-like, filling the surrounding environment with energy rather than transmitting them through waves or beams.

This becomes a beneficial mechanism for technology. As scientists further researched and experimented with the source, they became more aware of prospective developments in implementing scalar energy to energetically nurture the human body's cells. What Tesla demonstrated before his death was the permeability of scalar waves, their ability to pass through objects without any loss of intensity and field strength. This vital demonstration made it possible for scientists to develop products that embed scalar energy for consumption. Scalar energy fields are implanted on products through generation and convey energy in a scalar fashion, namely, magnetically, physically, and optically. Once embedded, the energy penetrates indefinitely. As the human body ingests scalar energy, it will also diffuse within cells’ boosting energy levels with regular intake.

Now the surplus benefits of this health energy can further self explain itself. It detoxifies all body cells, cleanses the blood, increases oxygen to the blood, energizes the body, improves strength, flexibility, concentration and balance, decreases the surface tension of cells. Thus absorption and assimilation of nutrients are enhanced and toxins are easily released, increases amplitude of EEG frequencies, improving mental focus, inhibits non-adrenaline, working as an anti-depressant, strengthens immune system up to 150%, protects the body’s cells from electromagnetic waves, increases cell energy level to the ideal 70-90 milli volt, thus preventing various diseases that trigger low energy cells such as cancer, and promotes healthier blood circulation and improves metabolism.

Another benefit is not enough to consider scalar energy to be very efficient and proactive towards the human body? Sufficiency can classify this vast mechanism as a nurturing tool for humans. Currently, many products are available in the market equipping scalar energy embedded in products of various forms, including pendants, watches, bracelets and flasks. Along with having raised international standards, it has also caused awareness in beneficial use of scalar energy.

Brain-Destructive Habits

Continued from pg. 1

absorption of proteins by the brain. If you do not let your brain absorb its beloved proteins properly then you will not let its cells grow and prosper for your next pop quiz.

3. Surplus food eaten will inhibit brain function ngsince it increases the chance of having vasocstruction (constriction of blood vesels) in your brain, which reduces appropriate mental power.

4. Stop smoking! Smoking is a main cause of early Alzheimers’ disease.

5. Air pollution. Your brain is the greatest consumer of oxygen. So if you inhale polluted air, this will decrease your brain’s efficiency and work capacity.

6. Lack of sleep. It is not just you who needs to sleep after your back-to-back eve-

ning classes, even your brain, which has been faithful and working with you throughout the entire day, needs a mini-vacation to rest and relax. Insomnia fosters the rate in which brain cells die.

7. Covering your head while asleep. This concentrates carbon dioxide exhaled as you hide under your warm cozy blanket, which, in return, reduces the amount of oxygen available. This has negative side-effects on your suffocating brain.

8. Exhausting yourself during illness. Heavy work and extra load will act as a burden while you are ill. This is disadvantageous for your brain because it reduces the effectiveness and efficiency.

9. Being mentally lazy. If you don’t bother to exercise your brain with simple Sudoku puzzles, newspaper crosswords or reading, then expect your brain to betray you when you’re desperately trying to remember your childhood best friend’s name as you bump into her/him in the grocery store.

10. Social isolation. Intellecutal conversations and dialogues with peers help in energizing your brain and keeping it up-to-date. That doesn’t mean that you be-

come a chatterbox though, alright?

Did You Know That?

1. Snakes’ sense of smell is found in their tongues.

2. An Octopus has three ‘hearts’.

3. A live cell of an elephant is the same size as that of a mouse.

4. Frogs die if you keep their mouts open for more than a minute since they breathe with their mouths closed (through their gills).

5. Snakes stay alive and their hearts continue to beat far for almost 24 hours after their heads are separated from their body.

6. Flies don’t hear.

7. The difference between the South and North Pole is that the North Pole is built on water, whereas in the (colder) South Pole it is on land.

8. The gestation period of mice is 21 days only.

9. The sky is seen blue because sunrays (which consist of the seven rainbow colors) lose all of their colors in the Ozone layer before they penetrate the blue color.

10. Archimedes used solar rays as a weapon in war to kill his invader, the Romans.

Neck Size and Weight Problems?

of intense training or manual labour, possibility is negligible in children. Therefore, there has been intense research for a more efficient way of measur-

ing body fat levels. With that ambition, researchers have in-

terpreted several ways for such measurement. One is through waist circumference, which can also predict future abdominal risks in adults such as hypertension, diabetes and heart attacks.

Another strategy is measuring the neck circumference which, despite the fact that it is yet to be studied more, suggests that it can still be a ‘potential marker’ of obesity and health risks in adults.

The Journal Pediatrics inves-

tigated this research in hope of finding whether or not this can be helpful for children on a specific level. Lead researcher, Dr. Oluhuluiwa Nduf, of the University of Michigan in Ann Arbor, assured Reuters Health that “since BMI is not a precise indicator of body fat, adding a neck circumference measurement could improve childhood obesity screening.” Also, if we are 24 hours after measuring, measuring the neck would be quicker, sim-

pler, more comfortable and less embarrassing for children, since they can keep all their clothes on for the latter. In addition to its comfort, neck circumference adds more conformity and consistency for measurements as opposed to waist which can possibly increase in size after a meal, strictly speaking. These interpretations aren’t merely the doctors’ hypotheses, but rather, based on solid experi-

dments and results. For instance, after measuring the weight, height, waist and neck circum-

ferences of 1102 children and teenagers between the ages of 16 and 18, Ndufu and his col-

leagues concluded that the neck circumference measurements ‘correlated well with both BMI and waist size in boys and girls, as well as younger children and teenagers.’

Doctors have also created a ‘range’ or ‘criteria’ for such measurement of neck circum-

ference that identified children with a high BMI. For example, a six-year-old boy with a smaller neck circumference of greater than 28.5 centimetres (about 11.2 inches) was nearly four times more likely to be overweight or obese, based on BMI, as a six-year-old boy with a smaller neck circumference.

Other than weight issues, re-

corders note that neck mea-

surements might also be use-

ful for determining children at risk of sleep apnoea, a disorder in which tissues at the back of the throat temporarily collapse during sleep to create repeated stops and starts in breathing. Obesity is a contributing factor, especially if the excess weight is found in the upper part of the body. Ndufu said that, in earlier studies, he and his colleagues found that children with a high BMI were at relatively greater risk of certain post-surgery problems; they tend, for instance, to take longer to wake up from anaesthesia be-

cause the drugs concentrate in body fat!”

The purpose of all this re-

search was to find out a more accurate way of measuring body fat while concentrating onchildren’s cases for early treat-

ment and prevention. So if you suspect that your child is over-

weight or obese and you sought a doctor, don’t be surprised to find the paediatrician take out a measuring tape and wrap it around your child’s neck to give you the answer!”

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