Celebrating the Pursuit of Excellence

Soliya Program: Bridging the Gap

By Dina El-Zohairy

The 21st century is undoubtedly the age of technology. And whether it’s computer-based testing or virtual science labs, technology has certainly made its mark on higher education. Utilizing the latest of video-conferencing and online collaboration technologies, the Soliya Connect Program is a unique, cross-cultural educational program that enables college students in the United States and predominantly Muslim countries in the Middle East to explore the relationship between the U.S. and the Arab and Muslim world in depth.

By Abdulla Taki

The SGU held a memorial event on the 24th of May in the university’s multipurpose room where friends, family, loved ones and the entire SGU body gathered to share and express their love for Mohammed and how much they will miss him. As a starting note, Dr. Carol offered her deepest condolences to Mohammed’s family in the name of AUK. The dreaded emotions of sadness and grief filled the room as the SGU president and SGA president had shared with the Voice, “It was an extremely sad and unfortunate occasion that I hope will never reoccur. May he rest in peace. We will surely miss him.”

Friends of Mohammed took turns expressing to those who had gathered how much Mohammed had meant to them. Mohammed obviously was deeply loved by his colleagues; a key thought that was shared amongst all of those who had spoken in the memorial was that Mohammed had a keen sense of humor. He made his friends laugh, he was a jovial person to be around.

Mohammed Hassib Ali was involved in a car accident on the 20th of May, which immediately claimed his own life. Sheikh Abdulaziz al-Saoud al-Sabah was hospitalized but sadly passed away on the 25th of May from injuries sustained in the accident.

The SGU voice extends its deepest and most sincere condolences to the families and loved ones of the two that had passed away.
Graduating students looking for permanent full-time jobs, since there were a handful of businesses that were at the fair offering positions in the financial sector. Most students, who wished to decide on their future wishes to pursue in the business and liberal arts, attended the fair to gain more information on opportunities in the business, a liberal arts approach to morality issues in literature, and the role of a liberal arts education in business.

After each professor presented their papers, the audience was given a chance to ask questions. Given that the crowd was a rather small one, it had the advantage of being well organized.

The only AUK student to take part in the business conference was Sarah Al-Ateeqi since Dr. Farzad Farsio and Dr. Jeremy Cripps approached her for this unique opportunity. Al-Ateeqi had originally written the paper for her International Finance class for publication purposes. When al-Ateeqi was asked about the obstacles that she faced, she replied, “I was very terrified of the level that I could produce, I felt like I was under pressure. Another obstacle was presenting the paper, and also trying to apply finance to liberal arts.”

The first academic conference at AUK took place on Saturday, May 13th, in the multipurpose room. Several AUK professors from different academic backgrounds took part in the event to present their research papers to the public. The conference was titled “The Role of Liberal Arts in Business” bringing up several interesting topics that show the relationship between business and liberal arts.

The conference began at 10 AM introducing a total of eight topics with a break after the first four presentations. The first half of the conference included the issues of work ethics in Kuwait, online education, epistemological and metaphysical bases of today’s liberal arts pedagogy, and the question of what lies ahead in corporate reporting process. The second half of the session contained the topics of liberal education and terrorism, the role of communication in business, a liberal arts approach to morality issues in literature, and the role of a liberal arts education in business.

The conference was open to students of the E-Commerce class. Two shows that were held on the 22nd of May by the E-Commerce class.

The Marriage of Mercury, Philology and Mercator

By Ala’a Al-Rubha

The only AUK student to take part in the business conference was Sarah Al-Ateeqi since Dr. Farzad Farsio and Dr. Jeremy Cripps approached her for this unique opportunity. Al-Ateeqi had originally written the paper for her International Finance class for publication purposes. When al-Ateeqi was asked about the obstacles that she faced, she replied, “I was very terrified of the level that I could produce, I felt like I was under pressure. Another obstacle was presenting the paper, and also trying to apply finance to liberal arts.”

The E-Commerce class was capable of showing its students the role of modern information technology systems in what is known as critical thinking. A role that exceeds the simple task of gathering accessible information, includes complex research methodologies, obtaining comparative reliable data, being able to criticize and question acquired information and expressing one’s opinion in the attempt to broaden one’s mind into being more innovative and creative.

This achievement was clearly illustrated through the remarkable efforts of the students of the E-Commerce class. Two shows that were presented by two separate groups. The first group based its project on creativity and innovation and expressed one’s opinion in the attempt to broaden one’s mind into being more innovative and creative.

E-Commerce Class Puts on a Show

By Bushra Zaher

Once again the American University of Kuwait has managed to reveal the true spirit behind any respectable educational institution. A divine mission to teach and educate its students with the utmost professional, moral and ethical perspective, aspiring one day to become the building blocks on which modern societies are built.

The multipurpose room was once more the podium through which the American University of Kuwait acknowledged modern technology as an essential educational tool. This was demonstrated through two showcases that were held on the 22nd of May by the E-Commerce class.

The fair ended with a draw, in which some students stayed around hoping to hear their name called out for the prizes. The prizes that were given out included vouchers from Hawaii Island Flower shop, Optimist, Kuwait Cinema Company, Jansport, and two laptops. What differentiated this draw from the other draws that had been taken place at AUK was that even though the student was not present at the time of the draw, they would be contacted later in order to claim their prize.

Looking for Work at the Career Fair

By Ala’a Al-Rubha

The 2nd Annual Career Fair took place on Monday May 15th, 2006 in the multipurpose room between the hours of 10 am and 3:30 pm. There were various companies present ranging from the top four banks in Kuwait, the two rivals in the telecommunications sector and the most recently introduced English daily newspaper in Kuwait.

The Career Fair offered students the chance to familiarize themselves with the different business sectors and learn more about the jobs that the various companies were offering. The fair was mainly aimed towards those students that were on the close to graduating so that they would have an easier time looking for work after graduation. It helped them decide on the path that they wished to pursue in the future and learn more about the working sector. Most of the businesses that were at the fair offered full-time jobs since there were a handful of graduating students looking for a permanent job to start their career off.

The group presented a comparative study of both brands based on extensive research in addition to a taste test that was held as an experiment on brand recognition.

The E-Commerce class was capable of showing its students the role of modern information technology systems in what is known as critical thinking. A role that exceeds the simple task of gathering accessible information, includes complex research methodologies, obtaining comparative reliable data, being able to criticize and question acquired information and expressing one’s opinion in the attempt to broaden one’s mind into being more innovative and creative.

This achievement was clearly illustrated through the remarkable efforts of the students of the E-Commerce class. Two shows that were presented by two separate groups. The first group based its project on creativity and innovation and managed to formulate an imaginary product for which they created a website in order to promote and market this new product. The second group presented a classical case study of two worldwide renowned soft drink brands, Coca Cola and Pepsi Cola. The group presented a comparative study of both brands based on extensive research in addition to a taste test that was held as an experiment on brand recognition.

This group of students managed to set an example for their fellow colleagues and reminded us once more why the students and the respectable staff of our university remain the soul pride of the American University of Kuwait.
The War of the Colors: 5, 10, or 25?

By Noufa al-Sabah

You might have seen the different array of colors that paraded in front of the parliament building recently, caused by the many incoherent newspaper headlines. You might have also been lost trying to follow the voting constituency issues, which incidentally seemed to change every minute. You might also have noticed other citizens gossiping about it, hiding your parents discussing it, or read lots of articles on the internet; but do not know the big picture and what really happened. We don’t blame you. Kuwait was blinding by the “Orange Revolution” for weeks; then shocked by the sudden emergence of the “blue tsunami,” and finally stunned by the dissolution of the whole parliament. You might be a bit clueless about the whole episode and so The Voice of AUK presents this informative expose about the whole “War of the Colors.”

The War of the Colors revolved around the issue of parliamentary voting and the question of modifying the electoral constituencies. To better understand this issue, one must look at the existing electoral structure, which consists of twenty-five constituencies, each of which elects two members to the National Assembly on the basis of a majority vote. This structure elects a fifty-member parliament. It went through a period of government proposing to decrease the number of electoral constituencies from twenty-five to ten. Some members of parliament wanted to modify that proposition from ten constituencies down to five, claiming that would be better for the corruption combating and vote buying. It would also encourage competition as it would realign powers, and could just introduce new politics.

The government refused this wish, and was adamant on its desire for ten constituencies. This act sparked a “coalition war” and the pro-five supporters began to rally and protest. Thus, the Orange Revolution was born.

The Orange Revolution’s protests and demonstrations supported the five constituencies bill, criticized the government for failing to combat corruption and caught the eye of the public. When the disputed reform bill was defeated in parliament, the speaker Mr. Jassem al-Kharafi suspended the session after an active and loud pro-reform audience began criticizing the government and anti-parliamentarians, while cheering on the twenty-nine pro-five members of parliament, who stormed out of the building after the government voted to refer the bill to the Kuwaiti constitutional court.

Those twenty nine opposing members merged to form a new bloc called the Alliance for Change, which later on filed on a request to question the Prime Minister (Sheikh Nasser Mohammad Al Sabah), a first in Kuwaiti political history.

As if there weren’t already enough action and drama, suddenly a new pressure group emerged to form a new bloc called “Blues” against the government. This was a group of mostly members of parliament, who, at the time, constituted a pro-governmental bloc, consisting of the remaining pro-governmental members of parliament. The “Blues” agreed on decreasing of the electoral constituencies, since it would combat vote buying, but want the voters to be divided up equally between the constituencies. It is also important to note that they were pro-government and were not opposing it like their Orange counterparts.

The dissolution came after the cabinet said it could not deal with the parliament because of the Election Law row, and the overall chaos that struck the nation’s political atmosphere.

In a televised broadcast, His Highness the Emir, Sheikh Sabah Al-Ahmad Al-Sabah, stated, “I had to take a difficult decision that I had wanted to avoid, but I concluded that it was my duty to dissolve parliament to safeguard the security of our nation.”

The new parliament will be elected by the people on June 29th 2006, and elections will be held in accordance with the current electoral system of twenty five constituencies. However, for the first time ever in Kuwait’s history women will be able to vote, and to run as candidates. At the time of printing, twelve women have registered as candidates in the various constituencies, including Rola Dashi, Khalida Al-Khader, and Aisha al-Rushaid, Shakhla Al-Ghanem and Fatima al-Abdily. The author of this article is politically neutral. She is neither an Orange, a Blue, a White or any other color of the rainbow.

AUK Girls Making it Special for Mom

By Daniya Alam

The Mother-Daughter Tea was an evening not only where daughters honor mothers, but sisters, friends and aunts as well. In short, it was an evening to honor women. The occasion took place on Tuesday, May 16th in Salwa Sabah Al Ahmed Theatre and Hall. The main purpose of the event was to raise money for scholarships at AUK. Tickets were available at Student Affairs for 10 KD.

The event started off a little late, but it was worth the wait. All the mothers and daughters attending the event were in classy outfits, making them look glamorous. Dr. Carol Ross-Black, who looked fascinating in her green dress, hosted the event and started it off with a speech on women. This was followed by short speeches and poems presented by AUK students, including Rama Salah, Fay al-Homoud and SGA president Jawad Ali-Redha. Fadilah al-Sabah, an AUK student and a graceful pianist also delighted our ears with a musical piece. The guest of honor, the breathtaking opera singer Amal al-Hajji, sang three beautiful opera melodies that blew the audience away. Just when it seemed the night couldn’t get any better, dinner was served! It consisted of an excellent buffet of various hot dishes and delicious desserts. Everyone satisfied their hunger enjoyment.

At the end of the evening, Dr. Carol gave prizes away. These included free passes to health spas and salons, free restaurant vouchers, ten Wataniya mobile phone lines, and an airline ticket among many others. On the whole, the night was well organized with events that made us sit back and appreciate mothers a whole lot more. God bless all mothers.

This writer would like to extend special thanks to Ms. Bibi Al-Ghanim, who organized the whole event and worked so hard to make the evening a magical one.

An Evening of Poetic Rapture in the Library

By Daniya Alam

Poetry night took place on Tuesday, May 16th in the library at 6 pm. English professor, Dr. Kathryn Kleypas, hosted the evening. She began by introducing poetry and talking about the history of poetry. At one time in Ireland, poets arose and were considered equals to kings. She quoted a couple of poets such as Shakespeare, who once said that it requires a lot of hard work to write poetry.

There were four poets that night, Shurooq Amin, Fay al-Homoud, Mora Karim, and Al Zaina Al-Sabah. Before every poet went on stage and recited their poems, Dr. Kathryn gave us a little background on each.

She began with Shurooq Amin, an artist, poet, and decorator who is in the process of writing her PhD thesis. She gave the audience a reading preview of the poems she will include in the thesis, and which will be released the 3rd February next year.

Next was Fay al-Homoud, a 24-year-old poet who is currently a student at AUK. Fay has been writing poetry for quite a while and has recently published her book called The Unknown Me, which is available at AUK’s bookstore. Her poems focus on her journey through life, describing the tough times she has been through. Two of the poems she recited were “For You See” and “Touch of Faith.”

Any teenager who has ever lost at some point during their adolescence will likely identify with Fay’s poetry.

Mora Karim, another AUK student who is majoring in English & Comparative Literature, recited two poems, one of which was called “I’m Not Myself.” The last poet, Al-Zaina Al-Sabah, is a thirteen-year-old honor student from the Universal American School. She recited two poems, “An Instrument” and “An Empty Nest,” from her recently published book. Al-Zaina has been writing poetry since the age of 8. Her book is available at Virgin Megashops.

Finally, Dr. Marina Tolmacheva thanked the poets for sharing their talent at AUK and awarded them a certificate and a gift bag each. She also thanked Dr. Kathryn for hosting this special event, which many students attended and enjoyed.
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By Mohammed A Khalid & Amir-Al Quain-Ali

A t a time when numbers are down at universities throughout the Middle East, and given the competitive nature of the academic market in Kuwait, 19 communication students stepped up to examine the latest trends in student retention and attrition and offer advice on recommendations based on their research, student interviews, faculty and staff interviews, and student surveys. These highly competitive business consulting teams were part of the latest Business Communication class challenge, under the direction of Dr. Abigail Giry.

The idea behind the project is to actively contribute to the AUK mission. Over the course of the semester, business communication students researched the retention literature, quickly learning that there are important differences in the retention and recruitment strategies that universities use. Teams were able to benchmark based on best practices from other universities while using to retain good students, especially those students that tend to drop out of their programs. As one business communication student said, “This experience gave each of us a chance to develop real life job problems. We had to do a lot of research, and we had to deal with the typical problems people face in their jobs—communication problems with team members, personal ailments, time management, different levels of commitment, different levels of knowledge on the subject, and through it all we had to stay united and try to be the team that gave a good account.”

Each consulting team presented its findings and recommendations on how to improve AUK.

Findings and recommendations of the groups included:

- Students with good support networks (friends and family) have higher retention rates. Students that lack self-confidence, patience, social interaction skills, and courtesies may feel lonely and drop out.
- A lot of students don’t organize their time well and end up leaving big projects and studying for tests for the last minute. Students also tend to get overwhelmed by the difference in the workload between school and university, which can cause them to worry or be tense about the situation.
- More than 18 million American adults have depression, and many of them first experienced symptoms in their teen or young-adult years. The changes that teenagers go through, from physical to emotional to environmental, contribute a lot in increasing their chances of being depressed.
- The main reasons for student depression are childhood past problems (29%), stress (19%) and financial difficulties (14%). Childhood and past problems often stay with a person even when growing up, reminding them of their unhappy past. This constant reminder is an early trigger of gradual depression, and the person might undergo more experiences as they grow older that increase their risk of feeling extremely sad and hopeless.
- Stress is another factor that leads to depression. College students undergo stress, especially in cases when they procrastinate. A lot of students don’t organize their time well and end up leaving big projects and studying for tests for the last minute. Students also tend to get overwhelmed by the difference in the workload between school and university, which can cause them to worry or be tense about the situation.
- Many American students face financial difficulties, especially in their college years when they are first independent of their parents. Some students have to actually pay for their tuition, meaning that they might work part time in order to have enough money. Not being able to afford essentials can lead to depression and puts an extra load on students who have to manage their studies as well as their finances.
- Another factor that might also add to the development of depression in college students is weather. Cases of extreme cold and lack of sun for long periods of time are environmental factors that can intensify feelings of depression more than causing them; nonetheless the effect is the same.
- Some things that can be done to overcome the factors that can lead to depression is carefully planning your day to reduce stress, relying on other people for support, taking part in extra-curricular activities, trying relaxation techniques, making time for yourself, and, last but not
tors being extensive experience to campus in the arms of public affairs, economics, commercial affairs, community affairs, and international affairs.

According to Dr. Gray, “This program is designed to capture the top notes, and provide the core of knowledge on the subject, and present it to the students to learn from the experiences of their mentors. This session focuses specifically on a thorough review of each student’s Employment Package, and includes firsthand advice on cover letters, resumes, interviewing skills, and professionalism.”

For more information on the Mentoring 2006 program, part of selected sections of the Fall 2006 Business Communication...
COMM 225 students illustrating the merits of Cognitive Dissonance.

Academic Review:

SCIENCE & TECHNOLOGY

On Wednesday, May 24, a team from the Bounty, an established IT company in Kuwa...
Safety and Self-Defence for Students

By Dua’a Husain

On May 28th, AUK held a self-defense workshop for women in the multipurpose room lead by Major Stephen Ghoshain, Major Mark Dixon of the US Embassy and with the help of AUK students Dr. El Chamamsa and Dua’aa Husain (the author). The workshop focused on many basic skills in self-defense that could help women in tough situations. They learned how to defend themselves from different types of attacks and how to act in different circumstances in order to help them reach safety. AUK would like to thank the US Embassy, especially Maj. Ghoshain and Major Mark Dixon and AUK’s own Dr. Ann Scholl and Ms. Shareena for helping organize this event and sharing their own experiences with the AUK participants.

Friends Make it Fun on Failaka

By Danial Alam

Thursday, May 18th at 10:30am, AUK students met at Marina Mall, boarded a boat, and were off to Failaka Island. The one-hour ferry trip was wonderful, filled with students playing the tabla and singing along to Arabic songs, laughing and taking pictures. When we arrived at Failaka, I have to say we were all dumb-founded. The island looked like a deserted place that hadn’t been inhabited for years; not at all what you’d picture an island to be, but instead a deserted-like island with rundown buildings and cars that had been manufactured long before. Surprised, AUK students then boarded a 50-year-old bus that I was pretty sure would break down any second. I am happy to say we arrived to the village in one piece. It had small shops, chalets, a hotel, restaurant, and a swimming pool. We were handed a map of the village, a swimming pass, and the freedom of the village, a swimming pass, and the freedom to roam till 4.45 pm. With nothing to interest us but the pool, 80% of AUK students dived into it if never before!

Snacks were distributed with the promise of a special lunch including fish to be served at 2 pm. When the clock struck 2, and with empty stomachs and big appetites, we headed to the restaurant, fantasizing about how yummy the food was going to be. But contrary to what had been promised, we found lentil soup, and biryani with the choice of either beef or chicken.

Could the trip get any worse, you might ask? The answer is yes, it could. Most events that were supposed to take place, including horse riding, music and dinner, were cancelled due to last-minute changes by the island staff.

Students continued to swim or play football till 5 pm when we boarded the boat again and headed back to Marina at around 6 pm.

The trip was as tended to last till 9 pm and many events were to take place. Though none of it worked out as planned, participants still had a splendid time. What made it a good time was that students managed to make the best of what little they had. It goes to show, no matter what the plans are it is the friends that make the good times worthwhile.

Latest X-Men a Disappointment

By Fahad al-Takhaim

After the long wait, the teaser trailers, and watching it twice in the theatre, X-Men: The Last Stand can only be viewed as one thing to any hardcore fan of the comic books...disappointing!!

Film director Brett Ratner did not stay true to the actual Phoenix saga storyline, instead giving an original twist to the story. Not that I didn’t like the feature film, which was amazingly well done, but it could have been better had they focused on the Phoenix storyline. Instead of directly obtaining supremacy, believing that they could have an end to Magneto’s struggle for women in the human’s corner and the Phoenix in Magneto’s corner, the movie does not do justice to the story.

On the contrary, the movie does not do its best to get across all of the possibilities that the X-Men are capable of, but it does contain elements that will appeal to the masses, including a new storyline and a new cast of characters.

The story deals with some new mutants that joined Magneto’s Brotherhood, the bad guys, include Juggernaut, Multiple Man, Javex, and Avalanche along with a plethora of other mutants that make up Magneto’s army.

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Do you follow politics?
What do you think of the political situation?

Nasser al-Monawer
Yes, I’m with the five constituencies because it will stop bribery and vote buying. The Emir did the best thing by dissolving the parliament for two months, which stopped all the conflicts happened between the members of parliament.

Rama Sabano
No, I follow Syrian and Lebanese politics. I don’t get Kuwaiti politics.

Latifa al-Sanee
Not really, I think its chaos. I’m pro the orange revolution but I feel that no matter what they go for, its going to be exactly the same. But I really hope the orange makes a difference.

Fahad Mohammed
Yes, I think it was a wise decision to dissolve parliament by the Emir, as it would cool tensions over the electoral districts crisis.

Abdullah Taqi
Yes, I think it’s unstable; the majorities are not getting to voice their opinion and are not being heard. I’m orange all the way.

Tareq al-Rifaai
No, but I think it’s a crisis!

Bader al-Sane
Yes, I believe in one constituency because this is the ideal solution. In that way, every Kuwaiti can vote for his chosen candidate based on competeny and be not be restricted to his district. Sometimes people don’t vote because they are limited to voting for a candidate in their district.

Hessa al-Sabah
Yes, I’m surprised that the current situations lead to a parliament dissolution. This has never happened before throughout history.

Abdullah Shanfa
No it’s a head ache especially Kuwaiti politics.

Rawan al-Baghli
Yes, I’m with the Blue Wave, because I believe the orange revolution is unfair. The divisions of the orange revolution (5 districts) are not fair. It’s either they change those divisions, or modify them based on the areas. They should be more focused on dividing the districts based on the similarities and interests rather than basing them on location.

Nawal al-Sadoun:
No I don’t follow politics. I just don’t care.

Dalal al-Mulla:
Yes, I’m pro the 5 constituencies, “Nabeeha Khamsa” (We want it to be 5). Basically we want to combat corruption in the parliament.

Najla al-Majed:
Yes, I’m surprised that the current situations lead to a parliament dissolution. This has never happened before throughout history.
Ah Summer what power you have to make us suffer and like it!

Russel Baker

Summer is on our doorstep. Some might argue its here already. I don’t care. The only thing I can say is “God Help Us.” It seems every year we bid farewell to this inauspicious season; take pleasure in the coolness; wear our winter clothes (even though our winter is actually autumn in many countries, and yet we consider it cold) and just enjoy the overall pleasant temperatures. We forget that we even had summer, and when it comes around again, we get vexed and bothered. Yes, I’m one of those people. Even though I’ve been living here my whole life, I have not yet got the hang of this winter to summer succession. Let’s just say it’s human nature to hang on to things we love, and I’m a winter kind of person.

Nothing in Kuwait is characterized by high temperatures, scorching heat, and humidity. Kuwait summers here are not normal temperatures; we’re talking fifty degrees and more. The temperatures can rise and fall throughout the day. Being honest can be costly, especially as you move through the summer. It’s even a time when people commit most damage to their skin by simply “tanning.” It’s not your average tan, however; the heat is so intense that you are likely to get sunburned after just a few minutes of exposure. And remember, when the sun gets hot, the tough gets going.

Summer in Kuwait is a challenge. The heat is not the only issue; there are other factors to consider as well. The humidity is another thing to contend with, as it can make the days feel even hotter and more uncomfortable. The sandstorms are also a common occurrence during the summer months, which can make it difficult to get outside and enjoy the outdoors. The hot summer days are not for the faint of heart. In the heat and humidity, it’s important to stay cool and hydrated.

Despite all this, summer in Kuwait can be beautiful. Summertime is a time when the beaches get packed, jet skis and jet boats rule the sea, and the many Kuwaiti islands such as Khasab and Umm Al Qira become popular destinations for day trips. You can enjoy the sun, swim in the sea, and soak up the rays. However, it’s important to take precautions and stay safe in the heat.

By Noufa Al-Sabah
THE COMMUNITY PAGE

Anger Management: Do You Have Issues?

By Dr. Caren Jordan

What is anger? How do you manage it? Anger is a completely normal, and usually healthy, human emotion. But there are limits on how much out of control it can lead to difficulties such as problems at work, in your personal relationships, or in your overall quality of life. Anger varies in intensity from mild to intense. Like all other emotions, anger is accompanied by biological and physiological changes. For example, when you get angry, your heart rate and blood pressure go up, as do levels of hormones such as adrenaline, noradrenaline, and cortisol (http://www.apa.org/topics/controlanger.html).

What makes you angry? Anger can be triggered by internal or external events. You could be worrying about an upcoming exam or project or could be stuck in traffic, both of which can trigger angry feelings.

According to experts in the field of managing anger, the most natural way to express anger is adaptive; it is an impulse. Inappropriate behaviors which allow you to fight and define yourself when you are attacked. (http://www.apa.org/topics/controlanger.html).

Some anger is necessary for us to survive; however, it is also necessary to manage those feelings and not take it out on everyone or on things that bother us.

If you’re feeling tense and relaxed at the same time, due to biological and physiological changes, you’re experiencing the effects of adrenaline (http://www.apa.org/topics/controlanger.html).

Here are some strategies to keep your anger in check:

1. Deep relaxation tools such as deep breathing and relaxation imagery can help with some of these negative feelings.

2. Set your priorities. Think about what’s important and what’s not. Don’t spend too much time on things that aren’t important.

3. Make a plan, and check it. It’s important to plan your day ahead of time, so you know what needs to be done and when.

4. Use humor to de-escalate the situation. Don’t try to just “laugh off” your problems; rather, use humor to help yourself relax.

In your opinion, why are the five districts better than the twenty-five we have today?

What we are actually aiming for is to have one district. We need to get the five first in order to get the one district. Having five districts will make the elections more democratic. Right now, there are small numbers of voters in small constituencies and they represent tribes or sets of people. It doesn’t represent the anima, or the society, as a whole. Having five districts will result in more voters and it will represent most of the people. Instead of having 20,000 people voting in each district, we will have 50,000.

Since women can participate in this coming election, do you think that they will have any impact in the voting results?

Yes, they will have a huge effect on the results. As many newspapers say, these elections will be determined by women. In each district, 60% of the voters are women. I’m not saying that women will be parliament members, but the results will be more democratic. Right now, the five districts are so many choices. Try a number. It will depend on the MPs who are for the five districts.

Speaking to Fatmace About the Five

By Hessa Al Maghni

What is the “Orange Revolution”? There are different “Orange Revolutions”. There was one in Lebanon, and one in Ukraine. The color orange is the color of human emotion. It is designed to truly be one of the most positively unforgettable school years it would take to finish your college career majoring in kinetics. I was a sports junkie and had every intention of being the trainer for the Los Angeles Lakers.

Dean Carol’s Corner

By Dr. Carol Roso-Black

Sitting here, May 24, 2006, I’m not really knowing where to begin. There must be a lesson in all of this sadness. There must be, I feel compelled to search—so I reflect.

Between 1980 and 1982, I know some of you were not born. I was finding myself in the midst of having great fun being lost. I was about to begin my professional career majoring in kinetics. I was a sports junkie and had every intention of being the trainer for the Los Angeles Lakers. Counted the years it would take to finish kinetics. It was me and a medical school plus the specialized training. Glanced at my social calendar, decided against a career goal, twelve years! Who would want to be in school for this long? What? And one-half years later, one degree down; no desire to work; no calling. Suddenly, there is life again. I picked it up! For once, I was home. The caller said, “Do what you love, love what you do and love where you do it.” WHAT? I loved college but certainly not the fact that going to class was mandatory. It was something about an individual having so much power over your life that just got to me. Obviously, the caller had the wrong number. It was like a telemarketer, the phone kept ringing. A snarl through the yellow pages of life and a few more phone calls-collect and emergency ones too, a couple of disconnections, a few hang ups, not to mention operator assistance, and just when you thought no one was home, I finally heard my calling and had a conversation with the caller.

Do what you love. I love to help others succeed. I love to perform. Don’t compete. Just do it. Love what you are doing. Do it. And even though I used to believe that the college environment had such potential if it were not for the scheduled classes, it is still the best place on earth. It is designed to truly be one of the most positively unforgettable experiences of life. College is a short-term sacrifice for long-term gain. Roll the steaks last a life time! There are many lessons learned in college, not only within the confines of the classroom but also within the yellow pages of university life. Those yellow pages give you so much information and so many choices. Try a number. If it is not right, you can try another. Do it on your own or get operator assistance. Most important, you can keep dialing until there is a connection. I got connected; I love the call and where do I go.

So, why do I hate what I love so much right now? The caller never told me about painful times. Maybe there was just too much static in the phone line during that conversation or knowing me, I was on two-way! Granted there are many more connections in a utopian world, how can one explain joy in the pain? That number is not what I am saying! How do we explain mortality to the immortal? How do we teach someone to recognize a crank call? College will teach you how to handle the crank calls of life (with operator assistance of course). And yes, it is truly a positively unforgettable experience. You will be amazed that you can receive a call when you when you are in the middle of nowhere. As we prepare to close our second academic year, did you get a call? Did you hear your phone ring or was it on silent? Life makes the call but only you can answer. This summer, enjoy yourself, face them more constructively. In other words, don’t take your self too seriously.

[36x84]home. The I picked it up! For once, I was suddenly the phone of life rang and desire to work; no calling. Suddenly the phone of life rang and desire to work; no calling. Suddenly the phone of life rang and desire to work; no calling. Suddenly the phone of life rang and desire to work; no calling. Suddenly the phone of life rang and desire to work; no calling. Suddenly the phone of life rang and desire to work; no calling.
A celebration of the Life of Mohammed Hassib Ali

By Zaki Alsawaf & Ayham Al-Dojane

Life is such a precious thing. We have just lost a member not from the student body but from the AUK family. On May 20th 2006, Mohammed Hassib Ali left us all in sorrow.

Mo, as most people knew him, has left us all in grief, and missing his smile that brought joy to AUK. Mo was always happy, and quite a funny person too. He would come up with one punch line after another just to make sure that we were smiling. He was to us not only a friend but more like a brother. We used to hang out with him all the time, and we always enjoyed his company.

Mo was a 21 student in AUK, just finishing up his freshman year. He also helped most of the students with their assignments, and studying for their tests. Mo’s favorite sayings were “Tabbyy Shaayy” and “Elah”.

The last time we were with Mo he was actually at Ayham’s house after the trip to Failaka, and he was telling us how much fun he had had and how his favorite part of the trip was when he went on the ATV’s. And then we started talking about our summer plans on how we are all going to meet up in Los Angeles and party it up. But I guess we won’t be meeting him in L.A. but rather in the afterlife in heaven. And I’m sure we’ll have more fun then than meet ing in L.A.

Mo has taught us an important lesson, that life shouldn’t be taken for granted, and we should always tell people we love them. He also taught us live life to the fullest with no regrets because, not only isn’t tomorrow promised but also the next period isn’t promised. Mo left us all and he made sure before he left he’d told that special someone that he loved her.

When Zaki saw Mo’s face for the last time, just before he got in the car, he seemed like he was happy and relaxed, he had no worries in life, and all his problems were solved. When you’re a college student, in your youth, you think that you will live young forever; that you will outlive the water, the wind, and earth; that you are immortal and untouchable.

The most important lesson is that we should drive carefully, and take care of ourselves, because a wise man once said, “When driving you’ve got one foot on the gas pedal and the other foot in the grave.”

Mo was a one of a kind, and everybody loved him. He died so young and he was destined to greater things in life. When we talk about our futures he would always say he wanted to have a nice family, and a good job, doing something he was passionate about. I guess God has greater plans for Mo up there in heaven.

Mo has left us all with a hole in our hearts that will never be filled. He affected everyone in his life directly and indirectly; he was that person that always had a smile on even when he was sad.

AUK gives its deepest condolences to his parents and our prayers are always going to be with him. We hope that his parents recover from this tragic event as soon as possible. I’m sure that we all have grieved and we all have cried, but I’m sure that Mo wants us to cheer. He would want us to celebrate his life and remember all the good times he had with us. Rest in Peace Mohammed Hassib Ali and you will always be loved.

IN MEMORIAM


Goodbye, Mohammed

By Mona Kareem

Even though I barely knew him when he was alive, I feel a close friend of his now. Mohammed’s death touched my heart deeply, as with everyone at AUK. It is extremely difficult to imagine not seeing him around on campus in his knee-length shorts, flip-flops, and bald head; he had a charismatic air about him. We lost him in a tragic way, without getting a chance to say goodbye. Letting go is always hard, especially with such an energetic and lovable personality as Mohammed’s. But even amidst our sorrows, it fills our hearts with joy to see the vast number of people who attended his funeral, prayed for him, and cried over his loss; this is truly a gift from God.

Not an ocean of tears can bring him back. His day has come to leave the world and go to a better place, far from the devastating wars, worldwide epidemics, ongoing fights over money and power, and fading love humans have for each other. Sad that we will never meet him again, we must be happy that he has returned to his Creator, where no safer or happier a person can be. Whenever we pass by his favorite spot, listen to his favorite song, or hear the name “Moham med”, we will remember him, and he will always be missed. His picture will forever stay in our memories. For his sake, let’s smile when we remember his shining eyes and bright smile, his jokes and friendliness, and pray for him, with all our hearts, that God blesses his soul forever and may Paradise be his place. I pray to God to grant his family all the patience and strength they need. And to all of you who knew him and loved him, with hearts that miss him let’s wait to see him in heaven, insha’Alla.

For M. Ali

By Mona Kareem

Here’s Mr. Death;
Opening the doors
Looking for a good guy
To take him in a trip.

Here’s Mr. Death
Takes our lovely friend
Near to God
To live forever
In heaven.

Hey Mr. Death
We are happy
because you took our friend,
he has a better life now
he remembers us
when he was making us laugh
or hugging us when we say:
life is just a lie.

Hey Mr. Death
You are a loser
And we will always stay winners
In the game of life.

You took his soul
But his image is painted
On our hearts.

You dressed him up in your dark clothes
And we take them off
By our prayers.

One day, Mr. Death
You will die
And you will have no one
To cry for you.
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