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Chief Editor

Tasneem AlMuhanna

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My name is Tasneem Almuhanha. I am a daughter, wife, mother and a Journalist. My passion for Journalism started at a young age. I remember waiting for the 7 p.m. news to start and how excited I got when I learned about local and world news, so it was no surprise to my parents that I choose Journalism as a career choice.

In 2008, I enrolled as an undergraduate student at Bowling Green State University and interned as a reporter at BGNEWS, the university's student-run newspaper. In 2012, I graduated with a Bachelor's degree in Journalism and a minor in Philosophy.

I soon was chosen to be the English Editor of Kuwait University's newspaper, Afaq News. Afaq News is mostly written in the Arabic language, however it has three to four pages of English content. The English content is mostly reported and edited by me, but I do have some published student work in the English section. However, their work is not edited by me, from the request of their instructors.

Besides, I did some freelance articles for Arab Times, the first English-language newspaper published in Kuwait.

Additionally, in recent years my passion for Journalism evolved and so has the process of publishing content. New Media Journalism is the new normal and I hope to be a graduate student to learn more about it.

I hope you enjoy this website which includes some of my selected works from the BGNEWS, Afaq News and Arab Times.

Arab Times

**ARAB TIMES
NEWSPAPER**

Issue no.16334

Dec. 11th, 2016**Activities hosted by five faculties****Health Sciences Center marks 50th anniversary of Kuwait University****By Tasneem A. Al-Muhanna**

The Health Sciences Center, at Kuwait University (KU), launched a ceremony and activities to celebrate the Golden Jubilee, to commemorate the 50th anniversary of the opening of the university, back in November 1966 by the late Amir, His Highness Sheikh Sabah Al-Salem Al-Sabah.

The ceremony was under the patronage of the President of KU, Prof Hussein Al-Ansari, with the presence of the Acting-Vice President for Medical Sciences, Prof Adel Al-Awadhi, the Vice President for Research, Prof. Taher Al-Sahhaf, the Secretary General, Dr. Mo-hammed Faris, Assistant Secretary-General for Facilities Management, Dr. Adam Al-Mullah, and the deans of the colleges of the Health Sciences Center.

Moreover, the activities were hosted by the five faculties of the Health Sciences Center, including the Faculty of Medicine, Allied Health Sciences, Pharmacy, Dentistry, Public Health (which recently joined the center) and with the participation of the KU's student associations. The Faculty of Medicine was established in 1973, the Faculty of Allied Health Sciences in 1982 and then joining the Faculties of Pharmacy and

Dentistry in 1996, while in 2013 was the creation of the Faculty of Public Health.

Furthermore, Prof. Al-Ansari expressed his pride of the participation of the Health Sciences Center for the occasion of the 50th anniversary of the establishment of KU, offering his congratulations to all employees of the university, specifically to all the employees of the Health Sciences Center in the five faculties, who led the management of these faculties and put the first basic building blocks for the construction of this outstanding scientific edifice.

"I am proud of all the graduates from KU, during the past 50 years... The Health Sciences Center produced many qualified graduates from various scientific and medical disciplines that contributed to the construction and development process of the State of Kuwait... I wish all of them further success and achievement," he said.

Beacon

In addition, Prof. Al-Awadhi explained that KU has become a beacon for science and knowledge in the heart of the Arabian Gulf, and now serves as the main artery to supply the state with graduates armed with different types of science and knowledge while the

ship sails out to the era of progress and prosperity.

"It is with great pride and honor to have KU occupy the most prestigious academic centers and Health Sciences Center to supply the state with doctors, dentists, pharmacists and specialists in medical science assistance and health... I hope, in the near future, to combine efforts to establish a teaching hospital as a center of medical sciences... This will allow for a higher medical education and scientific levels in the world," he said.

Besides, the Dean of the Faculty of Medicine, Prof Adel Ayed, explained that KU serves as a vital nerve for our society, noting that the Faculty of Medicine, is one of the most important scientific edifices in KU. The faculty accepted the first batch of students in 1976 and has since graduated 35 batches of males and females, a total of 2141 graduates, that have entered medical service facilities and became doctors in private and public sectors.

"This strong foundation of the Faculty of Medicine is due to the tireless efforts of the faculty's founder, Prof Abdulmohsin Abdulrazzaq, who was keen to appoint a qualified teaching staff at the highest levels and there were no compromises on the quality and standard of medical education... I am happy to announce that the



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Faculty of Medicine still follows those values,” he said.

Nevertheless, as a result of the students, from the Faculty of Medicine, who won first place in the Student Debate League of KU in 2013 and the win of Sheikh Hamdan bin Rashid Al Maktoum’s Award for Medical Sciences in 2012, the Faculty of Medicine was named “as the best college in the Arab world.”

On another note, the Acting-Dean of the Faculty of Allied Health Sciences, Dr Jacques Matthew, said that the faculty has made many achievements over the past years, that led to many graduates working in government and private agencies, noting that the faculty will proceed at a steady pace towards a promising future in the coming years.

“I, with great gratitude, extend my appreciation toward the early pioneers of professors, researchers and administrators who worked with utmost sincerity and dedication in raising the reputation of KU until this university reached what it is today,” he said.

Tremendous

Also, the Acting-Dean of the Faculty of Dentistry, Prof Adel Al-Asfour, said that the university, in addition to being a tremendous educational strength, it gathers distinct human competencies and occupy’s a prominent place among the world of universities, explaining that the Faculty of

Dentistry is proud to harness the full potential for development and upgrade its science courses for students as well as using the latest means of technology in classrooms, laboratories and clinics.

“The faculty is seeking international accreditation to achieve the highest scientific standards in the fi eld of dentistry with strong areas of cooperation through the exchange of studies, research and information,” he said.

Nonetheless, the Dean of the Faculty of Pharmacy, Prof Pierre Morrow, expressed his pride in being named dean after the Dean-ship of two former deans, namely Prof. David Biggs and Prof Ladislav Novtina, who developed a college to a higher level of education, scientific research and academic services within this unit. The faculty is centered around four scientific sections and basic disciplines, including Pharmaceutical Chemistry, Pharmaceutics, Pharmacology and Therapeutics, and Pharmacy Practice.

With regard to education, said Prof. Morrow, “Our message is for students and pharmacists to achieve higher Pharmaceutical Science levels and practice the profession of pharmacy to meet the urgent need of the population... Graduates are joining the public and private sectors related to the development, manufacture and use of

medication,”.

In the fi eld of higher education, Prof Morrow explained that the faculty currently offers Master of Science degree in Pharmaceutical Sciences, and the faculty plans to begin the program of a doctorate degree as well, which will contribute to the development and effectiveness of medical drugs and their therapeutic applications, noting that scientific research, produced by the faculty, is the most outstanding research in KU.

“The faculty is also engaged in the fi eld of community service where we aim to activate the expertise and experience of its members and associate members to improve public health and responsible use of medical drugs,” he said. Additionally, the Dean of the Faculty of Public Health, Prof Nasser Behbehani, said that the faculty, despite its recent establishment, continues to work on a bachelor’s program in Health and Community Studies, divided into five departments, which will be inaugurated next year. The master’s programs in Health Policy and Management, Environmental and Occupational Health, have been submitted to the Graduate School for approval.

“I congratulate KU and its founders for the tremendous achievement and development,” he said.



Afaq Newspaper



AFAQ NEWSPAPER

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The Screams Behind the Creams



Right now, millions of mice, rabbits, cats, dogs, and other animals are locked inside cold cages, in laboratories, across the globe. They deteriorate in pain, ache with loneliness, and long to roam free

with their families. Instead, all they can do is sit and wait in fear of the next terrifying and painful procedure that will be performed on them. The stress and boredom causes some animals to develop neurotic behaviors, such as continually spinning in circles, swinging back and forth, pulling out their own hair and biting their own flesh. They shake and tremble in fear whenever someone walks past their cages, causing their blood pressure to spike. Almost all of them will be killed. This is known as animal testing.

Animals are tested to develop medical treatments, determine the toxicity of medications and check the safety of products destined for human use. Research/testing on living animals has been practiced since 500 BC.

However, drugs that pass animal tests are not necessarily safe to the public. In the 1950s, Thalidomide, an animal tested sleeping pill, caused 10,000 babies to be born with severe deformities. However, tests on pregnant mice, guinea pigs, cats, and hamsters did not result in any birth defects unless the drug was administered at extremely high doses.

Additionally, animal tests on the arthritis drug, Vioxx, showed that it had a protective effect on the hearts of mice, yet the drug went on to cause more than 27,000 heart attacks and sudden cardiac deaths before being pulled from the market.

Furthermore, according to medical studies, over 100 stroke drugs and 90 HIV vaccines that were effective, when tested on animals, have failed in humans.

Moreover, medical breakthroughs involving animal testing may still have been made without the use of animals, especially since research yields irrelevant results. Discriminating against animals because they lack the intellectual ability, language, or moral judgment that humans do is no more justifiable than discriminating against humans with severe mental impairments.

By: Tasneem A. Al-Muhanna
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CGAPS Organizes Seminar to Discuss Health Issues



A photo of the attendees at the seminar

By: Tasneem A. Al-Muhanna
The Center of the Gulf and Arabian Peninsula Studies (CGAPS) organized a seminar, titled "Your Body That You Do Not Know", last Wednesday, at the Regency Hotel, to discuss/cover various health issues; such as kidney failure, heart disease, cancer and diabetes. The seminar was under the patronage of the President of KU, Prof. Abdullatif Al-Bader, and included the participation of a group of doctors, professors, specialists in the medical field, from Kuwait and Saudi Arabia, CGAPS was established in 1994, as a specialized research center to monitor the impact of global changes on the

Arabian Gulf region, study and analyze problems associated with socio-cultural transformations, survey environmental concerns, and address the region's endowments and resources.

During the opening of the seminar, Prof. Bader thanked the organizing committee for choosing the title and subject of the seminar, since the human body is the foundation of a human being. Previous seminars were based on political and social topics, but learning about our health through various academic activities/events has greater importance.

"Part of our greatest life blessings is our body... One of the most important things we can do for our bodies is to refrain from



Prof. Al-Bader delivering his speech

putting any substances that causes any harm." Prof. Al-Bader said. Additionally, the Vice President for Research, and Chairman of CGAPS, Prof. Hassan Al-Sanad welcomed the participants and praised the role of scientific experts and their efforts, in the Gulf and Arabian Peninsula, to increase public awareness of general health.

"Since ancient times we called a doctor 'sage'... A description that stands rightfully fitting between 'medicine' and 'wisdom'," Prof. Al-Sanad said. Moreover, the Head of Kidney Diseases and Transplant, at Saad Specialist Hospital (Saudi Arabia), Dr. Ahnaf Bataineh, during his speech, said that health is determined by the level of

functional/metabolic efficiency of a living organism. In humans, it is the general condition of a person's mind and body, usually meaning to be free from illness, injury or pain. However, health is maintained and improved not only through the advancement and application of health science, but also through intelligent lifestyle choices of the individual, Dr. Bataineh said. "I hope that the outcome of this conference will be an effective educational opportunity that contributes to a better understanding of the human body and health," Dr. Bataineh said.

University Events of the Week

Sunday

8:00 AM- Second Conference on Social Media, in the International Hall, at the Faculty of Social Sciences.

9:00 AM- The Department of Security and Safety Management visit the Qadsiyah Middle School for Girls, as part of the sporting events week.

10:00 AM- The opening of the Fourteenth Health Week Exhibition, in Farouk Barqash Al-Mutairi Hall (building 14), at the College of Engineering and Petroleum.

12:00 PM- Symposium on "Rights of Domestic Workers in the Gulf," in Othman Abdulmalik Theater, at the College of Law.

Monday

9:00 AM- Seminar organized by the Department of Asian Studies, in the Council Hall, at the College of Social Sciences.

12:30 PM- Lecture by the Kuwait Voluntary Work Center, in the Conference Hall, at the College of Life Sciences.

12:30 PM- Symposium on "The Most Important Modifications to be Carried Out in the Code of Procedure," in room (137), at College of Law.

Wednesday

10:00 AM- Volunteer Day, in the laboratory corridor, at the College of Life Sciences.

12:30 PM- Lecture on "For Humans", in the Conference Hall, at the College of Life Sciences.

12:30 PM- Lecture on "No to Violence Against Women", in the World Bank Hall, at the College of Social Sciences.

The College of Arts Organizes Ceremony for the Launch of the French Language and Culture Department



Prof. Al-Hajji delivering her speech

By: Tasneem A. Al-Muhanna
The College of Arts celebrated the launch of the French Language and Culture Department, with the participation of the Embassy of the French Republic, in a ceremony. The ceremony included a short film screening of the development process of the department, poetry readings of Jacques Prévert (a famous French poet), and a short reenactment of Jean de La Fontaine's play "The Crow and the Fox".

Attendees of the ceremony included the Dean of the College of Arts, Prof. Hayat N. Al-Hajji, the Cultural Attaché of the Embassy of the French Republic, Mr. Francois Brossard, the Ambassador of the Embassy of Switzerland, Mr. Etienne Thevoz, the Ambassador of the Embassy of the Republic of Tunisia, Mr. Noureddine Erray, the Dean of the College of Education, Prof. Najat Al-Mutawa, the Dean of Graduate Studies, Prof. Farida Al-Awadhi, the Dean of Community Services and Continuing Education, Prof. Ibrahim Karam, the Head of the French Language and Culture Department, Dr. Youser Al-Madani, and a number of professors and



Mr. Brossard delivering his speech

university officials. During the opening speech, Prof. Al-Hajji said that the idea of starting a French language program was in the year 1993, by the then Dean, Prof. Abdullah A. Al-Muhanna, and committee members: the late Dr. Mona Al-Ghareeb and Dr. Youser Al-Madani. The work process began, in the same year, with the visit of a delegation from Paris-Sorbonne

University. Multiple visits, from French scholars, proceeded thereafter for assessment and evaluation.

Furthermore, in the year 2008, the program started with five students and one staff member, and in 2012 the first batch graduated. However, in 2011, Prof. Al-Hajji, Dr. Al-Madani and

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A photo of the attendees at the ceremony



Kuwait University

Workshop on “Guidelines for Obesity Management” Held at the College of Life Sciences

By: Tasneem A. Al-Muhanna
The Dasman Diabetes Institute (DDI), a leading campaigner for diabetes awareness in Kuwait, organized a two-day workshop, titled “Guidelines for Obesity Management”, in cooperation with Nutri Viva, a club founded in KU to create an awareness of nutrition and food. The workshop was held in the College of Life Sciences with over 20 student participants.

The Director of the Nutrition Department at DDI, Dr. Roula Barake, who headed the workshop, explained that obesity is a complex disorder involving an excessive amount of body fat. Obesity isn't just a cosmetic concern; it increases one's risk of diseases and health problems such as heart disease,



Dr. Barake explaining the risks of obesity

type-2 diabetes and high blood pressure.

Obesity has reached epidemic proportions, globally, with at least 475 billion adults classified as obese, and 2.8 million deaths as a result of being overweight or obese, Dr. Barake said.

“Kuwait ranks in the top seven

percent of obese countries worldwide,” Dr. Barake said. Furthermore, although there are genetic and hormonal influences on body weight, obesity occurs when one takes in more calories than they burn through exercise and normal daily activities. The body then stores these excess



A photo during the workshop

calories as fat, Dr. Barake explained. “Obesity can also result from medical problems and certain medications,” she said. The exams and tests, a nutrition typically reviews, include calculating one's Body Mass Index (BMI), measuring one's

waist circumference, using the edmonton obesity staging system and calculating one's body fat percentage, she said. Additionally, Dr. Barake explained that all weight loss programs require changes in one's eating habits and an increase in their physical activity. The right

treatment method depends on one's level of obesity, overall health and willingness to participate in their weight-loss plan.

Moreover, the participants of the workshop performed three exercises. One of their exercises was stating the advantages/disadvantages of using a nutritionist's weight status category, such as BMI. The participants also listed various questions they would use to assess a patient's medical/family history, in another exercise.

The participants were later awarded certificates for their involvement at the workshop and a representative, from the Department of Public Relations, thanked and presented Dr. Barake with an award for her presentation.

The Department of Security and Safety Management Organizes Smoking Awareness Campaign and Opens New Clinic



A group photo of the nurses at the new clinic

By: Tasneem A. Al-Muhanna
The Department of Security and Safety Management organized a second awareness campaign about the effects of smoking and ways to prevent it, under the patronage of the Assistant Secretary General for Facilities Management Affairs, Dr. Adam Al-Mullah.

Furthermore, the Director of the Department of Security and Safety Management, Khaled Al-

Yaqout, said that the campaign is a result of a joint cooperation between KU and the Ministry of Health. The campaign included the participation of consultant doctors, from different specialties, at the Ministry of Health. Participants, of the campaign, set up booths, on a three-day period, at the College of Business Administration, College of Arts and College of Engineering and Petroleum, last week.



A doctor explaining the effects of smoking

Moreover, the Head of the Department of Safety, Yusef Al-Khames, said that administration opened a new medical clinic at the College of Sharia and Islamic Studies, at the ground floor of building (8K), in addition to the other 12 clinics in KU.

Additionally, Al-Khames said that all clinics are prepared and equipped, with the necessary resources, to provide first aid to students and all employees in all colleges.

Services include the provision of painkillers, measurement of blood sugar/pressure, measurement of temperature, and measurement of blood cholesterol ratio. Working hours are between 7:00 AM to 19:00 PM.

“Our mission is to provide emergency measures, when needed, through medical services and first aid,” Al-Khames said.

The emergency hotline telephone: 83333 or 24983333.



Faculty members visiting one of the booths



Students visiting the booth in the College of Business Administration

Published Paper Proves Mediterranean Diet Benefits Those with CVD

By: Tasneem A. Al-Muhanna

Prof. Farouk El-Sabban, from the Department of Food Science and Nutrition, at the College of Life Sciences, recently published a paper on Dove Medical Press Limited, exploring the potential of a Mediterranean diet to



Prof. El-Sabban

be adequate in providing dietary levels of antioxidants that benefits those with cardiovascular disease (CVD).

Prof. El-Sabban's paper, titled The Antioxidant Advantage of the Mediterranean Diet in Cardiovascular Disease, explained that the data of randomized-controlled clinical trials, so far, did not produce solid evidence for the benefit of administering antioxidant vitamin supplements to CVD patients or toward protecting those who are at risk.

Furthermore, several meta-analyses confirmed that there was no negative effects of such supplementation, and adverse effects resulted when vitamin E was given

in high doses. Thus, there is no scientific or medical basis to recommend the use of antioxidant vitamin supplements for CVD risk reduction, at present, Prof. El-Sabban explained.

Currently, recommendations are focusing more on the naturally-occurring vitamins and other phytochemical antioxidants found in common dietary items.

Collectively, the Mediterranean diet consists of food items that contain a number of antioxidants, and thus is likely to be adequate in providing a dietary level of antioxidants. Prof. El-Sabban said that such dietary patterns should be preserved and promoted for the derived benefits to reduce the risk of CVD in the long run.

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Dr. Al-Madani (far right) awarding Prof. Al-Hajji (center right)

Dr. Mashael Al-Hemley, along with other staff members, began their efforts to expand the program into a department, and in the spring of the year 2014 the department was approved by the University Council. Currently, there are seven staff members and 60 students in the department. "I thank the President of KU, Prof. Abdullatif Al-Bader, and the Vice President of Scientific Affairs, Prof.

Firyal Burbaie, for their care and support, which without them our dream wouldn't have come true," Prof. Al-Hajji said. Moreover, during his speech, Mr. Brossard said that he extends his assistance to contribute to the growth of the department. "The Embassy of the French Republic will promote all cultural exchanges, missions and graduates," Mr. Brossard said.



A photo of the exhibition with some of the attendees

In addition, Dr. Al-Madani said that the French language program was initially under the umbrella of the Department of English Language and Literature, in the year 2007, rather than an independent section. "The establishment of the department will have a profound impact on all civilizations' dialogues," Dr. Al-Madani said. The Embassy of the French Republic presented the College of Arts with

the latest book for learning the French language. Dr. Al-Madani also presented Prof. Al-Hajji with an award to express her deepest gratitude. The ceremony also included an exhibition of various French books, food, and desserts, organized by the Embassy of the French the Republic.



In 1993, Prof. Al-Muhanna (center) awarding a French scholar for his evaluation



In 1993, the late Dr. Al-Ghareeb (far left) and Prof. Al-Muhanna (center right) with the French delegation

Visiting US Speaker Conducts Presentation on His Experience in the Field of Journalism



A photo during the presentation

By: Tasneem A. Al-Muhanna
Visiting US speaker, Mr. Nicholas Kralev, conducted a presentation to a journalism course, held by Dr. Bader N. Al-Hajji, where he discussed his past experience from being a 19-year old TV reporter in Bulgaria to traveling the world with four U.S. secretaries of state. Kralev, who holds a master's degree in public policy from Harvard's John F. Kennedy School of Government, is a former *Financial Times*, *The Huffington Post* and *The Washington Times* correspondent. He has traveled around the world with U.S. secretaries of state, including Hillary Clinton, Condoleezza Rice, Colin Powell and Madeleine Albright. Besides, being an expert in international diplomacy, global

aviation and communications, he is the author of *America's Other Army* and *Decoding Air Travel*. During his presentation, Kralev explained that during his college years in Bulgaria, he became an on-air news reporter, covering politics and higher education for two daytime and two evening newscasts. "I had no connections and nothing to lose," Kralev said. Moreover, Kralev later applied as a transfer student at the University of Bridgeport (US) and received a full scholarship. However, he strived to learn more about news-writing and applied to two internships including *The Washington Times* and *CNN*. "I said 'yes' to both internships at the same time, since they were



A group photo of the attendees at the presentation

at the same city... Nobody was holding my hand... I had to figure it out," Kralev said. Furthermore, while Kralev was a student at Harvard's John F. Kennedy School of Government, besides working as an assistant editor at *The International Journal of Press/Politics*, he joined the *Financial Times*, writing feature articles and profiles for weekend editions on politics, foreign policy, culture and entertainment. "A degree means nothing without having practical experience," Kralev said. Following graduation, in June 2010, Kralev became a diplomatic correspondent at *The Washington Times*. He wrote news, features and analyses on all aspects of U.S. foreign policy and reported

on developments in dozens of countries, while accompanying four secretaries of state on 170 flights around the world. Additionally, Kralev became the author of *America's Other Army*. Due to his unprecedented access to the inner sanctum of American diplomacy in Washington and around the world over several years, his book is based on his visits to more than 50 embassies and interviews with 600 career diplomats. "The US allows people to fulfill their potential... There are no artificial barriers," Kralev said. Dr. Al-Hajji thanked Kralev for his presentation and sharing his experience to influence future journalists.

Distinguished American Professor Joins the College of Business Administration

By: Tasneem A. Al-Muhanna
The Department of Management and Marketing, at the College of Business Administration, has welcomed a new faculty member, Prof. Zafar U. Ahmed, this semester.



Prof. Ahmed

Prof. Ahmed's credentials include a BBA in International Business, from the University of the State of New York's Regents College (US), an MBA in International Business, from Texas A&M International University (US), and a Ph.D. with specialization in Services Marketing from Utah State University (US). Additionally, he was Associate Dean at the College of Business Administration in Prince Sultan University (Saudi Arabia), and founding Dean at the College of Business Administration in Prince Fahad Bin Sultan University (Saudi Arabia). Furthermore, Prof. Ahmed has been a global consultant for diverse organizations including the Singapore Ministry of Foreign Affairs, the United Nations Development Program and the British Commonwealth Secretariat.

Moreover, he has more than 150 scholarly papers that have been published in various journals, including the *Harvard Business Review*, *Florida International University Hospitality Review*, *Thunderbird International Business Review*, and *Journal of Global Marketing*. Besides being the author/co-author of five case books, Prof. Ahmed is in the process of completing a college textbook: *Global Business Ethics*, at the MBA level, which focuses on crimes committed by entrepreneurs, multi-national corporations, governments, organizations, foundations, agencies and individuals, in the name of conducting global business. The Department of Management and Marketing hopes that their students will benefit from Prof. Ahmed's credentials and experience.



Kuwait University



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Established in 1978



Weekly Academic Newspaper

Dear Graduates



One of the 20th century's major poets, T.S. Eliot, once wrote, "What we call the beginning is often the end. And to make an end is to make a beginning. The end is where we start from." Each milestone in our

lives will come to an end, but there is always a beginning to that end.

Life is a journey, and all accomplishments we achieve during its course should be taken as preliminary points for further achievements. Graduation should serve as such a point, projecting us to wherever our futures are meant to take us, whether we land ourselves a new job, take up a business, or advance our education.

However, the road that lies ahead won't be easy. There will be obstacles, missed exits, potholes and roadblocks. Nothing worthwhile is easy, and that includes making the most out of your futures, but that doesn't mean giving up. You must keep on pushing.

Consider what American Author, Hellen Keller, once wrote, "The marvelous richness of human experience would lose something of rewarding joy if there were not limitations to overcome. The hilltop hour would not be half so wonderful if there were no dark valleys to traverse." The journey of undertaking hard work in order to achieve one's dreams makes the achievement of success much more gratifying.

Our lives are books to which each of us is our own author. We are the ones who write each chapter of our life. The best chapters are yet to be written and among them are talents yet to be discovered.

Remember to hold onto your morals, values, work ethic and humanity. It is these individual qualities that will guide you further on your journey.

Your achievements may fade or even be forgotten. The audience's applause and cheers may become a distant memory. Your certificates or awards may gather dust on a shelf or a drawer, but you will always be remembered for the contribution you made. The historical mark you left behind on this big blue marble we call "Earth".

Make your life a notable occasion. I have no doubt that you will rise to it. Congratulations!

By: Tasneem A. Al-Muhanna
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HH the Amir in a group photo at the graduation ceremony

KU Organized the Graduation Ceremony of the 44th Batch for Students of Excellence Sponsored by HH the Amir



Dr. Al-Essa presenting his speech



Prof. Al-Hajji presenting her speech



Graduate Al-Bahar presenting her speech

By: Tasneem A. Al-Muhanna
His Highness (HH), the Amir Sheikh Sabah Al-Ahmad Al-Jaber Al-Sabah, patronized and attended a broad ceremony, marking the graduation of excellence for the academic year 2013-2014, held at the Late Sheikh Abdullah Al-Jaber Al-Sabah Theater, in Shuwaikh district, last Monday.

HH the Amir distributed graduation certificates to more than 166 students, including those with a PhD degree, 31 with Masters and 134 with B.A degrees; all of excellent records.

The ceremony was also attended by HH the Crown Prince, Sheikh Nawaf Al-Ahmad Al-Jaber Al-Sabah, National Assembly Speaker, Marzouq Ali Al-Ghanim, former National Assembly Speaker, Jassem Al-Kharafi, HH Sheikh Nasser Al-Mohammad Al-Ahmad Al-Sabah, HH the Prime Minister, Sheikh Jaber Al-Mubarak Al-Hamad Al-Sabah, First Deputy Prime Minister and Foreign Minister, Sheikh Sabah Al-Khaled Al-Hamad Al-Sabah, Deputy Minister of the Amiri Diwan Affairs, Sheikh Ali Jarrah Al-Sabah, senior State officials and a large number of families of the graduates and other citizens.

The ceremony began with the playing of the national anthem and the recitation of Quranic verses by one of the graduating students, followed by the speech of the Minister of Education and Higher Education, Dr. Bader Al-Essa, where he expressed his deep gratitude to HH the Amir for his kind patronization



A photo of the attendees at the ceremony

of the graduates and support for the academic sector.

Furthermore, the current main task is promoting the university and updating its curriculums, teaching methods and

scientific research, while being compatible with the new educational plan, worked out by the Ministry of Education in cooperation with the World Bank and Kuwait Foundation

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HH the Amir greeting the Vice President for Health Sciences Center, Prof. Basil Al-Naqeb

University Events of the Week

Sunday
9:30 AM- Women's Health Day at the College of Social Sciences

Monday
9:00 AM- Lecture on photography in Afaq Newspaper
12:00 PM- Workshop on nanoscope at the College of Science (gate 5)
12:30 PM- Lecture on the restructuring program at the garden of Khaldiya campus (building 132)

Tuesday
9:00 AM- Event on "Academic Expert in Every Company" in the main building of Khaldiya campus (room 119)

Wednesday
10:00 AM- Free blood sugar checkup in Khaldiya campus (building 31)
12:30 PM- Lecture on "Life without Diabetes" in Khaldiya campus (building 31)

Thursday
10:00 AM- Seminar on the "Kuwaiti Budget" in Othman Abdulmalik Theatre at the College of Law



HH the Amir, HH the Crown Prince and Dr. Al-Essa cutting the graduation celebratory cake



HH the Amir greeting the graduate, Anaees Al-Ostad

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HH the Amir greeting the graduate, Maha Al-Tourah



HH the Amir with the graduate, Mousa Al-Khalidi



HH the Amir greeting the graduate, Ali Al-Zoubey

for Advancement of Science (KFAS), Dr. Al-Essa said. "This educational task will lift Kuwait's status to the level it deserves among nations that advocate knowledge and culture... The certificate is only a permit to a greater life."

Moreover, KU's Acting President and Dean of the College of Arts, Prof. Hayat N. Al-Hajji, during her speech, greeted the attendees and hailed HH the Amir, for his guidance to the new generations, so that they press ahead in service of the society and dear homeland.

"It is no exaggeration to say that as much as we are overjoyed with the success of our children, we are greatly proud of your presence," Prof. Al-Hajji said to HH the Amir, on the premises of the graduation ceremony.

Nevertheless, Kuwait has granted us stability and peace so that we could teach future generations to seek knowledge as a vehicle for progress, she said.

On the academic side of KU, the Acting President indicated

that the construction of the College of Nursing was in the works, in addition to plans to establish MA-degree studies for certain specialties, including dentistry, finance, sociology, bio-technology, criminal studies, and social service. PhD studies in translation, medical drugs and nuclear medicine, are also underway.

"Now this generous homeland pins high hopes on you and expects you to contribute to its progress and renaissance. You have to respond to the homeland's appeal with strong determination and dedication. You have to use your excellent physical and mental strength in pushing up the status of your country to a higher position among other nations," Prof. Al-Hajji said, turning to the newly-graduated students.

On behalf of the graduates, Bodour Al-Bahar, from the College of Engineering and Petroleum, during her speech, said the students will always remember HH the Amir gracing this ceremony to stress his care for education, while encouraging new



HH the Prime Minister Sheikh Jaber Al-Mubarak Al-Hamad Al-Sabah greeting one of the College Deans



First Deputy Prime Minister and Foreign Minister Sheikh Sabah Al-Khaled Al-Hamad Al-Sabah greeting one of the College Deans



A Senior State official greeting the Vice President for Health Sciences Center, Prof. Basil Al-Naqeeb





Kuwait University

generations to do their best and serve their country. The high level of achievement was partly due to the devoted care, received by the students from KU, and own drive/desire to build a brighter future, the graduate said. Additionally, a short film was screened showing certain students, vowing **faithfulness to their homeland** and efforts aimed at making Kuwait a minaret for science and scholars, while highlighting the most important achievements and awards won by outstanding students.

“We pledge that we shall follow your (HH the Amir) steps with the respect of caring for mankind and supporting voluntary work for service of the human race,” noting the recent UN honoring of HH the Amir as a “Humanitarian Leader”.

Following the distribution of certificates, HH the Amir received a memorial gift from KU, designed by the talented KU engineer,

Ibrahim Shakrallah, in commemoration of the ceremony.

Besides, the leading staff and graduates of KU praised HH the Amir’s fatherly sponsorship of the ceremony. The Dean of the College of Social Sciences, Dr. Abdul Redha Assiri, said HH the Amir’s fatherly care for the students signals KU’s great status. The Dean of the College of Business Administration, Dr. Jassim Al-Mudhaf, said this type of sponsorship is a medal of pride for those who have earned it.

In addition, a mathematics graduate, Hanan Al-Ajmi, said she was elated with this special honoring, noting her desire to excel in her future career as a teacher. Her fellow graduate, Jumana Al-Babtain, said HH the Amir’s personal honoring of the students would nudge her toward further excellence. Other graduates echoed identical expressions of gratitude to HH the Amir.



HH the Amir receiving a memorial gift from KU

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Engineering graduate, Abdulrahman Al-Shatti



HH the Amir greeting the graduate, Najlan Al-Sanafey



Graduates smiling to Afaq’s camera lenses



The graduate, Fahad Abdulhadi



The graduate, Capt. Saad Al-Adwani



A group photo of some of the graduates



HH the Amir greeting the graduate, Fawaz Al-Khaldi



AFAQ NEWSPAPER

Issue no.1039

Sunday, April 12, 2015



Your Right is My Wrong



The concept of "right" and "wrong" is (religion aside) an entirely human invention. We rationalize, judge, justify, and excuse, but we always act according to an innate feeling of morality. Our morals are defined

from youth, shaped by our parents and society, and as we develop critical thinking, we can change what we consider moral correctness. Yet, there are no moral principles that we can follow blindly.

Suppose you found a victim from a road accident and needs to be immediately carried to a hospital, otherwise he may die. No vehicle is available, but you see a vehicle nearby parked. It is not good to take away somebody's vehicle; however, there is a person in need of immediate aid or otherwise he is on the brink of death. While taking a vehicle in the ordinary course may be wrong, most would violate that rule in a case like this.

Moreover, telling a lie is an action generally considered to be wrong by most moral systems. Telling the truth is considered a virtue, as much damage is done to others and to society from too much dishonesty, but what if telling the truth violates a higher value in life? Suppose, a killer asks about the whereabouts of your neighbor with the intention of harm and murder. Despite the fact that people advocate telling the truth, telling a lie is the right thing to do in that particular situation.

Every individual based on his teachings and understanding has the capability to know what is right or wrong. People may not adhere to the right thing, but through intuition and observing other people, they know that there is a higher level of humanity.

However, a thing which is deemed to be right to you may not be viewed with the same intensity by another person. How strong your moral beliefs are determine which action of yours is viewed as right. It calls for adjusting your conduct according to this moral standard. What is right or wrong depends on so many factors and one has to look to the higher purpose that underlies any action before they deem someone as right or wrong. There is no absolute right or absolute wrong in this world.

By: Tasneem A. Al-Muhanna
Email: talmuhan@gmail.com



A group photo of the attendees during the playing of the national anthem of Kuwait



A photo of the attendees during one of the conference afternoon sessions

College of Arts Organizes International Conference to Address Diverse Issues on the Arab and International Aspects of Life in the Information Age

By: Tasneem A. Al-Muhanna

The College of Arts organized its annual international conference, entitled "Scientific Culture between Reality and Prospect", under the patronage of the Acting-President of KU and Dean of the College of Arts Prof. Hayat N. Al-Hajji, aimed to address the many substantial issues on the Arab and international aspects of life; in light of global competition and challenges of the information age.

Moreover, the three-day conference began with the playing of national anthem of Kuwait and the recitation of Quranic verses, followed by the opening speech, presented by Prof. Al-Hajji, where she explained that the scientific culture is considered one of the basic characteristics of all societies that sought progress and made significant strides in its technical development. In the past, scientific inventions were impossible due to the lack of education, illiteracy, and the confinement to certain classes in society. Furthermore, the spread of fundamental investment sources brought superior revenue that included all classes in society-making a great impact essentially and subjectively in the spread of education, and the general use for all classes locally, she said.

Additionally, Prof. Al Hajji said that with the education prevail, motivation and revenue, scientific creativity became prominent; making a quantum leap in the manifestations of cultural thought and its variables. However, like all developing nations today, the Arab society is facing major challenges related to critical thinking and the scientific culture, especially when



Prof. Al-Hajji presenting her speech compared to the advanced world and information age; as a result of universal developments in globalization and revolutionary discoveries: in the fields of medicine, biology, nature and environment, she said. "We urge all the scholars, specialists and those concerned about the future of our Arab communities to positively contribute and work hand in hand with us to make this major cultural event a success, hoping that each one of us can drop a stone in this stagnant water," Prof. Al-Hajji said.

Besides, the conference gathered participants/researchers from various areas around the globe, including the United States of America, Republic of France, Republic of Poland, and Algeria.

Nevertheless, a constellation of intellectuals and academics were also honored at the conference due to their role in thought, culture, and community/humanitarian services, including the former President of KU, Prof. Abdullatif Al-Bader, for his four-year academic contribution to KU, and Prof. Mai B. Al-Nakib, from the Department of English Language and Literature, and the author of the collection of short stories, *The Hidden Light of Objects*; which won the Edinburgh International Book Festival's 2014 First Book Award.

However, the honorees were

not solely KU academics, such as Sheikhha Sheikhha Al-Abdullah Al-Khalifa Al-Sabah, the honorary President of the Kuwait Sports Club for the disabled, who was commemorated for her continuous contributions in supporting and sponsoring students with special needs and other humanitarian/charity works. The former Minister of Information and one of the founders of Kuwait's TV channel, Mohammed Al-Sanousi, was also honored for his pioneering role in the development of diverse fields of activity in Kuwait such as tourism, information technology, art, cinema and media.

In addition, Prof. Al-Hajji extended a sincere thanks to those who made the conference a success.



Prof. Al-Hajji (right) honoring Prof. Al-Bader (left)



Prof. Al-Hajji (right) honoring Prof. Al-Nakib (left)

The Registration Period for Enrolled and Non-degree Graduate Students to be Held Between April 12 to April 25

By: PR & Tasneem A. Al-Muhanna
The Head of the Department of Admission and Registration, at the College of Graduate Studies, Izdihar Al-Taqi, announced the dates of registration for enrolled and non-degree students for the first academic semester 2015/2016, starting from April 12th, 2015 to April 25th, 2015, for all programs except for the College of Law.

Moreover, Al-Taqi indicated that enrolled students' registration in the masters

programs of General Law and Private Law will begin on April 26th, 2015.

Furthermore, all students must login into the registration system of KU's official website (www.kuniv.edu.kw) where registration hours will start throughout those days.

For more inquiries on the details and other important dates, students should refer to the College of Graduate Studies for further information about the first academic semester.

University Events of the Week

Sunday

9:00 AM- Occupational Therapy Day at the Health Sciences Center in Jabriya campus.

Monday

12:15 PM- The Eloquent Club begins its activities at the College of Arts.

Tuesday

9:30 AM- Collective engineering staff meeting at Farouk Albarqash hall in Khalidiya campus.

Wednesday

12:00 PM- Mubarak Alkabeer conference at hall room (125) in the College of Arts.

12:30 PM- Seminar on Nutrition at hall room (110) in the College of Life Sciences.



The Kuwaiti Branch of the AIAS Organizes Charity Exhibition to Strengthen Relationship Between Students and Professional Market



Dr. Khattab (center right) touring the exhibition



Dr. Khattab inquiring about one of the architectural designs



Dr. Khattab being presented an award for his participation

By: Tasneem A. Al-Muhanna
Under the patronage of the Dean of the College of Architecture, Dr. Omar Khattab, the Kuwaiti branch of the American Institute of Architecture Students (AIAS) organized their first charity exhibition, titled "Details", in

Al-Hamra Tower, where various works in architectural design, interior design, product design and other artistic materials were displayed; produced by KU students. Furthermore, AIAS, which is a national student-run organization

with local chapters at universities; who work to address issues affecting students, including studio culture, internships, and the advancement of architecture itself, organized the exhibition with an aim to create a bridge between the professional market

and students, while raising the level of architectural awareness in Kuwait. Nevertheless, the exhibition included the presence of the Vice Dean of Academic Affairs at the College of Architecture, Dr. Adel Al-Momen, faculty

members and students. Additionally, the mission of the Kuwaiti branch of AIAS include promoting excellence in architectural education/training/practice, fostering an appreciation of architecture and related disciplines, enriching

communities in a spirit of collaboration, and combining student efforts to advance the art and science of architecture. Besides, all of the exhibition proceeds will go toward the Kuwaiti Association for Parents of Disabled Children.

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KUWAIT UNIVERSITY COLLEGE OF ENGINEERING AND PETROLEUM

The College of Engineering and Petroleum at Kuwait University invites applications for (Teaching Assistant) position in the Mechanical Engineering Department for the Academic year 2015/2016.

The following minimum qualifications are required:

- All qualifications must be from an accredited university in a traditional residential and on-campus format.
- The applicant should have a Bachelor and a Master degree with a minimum GPA of 3 out of 4 or equivalent.
- Proficient in Arabic and English written and spoken.
- Priority will be given to Kuwaiti citizens and those with teaching experience.

The following supporting documents are required:

- Current Curriculum Vitae.
- Copies of university diplomas along with copies of transcript from all attended universities.
- The equivalency certificates for the Ministry of Higher Education in Kuwait.
- Technical experience and professional training certificates (if applicable).
- Personal identification documents (Civil I.D. – Citizenship – Passport – Birth certificate). • A copy of this advertisement.

For full consideration, applications should be personally submitted two months within the announcement date.

Applications are to be mailed by express mail/courier service to the following address: Administration for Academic Staff Affairs, Academic Staff Appointment Department, Kuwait University, Khaldiya Campus, Al Firdous Street, Building No.2, Block 3, Khaldiya, State of Kuwait.

Tel: +965 – 2484 4189 Fax: +965 – 2484 9562

CBA Welcomes a French Delegation and Discusses Possible Future Student Exchange Program



The French delegation discussing the positive aspects of the student exchange program

By: PR & Tasneem A. Al-Muhanna
The Vice Dean of Student Affairs at the College of Business Administration (CBA), Prof. Mohamed Al-Fahad, along with the Supervisor of the Student Exchange Program, Kamal Roabh, welcomed a delegation from French universities, who were invited by the Embassy of the French Republic to visit CBA, to discuss a future student exchange program. Moreover, the delegation was accompanied by officials in charge of student exchange programs of the following French universities: University De Lyon, Skema Business School, Campus France, in addition to EM-Normandie. Furthermore, the meeting included a discussion of the importance of student exchange programs for business

students, with universities that acquire academic accreditation, due to its positive cultural impact and refinement of a student's scientific, cultural and social potentials. Nevertheless, Prof Al-Fahad and Prof . Roabh explained about the possibilities of offering student scholarships, for those from foreign universities, to study selected courses, be acquainted with Kuwaiti residence procedures and scientific disciplines. Topics including CBA's academic system, testing procedures, acceptance requirements and student dorms, were also covered. Besides, the French delegation reviewed the dual benefits and expressed its desire on signing a student exchange program agreement with CBA.





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Commemoration Ceremony Organized for Long-time Employee at the General Services Administration



A group photo of the attendees at the ceremony



Al-Masaad being presented an award on behalf of the GSA

By: Tasneem A. Al-Muhanna
The General Services Administration (GSA) organized a ceremony to commemorate the Director of GSA, Adel Al-Masaad, for his long-time services and his candidacy as the Assistant Undersecretary at the Ministry of Higher Education, held at Sheikh Abdullah Al-Jaber Theater in Shuwaikh campus, and attended by the Acting-President of KU, Prof. Hayat N. Al-Hajji, college

deans, and department heads. Furthermore, during the ceremony, Prof. Al-Hajji explained that this commemoration is not a “goodbye”, but a recognition of great gratitude for Al-Masaad’s efforts, as he is one of the founding members of the administration. “On the occasion of your new job, we all want to thank you for your many years of great leadership. Everyone agrees that you possess a rare combination

of vision, fairness, and understanding- crucial qualities for an effective director,” she said. Moreover, the Assistant Secretary General of GSA, Bader Al-Theyab, said that Al-Masaad, who’s the owner of a big heart, during his first day at KU, he came with the intention of improving all the departments of GSA. Fellow co-workers have additional personal reasons of gratitude, for he has given special attention to their need.

“We give you special thanks for your caring. We thank you for all you have done and all you have taught us and send our very best wishes as you embark your next journey,” Al-Theyab said. Additionally, the Director of the Public Relations and Media Department, Faisal Al-Maqseed, said Al-Masaad was a leader at his core and a brother to all his fellow co-workers. “There are not enough words to express my appreciation



Al-Masaad being presented an award on behalf of KU

and gratitude towards Adel Al-Masaad... I wish him resounding future success,” he said. Following the speeches, Prof. Al-Hajji and Al-Theyab presented Al-Masaad with an award for his efforts and contribution to the administration.

The Office of Practical Training at the College of Law Honors Students for their Involvement in Practical Law Training

By: Tasneem A. Al-Muhanna
The Office of Practical Training, at the College of Law, organized a celebratory gathering to honor its students for their hard work and involvement in practical law training, which was under the patronage of the Dean of the College of Law, Prof. Jamal Al-Nakkas, and attended by vice deans, faculty members and fellow students. The celebratory gathering began with a speech by, Prof. Al-Nakkas, who explained that a college education will serve to propel a graduate into a profession by conferring a degree; which demonstrates academic proficiency in various theoretical and practical examples of ways that a job might be performed.



A group photo with Prof. Al-Nakkas and the honored students

However, the payoff of practical training is that students have gained invaluable professional experience, where they might otherwise have none. “Past years of practical training have proven to reinforce students’ academic objectives and personal values related to the field of law. It identified the required skills and

legal procedures,” he said. Additionally, Prof. Al-Nakkas said that the Office of Practical Training is involved with public and private law sectors for such student training arrangements and is currently celebrating its fourth year of success. “I am grateful toward the involved sectors for the diversity and excellence

of its activities... The involved students have explored various career choices, while building a professional network to serve a greater Kuwait,” he said. Nevertheless, Prof. Al-Nakkas praised the students for their involvement in the program and wished them further success in their academic and professional career.

The Microbiology Program Organizes Art Competition to Present Various Roles of Microorganisms

By: College of Science
This year, for the first time, the Microbiology Program (Dept. of Biological Sciences) incorporated an art competition in their annual exhibition; which displays numerous beneficial roles of microorganisms in nature as well as industry. Microbiology-related pencil drawings and bacterial culture artwork produced by undergraduate students, with varying levels of microbiology experience, from the department were displayed and judged by eight microbiology staff members. The colors of the different bacteria chosen developed within 24 hours as the bacterial cells divided and formed visible colonies. Nevertheless, the microbiology student advisor (Dr. D. Al-Gharabally) stated that she



A photo of one of the booths at the exhibition

would formally like to thank all the participants of this competition and added that many students as well as staff members showed interest in the microbiology artwork. Therefore, she hopes that the College of Science can organize an annual art exhibition in which students from each department can participate and display artwork related to their scientific major.



Sunday, October 11, 2015 Issue No. 1049

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Issue no.1049

Sunday, October 11, 2015



No Honor in Killing



There are killings and there are honour killings. There are murders by your enemies and there are murders by your relatives. There are murders by people who hate you and there are murders by people who supposedly love you.

In Pakistan, honor killings are known locally as karo-kari. Originally, Karo and Kari were metaphoric terms for adulterer and adulteress, but it has come to be used with regards to multiple forms of perceived immoral behavior. Such "immoral behavior" may take the form of alleged marital infidelity, refusal to submit to an arranged marriage, demanding a divorce, perceived flirtatious behavior and being raped. Suspicion and accusations alone are many times enough to defile a family's honor and therefore enough to warrant the killing of the woman. The killing is viewed as a way to restore the reputation and honor of the family.

Moreover, in 2011, human rights groups reported 791 honor killings in Pakistan (605 women and 115 men). Over 4,000 cases were reported in Pakistan between 1998 and 2004. Of the victims, almost 2,700 were women and just over 1,300 were men; and 3,451 cases came before the courts.

A widely reported case was that of Taslim Khatoon Solangi, 17, from Khairpur district, at eight months' pregnant, was tortured and killed in 2008, by members of her village claiming that she had brought dishonor to the tribe. Solangi's father claimed that it was orchestrated by her father-in-law, who accused her of carrying a child conceived out of wedlock.

Besides, earlier this year, a Pakistani man and his father were arrested for a so-called "honor killing" after they set the son's wife alight for leaving the house without asking his permission. Muhammad Siddique became enraged on learning that his wife, Shabana Bibi, 25, had visited her sister without first asking him if she could go out. Siddique and his father then beat Bibi before dousing her with petrol and setting her on fire.

Furthermore, last week, Jafar Hussain, from Uttar Pradesh, India, is alleged to have killed his daughter Farheen by repeatedly throwing her against the ground after he flew into a rage, because she did not notice her head scarf slip from her head while eating lunch.

We must all ensure that human rights are promoted and protected and that justification of so-called "honor" killing, hate and violence against women is never tolerated.

By: Tasneem A. Al-Muhanna
Email: talmuhan@gmail.com

The College of Engineering and Petroleum Holds 18th Admission Exhibition to Acquaint High School Students with Scientific Disciplines and Admission Requirements



Prof. Al-Ansari opening the exhibition



Prof. Al-Ansari visiting the admission requirements booth

By: Tasneem A. Al-Muhanna
The College of Engineering and Petroleum inaugurated the 18th Admission Exhibition to familiarize senior high school students, of government and private schools, with the scientific disciplines and academic programs offered by the college, as to determine their desires and orientations before joining KU, held last week.

The Admission Exhibition was under the patronage of the Minister of Education and Minister of Higher Education, Dr. Bader Al-Essa, with the presence of KU President, Prof. Hussain Al-Ansari, and the Dean of the College of Engineering and Petroleum, Prof. Hussain Al-Khayyat.

Furthermore, Prof. Al-Ansari asserted his eagerness to devise a development strategy for the university to serve students first and foremost, as well as contributing to the advancement of the educational and academic



Prof. Al-Ansari (center) with Prof. Al-Khayyat (center right) in a group photo with high school students

process, while selecting an experienced academic body.

Additionally, he explained the importance of communicating with scientific and prestigious academic institutions in Kuwait and abroad to improve the level of education at the university.

Besides, Prof. Al-Khayyat said that this exhibition shows the admission requirements of the College of Engineering and Petroleum and some changes to the conditions regarding academic aptitude tests.

Nevertheless, the Vice Dean for Student Affairs, Dr. Khalid Al-Hazza'a, indicated

that the exhibition is hosting approximately 45 public and private schools, according to a timetable organized in collaboration with the Department of School Activities at the Ministry of Education.

"The Advisory and Guidance Office at the college will educate public and private schools with the admission mechanism and the importance of taking some courses before enrolling at KU," he said.

Moreover, Prof. Al-Khayyat thanked all the departments that contributed to the success of the exhibition and wishes all students further academic achievements.

KUNA Celebrates Second Internship Graduation of College of Arts' Students



Interns from the College of Arts smiling for Afaq's camera lenses

By: Tasneem A. Al-Muhanna
Kuwait News Agency (KUNA) celebrated the graduation of the second batch of its Internship Program for students from the College of Arts. The student interns, who were also honored

at the event, participated in a two month-long training on techniques of news writing. Attendees of the celebratory gathering included KUNA's Board Chairman and Director General, Sheikh Mubarak Al-Duaij Al-Ibrahim

Al-Sabah, the Chief Editor of KUNA, Saad Al-Ali, Dr. Mirsel Al-Ajmi, who spoke on behalf of the Dean of the College of Arts, Prof. Hayat N. Al-Hajji, as well

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University Events of the Week Monday

10:00 AM- Quran course for women only in building 3, at the College of Sharia and Islamic Studies.

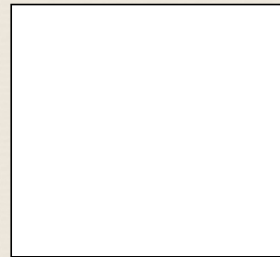
10:30 AM- Presentation of the college scholarship requirements in the laboratory corridor at the College of Life Sciences.

12:00 PM- Freshmen Students Sports Festival in the hall of Khaldiya campus.

12:30 PM- Welcoming meeting for new faculty members in the seminar room (110) at the College of Life Sciences.



Sheikh Al-Sabah presenting his speech



Al-Ali presenting his speech



Dr. Al-Ajmi presenting his speech



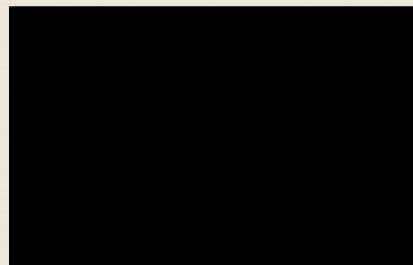
Audience members during the graduation ceremony

as faculty members of the College of Arts. The celebratory gathering began with a speech by, Sheikh Al-Sabah, who affirmed the necessity of hands-on teaching to sharpen students' skills and allow a classroom's abstract theories/learned examples become concrete. Moreover, Sheikh Al-Sabah said that this internship reinforced students' academic/career objectives and personal values related to work. It identified the skills they need to enter the news-writing field. "This only happens when a student is in a real life work situation with co-workers performing professional tasks of which the job

encompasses," he said. Besides, Al-Ali, expressed his pride in the performance of the students, with their enthusiasm and perseverance in gaining information and applying them practically. He explained that last year's training program had been a great success, adding that the Agency was prompted to hold it for the second time in harmony with His Highness the Amir Sheikh Sabah Al-Ahmad Al-Jaber Al-Sabah's desire to devote special care for Kuwaiti youth. "The students who interned had the opportunity to take the knowledge they have gained in university courses and put it into action... At the same time they developed

new skills, explored possible career choices and built a professional network," Al-Ali said. Additionally, Dr. Al-Ajmi said a college education will serve to propel a graduate into a profession by conferring a degree, which demonstrates academic proficiency in various theoretical and practical examples of ways that a job might be performed. However, the payoff of an internship is that students have gained invaluable professional experience, where they might otherwise have none. "You learn theory in your classes, but it's only through experience that you can learn what to expect after you complete your degree

program," he said. Dr. Al-Ajmi thanked Sheikh Al-Sabah and Al-Ali for their cooperation and praised the students for their involvement in the program and wished them further success in their academic and professional career. Nevertheless, KU student, Fatma Al-Harran, who participated in the internship, in her speech, thanked KUNA's personnel for their tremendous efforts toward her fellow interns, recalling some of the important principles taught during the program including commitment, honesty, objectivity, cooperation, teamwork and dealing with different people.



Al-Ali being presented an award for his efforts



An intern being honored for his achievements

The Construction Program Organizes Meeting to Discuss the Terms of Reference of Sabah Al-Salem University City's Medical Campus



A glimpse of the discussion about the Medical Campus

By: Tasneem A. Al-Muhanna
The Construction Program at KU held a preliminary meeting to discuss the terms of reference of the Medical Campus for the project of Sabah Al-Salem University City, held in the Administrative Services building of the upcoming university, last week. Furthermore, the meeting was attended by the Director of the Construction Program, Dr. Qutaiba Razouqi, Assistant Director of the Construction Program, Dr. Anwar Al-Ibrahim, Assistant Director of Planning, Design and Follow-up, Dr. Mohammad Sadiq, along with representatives from international and local consulting firms. Moreover, Dr. Razouqi indicated that achieving this level came as a result of great efforts by the construction program team, in the processing of the terms of reference, which is the fundamental pillar of any project, especially the Medical Campus project; which represents one-third of Sabah Al-Salem University City area and contains five medical colleges, a teaching hospital, a center for research, housing for faculty members, and buildings for various services. Nevertheless, Dr. Sadiq explained that this meeting will be followed by an agenda that will continue until the end of this year. A new method to create cooperation among four or five international companies and local companies will be used in this project, as they will compete with one another as groups to win the design of the Medical Campus, due to the large size of the project.



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KU President Welcomes Representative from the Universiti Teknologi Malaysia to Create a Collaboration Agreement



A side view of the discussion about the collaboration agreement

By: Tasneem A. Al-Muhanna
KU President, Prof. Hussein Al-Ansari, welcomed the Director of Center for Information and Communication Technology, from the Universiti Teknologi Malaysia, Prof. Ali Selamat, in hopes of creating a future collaboration agreement, with the presence of the Acting Dean of the College of Computer Science and Engineering, Prof. Fawaz Al-Enzi, and Vice Dean for Planning and Development at the College of Computer

Science and Engineering, Dr. Ayed Salman. Furthermore, aspects of collaboration between KU and the Center for Information and Communication Technology -Malaysia were discussed during the meeting, in the field of information technology, academic and scientific research as well as programs of graduate studies. Nevertheless, the two parties embraced this collaboration in the hopes of reaching a beneficial and fruitful outcome for both universities.

The College of Engineering Organizes Workshop to Educate to Identify

Student Skills thus Choosing the Right Career Path

By: Tasneem A. Al-Muhanna

The College of Computer Science and Engineering held a workshop, entitled "Welcome to the Job," aimed to discover students' skills needed to achieve their career objectives, through the evaluation of talents, interests and values. The workshop was under the patronage of the college's Acting Dean, Prof. Fawaz Al-Enzi, and collaboration with the Ministry of State for Youth Affairs.

Moreover, the workshop instructor, Zainab Al-Fardan, first explained the factors to take into account when trying to find the right career including transferable skills, values, constraints, ambitions, opportunities and personality.

"Transferable skills can be applied to almost any



Prof. Al-Enzi explaining the role of the Kuwaiti youth

field... Some examples include management and leadership experience, communication (both written and oral), research, program planning or public speaking," she said.

Furthermore, after discovering one's transferable skills, setting career goals and developing a plan of action should be followed, while analyzing abilities to achieve those goals.

"The best way to look for employment is to develop a network by understanding

networking, identifying people you know, using directories/newspapers, using community resources, and using employment websites," Al-Fardan said.

Additionally, Prof. Al-Enzi explained the importance of the role of youth in shaping the future and becoming the vital tributaries in the social development of Kuwait. Completing this workshop places them ahead of their competition and ensures their achievement of success and a degree

of contentment in their career.

Also, the Vice Dean for Planning and Development, Dr. Ayed Salman, said that human development is necessary and important in building the society, "self-development is the development of the entire community."

Societal members, including students, government members and officials are all partners in leaving the name of Kuwait high in the sky, above all countries.

Nevertheless, Prof. Al-Enzi thanked the Ministry of State for Youth Affairs for their generous workshop and lecture. He hopes to organize similar workshops in the near future as they have significant impact in educating students for their future career choices.

The College of Education Organizes Annual Book Fair



The opening ceremony of Book Fair

By: Tasneem A. Al-Muhanna

The College of Education opened their annual Book Fair last week, organized by the Vice Dean for Research, Consulting and Training, Dr. Fayeze Al-Thafeeri, where several of Kuwait's local bookstores gathered to showcase their literary

works. The Dean of the College of Education, Prof. Najat Al-Mutawa, attended their grand opening and said what distinguishes this fair, from past ones, is the increased number of bookstore distributors occupying the stalls, thus providing librarians, students



Prof. Al-Mutawa discussing the importance of reading books

and teachers with useful references at both personal and college levels.

"Such book fairs can play an important role in developing the habit of reading books among the community allowing the spread of culture, education and knowledge," she said.

Furthermore, Prof. Al-Mutawa explained that similar events began in prior years to reach the college's aim to prepare outstanding educators, scholars, and researchers, while advancing the profession of education, as broadly defined, through research on the science



Students touring the Book Fair

and art of teaching and learning.

Nevertheless, Dr. Al-Thafeeri said the Book Fair highlights the active role of the college in the enrichment of cultural advancement and intellectual knowledge, while strengthening scientific links with other colleges. "I hope all students and

academics take advantage of such events as we continue to organize future ones," he said.

All students are welcome to visit the Book Fair which will last until Oct. 15th 2015 from 10:00 AM to 2:00 PM located at Kaifan Campus.



Kuwait University



Weekly Academic Newspaper

Sunday, December 6, 2015 Issue No. 1057

AFAQ NEWSPAPER

Issue no.1057

Sunday, December 6, 2015



The Family of KU Celebrated its 49th Anniversary

By: Tasneem A. Al-Muhanna

KU celebrated its 49th Anniversary as the nation's leading university system. During the year, KU will acknowledge its milestones, recognize significant achievements and look toward the future as a model of academic excellence and catalyst for economic, social and cultural prosperity for the state and its residents. KU was established according to law number 29, in 1966, and was officially opened five years after Kuwait gained its independence. In the academic year of 2015/2016, it became the academic home of 37,760 students, along with 1,565 faculty members. Moreover, KU President, Prof. Al-Ansari, explained that for 49 years KU has provided outstanding teaching, research and innovation that has prepared students to be leaders in the workforce, helping to build and sustain Kuwait's economy. KU's ongoing commitment to early outreach, reducing achievement gaps, and investment in research, innovation and sustainability ensures that KU will continue to impact Kuwaitis for the next 49 years and beyond. "The university community continues to ask fundamental questions and expand our collective understanding of the natural, social and human worlds, often in ways that have a measurable impact on the quality of human life," he said. Furthermore, this fall, as



HH the Amir, HH the Crown Prince and Dr. Al-Essa cutting the graduation celebratory cake during last year's ceremony

we mark our 49th anniversary, we celebrate this tradition of inquiry and impact, the history of intellectual achievement across the university, and the impact of our alumni on the world, Prof. Al-Ansari said. "If we keep our mission in mind in all our endeavors, I believe we will become the first choice university for the best students and scholars in the Middle East and beyond," he said. May a sense of community around our mission and vision infuse our work together in the year ahead.

Workshop Organized to Measure the Goals and Achievements of the Strategic University Plan 2013-2017

By: Tasneem A. Al-Muhanna

Under the patronage of the President of KU, the Office of the Vice President for Planning (OVPP) organized a workshop in order to present KU's requirements, goals and objectives, with achievements and accomplishments throughout the academic years of 2013-2017, entitled "Measuring the Performance of KU for the First Year of the Strategic University Plan 2013 - 2017", with the presence of the Vice President for Planning, Prof. Adel Al-Husainan, deans and representatives from various departments and colleges. Moreover, OVPP's mission is to establish a base for methodological planning technique through its strategic, quantitative and sectorial dimensions in order to make it possible for the university administrations as well as decision makers to take part in a wise futuristic vision, and employ that vision into preparing future plans that would accomplish what the university is aspiring to achieve. This would serve the country's expectations in the educational system under the achievable human and financial resources. Furthermore, KU President, Prof. Al-Ansari thanked the different sectors of the university that have contributed to the preparation of the university plan,



Prof. Al-Ansari presenting his speech



Prof. Al-Husainan presenting his speech



Dr. Khourshid presenting his speech

hoping everyone completed their work with the same effort and dedication. He explained that he had contacted various faculty members to propose new project ideas and initiatives within the themes of the university's plan. The members of the senior management at KU will perform field visits to all the colleges and duty stations for further transparency. Moreover, Prof. Al-Husainan stressed that the OOPP has coordinated with all the subordinate sectors in drawing a strategy for the university; set up a strategic action plan; organized support plans with necessary studies;

followed up, evaluated and analyzed the final and local accomplishments according to the planned objectives; set up an integrated database to document planning information, action plans and performance indicators; prepared, followed up and evaluated strategic achievements, and supervised related studies; prepared the plan and budget for university facilities; and supervised the constructional projects' designs. "There will be no success without coherence and coordination between various parties and following up their implementations towards the university's interest and

enhancing its leading role in our society," he said. In addition, the Assistant Vice President for Human Planning and Financial Resources, Dr. Emad Khourshid, prepared a visual presentation to measure the performance of the "University Plan 2013 - 2017" in terms of quality, effectiveness, efficiency and satisfaction, while comparing target values, which was adopted during the University Council Meeting, held in February 2013, and through the cooperation with all faculties and departments at KU.

University Events of the Week

Wednesday

12:00 PM- Open Day for the Dean's List Honorary at the College of Engineering and Petroleum.

Thursday

5:00 PM- Workshop for an Engineering Contest in Farouk Al-Bargas Exhibition Hall (building 14) at Khaldiya campus.



Attendees of the workshop listening to the speeches

By: Tasneem A. Al-Muhanna
Email: talmuhanna@gmail.com



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continued



Gulf Bank Organizes Recruitment Event for Students in the College of Business Administration to Employ the Most Talented Graduates

By: Tasneem A. Al-Muhanna

Gulf Bank concluded its collaboration with the College of Business Administration's Accounting Club (ACC) to launch "Coffee Breaks with Red;" a special recruitment event for KU's male students, as Gulf Bank's Human Resources (HR) team discussed the available opportunities for fresh graduates at the bank. The event took place at the college's Red student lounges for male students,

last week. Additionally, Gulf Bank employed 64 percent of the Kuwaiti workforce and is dedicated to increasing that number by employing the most talented graduates. Furthermore, in November of last year, Gulf Bank had inaugurated the Red student lounges at the College of Business Administration, one provided for male students and the other for female students, which serve as study lounges as well as helping them to



A smile to Afaq's camera lenses following the event

become familiar with the bank's Red account and other banking products and services. Earlier this April, Gulf Bank had launched its new

Red program tailored for youth customers, including monthly cash draws and quarterly car draws. New Red customers who open an account and transfer their

allowance will be eligible to enter the monthly cash draw for a chance to win up to KD 1,500. In addition to the mega draw, a lucky customer will have the chance to win a Cadillac SRX. The Red account is designed for university and college students aged 15 to 25 years old. Amongst other benefits, account holders receive an ATM card and there is no deposit required to open the account or minimum balance charge.

Besides, the bank remains strongly committed to supporting youth events and initiatives and doing its part to help empower the next generation of Kuwaitis. Gulf Bank will continue to reach out to youth through ongoing programs to provide encouragement and support during their education, and present practical/superior services and attractive promotions which are designed specifically for the younger generation.

Kuwait International Bank Provides Financial Support for Engineering Students to Participate in the Engineering Design Exhibition

By: Tasneem A. Al-Muhanna

As part of the Kuwait International Bank's (KIB) leading social responsibility program that aims at supporting the community's various activities and initiatives, the bank has provided financial support to the students of the College of Engineering and Petroleum, who are undertaking their final graduation project. This will give them the opportunity to participate in the "Engineering Design Exhibition" organized annually by the college. Moreover, the Team Leader in Corporate Communications of KIB, Fahad Al-Sarhan, said that the bank aims to frequently support university students' projects and activities which benefit Kuwait's youth segment in general. Indeed, this stems from the series of initiatives that are developed and run by the bank as part of its CSR program. He stressed the fact that the bank's initiative towards empowering and funding the students' creative talents, ideas, and career competence is based on their firm beliefs that Kuwait's future and prosperity depend on their development and potential. Besides, Al-Sarhan added that every year, KIB selects a number of graduation projects

to support the students of the College of Engineering and Petroleum, referring to one of the projects called the "Compressed Air Engine" that was sponsored by the bank and designed by mechanical engineering students: Mohammed Saif, Yousef Al-Qabandi, Yousef Al-Attal, and Walid Al-Saleh. The students used compressed air cylinders as alternative energy to gasoline, while the engine was designed and manufactured from eco-friendly materials, as it converts the latent energy in the air into dynamic energy without releasing carbon pollution that increases the temperature. "KIB is constantly keen on communicating with youth segment, by offering tailored products and solutions that address their modern lifestyle and needs... 'Shabab Account', is one of these products that gives them a chance to save and invest for a promising future," he said. Nevertheless, Al-Sarhan explained that whoever is interested to find out more about KIB's services and products can contact the 24/7 "Al-Dawli Weyak" service on 1866866, or visit the bank's website at www.kib.com.kw

A Delegation from the National Taiwan University Visit Various Colleges and Centers to Strengthen Future Collaborations



A presentation to showcase traditional Kuwaiti outfits

By: Tasneem A. Al-Muhanna
A delegation composed of three deans and 12 students, from the National Taiwan University (NTU), visited various colleges and departments in an attempt to strengthen university collaborations by setting up a student exchange program, and allowing KU students to get acquainted with the Taiwanese culture through the exchange of academic and cultural experiences.

Moreover, the Vice President of the Center for Medical Sciences, Dr. Adel Al-Awadhi, welcomed the delegation with the presence of multiple deans from medical colleges, as they were given a detailed explanation of the medical colleges and facilities including the Center of Dental Research, Center of Medicine and Dental, Center of Medicine and Pharmacy, and the Center of Laboratory and Rehabilitation. Furthermore, the delegation visited the College of



The delegation during their meeting at the Center for Medical Sciences

Computing Sciences and Engineering, where they were introduced to the Dean of the college, Dr. Favaz Al-Enzi, presented the various disciplines and divisions, and given an explanation of the evolution of the college since its inception. The Office of Public Relations, at the college, organized an outdoor presentation to showcase the traditional Kuwaiti outfit and explain the country's customs and traditions. Nevertheless, the delegation

were welcome by the Dean of the College of Engineering and Petroleum, Prof. Hussein Al-Khayyat, as he explained the college's various departments, specialized programs and its scientific agreements with several international universities including NTU. Additionally, all the deans thanked the delegation for their visit and hopes future collaborations will be intellectually stimulating and socially rewarding for both parties.



The delegation dressed in traditional Kuwaiti outfits



Dr. Al-Enzi presenting a member of the delegation with a memorial shield



The College of Engineering and Petroleum Will Soon Offer Doctoral Programs in Electrical Engineering and Civil Engineering

By: Tasneem A. Al-Muhanna

The College of Engineering and Petroleum will offer two new doctoral programs: Electrical Engineering and Civil Engineering, before the end of the academic year. The programs are currently being assessed at the College of Graduate Studies and international arbitrators.

Moreover, the Dean of the College of Engineering

and Petroleum, Prof. Hussein Al-Khayyat, explained that the college is composed of six scientific departments, including Civil, Mechanical, Electrical, Chemical, Petroleum and Industrial & Management System Engineering, that only offer bachelor's and master's degrees. The college is also seeking to add a department for Environmental Engineering, which was approved by

the faculty council, and has been submitted to the university.

Besides, the college was established in the year 1975, during the era of Sheikh Sabah Al-Salem Al-Sabah, the Amir of Kuwait at the time, and opened a total of three scientific sections including Electrical, Civil and Mechanical Engineering. There were no more than 10 faculty members and less than



Prof. Al-Khayyat

100 students. However, today, the college is home to 5,100 students, 190 faculty members and 320 administrative employees. Graduates

exceed 11,000 and have taken elite positions in various government agencies and oil companies as well as in the private sectors, thus contributing to many engineering and development projects in Kuwait, Prof Al-Khayyat said.

Nevertheless, the college is proud to be the first college, outside of the US, to adopt US academic accreditation in engineering and

technology programs, and participates in many local and international conventions. Students are also provided many consulting and training programs.

"The last evaluation for the college's programs was in 2014 where the college was granted a six years academic accreditation for all of its disciplines," he said.

The Department of Sociology and Social Work Visit Failaka Island and Sadu House to Learn about Kuwaiti Historical Sites and Culture



One of the archeological sites in Failaka Island

By: Tasneem A. Al-Muhanna

The Department of Sociology and Social Work at the College of Social Sciences organized their annual trip to visit the archaeological sites on Failaka Island, and the Sadu House, with the participation of 186 male and female students.

The trip to the island was aimed to gain knowledge about the nature of its archaeological and historical sites, how to deal with archaeological materials, and the difficulties faced by specialists in the interpretation of cultural history for the

region in general, while the visit to Sadu House intended to showcase the Kuwaiti culture and the history of the Bedouin tribes.

The students were accompanied by Dr. Mohammad Al-Haddad, Dr. Hassan Ashkanani, and Dr. Malak Al-Rushaid. Furthermore, Failaka Island is linked to Kuwait City through submarine pipeline that supplies water to inhabitants of Failaka and was home to more than 2000 residents prior to Iraqi invasion. However, after the invasion, all residents left the place. Several mines in Failaka



The students visiting the Sadu House

are now being used by the military. The island also has interesting specimens from the Bronze Age and Dilmun Civilizations. Moreover, the Greeks are said to have lived in this island and set up localities. The archeological remains of the past, in the form of coins, temples and seals are still found; which could be a treasure trove for history buffs. Archaeologists are currently excavating nearby sites to understand the extent of the settlements that flourished in the eighth and ninth centuries

A.D. Besides, the Sadu House is one of the major tourist attractions in Kuwait City, with several chambers, decorated with construction materials and pottery, depicting the old houses, mosques, bread and water storage places. During the visit, students were shown the traditional process of fleece spinning, dyeing and weaving as well as the urban-style weaving of the bisht or man's outfit, and delicate embroidery and metal work that were used to embellish men's clothing.



Students discussing Kuwaiti history and culture



A side view during the visit to Failaka Island

The Research Sector will Organize the Annual Poster Day on Scientific and Social/Human Studies for the Academic year 2015/2016 to Encourage the Process of Cooperation and Creativity

By: Tasneem A. Al-Muhanna

The Research Sector will organize the Annual Poster Day for colleges of scientific and social/human studies, under the patronage of the President of KU, Prof. Hussain Al-Ansari, with the participation of researchers from the College of Arts, College of Education, College of Social Sciences, College of Life Sciences, College of Engineering and Petroleum, College of Science, College of Computing Sciences and Engineering, College of Architecture and much more, in addition to researchers from the Kuwait Institution for Scientific Research (KISR), on March 28th, 2015.

Besides, the various scientific and social works will gather contributions of faculty members, graduate studies

students and engineers. The posters will address issues of contemporary concerns, which is a clear indication of the colleges' eagerness to conduct joint research; a goal the Research Sector seeks to achieve. Thus, the Research Sector has focused on encouraging such poster days annually to disseminate a culture of innovation and cooperation, while creating an environment that encourages scientific and social creativity at KU.

Nonetheless, the Vice President for Scientific Affairs, Prof. Tahir A. Al-Sahhaf extended his gratitude and appreciation to the participating researchers, especially the Research Sector's staff, for their excellent organization and encourages further effort in scientific researches.





Empty minds

By: Mohammed Alshammari

We frequently do things without thinking. It is as if there is someone is running after us. We sometimes forget that we have brains, and that we can give ourselves more chances to think about and concentrate in this complicated existence called life.

Life needs us humans as we need it; so, at least we can live this life by respecting it in how we use our brains to think how to live it in creating a simpler version of it in peace.

We need to fuel ourselves with thinking. Don't be in a rush doing anything randomly; do everything by thinking about it step-by-step. Make yours an important one, because every step shapes the world for us; so, think more and don't just be empty minds.

You have to know that you may ruin your life by taking steps in a rush. Humans are born with brains to think. Everyone in this world has the chance to think; so, why don't you think and give yourself time to take the important steps

in your life?

The answer of this question is not hard for each of us. If you work for it, you will find the answer in your hands; you can also work for that answer, and ready your mind for everything in this universe in which there lots of secrets to explore.

The space in our realm create for us time to control the world. That's what titans do: They think and control the world - not just time - by using their heads. So, be a titan; it's your own time; it's your own brain.

How to keep a healthy lifestyle

By Dana Althuwaini

Many of us work hard and are busy most of the time, and we forget to take care of our health. Taking care of health helps us maintain a good lifestyle and body. There are very easy and quick tips to do that such as the following:

- Exercise regularly: It doesn't have to be an intense kind of exercise, but at least make a full workout 3-5 days a week. It flows the blood to the brain and heart, therefore you will be healthy and get a better memory.

- Meditate daily: It helps you to release the bad and negative thoughts, and it helps you to focus and get a positive energy instead.

- Rest and relax: Schedule some time for yourself and do whatever makes you feel relaxed and happy.

- Get at least 6 hours of sleep every night: It protects your health and helps you lower stress levels.

- Eat lots of fruit: Fruits are highly nutritious and contain many vitamins and minerals that are essential for the body.



- Be social: It helps your brain to be active and stimulated and aids in creating a good sense of responsiveness.

Follow the tips above to get a healthy body and lifestyle and achieve more in life.

Amazing Canada

By: Abdulrahman Alfadhli

I'd planned my last summer vacation to go to a very cool country with amazing company, my family. I say <amazing' regardless of the 31-hour flight

from Kuwait to Abu Dhabi to New York and finally to Montreal, Canada.

The 31-hour exhaustive flight was worth it. The night I landed at Trudeau International Airport it was just starting to rain. The weather temperature was 19 °C with light showers and cold breeze; it was amazing. My father and his friend were waiting there to pick me up. We were staying at the capital of Canada, Ottawa, and the ride from the airport to Ottawa was a 4-hour journey. The streets were so empty you could barely see a passing car, green trees were everywhere in the amazing nature full of the smell of pure, clean, windy air. It all made me forget all about that long flight.

As we arrived home, I had a long 10-

hour sleep. I woke up in the morning at the sound of the heavy rain, and went out in a rush to stand under the rain and feel the cold drops falling on me. The weather was

incredible; words cannot really show you how I felt at that moment. After a quick lovely breakfast with my family, we

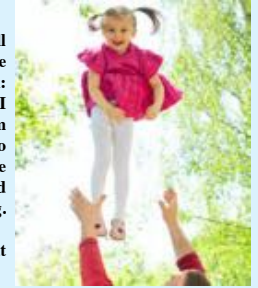
hit the road to the Canadian parliament at downtown Ottawa. When we arrived there the rain had just stopped and people from all over the world were everywhere. Sadly, tickets to the parliament tour were

sold out! So, we had to just tour ourselves around the place to see the surrounding places that we found. After checking the places around, we had lunch at a Lebanese restaurant and then went back home because it started to rain again. It was an exciting start for a 50-day vacation, one that I will not forget anytime soon.

Treat me as my father, love

By: Fathiyah

One day, his wife was monitoring closely when he was playing with his small daughter. She's adorable. She cries with laughter as her father begins to tickle her all over. It was at this time that his wife approached him, and asked him: "To what extent do you love her?" He replied, as he still played with her: "I love her more with every breath; truly, madly, deeply do." His wife told him jokingly: "Tomorrow, she will grow up and get married. What would you do if her husband abused her?" He said enthusiastically: "I will kill him!" She looked at him and said: "I was a child like her one day. My father was fond of me. He was careful to my happiness, and worked hard in my upbringing. So, if you are afraid for your daughter. Treat me as my father, love." Isn't it great how this intelligent woman makes a clear message about what a father wants in their daughter's husband?



Recycling



By Al-jawhara Al-otaiby
Recycling, we've heard about this concept a lot, whether it's on T.V, radio, newspapers, or people around us. So, what's recycling all about?

According to a study by Jefferson (2005), recycling is processing used materials (i.e., waste) into new useful products. It offers many benefits for people in many different fields. For example, recycling helps us to maintain our environment and make it cleaner. Also, by recycling we can take care of our natural sources. A study by Leuenberger (2013) mentions that when we recycle one ton of paper we can save more than 20 trees and reduce water and air

pollution. Furthermore, one ton of recycled plastic saves more than 1000 liters of oil and more than 20 cubic feet of landfill.

As a result of cleaner environment, less of water and food pollution, fresh air, and green lands, people normally will be healthier; So, recycling affects our health positively. The economy is another field for which recycling

can benefit people. recycled steel, plastic, zinc, and paper save more than 60% of energy according to Leuenberger's study. In addition, when a recycled material, rather than a raw material, is used to make a new product, natural resources and energy are conserved. This is because recycled materials have already been refined and processed once; manufacturing the

second time is much cleaner and less energy-intensive than the first.

Recycling is a huge industry, therefore. According to a study by Wheeler (2013), recycling offers more good jobs for people; in actuality, it creates new jobs for them because manufacturing processes need more workers than garbage collecting, landfilling, and incineration.

Recycling is very necessary for a better future. So, we all have to try to reuse, reduce, and recycle most of the things we use in our lives such as paper, plastic, gas, food...etc. It is our major responsibility towards our planet and mankind.



By: Musa Ahmed

When the word El-clasico is uttered, the first image that crosses the minds of football lovers and followers is the match between the archrivals Real Madrid fc and Barcelona fc. If the Spanish league is the most competitive in the world, then the El-Clasico match between the millionaires Real Madrid and tic-tac Barcelona must surely be one of its tightest, strongest, tensest of matches. In

fact, it is considered widely as the strongest match in the world and one of the most viewed sports events on the planet. There is no love lost between these two Spanish heavyweights. Actually, it is okay to say they hate each other. Although transfer of players from one side to the other has ever happened, this intensity hasn't arisen as easily as drinking a cup of coffee. According to Wikipedia.com, "The rivalry comes

“THE EL-CLASICO”



about as Madrid and Barcelona are the two largest cities in Spain, and they are sometimes identified with opposing political positions, with Real Madrid viewed as

representing Spanish nationalism and Barcelona viewed as representing Catalan nationalism. The rivalry is regarded as one of the biggest in world

sport.” The El clasico is regularly tight, with neither sides affording to bare the loss, and thus neither wanting to risk conceding goals.

Over the years, the El clasico has produced one or more football heroes. This season's most anticipated first El clasico encounter will be around the last week of November 2015 (mark your calendars) with these two Spanish giants backed by their two favorite players (i.e.,

Messi and Ronaldo). Over the years, these two dynamic duo have proven themselves to the world as the best football players of all time. They are widely known for giving defenders sleepless nights and hard times. In fact, watching the El-Clasico without them is as tasteless as eating food without salt. The question of who the team that is going to dominant and take hold of the other is something highly anticipated. May the best team win.

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continued

Frances Harper's touching poem

By: Manayer Hassan
Four stanzas that I loved in the poem “The Slave Mother” by African-American poet Frances Harper touched me deeply. To better understand the reason I was touched by that poem, here's a bit on the life of poet Harper, who as a free black woman who was active in the anti-slavery movement politics, made important contributions that gained her popularity in the nineteenth century to such an extent that people considered her as the most important African American female writer of that troubled time. She had also travelled around the country to give lectures against slavery, and also taught generations of black people. According to her, education is the key of empowerment. She also had been involved in a very dangerous activity known as “the underground rail road.”

That term meant that someone helped slaves escape to freedom, so she and many others that worked in the same field risked their own safety for that goal. During that time, America was legalizing slavery, and if they had caught anyone who helped slaves to escape in any way, they were to be punished. I really like her braveness because she continued on doing anything that she believed was right no matter what harm she got. Heard you that shriek? It rose So wildly on the air, It seem'd as if a burden'd heart **Was breaking in despair.** Saw you those hands so sadly clasped— The bowed and feeble head— The shuddering of that fragile form— That look of grief and dread? Saw you the sad, imploring eye?

Its every glance was pain, As if a storm of agony Were sweeping through the brain. She is a mother pale with fear, Her boy clings to her side, And in her kirtle vainly tries His trembling form to hide. Heard you that shriek? It rose So wildly on the air, It seemed as if a burden'ed heart **Was breaking in despair.** Saw you those hands so sadly clasped— The bowed and feeble head— The shuddering of that fragile form— That look of grief and dread? Saw you the sad, imploring eye? Its every glance was pain, As if a storm of agony Were sweeping through the brain. She is a mother, pale with fear, Her boy clings to her side, And in her kirtle vainly tries His trembling form to hide. Heard you that shriek? It

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eye? Its every glance was pain, As if a storm of agony Were sweeping through the brain. **She is a mother pale with fear, Her boy clings to her side, And in her kirtle vainly tries His trembling form to hide.** In the beginning stanzas of the poem, she introduces the situation of slaves and how extremely hard their life is. The saddest part is that the State had given the slave owners the right to tear away children from their parents. The first stanza starts with a rhetorical question that doesn't require an answer in order to achieve an effect, and the effect is sympathy of the reader, or, in other words, to be sorry about the situation of the child's shriek when the owners of the slaves had taken him away from his mother's hands. In the second stanza, I realized that the poet is

showing how desperate the mother is feeling; also, it shows that she has no control on what was going on. Plus, the term “bowed” gives the feeling that she is ashamed that she is helpless to her own son. In the third, all with a description of the look on the face of the son and his mother: Sad and beggy eye that seek mercy from the owners and those <unhumans' who pay money in order to make them feel as if they are immortalized in hell. In the fourth stanza , we notice that her son holds on tight to his mother, which reflects a deep feeling of fear that the boy has experienced, as well as also showing briefly that even young black people back then felt about the torture and injustice experienced not only by adults or parents.



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TEDx

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DIGITAL DILEMMA



University students, faculty analyze pros and cons of social networking tools.

By Tasneem Almuhanna

Reporter

Social networking sites such as Facebook and Twitter don't only generate a new way of keeping up with family and friends, they also have a range of benefits and downfalls from getting one out of jail to getting lost into the virtual world.

Dr. Matt Donahue, instructor at the Department of Popular Culture, believes that such sites have both pros and cons. Donahue thinks that sites such as Facebook allow people to stay in touch and bring them together, while Twitter is also useful in allowing immediate communication.

"I think, like everything else, moderation is the key to living one's life," Donahue said. "It is important to be able to navigate your way through life using the tools that are out there for you, meaning new technologies, which allow for social networking, but at the end of the day it is also nice to hang out with people and friends one on one to continue a personal connection."

Twitter managed to free one person from jail according to Businessweek.com. In 2009, James Karl Buck, an American graduate student, was in Egypt covering an anti-government protest rally when Egyptian police detained him. Buck sent out a single word over

his Twitter feed: "Arrested." People following him on Twitter knew that he was in trouble and began contacting US authorities. Before long Egyptian officials released Buck.

While social networking sites may indeed return one's freedom, Elizabeth Woronzoff-Dashkoff, a graduate teaching assistant at the Department of American Culture Studies, proves that social networking sites can also contribute to one's education.

"Later this semester, I am missing a class and the professor is letting me Skype in," Dashkoff said.

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SOCIAL

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"Technology can definitely develop and change the learning experience in a positive way. However, there is a downfall too. We all know how distracting these sites can be and playing things like Farmville become an all day activity."

According to CNNHealth.com, a survey was conducted among 500 people, ranging between 18-25 years. The results confirmed that 46 percent have spent three or more hours browsing through people's profiles on such social networking sites. By browsing such pages those individuals become disconnected from reality.

"They feel like they are getting to know someone without actually knowing them," CNNHealth.com reported. "The friends on one's friends list may not even be a friend. Many do not even see or talk to them after adding them. People try to gather the most friends on their list to look popular. The more hours spent leads to an increase in social isolation."

Ashley Davis, a junior, believes that social networking sites have more downfalls. Davis thinks that if one reveals just the right amount of information about their self, someone else may masquerade under their identity and may destroy their credit rating or even access their email or financial information.

"Another danger is that

"Another danger is that scammers use social networking sites to trick people into downloading malicious software."

Ashley Davis | Junior

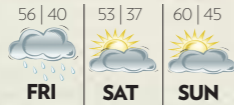
scammers use social networking sites to trick people into downloading malicious software," Davis said. "For example, you might receive a link from a friend claiming that it leads you to a funny video that you appear in. Following the link brings up a message saying you need to install a video player that is actually a virus or Trojan horse program that can harm your computer. Once your computer is infected, the scammer will use your friends list to try and spread the malware even further."

David Dunn, a senior, also

thinks that such social networking sites may promote one's career and get them that job they longed for, if done correctly. Dunn agrees that if one uses their online profile to back up claims printed on their resume, such as sharing photos or links as proof, it can help land them a new job.

"By the same token, pages containing risqué photos and provocative comments about drinking or hookups can make applicants look immature and lacking in professional judgment, and allow employers to pass on that applicant," Dunn said.

WEEKEND
WEATHER:



THE BG NEWS

WEEKEND

FRIDAY, SEPTEMBER 30 - SUNDAY, OCTOBER 2, 2011

DON'T MISS A PLAY

Can't make it to Morgantown on Saturday? Join The BG News staff for a live chat from Milan Puskar Stadium at 3:30 p.m. on the SPORTS page at BGNEWS.COM



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Local charity gathers socks from schools, businesses, families, churches

By **Tasneem Almuhanna**
Reporter

On Thanksgiving Day 2004, Hannah Turner, 4, and Doris Turner, Hannah's mother, went to Toledo's Cherry Street Mission to help serve dinner to the needy. While helping out, Hannah noticed a homeless man who was wearing old ripped shoes without socks.

Hannah asked her mother whether his feet would be cold. Doris reassured her that his shoes would keep the man warm, but Hannah wouldn't hear any of it, so she decided to give the man her own socks.

The following day, Hannah and Doris went to several local shelters in Toledo and donated over 100 pairs of socks, starting a new nonprofit organization called Hannah's Socks, which offers new socks to people in need.

Hannah's Socks is now creating a group called Campus Millionaire to create the largest sock drive ever, right here at the

University.

Camp Millionaire is a program designed to teach 20 children in the eighth grade financial independence in a week.

Jane Clinard, the University's admissions representative, hosted Campus Millionaire this summer with Hannah as a guest speaker. Hannah educated the children on the importance of giving back.

"I was surprised when I found out about Hannah's story, because for a child to realize the importance of giving back at such a young age is very rare," Clinard said.

Any organization can register on the Campus Millionaire website and then start collecting new socks. The organization with the most socks will be given a party, including a large tent and plenty of food and free T-shirts.

Various organizations at the University have already registered including Phi Mu, Russian Club, WBGU-TV and the University Bookstore.

However, one doesn't have to be part of an organization to get involved. There are various delivery boxes and drop-off locations around the University: Jerome Library, BGI, bookstore, admissions, ice arena, Education Building and the Perry Field House.

Doris and her husband Vic Turner created Hannah's Socks seven years ago. Since then Hannah's Socks has collected more than 83,575 pairs of socks from various schools, businesses, families and churches.

Local schools are also doing their part by collecting socks, including Bowling Green Middle School and Perrysburg Junior High School.

On Oct. 22 at the University's football game, the number of socks raised by each organization, drop offs and high school will be counted, and the winning organization and school will

See **SOCKS** | Page 2



SOCKS

From Page 1

be revealed. Hannah and her family will be attending the football game in hopes of raising more than 15,000 pairs.

Whitney Baker Jr. has dropped off more than 30 pairs of socks at Jerome and has also been involved in helping out in various homeless shelters.

"I think people just get too distracted by other things and just forget to give back to society," Baker

said. "If people don't stand together and lend a helping hand, we will never grow as a community. We must be thankful of what we already have and give back."

Jeremiah Woods, a freshman, thinks that if Hannah was only 4 and realized that she should give her own socks to a needy man, then we should all do more.

"If every student and faculty member at the University donated one pair of socks, then we can help a tremendous number of people and also help raise more than 15,000 pairs,"

Woods said.

There are various ways to donate throughout the year. People can also go to Hannah's Socks' website and make a donation via credit card, or send a check by mail to the Perrysburg office. They can also simply stop by at their office and drop off socks.

At Hannah's Socks other clothing items are also accepted at any time including undergarments, T-shirts, thermals and pajamas.

By the end of 2011, Hannah's Socks' goal is to raise 200,000 pairs of socks.



'Paint the Campus Purple' raises cancer awareness

By **Tasneem Almuhanna**
Reporter

In an effort to raise awareness for Relay for Life, Colleges Against Cancer is holding a week-long event called Paint the Campus Purple.

According to Cancer.org, Relay for Life began in 1985 when Dr. Gordy Klatt, a colorectal surgeon in Tacoma, Wash., ran and walked around a track for 24 hours to raise money for the American Cancer Society. Since then, Relay has grown from a single man's passion to fight cancer into the world's largest movement to end the disease.

Each year, more than 3.5 million people in 5,000 communities in the United

States, along with other countries, gather to take part in this event and raise funds and awareness to save lives from cancer.

Carrying on the global event, Lauren Purdy, president and Allison Hines, vice president of Colleges Against Cancer, are hosting Relay for Life at the Perry Field House on Nov. 4-5, in order to raise money for the American Cancer Society.

Relay for Life first starts with a Survivors Lap, where survivors are invited to circle the track together and help everyone celebrate the victories over cancer. After the Survivors Lap, members, who have been split up into teams, take turns walking or running around the track at all times. Because cancer never sleeps, Relays are

overnight events; 6 p.m to 6 a.m., Hines said.

After dark, the overnight event honors people who have been touched by cancer and remember loved ones lost to the disease during the Luminaria Ceremony. Candles are lit inside bags filled with sand, each one bearing the name of a person touched by cancer, and participants often walk a lap in silence, Hines said.

Participants can also nibble on various baked goods offered and participate in activities such as Zumba, a Latin dance fitness program, which is inspired by the 'Fight Back Ceremony,' designed to celebrate the fight against cancer, Purdy said.

Hines explained Paint the Campus Purple is a way

to advertise Relay for Life. Paint the Campus Purple started four years ago and is a twice-a-year event where they sell t-shirts in order to raise money for those battling cancer.

"This week at the Union we are selling 'WTF' shirts, which stands for 'winning the fight against cancer.'"

Allison Hines | Vice President of Colleges Against Cancer

"This week at the Union we are selling 'WTF' shirts, which stands for 'winning the fight against cancer.' Colleges Against Cancer also hosts various activities and events throughout the year," Hines said.

Hines and Purdy also organize other activities to advertise Relay for Life and raise donations such as selling 50/50 raffle tickets and selling baked goods across campus.

"On Oct. 28, we are hosting Wellween, where our organization is going to hand out candy with cancer facts and nutrition facts across campus," Hines said.

In attempt to raise more awareness the organization

said she thinks it is very important to raise awareness about cancer in general. Beck said that it is our duty to give back to the community. If we don't help out, who will, she said.

"I think if every person at the University donated one dollar, that would total to \$15,000 and would decrease the number of cancer patients," Beck said.

Hines said that they already have more than 200

will also give out free information about breast cancer at the Union on Oct. 26 and will also have a sign-up sheet for Relay for Life.

Senior Jessica Beck, who has already made several donations for Relay for Life,

people signed up for Relay for Life and raised \$14,000 last year. Their goal for this year is \$25,000.

"Our theme this year is Birthdays. We hope to create more birthdays and less cancer," Hines said.



THE BG NEWS

WEEKEND

FRIDAY, OCTOBER 28 - SUNDAY, OCTOBER 30, 2011

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Vision raises awareness with video booths on campus

Students organize videos in response to suicide, teen struggles

By Tasneem Almuhanna
Reporter

In an effort to raise awareness about the current identity issues many teens face today, the Lesbian Gay Bisexual Transgender Resource Center created Vision, which has become the longest-standing organization at the University.

Tim Barker, Vision's treasurer, came out his freshman year in high school and as a result was kicked out of his parents' house. Despite this Barker said he is a stronger person today.

Vision aims to help develop and maintain a supportive and active LGBT community

and to increase awareness and support, Barker said.

The organization hosts weekly meetings in Hanna Hall at 9 p.m.

Vision helps bring diversity and education to the University community through programming, speakers and provides a safe environment for everyone, Barker said.

"On our weekly meetings in Vision we have a 'topic of the day' where we all get to discuss our feelings and personal issues in relation to that topic.

Last week our topic was suicide and bullying, which is a very important issue," Barker

said.

umnist Dan Savage created a YouTube video with his partner Terry Miller to inspire hope for young people facing harassment. Eleven months later, the "It Gets Better Project" has turned into a worldwide movement, inspiring more than 25,000 user-created videos viewed more than 40 million times. To date the project has received submissions from President Barack Obama to Anne Hathaway.

Inspired by the rising phenomenon, Vision created a number of YouTube videos during Coming Out Week called "It Gets Better" to show

young LGBT people the levels of happiness, potential and positivity their lives will reach if they can get through their teen years. The "It Gets Better Project" wants to remind teenagers in the LGBT community they are not alone, Barker said.

Besides starting the "It Gets Better" project, Vision has also created the Candlelight Visual event, where people can participate in a suicide walk around campus recognizing lost lives, Barker said. During the event, members of the LGBT Resource Center will also give speeches on their personal experiences. To further raise awareness during Gender Awareness Days, Nov. 14-18, Vision will also reserve a booth at the Union where anybody can make an "It Gets Better" video and it would be uploaded to YouTube, Barker said.

In addition to reserving a booth, Vision will also hold week-long events regarding LGBT celebration during Rainbow Days in April, Barker said. The events include Painting the Rock,

watching the film "But I'm a Cheerleader" and more.

Patrick Wolfkile, a Vision member, said Vision is a great place for the LGBT community to meet and express themselves. Wolfkile said teens must understand that it truly does get it better.

"Many people don't understand that words can hurt, and if anybody notices bullying they must speak up," Wolfkile said.

Jonah Phillips, a junior at the University, said growing up isn't easy. Many young people face daily tormenting and bullying, leading them to feel like they have nowhere to turn. This is especially true for LGBT kids and teens, who often hide their sexuality for fear of bullying, Barker explained.

"Without other openly gay adults and mentors in their lives, they can't imagine what their future may hold," Phillips said. "In many instances, gay and lesbian adolescents are taunted, even tortured, simply for being themselves."



SICSIC continues decades of University pride through its anonymous members

By Tasneem Almuhanna
Reporter

Halloween may be over, but SICSIC, a secret organization created more than 50 years ago, will continue to promote school spirit with overalls, masks, candy and a boa.

Brady Gaskins, SICSIC's co-adviser, said that in the night of October 5th, 1946, then president of the University Frank Prout, created SICSIC because there was an influx of veterans on campus following WWII who lacked school spirit.

President Prout went through the yearbook and handpicked the six men who would become the original 'secret six'. Their task was to make the University a

better place by spreading school spirit and positivity among students and faculty, Gaskins said.

Jill Carr, dean of students and an honorary member of SICSIC for four years, said members of SICSIC remain anonymous from the time they join the group toward the end of their freshman year until they are exposed at the Honors Day Ceremony on their senior year or in mid-February during a big football game.

Michael Ginsburg, SICSIC's adviser for the past 10 years, said their identities are a secret to add to the mystery and keep the campus guessing. Early in the history of SICSIC, the only people who knew their identities were the President, the

“They are definitely hard to ignore at events ... but I think it makes students more excited and curious to know who's behind that mask”

Jill Carr | Dean of Students

Adviser and the police.

“They were given a pass to be out of the residence halls after curfew and often times the police helped them avoid hairy situations where their identity would have been revealed,” Ginsburg said.

While SICSIC might need help from the police to keep their identity a secret, SICSIC members are also limited to two students from each of the three upper classes. Members can be chosen by the active

members of the group but every student is eligible to apply and would also be interviewed, Carr said.

Some of the SICSIC traditions include going around campus late Tuesday or early Wednesday morning and putting signs, such as “Go Falcons,” around campus in order to promote school spirit, Carr said. Its members are also seen attending athletic events or dance marathon events throughout the year, wear-

ing their masks and overalls, cheering on the teams and boosting the spirit of the student body.

SICSIC has survived throughout the decades and has continued to advocate school spirit across the University campus and constant barrage of “SICSIC SEZ” signs, Carr said.

“They are definitely hard to ignore at events, since their costume and mask are quite obvious, but I think it makes students more excited and curious to know who's behind that mask,” Carr said.

SICSIC members can also be invited to special events including wedding and graduation events, Carr said.

“Each member possesses special character and abilities that add to the overall effectiveness of the group,” Carr said.

SPIRITED AWAY

In Focus delves into spiritual discussion and takes a closer look at belief systems on **PAGE 4.**

VIDEO

From Page 1

shot the music video.

The music video is about several girls who appear to be victims of abusive relationships, she said. Throughout the video, they end up ripping up signs symbolic of the relationship.

Then they write new signs that say "I am smart," "I am beautiful" and "I am good enough," Alderman said.

"The music video isn't about bashing my abuser or ruining his reputation; it's just to make sure that people can learn from my experience," Alderman said. "It's not about hurting, it's about healing, recovery and awareness."

Alderman hopes to increase awareness of abusive relationships through the video and help those in such relationships realize it is a problem, she said.

Leaving a psychologically or emotionally abusive relationship is hard for both men and women because it can be easy to make excuses and blame other factors, Alderman said.

"My abuser told me that I couldn't sing or record in a studio because that was his thing," Alderman said. "He was the cool person ... but I'm in video production and I'm always trying to do new things ... He said my goals were unrealistic and I should change my major."

In addition, Alderman worked at a modeling center and would have to regularly dress up, but her abuser would accuse her of dressing up in order to get hit on.

However, his words would soon change, and he would tell her how much he loved her and how he believed she was the one for him, she said.

"My abuser told me that because I wouldn't give him my passwords to things such as Facebook meant that I didn't love him ... and that I had something to hide," Alderman said. "He told me if I left him he would do such and such a thing."

Victims of abuse must seek help because sticking around won't make things better, and the freedom that's gained from leaving "feels so good," she said.

Alderman encourages victims to head to the University's Counseling Center, as well as the Women's Center and the Organization for Women's Issues. She did, and both were really helpful, she said.

"In my role as a [resident adviser], I've had a couple of situations where abusive relationships have come up," Alderman said.

Junior Carley Toetfer, vice president of the Organization for Women's Issues, said most relationships usually don't start as an abusive one. As the relationship progresses, however, the abuser might isolate the victim

from her family and try to lower her self-esteem.

"He makes her feel like she doesn't deserve more," Toetfer said. "The abuser often abuses because he grew up in such an environment."

Senior Patti Boring is involved with the Cocoon Shelter and Silent Witness Project; both organizations advocate ending domestic abuse.

There are numerous reasons why a victim in an abusive relationship often stays, including financial and security reasons, Boring said.

"In this type of relationship, there is the honeymoon phase, where everything is wonderful, but after a while things change ... the abuse starts," she said.

Several people helped create Alderman's abuse awareness music video, including BG ONTV, David Odenweller (the guitarist), models from John Casablanca Modeling Center, University students and two professors from the Department of Telecommunications, Alderman said.

"It's nice to see the hearts and cupids [on Valentine's Day] and everybody loving each other, but then there are people who don't have that in their relationships and have those empty and broken relationships, and it's important to be mindful of that," she said.

Student creates music video to raise awareness of abuse

Video will air on Valentine's Day at Vimeo.com

By **Tasneem Almuhanna**
Reporter



Debbie Alderman
Junior

Since Debbie Alderman's freshman year at the University, she was the victim of an emotional and psychologically abusive relationship.

Now a junior, Alderman has turned her life around and created a music video about her experience to raise awareness about domestic abuse. The video will air on Vimeo.com on Valentine's Day.

"Valentine's Day last year was the climax of all the bad stuff that had happened," Alderman said. "My life got flipped upside down ... and I left him that day."

Following her experience, Alderman began to write a song

about it called "The Last Time," but was told by numerous people that it wasn't going to go anywhere.

However, Alderman, a telecommunications major, decided to use this as motivation and an opportunity to learn more about video production. She headed to MOH Studios, where she recorded the song, and WBGU-PBS, where she

See **VIDEO** | Page 2

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MONDAY, FEBRUARY 13 & TUESDAY, FEBRUARY 14, 2012

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5...10...15 – FREE

To learn more about the 15-minute rule some students apply to late instructors see **CAMPUS** pg 3.



RIDE

From Page 1

of Hope.”

Journey of Hope is the largest fraternal fundraising and awareness event, covering 32 different states and cycling more than 12,000 miles, said Williams, a member of Pi Kappa Phi. However, in order to participate each rider must first raise \$5,500 in order to go on the trip.

“The way I raise money is by sending letters to businesses or corporations,” Williams said. “I also do fundraising ... right now I raised about \$2,000 ... I set myself a goal to raise \$7,000 ... in order to give more. Last year, the event raised \$550,000.”

This is about educating those around us about the abilities of people with disabilities and treating them with the respect that should be given to everyone, he said.

“People like to say, ‘that kid with Down syndrome,’ but he’s a person before the disability,” Williams said.

He had previously volunteered in “Gear up Florida,” also part of Push America. It has the same premise as Journey of Hope, but takes two weeks, unlike Journey of Hope which takes about two months.

“How many people can say that they rode across the United States of America on a bicycle?” Williams said.

In addition to riding their bikes, volunteers will be stopping by several organizations

and camps for people with disabilities and participate in activities with them such as painting or bowling.

“In my previous trip, we went bowling with one organization and I suck at bowling ... some of these kids were absolutely amazing ... they were bowling over 200s every time,” Williams said.

The nonprofit organization will also be handing out grants to those organizations, he said.

Riders will also be attending elementary schools along the way where they plan to teach bike safety to children. They also plan to spend their nights at high school gyms, YMCAs or churches, Williams said.

There are three different routes for Journey of Hope, all starting May 30. Each route goes to different areas along the US and all members meet at Washington D.C. in August, he said.

Williams hopes to do the north route that arches the northern part of the U.S., starting from San Francisco and ending in Washington D.C.

In order to physically prepare for his trip, Williams started training this past fall and rode his bike 500 miles total.

“I hope to get 1,200 miles

in before the event because that would be a good base,” he said.

Anna Williams, Blake’s mother, said this journey is a once-in-a-lifetime opportunity to see the country while making a difference.

“This is about spreading the message of acceptance and understanding for people with disabilities,” she said.

Junior Alex Kocab, Williams’ friend, said this will be a great experience for him and is a real eye opener to see how good we have it.

“We shouldn’t take anything for granted ... I hope this helps raise awareness,” Kocab said.

cross-country CHARITY

Blake Williams rides for ‘Push America’

By **Tasneem Almuhan**
Reporter

Junior Blake Williams is planning to ride his bike from San Francisco to Washington D.C. this summer along with other volunteers for “Push America,” in order to raise money and awareness for people with disabilities.

It is the organization’s vision to raise the level of awareness students have about people with disabilities, Williams said.

Williams, who has two cousins with autism, hopes his efforts can influence others and allow them to believe that people with disabilities are no different than people without disabilities. He will ride 65 to 70 miles a day on average as part of “Journey

See **RIDE** | Page 2

JOURNEY OF HOPE

Cycle more than **12,000 miles** from May to August
Average **65 to 70 miles** a day
Cover **32 states**
Source: Blake Williams



PHOTO ILLUSTRATION BY KATIE DOLCIATO & CHRISTINE KOHLER | THE BG NEWS
PHOTO BY ALYSSA GANNON | THE BG NEWS

THE PHILANTHROPIC FRONTIER

1976

Durward Owen, Executive Director of Pi Kappa Phi, approached Thomas Sayre and spurred a philanthropic initiative.

1977

“Push America” became a nonprofit organization and exclusive philanthropy for Pi Kappa Phi.

1987

A man’s dream of riding his bike across the country came true and inspired Push America to create “Journey of Hope.”

Source: www.pushamerica.org/journeyofhope.aspx



Seniors urged to 'Believe in BG'

By **Tasneem Almuhan**
Reporter

At the beginning of each semester, tuition does not fund all of the benefits and opportunities available to students.

The Believe in BG Senior Campaign encourages students to give back in order to benefit future Falcons.

Graduate assistant Jay Kahn said the senior campaign collects money for the Excellence Fund, which the University uses for various programs in need, such as student offices.

Today, the University and other colleges everywhere are facing dramatically reduced state funding and other fiscal challenges that threaten the college community, Kahn said.

Since tuition covers a small portion of what it costs to actually operate the University, it relies on such donations and gifts, he said.

In addition, the Excellence Fund responds to emerging opportunities or challenges in funding student programming, scholarships and outside-the-classroom experiences, Kahn said.

Assistant Director in Annual Giving, Tracy Army, said the program's theme has changed from previous years, when students donated benches and gazebos to the University.

HOW DO I MAKE A GIFT?

"Our 'Believe in BG' theme symbolizes that students believe in the University that they attended," Army said.

The campaign's ultimate goal is to have a comprehensive student philanthropy program start next year, which will have a large educational component regarding philanthropy, Kahn said.

"There is a common miscon-

- **Call:** 888-839-2568
- **Visit:** Alumni & Development Office, located in the Mileti Alumni Center
- **Online:** Complete the 2012 Believe in BG Senior Campaign Pledge Form — click on "Ways to Give Back" at www.bgsu.edu/offices/alumni/

ception among students, in which tuition is used for the operation of the University, but in reality it's roughly less than 25 percent," Kahn said. "The majority of the operating comes from government funds or private gifts from donors."

This year, 600 students have each given \$20.12 in honor of their graduation so far, symbolizing the class of 2012, Kahn said. Last year, gifts for the University added up to more than \$130,000, making a huge impact.

"We have been working with students to get the word out, as well as student organizations," he said.

A student who donates when they have little is more meaningful than a donation from someone who has more to offer, Kahn said.

If students value the experiences and opportunities they have had at the University and want to help continue that for future students, they volunteer their time or give back to the institution, Kahn said.

"It's about appreciating the point of giving back to the institution and understanding what it means for future students," he said.

Senior Clayton Stewart, who

See **SENIORS** | Page 2

donated \$20.12 to the Jerome Library, said students can donate to specific departments and colleges through the campaign.

"The University gave us a lot with developing and learning new things," Stewart said. "The library put a huge impact on my life and that's why I had made my donation towards it."

The campaign allows for students to participate and make a difference for current and future students as well as honor their graduating class, Kahn said. It will also increase the value of a student's degree and recognize the positive and personal experience they had.

"We appreciate that students have student loans ... it's not easy for everybody to give \$20," Kahn said. "There are options for students for students such as pledging ... some may give \$20 after they graduate."

Senior Christina Mills,

who also made a donation, said the experience a student faces during his or her time at the University can't be achieved anywhere else.

The day a student graduates is the day that he or she has obtained world-class education, while also building meaningful relationships among friends, faculty and administrators, Mills said.

"Giving back \$20 is a small price to pay for the institution that has shaped us for the real world," she said.

MAKE A DIFFERENCE

- If 200 students give \$50, it equals \$10,000
- If 600 students give \$20.12, it equals \$12,072
- If 1,000 students give \$10, it equals \$10,000
- If 2,000 students give \$5, it equals \$10,000



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MARGE AWARDED

Marge Bednarczyk-Stewart, Falcon's Nest cashier, won a "You First Award" this month for customer service. Read more about her on **CAMPUS**, PAGE 9.

CITY

Comedian's career is no laughing matter

By **Tasneem Almuhanna**

Reporter

Dustin Meadows, University graduate, is using his passion for stand-up comedy as a career and hopes to be working in Chicago in the next couple of years doing improv and stand-up.

He was most recently featured at Comedy Night at Grumpy Dave's Pub on Tuesday, where more than 40 people came to watch local comedians perform.

Meadows grew up in the small town of Cardington, Ohio, and attended Cardington-Lincoln High School.

"There was less than 80 people in my graduating class," Meadows said. "I can smoke a cigarette from the beginning of the town till the end."

Since his town was more interested in sports rather than the arts, Meadows took it upon himself to start an improv team that is still going on today.

"I was always interested in comedy ... especially sketch comedy, such as Saturday Night Live," he said. "But I

focused on improv because I didn't know enough about sketch comedy."

Following graduation, Meadows attended the University, majoring in film production, but he later changed his major to popular culture because the practicum wasn't conducive to production skills.

During his college years, Meadows participated in the University's Last Comic Standing competition on four separate occasions, advancing to the final round each time.

"Advancing to the final round made me realize that this is something I can continue doing," he said.

After college, Meadows began job hunting and couldn't find work for some time. He later got a job at a call center, but found the environment stressful.

"There are a lot of people who hate their jobs nowadays and I just got to a point where I couldn't accept that," he said. "I understood that if I decided to do this it's going to take time before it yields anything ... but I knew it's what I wanted to do."

With aspirations of being a big-time comedian one day, Meadows began doing open mics regularly in Columbus, Ohio. His first performance was at Columbus Funny Bone, however, it didn't go as he had planned.

Each comedian had to bring five people in order to perform; Meadows had brought in around 13 friends that night, but they forgot to mention his name at the box office, so he never got to perform.

"At this point I have performed in around six places in Ohio ... Bowling Green, Cleveland, Cornersburg, Athens and Mansfield," Meadows said.

In almost all his performances, Meadows tends to use personal material and put a dark humor spin on it, such as facing depression in high school or feeling lonely after ending a romantic relationship.

"If I can laugh about those things, so can everyone else," he said. "But I sometimes get a collective 'aww' from the audience when talking about my previous relationships."

Usually most of Meadows' shows go without a hitch, but

every now and then there could be someone under the influence trying to get attention, Meadows said.

"I had a number of those experiences," he said. "Some are easier to shoot down than others, who think they're funnier than the comedian ... sometimes they can throw you off your rhythm."

Getting up on stage and performing isn't anything new for Meadows, since he's been performing since he was in eighth grade.

However, when he was once asked to emcee a show with a more mature audience, he quickly finished his show because his material wasn't as appealing to them. Meadows was later asked to do material during the intermission and people weren't giving him much attention for his crowd work.

"Nobody cared about what I was talking about, but that's what I was asked to do," Meadows said. "It was the longest 15 minutes of my life ... but I powered through it."

Whenever Meadows is on stage he said he feels a rush of excitement, especially with a receptive crowd rang-

ing from students to more mature audiences. He said he feels college-aged students appeal to his material most, however, because they're more open-minded.

Meadows said there are still moments where he feels he could have done a better job, but nonetheless appreciates those who come up to him after his shows and compliment his performance.

"Nobody hits 100 percent of the time, even the guys who have been doing it for years," Meadows said. "It's just a fact and you must roll with it."

The two biggest things up and coming comedians should do is consistently write new material and regularly get on stage, Meadows said. Hopeful comedians should also see other comedians perform because there's a lot that can be learned from watching.

"They should also keep in mind that they will fail and bomb," Meadows said. "But once they accept that they can then recover from that a lot better and deal with it better in the future."

Senior Brandon Schneider met Meadows through the



DUSTIN MEADOWS, University alumnus, performed on stage at Comedy Night at Grumpy Dave's Pub on Tuesday evening. Meadows entertained the crowd with his funny jokes, based on dark humor.

University's film community and said he was amused by his dark and disturbed comedian personality.

Meadows' style of comedy is so distinct that the audience will surely remember him for a long time, Schneider said.

"He's brutally honest, which is rare," Schneider said. "He has dark humor that catches you off guard."

Bob Cook, a fellow comedian and friend, said the thing about comedy is portraying your attitude and opening up about it.

"[Meadows] went on the road with me when I head to Michigan City, Ind., for a show ... he did the feature act," Cook said. "I can definitely see him making it big one day."



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Students rate restaurants on cleanliness, friendliness

College Student Insights looks to improve local businesses, raises scholarship money through research results

By **Tasneem Almuhanha**

Reporter

If you've ever received bad service at a local restaurant, then College Student Insights will work on having your voice heard.

College Student Insights is the first student-run market research firm on campus sending out surveys about local restaurants to get student feedback.

Ali Rieger, the company's project director, said it will provide data collected from the surveys taken by college students and sell this data to restaurants, Residence Life, and University Athletics. The firm is looking to help out local businesses by finding out what the typical consumer responses are from local students.

"We are trying to find out what it is they are lacking... is it the cleanliness of the business, or is it the customer service... in order to improve their business," Rieger said.

In order to start their research the firm used an online database, Qualtrics, which is helping it create

and distribute the surveys. The program will also help Rieger and others analyze their data.

"This week our survey will be distributed to 9,000 undergraduates via email... we are currently focusing on fast foods and have two surveys going out... one for quick service and one for full service such as Easy Street Cafe," Rieger said.

The way the surveys are conducted is that students will either get the quick service or full service survey and then pick out which restaurants they have patronized in the past three months, the company's president Rachel Dyas said. They will then be asked to rate restaurants in terms of cleanliness, service, employee friendliness and more aspects.

Once the firm has examined its results, it will send out a report to local businesses showing the business's ranking in comparison to other businesses, in hopes of selling the results to them. The money gained from the results sold to businesses will be used to start a schol-

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arship fund at the University, Rieger said.

"We have legitimate data that these businesses need, so why would we give them the results for free, when we can raise money and support a scholarship so that kids can realize that this is something they can be a part of," Rieger said.

There are two aspects to College Student Insights: customer satisfaction and living labs, Dyas said. In Fall 2012 the firm will use three floors of a residence hall dedicated to a "living lab" where students who live on those floors will participate in trying out new products and foods and then providing feedback for more data.

"If Pizza Hut is coming up with a new advertisement or logo and they can get student opinions on which they would look at first," Dyas said.

The College of Business is trying to make such on-

campus research a replacement for the cap-stone course — something necessary for graduation, Rieger said. The reason for this is because it allows for real-life experience and using techniques from marketing classes.

"It took a while for us to conduct this because we had to come up with a business plan, a strategy and so much more... we also have board members and board member meetings... we won't settle for anything less than perfect," Rieger said.

In addition, the company is looking for funding from sponsors in order to have a grand prize of an iPad, a second-place prize of \$100 gift card and a third-place prize of a \$50 gift card, Dyas said. Everyone who takes the survey will get entered into a drawing for the prizes. The prizes will be distributed after the results have

been gathered, taking approximately two to three weeks, Dyas said.

Graduate student Chris Lorenzen, who's the manager of business development and sales, said any businesses in the city has to rely on the student body as its customer-base, and the research that College Student Insights will offer them will be at a discounted price compared to other companies, but the quality will still be the same.

"It's important for students to know that this is their opportunity to get their voice heard... we may be handing out iPads and other great goodies... but this is a great place to have their opinion implemented," Lorenzen said.



Student-made documentary addresses sexuality, religion

Gish Theater will host film, titled 'Gay with God,' Wednesday night in Hanna Hall

By **Tasneem Almuhanna**

Reporter

Implementing a long-time passion for filmmaking, senior Brandon Schnieder is premiering his documentary "Gay with God," which is about sexual orientations and religion, at 8 p.m. Wednesday at the Gish Theater in Hanna Hall.

Schnieder started the documentary as part of his honors project when a family friend, who was openly gay, talked about constantly going to church. The main question Schnieder had concerned stereotypes associated with religion in relation to the LGBT community.

"It wasn't something I heard very often," he said. "I asked myself why I had these preconceptions about sexual orientations and religion ... and wanted to find the truth."

While filming the documentary, Schnieder said he put away all his assumptions and had an open mind. Along with other voices, the documentary primarily follows

three main individuals who talk about balancing religion and sexual orientation.

"I tried to get as many voices as possible so it wouldn't be one-sided," he said. "I talked to a priest, a relationship consultant and the head of VISION [on campus]."

In the documentary, the priest's view was much more positive and open than what most people are probably expect to hear concerning these matters, Schnieder said. Unlike some religious protestors who constantly preach about religion, he said the priest was much friendlier.

"I wanted to talk to someone who wouldn't yell at me," Schnieder said.

The relationship consultant gave a strong voice because she had worked with a lot of people dealing with homosexuality and coming out to their family and friends, Schnieder said. In addition, the

third voice, the head of VISION, also gave a viewpoint that sup-

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VISIT THE "GAY WITH GOD" FACEBOOK PAGE:

<https://www.facebook.com/pages/Gay-with-God-A-Documentary/376178022414866>

ported the LGBT group along with spirituality and religion.

Mark Bernard, a faculty adviser, said the documentary shows a perspective that isn't often seen in or portrayed in popular media.

Usually voices are at war with each other — it's rare one gets to see images of tolerance in the Christian society, but they converge in Schnieder's documentary, Bernard said.

"The documentary shows a first-hand perspective from a minister," Bernard said. "He had interesting things to say about misconceptions."

Schnieder said he found the project a bit challenging because it was unlike his previous films with a cast and script — this dealt with people and their lives.

Although he spent a lot of sleepless nights editing, it paid off because it was a good learning experience, he said.

"As a film productions major, I had worked on everything from comedy to horror, except documentaries," Schnieder said. "Part of this was a challenge to myself to get these stories across and tackle this type of filmmaking."

A lot can be gained from watching "Gay with God," he said.

It would be especially beneficial for several types

of members of the LGBT community — those who don't know what role religion plays in their lives, those who would like to be more religious or maybe those who are afraid of being judged, Schnieder said.

"I think this could help people who are religious open up their eyes to a group in their religious community that they might have not paid attention to previously ... and breakdown those LGBT stereotypes," he said.

Throughout his documentary, Schnieder discovered a common theme: all three interviewees agreed one should live a life they're comfortable with.

However, for some people living such a life is a struggle, Schnieder said, because some churches aren't as accepting and may not be for a long time.

"It's not like there's a happy ending in this documentary ... but it's not bleak or heavy either," he said.

Camera operator Brett Strauss said "Gay with God" is a unique documentary in its ability to broach the subject and be fair.

"One can expect to gain a perspective from someone who is religious and gay from this documentary," Strauss said.