

THE ADA CHRONICLE

“Even though the future seems far away, it is actually beginning right now.” - MATTIE STEPANEK

1ST ISSUE, APRIL 2017. EDITORIAL BOARD: MARYAM MAMMADKHANOVA, MIR FUAD SEYIDZADE & MAHAMMAD ALI HAZIZADE
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Olympic Champions at ADA

On the 24th February Olympic Champions - Ilham Zakiyev (European Games Champion), Radik Isayev (Gold Medalist in Rio Olympic Games), Farida Azizova (Bronze medalist in World Taekwondo Championship), and Ruslan Abishov (footballer) - came to ADA to speak to students about 4th Islamic Games and their leadership careers. It was a chance for students meet their idols and learn how to motivate themselves. The event was held in Music Room.

On the 1st of March, Johnny Zapata - an exchange student from the Texas - presented his state. The event was held in SC206 at 3 p.m.

5th ADA University Career Week

5th ADA University Career Week was held during the last week of February, from Monday (27th of February) to Thursday (2nd of March). The speakers discussed the events such as International development careers summit, Start-Up & Entrepreneurship panel, and STEM Careers Summit. ADA Career Fair was held on the last day of Career Week, 2nd of March, where students had the opportunity to find a job or to develop their skills in the introducing themselves to the hiring employer.

Azerbaijani Student Card

On 24th of February Graduate and Undergraduate Student Government started to distribute Azerbaijan Student Card what will give a chance to the students of Azerbaijan to get

benefit from discounts in more than 80.000 public facilities, cafes and restaurants, bookstores, shopping, medical, sport centers and etc. in the territory of the country, as well as in more than

38 countries of Europe. In Azerbaijan, we have more than 200 places where students can get discounts (min 10%- max 50%). In attached photo of poster, you can find logos of the places dis-

count. On behalf of our newspaper can add that the patience and education of our students are very impressive and we are proud of that everyone respects the work of another.



Charity Outflow by 'Çölçü' Club

ADA "Çölçü" Club and Undergraduate Student Government organized a Charity Outflow to Gobustan National Park. All income from this trip were spent on our soldiers serving on our western border. The trip was provided with interesting entertainments: archery, playing games, listening musical performance, etc.

Khojaly Commemoration

On the 24th of February ADA community were commemorate the 25th anniversary of the Khojaly Massacre, which was the killing of hundreds of ethnic Azerbaijani civilians from the town of Khojaly on

25-26 February 1992. Furthermore, the documentary movie about Khojaly, made by Hungarians, was showed for the first time. The event was held at 3:00 p.m. at the Large Auditorium.

On the anniversary of Khojaly tragedy, on the 26th of February, ADA Community had walked in the city center to visit the monument to the victims of the Khojaly massacre. As Mr. Fariz Ismailzade, Vice Rector for External, Government and Student Affairs, said: "ADA

Community has shown an amazing spirit of solidarity and teamwork, as well as patriotism and care for our nation's history". All students, who participated voluntarily, in the event showed united and committed to this symbolic action.

ADA Community has shown an amazing spirit of solidarity and teamwork, as well as patriotism and care for our nation's history.



On 17th of March, at 15:00 p.m. in General Assembly ADA University hosted former Italian Foreign Minister Franco Frattini. He discussed the crises and international challenges in the Mediterranean region. Moreover, Frattini evaluated the effects of crises and international challenges to other regions as well.

EU Economic Policies and Governance

From 14th till 17th of March, ADA University introduced a new EU Economic policies and governance lecture by Professor Dr.Rasa Daugėlienė in SB 210. The lecture covered important topics such as “Common features of Europe unification after WWII: economic aspect of integration”, “Evolution of Economic Integration stages of economic integration”, “EU common trade policy: classification of trade regulation instruments”, “EU Competition Policy”, “European Monetary Policy”, “Peculiarities of International Monetary System”, “International Banking and International Money Market” and “Coordination of Macroeconomic Policies”. The graduates were certified by the ADA Center for EU studies.

On 14th of March, ADA University hosted Ms.Ingrid Rosten who is one of the best experts in the US in the field of Development of Business Incubation and Innovation Center. The workshop was held in Majlis Room at 16:00 p.m.

5th ADA University Career Week

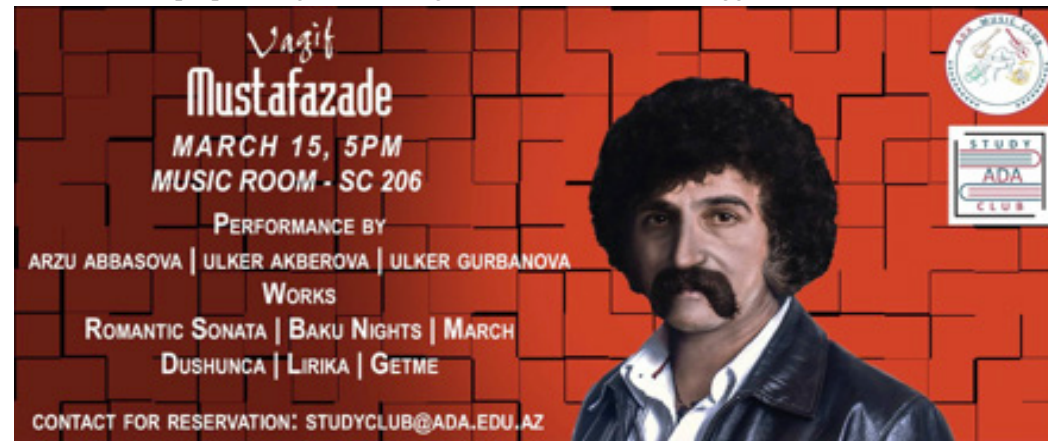
On 10th of March, ADA University provided the students with the workshop from 15:00 p.m-17:00 p.m. in Majlis room about stress management by a very experienced doctor, Dr. Murad Soltanov, from the Republican Diagnostic Centre. Dr.Murad Soltanov shared tips on how to combat stress and be ready to overcome difficulties at any situations.

ADA University organized an event for international students who would like to enjoy Novruz celebration together with an Azerbaijani family. The international students had a wonderful family dinner and tasted our delicious Novruz sweets and traditional meals. The date, time and place were chosen by the national students who were hosting international students with their family.

EU Regional Policies

On 10th of March, EU Regional Policies lecture was conducted by Dr.Gediminas Cesonis, professor of Kaunas University. The event was held from 15:00 p.m-17:00 p.m. at the General Assembly. Students who attended the lecture were provided with a certificate on EU Regional Policies.

News material prepared by: Shahla Baghirzade, BAIS 2020; Zakiyya Hasanova, BAIS 2020



Vagif Mustafazade Anniversary

On 15th of March, due to the 77th anniversary of Vagif Mustafazade with the cooperation of ADA Study Club and ADA Music Club, a concert was organized in Music Room (SC 206) at 17:00 p.m. The five works of art were performance by three pianist ADA students. Mustafazade's life challenges were introduced to the audience.

On 15th of March, there were two presentations conducted by ADA University. The first presentation was presented by the former Minister of Foreign Affairs of Egypt under President Hosni Mobarak Dr.Amr Moussa at 11:00 a.m. in the General Assembly. Dr.Amr Moussa discussed the world today and international relations in the twenty-first century. Moreover, Rector Dr.Hafiz Pashayev granted him with the Honorary Doctorate. Another presentation which was dedicated to Jan Goodwin, award winning journalist and author of several bestseller books, covered the topic: “ISIS: where they came from, what fuels them and where they are headed to?”. This presentation was held at 15:00 p.m. in the General Assembly. Goodwin discussed the books she wrote and commented how she sees the world today.

15 March Presentations



Bahar Youth Festival



On 14th of March, ADA University organized an event called “5th Annual Bahar Youth Festival” in the campus. This festival included several interesting events. In SB 102, dean of School of Public and International Affairs Dr.Elnur Soltanov gave an informational session about “Give a Gift to Life” at 14:00 p.m. Later, following the informational session, the rector was leading ADA students and staff in planting a tree at Dada Qorqud Park at 14:30 p.m. The purpose of planting a tree was to celebrate the awakening of nature and welcoming spring together. Afterwards, featuring ADA students and dance groups at Flag Square the concert started at 15:00 p.m. Several Novruz traditions were performed in order to remind the Azerbaijanis about their culture. Khoncha contest was created among ADA students and at the end the best khoncha was chosen and rewarded with a gift. At 16:00 p.m., DJ Music was played at Flag Square till 17:30 p.m.

On the 3rd of March, ADA University hosted the 5 French Universities: University of Lyon, University of Toulouse, CEFAM, ICD International School of Business and Le Cordon Bleu. The universities presented their academic programs and scholarships, at 3 p.m., in SC.

On 6th of March, ADA University hosted Deputy Foreign Minister of UK Ambassador Simon McDonald. The presentation and discussion was about BREXIT, its consequences and the global role of Britain. The presentation was held in General Assembly.

On 7th of March, a more in depth lecture about Syrian conflict was held at General Assembly at 15:30 p.m. by vice rector of Tel-Aviv University Dr. Eyal Zisser.

Group Stage

Group A

1. Evils Win-2 Lose-1 points 6 (+14)
2. Lions Win-2 Lose-1 points 6 (+6)
3. Retake Win-2 Lose-1 Points 6 (+2)
4. Dream Team Win-0 Lose-3 Points 0 (-22)

Group B

1. Sacando Win-3 Lose-0 Points 9 (+22)
2. Overdose Win-2 Lose-1 Points 6 (+7)
3. Hooligans Win-1 Lose-2 Points 3 (-3)
4. Los Galacticos Win-0 Lose-3 Points 0 (-26)

Group C

1. Savage Win-3 Lose-0 Points 9 (+9)
2. Imperium Win-1 Draw-1 Lose-1 Points 4 (+1)
3. Partizan Win-1 Lose-2 Points 3 (-1)
4. RedWolves Draw-1 Lose-2 Points 1 (-9)

Group D

1. Backline Win-2 Lose-1 Points 6 (+3)
2. Hurricane Win-2 Lose-1 Points 6 (0)
3. Heracles Win-1 Draw-1 Lose-1 Points 4 (-1)
4. Kickers Draw-1 Lose-2 Points 1 (-2)

ADA Football Championship

Kamran Rahimli - Captain of 'Lions'

What are your expectations of the game against Savages and how would you assess the mood within a team before the quarter-final?

As a result of vital victory over Evils at group stage, the motivation of the players within a team is quite satisfactory. Although we do not have quite information about the rival team, their performance in the groups really proves that game with Savage will not be as easy as we assume. Coming to my ex-

pectations, I surely think that we have what it takes to win this game. As each team prefers the attacking game style, it is anticipated to be the tough and enjoyable game. I wish both teams good luck!

Which team would you prefer to play against and whom do you see at the Final?

Taking into consideration the capacities of all teams, it is much more likely for Sacando, Evils and Back Line to reach the final stage. To be more speci-

fic, I would rather choose Sacando among these teams because of the last

One of the most interesting finals in the history of ADA Tournaments

friendly game played between Lions and Sacando. It was quite tough, as we lost the game 4-5 with a last minute goal. Further, in case of beating Savage team, we will most probably face with Sa-

EVILS - IMPERIUM;
SAVAGE - LIONS;
BACKLINE - OVERDOSE;
SACRANDO -
HURRICANE

crando at semi-final. They have very skillful players that can affect the score any time, but that does not mean we won't be able to win. I endlessly believe in my teammates and promise that we will do our best. Lastly, I guess that Evils will be the opposite side at the final. If it happens, it will be one of the most interesting finals in the history of ADA Tournaments.

Sabir Ismayilov (a.k.a. SaPirlo) - Midfielder of Back Line

What are your expectations of the game against Savages and how would you assess the mood within a team before the quarter-final?

Firstly, we congratulate Overdose for passing to the next stage. To be honest, we do not have adequate information about

them. However, looking to their previous Tournament outcomes, we can see that they are eliminated by penalties for two times. Coming to the mood within a team, I would not say that the condition is heartwarming. Tactical changes and the new transfers shows its specific impacts on our game style. Moreover, we will

doubtlessly fight for the victory and will do our best against Overdose.

Which team would you prefer to play against and whom do you see at the Final?

The team that we would like to play against is surely Sacando as 2-7 defeat by them encourages us

to take the revenge. Further, Lions would be an alternative choice to play, cause their composure within a game, makes game more intensive and intriguing. Hopefully, we will try to be sole team of BA2018s' which become double-champion.

Transfer Shock by Lions

Hooligans United's failure to pass to the next stage was unexpected event of the season. The striker Ramiz Valizada's move to Lions is now officially announced by Lions captain - Kamran. However, in the football society, several questions

arise for Ramiz: In which position is he going to play? Will he overcome obstacles of playing as a defender? Will he come back to his ex-team - Retake United again next season? We will find the answers in the following weeks.

Keeper Wanted by Savage

The most shocking incident of the spring tournament was undeniably Retake United's fiasco in group stages. However,

it was a great chance for qualifiers to benefit from this case. Savage used this situation for their favor, and officially transfer Re-

take's goalkeeper Murad Vahabov. He will now fight for the success of Savage, starting with the tough game against Lions.

President's Team - Overdose

There is a saying that transfer rumors never stops. As for now, lots of gossips were going around, and one of them is, the

President of USG - Elchin Mammadli's move to Overdose. There is not any official outcome of the negotiations yet, but we will

see what time shows us until the transfer window is closed.

Football championship material prepared by:

Fuad Amirhuseynov, BSE 2019;

Orkhan Aliyev, BSE 2019

Bakhtiyar Aslanbayli:

“Confidence without sufficient knowledge doesn’t mean much.”

It is no coincidence that we chose to interview Bakhtiyar Aslanbayli for the first issue of the ADA Chronicle. In our opinion, Mr. Aslanbayli’s character is exemplary, diverse and inspirational. We have to say that our interview turned out to be as interesting as we had expected. Mr. Aslanbayli is currently Vice President for Communications, External Affairs, Strategy & Region at BP Azerbaijan-Georgia-Turkey Region. He is also a lecturer at ADA University and Baku Higher Oil School. We hope this interview accurately reflects his character and inspires our readers.

Thank you for accepting our invitation and allocating some of your valuable time. How long did it take you to climb the corporate ladder and what difficulties did you encounter along the way?

I started my career as an assistant in the tax department of PricewaterhouseCoopers (PwC) in 1998. I majored in international affairs at the university, but back then it was very difficult to find a satisfying job in my field. So I opted for a career with PwC.

My first job involved taking papers from the office to different state agencies for the registration of clients.

However, “climbing the corporate ladder” is a bit of a philosophical question – you can never tell if you have reached a certain level. In 2012, I got to the position of the Tax and customs director at BP Azerbaijan-Georgia-Turkey and three years later, in 2015, I became Vice President for external affairs. So it took me 17 years to get back to international affairs and become a senior executive at BP.



It is hard to say what was the difficult part. The key is to do what you are expected to do, be patient, try enjoying your work and, in the meantime, not limit yourself to

The key is to do what you are expected to do, be patient, try enjoying your work and, in the meantime, not limit yourself to your day-to-day job.

your day-to-day job.

Over the 17 years I continued lecturing at the university, addressing conferences, and pur-

suing some academic activity. So with a good combination of everything, you can reach a major shift in your career. But again, eight out of those seventeen years I did the same job, while some of my colleagues were a bit impatient to make the next move in their careers. You just need to wait for the right time and be ready to move on to the next level.

Your workload must have increased further since 2015. Yet, you are still in academia. What keeps you interested and motivated to teach?

Perhaps, it is my interest in international affairs. I started my career as a tax specialist although I wasn’t trained to be one and acquired

on experience. Even though I dealt with tax issues at PwC and BP, my interest in international affairs and politics never faded. And I appeared it with academic activities and teaching.

I find teaching very interesting and beneficial. When you talk to young people, you keep developing, keep pace with events, expand your public speaking and people management experience. For many years, I have been spending half of my annual leave on conferences. I enjoy that a lot. I am in academia because of my interest in the field, the fact that I enjoy working with young people and want to be useful for society.

I believe education is the key to the development of every society. It is a must, and if I can make a small contribution to educating new generations in my country, I would be very happy.

How do you manage to achieve a balance between so many responsibilities and private life?

I don’t, in fact! (*laughs*) It is always difficult to find enough time for everything. My job involves at minimum a 10-hour workday. Then there are ADA University and Baku Higher Oil School. I also need to find time for the family and contribute to the education of my children. Then there

is a tangible level of social activity, conferences, and business networking.

The best way of combining all this is prioritizing. Your leisure is also important. If you have a busy schedule, you need to have proper rest and entertainment, be able to wind down and recharge your batteries. It is

Whatever you learn today will be a good basement for your future career. Learning and education shouldn't stop with university graduation..

impossible without that. My strategy is to avoid postponing things. If you have one task today but don't complete it, then you will have one extra task tomorrow. It requires strategic thinking and forward planning, but with all of that I sometimes fail to manage that. I guess it is only human nature.

Despite your busy schedule, you seem rather calm...

If I don't stay calm, will that help? (*laughs*) Jokes aside, it is all about doing something you love. Surely, it is not the financials that draws me to the academia but the drive to engage with the young. You are the

future intellectual elite of this nation, and I want to talk to this intellectual elite and be helpful. I also learn a lot from you. It is a two-way street. So I look calm because I enjoy what I do.

What would you advise the students and graduates?

In the 21st century, where everyone has access to so much information, it is difficult to advise anything but I will try.

Never stop learning. Whatever you learn at the university now will be out-of-date in a matter of five years. In my younger days, we had floppy disks – you are probably too young to remember. They could store 360kb of data. A small USB can store 8GB now. Whereas 360kb was enough to store all my assignments, diploma paper and reading materials, 8GB of memory today is too little. Apple stopped producing 16GB iPhones because their memory was too small. The point I am trying to make is that the amount of data is increasing fast, and so is knowledge. So whatever you learn today will be a good basement for your future career. Therefore, learning and education shouldn't stop with university graduation.

Be patient and assertive. Seeing the hectic pace of life, young people seem to be in a hurry to reach certain career goals, and when this doesn't happen quickly, many become disappointed. Be patient and success will come your way if you continue to grow and develop. At the end of the day, success comes at the

right time and place. Be patient, but at the same time be assertive! If you want to achieve something, you need to strive for that. If you specialize in international affairs like I did and can't find a job in this field or the pay isn't adequate, if you keep lecturing and attending conferences, after 17 years you will get the opportunity to go back to your Alma Mater and work in international affairs like I do today. So be patient.

You need to take good care of your body and soul - this is what makes a person mature, energetic and recharged.

Remain confident. It is rather trendy these days – everyone says "Be self-confident!". Self-confidence is good when you have a good amount of knowledge. Confidence without sufficient knowledge doesn't mean much. Self-confidence is always great when you have good knowledge and a strong background.

Find time for yourself. Despite the daily routine of life, assignments, exams and jobs, find time for recreation – entertainment, sports, music, reading. You need to take good care of your body and soul – this is what makes a person

mature, energetic and recharged. Save time for friends and hobbies – this is always important.

*Prepared by:
Maryam Mammadkhanova,
BAIS2018
Mir Fuad Seyidzade,
BBA2018*

What's going on with US?

Donald Trump's presidency is proving to be one of increased uncertainty: you never know what might come tomorrow. From media accusations and trade restrictions down to the uncertain stance on the dollar, only one thing is clear: what holds today might not hold tomorrow.

As is well-known, uncertainty usually deters (or is supposed to deter) rational people from investing their funds, especially in stocks which are considered to be riskier than bonds. The higher the perceived risks, the less likely a rational investor will step into a hugely volatile stock market. Yet, today we stand at a point when that assumption doesn't hold: the stock market has hit its highs and hasn't stopped rallying ever since Trump took office! The Dow Jones Industrial Average has recently hit 20,000, the NASDAQ and the S&P 500 Index are at their peaks...Many even think that "...NASDAQ 6000 is legitimately on the table." (Decambre, 2017) However, it is not like anything positive happened to the U.S. economy that could've explained this unusual trend! The U.S. economy has grown at a rate of 1.9% (Trading Economics, 2017) during January 2017, compared with the forecasted 2.2% and December's higher 3.5% growth rate.

So, what is going on? Why are investors so optimistic at a time when the entire world looks like a messy picture? When the future

state of the U.S. economy is so vague?

Here are three main reasons out of many which stand behind the unusual upward spiral:

1. Trump's promises on tax cuts and infrastructure spending.

Ever since his presidential campaign, Trump has continued on delivering promises to cut corporate tax rates and spend more on the nation's infrastructure. These vows create favorable conditions for many businesses – serving as future profit-enhancers and subsidies, as such. Lower taxes and more state support – fewer costs and higher net incomes. And higher net incomes, in effect, are perceived to boost the financial health of companies. With the business future bright, the market gains confidence in a lot of firms. "...[S]tocks that would benefit from more robust economic growth, like ... companies tied to infrastructure..." have been in demand from November 8 (the election day) onwards. (Landon, 2016) More demand means the stock prices go up.

As a result of Trump's promises, the stock market is upbeat – the so-called "Trump effect", as it came to be known.

2. Trump's promises on financial deregulations.

Trump has promised to abolish the Dodd-Frank Act, which (to his mind) does not permit small businesses to borrow from the banks. (It is important to note that this act has

been keeping the U.S. economy together ever since the Great Recession, as it placed barriers on banks' irresponsible lending decisions – however, many banks claim that the restrictions are simply too high.)

With more lending possibilities ahead, the banking sector has gained more confidence and bank stocks have gone up.

3. Companies are actually reducing the supply of their shares.

Some privately held firms do not want to go public in the current volatile market, whilst many public firms are buying back their shares, thus reducing their number in the market (for reasons that have nothing to do with Trump). For instance, General Motors announced in January that it planned to "...buy back an additional \$5 billion worth of its own shares..." (Gardner, 2017) As the supply of shares decreases, the stock prices increase.

In conclusion, three reasons why the stock market is up – tax cuts and infrastructure spending promises, financial deregulations and company buy backs – stand behind the recent stock market surge. Will it continue to go up? Many forecast it will while others remain skeptical. What is true, though, is that you never know with financial markets – especially in such uncertain times.

Prepared by:
Narmin Jamalova, BBA2019

The Environmental Price of Batteries

The world we live in can be considered as battery-driven, in the sense that even if we narrow the usage scope of batteries only to consumer goods, batteries are the most commonly used system to power a vast amount of products from small toys to laptops and other electronic devices. Products that run on batteries have considerably simplified our daily lives; however, they also come with a high environmental price if not discarded correctly. Unfortunately, the most widely used method to dispose of batteries is throwing them in with regular garbage, which ultimately leads to landfills becoming their final destination. According to the Battery University, although there are standard alkaline batteries which are not harmful to the environment, most batteries contain heavy metals such as mercury, cadmium, nickel and lead that make them hazardous to the environment, in the case of their improper disposal due to the following reasons. To begin with, whenever the casing of batteries starts to corrode, their components leak. As a result, corrosive and toxic substances are released into the soil and groundwater which, in turn, contaminates the environment and exposes animals as well as plants to danger. According to the National Research University Higher School of Economics, every battery which is thrown in the household trash pollutes with heavy metals approximately 20 square meters of land and 400 liters of water. The question then arises: How to dispose of batteries at the end of their lifetime?

The problem of incorrect disposal of batteries is planned to be solved in the near future in Azerbaijan. An enterprise for recycling used batteries is expected to be built in Balakhani Industrial Park (Sputnik, 2016). This indicates that the batteries will be brought to a

household hazardous waste collection for recycling instead of going to household trash and, consequently, landfills. However, even though the enterprise has not been built yet, there still exist solutions to the problem that inadequate disposing of batteries cause. First and foremost, it is essential to place batteries into a container before throwing them into the household trash. This will not liquidate the environmental problems associated with the disposal of batteries, but at least it will reduce them by decreasing the amount of heavy metals released into the soil and groundwater. Not to mention, it is extremely risky to discard batteries in a group because used batteries may still contain a small amount of power and grouping them may result in the release of a charge which, in turn, may lead to combustion. In addition, one might consider replacing disposable batteries which are the ones that cannot be recharged with rechargeable ones. Rechargeable or secondary batteries decrease the number of batteries used by increasing their life span. However, likewise primary batteries, secondary batteries also contain the heavy metals that put environment at a great risk, making their disposal of equal importance.

As was said by Indian leader Mahatma Gandhi, "You must be the change you wish to see in the world." The increasing usage scope of batteries in modern day life should make everyone consider their proper disposal as an important step towards a healthy ecosystem. It is necessary to correctly discard batteries when they stop powering appliances in order to save the planet we live in.

Prepared by:
Jamila Jalilova, BSE2018

Arrival - a Sci-Fi masterpiece of 2016

Arrival which was released in September 2016 is an American science-fiction movie. The movie is based on a short story called "Story of Your Life" by Ted Chiang and directed by Denis Villeneuve. Amy Adams and Jeremy Renner were chosen as the co-stars for the movie. Arrival was incredibly successful that it won several awards, including Oscar, BAFTA, and Golden Globes.

The director, Denis Villeneuve achieved to introduce a thought-provoking sci-fi masterpiece to the audience. This captivating movie is about the appearance of mysterious alien spacecraft's in 12 different parts of the world which causes disparate problems. The main question that provokes concern

among powerful countries such as Russia, China, and the U.S.A is "Why are they here?". In order to find an answer to this question the military officials in the U.S.A ask Louise Banks (Amy Adams) who is a linguist to work with Ian Donnelly (Je-

If you could see your whole life from start to finish, would you change things?

remy Renner), a physicist in a military camp to find a means of communication with aliens. In other words, their priority is to learn the aliens' language and their purpose. The intriguing aspect of the movie is that the

events occur in a non-linear timeline, which means in a non-chronological order. When Louise understands it, she says, "Despite knowing the journey... and where it leads... I embrace it. And I welcome every moment of it".

Consequently, Arrival is a kind of movie that induces the audience to think deeply after watching it. It evokes various questions like "Are we really the only beings in cosmos?" "Can a non-linear timeline exist in different worlds?", etc. Finally, and most importantly, if you lived in a non-linear timeline and saw your future, would you change it or accept every moment like Louise?

Prepared by:

Gumral Habibbayli, 2020



ONE FLEW OVER THE CUCKOO'S NEST (1975)
Drama
Director:
Milos Forman



PULP FICTION (1994)
Crime/Drama
Director:
Quentin Tarantino



THE BUCKET LIST (2007)
Adventure,
Comedy, Drama
Director:
Rob Reiner



THE PRESTIGE (2006)
Drama, Mystery,
Sci-Fi
Director:
Christopher Nolan



Watching movies needs a snack!

Dear Reader,

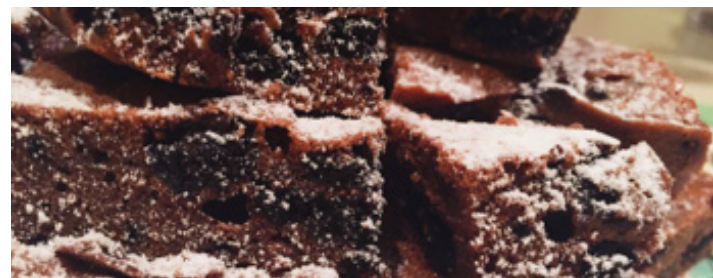
For our first issue we chose a very special and personal topic that we think could serve as a firm foundation for further inspiration in that area. The magically delicious world we'll explore in this post is Baking.

Hajar: As for me, I have peculiar approach to baking. Along with the pleasure I get in the process itself, the positive assessment of the result in which I added the piece of myself gives not only satisfaction, but also inspiration to proceed. This is the reason why I love to cook for someone rather than for myself. In addition, the inseparable part of each attempt is doing experiments, since I find it boring to cook according to the receipt. I prefer to individualize baking, and call you not to afraid improvising, too!

Try baking, even if you think that you don't have an ability to do so. You can fail once, twice-do not get

upset; analyze your mistakes and try more, more and more! In the last resort, you can always visit any bakery to buy cake, but you will always remember the great feelings you get during baking!

Nazrin: I myself am a very keen baker and have a slight obsession with chocolate, sweets and desserts. I like watching how people bake, finding out about their signature finishing touches, trying and learning new techniques and little secrets that'll make my dessert simply flawless. It has been a while since I've found my passion in baking and have even launched a baking blog last summer. On @NaZulBaking we share our favorite recipes with our followers. My personal favorite to be honest has become the chocolate fudge brownie with cookie and chocolate bites. I have baked it so many times and in different variations that I have developed my own recipe for the perfect taste and consistence.



Concluding our post, we would like to share with you the Brownie recipe:

1/2 cups of caster sugar
1 cup of plain flour
1/2 cup of cocoa powder
125g of melted butter
4 eggs
Powdered sugar (for decoration)

Directions:

Preheat the oven to 180C. In a large mixing bowl mix the flour, sugar and cocoa. Mix until everything is well combined. Slowly pour the melted butter into your mixture and mix until the butter is fully incorporated. Lastly, add the eggs, each at a time and mix everything together.

Now, to make your brownies even more delicious, you can add a bit of nuts, chocolate chips or anything that you like. My personal favorite is M&Ms and Milka chunks. Take a baking pan and grease it with a little bit of butter (I personally prefer to place some parchment paper instead) and pour your batter into the pan. Since the brownies have to be moist, you can pop them in the oven for about 30 minutes. Before serving, dust your brownies with a bit of powdered sugar.

Et voila! Enjoy the heavenly taste of your brownies!

Nazrin Eyyubova, BBA2019
& Hajar Abilova, BSE2018

ENTERTAINMENT

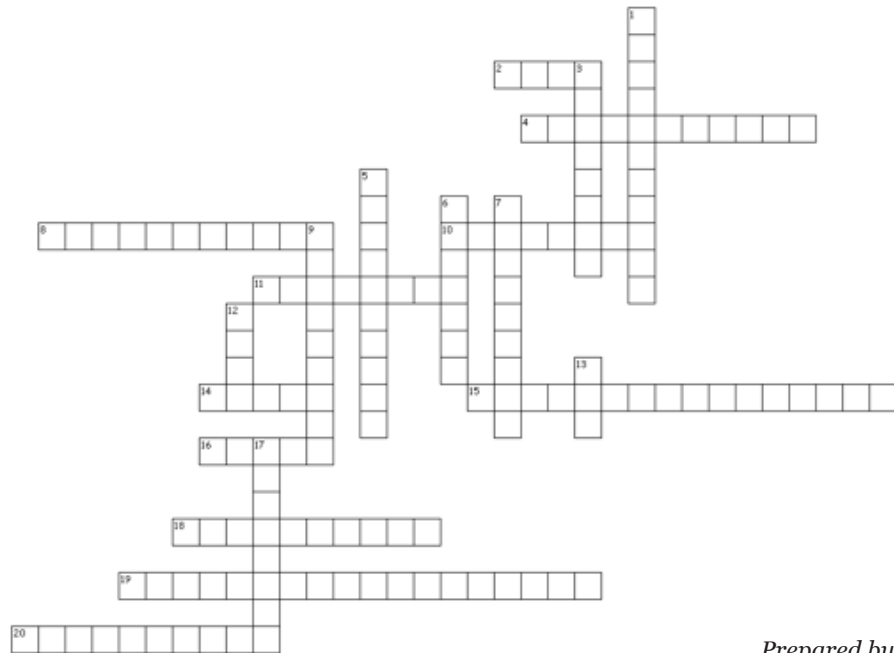
Try yourself!

Across

2. Flapper's hairstyle
4. Max Weber's six characteristics of
8. Executive, judicial, ...
10. Sheikh Zayed Grand Mosque, located
11. Well known for his epic Shahname a poet
14. Latin American dance
15. Famous billionaire, philanthropist, died in the age of 101
16. Movie, actors award
18. Author of «war and peace»
19. Letter attached to, or accompanying another document such as a résumé
20. Program mostly used for making presentations

Down

1. Fire temple is the place of worship of the religion
3. Brazil was once a colony of European country
5. Treaty that officially ended WW 1
6. Used by firm to produce and sell its services
7. Opposite of «King is the law»
9. Worldwide movement by the WORL WIDE FUND for Nature encouraging individuals, households and businesses to turn off their non-essential lights
12. Birth of an invention
13. Generally accepted measure for standard of living
17. Mutual agreement



Answers for crossword from last page:
 Answers: Portugal, Idea, Abu Dhabi, Rule of law, Firdausi, Crop, Leo Tolstoy, Contract, Motivational letter, Versailles, Zoroastrianism, GDP, DAVID Rockefeller, bureaucracy, legislative, capital, Earth Hour, Tango, Oscar

Prepared by:
 Fidan Aliyeva, BAPA2018

This is fitness.

Hello there and welcome!

Fitness? You hear it all the time, and it only gets more popular. The question for many is what is fitness? What has it become? Fitness has changed its concept over a period of several years, that is the claim, and it is true. According to our friendly neighbor – the internet, fitness is “a set of attributes that people have or achieve that relates to the ability to perform physical activity.” That precise definition seems alright, however fitness has evolved. For me, fitness is not just an ability to perform a physical activity, it is much more. I see fitness as a direction, vision, purpose and lifestyle. Fitness is like a drug, but the end result and its outcome are positive. Now, fitness directly influences and affects our overall health, moreover it is a so called tool for constant improvement. Fitness is almost everything that is related to our body.

The following are benefits of being fit:

- Lower risk of heart disease and stroke
- Reduction in high blood pressure.
- May prevent many forms of bone loss associated with aging. (Osteoporosis)
- Reduces risk of obesity, which itself is a cause of numerous diseases.

That list is only a few of the many benefits of being fit. Fitness has this ability to change our perception, because it affects our minds too. As you progress, confidence and trust in yourself increases, which leads to more opportunities. Fitness builds up discipline, consequently transitioning it to your job or school. It changes your image and boosts your mood. I can honestly say that this is true, as I feel that fitness brings good change into one's life.

Prepared by:
 Inji Jafarli, BAIS2020

I love making people happy, and I know I am not the only who likes doing so! Yes, we all have some problems we have to deal with, like midterms, but if we make one person's day brighter, our mood will get better too. And making a person happy does not require much of an effort.

Compliment people. People love hearing their positive aspects from others around them. For instance, if you really like a girl's or a guy's smile, just say it! It will brighten not only their day, but their week.

Tell someone you're proud of them. These words are very meaningful, so try saying them to people after they have accomplished something, whether big or small.

Say “I am sorry”. When you have done something wrong, always, ALWAYS say sorry to the person you hurt. Put your ego aside. Even if weeks have passed, or months, or years, it is never too late to apologize.

Say “thank you”. Someone opens the door for you? Say thank you. Someone shows you the directions of the place you want to go to?

Happy Vibes!

Say thank you. Thank people no matter if they have done something insignificant or major for you. Show your gratitude.

If you see someone sad, ask them why they feel this way. Even if you do not know the person, yet he/she looks sad, ask them why they are so. And try to cheer them up by showing empathy through your kind words.

Smile at everyone you see every single day. It is so easy and effortless, yet so powerful. Just try it yourself and make it from the heart. You will instantly notice the way their facial expression changes and how they also join you by having a huge smile on their faces.

Write a letter. This is like an extra point, but still good in my opinion. In the era of technology communicating through letter writing is pretty rare. So why not make someone happy and feel special through writing them an actual mail?

Lastly, you can spread positivity. With one small action you can make many people happy, alongside with yourself. So why not to make the world a more positive place?