Greetings from the Editor

Meli Lamei

Dear Readers,

It is getting cold and Wichita State is being prepared for the final exams. About one month is left that the students celebrate their success in final exams and enjoy Christmas and New Year holidays.

International Students Union has tried to make more fun for students. ISU does its best to make ‘fall’ – the season of Harvest festivals, Halloween, and Thanksgiving – a memorable semester for students.

ISU has also been the first to say “Welcome!” to many of the new Int’l students through the Airport Welcome Table since 2007.

ISU said “Aloha!” to Wichita State and welcomed the new and old International students in its September Aloha party. It started our fall outdoor activities.

I am proud of the multicultural environment at WSU, which helps me make more International Connections. I can stop at a Nepal Station; eat Indian food at the International Kitchen, or at the Interfest with Heidar Ali Malhi, the Star Shock from Pakistan.

ISU collaborated with other student organizations for a cause; “Kibo” was the event ISU participated to help the Japanese after the Tsunami.

To repeat the 2010 success of “All the World’s On Stage,” ISU planned a fundraising event of the International performances for “the Horn of Africa Famine”, where I met Adeline Tan and asked about “seven days of Leadership” that changed her life. There, we planned to join our Sri Lankan friends to celebrate their victory in ISU cricket tournament.

ISU has become a big part of my life, and I do enjoy every moment being with them. Join me and ISU to take the most out of our stay at Wichita State 😊

World of Words: Your Space

Russian: An enemy will agree, but a friend will argue.
Hindu: Do not judge any man until you have walked two moons in his moccasins.
Persian: A broken hand works, but not a broken heart.
Chinese: Do not be afraid of going slowly; be afraid of standing still.
French: A healthy man is a successful man.
Japanese: Fortune will call at the smiling gate.
African: Smooth seas do not make skillful sailors.
# ISU in Calendar- 2011

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- ISU Committee and Shan Jabara, ISU advisor, in ISU Orientation
- ISU, Unicef & other organizations planned Fundraising event after Tsunami in Japan
- New Intl students with experienced ones in International Connections' gathering
- Christina Gregory and her group in Aloha
- Zeeshan Nasir, ISU member, gives a welcome bag to a new Intl student at the ISU airport welcome table
- Dr. Alan D’Souza and Shan Jabara, ISU advisors
- Armin Gerhard
  Executive Director of International Education
Who Is Running The Government?

The Student Government Association at WSU is approaching its 100th anniversary. It first began in 1912 as ‘the Student Council’ and planned campus activities. SGA has changed over the years; however, its function has never changed. SGA is still about students.

The mission of the SGA is simple. It is a group of elected students who make sure Students Come first at WSU. SGA does this through representing students and funding student related activities, services, and facilities.

SGA has a budget of almost $10 million dollars. This money comes from the students fees. SGA uses this money to support about anything student-related you could think of at WSU.

Some of the SGA funds include athletics, student projects, scholarships, and student organizations. SGA is to make sure students’ voices are heard.

As a student, you can attend any SGA meeting held on Wednesday nights at 6:30pm in the RSC and share your ideas. You can also visit their webpage at www.wichita.edu/sga, call them at 978-3480, or stop by their office on the second floor of the RSC.

I had the honor to officially join SGA for the 2010-2011 academic year. SGA has 3 main committees—Campus Issues, Academics, and Budget and Finance. I joined the Campus Issues Committee.

One of the reasons for joining this committee was that being an international student, I was able to relate many issues international students at Wichita State face and perhaps bring them to light to the committee. In addition, it was an opportunity for me to give back to campus from my own experiences. This year, I am on the Budget and Finance committee.

Academics Committee deals with academic issues that affect students, and Budget and Finance is the committee that helps give money to student organizations and individual students working on projects. Budget requests go through this committee to be voted and approved at the senate meeting.

Campus Issues Committee deals with the WSU campus issues, which can range from parking to security to campus squirrels.

Thank you for letting me share about an awesome organization that makes sure students come first at WSU every day.

Go Shocks!
Senator Taymur Hallal

Nepal Station

By Chihana Sigdel

Nepal’s majestic mountains and serene lakes are places of absolute natural beauty. Every year, thousands of tourist venture out to explore this tiny nation. Historians are attracted to the rich cultural inheritance. Adventurers are lured into the activities like hiking, rafting and mountain climbing.

Although political mess has indicated an uncertain future for Nepal’s government, spirits aren’t dampened. There is a famous Sanskrit saying, “Atithi Deva Bhava” which can be understood as treat your guests like gods. So, if you are planning a vacation, you know where to go.

Haider Ali Malhi, from Pakistan, is honored to be the first in his country to complete Advanced International Education from Cambridge Int’l Education. He is doing his Bachelors in Electrical Engineering at Wichita State. Malhi has been listed in the Deans Honor rolls for 2009-10 and academic commendation for fall 2010.

“I am also into sports, “said Malhi. “I represented my school in inter-state and inter-school tournaments and was a key player for my team in athletics (100 meters) and table tennis both singles and doubles.”

He has been into WSU’s table tennis for two years and has performed outstanding. Their team was in Missouri and Hutchinson. Then, they were in Minnesota for nationals in April 2011.

“Our team has brought good name to WSU,” said Malhi. He is hopeful to have a bright future due to his hardwork in sports and education.
7 Days that Changed My Life

Through LeaderShape, I learned the importance of living and leading with integrity—two basic values that we all need.

Leadership, defined by leadershape, involves living in a state of possibility, making a commitment to a vision, developing relationships to move the vision into action, and sustaining a high level of integrity. Effective leadership takes place in the context of a community and results in positive change.

Leadershape is a summer camp. It is a life-long training that begins from the point when you sign up for participation. All seven days that I and my friends spent in the camp were worthwhile. We were challenged to dream big. We learned that ‘nothing is impossible.’ We learned how to walk our talks; thinking about what success would look like to us. We set goals: short-term and long-term goals. With the help of the facilitators, we managed to draft a blueprint to bring our vision to reality.

Until today, we are still in the training. On the 7th day, we learned more about who we were and what we wanted to do in life. Leading with integrity has to be developed over time through disciplined practice. We commit ourselves to abide by this discipline of leadership development in our lifetime journey.

Visit www.leadershape.org. This year Leadershape camp was in Eldorado, May 2011.

TIME Your Time

Disneyland was built in 366 days. What can YOU do in 366 days?

* Avoid paying the cost with precious time.
* Keep balance in everything: your work, friends, partying, talking on the phone, and surfing the net.
* Doing things in the last minute is expensive. Break your objective down to small steps.
* Start with the ugly or difficult part first.
* If you have to eat frog, don’t waste your time staring at it, and if you have 3 frogs to eat, don’t start with the small one,” Said Professor Randy Pauche.
* You can change plans, but only if you have a better one.

DR. Alan D’souza said

- Make the U.S. your HOME. There is no place like home, and there is no place like the US. So there is no place like a HOME in the U.S.
- Do not fear to talk to strangers. Remember that you are as strange to them as they are to you. Someone has to take the initiative.
- Remember your primary purpose of coming to WSU. Study hard...the U.S. is a land of opportunity, but to make the best of these opportunities, you have to work hard.
- Try to establish a rapport and regularly communicate with your instructors and professors. They need feedback from you, and you are not only helping yourself, but others as well by giving your instructors and professors feedback.
- Get involved in WSU. There are organizations, events, celebrations, and even opportunities that you may have in which to get involved...
- Be a proud Shocker, and you won’t regret it. Plus with your achievements and involvements, you can only add prestige to the institution.
KIBO: Hope for Japan

By Timur Madaminov

CNN reported the fifth-largest earthquake ever recorded struck Japan on March 11 and a massive tsunami wiped out coast towns, leaving tens of Japanese dead and more homeless. Damaged nuclear reactors trigged an ongoing crisis.

These all brought the country to its worst state. ISU along with many distinguished individuals and over 10 student organizations on WSU campus decided to unite for a common goal to raise funds that will help pay for some of Japan’s damage. It is at times like these that we can show how all of us care for each other and the world.

Gentleman’s Game

By Zeeshan Nasir

Like Baseball, Cricket is a bat-and-ball team sport. It is called "The Gentleman's Game" since the players need to be humble and gentle during the game.

It is played on outdoor arena at the centre of which is a rectangular 22-yard long pitch that is the focus of the game. Cricket is contested between two teams of eleven players each. One team bats to score as many runs as possible while the other team bowls and fields to dismiss the batsmen of the opposing team and thus limit the runs scored by the batting team.

Cricket was first played in southern England in the 16th century. By the end of the 18th century, it had become the national sport of England. By the mid-19th century the first international matches were being held.

ISU, in recognition to the popularity of cricket, organized a small exciting version of cricket at the Wichita State campus for the first time in recent years. The first tournament was held in April, and the second one in October. A total of 12 teams played. Sri Lankans won both tournaments. For more info visit www.wichita.edu/isu

By Chahana Sigdel

Music turns strangers into friends. Add water balloons and Hawaii theme parties: the perfect ice breakers. ISU’s Aloha was one of those events. It was a welcome party for new international students, a chance to meet students and get acquainted to university life.

Students enthusiastically participated in line dancing and indulged in delicious watermelons and fruit punch. It was a perfect start to ISU’s outdoor events!
The International Student Union organized a number of events in the academic year 2011. These programs bring together WSU’s international family and raise cultural awareness.

One of the programs that have become a tradition is the semesterly Interfest, where students prepare dishes from their home countries and sell them. Such was its impact and popularity; it awarded the ‘Cultural Awareness program of the year’ prize.

Around the world at noon is another event that highlights Wichita State’s diversity. Students set up tables at the Rhatigan Student Center and share information about their respective countries.

Continuing their streak of successful events, The ISU organized “All the World’s Onstage” which lived up to all expectations. A fundraiser held for Polio victims (2010), and The Horn of Africa Famine (2011.) The program incorporates different talents from the WSU family and produces a program full of vigor.

Airport Welcome Table and Welcome bags are other trademarks of the ISU. The ISU committee has kept the tradition going by setting up a table at the airport. New international students receive a warm welcome. They are presented with "Welcome Bags" to help them get through the first few days.

Some of the other events that ISU is involved with are Arab Script Class, International faculty and staff reception, and the workshop on event organization for International Student Associations.

International Students Union (ISU) has grown to be one of the strongest student organizations at Wichita State University. ISU is devoted to bringing together international students and fostering a better understanding and cooperation among all cultures.

There are about 1300 international students from 110 different countries at Wichita State University, and the ISU committee and advisors have done their best to encourage togetherness among international students, develop interaction and cultivate international awareness at WSU and Wichita.

Visit www.wichita.edu/isu to get more info about ISU. Find us in Facebook and join ISU to get the latest news.
WAKE UP FEELING FRESH

- The night before, avoid coffee, red wine and chocolate.
- Do not eat dinner right before bed. Leave at least 3 hours between bedtime and dinner.
- Go to toilet before bed, even if you don’t need to.
- Keep your room not too hot, not too cold. Find a good balance.
- Keep the window slightly open. It would allow poisonous carbon dioxide to float away. Instead, new oxygen floats in.
- Think about eating a perfect breakfast and eat it.
- Go to bed and get up the same time every day and night.
- Meditate, pray and calm down before going to bed.
- In the morning, drink a glass of water when you wake up. It will make you feel more alert and fresh.
- Listen to music you enjoy before bed and in the morning.
- Stretch your body and exercise.
- Take deep cleansing breath when you wake up. Then, smile. Get up straight away. Do not hit the snooze button. You may sleep more, but you won’t wake up fresh.
- Let the sunlight in.
- Cut back on late night media.

Int’l Kitchen

Sana’ Elias- India

MANGO Lassi Drink

Ingredients:
- 9 fluid ounces: plain yogurt
- 4 1/2 ounces canned mango pulp
- 4 teaspoons sugar, to taste, or feel free to try salt and cardamom seeds [optional]

Instructions:
Put all the ingredients into a blender and blend for 2 minutes, then pour into glass, and serve. It can be kept refrigerated for up to 24 hours.

Tomato Soup

Ingredients:
- 250 gms tomatoes, quartered
- 1 onion, chopped
- 4 cloves garlic, crushed
- 4 green chilies, chopped
- 1 lemon-sized ball of tamarind
- 1 tsp mustard seeds
- 10 curry leaves
- 1 red chili, broken into two
- 1 tsp coriander roasted seeds
- 1 tsp cumin seeds, roasted
- 2 tsp peppercorns, roasted & powdered
- 1 tsp oil

Instructions:
Extract the pulp of tamarind by soaking it in a cup of hot water. Boil the chilies, tomatoes, and garlic in 4 cups of water, then add the ground spices, jiggery and tamarind pulp and simmer for 15 minutes. Heat the oil. Splutter the mustard seeds. Add the curry leaves, red chili, asafetida powder & onion and fry for a minute. Pour it over tomatoes.

Get a Memory Boost From Food

- Omega-3 fatty acids: Eat fish.
- Brightly colored fruits: raspberry, strawberry, orange, banana, cherry, plum, grapes, blueberry
- Avocados maintain concentration.
- Leafy and colorful vegetables: spinach, kale, sprouts, bell peppers, eggplant, corn, onion
- Essential vitamins: E, C, B12, and folic acid.
- Glucose: natural sugar boosts memory and cognitive function.
- Whole grains: Eat whole-wheat breads, pastas and brown rice.
- Nuts and seeds: They improve mood and brain function.
- Green tea: Increases focus and helps the brain to relax.
- Dry beans: vitamin B5, folic acid and magnesium help brain function properly.
- Dark chocolate: with at least 70% cocoa: Boosts blood circulation in the brain.
MONDAY, NOVEMBER 14

Cultural Ambassador Presentation on Venezuela
12:30-1:15PM
Rhatigan Student Center, Fireside Lounge

International Education Open House
2-4PM
Garvey International Center
SE Corner of 17th & Hillside

TUESDAY, NOVEMBER 15

Cultural Ambassador Presentation on Russia
12:30-1:15PM
Rhatigan Student Center, Fireside Lounge

Around the World at Noon
11:30AM-1:00PM
Rhatigan Student Center, First Floor
Travel around the world to countries represented by WSU’s international students!
Trivia, games, henna, & treats! Organized by the International Student Union (ISU).

WEDNESDAY, NOVEMBER 16

Cultural Ambassador Presentation on India
12:30-1:15PM
McKnight Art Center, Room 210

International Film Screening: Just Like Us
Directed by Ahmed Ahmed (USA, Documentary, 2011)

International Dinner
6:30PM-7:15PM
CAC Theatre, Rhatigan Student Center
Free Admission
Audience Award Winner, 2011 Tallgrass Film Festival. Features Egyptian-American comedian Ahmed Ahmed, along with a host of critically acclaimed international stand-up comedians. Contemporary stand-up comedy has the powerful ability to provide relief, encourage a younger generation to break down barriers and serves as a platform for cross cultural dialogue as these comedians reintroduce socially relevant issues in four countries in the Middle East, showcasing the cultures of Dubai, Lebanon, the Kingdom of Saudi Arabia, and Egypt. Sponsored by International Education.

THURSDAY, NOVEMBER 17

Cultural Ambassador Presentation on Nepal
12:30-1:15PM
Rhatigan Student Center, Fireside Lounge

Study Abroad Connections
3:00-4:30PM
Rhatigan Student Center, Room 223
Students who have recently returned from studying abroad and those who are about to embark or are contemplating studying outside the U.S. will convene at this networking meeting. Experienced students will tell their stories and offer advice while outgoing students can ask questions and get information on various regions of the world.

FRIDAY, NOVEMBER 18

Cultural Ambassador Presentation on South Korea
12:30-1:15PM
Rhatigan Student Center, Fireside Lounge

International Dinner
4:30-7:00PM
Fairmount Towers, northwest corner of Hillside & 21st Street
$8.00 for adults, $4.50 for children.
Open to the community. Foods from all parts of the world; vegetarian dishes included. Hosted by Housing and Residence Life; International Education; and WSU Dining Services.

All the World’s On Stage at WSU
7:00-8:00PM
CAC Theatre
General Admission: $5, Students: $3.
An evening of international performances filled with entertainment and education for the WSU community. Proceeds donated to the Rotary Horn of Africa Famine and Refugee Relief Fund. Organized by the International Student Union (ISU), and co-sponsored by International Education, and Multicultural Affairs.

SATURDAY, NOVEMBER 19

ASCE Thanksgiving Potluck Dinner
5:00-8:00PM
Wheatshocker Apartments - 1st Floor Study Room
All WSU students, staff and faculty are invited to the first event of the newly formed student organization. Ambassadors for Student Cultural Exchange (ASCE). Please bring your favorite dish to share. Drinks will be provided. All New international and exchange students will be honored guests and do not need to bring any food. Just come and enjoy. For more information, contact Cecilia Martinez at: cesliabmg@gmail.com

“You must be the change you want to see in the world.” - Mahatma Gandhi