Greetings From the Editor’s Desk
Meli Lamei

Hi there! Hope everyone has enjoyed great holidays. It is time for school again. The beginning of school is a special experience, particularly for the newcomers to Wichita State University. You are so welcome to join such a fabulous circle of friends with its fantastic environment. The ISU committee members have done, and will continue to do their best for you.

What’s inside this issue: Feeling bored or homesick? Would you like to explore the neighborhood and have fun? Say Hello to Wichita! It holds more than you expect! You may start with exploring the school, especially the Ulrich Museum. And do not forget to check out all the FREE activities for students at the front desk of the International Education office. While there, meet the kind and helpful International Advisors. WSU’s friendly environment makes us feel at home. Moreover, the wonderful faculty helps us realize our dreams in order to be a Star Shocker.

‘International Perspectives’ belongs to all of us. Join me in ‘Your Space’ and let me share your personal experiences, feelings and problems to help and get help. Send us your questions. We will ask the experts to answer and clarify the issue. One of the problematic issues for international students is plagiarism, a concept that requires discussion to know its exact definition and learn more about the WSU plagiarism policy.

I wish happy and prosperous upcoming days for all of us in Wichita- our new home.

Looking Back: ISU in 2010

ISU is proudly standing in a well-deserved position due to its hardworking committee members and awesome advisors- Shan Jabara and Alan D’souza. It is one of the strongest student organizations at WSU. ISU, bringing together students from 110 countries, offers a better understanding and cooperation among all cultures and develops an international awareness among all WSU students.

ISU’s Activities in ’10:
✓ Airport Welcome Table
✓ International Movie- Welcomefest
✓ Event Management workshop: Offered international student leaders tools to produce their events
✓ Airport Volunteer Bowling Party: In appreciation of volunteers who staffed the Airport Welcome Table.
✓ InterFest: Helped international students serve and sell their ethnic homemade food to WSU. (Winner of the Cultural Campus Event Award 2010.)
✓ OrgSync Training: Introduced international students to WSU’s new Social and Organizational Network.
✓ Around the World at Noon: A cultural event to exhibit different countries and cultures to WSU.
✓ International Faculty/ Staff Appreciation Reception
✓ All the World on Stage: Fantastic performances from different nations; a successful fundraiser to end Polio.

To get the latest news about ISU’s activities in 2011 visit http://webs.wichita.edu/isu
Welcome to Wichita. Feeling bored? Want to have fun and live a memorable life in Wichita? Step out and say hi to Wichita!

- **Botanica: The Wichita Gardens**… 316-264-0448… [www.botanica.org](http://www.botanica.org)
The botanical paradise with over 4000 species of plants, 25 themed display gardens, 22 sculptures and water features, educational programs, workshops, and volunteer opportunities exhibits special offerings as its Spring Tulip Display, the Butterfly House and Illuminations during the winter holiday season.

- **City Arts**…316-462-2787… [www.wichitaarts.com](http://www.wichitaarts.com)
A popular art center and school with free admission to exhibition galleries. Sign up for classes or visit the art works on display for sale. Enjoy free musical performance on First Fridays, and the gallery exhibitions on Final Fridays.

- **Sedgwick County Zoo**… 316-942-3781… [www.scz.org](http://www.scz.org)
Visit the 17th largest collection in the U.S. and the number one tourist attraction in Kansas!

- **Keeper of the Plains’ Statue**…N Seneca 67203…316-262-5221
The fabulous 44- foot sculpture standing on the land where the Wichita tribe camped 100 years ago is dedicated to Native Americans. The sculpture and surrounding boulders catch fire each weekend and each night in summer! Visit the adjacent Mid-America All Indian Center with Native American art museum, and gift shop.

- **Old Town District**…[www.oldtown wichita.com](http://www.oldtown wichita.com)
I bet you will love this region of early Wichita (1870- 1930) with its great shopping, entertainment and dining possibilities.

- **Old Cow Town**…1871 Sim Park Drive… 316-219- 1871
Experience covered wagon rides, 1870s games, costumed re-enactors live music, dancing and old cow towns’ lifestyle and art.

- **Museum of World Treasures**…[www.worldtreasures.org](http://www.worldtreasures.org)
Simply amazing with Egyptian mummies, Roman and Greek treasurers, sports collection, the only Royal Crown Jewels in mainland America, dinosaur fossils, and hall of American presidents.

*Wichita has a lot more such as world class entertainment at the new **Intrust Arena** and the special events in the **Century II** exhibit and concert halls such as the Exotic Car Show in January, Home Show in February, Garden Show in March, and Midwest Wine fest in April and on and on. Visit [www.gowichita.com/calendr-of-events](http://www.gowichita.com/calendr-of-events) for more updated information about events in Wichita.*
Ali Ahmadi, an Iranian Ph.D. graduate in Industrial and Manufacturing Engineering at WSU, became the first student in the U.S to receive the International Akao Scholarship of the Quality Function Deployment (QFD) Institute in 2010. He entered the U.S and WSU in 2006 and successfully finished his doctoral program in fall 2010. His paper, recognized as the best "Student QFD Paper" of the year, has added a new approach to the QFD body of knowledge in identifying customer segments. QFD announced that Ali’s proposed approach helped QFD to identify the relationships among product features and user. “By understanding this relationship, designers can customize the product for a specific identified customer class.” Ahmadi said. He also received the Best Graduate Project of Industrial & Manufacturing Engineering Department in 2010, Wallace Graduate Research Competitive Award in 2009, the 1st place in the Association for Operations Management in 2009, and the 3rd place of the Automotive Society of Engineers in 2008, and several other awards and certificates that have made WSU proud of him and his international recognition.

Ahmadi is grateful to his advisors Dr. Cheraghi and Dr. Malzahn. He believes that Wichita may not be the best or the first, but definitely it is one of those appropriate academic environments with nice and helpful people. He has taken the advantage of such a suitable place for doing his research and appreciates WSU’s outstanding faculty. Ahmadi calls Wichita “a good place to study, live, and make friends.” He thinks his approach can even help WSU. The result would attract more students and research funding available to WSU and Wichita.

Back home, Ahmadi designed several practical courses and workshops on QFD for companies and started training and mentoring this system. He is determined to expand his knowledge and continue his research about customer-oriented product development approaches to translate the needs of the customer with different business functions and processes. He says: “I’d like to add that everyone’s success is up to him/her. It’s up to you to choose a way to success or the path to failure.”

The International Students Union is proud of you, and is looking forward to seeing more accomplishments by all international students. Hope to see YOU in Star Shocker’s page.

You Are Not Alone... Ask the International Advisors...

Heather Grohe, an international advisor at WSU, kindly offers some tips to the international students:

- Make sure to enroll full time. Even if your instructor asks you to drop a course, please talk to an international advisor beforehand.
- Maintain your status. Any changes in your status should be discussed with International Education.
- Make your tuition and other payment arrangement before deadlines.
- Try to take part in more volunteer activities and develop your social network. Such activities help you make more friends and connections, so finding a job and adjusting to a new life will be much easier for you.
- Feel free to come and visit the international advisors. You can share your personal, emotional, educational, and career problems with us. International Education and the Counseling and Testing Center at WSU do their best to help you out.
- Inform any change of address, even from a room to another room in the residence hall, to the IE office.
- All international students should have health insurance, if you prefer another insurance company; you need to show the proof of that insurance to the IE office. It has to meet special standards.
A common cold—through its 200 viruses—produces a runny nose, sore throat, coughs, congestion, sneezing, watering eyes and headaches. Weakened immunity, and unhealthy lifestyle and diet are causes of colds.

What works?
- Eat Chicken soup as a congestion cure.
- Flush your cold out by drinking lots of liquids like Water, juice, broth or warm lemon water with honey- (not recommended for infants.)
- Avoid alcohol, cigarettes, coffee and caffeinated sodas.
- Gargle with saltwater — 1/2 teaspoon salt in 8 ounce warm water.
- Take decongestants, pain relievers, and saline nasal drops/spray. Preferably, ask your doctor about taking any drug even the over-the-counter ones.
- Avoid overdose of drugs like acetaminophen and Tylenol. Read labels.
- Humidify the air in your house (Note: A humidifier can also add mold and bacteria if not cleaned properly. Change its water daily.)
- Avoid taking antibiotics for a cold or your old antibiotics prescription.
- Children and pregnant women should consult with doctors even for common cold.
- Get enough deep uninterrupted sleep.
- Get about 3,000 mg of vitamin C daily.
- Eat less than normal. Eat less heavy foods like meat.
- Drink herbal teas such as ginger, Echinacea, lemon and mint.
- Add garlic into everything you cook.
- Make a soup out of sliced garlic and onion, noodles, chopped parsley and celery, turnip, chicken, diced tomato and carrots. Add pepper, ginger and any hot spices to your liking. Squeeze lemon on. Try it and get rid of your cold!

If you need any help, please visit Student Health Services or call 316-978-3620.

International Kitchen: Chinese Lazy Soup

Try this super duper fast yummy Chinese soup. Serve it with bread and some green salad as a perfect dinner, made in 20 to 25 minutes. Forget the exact measures. Your tongue and taste are the best criteria for measuring. Your stomach knows it.

Ingredients: Some chicken meat, a chopped onion and a clove of garlic, some chopped celery, parsley, mushroom and carrots, pepper, salt, and lemon juice.

Instructions: Brown the chicken, onion and garlic over medium heat. Add the remaining ingredients. It’s better to chop them or slice into small pieces to cook faster. Stir occasionally till the vegetables like carrot and celery are heated through. Some people add milk instead of water and use half-cooked frozen veg. It makes it even faster. Squeeze a fresh lime on your Lazy soup and enjoy it. It is really something in winter.

World of Words

Germans: Try not to be a man of success but a man of value.
Indians: Don’t let grass grow on the path of friendship.
Koreans: Speak beautiful words, if you wish for people to speak beautifully to you.
Africans: Do not boast before performing.
Arabs: All that your heart desires, your spirit shall attain.
Persians: Seek education even it takes you to China. Ignorance is death of the living.
South Americans: Stupidity is a disease without a medicine.

Your Space

Here is what some of you liked to share with me. Thank You 😊.

Timur: “Always think about moving towards a bright future.”
Ashan: “Practice forgiveness.”
Adeline: “Stop dragging your painful past. Enjoy your life.”
Nnemé: “Make a respectful and friendly image of yourself.”
Wei: “Learn money, time, and stress management.”
A.K: “Create a life plan and define the priority of your goals.”
Merli: "Don’t be afraid of asking.”
Hongmei: “Don’t be ashamed of speaking in class. Voice your opinion.”
Sonam: “Develop your social network and make more friends.”
Saranjith: “Make it a habit to send thank you notes.”
Abdulaziz: “Love the wireless age of communication.”
Stephanie: “Be proud of your culture and people. At the same time respect others.”
Taymur: “Make a copy/ save your documents, contracts, and payment bills.”
Andrew G: “Believe in yourself and your talents.”
Raymond: “Smile😊”
Jingjing: “Keep a budget and spend wisely.”
T.J: “Learn to be punctual.”
Winterize Your Skin

Babe! It’s cold outside and your skin is more sensitive in such cold dry Wichita winters.

- Use a rich and heavy layer of oil-based moisturizer and sun cream.
- Apply moisturizers immediately after taking a bath/washing face/hands.
- Avoid washing with hot water. It washes up the skin’s natural oils.
- Use a humidifier in your house. Your skin would appreciate it.
- Stop licking your lips. Keep the lips oily.
- Avoid lipsticks containing alcohol or petroleum products.
- Do not wash your body with hot water in winter. Take lukewarm showers.
- Use body washes not soaps.
- Cut down your time in the bath to 5-10 minutes.
- Nourish your skin by adding skin oils into your bath and eating more fruits and vegetables.
- Pat yourself dry. Do not rub.
- Drink water, water, and water.

I Love You, Too

How to Make a Healthy Relationship?

By Amber and Robert, EIA

A Healthy relationship is based on equality, fairness and respect. Check your relationship with your partner against the following characteristics to determine whether your relationship status is healthy. Then, take a look at the factors that make a relationship unhealthy. In the end, it is simply enough to avoid such negative elements in order to make a happy and everlasting bond with your partner.

<table>
<thead>
<tr>
<th>Healthy Relationship means:</th>
<th>Unhealthy Relationship means:</th>
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<tbody>
<tr>
<td>Negotiation/ communicating openly</td>
<td>Power, control, abuse, and acting like a master</td>
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<tr>
<td>Fairness and admitting your mistakes</td>
<td>Inequality</td>
</tr>
<tr>
<td>Trust and honesty</td>
<td>Telling lies/dishonesty</td>
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<tr>
<td>Accepting changes and personal differences</td>
<td>Trying to change the person the way that you like</td>
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<tr>
<td>Flexibility</td>
<td>Selfishness</td>
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<tr>
<td>Making your partner feel safe and comfortable</td>
<td>Making him/her feel stupid, guilty or ashamed</td>
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<tr>
<td>Non-threatening behavior</td>
<td>Making him/her afraid or uncomfortable by actions or words</td>
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<tr>
<td>Respect and valuing his or her opinions and beliefs</td>
<td>Ignoring and forgetting our partner’s interests</td>
</tr>
<tr>
<td>Being a good and understanding listener</td>
<td>Making him/her feel alone during difficulties or sadness</td>
</tr>
<tr>
<td>Avoiding any pre-judgment</td>
<td>Displaying suspicion and pre-judgment</td>
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<tr>
<td>Economic partnership/making money decisions together</td>
<td>Unfair sharing of responsibilities</td>
</tr>
<tr>
<td>Expressing feelings, love and affection sincerely</td>
<td>Hiding your feelings and emotions</td>
</tr>
<tr>
<td>Being in our partner’s shoes during difficulties</td>
<td>Blaming your partner</td>
</tr>
<tr>
<td>Being a happy, fresh, and enthusiastic partner</td>
<td>Being a boring partner</td>
</tr>
<tr>
<td>Behaving as a friend before being a partner</td>
<td>Being a spouse or partner before being a friend</td>
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Amber and Robert from the Equality In Action group in WSU wish all of you a happy and healthy relationship. Visit Women Studies department and EIA at WSU and become a member to help everyone enjoy equality in action. For more information contact Amber at adbarnes@wichita.edu
Plagiarism Matters!  
By Meli Lamei

Plagiarism is defined in Wikipedia as the wrong appropriation, close imitation, and publishing of another person’s ideas, thoughts, and language as one’s own original work. The concept of plagiarism emerged in Europe in the 18th century; however, it seems a brand new issue for some students. Before, people were even encouraged to copy the masters in order to avoid unnecessary inventions, but today plagiarism is strongly prohibited and is labeled as literary theft, and a subject to sanction.

Les Anderson, the winner of the Kansas Press Association Award for Writing Excellence, and a professor in the Communications Department at WSU is one of the big proponents of crediting others’ ideas, and thoughts. Anderson calls plagiarism ‘academic dishonesty’, and believes that nowadays students can find the whole pieces of articles online. Les Anderson says: “Copy and paste’ has become common. The easiest way to write plagiarism-free is to stop copy and paste. Instead, learn to credit the sources, draw your own conclusion out of articles and write in your own words and language.” Professor Anderson points out that even summarizing needs crediting, and paraphrasing is still copying the author’s ideas. He adds: “Defining precise rules and criteria for plagiarism sounds impossible since plagiarism can be defined and evaluated differently based on the class, the course, the instructor, and the assignment. So, read each instructor’s policy of plagiarism in his/her syllabus. Do not guess what the instructor may mean by plagiarism. Ask your professor for clarifying the issue exactly.”

Lou Heldman, former CEO and publisher of The Wichita Eagle newspaper, and another professor in the Communications department at WSU, emphasizes the Student Code of Conduct Preamble, and the Wichita State’s plagiarism policy. Heldman had a student last year who had committed plagiarism. He says:” In that case, the student claimed she did not even know what the definition of plagiarism was.” Professor Heldman suggests that we be familiar with the exact definition of plagiarism in each class and for each kind of homework. “Do not use someone else’s work without attributing, quote the others’ ideas, learn to think for yourself, and do learn how to use the information in your words,” Heldman recommends. He also mentions that there is plagiarism software that the instructors can use to find the students’ plagiarism. Professors Les Anderson and Lou Heldman kindly care about all students and ask us to make sure our essays are plagiarism free and properly cited to secure ourselves from Plagiarism accusations.

http://webs.wichita.edu/isu

ISU with You

All the World’s on Stage, produced by ISU, November 2010

International Student Union  
Bringing The World Together