Greetings from the Editor
Mahlagha “Meli” Lamei

Spring is in the air, and Wichita State University has welcomed the advent of spring to students with beautiful tulips. Students, happy with New Year’s holidays and spring break, have had great opportunities to travel around and visit their families again. One has been to Paraguay and another to Pakistan, enjoying art on the wheel. There are still so many holidays, especially bizarre days, coming soon that can make our days more enjoyable.

International Student Union has also planned activities such as InterFest to make more fun for the Wichita State University community. ISU will be your host on April 18 on the north lawn of the RSC to offer ethnic international food. Enjoy it and become fat like me!

You will see Marie Yoshimizu talking about Setsubun and other students attending InterFest. We also have a chance to travel to Paris of East and later say hi to Persians on our way back to our space in Wichita.

Wish you all the best of luck and happy studying with no worries about money or school tuition!
Paraguay celebrated its bicentennial anniversary as an independent country in 2011. The country was a Spanish colony until May 15 of 1811.

Celebrations of this well-known day took place in the form of different cultural, social and educational activities throughout the year. People decorated their buildings and streets with the three colors of the flag: red, white and blue. National pride could be seen everywhere.

2011 was full of new cultural events which were organized by the government and other organizations. Live concerts, art exhibits and new book presentations were among some of the events that took place at “El Cabildo,” a cultural center. Traditional food such as Chipa, Pastel Mandi’o, Chicharo Trenzado and many other popular dishes were sold on the streets. The most important celebrations occurred on May 14-15, 2011. There were simultaneous celebrations in the whole country demonstrating national pride and Paraguayan traditions.
**BIZARRE DAYS in April**
April is International Guitar Month, Keep America Beautiful Month, National Anxiety Month, National Humor Month and Sexual Assault Awareness Month.

- April 3: Don’t go to work unless it’s fun Day
- April 4: Tell a lie Day
- April 7: No housework Day
- April 8: All is ours Day
- April 12: Look up at the sky Day
- April 13: Blame somebody else Day
- April 16: National stress awareness Day
- April 22: National jelly bean Day
- April 26: National pretzel Day
- April 27: Tell a story Day
- April 28: Kiss your mate Day
- April 30: National honesty Day

**$ MONEY, MONEY $**
Make sure you check the scholarship opportunities and financial aid resources for international students at Wichita State University. You may check the list of scholarships at WSU online, calling 316.978.3430 or emailing finaid@wichita.edu to get more information. Questions regarding general scholarships should be directed to the Office of Financial Aid.

Also, you may contact your academic college and department to apply for departmental scholarships. As mentioned in financial aid website, collectively, the colleges aware over $2,000,000 of available scholarships annually.

The Office of Financial Aid strongly encourages students to apply for departmental scholarship and follow the scholarship availability.

**Fat Like Me!**
To be fat like me, say YES to anything tasty, and do not waste your money, time and energy to learn how to resist temptation. For example, when being offered a slice of pie or chocolate donut, simply respond with the words “Oh, thank you! I would love to have some!”

Act the same at the Thanksgiving Day dinner or New Year gatherings. The insight is based on the fact that we should not bother ourselves by saying ‘no’ to our temptations. It has been proved that “No, thanks” strategy does not work. Enjoy your present life and forget the sick and fat upcoming days!

I have George Bernard Shaw’s quote stuck on the refrigerator: “There is no love sincere than the love of food!” It helps me get fatter and fatter.

To not to be fat like me: You have to exercise three or more times a week for at least a half hour, unless you have a medical condition. Before you begin any plan to stay in shape and healthy, set yourself realistic goals. Stay on track; avoid being trapped by any distraction and laziness. Simply, eat right and healthy. Eat practical portions and make good nutritional choices; this does not mean starve yourself.

“When your food is overly spicy, it slows down your eating and you eat less,” says Marjorie Nolan, a spokeswoman for the American Diabetic Association. Also, because it is spicy, “you drink more water and fill up quicker.”

Next time you dine out at a Thai restaurant order it spicy to help promote weight loss.
ISU in Homecoming

Shan Jabara and Dr. Alan Dasuza, ISU advisors in Homecoming

ISU’s parties to appreciate the airport welcome Table’s volunteers

Pakistan Student Association wins ISU’s prize in Int’l Mother Language Day

January
* New International Students’ Airport Welcome Table and Pickups (Jan 5 to 13)
* ISU new member/Welcome Table Volunteer Appreciation party (Jan 27)

February
* ISU performance at ‘Culture -N- Movement’ by Office of Multicultural Affairs (Feb 10)
* Homecoming Float
* International Mother Language Day (Feb 21)

March
* Awarded Pakistan Student Association as the best Table presenting Urdu language in Intl Mother Language Day

April
* InterFest (April 18)
* ISU Hippodrome Performance (April 14)

May
* New ISU Executive Team Meeting (May 4)

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Situated in the fertile plains of Punjab, on the eastern bank of the river Ravi, lies a city that has been often termed by tourists as the ‘Paris of the East’, Lahore. Lahoris, take great pride in a famous saying that “one who has not seen Lahore, has not been born yet!”

The history of Lahore is traced back to three thousand years. Remaining texts from ancient times describe Lahore as a city with ‘impressive temples, large markets and huge orchards’.

The Mughals ruled the Indian subcontinent from 1526AD to 1857AD and at their peak; they controlled more than a quarter of the world. Lahore, being the capital for several years, received special attention. The Mughal Empress Nur Jahan, for whom the Taj Mahal was later built, was a great patron of Lahore. She famously proclaimed, ‘I have purchased Lahore with my life, by giving my life for Lahore, I have actually purchased another paradise.’ John Milton in his Paradise Lost mentions Lahore as a ‘great marvel for future generations’.

With the fall of the Mughal Empire, the subcontinent was taken over by the British. Under the British Raj (rule), the architecture changed to a fine blend of Victorian and local architecture. Breathtaking buildings such as the Lahore museum, General Post Office, Government College, Aitchison College, Lahore High Court and the Lahore Polo Club were all built under the British Raj. They incorporated clock towers with minarets and smaller domes. Tourists notice the architecture to change from Mughal to British Indo-Gothic and eventually to modern Pakistani.

With the fall of the British Empire Indian subcontinent was partitioned into Pakistan and India. Lahore became a part of Pakistan. Lahore is also termed as the cultural capital of Pakistan and Lahoris are referred to as the ‘lively hearted people’.

Lahore Museum

Marie Yoshimizu

Setsubun means "season division."

There are four seasons in Japan, therefore there are four Setsubun, but we usually refer the day before spring. This event is held around February 2nd to 4th. It was held on February 4th this year. Basically what we do on this day is eat soybeans as many as your age. Suppose you are going to be 20 this year, you have to eat 20 soybeans. Then, we throw soybeans to outside of the house. While we are throwing them, we say “Demons out! Good luck in!”

The soybeans are thought to save us from the evils, and bring us luck. By throwing beans, we get rid of misfortunes of the year, and by eating beans, we get luck for next year.

On this day, the "Bean-throwing Ceremony" is held at temples and shrines. Celebrities who are "Toshiotoko, a man who was born under the zodiac sign for the year" are invited to throw these beans.

Besides Setsubun, there is another custom that is called Ehomaki in the evening of Setsubun. This is to eat a big rolled sushi facing toward the good luck direction of the year, which is north by northwest this year. While we are eating a big rolled sushi, we should not talk until we finish eating. If so, it is said that the fortune will come. This origin is not sure, but it has become popular in Osaka.

Lahore has grown to become a modern cosmopolitan city with population estimates of over 10 million. Lahore is well connected to the world and many multinationals choose to set up their headquarters here. Wide highways with bridges and under passes have replaced narrow streets and the city’s landscape is jutting with tall buildings and plazas. Commercial centers are expanding at an exponential rate. Around 50% of the workforce in Lahore is employed in the finance, banking, media, real estate, IT and telecommunication industries. Media channels, restaurants and especially cafes are booming in town. Fashion ramps are filled with beautiful models and the culture of film making is vibrant. Lahoris have always had a love for comic Punjabi theatre.

Lahoris are famous for their love of food. Traditional cuisine remains the favorite but there are lavish restaurants offering Italian, Chinese, Thai, Japanese and European cuisines. The city is connected to the world through the modern ‘Allam Iqbal International Airport’. Rich history, mesmerizing culture and lively traditions await to be explored.
PERSIAN or Farsi is one of the world’s oldest languages continuously spoken. The existence of this language and hence the Aryans in the Mesopotamia are proven to be dated years before the first Aryan government.

Linguistic studies show the roots of common words in Babylon, Assyrian, and other nations in that region are closer to Persian than the nation’s language. For example, River Tigris has an Indo-European root. From the same root, we have ‘Tiger’ in English, and ‘Tiz’ in Persian.

There were three major Aryan tribes in the region: Medians, Persians and Parthian. Medians were the first tribe to come in power (625 to 549 BC). At 550 BC, Cyrus the Great, who wrote the first human right law in history, came to power and brought the first Persian dynasty into power. Named after his grandfather, the Achaemenid Empire was the biggest and strongest government in the world at the time. At the time when slaves were forced to make pyramids and buildings, the Persian capital palace, Persepolis, was built with paid workers, who had arranged salary, maximum hour of work per day, and even holidays.

Because of their dominance, the world knows the region as Persians, even though other Aryan tribes ruled the region. So the land Persia, the Persian Gulf, the Persian language and Persian art, are indicating more than just one of the tribes in the region; it indicates all existing people and their surrounding in that region.

Persian language has changed in time. Mostly it has adopted different words from other languages, through trading and interacting, or war and dominance. The oldest type of Persian language is ‘Ancient Persian’, spoken in the pre-Alexander invasion (334 BC). After that, ‘Middle Persian’, or ‘Pahlavi’ was common. Later, ‘Dari Persian’ was spoken from the late Sassanid’s. Difference between Dari and Pahlavi is mostly in the amount of Arabic vocabulary used in it. In the 10th and 11th century, usage of Arabic language was common in the academic field and in scholars’ writings.

Although in Persian literature, approximately 40 percent of the words had Arabic root, Persians used them in a different position, regardless of their Arabic meaning. Nowadays, more foreign words have entered Persian language; some widely spoken, and some only used as specific terms. For instance, number ‘two hundred’ in Iran is used in its Russian way: “Devist”, while in Afghanistan it is “Dosad”.

The Persian script has had more dramatic changes than its language. It started as the ancient Cuneiform script, used between 30th century BC and the Alexander’s invasion to Iran. Then, Greek script was used. Pahlavi script, originated from the Aramaic script, was the next and it was common until 10th century AD. Although Arabic language and script were used from 7th century AD, it was in 10th century AD that Persians used the script for their writing. In order to accommodate the Persian words, they added four new letters to the Arabic alphabet, making it 32 letters.

Another script used in historic Persia was the Avestan script, created in the middle Sassanid dynasty, to write Avesta, holy book of Zoroastrians, in a way no one can read it in a different way, or with different accent.

There are two notable arts corresponding with languages: Literature, and Writing. Some of the most famous Persian poets are: Rumi, Khayyam, Ferdosi, Hafez, and Sa’di.

The Persian language is the official language in Iran, Afghanistan, and Tajikistan, and is also in use in Uzbekistan, Iraq, Turkey, UAE, Qatar, Pakistan, Kuwait, Bahrain, Azerbaijan, Israel, Turkmenistan, Kyrgyzstan, Kazakhstan, India and Oman.

BY ALI BADR