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THE Olive

THE OFFICIAL NEWSLETTER OF THE OVERSEAS EDUCATION COLLEGE

EDITOR-IN-CHIEF'S MESSAGE

With erudition, truthfulness and virtuousness as its motto, Jiangsu University (JU) has progressed to become one of the powerhouses of knowledge in China. One of its fast-growing colleges, Overseas Education College (OEC), cannot be left out of this great accomplishment. However, little is known of this college and its prospects. It is, but natural, that today we witness the first ever publication of The Olive, an official newsletter for the OEC JU. This newsletter intends to highlight the potential and celebrate the achievements of the college.

With The Olive in fruition, the college stands to gain in areas such as publication of its dynamic programmes and novel research findings, strategic advertisement for partnership with stakeholders and equal attraction for the right calibre of people into its operational domain.

In every issue, The Olive will carry reports on exciting programmes, research activities in the different schools and other related issues under the jurisdiction of the OEC. We would like to use this medium to encourage other colleges in JU and interested individuals and companies to register for copies.

It is also hoped that bringing this newsletter and its subsequent editions will enhance the image of the university.

"Wishing you a wonderful readi...

The newsletter will be published in both soft

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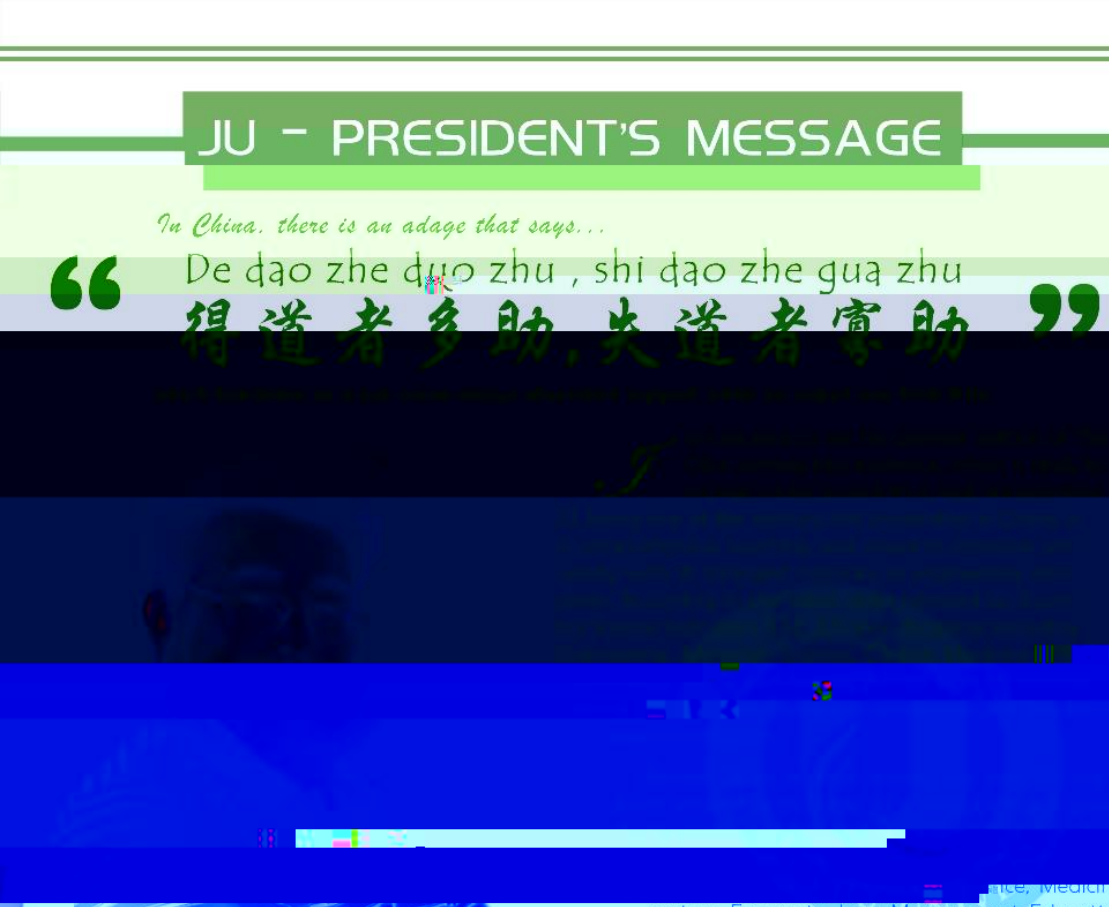
JU - PRESIDENT'S MESSAGE

In China, there is an adage that says...

"De dao zhe duo zhu , shi dao zhe gua zhu
得道者多助,失道者寡助"



In this era of globalization, I must admit that JU has benefited a lot by acting on the "*Three Opens*" (*Open* the eyes to see the world; *Open* the mind to think about the future; *Open* the mouth to speak English).

With the university's determination to promote internationalization, I sincerely hope that The OLIVE will champion that cause and become an eye opener to other universities. This will undoubtedly go a long way to attract more international exchange programs, especially in the teaching and research areas.

The office of the president wishes to express its profound appreciation to the International Students Body, especially the Editorial Board for this innovation. My department assures the management of The Olive that the university is strongly behind them and ready to support them in any capacity deemed fit. In conclusion, I encourage everyone, especially the university community to read The Olive and appreciate the information provided. Thank you.

-Prof. Yuan Shou Qi

FROM THE DEAN'S DESK

Since 2005, the OEC, formerly International Education Exchange College (IEEC), has been admitting foreign students into various degree programs for the different faculties in the university. Basically, the college is involved in the enrolment and administrative activities of overseas students, as well as creating the enabling environment for teaching which includes Chinese language and culture. At present, there are over 600 international students pursuing Bachelor's, Master's and Doctorate degrees in the fields of

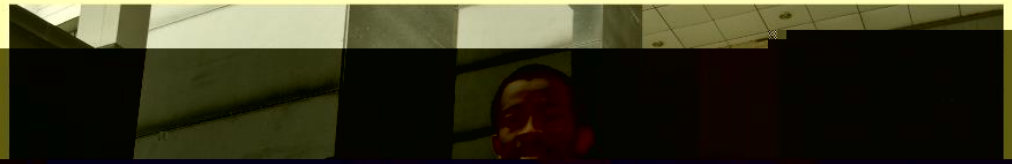
erature, Economics, Law, Management, Education and Arts. The University seeks to promote the development of human resources and skills required to solve critical problems as well as challenges of society. As the university's core mandate, we undertake interdisciplinary academic, research and outreach programs in all fields.

Zhenjiang Municipal Government), Enjoy Tastes of Jiangsu-International Culture Exchange Day (hosted by Jiangsu Provincial Government), Talent Show of Foreign Students studying in China (hosted by Jiangsu Provincial Government) and China exploration (hosted by Ministry of Education, Chinese Government). These activities help the international students to know more about themselves and the Chinese people, as well as enjoying and adapting to the new environment.

The enviable status that the college occupies today will be unattainable without many years of sincerity, dedication, hard work and planning at all levels of the academic hierarchy. As a college, we are working very hard to further increase the intake of foreign students and develop domestic and overseas practice base (such as International Mandarin Chinese Education Centre) for teaching Chinese as a Foreign Language. To enrich our short-term and long-term training in Chinese courses and culture, the college currently offers options in Chinese kung fu, Chinese calligraphy, dough sculpture and other related activities.

I am very optimistic that the college will continue to grow from strength to strength and more importantly be counted among the colleges in our university at all times. At this juncture, my special gratitude goes to all individuals and institutions who have contributed in various ways towards the improvement of OEC through their hard work and dedication to duty as well as the institution of awards, scholarships and donations.

-Prof.



Acquiring MBBS is not a mean task. The usual two-hour contact time per week and one essay per term required by other courses is a "no-no" in this field. Once enrolled into the medical school, the student begins with the study of the basic sciences and ends up treating patients. The study is basically divided into two components: pre-clinical (consisting of didactic courses in the basic sciences) and clinical (consisting of rotations through different wards of a teaching hospital).The first three years spent with formaldehyde-filled anatomy lessons, cell-biology and psychological laboratory sessions are aimed at giving

An Email to My Daughter (Part 1)

Dear Jenny,

I'm sorry for not making time out of my busy schedules to visit you when I came to China for the [illegible] conference, but I guess you received the parcel I sent through China Post. You [illegible] about. Let me share an experience with you with the hope that you learn some lessons out of it.

After settling down, I decided to take a walk around the area where I lodged, just to enjoy the resplendent beauty that caught my attention across the windows of my room. As I strolled down the pavement and through the beautiful landscaping of the school, I was shockingly welcomed by squeaking sounds tentatively coming from a nicely decorated garden a yard away from the entrance. Even though night was falling and birds were gathering their last supper, my small eyes could still behold something that looked like "human figures" in dark openly kissing. I concurred this must be an open expression of love; but then a bird whispered to me asking why? The decent part of their act was that, any time I got closer to them, they put their "action" on hold only to resume in full gear after I make two or three steps away. All these notwithstanding, a few metres away, I got startled and frozen when some, which I presumed never read the book "Courtesy for boys and girls" carelessly and shamelessly replayed unedited versions of "Romeo and Juliet" movie scenes. At this point my heart began to bleed when I realised I had walked straight into a "red light corner". These people had no shame and as naive as the females were, they gave their diamonds out in the open without recourse. My heart was filled with anger and suddenly thoughts of you never deserted me.

[illegible]g" responses from surrounding trees, I raced back to my room with the speed of light. So in short I found myself on the "holy grounds" which was highly changed and free for all. After taking coven in my room, I replayed all the conversations we had and how you used to tell me "boys will always be boys" which I agree with tot[illegible]

Breakfast: The Most Important Meal of the Day

A Metabolically Advantageous Habit

by Mona Agarwal Aeppoli

[illegible] is the meal taken to "break the fast" of a certain duration wherein the body reaches an end of fuel. In most cases, this fasting period is witnessed during our night sleep till day breaks. It is [illegible]

[illegible] recently related to your energy level, the higher your metabolic rate more energy you have and the more calories you burn. Morning metabolic rate depends on the amount of calories body has at its disposal to burn.

According to Williams (2004), skipping breakfast may keep your metabolism at low levels, causing you to burn fewer ories each day. This undoubtedly affects your whole system, especially the brain, energy utilization for other org physical activities and work output. Furthermore, eating your first meal close to or at noon usually results in an i hunger, which naturally puts you in an out-of-control appetite state because you are so famished. Consequently, you sume a lot of calories. This situation may also contribute to distorted hunger signals.

Those who eat healthy morning meals packed with essential nutrients tend to have high and more stable leve energy throughout the day than those who do not. They are also less likely to reach for high-sugar and high-fat sn later in the morning to obtain a quick boost of energy. The breakfast and morning snack should consist of betwee

Refrain from eating foods that supply large amounts of empty ca

Notable Events in Retrospect

Conquest at Nanjing

JU attains glory at the provincial level of China Exploratio

This event expected to be held annually has three levels -Provincial, Regional and National. At Jiangsu Provincial level, the event was held at the Xianlin Campus, Nanjing University on the 16th (17th of March, 2013. About fifteen universities including JU competed in 3-on-3 basketball, 5-Aside orienting, Chinese Martial Arts (Kung fu) and street dance among other disciplines. JU emerged as overall best and thus qualified, together with three other universities, to represent Jiangsu Province at National level (Master Jiaotong University) finalized best in the Competition. The team [illegible] of eight international students and two Chinese students led by Martin Kayamba include Kelvin A[illegible] pong Ngenzebuke Manirakiza, Claudia Kanyuka, Clayton Chiwaya, Wisdom Bonphas Mahiri C[illegible] Jessie, Dawson Kakolwa, XU Jiajun and Yi Wenjun. The management team consisted of OEC Assi[illegible] Dean, Ms Wang, Chinese Volunteer Li Wenqi, and Coach Tesfa Tsegamlak Yakobkidan. There were [illegible] the Chief of Physical Education Department, Mr Li Mingjun, and 8-9 other physical trainers (Mr Li Lan, Ma Wenfeng and Li Zhangi) who supported the team at the event.

Mission Accomplished:

The victory is ours!!!

"Some people believe football is a matter of life and death, I am very disappointed with that attitude. I can assure you it is much, much more important than that."

– Billy Shankly

...st of the final whistle as they celebrated by singing, shouting and dancing.

PICTORIAL STUDENTS ' ACTIVITIES

Finalists and officials at the second Chinese Bridge (Chinese Proficiency Competition) for International students held on 18th May, 2013

The "Usain Bolt" of JU, Emmanuel Donkor.

Prof. Gao leads two students in a tr dance at 2013 Spring Festival Cele

aditional
eb ation

OEC team at Shanghai for the regional level of China exploration

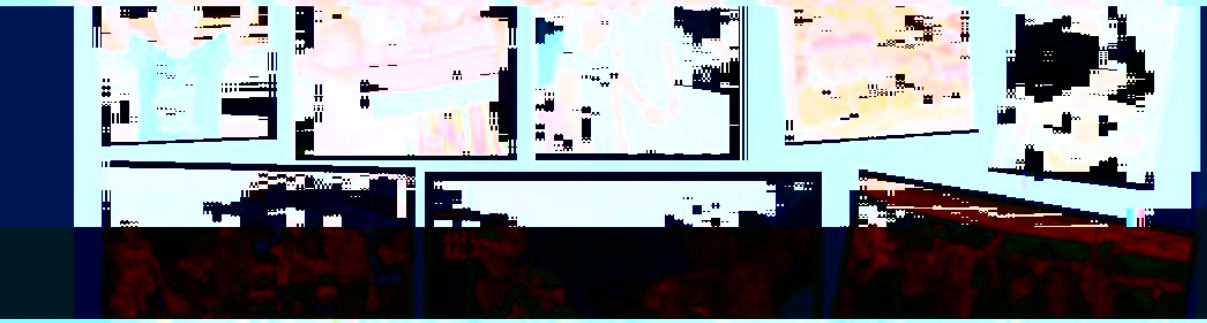
International students performing at the Sign language dance event

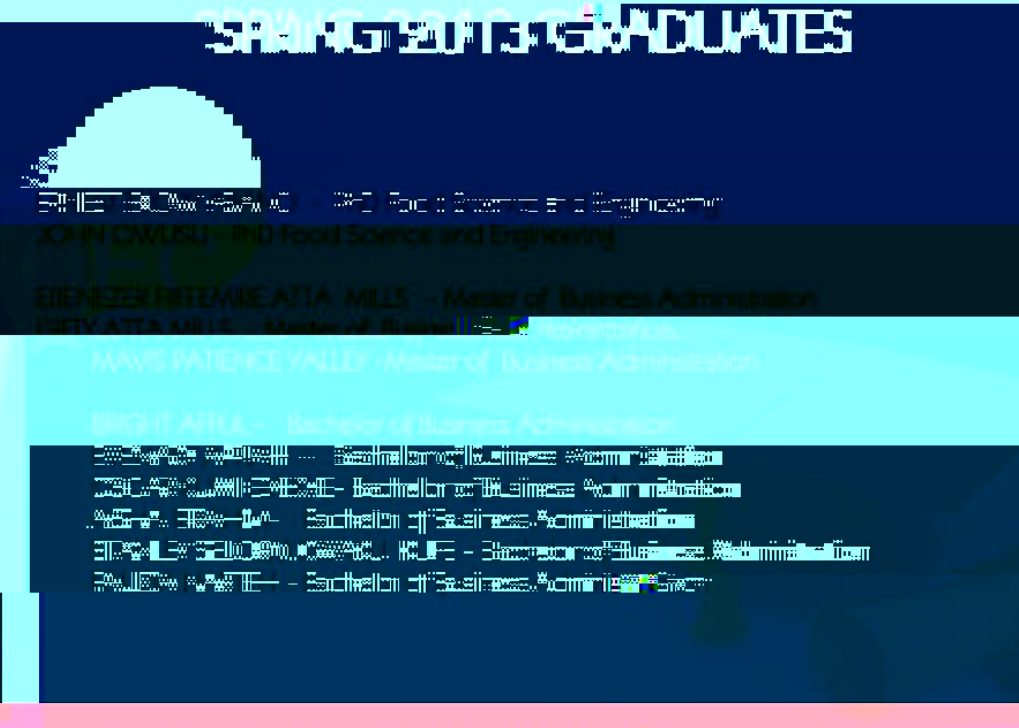
The strong squad of OEC in their quest to win gold at Jins Dragon Boat festival

han Lake


The Third International Culture Day of Jiangsu University
江苏大学第三届国际文化日
RUSSIA
Basketball Court
Near No.3 Canteen


江苏大学




SPRING 2013 GRADUATES

Up-Close With Mr. Samuel Essien-Baidoo

Early life and Education

Mr Essien-Baidoo was born in Ghana to Mr. John Ato Kwamena Essien and Ms. Patience Matilda Kwakuyiboe. During his elementary education at the Volta River Authority (VRA) Experimental, Ghana, he came to limelight as a talented pupil who could play all kinds/pattern of drums with great dexterity.

He pursued secondary education at Bishop Herman College (BIHECO) where his fearless, approachable, and 'king-maker' charisma earned him the position of Vice Chairman of the School's Disciplinary Committee. Having gained admission to University of Ghana (UG) and Kwame Nkrumah University of Science and Technology (KNUST) concurrently, he opted to study Biological Sciences at KNUST in 1999 and further pursued a Master's Degree (MPhil) in Clinical Microbiology. While at

He led the team as a player-coach to win silver and as a substantive Coach, popularly known as "Coach Carter" (due to his strict training discipline both on and off the field) to win Gold in the JU Football Competition – a great feat which he termed as his " best experience in JU".

Some hurdles crossed

The success story is not devoid of landmark challenges. Several ailments, collapsing prior writing the final paper in high school examination and being involved in an accident preceding his MPhil thesis defence, were some of the difficulties he had to overcome in attaining greater heights. He said "In the course of life's journey, I needed to learn how to increase self-confidence and believe in my capabilities and skills rather than focusing on my limitations. This is [illegible]

Research Activities

Food Science Research Group,

School of Food Science and Biological Engineering.

In this maiden edition, we showcase one of our important postgraduate research groups, established by the OEC, whose activities are mainly centred on food product development, quality control and safety assessment. This group has contributed immensely to wards research and development in the university. Listed below are the members and their respective research areas.

Prof. Haile Ma
mhl@ujs.edu.cn

In a related development, Prof. Haile Ma, a Professor in Agricultural Processing and Storage Engineering, Dean of School of Food and Biological Engineering, also supervisor of research projects, has been awarded the "Best Supervisor" by OEC for his excellence in supervising international graduate students.

John Owusu
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jkowusugh@yahoo.com

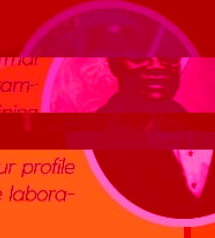
My research work is about the use of tomato in wine making as a means of reducing post-harvest losses which occur especially in developing countries such as Ghana. Among the objectives are the effect of fermentation conditions on physico chemical properties, bioactive compound composition and con centration, and antioxidant activity on flavour composition an concentration of the wine produced. I am a member of Pro Haile Ma's research team.

Ernest E. Abano

My research focuses on development of dried foods through application of novel and improved drying methods. Completed research includes conventional and blower-assisted hot-air, microwave-vacuum, far-infrared radiation, and ultrasound-assisted drying of pineapples, ba-

Rosemond Dadzie

I am currently working on the Production of Ang



Felix Narku Engmann
mayongkun@ujs.edu.cn
felixengh@yahoo.com

My research focuses on the application of high hydrostatic pressure, singly or in combination with thermal or ultrasound to fruit juices, and optimising these parameters with the view of extending shelf-life and retaining health benefits. My work also looks at the flavour profile of these juices using GC-MS. I am working in the laboratory of Prof. Ma Yongkun.

William Tchabo
William.tchabo@hotmail.com

My research is geared towards flavour che and fermentation. Currently working on winen colour) by colorimeter, GC-MS, electronic to nose. I work in Prof. Ma Yongkun's laboratory

Newlove Afo

The focal point of my research is Nutrition and Food safety with emphasis on
- The mechanism and the biochemistry of "Jerusalem arti-

Gu

Research focus: Cryptococcus laurentii e

factoriness. I am a member of Prof. Dong Ying's laboratory (Food nutrition and safety).

My research is geared towards [illegible] related skin disorders and nanotechnology application of food quality. I am currently working on Mogrol from cucurbitaceae species as a possible therapeutic agent for [illegible] skin disorders. I am a member of Prof. Ma Yongkun's laboratory (Food nutrition and safety).

Ernest Teye

Abdul Lateef

A Post-doctoral member of the res Ma Yongkun's laboratory (Food nutrition and safety).

Are tomatoes the new grapes?

An Interview With John Owusu(PhD)

The Olive: Hello, Dr. Owusu. Thank you for making time to speak to us.

Dr. John Owusu: You're welcome.

OL: To begin with, we are hoping that you could tell our readers a little about the John Owusu who aspired to do this research.

JO: Well I was previously a lecturer at Koforidua Polytechnic, Ghana. I obtained my Master's degree in Food Science and Technology from Kwame Nkrumah University of Science and Technology, Ghana, in 2010. Later I decided to pursue my Doctorate degree at Jiangsu University to obtain further mastery in the field. As a requirement for my degree here, I chose to work on this research work.

OL: Regarding your research, which to us sounds like an alchemy, could you throw some light on it for us to understand.

JO: My research seeks to explore the possibility of brewing wine from tomatoes rather than the traditional usage of grapes as the raw material.

OL: Intriguing as it sounds, what motivated you to go down this untrodden path?

JO: In Ghana, Tomato is one of the vastly produced seasonal crops. Its abundance is usually accompanied with significant waste due to poor processing, preservation and storage. This results in huge post-harvest losses which negatively impact the economic benefits of tomatoes. Storage of tomatoes is an issue as they are susceptible to spoilage and rot, hence, I wanted to explore an alternative use for them. Brewing wine (i.e. using tomato as a wine brewing raw material) was an idea that excited me. Moreover, producing wine from tomatoes as compared to grapes, is affordable, exciting, and provides certain health benefits as well.

OL: Depending on the way and conditions under which the wine is aged, different flavours can develop. Aromas are also affected during the ageing period. So basically, it is how you choose to age the wine that defines its taste and conditions of the ageing process also determines the flavour of the wine.

OL: While on the topic of conditions influencing the wine making process, what are some challenges you encountered during your research?

JO: I faced a number of challenges during my research. The first issue which cropped up was the procurement of tomatoes. They weren't readily available when I needed to start the work due to its seasonal nature. I had to wait for its season before I could buy and that held up my study a little. Another issue I faced while buying the tomatoes was communication with the sellers. I had to ask for help from other Chinese students during purchasing. Moreover, if I had more time, I would have looked into figuring out a way to extract more lycopene into the wine. This is because we observed that a significant amount of lycopene was left in the skin of the tomatoes. This also explains the yellow colour of the wine obtained instead of the expected red colour usually associated with tomatoes.

OL: Could you tell us a little more about how your department supported you during the entire period? How has been staying in China?

JO: Oh! my department has been very co-operative. They have backed me through to the hilt. They had never let me lack, be it funding or anything else. As for my stay in China, it has been a challenging experience. Language and food have been major issues. Adjusting to food, especially taking rice as the main course of meal was a little discomforting initially, but now I am coping. The weather was

One such phytochemical is lycopene, which is one of the most potent natural antioxidants. Physiological processes in our body are known to result in the production of free radicals harmful. Lycopene is an important scavenger of these free

during my stay here, I return to my country return to teaching and do my bit to scientific advancement of my country. thank the President of Jiangsu University Presidential Scholarship to me, enabl

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