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THE *Olive*

OFFICIAL NEWSLETTER OF THE OVERSEAS EDUCATION COLLEGE





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The beauty of culture, unity in diversity, multi-nationalism and transcultural ways of approaching common subjects of interest are always a delight to watch whenever the final output is great. This is one of the many descriptions that welcomed the third edition in earnest. While some wished to see themselves in pictures, others could not take their eyes off the spotlight on transportation. The aficionados of design and grammar were spot-on with their alternative aesthetic views and playful use of some lexicon. By and large, that which started as a simple noble idea, can now boast of the fourth successful edition. How exhilarating!!!

The Olive has not only been a standard bearer of creativity and dexterity but also one of the common standpoints which typifies the complete life of international students of Jiangsu University (JSU) - Teaching, Learning, Research, Information Technology, Sports, Recreation, Entertainment, Health, Accommodation, Food etc. After providing essential tips on breakfast and peptic ulcer to promote healthy lifestyle, the new era of cancer treatment is a special report in this edition as members of Clinical Laboratory Research group take their turn.

The call to launch into the global economic world has birthed yet another important subject - Internet Security. The significant role of Civil Engineering and Project Management

Civil Engineering and Project Management

- engineering that sustains the world



Engineering has been one of life's benefactors since the early stages of human development. Since ancient times, humans have devised fundamental inventions such as simple tools like levers, wheels and pulleys which have been exploited throughout eras and into modern age to make life well... easier. While engineering is a broad concept which has evolved over time to quantify appropriate branches and definitions, it is still wholly considered a dynamic importance to human existence.

Civil Engineering is a professional discipline under engineering which deals with the construction and maintenance of the natural and physical environment. It is basically meant to solve social problems through the intricate applications of principles coupled with Mathematics and Physics. Often confused with Architecture, Civil Engineering employs the basic knowledge of Material Science, Soil, Geography, Geology, Hydrology, Mechanics, Structures, and so forth.

Historic Civil Engineering structures can be traced back to ancient civilizations such as Mesopotamia, the Pyramids in ancient Egypt, the Parthenon in Greece, the Great Wall of China, and the Jetavanaramaya in Sri Lanka, just to name a few. Such practices have harboured the development of bridges, dams, roads, irrigation systems, canals, tunnels and buildings. Humans no longer sought the nomadic culture thus the building of shelter started gaining prominence.

The Civil Engineer is expected to be proficient in areas of Mathematics, Physics, Project Management and Engineering Mechanics. Most schools in China offer a four year bachelor's degree in Civil Engineering and Project Management. The former deals with the construction of buildings and bridges while the latter, control and planning of construction projects. Graduates are expected to possess qualities in decision making, leadership, math, organization, problem solving and writing skills.

These will be particularly beneficial in the job market through 2022 which is expected to grow by 20% during the period - being the fastest than the average for all occupations. This is because as infrastructure continues to age, more and more Civil Engineers will be needed to repair and build new roads, bridges, dams, etc. This growth is attributed to the continual ageing of infrastructure which requires the expertise of Civil Engineers in areas of repair and maintenance.

Moreover, the growing human population deems it necessary for the construction of water systems to produce drinkable water and functioning waste plants to prevent contamination.

Civil Engineers play significant roles in these aspects. Other responsibilities include energy projects, such as solar energy, large scale wind projects, etc., and verifying whether projects comply with the stipulated requirements. It is thus safe to affirm this time as the right time to be a Civil Engineer!

This field is abundant with career opportunities ranging from architectural, structural, transportation, traffic, water resources to geotechnical engineering. Civil Engineers may work for government institutions or the private sector at consulting or construction firms. Some Civil Engineers can hold supervisory or administrative positions, while others can pursue careers in design, construction or teaching.

I chose to pursue civil engineering because I wanted to learn and experience the creations of new and innovative structures being built throughout the world and those of ancient times. Becoming a civil engineer at Jiangsu University has helped in making me an efficient and able professional who can be employed by any company in the world.

~ Mahlet (4th year)



I've loved construction since I was young. I can remember my mother scolding me whenever I tried to touch any appliances in fear that I'd remove all the screws in them. Current innovative designs and modern construction methods along with the traditional Chinese methods are always very interesting to discover because of the degree of complexity when it comes to viewing the construction in details. After graduation, I would pursue further studies and as my late grandfather used to say, "Learning is never over. Life is a book, read it!"

~ Sheik (4th year)



Pursuing a career in civil engineering for me means to conceive something, nurture it until it becomes perfect. And that's the beauty of it. It's just like a mother who gives birth to a child and makes sure that the child is mature enough to move on its own.

~ Ruth (3rd year)



As an Engineer, the pillars I live by include: Design; Develop; Create; Innovate. Without Civil engineers we wouldn't have a constant supply of clean water, or sustainable energy to help us save our planet. The world we live in would be completely unrecognizable. Studying Civil Engineering in China has enabled me to build a professional relationship with several local companies for knowledge and understanding.

~ Sesame (4th year)



To understand what civil engineers do, you need to reflect on the following daily routines: You brush your teeth; take a shower; have a cup of tea or coffee; and go to school or pursue your daily chores plying the constructed network of roads or via train. Interestingly none of these would have been possible without civil engineers.

~ Joseph (3rd year)



In my civil engineering career, I hope to major in mechanics. China has been a great destination for my education and self-empowerment. She also has a booming economy which is competitive in the global market. This would certainly be an advantage for me as it will give me the exposure and experience I need.

~ Otsile (2nd year)



Internet Security



“Flying Rainbow” Art Performance of 2014



In closing this year's international cultural festival, the International Office hosted the “Flying Rainbow” art performance of Zhenjiang International Sister Cities Conference.



It was an evening that saw students who were lucky to get invitations throught down to the venue in smart business causal and party outfits. Getting past the security required you to flash your invitation pass for the ceremony, whoa! So it was not an all comers affair. Being the first of its kind in JSU, the audience in awe was anxious for the ceremony to commence. The JSU President delivered the opening speech with focal emphasis on internationalization of the University academic programmes at all level. The Mayor of Kayin South Malaysia also extolled the hospitality of the host and joyfully shared the tourist and educational benefits of Malaysia. Stressing their love also for the Chinese Language, the representative from Russia emphasized the need for positive emotions in all situations.



Sequel to the prelude, the main event began and it was like being in a trance or witnessing “Alice in Wonderland”. The lightings had rainbow effects, the costumes and performances seemed to sing melodious tunes at different pitches. The Malaysian Ballet, Iba warriors and Wu lian performances were all entertaining and electrifying but that was just the tip of the iceberg, as the Russian performances added more colour and pomp to the event. A key lesson of the Russian performances was the importance of always showing gratitude and appreciation.

Before I could blink, the rainbow was disappearing for the sun to shine... it was time to go home.

4th JSU Sino-Foreign Postgraduate Forum

This year's Sino conference was declared open by the President, JSU at the main auditorium of Jiangsu University. He reiterated the cardinal qualities every postgraduate student is expected to have embedded in 4C's (Confidence, Communication, Co-operation and Creation) and to the entire Chinese and international students the 3'Opens that are crucial to the development of the University and personal growth: Open your eyes to look at the world; Open your mind to think about the future; Open your mouth to speak English/Chinese. The blend of the 4'Cs and 3'O's are expected to promote the internationalization of the University.

The Dean - OEC introduced the special guests from sister universities and this year's guest speaker, Prof Wang ChangDa left no one in doubt about his expertise on non-technical factors of Internet security from three standpoints of confidentiality of data, Integrity of Origin and Availability of data. Participation in the sub-conferences attested to the quality of research and rich faculty of the respective departments with an array of poster and oral presentation from both Chinese and Foreign graduate students.



13th JSU ANNUAL SPORTS MEET

Lights, camera, action! From the blast of the first whistle the tempo heightened; around the field and on the track were the OEC team all adorning complete tracksuits. Supporting from the stands were fellow students who had gathered at the venue early to cheer their sportsmen and women. The OEC team had a mix of veterans and new talents, expectations were high, as most students were eager to see the budding sportsmen in action.

The 13th JSU sports competition had all the glamour and flair of a national sport meeting, the organization and ancillary officials and personnel all well kit. It was D-day and in the spirits of true sportsmanship, OEC team was poised to participate in virtually all sport activities.

Chinese and foreign students defied the early morning rain showers to cheer their team to victory and by the end of the preliminary (heat) events; OEC team had qualified for finals with ease. It was just the beginning of events and as usual the sprint events caught the attention of all spectators and in unison intermittent chorus of ‘Jiayou, Jiayou, Jiayou’ filled the air. Interestingly as the team made progress, it became obvious that the competition had shifted from among other teams to within the sports men and women. The likes of Emmanuel, Caleb, Zainab and Mahlet remained the centre of attraction and like a sound of the gun shot that heralds a race, new sprinters on the block like Otisile and Bella caused major upsets and stamped their names in the annals of the sports meet by winning major races.

The fusion of the old and new seemed to have a positive impact on the success of OEC team. By the time the medals were counted, the women had come in second and the men and mixed events placing OEC first ahead of Jingjiang School.



The Grand Music Festival



The “2014 King's Praise” was a show like no other, carefully choreographed by the men and women of the ZICFC team. In Blue and White gowns, they strolled down the aisles, harmoniously rejoicing and putting joy in the hearts of all who were present. With cold weather outside the doors, there was nothing but pure warmth inside the auditorium, with people praising and skillfully announcing His might through beautiful voices and willing hearts.

Africans, Europeans and even Chinese had gathered to witness the power of music, and the wonders and joy it brings in to the hearts of all who are ready to listen. With so many diverse backgrounds coming together, there was without a doubt a higher presence, showing that the ZICFC team had outdone themselves. Such perfection would not have been possible, were it not for the help of the OEC, to whom we all owe much gratitude.

And now we are left to wonder and look forward to the 2015 spectacle...

Life Builder Conference



It was quite a memorable day as the Life Builder Conference under the theme : "Unleash Your Greatness" came to a climax. A unique blend of fun-packed and educational activities saw students leave with a positive and inspired attitude to maximize their potential. The third day had panelists walking us through their experiences and also answering some thought- provoking questions from students as well. The informed and enlightened panelists gave students every reason to harness their potential to the fullest.



The Chairman of the day, Professor Chen gave a warm closing remark as the Dean of OEC, Professir Jing Gao also gave her appreciation, noting that the 2014 edition had been an improvement to that of 2013. Mr David Mingle, the chairman of the planning committee gave the vote of thanks to end the conference. The saying "all that starts well ends well" gave meaning after this conference in the sense that the Dean became the happiest Dean, the organizers became the best team and the students became the most inspired. A special appreciation also goes to Prof. Shouqi Yuan, our special guest of honour and all guest speakers who gave presentations throughout the conference: Dr. Wei Qian, Dr. Dipak Singh, Mr. Omari -Siaw, Mr. Gustav Mahunu, Mr. Chris Soester and Mr. Yuan Lin.



The Synapse – IMSA seminar



Have you ever wondered why an apple a day keeps the doctor away? Or what goes on inside the human body during sexual intercourse? Does it intrigue when you see videos online of people taking the ALS Ice Bucket Challenge to raise awareness about ALS? Ever wondered what this fuss about Ebola was? If your answer was yes to any of the above; then the 5th Annual Medical Students' Seminar was the place to be. Innovatively titled the Synapse, the seminar aimed to enlighten us with knowledge on various subjects related to Medicine.



Hosted by Mr. Omari-Siaw and Dr. Arun Kumar; the event was the first medical seminar to offer rewards for the best presentation and presenters! This iteration of the seminar was the first one to be organized under the aegis of the International Medical Students' Association. The presentation on an Apple a Day was very well received especially given the unique presentation style utilized by the group members - David, Andy, Munkanda, Nafisa, Solomon and Ama.



In a nutshell, the seminar was an entertaining one albeit being on the slightly longer side. The general consensus among the crowd was that the organizers could do well to cut down on the duration of the program.

Zhenjiang: A City of Romance Precise Realization

- Nyasha F. Manamike

Disembarking from the long and tiring 17-hour (plus) flight from Africa, the sight of the exquisitely panoramic Shanghai Pudong Airport left a thousand questions spiralling into my mind. 'Was all of China this awe-inspiring or was I yet to see well?' What I saw was eye-catching and it left me tongue-tied. I had never seen such beauty since I was born. Getting into a taxi that led me to Zhenjiang, the buildings, although getting smaller, were still breath-taking and the perfectly bred vegetation seemed to compliment them the more. My heart skipped a beat when the taxi driver started speaking gibberish and pointing at the large entrance. I knew that I had reached my final destination.

Much to my chagrin, some selected students welcomed us to the yet to be refurbished Scholarly Exchange apartment. As the school counsellor mentioned much later, it is of great essence to have reasonable expectations lest you are overwhelmed by disappointments. Although the place was equipped with a bed, closet, mini-table and chairs, it looked like a far cry from the online pictures of the rather homely en-suite in overseas apartments. I would be remised if I dwelled more upon my disappointments and forgot to mention the hearty treatment our supervisors gave us despite the much dreaded temporary arrangements. That, coupled with the eagerness with which some students wanted to make new friends from other countries made the short-stay apartment rather enjoyable.

Then came the eighth of October, a date we had been told to wait for in anticipation. Avid to see my new accommodation, I was amongst the first students to get in the elevator and the first to get a room card. Mixed emotions overwhelmed me. Being a 21st century lady, I took pictures of every corner of my room and sent it to everyone who had been asking about my accommodation. Finally, the university met my expectations. As the days followed, I settled in and the fact that I was not only away from home but undertaking a new journey dawned on me. During those days, China ceased to be a city full of magnificent buildings but became a city where the much desired opportunities become realities.

Zhenjiang a city of romance precise realization? From where I stand as a student, this city, which will be my home for four years, is a place I will have a fair dose of realization. Both Zhenjiang and Jiangsu University are no longer articles from a web page I browsed in the comfort of my home, but rather an emplacement to realize who I am. For most, if not all students, this is going to be the longest time away from their support system, cultures, beliefs, friends and family. It's a place where we might face challenges, where habits we might have always despised may become part of us, a place where all set principles might seem difficult to keep. Zhenjiang, after at least four years, might be a city that either makes or leaves us heartbroken.

As the Chinese proverb goes, *'The miracle is not to fly in the air, or to walk on the water; but to walk on the earth'*. Unless freshmen and continuing students alike, come to realize distinctly and clearly what we want out of our lives; we might all get up in the morning, attend the same lectures daily for the next four to eight years, but fail to make a miracle out of it. At the end of our time at JiangDa (江大) let our journey in Zhenjiang, the city of precise realization, be a time where we not only get a miracle, but also make history.

Universal Hand in Hand Association



Perhaps they picked you up at the airport, took you to the police station for your residence permit or helped on arrival in the University. Foreign students and Chinese volunteers have always been striving to make settling down for every new student a

medium to show love and care for others without expecting any financial or material benefit in exchange. Amongst the several activities they have had, the University orientation for new students has the greatest impact on new entrants, making them familiar with all the key spots on campus as well as knowing the do's and don'ts of the University. Tasked with the responsibility of organizing events for the OEC and the student populace, they are poised to ensure your on boarding experience is smooth and your stay pleasurable.

Chinese Food Market - Tshetsana Senau

It's supper time. If you're not the type to cook and time has become a privilege because of various obligations in your day-to-day life, you must hit the streets. It's probably the busiest time of the day. Bustle is a characteristic of this event. As soon as you step out and go in the right direction, your taste buds are aroused by the different kinds of aromas that have already filled the air. If you were in the mood for something specific, you might find a change of heart waiting at your destination -the food market. It's an all you can eat, meets the streets! There are all sorts of food stalls aligned along the street, stretching to infinity; each one serving according to its own style. Everyone you come across is chewing on something and enjoying the delicacies, from the meats on the stick to the tofu.

The noise also accompanies the evening. It ranges from the customer's order, to the seller's chopping board and the frying sensation from the pan. They have fried chicken, tofu, soups, dumplings, corn on the cob, fish sticks, barbecue, wraps and so much more.

The fried rice with egg (*jidan chaofan*) is quite popular in the sultry summers as well as the frosty winters. There is one particular stall that just steals the show. A man and his wife: the perfect power couple - and they know their rice.

Whether it's the man or his wife serving you, it all seems the same. Whether it's with beef, pork, chicken or vegetarian flavor, it is amazing either way. You always wait for your food, anticipating that it will come out right... and voila it always does. Never burnt but spicy... just right for most people- like me! Although affordable, the market can leave you broke if you take your whole wallet out with you for the stroll.

With the availability of all sorts of mouth-watering, delightful food, you will surely want to try everything that meets the eye. The food market, if you're not really used to being a part of such, is quite fascinating for the first time goer. You get to discover a culture's love of food through just one evening... that's all it takes! It is enough to leave you wanting seconds, even on a full stomach.

Black & White - Melody Shumba

It took me less than thirty seconds to decide that I would submit an article after I had seen the advertisement but an age to decide what to write. Until something my best friend said to me came to mind: How the modern age consists of greys and very black and white! You see things which are morally and ethically right are considered socially unacceptable because public opinion says so. In this age, morals and ethics are of little value in the face of popular opinion. This on its own is a very broad subject, highly debatable and honestly if I were to take it up wholly, it would change the nature of this article as I think my opinion is very biased.

Instead, I would like to ask a particular question. Given these scenarios: I walk into a restaurant, have a wonderful meal and at the end as I settle my bill the waiter stands there waiting for a tip. I should give him the tip, right? And I'm rushing back home and a police officer stops me for over speeding, he stands there waiting for me to pay him to let me go my way. I should pay him, right? Most people would say yes to the first scenario and no to the second. If you ask why I shouldn't pay, the answer usually is 'its bribery and corruption,' that's the policeman's job so I shouldn't have to pay him. Then I would ask another question, so why is it acceptable for me to pay the waiter a tip for doing his job? Both of them are doing their jobs so why can't both cases be bribery and corruption? At this point, the argument turns to point out legalities and the law.

Ultimately the question would be what is bribery and corruption? So I decided to look it up and this is what Wikipedia had to say 'Corruption is deviation from ideal, spiritual or moral impurity'. Morris defines it as 'the illegitimate use of public power to benefit a private interest'. Senior defined is 'as an action to secretly provide a

good or service to a third party so that he or she can influence certain actions that benefit the corrupt, a third party or both in which the corrupt agent has authority'. Whilst bribery is the improper use of gifts and favours in exchange for personal gain. These are standard definitions but how does it apply in our society? Is it corruption if I get clothes at a cheaper price because the owner of the shop is my relative? This kind of scenario is not an exception but a norm in our society.

Frankly, there is no way I would stand in queue waiting to buy a movie ticket if the person at the counter is my close relation. I would walk straight up and expect he serves me first. If the shop I work in is having a sale, I would reserve some goods for my friends and family without even blinking an eye, telling the customers we are out of stock whilst waiting for my family to come pick up the goods. These are everyday examples; it's not too farfetched an idea, you would be mad not to have done it at least once. Certainly, there is nothing wrong with it, but isn't this corruption as well? We speak out vehemently against it yet go about our ways partaking in it.

We look down on corruption, bribery, nepotism, extortion yet when we do it, it's helping out family; oh I'm in hurry, who cares? So is it corruption when a government official or policemen does it? It does not apply to us in our everyday lives because it's acceptable, it's normal, everyone is doing it, there is no way it could be corruption. Yet whether big or small, corruption is still corruption. We talk of wiping it out of our societies and how hard it is to get rid of corruption. No matter how hard it is, we must work hard to solve this crippling canker.

PICTORIAL STUDENTS' ACTIVITIES



65th National Day Ceremony



China Annual Conference for International Education



Ministry of Education Officials visit JSU



Scholarship Award Ceremony



2014 Zhenjiang Half Marathon



Winner of Photography Exhibition, 2014



A Visit to Nanjing Museum



JSU First Martial Arts Competition



JSU 2015 New Year Show



White Coat Ceremony of IMSA



Freshmen Campus Tour

List of Social / Science Citation Index (S/SCI) Published Articles (Autumn 2014) - Compiled by Sameul J. Cobbinah

The Dean of the international students was very anxious about the whole development and was making to know his whereabouts in China. As Kingsley walked into the Dean's office, the secretary got up and screamed as if she had seen a ghost or an alien from another planet.

The scene attracted other staff, including the Dean, to the area. At that point, the secretary was still struggling for breath. The Dean could not help but burst into laughter upon witnessing the scenario. Kingsley was finally ushered into the Dean's office where it was explained to him what had just happened. The few days that followed were very intimidating for the young man as he was the first African to study in that university. He found himself among other nationals like the Indians, Americans and Europeans who were also there to pursue various degree programs. Life on campus was very stressful at this stage due to communication difficulties, unpredictable weather conditions and not to mention the strange foods. Reporting for classes was uninspiring because of the common practice to see teachers hiding behind slide presentations and reciting them like a poem to the students. Whenever, a question was asked in class, anxiety sets in; no answer or at best an incoherent response. In fact, students were expected to painstakingly make up for some of these lapses via other academic resources.

Kingsley's first year could best be described as an epoch of sacrificial acclimatization. He was disciplined and purposeful in his academic pursuit. The young lad flocked with great minds and managed to top his class on two consecutive occasions.

Kingsley also extended his prowess outside the classroom which helped him rise to stardom. He was the captain of the College of International Students Sports Team (CIS-ST) and the fastest man on campus. In fact, his competitors could not hide their admiration for this young talent whenever he was in action. This earned him the nickname "Chinese Carl Lewis" which came with a lot of offers, both formal and informal.

Human as he was, Kingsley became big-headed and got carried away by his progressive glory. Before, he could lift his head above the waters, he was already drowned. Getting to the end of his third year, Kingsley had already joined the so-called Big Boys in the school.

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Up - Close with MR. CALEB KESSE FIREMPONG



The distance from Koforidua, Eastern region of Ghana to Jiangsu Province, China, is approximately 7,000 Miles. This distance doubles, if not triples itself, when one is away from the family to which he is a father and husband, yet it was Mr. Caleb Firempong's dream to finish his PhD studies in an environment that proved resourceful to his lifelong goals.

Personal Life

Caleb Firempong is happily married with a virtuous wife and an adorable daughter. His wife, Jennifer works as a senior officer in one of the reputable banks in Ghana. Teaching is a major profession of his immediate family; it is therefore not surprising that two of his younger siblings are currently serving as teachers in both secondary and tertiary institutions.

Education

Firempong has always been a down-to-earth student, with great skills in various fields. He had his basic education in a government school in Ghana, but later transferred to a mission school. He ranked top in his class at that tender age. After his basic education, he was fortunate to further his studies in one of the top second cycle institutions in Ghana. He then attended University of Ghana, Legon, to study Biochemistry. Though this was not his initial desire, as he had hoped to study medicine, he later realized that it was a much better field for his academic career. In 2000, he earned a degree in BSc. Biochemistry, but this for him, by no means, meant the end of his education. He recognized the need to acquire sufficient knowledge and therefore craved the opportunity. Most of his peers were, at the time, getting many attractive offers to study abroad in places like US, Germany and England. Interestingly, Caleb with all his credentials and qualification could not make it to any of these destinations. Nature later smiled at him when he was admitted at Jiangsu University, China, after serving as a lecturer at Kwame Nkrumah University of Science and Technology (KNUST), Ghana.

Achievements

Mr. Firempong's major quality is hinged on his passion for excellence in all spheres of life, and he strives for perfection in whatever his hands find to do. As a KNUST graduate student, Caleb had many great ideas, one of them was to engineer the establishment of a Medical Analysis Centre in the University. Delightedly, the medical laboratory idea materialized and after graduation, he was retained to man the place, as he was seen to be irreplaceable. He lectured for about six years, in the same University which had nurtured him while he supervised many undergraduate and graduate theses.

In 2010, Caleb was appointed to be an editorial board member of Journal of Medicine and Medicinal Sciences (JMMS), and also became a member of a committee that wrote the Master of Philosophy in Human Nutrition and Dietetics programme syllabus at KNUST. He further served as a representative of Ghana Science Association (GSA), KNUST branch. He maximized his potentials and demonstrated a high sense of dedication and commitment which was admired by his colleagues and superiors.

In 2011, he joined Dr. Xu Ximing (Dean, School of Pharmacy, JSU, and Director, Research and Development Centre into New Drugs, China) at School of Pharmacy, JSU and serves as a representative of Ghana Science Association (GSA) KNUST branch. He has been honored with a number of prestigious awards such as the "Excellent Oral Report Award," the "2012

"JSU Top-Ten Award." in recognition to his immense contribution at JSU. He has also won multiple athletic events, one of them being the 400 meter competition, which he dominated on several occasions, and furthermore a key representative of OEC student management team. He has been credited for setting up

in-Chief.

Message to Young Minds

"I am like everyone here in Jiangsu University, but I am considered a senior citizen in my country. In Ghana, I am seen as a person of positive influence and wide social capital and networks. Yet, like so many young people, I missed many great opportunities that could have provided me with a chance to study in envisaged places like America or Canada but never gave up. I challenge all young people to have such spirit, to never let their dreams die prematurely and to explore any good opportunity that comes their way even if it's not what they earnestly desire. Whatever your hands find to do, ensure you do it with all your might and in due season you will surely be rewarded. The road to success is not rosy but with determination, hard work and tactical discipline, a fulfilling life awaits you.



Mr. Firempong with a section of his colleagues in the lab



Mr. Firempong - the 'wonder' athlete

Olive: Hello Mr Caleb Firempong

Olive: Could you please give us a brief insight into your research topic and how it came about?

Mr C: The term "cancer" refers to an abnormal cell growth in the body that tends to destroy other vital organs. It is one of the most prominent diseases in humans and continues to be among the major causes of death worldwide. Three basic treatment options are employed for this disorder, namely chemotherapy, surgery and radiotherapy, with chemotherapy being the most predominant. However, the chemical treatment is plagued with a lot of side effects and increased resistance. In neutralizing these effects, the current paradigm of cancer therapy supports the use of drugs that act on multiple targets within our bodies. Hence, the multitarget anticancer drugs have now become the gold standard of choice. Most of these drugs originate from natural products, especially plants. Inspired by this great revelation, my project then looks at isolating antitumor effective parts from some medicinal herbs for cancer drug development.

Olive: Can cancer really be treated?

Mr C: Of course, cancer can be treated. But the survival and life span of the patient depends, to a large extent, on the stage of disease detection. Unfortunately, most people visit the hospital when the cancer has already spread to other parts of the body, making it more deadly with limited treatment opportunities. Simple knowledge about its early detection is enough to avert most of the dangers that come with it, and more importantly giving the individual an easy passage to eradicate the disease.

Olive: Can you give us a succinct exposition on the development of cancer?

Mr C: For the benefit of our readers, please permit me to begin this way. The disease progresses through a stage system with each characterized by very distinct properties. In Stage I, cancers are small (< 2 cm) and many of these types are treatable as they are localized. The cancer is normally cured by surgery and radiotherapy. Regarding Stage II, the cancers are slightly more serious due to the fact that the

Natural Products for Cancer Treatment

- Modern Era Perspective

tumour has now increased in size (usually 2-5 cm) but has not yet spread to other parts of the body. The tumour can still be extracted via surgery, and radiation can help ensure it is fully eradicated. A Stage III cancer is one which has begun to spread from a local organ to other tissues and areas. Once this occurs, it is very difficult to cure. Treatment typically involves surgery to remove the tumour, followed by radiation and chemotherapy to kill the cancer cells that might have migrated to the other

challenging. It is characterized by the largest tumours that have spread to other organs. Generally, it cannot be completely removed through surgery and requires the heaviest doses of anticancer drugs. Treatment-wise, I think there is a narrow therapeutic window at Stage III and hope that most patients remain in Stage I. At worst, they should not cross Stage II. Let me be quick to add that, there are also exceptions to this recovery rule. This is because there are instances where certain individuals have fully recovered even from the last stage. Call it a miracle in religious circles, but it is biochemically possible for some reactions to be triggered in the body to reverse the condition.

Olive: According to your clinical background, is the greater part of humanity still ignorant about the condition?

Mr C: This question is very dicey. But, I know that most people have heard about cancers and its life-threatening potential. The missing link, however, is recognizing the early signs and symptoms of the disease. Most people hardly live a healthy lifestyle, and consequently this has accounted for the escalated worldwide situation we witness today. The good news is that individuals have now become conscious of the situation and adopting positive attitude towards its prevention and management. This will undeniably alleviate the burden of the disease.

Olive: What are the processes involved in your research?

MR C: Briefly, there is the identification of potential source of antitumor medicinal plants. After the selection, the necessary plant parts like the seed, root or stem is milled and soaked in water or alcohol for some time. The resulting liquid is evaporated to obtain the residual product which is then tested on cancer cells to ascertain its effectiveness. Further similar extraction and purification procedures are performed until the actual effective parts are obtained. The effective anticancer parts could be a single compound or a group of compounds. The next stage is to determine the structure of the isolated compounds. These compounds could be already known or sometimes new cancer agents. If the lead compounds are isolated, for the first time, it gives a high level of novelty to your project. Investigating the mechanism of action for the compounds and formulating such agents in cases of high toxicity and poor water solubility are additional processes.

Olive: What has been the outcome of your study?

MR C: At present, I have been able to isolate five (5) compounds, three (3) of them are already known and 2 quite new. The interesting thing is that the efficacy of the individual compounds cannot be compared to the combined ingredients. This strongly supports the multiple-target nature of the separated anticancer effective parts from the natural product. The research has also established the fact that these compounds can induce natural death in cancer cells, hence preventing its proliferation. It is worth noting that the characterized compounds were water soluble and less toxic to normal cells. These findings make the lead compounds a potential candidate for drug development. The studies are still on-going and I intend to explore other areas for more novel discovery.

Olive: How has your experience been in China?

relationship with everybody in Jiangsu University. I was also very fortunate to have a supervisor with good command of the English Language and supportive laboratory mates. Through my supervisor, I have been exposed to the technological know-how in the current trend of biomedical studies. Socially, I

participated in several practical-oriented programmes including sports, student politics and religious activities. Having the privilege of working with great guys as a member of *The Olive* family has been one of my cherished moments. My experience in China has undoubtedly brought the best out of me. Can you imagine that at my age I can still run 400 meters within 52 seconds? Unbelievable right!, but it just happened in JSU. In fact, I experienced the fertility of the land for greater exploit.



Olive: What are your plans for the future?

Mr C: A lot! But fundamentally, I want to be recognized as an expert in cancer drug discovery and I also intend to establish a medical research centre with other collaborators. Additionally, I passionately desire to improve the health and well-being of people via biomedical research, education, clinical services and consulting. That is my dream and I hope that God brings it to pass.

Olive: Do you have any last words for your audience?

Mr C: Absolutely, yes. Cancer should be a household name since nobody is immune to it. The disease affects all classes of people irrespective of age, sex, socio-economic status, race and religion among others. People should avoid conditions that will facilitate the development of cancer and adopt healthy lifestyles. There should also be an extensive education on early detection of the disease and regular visit to healthcare centres for comprehensive check up. Finally, people should eat more vegetables and fruits that contain a lot of Antioxidants (cancer-neutralizing agents) which scavenge most of the cancer-causing substances.

The medical research group has become the cynosure of JSU due to its outstanding clinical contributions in the annals of the university; notably, the publication of numerous Science Citation Index (SCI) papers in highly esteemed biomedical journals. The group has also served as the backbone of virtually all medical activities in OEC. *The Olive* is very privileged to showcase the major research activities of this prestigious group in its current edition.



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SPOTLIGHT ON ACCOMMODATION

The Standpoint



Issues regarding accommodation have always been the most debatable topic floating around the campus with no proper insight. While choosing between apartment living and dorm life, weighing the pros and cons can prove helpful to make an educated decision. Random students were asked for their opinions about on and off campus life, and this is what they had to say

ON - CAMPUS

It is an open secret that living on campus is not popular amongst foreign students. So it is understandable that making a case for it is a tough sell. When I hear their complaints I understand where they are coming from and even share some of their concerns, but honestly I like living on campus. The feelings of the students are natural and in place, especially when their expectations are cut short. By default some students have enjoyed the luxury and comfort of their homes since birth and now they find themselves in an environment that is totally different from the one they are used to. Such an environmental shock is likely to happen to most students, but our ability to cope with the situation is what gives us the unique identity as humans to triumph under any new habitation. In the context of this preamble and depending on the lenses through which we look at campus accommodation, the fact still remains that it is our home and we must all work together to make it a desirable place.

Campus accommodation undoubtedly provides us with some level of security and a sense of belonging, but it requires some drastic and dramatic changes if its ratings among students are to improve. I appreciate the efforts that the management team are investing in the facility, but in my opinion, I hope they can do more to help the students. For instance, it takes a long time to sometimes get a problem fixed and at some points communication becomes a big barrier event at the reception desk. This situation unduly affects students' activities and hampers their progress. The communication gap between the managers of the facility and the student body is very wide. In sharing a room, I know that in most cases the authorities consider our personal choices, cultural, religious and other related backgrounds. However, certain exceptions should be granted to students who want to be in a room alone. In this regard, the facilities should be expanded to cater for such needs. Looking at the fact that we virtually do everything in the dormitory, particularly cooking, washing and bathing, there is the need for the authorities to allocate some of the smaller rooms to only one person instead of two which sometime create a lot of friction

between roommates. These are some of the challenges that confront the facility which need an urgent attention to give the foreign student the happy and peaceful life that the university wish for them.

When I arrived in the university, I knew I would be living in a dormitory; after all it is the best place for me to become accustomed to Chinese life and university system. But till now, I am still waiting for my expectation to be met because I know that it is not beyond the reach of the authorities. I like how the dormitory is close to the classrooms, but sometimes we feel very restricted with so many rules and regulations which eventually end up confusing us. It is universally accepted that the university student is capable of taking care of his/her own life and making informed choices. On that score, I will be very grateful if the university provide us with that kind of platform. The security situation at the dormitory still needs to be upgraded so that we can be fully protected. Due to the regular use of the kitchen by most students, it will be better if the clean ups are done twice daily to keep the place always tidy. The washing machines should receive frequent maintenance to keep it operating at all times. Students should also complement the effort of the facility management team by upholding high hygienic standards and a very good maintenance culture. I also strongly feel that our dormitories should have a spacious common room/area that the students can hang out, hold parties and even

should be given the option to choose to live either on or off campus, particularly in third year and above, since by that time the students have become acclimatized to the Chinese way of life and could manage his/her environment effectively. I think when that happens there will be less complains, more spaces and everybody feel happy.

As often, whenever such concerns are raised, I know that the school authorities try to do their best for the students. But, like "Oliver Twist" we will always demand more from the authorities. I trust that within the shortest possible time, all these challenges will be a thing of the past as evidenced by the provision of the new dormitory.

OFF-CAMPUS

"All that glitters is not gold". Of the many things in life that the phrase applies to, living off campus certainly matches the criteria.

Looking from the outside in, it may give one the misperception of freedom as many would have you believe. However if you weigh this so called freedom against the price, both literally and figuratively, one begins to question whether it is really value for your money.

Top of the list of regrets I have is certainly the cost of living. Living off campus is expensive, if anyone tells you any differently they are selling you faeces and calling it compost. There is the stress of monthly rental payments, monthly maintenance costs, unexpected security and Internet fees, water and electricity, gas fees etc. These costs alone will keep your mind so occupied on a daily basis that one doesn't have the time to enjoy this so called 'freedom'.

Second on my list of regrets would be the transport issue, it may be different for others but my apartment has no place for me to charge my electric bike, which means that every other day I either have to take a taxi or I have to be on campus for hours on end just so my bike can be fully charged. If you think of it, I actually spend half my time at the dormitory so it kind of defeats the purpose of living off campus.

Thirdly, this is the last point because of the limited space this article may occupy and not because there aren't any other issues, I would have to mention the fact that important student information is no longer available to me. When I lived on campus I always knew everything concerning me, I missed very few, if any classes at all. Being off campus puts me so out of touch it sometimes feels like I am no longer a student and that makes me question why I came to China in the first place.

Sometimes we forget what we set out to do before we got here and we end up lost in the thick of things. Truth be told campus life is a lot easier and stress free. Living off campus is certainly not what it is made out to be.

Folks, after reading both sides of the 'big debate', the onus lies on us to make decisions that are profitable to our stay in China. But hey! More comfort and better living conditions never hurt anybody. The Olive hopes these concerns raised will advise us appropriately. Enjoy your stay in JSU

S N A P S H O T S F R O M T H E A U T U M N 2 0 1 4 S E M E S T E R



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