Spring Greetings from ISS

Table of Contents
I. Deepti Sougaijim and Indian Food
II. Recipe of the Month: Manipurian Food
III. Cultural Collisions
IV. Aleruchi Wosu: Student Spotlight
V. Piece of Your World: Dance
VI. Liang Zhang: A Look Back
VII. H-1B Seminar/VITA Clinic
VIII. Black History Month
IX. St. Patrick’s Day: Luck of the Irish
X. International Holidays
XI. International Women’s Day
XII. Davide Sitti
XIII. Khaled Abuzaghleh aka. “Jordan”
XIV. Petra, Jordan
XV. Upcoming Events/From the Editors

Photos courtesy of Lili Chen and Google Images
Deepti Sougaijam

As a former GA for the UB Health Services Center, Deepti Sougaijam coordinated with Resident Assistants and speakers of different agencies, such as GBAPP, Center for Women and Families, Bridgeport Health Department, and the Department of agriculture at Yale University, to host events on campus. He has done events with the Bridgeport Police department. “I was exposed to many different cultures, especially Chinese culture. I learned a little bit of Chinese and Spanish, and learned more about the various communities around campus. Exposure to building up that leadership quality through the GA position. One thing that I’ve enhanced is the ability to do projects on my own, management(time) skills, and because of this enhancement in my life, it has made me win the student of the year award in 2010.”

Interestingly enough, he says that you find people eating less amount of spices, more vegetables and fish, fermented and smoked, more boiled and steamed food in Manipur. Which is very very different from the normal Indian fare.

Normally go light with breakfast, eat lunch at 11AM, eat dinner at 7, not so many spices, normally, fish is the staple food, curry food is not exactly common or healthy.

About Manipur, India

Manipur is a tiny state, New Jersey(size), 2 plus million, geographical location, polo originated from Manipur very culturally rich.

EROMBA

EROMBA IS A DISH MADE BY MASHING UP POTATOES, YOU CAN USE RED PEPPER OR GREEN CHILIES, YOU NEED TO PRESSURE COOK THESE, ROAST THE FERMENTED FISH, TAKE RED PEPPERS FIRST IN A CONTAINER IN THE BOWL, MIX, CRUSH AND MASH THE RED PEPPER, AND FERMENTED FISH WITH THE SALT.

CHAMFUT

COOK WITH RICE AND PRESSURE COOKER, USE CONTAINER WITH WHOLES IN THE BASE, WITH ANOTHER CONTAINER FILLED WITH WATER, THROW IN VEGETABLE(CUT IN WITH BIG PORTIONS) WITH SUGAR

RAS LILA

RAS LILA(DANCE FORM) BASED ON PASTIME STORY OF LORD KRISHNA AND RADHA, ONE OF THE FEW CLASSICAL DANCE FORMS OF INDIA AND IS POPULAR AROUND THE WORLD, PLAYED ESPECIALLY BY WOMEN.

Photos courtesy of Google Images
Recipe of the Month

By: Lili Chen

Manipuri Cuisine:
Here one recipe of Potato-Beans-Yendem Eromba. This is one of the important dishes of Manipur.

Ingredients:
1. Potato, long beans, and dried yendem
2. Fermented fish (Ngari)
3. Fried rhou(fish) 1 piece
4. Red dry Chilies
5. Salt for taste
6. Coriander and Mint to garnish.

Process:
1. Pressure cook the red dry chilies, peeled potatoes, chopped beans and the Yendem.
2. After 3-4 whistle, the ingredients are taken out. A paste of the boiled chilies, roasted ngari and the fried fish is made.
3. Mix and mash the boiled veggies, and add the chili paste. Also add a little bit of water for light gravy. And mash it again, adding salt for taste.
4. Then it is garnished with chopped onions, coriander and mint (Nungshi-hidak) and served.

Photos courtesy of Deepti Sougaijim and Google Images
February 23, 2012-The event began at 9:00PM with a presentation of ethnic clothing by some of the students who wanted to represent their country or culture. In this presentation, there were some students presented Saudi Arabian clothing, a person presented about Kurdish clothing, another about Libyan clothing.

After the clothing presentation, there was a game entitled “Cultural Family Feud.” The rules of the game were similar to the American game show “Family Feud.” The rules went as follows:
1. One team receives a question and must come up with the top, popular eight answers; if they get all the answers then they receive all the points;
2. However if they do not get them all right, then they get to keep their points, but another table that raises their hand first gets a try of figuring out the answer;
3. As a result of a group trying to get their answers across, groups were allowed to be dynamic to get their team. There was one student who went as far as standing on a chair and waving the papers around (see picture).

To give an example, one question from the event was, “What are the eight world currencies?” The answers were the following: dollar, euro, yuan, pound, rupee, peso, dinar, and rial.

Cultural Collisions was sponsored by Black Students Association, International Student Services, African Student Services, Chinese Students and Scholars Association, University of Bridgeport Student Programming Board, and Latin American Club.
Aleruchi Wosu is very active on campus, she acts as President of the Black Student Alliance (BSA) and Vice President of the African Student Association (ASA). She states that BSA and ASA represents people from all different Black cultures, whether they be Caribbean, African-American, or otherwise. Every year BSA does a set of events for Black History month, recently giving these events the name Black is Beauty. These events started off as a traditional thing for BSA with Heritage Thursday, a weekly event. However, to make Black History month a more prominent affair they decided to add on more events like the talent showcase. Remade under the name Black is Beauty, Aleruchi sought to make the series as successful as possible. However, she recognizes that certain things are needed before that can be done, “a good eboard and a strong mind is necessary to make it happen...I want to bring a lot on the campus. But, that involves a lot of money and many rules. Along with that, there are a lot of things that go along with event planning, including having high hopes, planning ahead, fundraising, determination and trying to reach out to other people.” That mindset is an admirable one.

Working hand in hand, and collaborating with other groups really marks a success in her book. That success showed through the Cultural Collisions event that took place on February 23. The idea behind the event was to bring as many different minds together as possible from all different backgrounds. Cultural Collisions was an event that celebrated diversity and showed how people on campus can work together to make such a diverse community. “As a domestic student, sometimes you don’t get a feel of all the different cultures on campus. A lot of times you see international students on campus, but you often don’t get to interact with them. Everyone wants to mix cultures, but there is no commitment.” She thought it would be a good idea to bring everyone together as one. The work done with the International Student Services and other cultural groups on campus is something she wants to happen again. When asked about her advice for newer students. She says, “Don’t be scared to ask questions, make friends, or go to events from. Everybody is very welcoming.” Personally, Aleruchi is all about being the best for yourself as well as others. The time she takes to committing to her studies and duties on campus sort of gives real meaning balancing your time.

“Strong head, strong mind.” That is the mantra that Aleruchi kept repeating. Knowing one’s self among other things, she sets herself a goal to accomplish. From taking A.P. classes, to taking college now courses she prepped herself for life from the beginning. In her opinion, UB teaches a lot on theory. She is switching to a Business degree, even though there a lot of doctors in the family. But that’s a good thing, she said they instill in you school ethics and how by being a better person, you gotta strive to be a better person in life. So, true to those words she went for Student council, pep Squad, cultural based club(Black Society), and dance team in high school. She has also done a lot of volunteer work. It fits, because she is doing a lot of the same work here at the University of Bridgeport. “college could be the best thing, but people need to be involved.”

When asked what countries she would like to visit she said she would either like to go to Nigeria, France, or Saudi Arabia. She also wants to go to Dubai.
Piece of Your World: Dance

On February 29 starting at 4PM in ABC Building in room 113, students of the University of Bridgeport learned the art of dance from a few different cultures: Bollywood, Hip Hop, Zumba and Bellydance.

EACH DANCE WAS TAUGHT BY STUDENTS OR A FACULTY MEMBER.

Time Slots
The teachers were the following:
Perdita taught Bollywood at 4PM;
Alante from Future Leaders of Hip Hop (FLOH) taught Hip Hop at 4:30PM;
Colleen of Student Activities taught Zumba at 5PM;
Michelle taught Bellydance at 5:30PM.

Photos provided by Lili Chen and Samantha Gerber
My name is Liang Zhang from China. Instantly, two years has been passed since I came to the U.S. I have to say that this is the most wonderful two years in my life. At first, I want to say thanks to the faculty in International Student Service Offices, Students Center and professors in Technology Management Department. Special thanks to Dr. Lewis, Dr. Pallis and Dr. Selig. I learned a lot from you.

**Time-Consumption**

University life is a brand new start and no one would remember me no matter how famous I was before. Four years’ experience at the university was fun, but it made me feel I wasted them as well.

Before I went to university, in China, what I knew was that I was going to be out of my parents’ control. That is also the first time I felt I was free, even though I felt I was lost afterwards. I spent two years with my friend playing computer online games. It was fun, and I was happy that I made some friends, but I failed many courses during the first two years. The coming year made me exhausted. I knew if I couldn’t make up those failed courses, I would not graduate from the university. It’s a sham to my family and me either. I took 17 courses for the first semester of the third year and 15 courses for the second semester. Even though I passed them all, I still felt something was wrong. The fourth year coming around the corner, everybody was trying to find an internship. Two questions stuck in my head: What kind of job should I do, and what kind person will I be? I began to worry my future.

I trained the new employees. I met two new employees. One of them was very skillful and arrogant, and the other one was diligent and studious. But the skillful one was kicked out because he was over confident on his own judgment not learning from others. And the other one now is a project leader now. I talked about this with Prof. Lewis, and we got the same opinion on this. Skill is the thing could be given, but the attitude is not.

**Attitude**

Luckily, I got a good internship and job afterwards as a programmer in the capital of China. I felt more responsibilities on me, and at the same time, my attitude changed gradually.

The first lesson I have been taught in the company was transforming from a Student to an Enterprise Person. The most important word mentioned during that talk was responsibility. I was on my own way, without the glory of my family. I met some real genius people, and they work very hard. I realize how weak what I learned before was. Then, I became so thirsty for knowledge. I worked so hard, 4 or 5 hours sleep or even less. After half year, I gained outstanding employee of the company. And one year later I was promoted to be the group leader. Things became clearer when we stand on the higher level. Most of work in the company is repetitive work. It needs employees to have patience with their work no matter how creative the company is. I feel that attitude is so important during work, especially when

**Purpose of Life**

I am not a good planner of my life career, and I am still looking for a plan. I am going to share what my friend’s mother who is a professor and lawyer told me. It works for me.

She told me “Purpose of life was made up by thousands of short-term purposes and a long-term purpose. After a series of short-term purpose are fulfilled, you will realize that you have achieved the long-term purpose. However, there is always a purpose which could not be fulfilled because of humanity. When people fulfill a purpose, there is always another one comes out. That is the reason why human lives generation by generation with hope.”

Every bit of work should be done step by step. For those people who find their purpose in life, they are lucky. For those who didn’t, for example me, we need to keep going with confidence, and good attitude. Don’t waste time when we are at university. That is the best time and experience in our life!
**H-1B Seminar**

Attorney Andrew Wizner comes to present the H-1B session once a year and to advise students on how to legally stay in the United States after OPT. On March 6, he also introduced other ways for students to stay in the United States legally. The focus of the presentation was on the H-1B process. H-1B is an employer filed petition for a specialty occupation. After it’s approved and the start date is in effect, the beneficiary of this application can work legally in the US. The H1B is normally valid for three years and can be renewed for another three years. USCIS allows H-1B petitions to be filed 6 months prior to their fiscal year which starts on October 1. Students who have a timely filed H-1B Petition can be eligible for Cap-Gap if their current status/OPT expires before October 1st.

**UB Volunteer Income Tax Assistance (VITA) Clinic 2012**

This is the time of year to file the tax returns again. UB Volunteer Income Tax Assistance (VITA) Clinic has been helping the international students and their dependents for six years now. Professor Greenspan acts as the site reviewer and Perdita Das is the site coordinator for the program. They are in charge of running this clinic. Staff and student volunteers who are at the clinic are trained and certified from the IRS. International Students and their dependents who are here within five years can come to this VITA clinic for help to prepare and file their tax returns for free. The tax return sections are at the Student Center’s private dining room at March 2nd, 9th, 23rd, and 30th, and April 6th from 1:30pm-5pm. Please go to [www.bridgeport.edu/life/international/vita](http://www.bridgeport.edu/life/international/vita) to make an appointment. If you have any questions and you want to learn more about this clinic, please contact Perdita Das at perditad@bridgeport.edu or contact International Student Services Office.
Black History Month

By: Alexander Battle

We should emphasize not Negro History, but the Negro in history. What we need is not a history of selected races or nations, but the history of the world void of national bias, race hate, and religious prejudice.

~Carter Woodson, 1926

Black History Month is a national observance during February. It’s about giving acknowledgement and praise to the accomplishment of the African-Americans that had a positive impact on our lives with their talent and knowledge.

Defining myself, as opposed to being defined by others, is one of the most difficult challenges I face.

~Carol Moseley-Braun

Photos courtesy of Google Images
This year Saint Patrick’s Day is on Saturday, March 17. This holiday is normally observed by the Irish. However it is celebrated by Irish and non-Irish people worldwide. How the holiday is celebrated varies from place to place. Although a common celebration is by wearing the color green. Some people go as far as dying their hair green. There are some students, who choose to not wear green, and can possibly get pinched from their peers. However this is not the norm. It is rumored that people that wear green and/or are Irish are lucky this day.
International Holidays

March
- 25 Lady Day (a.k.a. the Feast of the Annunciation)
- 25 Maryland Day in Maryland
- 25 National Holiday in Greece
- 25 Seward's Day in Alaska (last Monday)
- 29 Memorial Day in Madagascar
- 31 National Day in Malta

April
- 1 April Fool’s Day
- 4 Ching Ming Festival in China
- 5 Arbor Day in South Korea & Taiwan
- 8 Easter Monday in UK
- 8 Fast and Prayer Day in Liberia

Photos courtesy of Google Images
International Women’s Day
March 8

By: Lili Chen

The thing women have yet to learn is nobody gives you power. You just take it. - Roseanne Barr

Women are the real architects of society. - H. Beecher Stowe

A woman with a voice is by definition a strong woman. But the search to find that voice can be remarkably difficult. - Milinda Gates

Woman is the companion of man, gifted with equal mental capacity. - Mahatma Gandhi

Since the first International Women’s Day celebrated in the USA, on 28th February 1909, it has become a tradition to praise the women’s achievements and is this day celebrated worldwide every year. Those who celebrate this holiday, don’t have to be international women, you don’t even have to travel to celebrate this holiday, anyone can celebrate this holiday.

Photos courtesy of Google Images
How do you feel your experience in UB has been so far? Is there anything that you would like to improve on in upcoming semesters?

My short experience here in UB has been amazing. It is completely different to live on campus instead of with your parents. You can grow in a lot of different ways living alone. This is not a big university, but it offers a very good level of class and services.

If someone going to Italy asked you to share with them some places to go, where would those places be and why?

Venice, Florence and Rome are the most beautiful cities in my opinion. Also, Verona is really beautiful, as it is the Romeo and Juliet city. The reason that I chose these cities is because they are simply fantastic. In different ways of course; huge museums, art everywhere, history, restaurants. Any city offers different things so it has different reason to be visited.

Talk about your country and describe it in a few sentences. What are the best things about it?

Italy is synonymous with quality. It is a country that puts a lot of attention in any kind of production... food, clothes, cars. Our taste is very particular and we, always, have to be the best and with the best product.

What do you want to do with the experience that you have gained at UB so far? How do you think your time here might benefit you?

My time here will benefit me in the future, for sure. I'm learning a new language that is really important in these days. And I'm studying a really good Master's program that hopefully will help me to find a good job.
Since I have arrived to United States, and gone to school, it became my dream to be successful, and have friends from different countries including America. People here are so nice, they treat us in a good way, and when you ask questions they are happy to answer you. On the other hand, I’m trying to finish my schooling here and see the more of this society which I know is bigger than the University here. And I’m so curious to experience the deep life after I graduate. I have two friends one whose name is Alexander, we chat sometimes about school and how American life is inside the school which was a good point for me, because I didn’t study here before. My second friend’s name is Lili, she is from China, and I join her Chinese New Years Liberation and it was so exciting for me because I never saw a Chinese celebration before. All I said before, including my life at UB, has made my experience and my knowledge better than before.

THE MOST INTERESTING FEELING IS WHEN YOU GO THROUGH THE MOUNTAIN SIQ CANYON PASS AND SEE PETRA.

**Petra, Jordan**

Petra, the famous rock city, is located in the south of Jordan, and was created by the Nabataea Arabs, since 1985 Petra belongs to the world Heritage sites and since 2007 it’s one of the new Seven Wonders of the World. The Nabataea’s settled here more than 2000 years ago and carved temples, tombs and house in the red rose sandstone, when this nomadic Arabs showed up on the historical stage is not clear. The first definite historical mention of them is in B.C. They gained power through the control of the silk, spice and other trade touts that linked Asia and Southern Arabia with Egypt, Syria, Greece and Rom, in the first century B.C. King Arêtes III extended the Nabataea Empire to Damascus. Important for the Nabataea success was their ability to create a sophisticated water supply system with channels and cisterns.

Petra, the famous rock city, is located in the south of Jordan, and was created by the Nabataea Arabs, since 1985 Petra belongs to the world Heritage sites and since 2007 it’s one of the new Seven Wonders of the World. The Nabataea’s settled here more than 2000 years ago and carved temples, tombs and house in the red rose sandstone, when this nomadic Arabs showed up on the historical stage is not clear. The first definite historical mention of them is in B.C. They gained power through the control of the silk, spice and other trade touts that linked Asia and Southern Arabia with Egypt, Syria, Greece and Rom, in the first century B.C. King Arêtes III extended the Nabataea Empire to Damascus. Important for the Nabataea success was their ability to create a sophisticated water supply system with channels and cisterns.

Petra was chosen as the capital because it was located in a valley surrounded by Sandstone Mountains. There are many ways to get into Petra, even though the access is not easy, this didn’t prevent the Nabataea Empire to be annexed by the Romans in 106 B.C and became part of Arabia Petra. The city kept flourishing but with the growing importance of Palmyra, in today’s Syria for the cravat trade Petra declined.
UPCOMING EVENTS

March 21, 2012: Piece of your World: Music to the Ears
Twisted Café, 5PM-7PM
(Basement of the Student Center, next to the game room & in front of Knight’s End)
Music unites the world. Pass by for a chance to learn about music from around the globe.
If you are interested in singing, presenting a piece of music or play an instrument please contact Nadine Boudissa at nboudiss@bridgeport.edu

March 29, 2012: International Coffee Hour–International Festival Week
Student Center, Social Room 12PM-2PM
Come enjoy a Chicken Korma demonstration with Michelle Ryan! It’s like being in a cooking show! FREE FOOD and a Chance to Network! Sponsor: Whole Foods

March 30, 2012: UB World Cup
Please sign up in International Student Services Office, G-11 by March 23. The event will take place at 2:00PM. If you wish to or you are playing, then the event will take place at 2:00pm at Marina Park Circle.

April 2, 2012: International Film Festival
Film submissions due at 12PM in the ISS Office, G-133

April 3, 2012: OPT Q&A/How to Find a Job
Student Center, Private Dining Room, 2PM-3PM

Note from the Editor(s)
Spring greetings! Soon many of you will be starting off the second part of the spring semester, and that’s great! We’ve all had time to refresh from a very busy first half. So, with that in mind, let’s do what we can to make the end of the semester a successful one. Studies are important, but don’t neglect any opportunities that may come your way in the coming months. Find new ways to interact with the people around you: go to some of the clubs on campus, attend events, talk to people in the library. Commit yourself to making this University experience the best thing it can be, and surely you might find that it might happen.

Editors: Alexander Battle and Samantha Gerber
internationaloffice@bridgeport.edu

36TH ANNUAL INTERNATIONAL WEEK
Saturday, March 24: Mr. and Miss International Contest, 7 p.m., Mertens Theater, Bernhard Center
Monday, March 26: International Craft Fair and Fundraiser, 8 p.m., Student Center Social Room
Tuesday, March 27: Religious Freedom, World Café, 6 p.m., Student Center Private Dining Room; International Film Festival, 8 p.m., Littlefield Recital Hall, Bernhard Center
Wednesday, March 28: Taste of the World, 4 p.m., Knight’s End Café
Thursday, March 29: “From Horror to Hope: What Torture Survivors Taught Me about Health & Human Rights,” Dr. Allen Keller, 8 p.m., Student Center Social Room
Friday, March 30: International Flag Parade, 12:15 p.m., starting at Student Center; UB World Cup Soccer, 2 to 6 p.m., Marina Park Circle
Saturday, March 31: International Festival, 7 p.m., Mertens Theater, Bernhard Center.