

# Saudi Post

The Monthly Newsletter of the Saudi Students at Missouri University of Science and Technology - Rolla

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## Heating in Winter (Fire & Life, Safety Guide)

Faulty heating equipment is responsible for over 40% of winter home fires and is the 2<sup>nd</sup> leading cause of year-round fires. Have heating and cooling systems cleaned and inspected by a qualified technician each season. This includes furnaces, central air system, woodstoves, and fireplaces. Make sure heating units comply with local fire codes and are approved by an independent testing laboratory. Follow all manufacture's instructions. Keep all heating units at least 3 feet away from anything that can burn. Remember, fueled heaters must be vented to prevent carbon monoxide from building up in your home.

### Common causes of heating fires:

1. Creosote build-up or lack of maintenance.
2. Lack of space around portable heaters.
3. Improperly installed woodstoves.
4. Use of the wrong fuels.

## President Bush arrived in Saudi Arabia

By Royal Embassy of Saudi Arabia in Washington DC

01/14/2008 for a three-day official visit to the Kingdom, his first as president. During their meeting, the two leaders discussed regional issues, in particular The Middle East peace process and international efforts to restart talks in light of the November 2007 peace conference in 01/15/2008 Annapolis.

They also reviewed the situation in Iraq, ways to boost bilateral cooperation, and international counterterrorism efforts.



King Abdullah also reiterated his call for the establishment of an international counterterrorism center under the aegis of the United Nations. King Abdullah and President Bush are expected hold a second round of talks today that are expected to address other issues, including the situation in Lebanon.

On the second day of his visit to Saudi Arabia, President Bush visited King Abdullah at the royal ranch in Jenadriyah, near Riyadh. The King and President Bush enjoyed a horse show of thoroughbred Arabians at the royal stables and a show of hunting falcons. In the evening, King Abdullah hosted a dinner in honor of the president at the ranch. The president also took in some of the sights of Riyadh today.

He toured the National Museum and the King Abdulaziz Historical Center, where he was welcomed by Riyadh Governor Prince Salman bin Abdulaziz. At the center, the president visited a photography exhibit on Saudi-US relations and signed a guest book that President Harry S. Truman presented to King Abdulaziz Al-Saud in 1950. He also participated in the Ardha, the traditional sword dance of Saudi Arabia.

## Do You Know Your Heart Numbers

By Jeanie L. Davis

Your PIN number, your password. You can't operate without them. Knowing your blood pressure, cholesterol, body fat, and even your CRP can go a long way toward preventing the No. 1 killer. Add high blood pressure, cholesterol, and body fat to that list, too. You can't live without those numbers -- literally. High numbers = high odds of heart disease, stroke, and diabetes. Some risk is inherited. But much is linked to things you can change -- like bad diet, smoking, and a sedentary lifestyle.

To better understand your heart numbers, here are the basics:

**C-Reactive Protein:** This is new on the heart numbers list. Researchers have identified this protein as a marker for heart disease and stroke -- even in kids. They don't fully understand the relationship between C-reactive protein (CRP) and heart disease, but it's a sign of inflammation in the blood vessels. Getting your CRP checked is not yet a routine recommendation. However, more and more doctors are using it to help identify people who may be at an increased risk of heart disease and stroke.

Numbers to worry about: 1.0 and less is considered low risk . 1.0 to 3.0 mg/L is average risk. Higher than 3.0 is high risk .

One of the strongest markers for heart disease is measured in two numbers - your blood pressure. You hear the numbers, but do you know what they mean? The first or top number is systolic blood pressure -- the pressure of blood against artery walls during a heartbeat, when the heart is pumping blood. The second number is diastolic blood pressure - the pressure of blood against artery walls between heartbeats, when the heart is filling with blood.

Normal blood pressure is 119/79 or below . Pre-hypertension is 120 to 139 (systolic) and/or 80 to 89 (diastolic . Hypertension is 140 or higher (systolic) and 90 or higher (diastolic). Do these numbers seem a bit lower than you remember? What's considered a normal blood pressure was redefined in May of 2003 when guidelines were revised to include a new category -- prehypertension. Experts recommend that people with prehypertension -- an estimated 45 million men and women -- make heart-healthy lifestyle changes to reduce their risk of blood pressure complications, such as heart disease, stroke, and kidney damage.

## Losing Weight Tips

By Abdulaziz Alkassabi



In order to lose weight, keep in mind the following things:

1. Dietary control and exercise.
2. Don't compare yourself to others.
3. Eat at least 5 servings of fruits and vegetables per day.
4. Do not Skip Meals.
5. Stay Focused on Being Healthy, Not on Becoming Thin.
6. Substitute foods instead of eliminating them.
7. Be in it for the long term.
8. Drink plenty of water or other calorie-free beverages.
9. Use non-food alternatives to cope with stress.
10. Be physically active.

Source: [www.webmd.com](http://www.webmd.com)

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## Untraceable 2008 (Yahoo Movies)

By Bader Alotaibi



Within the FBI, there exists a division dedicated to investigating and prosecuting criminals on the internet. Welcome to the front lines of the war on cybercrime, where Special Agent Jennifer Marsh has seen it all--until now. A tech-savvy internet predator is displaying his graphic murders on his own website--and the fate of each of his tormented captives is left in the hands on the public: the more hits his site gets, the faster his victims die.

When this game of cat and mouse becomes personal, Marsh and her team must race against the clock to track down this technical mastermind who is virtually untraceable

**Genres:** Thriller

**Release Date:** January 25th, 2008 (wide)

**MPAA Rating:** R for some prolonged sequences of strong gruesome violence, and language.

# Editor-in-Chief Column

By Sattam Almadani

It is very important for people to protect and secure our planet from anything harmful because the more we focus and maintain our planet, the longer and healthier we are going to live. Global warming is a significant matter that people should keep in their minds. It is a fact that the earth's temperature is increasing with time; this increase will affect all people living on it. It gives the impression that in the last 100 years the earth's temperature has increased about half a degree Celsius. This change also is breaking the earth's balance system in distributing the amount of heat around it. There are several phenomena which arise from that; the most important ones are: ice melting in the polar areas, rising sea level, and strong tropical storms. As a rule in our environmental system there should be a balance in distributing heat around the earth. So, if ice melting continues in the polar areas because of global warming, what could happen. A very strong change will take place which will affect even our lives on the planet. The melting and retreat trends are accelerating with time and by increasing earth's temperature. With increasing global temperature, the water in oceans seas expands. As a fact that over the last 100 years, the global sea level has risen by about 10 to 25 cm. This is a serious problem especially for cities on the coastal areas. And even some countries will be more affected than others in terms of floods or the cost of preventing them. Any huge rise in the sea level will affect people lives. It is very important to keep the sea level as it and without making any changes. Tropical storms have always bedeviled coasts, but global warming will make them worse. Rising sea level means more strong storms. Meteorologists use the term "tropical storms" for closed atmospheric circulations that forms over a tropical or subtropical ocean. As a fact that world's oceans have absorbed about 20 times as much heat as the atmosphere over the past half-century, leading to higher temperatures not only in surface waters but also down to substantial depths. Florida is a clear example about how much strong storms can affect us. We should work together to solve the global warming matter by making a strict roles and actions to follow and apply.

## The Road to Success

By Sylvia Chidi

We all want to walk on the road of success  
But do you day by day measure your progress  
Do you have a vision?  
Do you have a mission?  
You need one even if it is inspired by television

We all want to walk on the road of success  
But do you day by day measure your progress  
Critically look at your personal development  
Grizzle over the final accomplishment  
Decide on the instruments you need at the moment?

On its road, there are many paths to take  
With many sacrifices along the way to make  
Patience, faith and hard work, please don't forsake  
Or your dreams will pour empty into a wide lake

We all want to walk on the road of success  
But do you day by day measure your progress  
Is your vision greater than greatness?  
You are the first one you must try to impress  
Take a step at a time and do not digress

## Word Search

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F N E E A S Y M A C E E C U C
V E X N I R W S I N S S W D A
T Y N A I T E D V T C U W R L
N Q H S N I E T S N I E G F C
Y E B X I M U F G E R H F C U
F R E A P O W E R P L A N T L
U D P V S B G I M Z U N N B A
O V I W A N O M Y I I E P F T
L E I S U R T O W Z L P L Q O
A F N H E N H A K D D F A F R
H G M C E W G C D S I T D E Q
T D X D E M Q K A N N P A A H
B E U Q M K A E S O G E W T U
G T I C K M L H I I Z N B A Q
S J J A O Z O L E A V E S R D
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### WORDS

STUDENT	LEAVES
HALO	BOOKS
EASY MAC	CALCULATOR
BUILDING	POWER PLANT
EINSTENIS	

Places to go to in ...  
Springfield, Mo

### **Exotic Animal Paradise**

This place is so cool; it has a lot to do to keep your day funny. The petting area is neat and they have a good group of birds, cats and monkeys to see.

### **Crystal Cave**

If you like caves that have not been visited very often then this is the cave for you. When It has a beautiful cave. There are some interesting Native American historical items in this cave, including a burial mound and arrows painted on the ceiling to show the routes in and out of the cave.

### **Springfield Conservation Nature Center**

The Nature Center is a wonderful place for anyone that likes the outdoors. Being a non-profit organization, the Center is a free trail for you or even your entire family to get away from it all. They have several different trails (short and long) to fit your schedule, not to mention all sorts of wildlife you see.

### **Wilson's Creek National Battlefield**

Wilson's Creek National Battlefield is 1,750 acres of rolling Missouri prairie interrupted by a medium size stream. For many visitors this is a sacred place to reflect on the Civil War and its fallen heroes. For many others, however, it seems to be a convenient park for recreational horseback riding, jogging and dog walking. The battlefield is becoming enveloped by Springfield suburbs. The visitor center displays interesting artifacts from the battle, sells books and other items, and is staffed by knowledgeable people from the National Park Service. Admission is \$5 per vehicle. Numerous interpretive displays located across the battlefield help recreate scene and tell the story of the battle.

### **A Snake's New Glasses**

An old snake goes to see his Doctor.

"Doc, I need something for my eyes...can't see well these days".

The Doc fixes him up with a pair of glasses and tells him to return in 2 weeks.

The snake comes back in 2 weeks and tells the doctor he's very depressed.

Doc says, "What's the problem...didn't the glasses help you?"

"The glasses are fine doc, I just discovered I've been living with a water hose the past 2 years!"

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### **Monthly Weather Report**

In January, is the average coolest month. The first ten days of the month, the temperature reaches a lowest degree of 7<sup>0</sup> F with a windy condition. The next ten days, the temperature will be in the range of 47<sup>0</sup> and 15<sup>0</sup> F. The rest of the month, the temperature will be more stable and sunny most of the time. Overall, this month will be mix of sun, clouds and windy in some days.

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### **Quote of the Month**

You're not to be so blind with patriotism that you can't face reality. Wrong is wrong, no matter who does it or says it.

Malcom X

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