



# Saudi Post

The Monthly Newsletter of the Saudi Students at MST – Rolla



<http://web.mst.edu/~saudi/saudipost/>

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## Welcome dinner & Mardi Gras!!

By Marwan Al Qaydy

President of Saudi Student's Association

Hello everyone, the first question I received was why we let the Welcome Dinner on the day of Mardi gras? I honestly and innocently replied: What? Anyway, since all of you know the answer for the question I will jump to its implication. At that day, a dedicated group of Saudi students showed up in the Center- where we held our pleasant event. Most of them told me that 'we had decided to attend the SSA welcome dinner and not attending anything else!' Although the attendance was very encouraging I still believe it could have been much better. But, we cannot please everyone taste no matter how hard we try. For those who did not attend, I guess missing the delicious food and the interesting games was a great loss.

For those who have come, I really appreciate your participating; you have made me very proud of you. Special thanks to everyone of the organizer team. Ayman, thank you for driving 3 hours alone just to bring us the food. Dr. Sattam, your presentation was great. Moshabbab, from now on, you will be responsible for any trivia games, you did a great job. Abdullah Al-Rasheed and Alawi, thank you for every effort you have dedicated for the success of this event. Abdul Aziz, everyone knows that you are behind every successful event. Finally, special thank and appreciation to you! Yes you who have come and participated and made our event successful. We are having a long list of events to be done and organized this semester; we need every member of our Association to be actively involved. Thanx

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## Saudi News Headlines

- Saudi to hold first-ever official film festival in Dammam in May.
- US Visas From Dhahran Starting May.
- Saudi Aramco announced that \$45 billion has been allocated to carry out the company's expansion plan.
- Women Driving Is Not in Conflict With Religion: Scholars.
- Saudi citizens advised not to travel to Lebanon.
- Saudi Arabia: SABIC, Al-Rajhi Push Index Up.
- Saudia Airline won't have Saudi Air Hostesses.
- Head of Saudi Red Crescent Association arrives in Germany.
- Saudi horseman won a race qualifying to world cup.
- Saudi Ittihad Club beats UAE's Al-Ein Club in water polo.

## Interview with ....

By Dhya Alzin



**Name:**  
Roberta Morgan

**Job title:**  
International Student  
Advisor & Interim  
Academic Coordinator

**Everybody knows you as Mrs. Birdie or Mrs. Morgan so what's your full name?** My full name is Roberta Ellen Morgan, my nickname is Birdie. You can call me Birdie or Morgan or Ms. Morgan.

**When did you start working at Missouri S&T?** I started working at Missouri S&T on January 1, 2008! I started working at UMR many years ago as a student assistant for the campus photographer. I moved away from Rolla for graduate studies and returned in 1993. I began working in the University Archives in 1994, then for International Affairs in 1998-2000. I was the Supervisor of Research for University Advancement from 2000-03. I returned to International Affairs in 2003 and have been here since!

**What do you think about changing the name from UMR to Missouri S&T?** I'm getting used to it! I like the new name, but it is a big change. I think that the name clearly defines the purpose of our school and that is great.

**What is the best thing about your job?** The students.

**What is your major?** I have a dual major – History and English. I have a minor in Speech & Communications.

**I have heard from many Saudi students that you are their American mom. So why do you think you have this name?** Maybe it's because I always try to tell them the truth, honestly I'm not sure. I do know that it is a great compliment and I thank them for this respect.

**What is the most difficult thing that you have faced from the students?** Helping them adjust to the expectations of an American university environment.

**What is your philosophy towards work?** I love to work. I love my job. I think that work is a very important part of my value system. However, I also love to go home and spend time with my husband.

**As for you, advisor for the International Student Club, do you have any advice for the students that you would like to say?** Practice your communication skills all the time! Good communication skills will help you throughout your life. Make sure that your classwork is your first priority but make time to get involved in student organizations. My best friends are folks that I met through my involvement in student organizations. You will make friends that will last a lifetime! Don't forget to sign up for a task for International Student Day, March We need people to help with the set up of the hall, fund-raising, exhibits, food preparation & serving, taking tickets, performances, and cleaning up! Get involved!

## Music Therapy

By Zaben Al-Joudi

Using music to establish a trusting relationship, the music therapist then works to improve the client's physical and mental functioning through carefully structured activities. Examples can include singing, listening, playing instruments, composition, moving to music, and music and imagery exercises which is called ( Music therapy ).

Music therapy is the prescribed use of music and musical interventions in order to restore, maintain, and improve emotional, physical, physiological, and spiritual health and well-being. here are some important things about music therapy for improving life:

~ Music therapy improves the quality of life for persons who are well and meets the needs of children and adults with disabilities or illnesses.

~ Music therapy is often used in cancer treatment to help reduce pain, anxiety, and nausea caused by chemotherapy.( There are no claims music therapy can cure cancer or other diseases, but medical experts do believe it can reduce some symptoms, aid healing, improve physical movement, and enrich a patient's quality of life ).

~ There is evidence that music therapy can reduce high blood pressure, rapid heart beat, depression, and sleeplessness.

~ The researchers found that listening to a few hours of music as a form of therapy for stroke victims can increase "verbal memory" by 60%. The ability to fix problems and "mental operations," increased 17%.

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## Movies Review (Yahoo Movies)

By Bader Alotaibi



**The Bank Job**, Jason Statham leads a bank heist crew targeting a room full of safety deposit boxes containing a treasure trove of dirty secrets.

**Genres:** Comedy, Drama, Thriller and Crime/Gangster

**Release Date:** March 7th, 2008 (wide)

**MPAA Rating:** R for sexual content, nudity, violence and language.

# UNCUT

## How to Study For a Test By Noha Alrayes

If you are a student, you must study hard and listen to your teacher, to become a good student. If you have a test, you must choose a comfortable place to learn and ask yourself how much time should I devote to study. If you organize your ideas, you do not need to study all day. I'm going to give you some suggestions and certain steps to be successful and to pass the exam. They are as follows:

- 1- You must start at least two weeks before the exam.
- 2- Do not think about anything that may make you nervous.
- 3- Most instructors give students handouts to help them. These handouts are useful, especially before exams. Study these handouts.
- 4- Do not try to put pressure on yourself. And try to take a rest between studying times.
- 5- Write all important information that you think will come in the exam.
- 6- Test yourself and answer orally.
- 7- Try to drink a cup of milk or orange juice and take a shower before bedtime and sleep early.

Finally, you have many ways to study for a test. However, if you follow this advice, probably you can pass the exam and you will have no regret.

## Tips For Increasing Reading Speed

1. Try to avoid focusing on every word.
2. Work on vocabulary improvement.
3. If you find yourself moving your lips when reading, force yourself to read faster by following (1).
4. Read more & more!
5. Determine your purpose before reading.
6. Spend a few minutes a day reading at a faster than comfortable rate

## How to prepare for an interview By Abdulaziz Alkassabi



Preparation is a key to a successful interview.

1. Prepare before you go.  
Find out all you can about the company before you go to the interview. Know who their costumers are.
2. Practice makes perfect.  
Practice Practice Practice, go to the COC for more practice.
3. Make a great impression.  
To make the best impression, dress appropriately; sell your strengths; arrive early, by about 10-15 minutes; be enthusiastic; shake hands firmly; sit up straight and maintain eye contact; ask questions.
4. Say "thank you".  
After the interview, follow up with a thank-you note.

## Respect By David Harris

If we can not respect another  
How can we expect them to respect us  
If we can not respect someone's beliefs  
How can we expect them to respect ours  
If we can not respect another's race  
How can we expect that race to respect us  
If we can not respect others  
How can we expect respect in return

-----  
Everyone expects respect  
No matter who they are  
The only way to gain it  
Is to start treating everyone  
As a friend, a brother, a sister  
As part of our extended family  
No matter what colour or creed they are  
Only then you will start to get  
The respect you so dearly crave



WINNER	LOSER
Always has a plan	Always has an excuse.
Always part of the Answer	Always Part of the Problem.
Says: "Let me do it for you"	Says: "That is not my job".
Sees an answer for any problem	Sees a problem for any Answer.
Sees a green near every sand trap.	Sees two Sand traps near every green.
Says: " It may be difficult but it's possible"	Says: " It may be possible but it's too difficult"



Smile ...

Teacher: "Everyone write your lover's name on a piece of paper."

Girls after 2 seconds: "Finished madam!!"

Boys after 10 Minutes: "Extra Sheet madam!!"

### SSA Upcoming Activities & Events

#### Ping Pong

Day: Tuesday

Date: 2/26/2008

Location: Havener Center



#### SSA Monthly Dinner

Day: Saturday

Date: 3/1/2008

Location: Rolla Center



#### Challenge Center

Day: Saturday

Date: 3/8/2008

Location: Adventure Center



### Quote of the Month

The direct use of force is such a poor solution to any problem, it is generally employed only by small children and large nations

David Friedman

### Words Search

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

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#### WORDS

CHEER      LINEBACKER      SPORTS  
FIELD      SKIN      TEAM      SUPER BOWL  
FOOTBALL      PUNT      GOAL  
QUARTERBACK      TOUCHDOWN

### Monthly Weather Report

In February, the weather is mix of rain snow. The first ten days of the month, the temperature reaches a lowest degree of 7<sup>0</sup> F with more clouds than sun. The next ten days, the temperature will be in the range of 50<sup>0</sup> and 5<sup>0</sup> F and windy from time to time. The rest of the month, the temperature will be more stable with chance of showers. Generally, this month will be mix rain, snow and windy in some days.

### Editorial Board Members

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