The former kingdom of Lo is linked by religion, culture and history to Tibet, but is politically part of Nepal. Until 1991, no outsiders were allowed to enter Mustang. The traditions of the people of Lo are closely related to early Buddhism.

Source: www.beforethey.com

Image by Jimmy Nelson. Before they pass away Project.
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Provost

Dr. Ricardo González
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Coordination & general text selection
Roberto Aldrett

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Campus Mundi
MY AIU MAGAZINE
Year 3, # 32
July 2016
www.aiu.edu
IN TOUCH
May 18, 2016. Atlantic International University is always looking for ways to enhance your learning experience. Since we all learn through different ways, we want to give you the tools to go forward with the ideal learning method for you.

In Student Resources you will find our Active Learning exams. Please watch the tutorial created by our Academic Coordinator, Dr. Edward Lambert: [www.aiu.edu/Resources/tutorials/Active-learning-exams.mp4](http://www.aiu.edu/Resources/tutorials/Active-learning-exams.mp4)

In phase 2, there are many options for doing an assignment and getting credits. Two common options are writing essays and creating original multiple choice questions. AIU has a new option with the Active Learning exams, in which you are given specific questions to answer on a course topic. You’ll find a link to the book used for the exam, to study and learn from. Even though the exams are open book exams, they are challenging.

Each exam will receive 3 credits towards graduation. There are many interesting subjects available. When you complete one exam, you can look through the list of exams to choose another one. The subject of each exam will appear on your transcript.

We look forward to receiving your assignment soon.

ICT Congress in Colombia

This annual meeting brings together the most representative actors of Colombia, responsible for the implementation of strengthening education projects based on incorporation, use and appropriation of ICT.

A space of 3 days for the analysis and presentation of the state of the art, trends of policies, and projects at the national level in what refers to the proposed themes.

The main theme of the Congress will be "Collaborative work in education". Take part in this academic event and engage in a new role management, teacher and student in the global environment of the new millennium.

Visit the website: [www.nuestrastic.com](http://www.nuestrastic.com)

New feature in Student Resources


This annual meeting brings together the most representative actors of Colombia, responsible for the implementation of strengthening education projects based on incorporation, use and appropriation of ICT.

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Visit the website: [www.nuestrastic.com](http://www.nuestrastic.com)

Graduated with Honors

JUNE, 2016. These four graduate students completed the majority of the requirements to obtain honors which included a 4.0 GPA, published works, recommendation from their advisor, patent a product, etc. Congratulations to all of them!

- **Daniela Assimiti**
  Master of Nutrition Science, Nutrition Counseling [CUM LAUDE](#)

- **Ruchir Gaur**
  Doctor of Science, Civil Engineering [CUM LAUDE](#)

- **Kolapo Babatunde Adeogun**
  Doctor of Mech. Engineering, Automobile Engineering [CUM LAUDE](#)

- **Dganit Zicin Gensher**
  Doctor of Philosophy, Organizational Psychology [CUM LAUDE](#)
Call For Papers
This Conference will be held 10-11 July 2017 at the Imperial College, in London, UK.

We invite proposals for paper presentations, workshops/interactive sessions, posters/exhibits, virtual lightning talks, virtual posters, or colloquia addressing one of the following themes:
• Theme 1: Sporting cultures and identities
• Theme 2: Sport and health
• Theme 3: Sports and education
• Theme 4: Sports management and commercialization
• 2017 Special Focus: Out of bounds: gender, identity, and participation in sport.

We welcome the submission of proposals at any time of the year. All proposals will be reviewed within two to four weeks of submission. The dates below serve as a guideline for proposal submission based on our corresponding registration deadlines.
• Current proposal submission deadline: 10 July 2016

Visit the website: sportandsociety.com

Call For Papers
This Conference will be held 14-16 June 2017 at Pantheon-Sorbonne University, in Paris, France. We invite proposals for paper presentations, workshops/interactive sessions, posters/exhibits, virtual lightning talks, virtual posters, or colloquia addressing one of the following themes:
• Theme 1: Arts education
• Theme 2: Arts theory and history
• Theme 3: New media, technology, and the arts
• Theme 4: Social, political, and community agendas in the arts
• 2017 Special Focus: Gestures that matter.

We welcome the submission of proposals at any time of the year. All proposals will be reviewed within two to four weeks of submission. The dates below serve as a guideline for proposal submission based on our corresponding registration deadlines.
• Current proposal submission deadline: 14 June 2016

Visit the website: artsinsociety.com


This book provides a valuable and vast pool of resources to policy makers, government officials, academicians, entrepreneurs, corporate executives, beginners and professionals in the business world.

You can find it here: https://www.morebooks.de/store/gb/book/looking-beyond-corporate-management/978-3-659-88967-7

Dennis has completed a Doctorate program in Business Administration, and is a state lecturer in Cameroon.

FIND MORE NEWS FROM AIU FAMILY
News Archive: aiu.edu/aiu2016/DownloadCenter.html
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the supervisors of the University for the continuous assistance they provided to me while studying at AIU.

I would also like to express my sincere thanks to the university board for the financial support and care that was accorded to me throughout this success. Without this support, it would have been difficult for me to achieve this Doctorate Degree in Civil Engineering.

I would also like to express my gratitude to my advisor Dr. Jack Rosenzweig for the continuous support of my previous research papers which eventually helped me in gaining this qualification. I sincerely admire his patience and in depth knowledge of the subjects.

In addition to this, I would also like to thank my academic tutor, Mr. Arturo Vejar, who also continuously supported and advised me where I needed.

I would also like to sincerely thank Catherine Gutarra, who has always been beside me whenever I needed any help.

I can confidently say that the staff at this University goes the extra mile to help their students in achieving their goals. The University also grants scholarships to the students who cannot afford to pay big amounts. Their method of accepting the payment is also very flexible.

The extra knowledge I have gained from the university will help me to overcome challenges which I was facing before starting the study.

I am applying the knowledge I have gained to solve any task at my workplace with more confidence. I am sharing my knowledge to help my colleagues and friends.

While concluding my letter, I will emphasise the importance of the qualification/s which one needs in order to get a good job and success. The staff at AIU is very helpful in assisting the students who want to gain a good qualification. I salute all the staff that has helped me, and surely, would be helping many other students.
The Monroe doctrine: corollaries for Latin America

As part of US foreign relations, Latin America (LA) has held various stages ranging from a position of prima donna to the supporting actor or extra in the US Foreign Policy Agenda. LA location on the foreign agenda is directly related to the dynamics of the US interests; interests that are formulated and set in an idealistic halo, resumed in establishing democracy and strengthening the rule of law, tacitly immersed human rights, freedom of speech, among others. This international exercise of the United States of America (USA) has been articulated and strengthened with two specific doctrines, which over time have been subtilized, however basically build under the concept of Raison d’État (Borja C., 1998).

These doctrines of the US foreign policy are: (i) the Monroe Doctrine; and, (ii) the doctrine of Manifest Destiny.

The first: the Monroe Doctrine, is an exercise in determining geopolitical spaces in which to exercise control of economic, political, military and police nature; and the second: the doctrine of Manifest Destiny, allows to extend its territorial space under the principle of leben- sraum (Kasperson & Mingh, 2011, p.42), and as a result of this, geopolitically fixing the living space and therefore its security perimeter.

The Monroe doctrine formulated by President John Quincy Adams—and attributed to his Secretary of State, James Monroe in 1823—, that can be summarized in the phrase “America for the Americans”, was formulated in response to specific geopolitical realities covering the first six decades of the nineteenth century, in order to achieve two objectives: a) to keep outside the political and economic reality of America to the Powers of the Old World; and, b) consolidate its presence as a dominant player in the New World.

"Fear is the path to the dark side. Fear leads to anger. Anger leads to hate. Hate leads to suffering".

—Master Yoda, from Star Wars.
The implementation of this doctrine for the first time — that I call corollary Quincy Adams —, using the nominate logic interpretation based on the name of the Head of State exhorts the right of the US to intervene when any European state obtrusive in American affairs, it being understood that the mere interference would be considered an act of aggression.

The exercise of this foreign policy allowed the US to clearly define a space to influence and interference in the Central and South American territories and the Caribbean. Foreign policy that can demonstrate the role that the US had to disband the political interest of the Congress of Panama Amphictyonic held in June 22, 1826 (Clare, 1965, p.49); disarticulation which was, no doubt, with support and complacency of local actors (Narvaez Ricaurte, 2015) which showed discrepancies regarding the objective of the “Liberator”, Latin America dividing into separate discrete units (Narváez Rivadeneira, 2007, p.510) together and annexed the international context, especially the US — which over time has been deepening for economic, commercial, political, military, immigration, etc.

For 1899 within a process of consolidation of the US in the region, it develop a second interpretation of the Monroe Doctrine, or corollary Rutherford Hayes, who makes the understanding that the Caribbean and Central America were part of the exclusive sphere of the US influence, synthesized in the assertion by which to avoid interference extra continental imperialisms in America, the United States should exercise exclusive control over any canal to be built.

This political definition legitimized the military actions that throughout Central America and the Caribbean were being going on since 1899, as the “Yankees” landing of troops in the Bluefields port, following the insurrection of General Juan R. Reyes against General Jose S. Zelaya in Nicaragua. The discussion on the proposal of the “Panama Canal Company” — the company promised to build the channel within 7 to 10 years and give the superintendence of the Canal to the United States —; the implications of the Treaty of Paris (April 12th, 1899) between Spain and the United States, with the subsequent demand for US (May, 17th, 1899) that the Cuban soldiers surrender their weapons in exchange for the distribution of three million dollars through his interlocutor on the island. General Maximo Gomez and — widespread and systemized internal reaction by the newspaper “La Independencia” — seek to save the Cuban soldier of dishonor and humiliation of this transaction. (Selser, 2001, p.20-112)

Also we can’t forget the result of the fine work of occupation that made the US in Puerto Rico (July 1st, 1899), which is consolidated with the manifesto by which the definitive and sincere annexation of that territory is advocated in order to pass to be partly as a State of the Federal Union; among other facts recorded in Venezuela, Dominican Republic, Guatemala, Costa Rica, Panama, etc. (Selser, 2001) influence and interference articulated under the corollary Rutherford Hayes, corollary that finds its turning point at the end of 1904.

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1 It was a diplomatic conclave held in 1826 in Panama City, sponsored by Simón Bolivar the “Liberador” in order to establish a confederacy structure for the states of Central and South America.
On December 6th, 1904, under the State of the Union having as a background the German naval blockade actions in Venezuela (1902-1903), President Theodore Roosevelt made the third interpretation of the Monroe doctrine (Roosevelt Corollary), by which it is judgment that if an American country threatened or endangered the rights or property of citizens or US companies, the US government was forced to intervene in the affairs of that country to reorder, restoring rights and property of its citizens and its companies.

As seen, this new interpretation places the geopolitical spectrum in a more concrete platform of interests: economic and trade, without this, the political aspects has lost prominence in the process of influence and interference. The articulation of this new interpretation can be noticed in the relationship with Mexico after the invasion of US guards at the headquarters of the Mexican Liberal Party (PLM, in Spanish) in Arizona, Texas and the entry of US troops and the slaughter of the workers of the Cananea copper mines.

The implementation of the “big stick policy” of President Roosevelt allowed the regular collection of bonds of so-called “banana republics” (Cestero, 1931, P.180-181). American influences to alienate French Haiti with the establishment of the National Railway Company in Haiti capital, and the implementation of the Platt Amendment in Cuba and later in Guatemala and El Salvador. Also must be having in mind the intervention of the US Navy in the armed conflict in 1907 between Honduras and Nicaragua.

With regard to Latin America, the speech on November 20th, 1906 by the Secretary of State Elihu Root, before the Commercial Trans-Mississippi Congress in Kansas City, Missouri, is instructive in relation to the joint corollary Roosevelt, with regard to Latin America:

"Anything less than three centuries of colonial and national life have brought to the people inhabiting the United States, by a process of evolution, natural and inevitable of existing forces, a point net and radical change in its economic relations with the rest of humanity (...) Coinciding with this change in the United States, the progress of political development has been taking the neighboring continent of South America stadium militarism, to move to the stage of industrialism (...) the people —south American— notes with satisfaction and pride to the stability of their governments and the certainty of justice; almost everywhere people crave foreign capital to develop its natural resources and foreign immigration occupy its vacant land —at that— (...) occurs immediately before us, at exactly the right moment, just when we are ready to thus, great opportunities for commercial and industrial peaceful expansion to the south (...) the material resources of south America are, with regard to some important, complementary to our aspects, the continent is more weak where north America is stronger (...) the South American is polite, refined, cultivated, lover of literature and expression and graces and charms of life, while north America is worked hard, intense, utilitarian. Where we accumulate, they spend (...) While we are less endowed with the optimistic philosophy (...) they have less of the inventive faculty continually strives to increase the productive power (...) The declared by Monroe principle is today an expression so sensible of a politician (...) judgment and his character remains effective rule of conduct ..." (Selser, 2001, P.140-145)

2 The aim of this military maneuver was charged, by force, the debt incurred by the government of Venezuela in the last decades of the nineteenth century. Naval action was dissuaded after submitting the issue to arbitration under pressure of President Roosevelt.

To be continued

Publications by Students: aiu.edu/StudentPublication.html
Honors for a lecturer
Interview with Kolapo Babatunde Adeogun, AIU graduate

Can you tell us what you do for a living?
Who is Kolapo Adeogun?
I am from Nigeria and I am the principal lecturer in Federal College of Education (Technical) with affiliation to the Federal University of Technology, Minna, Niger State. I was the past head of the Automobile Engineering department.

Why have you chosen to study at AIU?
I decided to study in Atlantic International University, so as to have additional knowledge, wisdom and understanding in the area of my specialization, Mechanical and Automobile Engineering, which I have acquired, and I believe I will be able to pronounce those to the world at large.

In your opinion, what is the most critical situation your country faces at the moment?
The most critical situation my country – Nigeria – is facing is the problem of corruption, and the government is trying its best to curb the situation. It is hard, but I think we can advance in this topic.

You have become an expert in the automobile industry in your country. What is your vision of that?
The Automobile industry is growing especially in the area of mechatronic automobile and the transportation technology. These areas are also blending with the automobile industry because one is always a corresponding to the other, we can not separate them.

You have been honored with Cum Laude for your recently completed PhD program. What does this mean for you?
Cum Laude simply means “with distinction”. The doctorate degree program I finished with distinction, I believe is one of its kind in Nigeria based on the candidate academic performance. I am very excited about it, because even if it is not the first in Nigeria, it would be among the firsts. I am very happy and I will never forget AIU.

Could you send a message, some advice for the new students?
My advice to new students is that they should study very much to achieve this kind of honor. Because everything is about dedication, and you have to focus on your studies.
In the Universal Declaration of Human Rights, December 1948, the second article says: Everyone has all the rights and freedoms set forth in this Declaration, without distinction of race, color, sex, language, religion, political or other opinion, national or social origin, property, birth or another condition.

By reading and analyzing of the previous article we can make us as proposed single equality of all human beings; equality for just the human condition.

Equality as a human condition should give us as thought the opportunity for any human being to the right to education, work, health, housing, recreation, the expression of their political, religious views and finally choose the lifestyle that considers the respect of those rights to others.

When we talk about rights and freedoms for all human beings we are referring to the way the human species should be organized for coexistence, we are talking about politics. Politics, the way of doing things for a particular purpose to obtain an intended goal.

Politics has become the policy, a science in order to show the different purposes that may have human being meetings that aim to achieve what they consider right for your group without harming others. Policy can be from a group, the policy may be of State, and it also can be Policy of International Organizations. Policy always exists implicitly or explicitly where a group of human beings is working to achieve a goal.

The purpose of Article 2 of
the Universal Declaration of Human Rights is the policy for the coexistence of all human beings, therefore is a multidimensional policy.

The multidimensional policy must understand the technicality and scientism always referred to global, to the planetarium, the meaning of life and human purpose.

According to Morin in Homeland-Earth: we know that man inhabits the poetic Earth and prosaically where poetry is not a variety of literature: it is also the way of life in participation, love, fervor, communion, exaltation, rite, partying, drunkenness, dancing and singing that transform the prosaic life. Morin (2005).

Since we can live with opportunities for all, this indicates that the path of society in which we live must be: we adapt to the present and the present adapt to us; it means an effort to understand so that it does not become denial of what is proposed. A life with opportunities for all in every aspect of what human life is.

We must not modernize if the term means strength, we must politicize modernity in the sense of adapting the teaching of coexistence global problems; we must learn to live in the complementarity of different times. Every human group has its time and we should not and cannot accelerate all to Western time. Today’s society is sick of speed; we have to find and organize to human time.

We see how we are living: no matter where on Earth you live, electronic commerce requires work schedules that the body rejects, and there arise schedule changes in different industrialized countries regardless of the rejection of the body human operation to which it is subjected. We have created the industrialized world in which we live and what we have done for the development of technology and science where we have already forgotten our development and welfare as human beings.

We are living so alienated by the progress that it seems the world will be for the development of the machines where we will be another machine.

Therefore from industrialized countries it is intended that the historical development that they had, have to be the same for the other countries, asking them to work and organize their societies in the same way, forgetting cultural differences. We can integrate technology and science accepting cultural differences without trying to make this world a world of equals.

We must teach the young to join the knowledge society, the information society, but always with the thought put into the differences from culture to culture, for integration of a different world to its historical development. We must always think that every human group has its time, has its process, has its way of interpreting the new and make it theirs.

Also we must always have the thought that if a culture is different, it does not mean it is less or more than us, they are just different.

It is something that costs us much to accept: cultural differences, being different from the one whom we consider the other. The other can be white, can be dark-skinned differently than our skin, hair different than ours, religion different to ours, different from our own sex, may be young, may be old, can be rich, may be poor but they are human beings like me, everyone has a culture and it is not my top and is not mine bottom: we are all human beings and as human group have had different processes of development and we can’t think that one it is better than the other. All that happens is that we had different processes for all that is the history of every human group.

We need to integrate knowledge, what we are as human beings with our similarities and differences.

Under the Olympic flag

Ten refugees will compete at the 2016 Olympics in Rio.

Since the modern Olympics began in 1896, over 200 national teams have vied for glory at the Summer and Winter Games. Now, for the first time, a team of refugees will compete as well.

The International Olympic Committee announced the selection of 10 refugees who will compete this August in Rio de Janeiro, forming the first-ever Refugee Olympic Athletes team:

- **Rami Anis**, 25, Syria, 100-metre butterfly.
- **Yolande Mabika**, 28, Democratic Republic of the Congo, middleweight.
- **Paulo Amotun Lokoro**, 24, South Sudan, 1,500 metres
- **Yusra Mardini**, 18, Syria, 200-metre freestyle
- **Yiech Pur Biel**, 21, South Sudan, 800 metres
- **Rose Nathike Lokonyen**, 23, South Sudan, 800 metres
- **Popole Misenga**, 24, Democratic Republic of the Congo, middleweight
- **Yonas Kinde**, 36, Ethiopia, marathon
- **Anjelina Nadai Lohalith**, 21, South Sudan, 1,500 metres
- **James Nyang Chiengjiek**, 28, South Sudan, 800 metres.


Elegy for a dead world

A side-scrolling exploration game where the player writes a diary visible to other players.

Here, the player explores three worlds inspired by British romantic poets Shelley, Byron, and Keats. While exploring, players make notes on their observations. The notes are publicly visible via Steam Workshop. The collective note taking mechanic earned it an honorable mention for the Nuovo Award in the 2014 Independent Games Festival.

Developer Ziba Scott credits the theme of the game with his love for British romantic poetry. Shelley’s world, for example, was inspired by Percy Bysshe Shelley’s famous poem, “Ozymandias.” Developer Ichiro Lambe is exploring the intimacy created through collaborative writing.

Find it here: [store.steampowered.com/app/252290/](http://store.steampowered.com/app/252290/)

Find Open Courses and a world of learning granted by AIU at courses.aiu.edu. Help others study and change their lives. Visit MyAIU Pledge.
It’s tempting to believe that by this time, we’ve thoroughly explored even the most remote place on the planet. But according to a recent estimate, Earth could be home to ONE TRILLION species. A significant number of them could be going about their business in the Mariana Trench, which plummets to 36,037 feet (10,984 meters) below sea level at maximum depth, which is deeper than the cruising altitude of most commercial airplanes.

This spring, a team of researchers from the National Oceanic and Atmospheric Administration (NOAA) launched a 3-month investigation into what’s living down in the deepest hole on the planet.

Using the Okeanos Explorer, a repurposed Navy surveillance vessel, NOAA is sending down three different exploratory vessels — the first launched in April, and the last will go down in July 2016.

Past expeditions have revealed some really amazing creatures, so there’s sure to be some really interesting discoveries coming up. In the live video feed of the first leg of the expedition, some giddy researchers enthusiastically chatted their way through the discovery of new species each day: deep-sea corals, sea cucumbers, anemones, sponges, squid, glowing jellyfish, and some fish that swim upside down for some unknown reason.

Read full text and watch video: now.howstuffworks.com/2016/05/18/new-noaa-expedition-mariana-trench-cool-discoveries

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**Forward or backwards in time**

**Is dark energy the reason time moves forward?**

Physicists have been trying to explain dark energy — the mysterious repulsive force that pushes everything in the universe apart. And even though it makes up nearly 70 percent of all energy in the universe, it has never been directly detected.

According to a recent paper published in the journal *Physical Review E*, a team of researchers have postulated that in some cases, dark energy might cause time to propagate forward.

When physicists were first peering into the depths of the cosmos, they expected to find that the universe was slowing down because of the collective gravity from all matter after the big bang. However, they discovered that everything is speeding up.

To test whether dark energy and the second law of Thermodynamics might be related, physicists A. E. Allahverdy-an from the Yerevan Physics Institute and V. G. Gurzadyan from Yerevan State University, both located in Armenia, looked at a simple case of a planet orbiting a star with a changing mass.

They found that if dark energy either doesn’t exist or attracts space together, the planet orbits the star without us being able to tell whether it is moving forward or backward in time — the only difference is the direction of its orbit.

Read full note: thescienceexplorer.com/universe/connection-between-dark-energy-and-time-was-discovered-physicists
Puppet designer Barnaby Dixon spent the last year and a half developing this amazing little hand puppet that includes mechanisms traditionally found on a marionette. When operated using two hands the figure seems almost lifelike and is capable of pointing, grasping small objects, and even talking. In a couple of videos, Dixon experiments with the puppet’s various dance moves. You really have to watch this little guy.

Puppet dances with pianist:
www.youtube.com/watch?v=0RJeDYOphvg
Puppet dance improv 1:
www.youtube.com/watch?v=7wQigKG6s4w
Puppet dance improv 2:
www.youtube.com/watch?v=QT3GE4MoKPA

Source: www.thisiscolossal.com/2016/05/ingenious-hand-puppet-capable-of-pointing-grabbing-and-talking/

Find support for your own unique art and design projects, or support other creative projects at MyAIU Research

Those who disdain doing the laundry can soon get help from smart device FoldiMate.

Users simply clip individual pieces of apparel to the machine before it “eats” up the clothes for folding, steaming to remove wrinkles and treatment that includes perfuming, softening and sanitizing.

Pre-orders for the machine begin in 2017, with its starting price targeted between US$700 and US$850.

Visit foldimate.com

Brilliant machine that folds, irons and softens your laundry.
Train the brain, not the body

...if you really want to lose weight.

There are five levels of stress and five tools to reduce them. Take a few breaths and identify your stress level (SL). Then use these tools to reduce it.

1. **Compassion Tool** (SL1: Very Low). Say to yourself, “Feel compassion for myself,” then wait for a wave of compassion to flow through your body. Next say, “Feel compassion for others,” and feel a slight wave of warmth. Last, say, “Feel compassion for all living beings.”

2. **Feelings Tool** (SL2: Low). Ask yourself, “How do I feel?” Often, three feelings bubble up, but wait long enough so that one feeling is the strongest. That’s the one! Next ask yourself, “What do I need?” and, finally, “Do I need support?”

3. **Flow Tool** (SL3: A Little). Say the words: “I feel angry that...” and watch what words arrive in your mind. State the sentence again, for seven more feelings: sad, afraid, guilty, grateful, happy, secure and proud. When we feel our negative feelings, they fade.

4. **Cycle Tool** (SL4: High). Start by stating what is bothering you, then protest that stress by saying “I feel angry that...” and each time watch what words arrive in your mind. This can unlock the circuit so that you can change at a deeper level. Pause and take a few deep breaths, then say the words: “I feel sad that... I feel afraid that... I feel guilty that...” and watch what words arrive in your mind to complete each sentence.

Next support yourself, and say, “OF COURSE I could do that (such as overeat) because my unreasonable expectation is...” and again wait for words to bubble up from your unconscious mind, such as: “I get my safety from overeating.” That’s just an old glitch of a memory that needs updating. Say the opposite expectation (such as “I cannot get my safety from food... I can get my safety from connecting to myself”).

5. **Damage Control Tool** (SL5: Very High). When we’re that stressed, we need to be held and comforted. Sometimes just rocking in your chair or breathing deeply helps. Also, you can say calming words repeatedly: “Do not judge. Minimize harm. Know it will pass. After all, it’s just stress and it will fade.”

We are expected to just “get over” psychological wounds —when as anyone who’s ever ruminated over rejection or agonized over a failure knows only too well, emotional injuries can be just as crippling as physical ones. We need to learn how to practice emotional first aid. Here are 7 ways to do so:

1. Pay attention to emotional pain —recognize it when it happens and work to treat it before it feels all-encompassing.

2. Redirect your gut reaction when you fail.

3. Monitor and protect your self-esteem. When you feel like putting yourself down, take a moment to be compassionate to yourself.

4. When negative thoughts are taking over, disrupt them with positive distraction.

5. Find meaning in loss. It might look hard, but try.

6. Don’t ever let excessive guilt linger.

7. Learn what treatments for emotional wounds really work for your own needs.


Read full text: ideas.ted.com/7-ways-to-practice-emotional-first-aid/

See Guy Winch’s TED Talk, Why we all need to practice emotional first aid: www.ted.com/talks/guy_winch_the_case_for_emotional_hygiene
Norwegian wood

Norway becomes first country in the world to commit to zero deforestation.

The Norwegian parliament pledged the government’s public procurement policy will become deforestation-free after a committee of MPs recommended imposing regulations to ensure the state did “not contribute to deforestation of the rainforest”.

Norway funds forest conservation projects worldwide and also supports human rights programmes for forest communities.

Nils Hermann Ranum, the head of Policy and Campaign at Rainforest Foundation Norway, said in a statement: “This is an important victory in the fight to protect the rainforest. Over the last few years, a number of companies have committed to cease the procurement of goods that can be linked to destruction of the rainforest.

“Until now, this has not been matched by similar commitments from governments. Thus, it is highly positive that the Norwegian state is now following suit and making the same demands when it comes to public procurements”.

The Rainforest Foundation Norway has campaigned for years to secure a zero deforestation commitment from the Norwegian government.

Read full note: www.independent.co.uk/news/world/europe/norway-becomes-first-country-in-the-world-to-commit-to-zero-deforestation-a7064056.html

Eco-friendly coolers

Bangladeshi inventors are making them from plastic bottles.

When inventor Ashis Paul came up with an innovative way to draw cool air into homes using plastic bottles, his whole company got on board to help teach people living in rural Bangladesh to do the same. Since February this year, they’ve helped people to install these units—which don’t need electricity to function—in more than 25,000 households in developing areas of the country.

In rural Bangladesh, most people build their homes out of tin. But the problem with these tin huts is that they get unbearably hot in the summer.

Ashis Paul started thinking about ways to bring relief to these people. He had this idea of making an air-conditioner out of plastic bottles—the simplicity of the Eco-Cooler is incredible.


Eco Tip: Reduce Purchases. In general, think before you buy any product—do I really need this? Change your life, get sustainable, visit MyAIU Knowledge
While the Red Deer (Cervus elaphus) continues to thrive across the planet, its relative, the Hangul (Cervus elaphus hanglu), also known as the Kashmir deer, isn’t nearly as lucky. According to RelivEarth, it went from thriving in the high altitudes of India and Pakistan to being “the most endangered species of India”. The stag’s numbers dropped from 5,000 before the 1950s to only 220 members in a 2011 population survey.

Indian authorities are trying to save the endangered stag. Earlier this year, The Tribune India reported how the Park’s wildlife officials have banned private vehicles, with the exception of government ones, from entering the Park in an effort to protect the Hangul. While wildlife officials are taking steps in the right direction to protect the Hangul from outside disturbances, many are reluctant to tackle what is inside of the Park: a sheep breeding farm.

Take Action! If you agree that a sheep breeding farm doesn’t belong inside of a National Park, then sign and share a petition urging Indian authorities to move the sheep breeding farm out of Dachigam national Park and to offer the endangered Hangul more protection before it’s too late.

Read full note and SIGN: www.care2.com/causes/this-shy-endangered-deer-in-india-could-go-extinct-very-soon.html#ixzz4CELrPN7v

Mom invents harness for children with disabilities.

Debby, decided to take matters into her own hands when it came to son Rotem, who has cerebral palsy.

When he was a small child, he came up with a harness device that allowed him to “walk.” It wasn’t an easy path from concept to mass market; it took nearly two decades.

Finally launched last April by the Ireland-based company Leckey, Upsee is available for purchase online at Fireflyfriends.com.

To date, more than 5,000 of these harness devices have been sold worldwide, and more are selling every day as word spreads of their availability.

Read interview with Debby Elnatan here: www.notimpossiblenow.com/lives/moms-love-for-her-son-leads-to-harness-for-children-with-disabilities

Get a better knowledge about our rights and the way we can use them on a daily basis to prevent any abuse or limitations of them. Visit MyAIU Human Rights.
Knowledge and expertise
by Anthony Tumbolo for Entrepreneur

One of the three things you need, beside money, to start a successful business. (part 1/3)

Over the past four years I've met hundreds of entrepreneurs and worked closely with a number of them. I've helped in all aspects of starting a business, from the initial legal setup, to defining the product and business model, to actually designing, building and iterating on the product. I've seen a ton of different approaches to building a business. There's no one "right" way to do it.

However, what I have realized is that those who succeed have three things in place. When one of the three is missing, success becomes a lot more difficult.

Those three things are: knowledge and expertise; strategy; and execution.

Knowledge and expertise
The most successful entrepreneurs have an advantage of an acute knowledge in whatever industry they are targeting. They have become experts by spending time learning about the problem they are trying to solve and the target market. Thus they are naturally in a better position to start a company.

For example, Jopwell (a company I worked with) connects Black, Hispanic/Latino and Native American professionals and students to amazing companies. Jopwell has two black founders that have personally experienced the recruitment challenges with top tier companies. Since founding the company a couple years ago they have partnered with the top companies from Finance, Technology, and Media amongst other industries, gone through the prestigious Y Combinator and recently raised $3.25MM from great investors like Andreessen Horowitz.

There are many factors that have contributed to their success, but I am confident that they were in a much better position to found the company than someone like me. The two founders collectively spent seven summers interning in high school and college, assisted with diversity recruitment efforts and listened to what the pain points were for recruiters. This isn't to say that every black person would be able to build a diversity recruitment platform. Rather, the point is that their experiences and research gave them the knowledge and expertise to solve this problem better than others.

This same principle applies to other industries as well. For example, if you are trying to start a commercial real estate startup, you'll have a huge advantage if you've worked in commercial real estate or have someone on your team who has.

After reading this section you may think this is common sense. But don't overlook it. When you have an idea make sure you have a knowledge advantage over others. (To be continued)
“Audiences like their blues singers to be miserable.”

—Janis Joplin. American singer considered the premier female blues vocalist of the sixties.

**Smells Like Teen Spirit**

Kurt Cobain —leader of grunge band Nirvana— hand-wrote the following to-do list mid-1991, as Nirvana prepared to film the now iconic music video for Smells Like Teen Spirit. The video was eventually filmed on a sound stage and directed by Samuel Bayer.

**Needed**

1. Mercedes benz and a few old cars
2. Access to a abandoned mall, main floor and one Jewelry shop.
3. Lots of fake Jewelry
4. School Auditorium (Gym)
5. A cast of hundreds. 1 custodian, students.
6. 6 black Cheerleader outfits with Anarchy A’s on chest

**Greenhouse.** Create your own indoor sanctuary where you can protect and cherish the beauty of nature. By Worapong Manipatpong and Ada Chirakranont. www.momastore.org

**Impossible I-1 analog instant camera.** It gives instant photographers new levels of manual control through the companion I-1 App, which allows control of aperture and shutter speed, and lets you try out creative techniques like light painting and double exposure. www.momastore.org

**Egloo.** A candle-powered way for warming domestic rooms that provides a cheaper and more ecological energy, taking advantage of features of terracotta that stores the heat and slowly and gradually releases it by radiation, even after it blows out. eglooinfo.it
The Bachelor of Petroleum Engineering (BS) program objective is to help students further widen their knowledge as it applies to the exploration and development of mineral resources and upon the economics of the business of Petroleum. The Bachelor of Petroleum Engineering (BS) program is offered online via distance learning. After evaluating both academic record and life experience, AIU staff working in conjunction with Faculty and Academic Advisors will assist students in setting up a custom-made program, designed on an individual basis. This flexibility to meet student needs is seldom found in other distance learning programs. Our online program does not require all students to take the same subjects/courses, use the same books, or learning materials. Instead, the online Bachelor of Petroleum Engineering (BS) curriculum is designed individually by the student and academic advisor. It specifically addresses strengths and weaknesses with respect to market opportunities in the student’s major and intended field of work. Understanding that industry and geographic factors should influence the content of the curriculum instead of a standardized one-fits-all design is the hallmark of AIU’s unique approach to adult education. This philosophy addresses the dynamic and constantly changing environment of working professionals by helping adult students in reaching their professional and personal goals within the scope of the degree program.

IMPORTANT: Below is an example of the topics or areas you may develop and work on during your studies. By no means is it a complete or required list as AIU programs do not follow a standardized curriculum. It is meant solely as a reference point and example. Want to learn more about the curriculum design at AIU? Go ahead and visit our website, especially the Course and Curriculum section: aiu.edu/CourseCurriculum.html

Core Courses and Topics
- Drilling In Deep Water
- Completion and Production Management In Deepwater
- Drilling Fluids
- Hydraulics and Well Control
- Economic Engineering
- Production Engineering of Natural Gas
- Collection Networks
- Marketing of Oil and Natural Gas
- Petroleum Business
- Oil Industry
- Oil titans around the world
- Hydrocarbon Exploration
- exploration Geophysics
- Petroleum, Oil and Investments
- Seismology Applied To Oil Exploration
- Sources of Low Permeability Gas
- Gas and Condensate Reservoir
- Hydraulic fracturing
- Secondary Recovery and Enhanced In NFR
- Static and Dynamic Characterization of NFR
- Geology NFR
- Numerical Simulation of NFR
- Water and Geothermal energy
- Hydrogeology
- Electrical prospecting
- Geothermal exploration
- Geothermal Reservoir Engineering

Orientation Courses
- Communication & Investigation (Comprehensive Resume)
- Organization Theory (Portfolio)
- Experiential Learning (Autobiography)
- Academic Evaluation (Questionnaire)
- Fundamental of Knowledge (Integration Chart)
- Fundamental Principles I (Philosophy of Education)
- Professional Evaluation (Self Evaluation Matrix)
- Development of Graduate Study (Guarantee of an Academic Degree)

Research Project
- Bachelor Thesis Project
- MBM300 Thesis Proposal
- MBM302 Bachelor Thesis (5,000 words)

Publication. Each Bachelor of Petroleum Engineering graduate is encouraged to publish their research papers either online in the public domain or through professional journals and periodicals worldwide.

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ABOUT US
Atlantic International University offers distance learning degree programs for adult learners at bachelor’s, masters, and doctoral level. With self-paced program taken online, AIU lifts the obstacles that keep professional adults from completing their educational goals. Programs are available throughout a wide range of majors and areas of study. All of this with a philosophically holistic approach towards education fitting within the balance of your life and acknowledging the key role each individual can play in their community, country, and the world.

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tional Schools, Colleges and Universities (ASC). ASC is an internationally
renowned quality standard for colleges and universities. Visit ASC’s Directory of Accredited
Colleges and Universities. ASC is a member of CHEA International Quality Group (CIQG) in
the USA, an approved accreditation body by the Ministerial Department of the Home Office in the UK,
and is listed in the International Directory of the Council for Higher Education Accreditation (CHEA).

AIU meets all state and federal laws as a degree-granting institution in the United States and the State of
Hawaii. The University was legally established by corporate charter in 1998 and is in good standing.

While National Accreditation is common for tra-
ditional U.S. institutions of higher learning utilizing
standard teaching methods, every country
has its own standards and accrediting organiza-
tions. Accreditation is a voluntary process and
does not guarantee a worthy education. Rather, it
means an institution has submitted its courses,
programs, budget, and educational objectives
for review. AIU’s Distance Learning Programs are
unique, non-traditional and not accredited by the U.S. Department of Education. This may be a
determining factor for those individuals
interested in pursuing certain disciplines requiring
state licensing such as law, teaching, or
medicine. It is recommended that you consider
the importance of National Accreditation for
your specific field or profession.

Although Atlantic International University’s
individualized Distance Learning Degree Pro-
grams, are distinct from traditional educational
institutions, we are convinced of their value and
acceptance worldwide. Non-traditional programs
are important because they recognize knowledge
earned outside the classroom and incorporate a
broader, more comprehensive view of the learn-
ing experience. Many great institutions are unac-
credited. We invite you to compare our programs
and philosophy with traditional classroom-based
programs to determine which is best suited to
your needs and budget.

AIU has chosen private accreditation
through the Accrediting Commission Inter-
national (ACI), obtained in 1999. ACI is not
regulated or approved by the US
Department of Education. ATLANTIC
INTERNATIONAL UNIVERSITY IS NOT
ACCRREDITED BY AN ACCREDITING
AGENCY RECOGNIZED BY THE UNITED
STATES SECRETARY OF EDUCATION. Note:
In the U.S., many licensing authorities require
accredited degrees as the basis for eligibility for
licensing. In some cases, accredited colleges
may not accept for transfer courses and degrees
completed at unaccredited colleges, and some
employers may require an accredited degree as
a basis for eligibility for employment.

AIU is incorporated in the state of Hawaii. As a University based in the U.S., AIU meets
all state and federal laws of the United States. There is no distinction between the programs
offered through AIU and those of traditional campus-based programs with regards to the
following: your degree, transcript and other
graduation documents from AIU follow the
same standard used by all U.S. colleges and
universities. AIU graduation documents can
include an apostille and authentication from the
U.S. Department of State to facilitate their
use internationally. Authentication from the
U.S. Department of State is a process that will
ultimately bind a letter signed by the U.S. Secre-
tary of State (permanently with a metal ring) to
your graduation documents.

If a student outside the U.S. wishes to carry out a particular procedure within a country’s
Department of Education regarding their
degree earned at AIU, such procedures are to be
carried out independently by the student.
AIU respects the unique rules and regulations
of each country and does not intervene or
influence the respective authorities. We
recommend prospective students who
intend to carry out such procedures
outside the U.S. to verify in detail the
steps and requirements needed in
order to be fully informed.

The AIU Difference

It is acknowledged that the act of learning is
dendogenous, (from within), rather than exo-
genous. This fact is the underlying rationale for
“Distance Learning”, in all of the programs of-
ffered by AIU. The combination of the underly-
ing principles of student “self instruction”,
(with guidance), collaborative development of
curriculum unique to each student, and
flexibility of time and place of study, provides
the ideal learning environment to satisfy
individual needs. AIU is an institution of
experiential learning and nontraditional edu-
cation at a distance. There are no classrooms
and attendance is not required.

Mission & Vision

MISSION: To be a higher learning institu-
tion concerned about generating cultural
development alternatives likely to be
sustained in order to lead to a more ef-
cient administration of the world village
and its environment; exerting human and
community rights through diversity with
the ultimate goal of the satisfaction and
evolution of the world.

VISION: The empowerment of the indi-
vidual towards the convergence of the
world through a sustainable educational
design based on andragogy and omniology.

Organizational Structure

AIU: WHO WE ARE

FACULTY AND STAFF PAGE: www.aiu.edu/FacultyStaff.html
The School of Business and Economics allows aspiring and practicing professionals, managers, and entrepreneurs in the private and public sectors to complete a self-paced distance learning degree program of the highest academic standard.

The ultimate goal is to empower learners and help them take advantage of the enormous array of resources from the world environment in order to eliminate the current continuum of poverty and limitations.

Degree programs are designed for those students whose professional experience has been in business, marketing, administration, economics, finance, and management.


The School of Social and Human Studies is focused on the development of studies which instill a core commitment to building a society based on social and economic justice and enhancing opportunities for human well being.

The founding principles lie on the basic right of education as outlined in the Declaration of Human Rights. We instill in our students a sense of confidence and self-reliance in their ability to access the vast opportunities available through information channels, the world wide web, private, public, nonprofit, and nongovernmental organizations in an ever-expanding global community.

Degree programs are aimed towards those whose professional life has been related to social and human behavior, with the arts, or with cultural studies.

**Areas of Study:** Psychology, International Affairs, Sociology, Political Sciences, Architecture, Legal Studies, Public Administration, Literature and languages, Art History, Ministry, African Studies, Middle Eastern Studies, Asian Studies, European Studies, Islamic Studies, Religious Studies.
The School of Science and Engineering seeks to provide dynamic, integrated, and challenging degree programs designed for those whose experience is in industrial research, scientific production, engineering and the general sciences. Our system for research and education will keep us apace with the twenty-first century reach scientific advance in an environmentally and ecologically responsible manner to allow for the sustainability of the human population. We will foster among our students a demand for ethical behavior, an appreciation for diversity, an understanding of scientific investigation, knowledge of design innovation, a critical appreciation for the importance of technology and technological change for the advancement of humanity.


With access to a global catalog created and maintained collectively by more than 9,000 participating institutions, AIU students have secured excellent research tools for their study programs.

The AIU online library contains over 2 billion records and over 300 million bibliographic records that are increasing day by day. The sources spanning thousands of years and virtually all forms of human expression. There are files of all kinds, from antique inscribed stones to e-books, form wax engravings to MP3s, DVDs and websites. In addition to the archives, the library AIU Online offers electronic access to more than 149,000 e-books, dozens of databases and more than 13 million full-text articles with pictures included. Being able to access 60 databases and 2393 periodicals with more than 18 million items, guarantees the information required to perform the assigned research project. Users will find that many files are enriched with artistic creations on the covers, indexes, reviews, summaries and other information. The records usually have information attached from important libraries. The user can quickly assess the relevance of the information and decide if it is the right source.
AIU is striving to regain the significance of the concept of education, which is rooted into the Latin “educare”, meaning “to pull out”, breaking loose from the paradigm of most 21st century universities with their focus on “digging and placing information” into students’ heads rather than teaching them to think.

For AIU, the generation of “clones” that some traditional universities are spreading throughout the real world is one of the most salient reasons for today’s ills. In fact, students trained at those educational institutions never feel a desire to “change the world” or the current status quo; instead, they adjust to the environment, believe everything is fine, and are proud of it all.

IN A WORLD where knowledge and mostly information expire just like milk, we must reinvent university as a whole in which each student, as the key player, is UNIQUE within an intertwined environment.

This century’s university must generate new knowledge bits although this may entail its separation from both the administrative bureaucracy and the faculty that evolve there as well.

AIU thinks that a university should be increasingly integrated into the “real world”, society, the economy, and the holistic human being. As such, it should concentrate on its ultimate goal, which is the student, and get him/her deeply immersed into a daily praxis of paradigm shifts, along with the Internet and research, all these being presently accessible only to a small minority of the world community.

AIU students must accomplish their self-learning mission while conceptualizing it as the core of daily life values through the type of experiences that lead to a human being’s progress when information is converted into education.

The entire AIU family must think of the university as a setting that values diversity and talent in a way that trains mankind not only for the present but above all for a future that calls everyday for professionals who empower themselves in academic and professional areas highly in demand in our modern society.

We shall not forget that, at AIU, students are responsible for discovering their own talents and potential, which they must auto-develop in such a way that the whole finish product opens up as a flower that blossoms every year more openly.

THE AIU STANCE is against the idea of the campus as a getaway from day-to-day pressure since we believe reality is the best potential-enhancer ever; one truly learns through thinking, brainstorming ideas, which leads to new solutions, and ultimately the rebirth of a human being fully integrated in a sustainable world environment. Self-learning is actualized more from within than a top-down vantage point; that is to say, to influence instead of requesting, ideas more than power. We need to create a society where solidarity, culture, life, not political or economic rationalism and more than techno structures, are prioritized. In short, the characteristics of AIU students and alumni remain independence, creativity, self-confidence, and ability to take risk towards new endeavors. This is about people’s worth based not on what they know but on what they do with what they know.

Read more at: aiu.edu

AIU offers educational opportunities in the USA to adults from around the world so that they can use their own potential to manage their personal, global cultural development. The foundational axis of our philosophy lies upon self-actualized knowledge and information, with no room for obsoleteness, which is embedded into a DISTANCE LEARNING SYSTEM based on ANDRAGOGY and OMNIOLOGY. The ultimate goal of this paradigm is to empower learners and help them take advantage of the enormous array of resources from the world environment in order to eliminate the current continuum of poverty and limitations.

This will become a crude reality with respect for, and practice of, human and community rights through experiences, investigations, practicum work, and/or examinations. Everything takes place in a setting that fosters diversity; with advisors and consultants with doctorate degrees and specializations in Human Development monitor learning processes, in addition to a worldwide web of colleagues and associations, so that they can reach the satisfaction and the progress of humanity with peace and harmony.

Contact us to get started

Now, it’s possible to earn your degree in the comfort of your own home. For additional information or to see if you qualify for admissions please contact us.

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Online application:
www.aiu.edu/apply3_phone.aspx