New York City comprises 5 boroughs sitting where the Hudson River meets the Atlantic Ocean. At its core is Manhattan, a densely populated borough that’s among the world’s major commercial, financial and cultural centers. Its iconic sites include skyscrapers such as the Empire State Building and sprawling Central Park. Broadway theater is staged in neon-lit Times Square.
We carefully choose the contents of this magazine with you in mind—to inspire you and make you think.

Share your thoughts with us!

Mailbox
aiumagazine@aiu.edu

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IN TOUCH
**Producer and Director**

**January 21, 2019.** One of our students, Kenneth Salmon, producer and director of the production “Paper to Stage,” has stated that the most effective way to teach is to make learning enjoyable. For the past 22 years, Kenneth has been doing that by teaching CSEC literature to hundreds of students annually with a two-hour production that dramatizes the texts of the syllabus, which over the years, has received positive feedback from teachers and students. The 2018-19 series of the production “Paper to Stage” was launched recently in the Coke Methodist Church auditorium in Jamaica. Kenneth’s presentations will resume this month and continue until April. The production will be taken to every parish, and he also plans to have a workshop with teachers on the new literature (English B) syllabus scheduled for the new school year in September. There’s a new set of books every three years, and he reformats his production to suit them.

Kenneth is currently completing a Doctorate program in Education at Atlantic International University.

**January 22, 2019.** One of our students, Héctor Mejía, has published a book titled “General Ledger”, which was published in collaboration with his colleagues: Rubén Hernández, Franklin Fernández and Pablo Valdez. The book presents practical cases and seeks that in its five chapters the reader acquires the necessary knowledge of accounting, where they are treated, among other topics; the accounting equation, elements, accounting cycle, transaction, accounts, General Journal, classification of quotas, financial statements, known service companies and manufacturing.

Héctor is currently studying a Doctorate program in Finance at Atlantic International University.

**Book published by graduate**

**February 5, 2019.** One of our graduates, Angel Maria De Leon, has published a book titled: The Holocaust of Slave Trade from Africa to Hispaniola (El Holocausto del Tráfico de Esclavos de África a la Española) and it is available on Amazon. You can find it on the following link: https://www.amazon.com/Holocausto-Tr%C3%A1fico-Esclavos-Espa%C3%B1ola/dp/9945092049

This is an overview of the book: “The United Nations (UN) has established the ‘Black Holocaust’ as the greatest crime and crime of humanity, the role against the black race in Africa, establishing a system based on slave labor and whose aftermath still persists after five Centuries, by discrimination and social exclusion. Our country, the Spanish island, Christopher Columbus, the center of Traffic and trade of slaves brought from Africa, abducted from their communities by the midst of violence and terror.”

Angel Maria De Leon completed a Doctorate program in Political Science at Atlantic International University.

**Honors**

**February, 2019.** This graduate student completed the majority of the requirements to obtain honors, which included a 4.0 GPA, published works, recommendation from his advisors, patent a product, etc.

Congratulations!

Jaime Miguel Torres Galvez
Post-Doctorate of Science in Environmental Science

**Find More News From AIU Family**

**Latest News:** www.aiu.edu/news.aspx

**News Archive:** aiu.edu/aiu2016/DownloadCenter.html
One of our graduates, Dr. Carlos Rossi, has published a book titled, “Scientific Coaching” (Coaching Científico). The book launch will be in May, in Buenos Aires at the 45 International Book Fair, the first in Latin America.

Book Summary: Critical analysis of current Coaching, based on real cases • New proposals and adjustments to increase the credibility and confidence in the service • Presentation of scientific Coaching after 10 years of application and its effectiveness based on results obtained in different business lines and organizational levels.

Call for Papers
This Conference will be held 16–17 April 2019 at Pryzbyla Center, The Catholic University of America, Washington, DC, USA.

We invite proposals for paper presentations, workshops/interactive sessions, posters/exhibits, colloquia, innovation showcases, virtual posters, or virtual lightning talks.

The conference features research addressing the annual themes and the 2019 Special Focus: “Coastal Resilience.”

Theme 1: Scientific Evidence and Sustainability
Theme 2: Assessing Impacts in Divergent Ecosystems
Theme 3: Human Impacts and Impacts on Humans
Theme 4: Technical, Political, and Social Responses

Become a Presenter:
1. Submit a proposal
2. Review timeline
3. Register

Late Proposal Deadline
16 March 2019

Regular Registration Deadline
16 March 2019

Late Registration Deadline
16 April 2019

Visit the website: https://on-climate.com

Zayed Sustainability Prize

Calling global sustainability pioneers
The Zayed Sustainability Prize, an evolution of the Zayed Future Energy Prize, is the UAE’s pioneering global award in sustainability and a tribute to the legacy of the late founding father of the UAE, Sheikh Zayed bin Sultan Al Nahyan.

Established in 2008, this annual award recognises and rewards the achievements of those who are driving impactful, innovative and inspiring sustainability solutions across five distinct categories: Health, Food, Energy, Water and Global High Schools (1 award for each of the following region: The Americas / Sub-Saharan Africa / Middle East & North Africa / Europe & Central Asia / South Asia / East Asia & Pacific

Submissions close 30 May 2019. Interested applicants should submit using the online submissions portal.

There are no fees associated with completing a submission. Each applicant or entity may enter in more than one category of the Prize. In the Global High Schools category, however, the school must apply only once.

Visit the website: https://zayedsustainabilityprize.com

FIND MORE NEWS FROM AIU FAMILY
News Archive: aiu.edu/aiu2016/DownloadCenter.html
This month we have graduates from: Angola · Australia · Belgium · Brazil · Cameroon · Chile · Colombia · Dominican Republic · Ecuador · El Salvador · Ethiopia · Finland · Gambia · Ghana ·

**Graduates of the month**

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<td>Rafael De Sousa</td>
<td>Bachelor of Science</td>
<td>Industrial Engineering</td>
<td>Angola</td>
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<td>Dushan Tatic</td>
<td>Doctor of Business Administration</td>
<td>Project Management</td>
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<td>Mafa Smangaliso Ndaba</td>
<td>Master of Arts</td>
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<td>Erico Tadeu Xavier</td>
<td>Doctor of Religion Science</td>
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<td>Stella Ateh Nyamngoh</td>
<td>Doctor of Philosophy</td>
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<td>Chuoo Adamu Nsangu</td>
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<td>Jaime Miguel Torres Galvez</td>
<td>Post-Doctorate of Science</td>
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<td>Music</td>
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<td>Oscar Fernando Quintero Mesa</td>
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<td>Rosa Linda Rodriguez Carrera</td>
<td>Doctor of Science</td>
<td>Food and Beverage Operations Management</td>
<td>Dominican Republic</td>
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<td>Alejandro Guzmán Bernal</td>
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<td>Washington Lorenzo Lopez Amores</td>
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<td>Ireland</td>
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<td>Doctor of Philosophy</td>
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Find more graduates:
- Gallery: aiu.edu/Graduation/grids/currentgallery.html
- Interviews: www.aiu.edu/Graduation/grids/interviews.html
Thanks to Atlantic International University (AIU) for designing the product of distant learning, I was amazed to learn that different enroll with AIU. It has been wonderful time studying at my own pace which is convenient for me without any distractions from external environments. It was also interesting to develop my own curriculum that best meets my individual needs and specifications.

Credit be given to AIU staff who have guided me all along this journey to this far and were accessible every time I needed them with easy method of communication coupled with speed of response.

My experience with AIU has helped my academic growth where I learned a lot through research, I have grown into reading reasoning and analyzing, apart from the cores of subjects I studied on. Surely, this experience will continue to help me in my professional life and will open doors of employment and promotions. Technology has done wonders for me in this enrolment with AIU where I was able to submit my assignments online at any time and from any location.

Read full text: https://www.aiu.edu/Testimonials/detail.html?ItemID=1520&rcid=73&pcid=63&cid=73

My experience as a virtual student at Atlantic International University has been interesting, challenging and quite eventful. It is the first time I am studying online for a degree while simultaneously working too. Sometimes, my academic schedule conflicts with personal and work schedule, but doing this has taught me management in time. I learnt how to prioritize my activities and strike balance where necessary. Initially, I was not very familiar with the learning method offered by the university and I had to ask questions to blend along in my studies. Interestingly, one of the advantages of studying with AIU is that one can manage one’s academic activities and make self-paced. Also, the flexibility options of payment and scholarships offered by the university has significantly enabled aspiring degree holders actualize their dreams. The quality of staff is excellent; they respond to enquirers promptly and monitor the academic progress of students. Their suggestions and advice have been helpful and useful.

Read full text: https://www.aiu.edu/Testimonials/detail.html?ItemID=1520&rcid=73&pcid=63&cid=73

My experience as online distance education student at Atlantic International University (AIU) has been interesting and challenging. This is my first time enrolled in an online university education to pursue for my Master’s degree at the same time working. It is in this system of schooling answered and lead me to fulfil my dream to study a masters degree in Education.

I have always wished and dreamed to undertake and complete a master degree in education. However, family, finances, and works challenges has been the obstacles. AIU gave the opportunity and freedom to reach my desire in my profession and vocation as an educationist.

The ease and convenience, financial support provided through scholarship helped me economically. The commitment and readiness of all categories of AIU staff and faculty to support and encourage at all times is excellent and amazing that made me to achieve with high note and I am ready to graduate within this year, 2019...

Read full text: https://www.aiu.edu/Testimonials/detail.html?ItemID=1520&rcid=73&pcid=63&cid=73

“Tito Adel Cebrian Jr. 
Bachelor of Human Resources 
February 4, 2019

My experience at AIU has taught me that Online learning is certainly the more effective option for myself and it’s also better for the environment. I preferred this mode of learning because I was not able to travel to make it to classes given my family and work schedule.

AIU offered flexibility and I had the freedom to juggle my career and school because I wasn’t tied down to a fixed schedule. In a traditional classroom setting, class meeting times are set, and I had no power over this, forcing me to work my schedules around those dates. I choose online learning because I have other commitments, and prefer this mode of learning as it gave me power over how I will delegate my time towards my different projects.

AIU also offered me Networking Opportunities by offering a chance to network with peers across nations or even different continents. This led to other opportunities in terms of collaboration with other individuals in the implementation projects. At the same time, it made me culturally sensitive and...
The socio-politics of Somalia

Mohamed Hassan Musse Mohamed | Master in Legal Studies | Part 2/2

nation-state would pose little problem for Somalia. Such has not been the case. In Somali society, clans (based on lineage and kinship) provide the fundamental basis for identity-formation. Pre-colonial socio-political organization was highly decentralized, lacking formal centralized political institutions. But to imply that Somali society was anarchic is far from the truth. There existed well-developed and functional legal norms and dispute settlement mechanisms. And while isolated violent confrontations between clans sometimes occurred in the struggle for extremely scarce resources in that hostile climate, most disputes were peacefully settled by elders (guurti) assemblies. These elders, serving as the legitimate representatives of their clans, sub-clans, or sub-sub-clans, would typically sit around in a room for hours, days or months hashing out items of contention until they reached consensus.

Contact with the West and East introduced European institutions and guns, two novelties which profoundly damaged the traditional Somali system. Colonialism (British in the north, Italian in the south) superimposed centralized European government and court institutions on traditional Somali society. John Paul Lederach attributes “centralization in governance” as a “root cause of Somalia’s breakdown.” At the local level, conflicts continued to be settled by elders (guurti), but slowly the authority and legitimacy of “uneducated” elders was undermined. A new political elite, young and Western-educated, was nurtured by the colonial administration until the formal transfer of power at independence in 1960. Although this account is caricatured and oversimplified, the point is clear: the combination of the modern and traditional proved a lethal mixture, effectively thrusting Somalia into sociopolitical purgatory. The old structures of order and governance had been compromised and the new systems were fragile and insufficiently institutionalized. As a result, both of these systems have essentially collapsed. And yet, the tension between “modern”

The root cause of Somalia’s conflict

Contrary to belief, this conflict has not emerged because of some inherent Somali predisposition toward violence, chaos, or barbarity. Neither is the conflict epiphenomenal, unique to the current context. Rather, a thorough understanding of the conflict can only be wrested from an extensive historical evaluation of traditional Somali society and the superimposition of Western and Eastern influences since colonial times. The Somali people, unlike most of the African continent, belong to one ethnic group and share one religion. The unsuspecting Westerner might therefore assume that the formation of a modern liberal democratic
“traditional” would have had much less disastrous consequences had it not been for the massive influx of modern weaponry. Somalia was one of the most blatant victims of the Cold War. First, as a Soviet client, and later switching over to the American bloc, Somalia was armed to the teeth, a time-bomb waiting to explode.

Thus, it was not merely the despotic and tyrannical rule of General Siad Barre which triggered the ruthless struggle for power, but also the historical context wherein traditional peaceful dispute settlement mechanisms had been undermined and replaced by rule of the gun.

**Social development**

The prolonged conflict, protracted crisis and insecurity in Somalia over more than two decades have caused enormous damage to the human livelihoods and social indicators. Somalia has some of the worst human development indicators in Africa. The provision of social services such as health, education, water, sanitation, food and nutrition has considerably deteriorated.

The extended families and clans are the major social safety nets in the country, with remittances received from Somalis abroad accounting for a large part. Remittances are estimated to provide up to 40% of household income. The majority of the population survives at a basic subsistence level. The 2012 UN Human Development Index of Somalia stood at 0.285 and the country ranked 165 out of 170 countries.

The formal education system in Somalia collapsed in 1991. Since then, education has been reorganized through private means, including the proliferation of madrasahs (koranic schools).

With an estimated adult literacy rate of 24%, Somalia still ranks among those countries with the lowest levels of adult literacy worldwide. Local administrations and communities cooperate with external donors, including the Somali Diaspora in rehabilitating primary and secondary schools and have initiated campaigns to improve women’s education.

Somalia’s health care is mainly limited to the urban centers and is run by private providers or international organizations. Health indicators are also among the worst in Africa, with life expectancy estimated at 49.7 years. Infant and child mortality rates stand at 108.4 and 178 per 1,000 live births, respectively, against 84 and 135 for Africa. Maternal mortality rate is also a staggering 1,400 per 100,000 live births, compared with 683 for Africa. Only 29% of the population has access to improved water sources (only 9% in rural areas) and 23% to improved sanitation facilities (6% in rural areas).

**Conclusion**

Given all these insights and numbers, Somalia is in socio-political disarray and needs to address all challenges that are preventing her from making a progress in the socio-political front. Despite the difficult situation, Somalia is trying very hard to overcome its socio-political problems and thus major political changes have been implemented in the last decade and more root changes are on the way.

Let us not give up our hope and stay resilient.
Learning. What is it?

Knowing is the best gift that human beings can have. We enroll at university and we want to approve everything that they present us and obtain our degree. For this approval is the one that we have to read documents and be able to explain what they ask us to show that we know the subject; that activity is studying.

Studying many times is complicated because we assume that it is just copying a text from here or there and everything is ready. When they ask us to give the demonstration about the subject the thing gets serious because many times we can’t.

What is happening? What happens is that we don’t know what we have to do to know the subject, explain it, write about it, draw the conclusion and the consequences it has.

The first thing I have to do is write the title of my subject well. I don’t need to see methodology as variables and things like that; that would come later in the case of a thesis.

What I’m going to study has statement with a subject and a predicate. Something of what I’m going to deal with and what I should explain about that object. The object can be concrete, the object can be ideal.

From here comes my bibliography which is the material from which I’m going to get the information.

I can go to a library or I can get it from the global computer network or the internet.

An example would be figure 1: Science is an explanation system about the reality.

I have to look for the information of the object to be studied: science and also the concepts of the predicate: system and reality.

Here I must see the best authors on the subject. If I don’t know, by the time, we start reading the first document they are going to mention names of researchers.

We may find documents that show us the date many years ago and we think we can’t use them. From the first document that we read they will show us about the ones that were important in that topic and we can choose relevant works even if they have a lot of time that had been published.

When we see the first document of the subject we have to take note of the definitions, principles, theories and laws.
that mention the documents. When we have read the documents that seemed to me sufficient, it’s the doing of the index.

The index is made according to the subject that we have. In the example of:

Science is an explanation system about the reality.

My index implies the concepts of the statement: science, system and reality and they will go in the order of the statement.

Chapter I.- Science.
Science with the best definitions we have found.

The subtopics will be the activities that involve doing science.

Chapter II.- The systems
System concept.
The sub-themes will be the different systems that can be given.

Chapter III.- Reality
The explanations of reality.
The sub-themes will be the different explanations of what reality is.

If you do thesis here would be the demonstration, if it is an ideal science or the checking of the work if it is factual science and it will go in the same order of the chapters in a single theme.

Our conclusion
The explanation of the activity called science, the reasons why it is a system and also the reasons why it is from reality.

My conclusion has to go in the same order as the concepts of the work statement.

My recommendations should also be in the same order as the concepts in the statement.

My work ends in the topics indicated by the index elaborated from my work statement.

The graphs and chart should be clarification of what the text says where they are included and they must have a statement that they say what they are. I remind you that any graph or chart must have progressive numbering by work or by chapter. If the graphs are in Roman, the tables will have Arabic numerals.

Mathematics will be the symbolic explanation of what the explanatory part that we say of any of the subtopics of my work says as long as we are dealing with fact science as physics.

Always a job must have the sources from which the information was taken; those sources are the bibliography.

The bibliography is very important because those who read the work may want to see what the authors said in the works that helped us do it.

Always the university says way to do the bibliography because if each person does it as they want there would be no way to locate the work to consult them.

In all work to explain the issues we must put what textually scientists have said because whoever does a job is not yet recognized by the international scientific community so that what we say is no taken as truth.

I remind you that the cover and the introduction are made at the end.

On the cover, the university indicates the order of the data to be presented, which will always be: student’s name, major, name of the work, name of the university and date.

The introduction is the explanation of the reasons why I chose the topic, the researchers I chose, a brief explanation of what they say, the problems that relate to my topic, the specific problem of which I am going to write, if it was difficult to find the information and if it is a dialectical thesis I must write about the researchers who agree and the opposing researchers.

If you do your work following these simple stages, it will be excellent.

If you learn to study you will have a pleasant student life.
Remember all your body is a learning instrument, especially, the resident of the brain, the mind.

The brain is a muscle and if you exercise it every day his work will be more easy.

Learn to study because you are learning to learn!

Talk with Someone

**Study Tips**

This study tip is not known by many people. However, it is a very effective way to understand what you are reading and learning.

It is simple... You try to explain to someone what you are studying. It does not matter if they understand or not. When you try to explain to someone, your mind organizes the information in such a way that you now understand the information.

There is a story about a teacher who stood in front of a class and taught a concept. At the end, the students said they still did not understand. So the teacher tried again to teach the concept. At the end, the students still did not understand. Then the teacher tried a third time to teach the concept and as the teacher was teaching, the teacher realized something important and finally understood the concept. Then the teacher taught and the students understood.

The story shows us that as we try to teach something, we develop a deeper and clearer understanding.

Choose a friend or a family member, and then try to explain to them what you are studying. Do not worry if they understand or not. You will understand better.

You will also see another benefit. As you talk, your mind is expressing ideas and integrating more ideas. You will find it much easier to write an essay. Your mind will express ideas much more easily.

So, after you study, find someone and explain to them what you studied. You will notice that as you talk, you will understand what you studied better. You will also notice that your mind all of sudden has many ideas that you can write in your essay.

The act of talking makes the mind organize and integrate the knowledge. You will remember the concepts better. You will be able to use them more effectively too.

You truly learn a subject when you teach the subject.
LEARNING
### Invisble Disabilities

A learning disability, sensory processing disorder, anxiety, ADHD (and many others) can’t be seen. The unique profile of a child is detected by the child’s team (parents, teachers, pediatricians, psychologists, etc.), but it isn’t a given, it changes, and it doesn’t come with a manual.

Let me share a story of a time when I was volunteering for my daughter’s media class when she was in first grade (she’s in fourth grade now). This adorable little man (with ADHD) wanted to check out a “Curious George” book. His paraprofessional stood over him with a timer and barraged him with comments like, “Choose a book. You have 3 minutes to choose a book. Have you chosen a book yet?”

The poor thing didn’t have a chance to process. I could see him escalating and it was happening at the hands of the very support who was supposed to help him make a choice.

... The little boy became more and more upset. ... So I walked over to him and got down on the floor with him, looked him in the eye and said, “You’re having a hard time making a choice today?” He responded, “Yes.” I said, “What can I do to help you?” He responded, “I read all of the Curious George books already, so there are no more for me to choose from.” I asked, “Is there another book that you would like to read?” He said, “No.” ...
For the first time ever, researchers are comprehensively sequencing the human immune system, which is billions of times larger than the human genome. In a new study published in Nature from the Human Vaccines Project, scientists have sequenced a key part of this vast and mysterious system — the genes encoding the circulating B cell receptor repertoire.

Sequencing these receptors in both adults and infants, the scientists found surprising overlaps that could provide potential new antibody targets for vaccines and therapeutics that work across populations. As part of a large multi-year initiative, this work seeks to define the genetic underpinnings of people’s ability to respond and adapt to an immense range of disease.

Led by scientists at Vanderbilt University Medical Center and the San Diego Supercomputer Center, this advancement is possible due to the merging of biological research with high-powered frontier supercomputing. While the Human Genome Project sequenced the human genome and led to the development of novel genomics tools, it did not tackle the size and complexity of the human immune system.

“A continuing challenge in the human immunology and vaccine development fields has been that we do not have comprehensive reference data for what the normal healthy human immune system looks like,” says James E. Crowe, Jr. ... Read full text: https://www.becauseofthemwecan.com/blogs/culture/meet-the-kenyan-engineer-who-created-gloves-that-turn-sign-language-into-audible-speech
2018 has been a big year for street artist Tamara Djurovic, AKA Hyuro, who has created incredible new public works in every part of the world including Brazil, Italy, Spain, Belgium and the Netherlands. Featuring dreamlike compositions, her works blend politics with a surrealist sensibility, maintaining an intimate style that plays with the surrounding architectural elements and the urban environment.

Argentinean born Hyuro creates mysterious murals, paintings, and drawings all over the world, each new piece often taking her from Valencia, Spain, where she is based. She exhibits in France, Italy, Austria and takes part in festivals across the world including the Nuart Festival (Norway) and the Renexera Fest in Galicia (Spain).

Prosthetic arms don’t come cheap. A grasping prosthetic can cost anywhere from around $4,000 to upwards of $100,000 USD, depending on its functionality.

Fortunately, Lego bricks are much cheaper. David Aguilar knows that. He has been building himself Lego prosthetic arms since he was 9 years old. Born without a right forearm due to a rare genetic condition, Aguilar is now 19 and studying bioengineering at the Universitat Internacional de Catalunya in Spain. He recently put his plastic Lego arms on display in his dorm room, and says he wants to build more affordable prosthetic arms for others who need them. ...


Find support for your own unique art and design projects, or support other creative projects at MyAIU Research
Anti-aging treatment
Kills old cells. Has passed first human trial.

Not all damaged cells die. Some stick around as senescent cells, unable to divide but still able to produce chemical signals—and they could play a major role in the battle against aging.

“It is thought that these cells and the substances they produce are involved in the process of aging,” longevity researcher Nicolas Musi from the University of Texas at Austin told MIT Technology Review.

“The idea is that removing these cells may be beneficial to promote healthy aging and also to prevent diseases of aging.” Based on the results of a very early trial, there may be something to that theory.

In January, Musi and his colleagues published the results of a trial in which they treated 14 patients suffering from the fatal lung condition idiopathic pulmonary fibrosis (IPF) with a drug combination they believed would clear out senescent cells. Over the course of three weeks, the patients took nine doses of a leukemia drug called dasatinib and quercetin, a supplement. By the end of the trial, the patients were reportedly able to walk farther than they could previously in the same amount of time and other signs of improved well being—all without any serious side effects.

“Though small, this pilot study marks a major breakthrough in how we treat age-related diseases such as IPF,” said study author Laura Ferreri, an associate professor in cognitive psychology at Lyon University.

“In the scientific literature, there was a lack of direct evidence showing that dopamine function is causally related to music-evoked pleasure. Therefore in this study, through a pharmacological approach, we wanted to investigate whether dopamine, which plays a major role in regulating pleasure experiences and motivation to engage in certain behaviors, plays a direct role in the experience of pleasure induced by music.”

... Read full text: https://www.psypost.org/2019/02/listening-to-the-music-you-love-will-make-your-brain-release-more-dopamine-study-finds-53059

Listen to the music you love
It will make your brain release more dopamine.

A new study has found that dopamine—a neurotransmitter that plays an important role in our cognitive, emotional, and behavioral functioning—plays a direct role in the reward experience induced by music. The new findings have been published in the Proceedings of the National Academy of Sciences.

“In everyday life, humans regularly seek participation in highly complex and pleasurable experiences such as music listening, singing, or playing, that do not seem to have any specific survival advantage. Understanding how the brain translates a structured sequence of sounds, such as music, into a pleasant and rewarding experience is thus a challenging and fascinating question,” said study author Laura Ferreri, an associate professor in cognitive psychology at Lyon University.

“In the scientific literature, there was a lack of direct evidence showing that dopamine function is causally related to music-evoked pleasure. Therefore in this study, through a pharmacological approach, we wanted to investigate whether dopamine, which plays a major role in regulating pleasure experiences and motivation to engage in certain behaviors, plays a direct role in the experience of pleasure induced by music.”

... Read full text: https://www.psypost.org/2019/02/listening-to-the-music-you-love-will-make-your-brain-release-more-dopamine-study-finds-53059
**Australia cuts 80%**

**...of plastic bag use in 3 short months.**

Despite a few hiccups along the way, Australia’s plastic bag consumption has dropped drastically. Three months after two of the largest supermarket chains banned plastic grocery bags, an estimated 1.5 billion bags have been prevented from use, the Australian Associated Press reported, citing the National Retail Association.

Overall, the bans introduced by Coles and Woolworths last summer resulted in an 80 percent reduction in the country’s overall use of the single-use item, the retail group revealed.

“Indeed, some retailers are reporting reduction rates as high as 90 per cent,” National Retail Association’s David Stout told the news service.

Initially, some customers felt “bag rage” about having to BYO-bag or fork over 15 Australian cents (11 cents) to buy a reusable one. Woolworths execs blamed slumping sales on “customers adjusting” to the plastic bag ban. Coles even briefly backed down on the bag ban and caught a lot of flak from environmentally conscious shoppers for giving away reusable plastic bags.

But the good news is that it seems most Aussies haven’t found it too hard to adjust to the change—and that’s fantastic for our landfills, oceans and the greater environment, which have become dumping grounds for our plastic waste. ...


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**Lettuce**

Will it survive climate change?

A week into the new year, federal investigators announced that the latest outbreak of foodborne illness, from romaine lettuce, seemed to be over: There hadn’t been any cases of illness caused by a dangerous variety of E. coli bacteria known as O157:H7 for more than a month. ...

Despite several months of trying, investigators couldn’t confirm the source of the bacteria that made 62 Americans and 29 Canadians sick. Contaminated romaine had caused two earlier outbreaks in 2018, and both of those ended with a similar lack of answers. They had identified the link between sick people and a food, isolated the organism creating the illness, searched backward for how the organism had gotten into the food—and had come up short.

As the number of failed investigations mounts, the future of lettuce is starting to look a lot less palatable. If you can’t pinpoint the moment of contamination, you can’t fix the problem in a permanent way. Plus, these leafy greens can’t be sterilized without losing their character. (Boiled lettuce: not likely to be a thing.)

But there may be a reason that contamination in lettuce is so hard to solve. In a few corners of the industry, a conviction is growing that extreme weather events are making crops vulnerable to contamination in a way they never have been before. It’s a threat that no one is sure how to mitigate, and it’s likely to only get worse. ...

Read full text: [https://www.wired.com/story/can-lettuce-survive-climate-change/](https://www.wired.com/story/can-lettuce-survive-climate-change/)

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Eco Tip: Growing your own vegetables is a good way to cut down your carbon footprint. Change your life, get sustainable, visit MyAIU Knowledge
Following years of rehabilitation, six lucky orangutans are finally starting their new lives after being returned to their rightful home in the Bornean rainforest.

According to International Animal Rescue (IAR), which cared for them at its orangutan rescue center, this release is especially epic because there was a mother in the group who was the first to have been released with a baby, and it’s the first time a baby has been released with a foster mom.

Maili, who was rescued from being kept as a pet, gave birth during her rehabilitation to baby Osin. Lady had been rescued from a mine in 2010 and has been undergoing rehabilitation since then. Obi, a male, had been found near a palm oil plantation and was kept as a pet in terrible conditions before being rescued in 2014. Muria had also been kept as a pet for more than three years before she was surrendered to IAR in 2014. According to IAR, she was independent and quickly began displaying her natural behaviors, making her an ideal candidate to take care of Zoya, an infant who had been orphaned.

Now, after years of intensive care, this group has finally returned to their forest home. After a 17-hour journey ...

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.
The 4 attachment styles

Our subconscious programming — developed through our youth and on into adulthood — plays a huge role in how we survive or thrive at work. Here’s how your “attachment style” may affect your office relationships.

1. Anxious preoccupied attachment. A fear of upsetting others drives individuals with an anxious preoccupied attachment style. This fear-based approach leads to counterproductive behaviors — for example, struggling with a compulsion to check email incessantly to make sure everything is “O.K.”

How to tell if this is you. If you operate from an anxious attachment style, you will have at least two major time management struggles. The first is that your attention will get hijacked whenever you experience a perceived “threat.” You will feel negative bias — the email from the client must be a complaint and the lack of acknowledgment from the boss means she is already looking for my replacement. Although these thoughts may be true, they likely are not. But your anxious brain jumps to negative conclusions and gets obsessed with issues until they are resolved.

The second time management issue is a severe allergy to setting boundaries. The idea of saying no may terrify you. ...

2. Dismissive avoidant attachment. Such individuals tend to think they are smart and everyone else is ... not as smart. They most likely decide what they should do and then ignore what others want. This leads to conflict and mistrust. ... to others attempting to micromanage and monitor them, which just makes them more annoyed and more likely to dismiss input.

How to tell if this is you. You tend to spend most of your time in a state of being overwhelmed because you fear everything and feel very little power to do anything about your fears (much less the work that is also piling up). ...

3. Fearful avoidant attachment. “Stuck” is the best word to describe those with a fearful avoidant attachment style. They have the fear of those with anxious attachment without the confidence that they can make things right. Someone with anxious attachment would quickly open a potentially “threatening” email and reply to it as quickly as possible to avert danger. Someone with a fearful avoidant attachment style would see the email, freak out about it and then never open it. ...

How to tell if this is you. For those around you, your biggest time management issue is most likely that you miss deadlines and don’t do the work that they consider most important. From your perspective, the biggest time management issue tends to be working late. ...

4. Secure attachment. Those with a secure attachment style at work take tasks as they come, do what they can and address issues that come up easily. They work hard and do not fear saying no when they feel they need to. They know they are capable, and they are confident that others will respond well to them.

How to tell if this is you. You generally fare best when it comes to managing your time. You are comfortable prioritizing tasks and asking for help when you need it. You also feel comfortable setting healthy boundaries and pushing back when necessary, and you do not often engage in fear-based behavior. ...

Fear is a part of life. It’s a warning mechanism. That’s all. It tells when there’s danger around. Its job is to help you survive. Not cripple you into being unable to do it.”


DIETER RAMS’
10 principles of good design

1. Good design is innovative.
2. Good design makes a product useful.
3. Good design is aesthetic.
4. Good design makes a product understandable.
5. Good design is unobtrusive.
6. Good design is honest.
7. Good design is long lasting.
8. Good design is thorough down to the last detail.
9. Good design is environmentally friendly.
10. Good design is as little design as possible.

Full text: https://hackernoon.com/dieter-rams-10-principles-of-good-design-e7790cc983e9

Smart measuring cup. A digital readout in grams, ounces or milliliters. Great for enabling accuracy. store.moma.org

My Skin Track UV. Waterproof, battery-free LED sensor to measure how much UV light your skin receives. By La Roche-Posay. store.moma.org

Dali cuckoo clock. Tolls each hour with a cuckoo on one side, and echoed chirping / flowing river sound from a horn on the other. store.moma.org

Mod Glass Globe-Sky. Rendered with the outlines of the constellations that live above us in the sky. store.moma.org

Full text: https://www.aiu.edu/campus-mundi/64
The Bachelor of Network Administration and Security (BS) program helps students build credentials in the field of computer security and to obtain knowledge essential to the field. The emphasis will be on analyzing security policies and evaluating risk assessment techniques. The Bachelor of Network Administration and Security (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 Network Administration and Security (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: www.aiu.edu/CourseCurriculum.html

Core Courses and Topics
- Linux Operating System
- Linux Administration and Web Services
- Information Security
- Information Management and Countermeasures
- Database Systems
- Computer Forensics and Investigations
- Administering SQL Database
- Network Security Administration

Cisco Routers
- Visual Basic
- Digital Communications
- Management Styles
- Solving Electronics Problems
- Ethics of Engineering Practice

Orientation Courses
- Communication & Investigation (Comprehensive Resume)
- Organization Theory (Portfolio)
- Experiential Learning (Autobiography)
- Seminar Administrative Development (Book Summary)
- Seminar Cultural Development (Practical Experience)
- Seminar International Development (Publications)

Research Project
- Bachelor Thesis Project
- MBM300 Thesis Proposal
- MBM302 Bachelor Thesis (5000 words)

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

Contact us to get started
Submit your Online Application, paste your resume and any additional comments/questions in the area provided.
aiu.edu/apply-online.html

Pioneer Plaza/900 Fort Street Mall 410
Honolulu, HI 96813
800-993-0066 (Toll Free in US)
808-924-9567 (Internationally)
ABOUT US
Atlantic International University offers distance learning degree programs for adult learners at bachelors, 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.

Accreditation

Atlantic International University is accredited by the Accreditation Service for International Colleges and Universities (ASIC). ASIC Accreditation is an internationally renowned quality standard for colleges and universities. Visit ASIC’s Directory of Accredited Colleges and Universities. ASIC 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). The University is based in the United States and was established by corporate charter in 1998.

Our founding principles are based on the United Nations Universal Declaration of Human Rights; per article 26. AIU believes that Higher Education is a Human Right. The University has implemented a paradigm shifting educational model for its academic programs that have allowed it to move closer to this goal through the self-empowerment of its students, decentralization of the learning process, personalized open curriculum design, a sustainable learning model, developing 11 core elements of the Human Condition within MYAIU, and utilizing the quasi-infinite knowledge through the use of information technology combined with our own capacity to find solutions to all types of global issues, dynamic problems, and those of individuals and multi-disciplinary teams. Due to these differentiations and the university’s mission, only a reputable accrediting agency with the vision and plasticity to integrate and adapt its processes around and the university’s mission, only a reputable accrediting agency, would be selected. Unfortunately, the vast majority of accrediting agencies adhere to and follow obsolete processes and requirements that have outlived their usefulness and are in direct conflict with the university’s mission of offering a unique, dynamic, affordable, quality higher education to the non-traditional student (one who must work, study what he really needs for professional advancement, attend family issues, etc.)

We believe that adopting outdated requirements and processes would impose increased financial burdens on students while severely limiting their opportunities to earn their degree and advance in all aspects. Thus, in selecting the ASIC as its accrediting agency, AIU understood that distance learning degree programs would not be transformed into a copy or clone of those offered by the 10,000+ colleges and universities around the world. Since ASIC is an international accrediting agency based outside the United States, we are required by statute HRS446E to place the following disclaimer: ATLANTIC INTERNATIONAL UNIVERSITY IS NOT ACCREDITED BY AN ACCREDITING AGENCY RECOGNIZED BY THE UNITED STATES SECRETARY OF EDUCATION. Note: In the United States and abroad, any 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. Potential students should consider how the above may affect their interests. AIU respects the unique rules and regulations of each country and does not seek to influence the respective authorities. In the event that a prospective student wishes to carry out any government review or process in regards to his university degree, we recommend that the requirements of such be explored in detail with the relevant authorities by the prospective student as the university does not intervene in such processes.

AIU students can be found in over 180 countries, they actively participate and volunteer in their communities as part of their academic program and have allocated thousands of service hours to diverse causes and initiatives. AIU programs follow the standards commonly used by colleges and universities in the United States with regards to the following: academic program structure, degree issued, transcript, and other graduation documents.

AIU graduation documents can include an apostille and authentication from the US Department of State to facilitate their use internationally.

The AIU Difference

It is acknowledged that the act of learning is endogenous, (from within), rather than exogenous. This fact is the underlying rationale for “Distance Learning”, in all of the programs offered by AIU. The combination of the underlying 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 education at a distance. There are no classrooms and attendance is not required.

MISSION: To be a higher learning institution concerned about generating cultural development alternatives likely to be sustained in order to lead to a more efficient 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 individual towards the convergence of the world through a sustainable educational design based on andragogy and omniology.

Organizational Structure

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<th>Dr. José Mercado</th>
<th>Ricardo González, PhD</th>
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<td>President</td>
<td>Chief Executive Officer</td>
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<td>Dra. Magdalena Lorenzo Rios</td>
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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.

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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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