



**JUNE 2008**

## **HEALTH CLUB**



Members of the Health Club and their advisor Mr. Andreas Ionas performed a very successful first activity on December 21<sup>st</sup>, 2007. The student members prepared various canapés and smoothies for their fellow students at the College Cafeteria.

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## **CHRISTMAS PARTY**

On the 19<sup>th</sup> of December, 2007 the Office of Student Affairs and the Student Union of Americanos College organized a very successful Christmas Party at Dot Club. The program included a live DJ program, belly dance, cocktail buffet and raffle for gifts.



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## **CYPRUS TOUR CLUB**

On December 21<sup>st</sup>, 2007 the members of the Cyprus Tour Club visited Figardou, a village near Nicosia which is protected by Unesco. The students had the chance to visit old traditional houses more than 300 years old and the museum of the village. They saw the tools that the villagers of those times used in their everyday lives as well as in agriculture. The students also saw how the villagers produced wine and olive oil. Traditional wine of that area was offered to the students as well.



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## **SPORTS CLUB ACTIVITY**

The Sports Club organized a football tournament on January 20<sup>th</sup> 2008 at the Campeone football court in Anthoupoli.



Five teams were formed. Passion and zeal prevailed in all teams. Congratulations to the team of El Fathi who won at the finals.

## PRO EVOLUTION SOCCER FUN CLUB



Faculty and Staff members of Americanos College always enjoy spending time with their students especially for fun activities.



Many thanks to Dr. Andreas Petasis for organizing a successful pro evolution tournament. Tournament Winners are as follows:  
Cup Winner: Andreas Petasis  
Runner-Up: Ali Lairaki  
3rd Place: Joshua Bulisani  
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## TROODOS EXCURSION



*“It was exiting, amazing, fascinating, tops all, call it what-: but it was classic”*

The Student Union and Office of Student Affairs organized a one-day trip to the snowy Troodos Mountains on Sunday, February 24<sup>th</sup>, 2008. Around 130 students attended the well organized trip. On their way to Troodos, students had a quick stop for breakfast which was prepared by the Student Union president, Hanif. The rest of the time everyone enjoyed snow games, socializing and picture taking at Troodos Square. After having a good fun on

the snowy mountain side, the group then went to Galata village and enjoyed themselves at Agia Anna-Agia Panagia restaurant with delicious and palatable meal. In fact, the excitement to be there was much greater than ever. Many thanks to the Student Union, for their great job in organizing and ensuring a smooth trip to Troodos.

**Morris Ankomah Saeed**



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## CARNIVAL PARTY

On the 5<sup>th</sup> of March, 2008 the Office of Student Affairs and the Student Union of Americanos College organized a very successful Carnival Party at Dot Club. The program included a live DJ program and a raffle for gifts for the best costume. All students that came that night really enjoyed themselves.



## ERASMUS

Americanos College has recently been awarded the Erasmus Extended University Charter by the European Commission that enables the exchange of students and staff (faculty and administration) among the institutes in European countries. By participating in the Erasmus program, Americanos College intends to explore new educational perspectives, to stimulate innovation and enhance the quality of education it offers. Through student mobility and placements, Americanos College aims to provide its students with the opportunity to benefit educationally, linguistically and culturally through the experience of living, studying and working abroad. It also aims to assist its students to adapt to the specific requirements of the E.U. labor market. Respectively, Americanos College gives the



same opportunities to other European countries' students wishing to study at Americanos College. Through teacher mobility, Americanos College gives the opportunity to all its students to benefit from the knowledge and expertise of incoming teachers, especially on subjects not usually offered at the College. Moreover, Americanos College's outgoing teachers will learn and benefit from the know-how of host institutions.



At the beginning of this semester, Americanos College had its first Erasmus students (four from Latvia and two from France) and its first Erasmus teachers (one from Malta and two from France who offered lectures in Economics and Marketing).

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## AMERICANOS COLLEGE ATHLETE

Congratulations to Amine Khadiri for his great victory in the 4000m race which took place at the University of Cyprus on April 7<sup>th</sup> 2008. Fastest of the 12 starters was our student Amine, who recorded 12.58'.

His performance was also awarded by the Cyprus University Sports Federation. Americanos College is honored to have such an athlete.



## A PLEASING PERSONALITY

“Knowing your personality is the key to a happy and successful life”. A man without a smiling face must not open a shop”. (Ancient Chinese Proverb).

Since the Creator wound the hands of time, men and women have constantly preached the Golden Rule: “Do unto others as you would have them do unto you”. Unfortunately, the world has all too often accepted the letter while completely missing the spirit of this divine guidance. Mankind has embraced this philosophy merely as a sound rule of ethical conduct, but has failed to comprehend the percept upon which it is based. Why? It has been said, and perhaps correctly, that “courtesy” represents the most valuable characteristics known to the human race.

Too many of us are trying to substitute rules, logic, and knowledge for appreciation, praise, and a better understanding of human feelings and emotions. You must remember the immutable fact that the minds of people are set into motion almost entirely by the way they feel toward others, not by logic or reason. What constitutes a pleasing personality? Personality is the sum total of an individual’s mental, spiritual, and physical traits. The “real you” is expressed by the simplest smile or friendliest gesture. It is the manner in which you greet strangers; it is the way you walk and talk, as well as the things you do that provoke emotions in those around you. Your personality is often revealed in the expression of your eyes and the words you use. Do you smile while speaking, use tact in your conversation, and express sincerity, fairness, thoughtfulness, tolerance, and patience? In simple terms, the impact your personality makes on those around you determines the way other people will view and react to you as a person. Life is a mirror that reflects your expressions. If you smile, it reflects a cheery disposition. If you are irritable, it shows a true picture of your contemptible self. In essence, what you say of others is said of you. You will find nothing in the world that you will not find in yourself first. Nature takes on your moods. If you rejoice, the world rejoices. If you trust, you are trusted. If you love, you are loved. If you hate you are hated. You will cast your own reflection. Like attracts like, unlike attracts unlike (the laws of magnetism).

The way we hope others to respond to us is the manner in which we must express ourselves. Perhaps you have heard it said that a child’s behaviour reflects the manner in which he or she is treated. If he is treated with love, he becomes loving; if he is treated spitefully and ridiculed, he becomes cruel and spiteful. To some extent the same is true in our lives. We get from others what we give. This is the basic function of our personality.

**Morris Ankomah Saeed**

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### EDUCATIONAL TRIP

On the 26<sup>th</sup> of March, 2008 students of the wines and spirits module (HOT 206) enjoyed an educational trip to Limassol. The first stop was at the KEO winery, where the group was able to see the machinery used in the wine making process. The class was then given the opportunity to taste wine and juice. At the five stars St. Raphael hotel the students were given a detailed tour of the facilities, including the restaurants, kitchen, conference room, leisure facilities, gardens and guest bedrooms.



## JOB FORUM

On March 27, 2008 the Hospitality and Catering Department organized a Job Forum for students who had successfully completed two continuing semesters of the Hotel Management, Travel & Tourism, Leisure Management or Culinary Arts program of study for the summer training placement.



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## ANTIRACISM FUTSAL TOURNAMENT

An antiracism futsal tournament was organized by Americanos College at “Lavete Theseis” in Aglantzia on the 17<sup>th</sup> of May. Futsal teams of faculty and staff as well as 6 more other teams from different countries were formed by Americanos College students, Zimbabwe, Nepal, Cameroon and three from Morocco. The tournament was very successful with the student teams of Cameroon and Morocco being the winning teams respectively with gold medals awarded to the Cameroonian team, silver and bronze medals to the Moroccans. We would also like to thank the **Centro Sports Wear Shop** for offering a special discount price for the first winning team as well as the owner of the field courts for offering the fields free of charge.



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## CULTURAL FESTIVAL



The cultural festival took place on Friday, May 23<sup>rd</sup>, 2008 at the Cafeteria. Students from India, Nepal, Ghana, Latvia, Bangladesh and Morocco presented their country through power point presentations and short videos, handicrafts, music and cuisine.

We would like to thank all students who participated and especially Kujie for her speech as well as the power point presentation she prepared for the earthquake in China. We would also like to thank Members of the Dance Club and their instructor, Tariq who performed a salsa dance as well as the music club members IQ and Line who sang at the festival event. It was an enjoyable multicultural afternoon.



## LIFE IS EVER A SERIES OF PARTINGS

*“Let not young souls be smothered out before they do quaint deeds. And fully flaunt their pride”* Vachel Lindsay

I had just been on the phone with him a day before his death. Dibba (Mr. Gambia) as given to him by Ms. Miranda Hoplaros, and as every Tom Dick and Harry calls him was richly full of life- a man with a limitless string of ideals and activities.

When I received a call about his death, I said “that can’t be. Not Mr. Gambia, that warm and gifted human being. There has to be a mistake”. I kept thinking. Not that wonderfully happy man. Silently I kept asking, why would something like this happen? “It just can’t be true”. It took me a while to battle through the disbelief as I began to accept it. The pain was too deep. A rare soul, now he is a portion of the loveliness which once he made more lovely.

On the 27<sup>th</sup> December, 2007 Americanos College lost one of its students Dibba Abdoulie M. May his soul rest in innermost peace. “Such a loss”. The word loss expresses as well as anything profound pain the entire college felt. It is a loss to the world because he had so much to offer- and was offering himself unstintingly until the time he died. Mr. Gambia was such a vital man, who gave his best to everything in which he became involved. On behalf of the college, the administration, the staff, the students and the family, the student union express deepest gratitude and appreciation to all those who contributed to help in anything concerning Mr. Dibber’s loss. The student union says; thank you very much.

**Student Article by  
Morris Ankomah Saeed.**



### Trivia Questions of the month...

Submit the right answers of the following trivia questions to the Director of Student Affairs by June 6th, 2008 and WIN A PRIZE!

1. Who was the youngest person ever to be president of the United States?
2. What sticky sweetener was traditionally used as an antiseptic ointment for cuts and burns?
3. What weather phenomenon is measured by the Beaufort scale?

#### Previous trivia answers:

- Quaoar is the most recently discovered planet.
- The earth is about 4.5 billion years old and the Universe is at least 15 billion years old, but probably not more than 20 billion years old.
- Jupiter is the fastest spinning planet in our solar system rotating on average once in just less than 10 hours. And Venus is the slowest spinning planet in the solar system. It rotates only once every two hundred forty-three Earth days
- Source: [http://www.triviplaying.com/28\\_cosmological\\_Q\\_.htm](http://www.triviplaying.com/28_cosmological_Q_.htm)

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