

THE Olive

THE OFFICIAL NEWSLETTER OF THE OVERSEAS EDUCATION COLLEGE



IN THIS ISSUE

Medicine

A Fascinating Science

Tomato Wine

Are tomatoes the new grapes?

Up Close

with Mr. Essien - Baidoo



PREMIER
EDITION

EDITOR-IN-CHIEF'S MESSAGE



With erudition, truthfulness and virtuousness as its motto, Jiangsu University (JU) has progressed to become one of the powerhouses of knowledge in China. One of its fast-growing colleges, Overseas Education College (OEC), cannot be left out of this great accomplishment. However, little is known of this college and its prospects. It is, but natural, that today we witness the first publication of *The Olive*, an official newsletter for the OEC-JU. This newsletter intends to highlight the potential and celebrate the achievements of the college.

With The Olive in fruition, the college stands to gain in areas such as publication of its dynamic programmes and novel research findings, strategic advertisement for partnership with stakeholders and equal attraction for the right calibre of people into its operational domain.

The newsletter will be published in both soft and hardcopies every semester. In order to encourage and sustain interest among readers, each edition will be sent via email to students, staff, alumni, distinguished personalities and other institutions. Hardcopies will also be made available to stakeholders.

In every issue, *The Olive* will carry reports on exciting programmes, research activities in the different schools and other related issues under the jurisdiction of the OEC. We would like to use this medium to encourage other colleges in JU and interested individuals and companies to register for copies.

It is also hoped that bringing this newsletter and its subsequent editions will enhance the image of the university.

“Wishing you a wonderful reading experience!”

-CALEB K. FIREMPONG
(王博文)



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JU - PRESIDENT'S MESSAGE

In China, there is an adage that says...

“ De dao zhe duo zhu , shi dao zhe gua zhu
得道者多助,失道者寡助 ”

which translates as a just cause enjoys abundant support while an unjust one finds little.



I am excited to see the premier edition of The Olive coming into existence, which is likely to receive wider acceptance and appreciation. JU, being one of the century old universities in China, is a comprehensive teaching and research-oriented university with its strongest capacity in engineering disciplines. According to the latest data released by Essential Science Indicators (ESI), JU's four disciplines including Engineering, Materials Science, Clinical Medicine and Chemistry are ranked among the top 1% of ESI International Discipline Ranking of universities and scientific research institutions.

Besides being ranked among the best 70 out of 3000 universities in China, JU is one of the first groups of universities to offer doctoral programs. The university has 26 schools offering different degree programs in 9 academic fields: Engineering, Science, Medicine, Literature, Economics, Law, Management, Education and Arts. The University seeks to promote the development of human resources and skills required to solve critical problems, as well as challenges of society. As the university's core mandate, we undertake interdisciplinary academic, research and outreach programs in all fields.

The office of the president, wishes to express its profound appreciation to the International Students Body, especially the Editorial Board for this innovation. My department assures the management of The Olive that the university is strongly behind them and ready to support them in any capacity deemed fit. In conclusion, I encourage everyone, especially the university community to read The Olive and appreciate the information provided. Thank you.

-Prof. Yuan Shou Qi

FROM THE DEAN'S DESK

Since 2005, the OEC, formerly International Education Exchange College (IEEC), has been admitting foreign students into various degree programs for the different faculties in the university. Basically, the college is involved in the enrolment and administrative activities of overseas students, as well as creating the enabling environment for teaching which includes Chinese language and culture. At present, there are over 600 international students pursuing Bachelor's, Master's and Doctorate degrees in the fields of Engineering, Science, Medicine, Economics, Management, Literature and Arts. Others are also involved in short-term or long-term Chinese language and culturally oriented courses. Currently, students from over 62 countries of different parts of the world including Europe, North America, Latin America, Africa, Asia and Oceania are in JU and this reflects the College's friendly, accommodating and diverse policies towards international education.

I hope The Olive serves as a platform to showcase our potential as a multi-cultural institution. Currently, there are nine undergraduate English-taught programs supported by the college, namely Clinical Medicine (MBBS), Business Administration, International Economics & Trade, Civil Engineering, Computer Science & Technology, Pharmaceutical Science, Chemical Engineering, Food Science & Engineering, Materials Science & Engineering and other English-taught postgraduate programs. The OEC emphasizes not only the quality of teaching of all professional courses, but also overseas students' comprehension of Chinese language and culture. Annually, the college organizes various field trips and colorful after-class activities. The students take part in extracurricular activities such as Dragon-boat Festival on Jin-shan Lake (hosted by Zhenjiang Municipal Government), Enjoy Tastes of Jiangsu-International Culture Exchange Day (hosted by Jiangsu Provincial Government), Talent Show of Foreign Students studying in China (hosted by Jiangsu Provincial Government) and China exploration (hosted by Ministry of Education, Chinese Government). These activities help the international students to know more about themselves and the Chinese people, as well as enjoying and adapting to the new environment.



The enviable status that the college occupies today in JU emanates from many years of integrity, dedication, hard work and planning at all levels of the academic hierarchy. As a college, we are working very hard to further increase the intake of foreign students and develop domestic and overseas practice base (such as International Mandarin Chinese Education Centre) for teaching Chinese as a Foreign Language. To enrich our short-term and long-term training in Chinese courses and culture, the college currently offers options in Chinese kung fu, Chinese calligraphy, dough sculpture and other related activities.

I am very optimistic that the college would continue to grow from strength to strength, and more importantly be counted among the best colleges in our university at all times. At this juncture, my special gratitude goes to all individuals and institutions who have contributed in diverse ways towards the improvement of OEC through their hard work and dedication to duty, as well as the institution of awards, scholarships and donations.

-Prof. Jing Gao



The ability to put a smile on somebody's face is unrivalled and the satisfaction achieved unparalleled. There is no greater hope than that of a patient visiting the doctor for treatment and no greater faith in somebody else's life-saving skills. Given the nature of the work and what it aims at, the medical profession is one of the most respected jobs all over the world. Interestingly, tell someone you are studying medicine and the conclusion drawn is that you are a medical doctor. You are immediately accorded the deserved respect because of the adept and flawless esteem associated with the profession. But what really is medicine as a programme of study? What goes into becoming a doctor? The answers to these questions will throw more light on the topic which will make us more appreciative of the profession.

Bachelor of Medicine, Bachelor of Surgery (MBBS), or in Latin *Medicinae Baccalaureus, Baccalaureus Chirurgiae* are the two first professional undergraduate degrees awarded upon graduation from the medical school in medicine and surgery. This is the case in universities that follow the United Kingdom tradition. One needs to acquire this certificate to progressively become a practising medical doctor.

As a regulated patient-oriented health profession, medicine seeks to assess patients in order to diagnose, treat and prevent diseases using clinical judgment. This usually begins with interaction and examination of the patient's medical history, followed by a medical interview and physical examination. Basic diagnostic medical devices such as stethoscopes and tongue depressors are typically used. After examining for signs and symptoms, the doctor may order further laboratory investigations and/or prescribe medicine or recommend other therapies.

Acquiring MBBS is not a mean task. The usual two-hour contact time per week and one essay per term required by other courses is a "no-no" in this field. Once enrolled into the medical school, the student begins with the study of the basic sciences and ends up treating patients. The study is basically divided into two components: pre-clinical (consisting of didactic courses in the basic sciences) and clinical (consisting of rotations through different wards of a teaching hospital). The first three years spent with formaldehyde-filled anatomy lessons, cell biology and pathological laboratory sessions are aimed at giving one a good foundation in the basic sciences.

As a clinical student, the timetable dramatically changes as you spend every day with patients as a functioning part of the hospitals innards. Over the last period of study, on average, four weeks are spent rotating in each of the different specialties including surgery, medicine, dermatology, gynaecology and neurology.

After graduating from medical school, one becomes a junior doctor. However, this does not end the journey as a medical doctor. It has actually just begun. Junior doctors undertake a house job commonly termed as "housemanship" for about a year or two. It is predominantly in surgery (house surgeon) and general medicine (house physician). After satisfactory work reports in both house jobs, one gains full registration with the General Medical Council which is a legal requirement to be able to work in all medical outfits.

Residency, a postgraduate medical training, may follow "housemanship". This ranges from three to seven years depending on the specialty. The first year of residency is often termed as "Internship". Medical residency gives in-depth training within a specific branch of medicine after which one proceeds to Fellowship.

With this, we can clearly see that, becoming a medical doctor is a lifetime journey which demands commitment and dedication to saving lives. As such, it deserves all the credit and respect that comes with it. So the next time you meet a medical student you may want to appreciate the person and probably say "more grease to your elbow..."



Endoscopy at Jiangbing Hospital, an affiliate of JFU



Medical students during a laboratory session

An Email to My Daughter (Part I)

My dear Jenny,

It is with great pleasure that I write to you again. I hope all is well with you, especially with your studies. How are conditions now? In our last conversation on phone, you enumerated some challenges that you were facing in China, such as the language barrier, strange foods and unfriendly weather. I believe you have been able to overcome those obstacles by now. It may interest you to note that I also encountered similar problems some years back when pursuing my postgraduate studies over there. Well, the good news is, everyone gets used to it by the end. You know, China is one of the unique countries in the world with a very rich and peerless cultural heritage. Just get along with it and you will have a wonderful experience as you go through this chapter of your life.

Jenny, my girl, I truly miss you. I always feel very sad when I look back and reflect on those wonderful moments we shared together as a family. I remember vividly those piercing smiles of yours, not to mention the most frequently used words "you are a bad man" when I pass certain comments which have some sexual connotations. Honestly, I always yearn to have you around me. You are part of "my world". But, as the proverb goes "if wishes were horses, beggars will ride". My girl, after so many years of being with me, I know that the last thing I should worry about is my special "Diamond". Hope it hasn't been trodden upon. Hmm..., my recent visit to China has given me lots of grounds to entertain fear, for the first time. Sweetheart, the muscles in my heart beat so fast in response to the fear of you likely to mess up in China. Oh yea, my feeble heart skipped a beat when I beheld all the enticing fruits being sold cheaply on the university campus. How I wish no parent sees these well packaged alluring things that flaunt their wits about. Let me share an experience with you with the expectation that you learn some lessons out of it.

Anyway, sorry for not making time out of my busy schedules to visit you when I came to China for the international conference, but I guess you received the parcel I sent through China Post. You definitely know that this is uncharacteristic of your father. I must say I really enjoyed my flight though. After settling down, I decided to take a walk around the area, where I lodged, just to enjoy the resplendent beauty that caught my attention across the windows of my room. As I strolled down the pavement and through the beautiful landscaping of the school, I was shockingly welcomed by squeaking sounds tentatively coming from a nicely decorated garden a yard away from the entrance. Even though night was falling and birds were gathering their last supper, my small eyes could still behold something that looked like "human figures" in dark openly kissing. I concurred this must be an open expression of love; but then a bird whispered to me asking why? The decent part of their act was that, any time I got closer to them, they put their "action" on hold only to resume in full gear after I make two or three steps away. All these notwithstanding, a few metres away, I got startled and frozen when some, which I presumed never read the book "Courtesy for boys and girls" carelessly and shamelessly replayed unedited versions of "Romeo and Juliet" movie scenes. At this point my heart began to bleed when I realised I had walked straight into a "red light corner". These people had no shame and as naive as the females were, they gave their diamonds out in the open without recourse. My heart was filled with anger and suddenly thoughts of you never deserted me. My mind at this point was, could someone from a decent home and well cultured be this careless and inconsiderate in school?

Great was my confusion, I must admit. It was just too much to bear. But hey, I took consolation in the fact that these things were alien to our culture so I need not worry about Jenny my beloved daughter. When I could no longer comprehend the scenery of indecency that I found myself in especially hearing all those groans, moaning and excited small voices with "pendulating" responses from surrounding trees, I raced back to my room with the speed of light. So in short I found myself on the "Holy grounds" which was highly charged and free for all. After taking cover in my room, I replayed all the conversations we had and how you used to tell me "boys will always be boys" which I agree with totally. After all your "Fine-Fine Boy" is still in active service.

Seriously, that night was indeed long especially when I could not stop thinking about you and your academic training in China. My sleep wasn't so sweet because you were on my mind and most importantly, because you mean so much to me. The next day, I participated in the programme and, concealing but not forgetting the sacred theatre I witnessed the previous night. My curiosity was aroused, and my passion to find more about my new environment hit a world record high I couldn't repress, so I began asking questions and guess what, ...

(to be continued)



BREAKFAST

A metabolically great way to kick-start your day

by Mavis Agandaa Akolpoka

Breakfast is the meal taken to "break" the "fast" of a certain duration wherein the body receives no food as a source of fuel. In most cases, this fasting period is witnessed during our night sleep till day breaks. It is a wonderful opportunity that nature presents to us to nourish the body in the morning. Sadly, many people skip breakfast for a number of reasons; however, there are even more important reasons why people should not skip breakfast. Studies have shown that people who regularly take breakfast enjoy reduced risk of cardiovascular diseases and diabetes; maintain proper cognitive function; acquire accepted body weight; increased IQ and increased physical performance at all times. People skipping breakfast are deprived of all these benefits, but more disturbingly they would experience headache, fatigue, sleepiness, muscle pain, indecisiveness, anger, anxiety, decline in cognitive function and even low work output.

What people consume or fail to consume in the morning can be indicative of their future health! Kick-starting your morning with a breakfast gives you the energy to metabolically survive the first half of the day. Metabolism basically means the total chemical reactions in the body, which is usually centred on the conversion of consumed food into energy. The metabolic rate slows down to its lowest level when one is sleeping, then rises as one gets up in the morning and finally reaches the peak at midday. Since your metabolism is directly related to your energy level, the higher your metabolic rate, the more energy you have and the more calories you burn. Morning metabolic rate depends on the amount of calories the body has at its disposal to burn.

According to Williams (2004), skipping breakfast may keep your metabolism at low levels, causing you to burn fewer calories each day. This undoubtedly affects your whole system, especially the brain, energy utilization for other organs, physical activities and work output. Furthermore, eating your first meal close to or at noon usually results in an uber hunger, which naturally puts you in an out-of-control appetite state because you are so famished. Consequently, you consume a lot of calories. This situation may also contribute to distorted hunger signals.

Those who eat healthy morning meals packed with essential nutrients tend to have higher and more stable levels of energy throughout the day than those who do not. They are also less likely to reach for high-sugar and high-fat snacks later in the morning to obtain a quick boost of energy. The breakfast and morning snack should consist of between 350 and 500 calories, depending on your overall caloric intake. If you eat more than 500 calories, your body is likely to use some calories for energy and store the rest as fat (Nygaard, 2011). To fulfil your body's morning caloric requirement, look for foods with protein, fibre and nutrients. Eggs, peanut butter and lean breakfast meats provide protein, while whole fruits and vegetables supply a wide range of vitamins, minerals and fibre. Foods with complex carbohydrates are a source of steady-release energy, so include oatmeal and other whole-grain, high-fibre cereals and bread in the morning meal.

Refrain from eating foods that supply large amounts of empty calories, sugar and fat. Pastries and doughnuts fail to give you high-quality nutrients for the number of calories and amount of fat they contain. These foods, and breakfast cereals loaded with sugar, spike your blood sugar level early on, giving you a rush of energy but leaving you feeling tired mid-morning once your blood sugar level falls. According to The Harvard Medical School Family Health Guide (2008), keeping your blood sugar level steady can help reduce your non-beneficial low-density lipoprotein cholesterol and triglycerides. The immeasurable physiological gains in taking breakfast everyday cannot be overemphasized or equated to the millions of excuses given for skipping it. We must therefore remember that our 'BREAKFAST' today is the 'GATEWAY' to our GOOD HEALTH tomorrow.

References

- Nygaard, N. (2011). How Does Breakfast Affect Your Metabolism? <http://www.livestrong.com>.
- Williams, P. M. Ph.D. (2004). Breakfast the Most Important Meal of the Day. University of Utah.
- The Harvard Medical School Family Health Guide (2008): Get a Hearty Start on the Day. <http://www.health.harvard.edu>.

Notable Events in Retrospect



Mission
Accomplished:
The victory is ours!!!

“Some people believe football is a matter of life and death, I am very disappointed with that attitude. I can assure you it is much, much more important than that”
- Billy Shankly

Winning gold in the JU Football competition has been a daunting task for the college over the years. However, after several proverbial bites of the apple, 2012, saw the International Student's Football Team finally lift the Gold Cup. This great feat was achieved under the able stewardship of the Team Manager - George Amoako, Head Coach, - Samuel Essien-Baidoo, assisted by Mohammed Takase. The well prepared team captained by Oscar Kumi won all their matches at the group stages and proceeded through to the final to face the perennial giants, the Postgraduate Team. This match proved to be the toughest match the team encountered in the competition. Both teams dished out an impressive performance until Godwin Botwe pounced and fired in a brilliant goal to give the OEC team the needed win. The players could not hide their joy of becoming champions at the blast of the final whistle as they celebrated by singing, shouting and dancing.

International Students Representative Council

ISRC

The increasing number of foreign students at JU birthed the idea for the formation of International Students Representative Council (ISRC). The primary aim was to promote the interest and welfare of students, as well as bridge the communication gap between OEC and students. Initially, an interim council was formed which paved way for a substantive ISRC in the history of the college. The activities of the executives in complementing the efforts of OEC brought on board the reduction of the dormitory fees, introduction of the one-stop-service and general improvement in students welfare. The period also witnessed the entire student body coming together as one big family to offer a befitting memorial service in honor of our late brother; Prince Osei Bonsu. Such a wonderful gesture needs to be commended. We say kudos to all the college members. The goal for which the ISRC was formed still lives on. Long live ISRC, long live OEC, long live JU and long live the People's Republic of China.

Conquest at Nanjing:

JU attains glory at the provincial level of China Exploration

This event, expected to be held annually, has three levels - Provincial, Regional and National. At the Jiangsu Provincial level, the event was held at the Xianlin Campus, Nanjing University, on the 16th and 17th of March, 2013. About fifteen universities including JU competed in 3-on-3 basketball, 5-kilometre orienting, Chinese Martial Arts (Kung fu) and street dance among other disciplines. JU emerged as the overall best and thus qualified, together with three other universities, to represent Jiangsu Province, at the Regional level (Yantze delta-Shanghai, Zhejiang and Jiangsu) of the Competition. The team (made up of eight international students and two Chinese students) led by Marthe Kayumba include Kelvin Agyepong, Ngonidzashe Majokwere, Ornella Kayitaba, Clayton Chiwara, Wachirtravith Jhonghan, Mahlet G. Tadesse, Lavenia Rokoika, XU Jingwei and Yu Wanjun. The management team consisted of OEC Assistant Dean, Ms Wang, Chinese Volunteer, Li Wenqi, and Coach Tevita Tangaroa Vakalalabure. There were also the Chief of Physical Education Department, Mr Li Mingxue, and four other physical trainers (Wei Jun, Li Lan, Ma Wenfeng and Li Zhanqi) who supported the team at the event.



PICTORIAL STUDENTS' ACTIVITIES



Some members of the newly inaugurated Hand-in-Hand Volunteers Association



Students performing Indian Dance at the Snake Year party held in the Zhenjiang Museum



A presentation during the 4th MBBS Students Seminar



Cricket loving students at JU



Finalists and officials at the second Chinese Bridge (Chinese Proficiency Competition) for International students held on 18th May, 2013



The "Usain Bolt" of JU, Emmanuel Donkor.



Prof. Gao leads two students in a traditional dance at 2013 Spring Festival Celebration



OEC team at Shanghai for the regional level of China exploration



International students performing at the Sign language dance event



The strong squad of OEC in their quest to win gold at Jinshan Lake Dragon Boat festival

The Third International Culture Day of Jiangsu University
江苏大学第三届国际文化日



Time: 2013-04-29 9:00 - 14:00
Venue: Basketball Court
Near No.3 Canton

Organized by:
Overseas Education College
Students Union of JCU



SPRING 2013 GRADUATES

ERNEST EKOW ABANO - PhD Food Science and Engineering
JOHN OWUSU - PhD Food Science and Engineering

EBENEZER FIFI EMIRE ATTA MILLS - Master of Business Administration
GIFTY ATTA MILLS - Master of Business Administration
MAVIS PATIENCE YALLEY - Master of Business Administration

BRIGHT AFFUL - Bachelor of Business Administration
EVENARY APPIAH - Bachelor of Business Administration
OSCAR KUMI GYEKYE - Bachelor of Business Administration
AISHA IBRAHIM - Bachelor of Business Administration
STANLEY SELORM KWAKU KUFU - Bachelor of Business Administration
FAUZIA NARTEH - Bachelor of Business Administration



Up-Close With Mr. Samuel Essien- Baidoo

Live simple, one day at a time and make the best of everything that comes your way.....

This quote is the guiding principle of a man considered to be multidimensional- a fine charismatic hardworking gentleman, a devoted Christian, a family man with two kids, an outstanding young researcher, player-coach, a guitarist and a genius on drums. Getting to know some aspects of the life of Mr. Samuel Essien-Baidoo, popularly known as Kofi Sammy among close friends, gives enough credence to his esteemed social and academic standing. The Olive is privileged to profile this personality for our cherished readers.

Early life and Education

Mr Essien-Baidoo was born in Ghana to Mr. John Ato Kwamena Essien and Ms. Patience Matilda Kwakuyiboe. During his elementary education at the Volta River Authority (VRA) Experimental, Ghana, he came to limelight as a talented pupil who could play all kinds/pattern of drums with great dexterity.

He pursued secondary education at Bishop Herman College (BIHECO) where his fearless, approachable, and 'king-maker' charisma earned him the position of Vice Chairman of the School's Disciplinary Committee. Having gained admission to University of Ghana (UG) and Kwame Nkrumah University of Science and Technology (KNUST) concurrently, he opted to study Biological Sciences at KNUST in 1999 and further pursued a Master's Degree (MPhil) in Clinical Microbiology. While at this, he also quadrupled as a Tutor, Head of Science Department, Housemaster and Assistant Coach of TI Ahmadiyya Senior High School (TI AMASS) in Kumasi, Ghana. Essien, a technocrat "par excellence", served TI AMASS immensely.

Aspiring for greater heights, he started lecturing at the Garden City University College, Kumasi-Ghana and moved to the University of Cape Coast, Ghana in 2009, where he served as Lecturer/Scientist for almost a year. In 2010, he enrolled in Jiangsu University, among the first batch of Ghanaian PhD students, to further develop his academic and professional excellence.

Research Interest

Academically, he has published a number of papers in highly esteemed journals in the areas of Tumor Immunity and Autoimmune Diseases. His research interest focuses on Antitumor properties of natural beta-glucans, Tfh and B-cell immunity. He also assisted his Department in lecturing Medical undergraduate students in Immunology.

Passion for Students Activities

Being an advocate for quality student leadership, Essien's instrumental role in a number of Overseas Education College (OEC) student activities has been highly commendable. He played key roles in organizing undergraduate seminars and Postgraduate Conferences which he chaired a number of times. He served as a mediator/liaison between OEC and the International Students on a number of issues. He was also instrumental in the formation of the International Student Representative Council (ISRC).

Extracurricular Activities

The adage "all work and no play..." is not absent in our personality's dictionary. This is evident in the numerous sporting activities he has partaken. He has been outstanding from player to "player-coach" and ultimately to coach contributing significantly to the history of the International Students (OEC) Football Team.

He led the team as a player-coach to win silver and as a substantive Coach, popularly known as "Coach Carter" (due to his strict training discipline both on and off the field) to win Gold in the JU Football Competition – a great feat which he termed as his "best experience in JU".

Some hurdles crossed

The success story is not devoid of landmark challenges. Several ailments, collapsing prior writing the final paper in high school examination and being involved in an accident preceding his MPhil thesis defence, were some of the difficulties he had to overcome in attaining greater heights. He said "In the course of life's journey, I needed to learn how to increase self-confidence and believe in my capabilities and skills rather than focusing on my limitations. This is because the road to success is full of challenges and the best way to succeed is using the opportunities you get very well and taking necessary risks when you have to".

Life after PhD

"I'd go back to lecturing at UCC, Ghana, finish a course in Medical Law and Ethics, combine teaching with practice and also consider a Post-doc in Tumor Immunology". "Above all, it will be a family time. My wife and children are my most treasured possession. Family is the best thing a person can have. They have been there for me and I'm grateful to them for their patience"

MESSAGE TO OEC

When our personality was asked what he would do or change if made OEC dean for a day. He laughed hard and said: "I'll step up academic discipline in terms of examination, quality of teaching and assessment of students. I'll also uphold a high disciplinary standard in terms of time management so as to conserve the high profile of our prestigious university."

In his final words, he said: **"JU is a very resourceful place of study. The serene environment, beautiful scenery, easy access to information and ever-ready to help lecturers are among the few reasons why I think JU is a great university and all should endeavour to make the best of it while you can".**

Our guest, mentor and prodigy, Mr. Samuel Essien-Baidoo is a living example for all to emulate.

Research Activities

Food Science Research Group,
School of Food Science and Biological Engineering.

In a related development, Prof. Haile Ma, a Professor in Agricultural Processing and Storage Engineering, Dean of School of Food and Biological Engineering, and supervisor of research projects, has been awarded the "Best Supervisor" by OEC for his excellence in supervising international graduate students.



Prof. Haile Ma
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My research focuses on development of dried foods through application of novel and improved drying methods. Completed research includes conventional and blower-assisted hot-air, microwave-vacuum, far-infrared radiation, and ultrasound-assisted drying of pineapples, bananas, mangoes, garlic, tomatoes, and carrots. The functional properties of these agricultural produce were studied to establish optimized drying conditions for quality dried products. I am working in the laboratory of Prof Haile Ma



Ernest E. Abano
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My research focuses on the application of high hydrostatic pressure, singly or in combination with thermal or ultrasound to fruit juices, and optimising these parameters with the view of extending shelf-life and retaining active phytochemicals like Anthocyanins which have health benefits. My work also looks at the flavour profile of these juices using GC-MS. I am working in the laboratory of Prof. Ma Yongkun.



Felix Narku Engmann
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The focal point of my research is Nutrition and Food safety with emphasis on

- The mechanism and the biochemistry of "Jerusalem artichoke" polyphenols to control oxidative stress.
- The development of high technological and biotechnological methods to prevent browning in fresh cut "Jerusalem artichoke" to increase its shelf life and customer satisfaction. I am a member of Prof. Dong Ying's laboratory (Food nutrition and safety).



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My research is geared towards Rapid semi destructive and non-destructive determination of food quality. I am currently working on Rapid non-destructive analysis of quality parameters in cocoa beans/ authentication of Ghana cocoa beans by FT-NIR spectroscopy/Electronic tongue coupled with chemometric techniques. I am a student of Prof. Huang Xingyi (Non-destructive detection of Food quality).



Ernest Teye
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In this maiden edition, we showcase one of our important postgraduate research groups, established by the OEC, whose activities are mainly centred on food product development, quality control and safety assessment. This group has contributed immensely towards research and development in the university. Listed below are the members and their respective research areas.



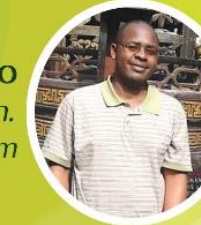
John Owusu
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My research work is about the use of tomato in wine making as a means of reducing post-harvest losses which occur especially in developing countries such as Ghana. Among the objectives are the effect of fermentation conditions on physico-chemical properties, bioactive compound composition and concentration, and antioxidant activity on flavour composition and concentration of the wine produced. I am a member of Prof. Haile Ma's research team.



Rosemond Dadzie
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I am currently working on the Production of Angiotensin-I converting enzyme inhibitory peptides from vital wheat gluten. I am a member of Prof. Haile Ma's research team.



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My research is geared towards flavour chemistry and fermentation. Currently working on winemaking process. Determination of wine quality (aroma, taste and colour) by colorimeter, GC-MS, electronic tongue and nose. I work in Prof. Ma Yongkun's laboratory.



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Research focus: *Cryptococcus laurentii* efficacy enhanced by Salicylic acid against *Penicillium expansum* and patulin degradation in apples (*Malus domestica* Borkh). Post-harvest management of apple using biological control agents. I work in Prof. Zhang Hong-yin's laboratory.



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A Post-doctoral member of the research group of Prof. Haile Ma. Research project focuses on studying the changes in protein structure extracted from rapeseed meal using ultrasound technology.



Are tomatoes the new grapes?

tomato Wine:

An Interview With John Owusu (PhD)

The Olive, official newsletter of OEC, JU, has been on the lookout for some excellent research works being carried out at the laboratories of the university. Supported by the Food Science Department, the laboratories of the department have been playing host to Dr. John Owusu's exciting research. Our resident genius, Dr. Owusu, has been extensively researching the ways of producing wine from tomato. Recently, the scientist took some time out of his busy schedule to have a chat with The Olive. Following are some excerpts of the interview.

The Olive: Hello, Dr. Owusu. Thank you for making time to speak to us.

Dr. John Owusu: You're welcome.

OL: To begin with, we are hoping that you could tell our readers a little about the John Owusu who aspired to do this research.

JO: Well, I was previously a lecturer at Koforidua Polytechnic, Ghana. I obtained my Master's degree in Food Science and Technology from Kwame Nkrumah University of Science and Technology, Ghana, in 2010. Later I decided to pursue my Doctorate degree at Jiangsu University to obtain further mastery in the field. As a requirement for my degree here, I chose to work on this research work.

OL: Regarding your research, which to us sounds like an alchemy, could you throw some light on it for us to understand.

JO: My research seeks to explore the possibility of brewing wine from tomatoes rather than the traditional usage of grapes as the raw material.

OL: Intriguing as it sounds, what motivated you to go down this untrodden path?

JO: In Ghana, Tomato is one of the vastly produced seasonal crops. Its abundance is usually accompanied with significant waste due to poor processing, preservation and storage. This results in huge post-harvest losses which negatively impact the economic benefits of tomatoes. Storage of tomatoes is an issue as they are susceptible to spoilage and rot, hence, I wanted to explore an alternative use for them. Brewing wine (i.e. using tomato as a wine brewing raw material) was an idea that excited me. Moreover, producing wine from tomatoes as compared to grapes, is affordable, exciting, and provides certain health benefits as well.

OL: Wow! That's interesting... Could you give us an insight into the health benefits?

JO: Tomato as we know, is an important source of nutrients for the body. We can extract these nutrients and phytochemicals into the wine, making it healthier compared to those from other sources. One such phytochemical is lycopene, which is one of the most potent natural antioxidants. Physiological processes in our body are known to result in the production of free radicals and oxidation, which might be harmful. Lycopene is an important scavenger of these free radicals and helps remove them from the body. During the course of the experiment, some amount of Lycopene was detected in the wine.

OL: Healthy products aren't always the best to taste. Is it the case with this wine?

JO: The taste mostly depends on the ageing process of the wine. Certain flavouring agents may appear and disappear with time.

Depending on the way and conditions under which the wine is aged, different flavours can develop. Aromas are also affected during the ageing period. So basically, it is how you choose to age the wine that defines its taste and conditions of the ageing process also determines the flavour of the wine.

OL: While on the topic of conditions influencing the wine making process, what are some challenges you encountered during your research?

JO: I faced a number of challenges during my research. The first issue which cropped up was the procurement of tomatoes. They weren't readily available when I needed to start the work due to its seasonal nature. I had to wait for its season before I could buy and that held up my study a little. Another issue I faced while buying the tomatoes was communication with the sellers. I had to ask for help from other Chinese students during purchasing. Moreover, if I had more time, I would have looked into figuring out a way to extract more lycopene into the wine. This is because we observed that a significant amount of lycopene was left in the skin of the tomatoes. This also explains the yellow colour of the wine obtained instead of the expected red colour usually associated with tomatoes.

OL: Could you tell us a little more about how your department supported you during the entire period? How has it been staying in China?

JO: Oh! my department has been very co-operative. They have backed me through to the hilt. They had never let me lack, be it funding or anything else. As for my stay in China, it has been a challenging experience. Language and food have been major issues. Adjusting to food, especially taking rice as the main course of meal was a little discomforting initially, but now I am coping. The weather was also difficult getting used to, given the extremities of the prevailing weather conditions. So, acclimatising wasn't easy.

OL: Well, we just have one more question for you, what's next after this?

JO: With the knowledge and experience gained in my field during my stay here, I return to my country wiser. I hope to return to teaching and do my bit to contribute to the scientific advancement of my country. I would also like to thank the President of Jiangsu University for extending the Presidential Scholarship to me, enabling me obtain my PhD.

OL: Dr. Owusu, thank you for sharing your ideas with us. The Olive wishes you the very best in future endeavours.

JO: You are welcome and I hope The Olive becomes a success.

List of Published *Science Citation Index (SCI)* Articles (2011 - SPRING 2013)

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