
ELI STUDENT VOICES

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Elena

Olga Silva

R/W 50

(1st Place)

She never tried to convince me to go to the secret meetings because she knew that I didn't want to be involved in these activities. She began to miss classes, and that was very odd for my teachers and classmates because she was a very good student. In my mind, I preferred to think she was sick and would have returned to class when she was healthy again; unfortunately she didn't. The teachers told us to tell her that she would fail her courses if she missed more classes. So, she began to attend classes again, but not full time. She arrived two or three days per week at the last hour to copy our notebooks or to see what homework we had to give the teachers.

One day, we heard that she was in jail for terrorism activities. It was a surprise for my classmates, but not for me. I felt sad for her situation, and I didn't want to think that she had done something wrong. She was in jail for three months.

When she was released from prison, she returned to the university. Nobody wanted to talk with her because they felt afraid to be in trouble. So, she asked me many things about the university because I was the only person who associated with her. One day, she was very sad, and asked me if we could go to the cafeteria. She told me that she never did any bad thing against Peruvian people, only attended the secret meetings. She told me about the terrible things she experienced in jail. She said that the police took her very early in the morning. They were very rough. All that time, she was in a special jail. She could hear many people who were being tortured by the police. She saw people who were injured, yelling, and crying. She told me that some of them told her that the police put electrodes on their bodies, took off all their clothes and threw cold water on them. They were forced to sign confessions. All these things were devastating for her. Each day she was afraid that the police would take her and do something bad to her. The police told her many bad things and tried to reduce her self-confidence.

But, the police could never do anything to her because her mother was a member of a feminine political organization. So, her mother asked for some help from the leftist politicians who then visited the jail and warned the police not to torture her. The politicians and the lawyers worked to obtain her freedom. They said in her defense that the police didn't have any true evidence against her, only the word from a man who could have been tortured to make the allegation.

She studied one semester more; after that she never returned to the university. Someone told us that she traveled to

Spain. I don't know if this is true or not, and I have never seen her again.

A Day in Three Months and a Half

Leticia Pinto

R/W 40

(2nd Place)

"Write something, whatever you want, things from your mind . . ." Here I am. My mind does not have memoirs; it does not have any specific thought. It wants to think about family, about this moment alone, but its owner does not permit. I think that I have to be happy all the time. I do not have a big reason to be sad. I just feel myself alone. It is Sunday, a sad day by itself. I know that I can go to church, pray and feel better, but how?

In this moment, I am sure that everybody needs company, friends, voices, laughs, hugs, kisses, love, and tears too. Sadness and happiness are together. They depend on each other. Sometimes we have to be sad to be grateful for our happy moments. And many times we gain maturity from this. Those moments make us think about life desires, goals, etc.

I know, I am sure that I will be better, tomorrow is another day. Tonight is only one night, in weeks, in weekends, in three months and a half.

Changes in Traditional Roles Between Males and Females

Mooneue Choi

R/W 60

From the beginning of human life, there were females and males, and they have played their own roles so far. If someone asked, "What are the differences between male and female?" What would you answer? From a long time ago, a male has been a symbol of power while a female has been a symbol of a householder. People may ask who decided these roles and why people's roles are decided like this. Nowadays people are changing their traditional roles because they want to do something that they want, not what the society wants. They deny their traditional roles and want to get their own roles.

At first, people can find the biggest changes in children's pastimes. For example, not so long ago, females were required to be like their mothers. Because their mothers and most of females' roles have been cleaning house, cooking something for their families, having babies, and waiting for their husbands in home, little girls' pastimes were also limited to domestic stuff. Girls have been supposed to play girly games

like jumping rope, playing house while little boys' pastimes were very different from girls like playing war or playing knight. Boys have been supposed to be as strong as their fathers usually are so they tended to like to play in large groups with a leader who tells others what to do. Their play was about winners and losers.

However, what are today's children's pastimes? People can see easily that boys hang out with girls and girls also hang out with boys. They sometimes play computer games together and they play house changing their roles like working mothers or cooking fathers. Some girls want to play with guns and robots and others want to play with dolls or other girls' stuff.

Second, males' and females' roles are also changing in their home. In the past, it was natural that mothers were cooking, housekeeping, and staying at home all day long. Even though they had jobs, they had to housekeep and take care of the children. It has meant that women had a lot of things to do not only in the workplace but also in home compared to males. In contrast, today's males take care of their children while their wives are working as well as cook and clean their houses. Some people insist that it is stupid for males to stay at home, and housekeep; however, the number of families sharing their roles is increasing. As the number of career women is increasing, males are spending more time in their home but females are spending more time in their workplace. These are obvious phenomena among today's young families and nobody can deny these.

Last, these changes between males' and females' roles have caused to decide their jobs. For example, in the past, if people asked little girls, "What's your dream in the future?" They usually answered, "teacher," "nurse," or "mom" while today's girls answer, "engineer," "architect," or "doctor." Different from girls, if people ask boys, some boys answer "fashion designer," "hairdresser," or "chef." It means that their roles are totally changed when they choose their jobs, too. Females have been forced to have inactive, simple, easy and girly jobs while males have been forced to get active, social, honorable and manly jobs.

On the other hand, today their jobs are more different and various than past's. Females want to get new jobs people couldn't imagine in the past, like programmer, engineer, mechanic, architect and firefighter. However, males want to be a hairdresser, artist, entertainer and nurse. These changes must be the most surprising things to the old generation and people who believe men are men, and women are women.

In conclusion people can find lots of changes in the traditional roles of males and females. Though there are original differences between males and females physically and mentally, people have wanted to be dealt with as the same human being, not males and females. The new generation has been denying to be defined like their predecessors. Instead of these, they are making their own roles. They don't care about society or others but just do what they want and what they want to be. Even though people have blamed the young generation who deny their traditional roles, they are encouraging their descendants to choose their own roles as human beings. Instead of people

clinging to their roles, they can decide their ways by themselves, not by society.

Sharing Roles and Respecting the Desires: A Way to Enjoy a Life as a Couple

Ronald Madrigal

R/W 40

Is it easy to enjoy a "couple life" in the middle of today's family? No, but it is possible. One out of every three couples get separated or they stay together in spite of the fact that their lives are miserable. It is necessary to be aware about this difficult reality. Today's couples should develop efficient ways how to conquer this challenge. Business and job, friends, house chores, social activities, and children's associated responsibilities are some things that make the couple life difficult in our modern society. My experience has allowed me to recognize that today's couples can enjoy the couple life better when sharing roles and respecting each other desires.

First of all, there are some roles that today's couples should share in order to enjoy themselves and their family life. Furthermore, house chores and children's responsibilities are not exclusive roles for the wife. Today, the man needs to become involved in these activities and he should enjoy it daily. Likewise, family's economical support is not an exclusive role for the husband. Many women want to assume this responsibility or at least participate in it.

Secondly, by being flexible and respecting each other's desires, a couple can enjoy more their life. Usually, today's women want to assume leadership positions as professionals and inside of the family, too. This way the couple needs to be flexible and respectful because it is not easy to accomplish the desires for both at the same time and at the same magnitude. For example, my wife has her own enterprise and both of us are involved in community and environmental activities. It has not been easy, but today we enjoy a lot this opportunity.

To conclude, sharing roles and respecting each other's desires could be helpful for a couple in order to enjoy their common life. Each one needs to be aware about these new realities before they commit to a relationship.

Obesity

Younghee Choi

R/W 300

Obesity is the result when we use up fewer calorie than we consume. Obesity is of the biggest topic of conversation in 21st century's health medical treatment because the ratio of fatness is rising continuously. We can guess how serious the fatness problem is. The main reason of fatness is poor eating habits. Because of the habits, people got diseases easily. Now, fatness is not "a question of appearance" anymore. It is "a disease" that is in need of medical treatment.

One of the worst eating habit is fast food. Fast food is high in calories and fatty. In addition, it is the biggest reason of obesity. It is very popular in the world because it has special

qualities. It is "cheap, fast and delicious." Fast food is a high-caloric and fatty food, so it incites the obesity of the people who lack impetus. In fact, many people in America demand damages against company which relative with fast food because they think that the main reason of their disease is eating fast food. There is abundant evidence that fast food has a bad effect upon obesity.

Overweight people have a higher possibility of getting diseases than people at large. It also means that it is a high figure of cholesterol. In addition, fatness is a bad element of heart attack and diabetes. In the case of women, obesity can be a result of melancholia. According to a study, becoming fat makes women unhappy. So, if they get fat, it is easy to lose confidence and it makes women melancholic.

Bad eating habits lead to obesity and it can have bad effect on body and mental, and we can solve these problems in some ways. One way is medical treatment, pills, and fat inspiration. However, it is a temporary expedient. Experts of obesity said the rule to lose weight is exercise and eating less food. So, if we do according to the rule, for example, proper exercise and eat a few food, we can lose weight, and we can also promote our health. As I stated before, the fatness makes ill our bodily and mentally. We have to be well aware about the evils of fatness, and we have to deviate from disease of fatness, through improving our way of eating life and proper exercise.

Friends

Tae Kwang Woo
R/W 300

I have many friends. I still keep in touch with many of my friends from elementary school. Every year I try to go to our reunion. Of course, I have friends from university, too. However, just a few people are truly my friends. It is difficult to have many true friends. With a true friend, you can talk about anything and they will understand.

My true and best friend, Young-jin, is a good person. He can understand me almost perfectly because we have known each other for 10 years. In addition, sometimes he gives me sensible advice. Since I arrived here, I have not been able to get in touch with him often. We just write e-mail to each other occasionally so I am anxious to hear of him.

Jun is also one of my familiar friends. We have known each other for 11 years. He is also a likeminded company. He has a passion for cars. I like cars, too. Because of a car, we had become good friends. We talked about cars everyday, and we enjoyed that very much. The same interest is helpful to make a friend. He is pure and comical. However, he is an only son, so he sometimes puts himself first. It makes me tired seldom. I want to remedy his selfishness.

Actually, I met many good people in the US. I think it seems like I met them a long time ago. I have received help from many Koreans, ELI people and roommates. I didn't expect to make a good friend in here, but now, I'm so pleased because of my good friends. I shall always remember their kindness to me. In addition, I will try to stay in touch with them.

I think true friendship is more than just liking someone. With a true friend, you can talk about anything and they will understand. I know that it is hard to make a true friend. That is why people say that they have just a few truly friends. Luckily, I met many good people. If someone asked me, "How many true friends do you have?" I answer the question confidently, "I have many true friends." Because I love everyone around me. They are the most valuable worth in my life.

Hola Baile

Taiyo (Pooh) Okabe
R/W 60

When people think about dance simply, what do they imagine about it? People who are very religious from some kinds of god would say that dancing is for god. Some people use dancing as a function for expressing own aesthetic sense like other types of artists. And other people perform to enjoy with a partner or friends. Sometimes they dance with one big group like Line Dance, Bon Odori. Also, there is pair dance, which people dance between man and woman such as Salsa, Merengue, Tango, Swing, and Country. Especially Salsa, Merengue, and Tango, all of which are Latin dances, are usually very passionate movements. Pair dances were one of the most important activities to find a wife among nobles in old European society. This pair activity has become more common for everyone and has been changed by many kinds of music. Salsa, born in New York, grows up in many places in Latin America, is loved by many people all over the world.

Dance has very convenient function for making new relationship between a man and a woman. It is difficult that a man asks an unknown woman if she wants to go out for dinner. But if he asks her if she wants to dance with him at a dance club, it is less hard to ask her out to dinner. At least they have a nice time because of dancing. A man can ask a woman to dance though they hold hand and move really closely. They don't need many words. All that they need is holding partner's body and moving with music. If you have no experience about pair dance, can you imagine how close they are? (I am talking to Asians) Because American and European cultures accept hug or kiss, they don't feel dancing has special meaning but probably Asians think these couples are in too close range to each other.

I absolutely love dancing now. If I hear music, my body will start to dance automatically. Because I believe that Latin dances bring a lot of fun and benefits for us, I like it. I recommend that we dance more often as a social activity. Also, I am focusing on dancing view of physical advantage. The advantages of pair dancing are couple can share the time together; people can exercise easily while having fun. I know some old couple who don't have any shared interests and spend boring days. I think that they should dance Salsa. It is very passionate to dance it. Salsa music also makes me feel sexier. Midage couple often gets bored with their life because they have been together for a long time. If they dance, they can share time and keep their health.

First, since a couple starts to have their children, there is no time to have fun for the couple. They have to organize their time for family time which is not for the couple. However, if they try to dance, at least for the moment they spend time together without their sons and daughters. Certainly, family time is very important for them, but they also have to keep their time as a man and a woman. When they try new steps, they have to help each other to figure them out. Normally, a man has to lead a woman how to move next. Also, a woman has to know what he wants to do. Step matching is very difficult, but it is significant to time correctly between a man and a woman when we dance. However, if this timing is matched, we feel really good and comfortable. It is almost ecstasy. Therefore I believe that dancing keeps a couple better relationship.

Another reason why dancing is good for old couples is it is good for their physical health. Nowadays, dancing has been one of the most popular exercise events. Dancing makes us forget time to run. If people run for an hour, they get bored mentally. Running is always the same action which is to move your feet. During dancing, people have to step variously. So, we can have reasonable physical activity. When old people play basketball or soccer, they can have fun, but these sports would be too dangerous and too much load for them. Also, I want to mention music magic. While music is being played, I feel that I can't stop dancing. There is no reason. Therefore, we can get or have sufficient amount of aerobic training.

I suggest that people try to pair dance, particularly old people. I want them to dance more often and broadly. There are many reasons as I said, but I have to say the most important reason: DANCING IS FUN. Benefits that I explained are only parts of dance appearance. Dancing is very profound and historical. It would mean that dancing is the most acceptable fun activity which was made by human. Salsa that I love has special magic. Even though a dancer is not sexy, the audience feels dance movements make her/him more passionate. If a woman dances with a good dancer, she would feel she is a professional dancer though she is not. What a man does is much more important than what a woman does. When a man can control their movement, they look nice and sexy. Thus, men need more practice than women. If a woman wants to be sexier, why doesn't she dance Salsa with a nice dancer before she starts to go on a diet?

Valuable Lessons

Luis Marquez

R/W 40

It is easy to have a farm, but it is difficult to maintain it. Life in farm could be easier at the beginning, but complicated with the happening of the time. Let me tell you about three lessons that I learned during my work in my farm.

First of all, put aside your ego and try to be humble. Being humble is an excellent tactic for selling your merchandise; buyers love it. It is good for the worker-boss relationships because worker prefer to work with a humble boss more than an ego boss. Finally, this could be an excellent tactic to discover your enemies.

Second, never get too close to your employees. They want to be friends with you however they cannot. They want your friendship for their own benefits, not for the company. Please be aware of this because if you permit this to happen, automatically you will lose their respect.

Third, never show your desperation to the buyers. Sometimes, you could be in a difficult economic situation at your farm. Consequently, you need to sell your merchandise. So, if you call the buyers and show them that you are desperate to sell your animals, they can use it in their advantage to buy your animals at a cheaper price.

In conclusion, if you have a farm and you are a beginner like I was, remember these three valuable lessons. Try to be humble person and put aside your ego, don't get too close to the employees, and never show your desperation to sell to the buyers during a difficult economic time.

Benefit of Having the Older Brother

Jason (Hee Bong) Jung

R/W 40

Recently, there are many families that have one child. It seems that parents give good education to their child however it has less benefit for the child who does not have an older brother or older sister. There are many benefits from having an older brother. For example, my older brother experienced many things before I did, so I have more time to prepare for future experiences.

One benefit is that my older brother experienced things before I did. So he always gave me good advice. For example, in my country if men are twenty to twenty-seven years old, they are drafted by the army. If they do not have an older brother, they do not know what an army's life is about. So it is very difficult for them. But I had it easier than other men who do not have older brothers because I learned many things about the army's life from my older brother who experienced the life of army before I did.

The other benefit is that my parents were always more strict with my brother than with me. He was usually restricted by my parents for whatever he did because he is the first child in my family. In contrast to my brother, I enjoy much better time and freedom.

Some people hate having an older brother because an older brother can usually interfere with their work. But they gain more than they lose from having an older brother. I think that being an older brother is a pleasure for you and a gift, which is given by God.

Good Family Communication

Hassan Mozahab

R/W 300

One of the factors that causes families to have proper relationship is communication between members of families. Good communication in family leads children to trust their

parents, solve their behavioral problems and become more socialized.

Statistics show that one of the most important reasons that children run away from their houses is because they do not have good communication with their parents. Children cannot trust their parents because they think their parents are from the past generation, and therefore, they cannot understand them and have the same opinion as theirs.

If a family does not have good communication, children get far away from their parents. As a result of that, children's behaviors change from what their parents expected which causes a lot of problems. For example, when teenagers pierce their bodies just because their friends do that, and they want to try it too, they start to have problems with their parents.

Another reason that good communication in families is important is because it helps children to get ready for a more successful social life. For example, when children have good communication with their parents, they can communicate with their spouses or their children easier.

Good communication leads families to proper relationship. Therefore, families have an important role in their children's lives, which leads them to be successful in their personal life as well as their social life.

Difference Between My Brothers

Mariluz Bravo

R/W 40

My older brother has a strong temperament; he is very strict with anything. While my younger brother has a funny temperament, he can adapt to any situation. They are different in all aspects of their life. For example, when they are working or when they are with our family.

Although my older brother has a strong temperament, he has good relations with people. He is a polite man and he is very strict with all. For example, when he lived in our parent's house, he fought with all our siblings and me for anything. Also he wants to make the decision in our company. He is stressed, and he is very quiet. Furthermore, he doesn't like the noise, he is attentive with our family, but all the time he is serious.

However, my younger brother has a funny temperament because he is joking with everybody. Nonetheless, every day he is funny, he works every day with a smile, and he doesn't fight with anyone. Also when he comes to my house, our family is happy because all the time he is talking and joking, so he is flexible and very attentive.

In conclusion, my brothers are of the same generation; in contrast, they have different temperaments. However, they have a good relationship because they recognize what are their differences, and they respect each other. Furthermore, they can share anything together for example, work, friends, and enjoy free time.

Like Father Like Son

Ana Sabal

R/W40

We are four siblings in my family, three brothers and I. All of us are different from each other, but every one of us has similar skills and manners to our parents, especially my brother Luis. Luis always said, "I am never going to be like my father." Therefore, my brother does not recognize that he is very similar to our father. There is a saying "Like father like son". There are many similarities that can be found in my brother and my father's character and life. Like my father, my brother is very friendly and authoritative with his children. My father and my brother have a lot in common.

First of all, my brother is very friendly and careful with my nephews, but he is also very authoritative. When his children do something wrong, he reprimands them aloud and does not speak to them until many hours later. But then he kisses and hugs them very much. In contrast, when they do something good, he plays and goes out with them, as my father did.

Also another similarity Luis learned all that he knows from my father, and he keeps it to himself. Consequently, they have a lot in common in their own lives. My brother has his own family as beautiful as ours when we were children. For example, he has two sons--Diego, 5, and Andres, 3. They have good manners, they share their toys and their clothes like my brothers and I did. Also Luis has a house with a garden and pets similar to our home when we were children. Like my father, Luis learned how to be a pilot of an airplane; he likes to fly to many places around my country. He also likes to travel a lot as my father does.

Perhaps, some times people do not realize that the person whom they judge is very similar to them just as my brother thinks that he is different from my father. He does not realize that he is very similar to him. People need to recognize their own weaknesses and strengths, and then they can talk about the others.

A Good Relationship

Letícia De Carvalho

R/W 40

I have only one sibling: a sister. She is older than me, but we get along very well. My sister and I have a lot in common such as an appearance and good relationship with our parents. We also have many differences for example our personality and interests.

The most important similarity is our appearance; we look very alike. Like my mother, we have dark skin, and both of us are tall like my father. The other similarity is about the good relationship between my parents and us. My sister and I show respect by listening to them carefully. In addition, we give them affection and a lot of love. We worry about their happiness.

On the other hand, my sister and I have many differences. Our personalities are the opposites. My sister does

not study, she only cares about meeting new people and going out while I am more responsible and I worry about my school. Whereas my sister does not do the housework and does not help my mother at all, I do because I think it is important to help my mom. The second difference that we have is about our hobbies. Different from my sister, I like to read and learn new things about politics. She hates that; she likes to learn about cars and music.

Everybody can think that our differences are bad for us; however, my sister and I are very good friends. Moreover, our similarities make us a good company for each other. Having an older sister like mine is something very special for me.

There Are Two Mothers in My Family

Catherine Yu

R/W 40

Can you believe that after July 21, 2002, I have two mothers? The day was my wedding. I entered another family. Now I have two mothers in my life who are very important to me. One is my own mother and the other is my mother-in-law. My own mother is a tender and patient madam. She organizes all domestic chores. Although she is sixty-five years old, her activities are like young woman. She has long and curly black hair. My mother-in-law is a clever and a keen judge. She always makes a fast and accurate strategic decision in business. She has short brown hair. They are good friends and relatives. I learn how to organize all domestic chores and manage business from my two mothers. However, they are different in everything.

First, my mother is a housewife. She was a teacher in junior high school. When my elder brother was born, she quit her job. Her family is her life. She cares for everyone and everything in her family. She has many skills for handling complicated domestic chores. She told me how to cook fast and organize kitchen stuff. For example, when my mom is cooking a soup and waiting for it to be done, she always washes the used dishes and prepares the next food. Besides, when she buys new clothing, she always re-stitches the buttons because they usually are not firm. Although she has four children, she never favors one of us; she treats us equally. Not only is she patient, but also she is affable. She does many domestic chores every day, but she is always relaxed and never in a rush.

The other mother is my mother-in-law. She is a typical character for a businesswoman. She is very smart and competent. She is a general manager of a company. Both at home and out, my mother-in-law is always an authoritative person. She always orders someone to do something. She doesn't like to do domestic chores. She is always busy and has many meetings or social activities.

Last of all, like other married women, I call my mother-in-law my mother. Although she is not my real mother, I respect her. So there are two mothers in my family who are important and who influence my life. My mother-in-law loves me as well as my own mother. I have learned many housekeeping skills from my own mother; similarly, I have learned a lot from my mother-in-law as for example how to manage my time and help my husband to manage our business.

Despite the fact that they are so different, they are very important to me. I am so lucky that I have two mothers. I love them very much.

Special Education

Sook Hyoun (Suji) Kim

R/W 40

Every human being during his life is taught many things by someone. Of course I also received many lessons from other people. One of them is my mother. She is my best teacher to me in my life. My mother taught me many helpful things for my life. Through her teaching, I learned many wise things about managing my life by myself.

First of all, I learned studying spontaneously by myself without my mother's compulsion. For example, she showed me how to study. After seeing this, I could learn studying habit more easily. She always prepared good circumstance for studying. In addition, I could study with an interest and joy because I always studied with my mother.

Second of all, I learned how to love people through my mother's life and teaching. For example, she always helps people in difficult time. Whenever winter comes, she helps poor neighborhoods around us. Furthermore, she taught me to be unselfish and to help others. As a result, I can see more beautiful and loving world through my eyes.

Finally, I learned how to solve my problems through conversation with my mother. We talk to each other frequently. After school, I always talk to her about my school life. Sometimes I tell her about interesting events. Sometimes I tell her about my mistakes and problems. Whenever I talk to her, she listens to me very carefully. She is a great counselor to me. She is a like a friend. When I grow up, I confide in my mother like a sister. We are familiar with each other. Furthermore, she gives me courage and self-confidence. Because of her education, I became a strong person.

Every child receives education from his parents. My mother made me a mature person through her special education. I'd like to be a good mother like my mother in the future.

My Favorite City

Young Seong

R/W 40

I love Pusan. Most people don't know it well because it isn't famous as a city. First of all, it has a beautiful sea. I grew up to see the sea everyday, but I don't see it now because I live in the U.S.A. I can still feel the calmness of the sea, and I remember how sometimes it changed to a very strong typhoon. Secondly, my family lives in Pusan. My parents don't love another city; instead, they love Pusan. They have loved the sea and the nature. Finally, I know everything about the city. Also, I used to walk everywhere. I left this city; nevertheless, I love and miss it.

“Early to bed and early to rise makes a man healthy, wealthy, and wise”??

Atsumi Makino
R/W 41

Today, we have a lot of proverbs that give advice or say something that is generally true. For example, “Waste not, want not”, “Crying over spilt milk is no use” or “A man can only die once”. These are quite plain to understand. But, this old saying “Early to bed and early to rise makes a man healthy, wealthy, and wise” is doubtful because to make a person to be healthy, wealthy, and wise demands a lot of hard work, such as exercise for health, striving to be wealthy, and having experience to be wise.

First of all, building a good healthy body needs proper exercise and a well-balanced diet in addition to keeping regular hours. Daily exercise builds muscle, a shapely figure, and makes you feel relaxed. In addition, if you take care to have nutritious meals and have them on time everyday, it helps you to keep your health perfect unless you do overeating.

Second, to be wealthy you have to strive and have good luck instead of keeping early hours. You need to study hard to get a high education and a high-paying job that produces the wealth for you. Added to this, the good luck is also necessary. For instance, you can get a chance to make a connection with an executive of the office where you want to work if you have fortune on your side. So, you probably can't be wealthy with only keeping early hours.

The way a person becomes wise is done by long experience, a large stock of knowledge, and meeting many different people. One material to become a wise person is that you have a right philosophy by your past experience that lets you know what you should do in the situation where you are. In addition, affluent knowledge leads to sound judgment and forms you as a clear-sighted person. Finally, meeting a lot of people and finding their personality may give you the motivation that helps to be bright.

In conclusion, I think there are more important requirements for being healthy, wealthy, and wise than keeping regular hours in sleeping. Just going early to bed and rising early are not enough. We must know that in some proverbs, the causes are not included, only some of them.

Advantages and Disadvantages of Having a Big Family

Pedro Rojas
R/W 40

Having a big family is sometimes good and sometimes it is bad. Some people prefer to have a big family because you can share many things with all of them, and some people think that it is a problem because each one of them thinks different and sometimes that results in troubles with some of them.

While sometimes it is good because when I meet them in a place, we have a lot of things to talk about, we play and

have fun. For example, last year we met in Miami for Christmas and we talked about all news that happened in the old year, and we played dominos, and we joked with everybody.

However, sometimes it is bad because when we want to take vacation. For example, everybody thinks differently about the choice of a place and then it is difficult to decide where to go. Last year after Christmas we planned to go to another city but everybody choice was different. Some of us wanted to go to Orlando and the other to Ft. Lauderdale; and it was difficult to decide. At last, we went to both places but that doesn't happen all the time.

In conclusion, it is difficult to live with many people because all of us think differently but it is nice when you meet with everybody and have fun with them. Sometimes we have a little quarrel but most of the time we enjoy being together and it is very good to know that you can count on a lot of people like parents, related, uncles, aunts, cousins, grandparents, etc. So, despite sometime you can have a little discussion with your family, you can have the better advice and help from them.

My Parents Are Very Important to Me

David Tasende
R/W 300

Ever since I was born, my parents have taken care of me. Both my mother and my father raised me. Whenever I need them, they are always there to help and listen to me. In good and bad situations, they are always with me. They are always a good example for me. They have good and bad moments, but I know that they always do the best as possible. I consider my parents the most important people in my life because of their dedication to me, their patience, and also because they are a good example for me.

During my life, my parents have been very dedicated to me. When I was a child, my parents helped me when I needed it. They worked a lot during the week, but on the weekends they talked a lot and did that which I wanted to do. Just God knows how I enjoyed those days. They enjoyed it when I played any sport. They have gone to all my soccer games since I was six years old. My parents have always been right where I need them. I always thank them for their dedication.

Even in the worst circumstances they have shown me that they are incredibly patient with me. They had patience to repeat to me things sometimes to help me. Sometimes I lost control and I talked bad to them and they never said something bad to me. When I was doing some homework and I needed some help they sat with me and explained everything to me. They only gave me a chance to recognize what I was doing. During good and bad moments they have always been very tolerant.

My parents are role models to me. They talked to me a lot about the things in life and all the time they tried to give the best example about what I have to do. When I became a teenager, my parents clearly explained all to me about the bad things in life that I have to be careful such as drugs, alcohol, and sex. I am very glad with them because of their

recommendations. In the evenings my mother prayed with me. They are models to follow because my parents never do anything bad and they are good people.

I really admire my parents. They are still teaching me things. They are almost perfect role models. They have been not only exemplary parents, but also my best friends. From the time I was born up to today, they have never let me down. If I need something, they will do their best to help me with anything. My parents are open-minded people. I cannot imagine how my life would be without my parents. They are the best in the world because they're tolerant, dedicated, and they are role models.

Cultures--One World, Many Ways of Life

Letícia Pinto

R/W 40

It is incredible to live day by day with people from different parts of the world: little eyes, dark skin, blond hair, habits, language, food, religion or no religion, and beliefs. These represent different cultures in only one world. Maybe in the same place.

In this environment, the perfect beauty does not exist; each person has your own pretty stereotype. We cannot define the best religion, it is in our inner, something that works in different ways for each one. The way that you think about the life is not the only one and the correct one. Only mixing culture do you realize that.

When you accept to live with people with different cultures, open your mind and your heart to learn about new things and to make new friends, you conclude that the world is so much bigger than you imagine and really special people can be from the other side of the world, across the ocean.

Have You Had a Friend in Your Daddy?

Carlos Vargas

R/W40

For my whole life, I have asked myself why most of my friends have never had a good relationship with their fathers? I think their fathers are not friendly and do not give them confidence; instead, they take it away from them. In spite of the fact that my friends have never had a good relationship with their fathers, I have always had a great relationship with my father. I have been learning through his experiences and when we spend time together, we have talked about past and futures plans.

First of all, I have been learning through his experiences. Then my dad taught me how I can enjoy my time with my family since I was a child. After, he told me about the efforts that I need to do, if I want to reach my goals. Also he showed me how much attention and confidence a child needs when he is growing up. Maybe in the future, all of this knowledge that I learned from him, it could be useful and helpful when I will be a father.

Second, when we spend time together, we talk about past and futures plans. First we talk about the memories when I was a teenager, and when my brother and I were practicing BMX racings. Second, we remember other happy times in our family life. Third, we think about futures holidays. Lastly, we discuss our future business together.

Finally, every father around the world should spend and enjoy more time with his children. People around the world could be friendlier if their first and very good friend who taught them was "Their Father."

Take Care of Your Health

Diana Mejia

R/W 500

To keep a good health is one of the most important things in the life of any human being. Without health one person cannot do other things like to work, to play, to think or enjoy life. So, that is why is necessary that people care their health either physical or mental.

There are many things one person can do in order to keep their body in a good condition. Personally I try to do some things to care my body; for example, to feed well, it means to eat balanced food, with proteins, carbohydrates, vitamins and minerals; to do exercises at least 3 times per week, any kind of exercise can help like jogging, walking, swimming, dancing, aerobics or spinning. Other things like visit doctor in order to check my body health, to have enough rest and do not smoke or drink alcohol.

I think that all these activities helped me to keep my health in spite of difficulties or problems that can cause stress. What is important is to have a good routine of exercise, do not make it only one month, but to try to continue it because exercise helps to maintain our defenses. It is also important to have a good attitude about life, in other words, to take care of our mind and get away negative thoughts.

What is Organic Food?

Dora Mouallem

R/W 500

Organic food is a labeling term that denotes products produced without artificial chemicals or genetic modification. The word "organic" means no chemical fertilizers, pesticides, insecticides or preservatives. It refers to the way food is grown and processed. The principal guidelines for organic food production are to use materials and practices that enhance the ecological balance of nature and the respect for animals' welfare. Useful methods are used to minimize pollution in the air, soil and water but the primary goal of organic food is to optimize the health for plants, animals and above all for people.

In order to produce healthier food, organic farmers work the soil. Organically managed soil receiving compost and manure can have up to 85% more healthy soil life than soil bombarded with chemical fertilizers and pesticides. After treating the soil, organic crops contain significantly more

vitamin C, Iron, Magnesium and Phosphorus, and fewer nitrates than conventional crops, as well as a better quality and higher content of nutritionally significant minerals. These can be found in lower amount of some heavy metals in organic crops compared with conventional ones.

The nutritional content of a particular vegetable doesn't change; nevertheless, the lack of synthetic pesticides residues on organically grown produce definitely makes for a safer product. Moreover, chemical products in high doses might cause toxicity in human beings, and organic food must not be treated with any prohibited substances like toxic, persistent chemical, and fertilizers for three years prior to certification. Nowadays, a conventional apple for example has 20-30 poisons on its skin, even after rinsing; in this case organic food has an advantage because it is not covered in a cocktail of poisonous chemicals. Its core relies on a healthy rich soil to produce strong plants that resist pests and disease. Organic food contains on average 50% more vitamins, minerals, enzymes and other micronutrients, and such more antioxidants and less water, as well as higher phytonutrients (that prevent illness). Also, these are produced without genetically modified organisms. Organic foods are less dependent on non-renewable resources such as fossil fuels that avoid pollution.

Nutrients levels are 85% higher in organic soil. According to some regulation on quality control of organic food, they should have a clear reference which relates to a method of agricultural production in the sales description of a product, which are labeled and advertised for people to know more about the ingredients. There are three types of new organic seals, additional to the products that are "entirely organic" that will now be labeled as 100% organic.

- The first one: products labeled "organic" are made with 95% organic ingredients. For example: organic cornflakes.
- The second category: food labeled "made with organic ingredients" is products that have 70% or more of organic ingredients. For example: tomato ketchup, made with organic tomatoes.
- The last one: foods that are less than 70% organic may list organic ingredients on the side of the package but can make no organic claims on the front. In this case we have to read the back what ingredients are made of to see if it is organic or not.

Meat can be certified "organic" if livestock has been raised on organic feedstuffs for at least a year, and not given any antibiotic or synthetic hormones. All livestock must have a good life condition free from any unnecessary chemical medicine, because these drugs and many other medicines are passed directly to the consumers contributing to diseases like coronary heart disease and high blood pressure.

It may be helpful to think of organic as a process, not as a product. Organic foods are more expensive than conventional ones. Since organic is grown without synthetic pesticides or chemical products, it is more labor-intensive. While organic food may cost more, the rewards for the future and the children's future may be immeasurable. This is one of the gifts of the organic movement.

By remembering where food comes from, and making choices about how it should be grown, we can reclaim our connection to life, to health, and to the land. Small choices can make the difference.

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