
ELI STUDENT VOICES

Volume 15, Issue 2

Summer, 2011

The End of Ann's World (*1st Place*)

Katherine Castro

R/W 60

"The end of the world is coming," said an old man who was standing up next to the entrance of the building, where Ann worked. Also, in the newsstand where Ann used to buy the newspaper, people could read on the first page of the tabloids press that on December 12, 2012 will be the apocalypse; a steroid will come to kill the human being; aliens will invade and kill us; and so on. However, Ann did not pay attention to that because she did not believe in the apocalypse or aliens or anything about the end of the world.

At 27 years old Ann was a successful woman. She had studied fashion design in the best school in New York. Her father, a rich man, had helped her to develop her own business when she was 23 years old. Four years later, she was recognized as the most talented young fashion designer. Her life was running on her business and fashion shows. In few words, her work was her life. At 35 years old, she had a lot of success and money, but she felt that something was missing in her life. One night, she called her best friend.

"Hello Susan. It's Ann," said Ann.

"Ann, good to hear you!" said Susan. "Guess what? I am pregnant."

"Congratulations," Ann replied very excited.

"Thanks Ann" said Susan. "But tell me about you, is everything ok?"

Ann answered "Well, I feel tired. I need a vacation but I don't know what to do"

"Ann since I met you, you haven't taken any vacation. This is the time, your body and mind is asking for. Your life needs adventure. Go and don't worry. Who knows, maybe you will find your love . . ."

After this conversation, Ann went to bed, but the idea of a journey had been around her head through the whole night. The next morning, she had made a decision. She started preparing her vacation. The first thing she asked herself was, "where to go?" The image of Europe appeared in her mind. Although she had traveled to Europe for work, she never had the time to spend time and knew those places. For that reason, she decided to go to London, Milan and Paris. However, she felt that something was lacking in her trip. So, she thought "the cold will be with me in this trip, why not invite the heat." While she was browsing a magazine, she saw an article called "Ten beaches to go before you die," which caught her attention. "What beautiful beaches!" she thought. But one of them captivated her because of the beauty of the place, the white

sand, the landscape and the calm water. Bali Island was the final destination in her journey.

November 2012 was the start of Ann's journey it would be a tremendous four-week vacation. Her first stop was Paris, city of lights. "Paris ville lumière" she said. There she had a great time; she was enchanted by the exquisite food, shops and history. Also, she was impressed how Paris could arouse her feeling of being loved. But she thought, "It is a pity, I am alone in such a beautiful and romantic city." London, the city of fish and chips, let her have a good time also. "Oh!! Mama mia!!" said Ann, "the best food I have ever eaten." Milan not only delighted her with its food, but also it inspired Ann in her designs for the next year. The beginning of the winter in Europe did not stop Ann visiting and seeing whatever she wanted. Ann had spent three beautiful weeks in Europe, now the heat was calling her.

In December 2012, Ann took her flight to Bali Island located in Indonesia. The trip from Europe was long, so she arrived to the hotel in Bali too tired. The next day, she woke up late but it did not stop her from going to the beach and enjoying the sun. She was very excited to explore the island, so she paid for a tour for the next day. "The tour was amazing," she thought, but she wondered if it was the tour or the man that she met made it more exciting. She had dinner in an exotic restaurant that had a spectacular view of the sea. She could not believe that it was her first dinner in her trip that could share with someone. Ann and the man had a really good time. That night when she was lying on her bed, she was thinking that she had never met a man like Paul. Paul was in Bali because he needed to rest from his hectic business life. They had many things in common. They were like soul mates. The days went by while they shared and had good times together. Two days before Paul's vacation finished, they were walking on the beach, while he told her "I don't want to lose you, I want to have you for my whole life." "Me too! You're my better half. I feel I couldn't live without you," she said.

On December 12, 2012, one day before Paul left Bali Island, they were enjoying the sun and the sound of the sea. Suddenly, people started yelling and running. "What is happening" asked Ann and Paul. Someone replied them "the wave, the wave." They looked at the sea and saw a big wave that was about to fall over them. They started running, but the furious wave reached them. Their bodies were twisting round and tumbled from side to side as if they were leaves on the sea, until the wave took away their breaths. Around the world news showed images about the tsunami that hit Indonesia, "It was powerful and killed thousands of people." While Ann was happy with Paul in wherever their souls were, she never realized that her world had ended.

The Alien Hero

(2nd Place)

Hyerim Lee

R/W 60

Year 1991, the blue sky was filled with dark smoke as if dark chocolate was melting in a glass of water. I kept running. I was out of breathing. Scars were all over my legs and arms. All the buildings were collapsed. Where is my mom? Where is my sister? I could see someone on a playground in front of my house. Henry, my childhood friend, was gathering broken tree branches and sharpened them with a piece of sharp stone.

“What are you doing here, Henry?”

“I am making spears,” He stared at me and continued sharpening.

“Oh, have fun. I am looking for my family. I can’t find them,” I gave him an ironic glance.

“Stay here. It is dangerous to walk on the road. Aliens are looking for humans as their experimental subjects. You might be the one who will be abducted. I heard it from my parents a few days ago.”

“I heard the same thing. Why are these aliens doing this? They could be our friends. I don’t understand.”

“We humans are weaker than they are. That’s all.”

Suddenly, I felt a huge ominous shadow over us and a dark shape loomed up ahead of us. The green platter-like object landed on a ground. It was wider than the AT&T Park stadium. As it landed, houses and trees were flying. It threw them to the winds and made a clean sweep of our neighborhood. Three green men with giant heads equipped with various communication devices walked out from the giant object. I was sure that they detected me and Henry from the far distance.

“Time to run! Henry!”

“Yes. Don’t look back or they are going to abduct us!”

The running game did not last long however. The alien soldier’s speed was incredible like the cheetah so that they caught us in less than a minute. Aiming an object which looked like a toy gun, they started talking to us using incomprehensible language. They smiled at each other and one of them raised the hand up high to signal to shoot us. Bright pick material came out from the gun. It was too late when I saw something was out because Henry already shot; he seemed okay but looked very tired after getting hit. He screamed loudly. His arms became red and turned to black eventually. It was my turn next. I did not want to get hurt. I started running again with all my might. I thought nothing but to survive from this moment.

“Ouch!”

I heard a scream from one of the alien aiming the gun at me. Henry stabbed the alien’s leg with his wooden spear. His leg was covered with green blood. It was no longer aiming at me.

“You have to run faster than that. Survive!”

After a minute sprint, Henry and the three aliens were out of my sight. I knew that it was impossible for them to chase me anymore. I heard the booming sound again. Their UFO started ascending. Bright light wrapped the UFO and

disappeared instantly with the booming sound once again. Tears came from my eyes. I was disappointed in myself that I couldn’t do anything to save my friend. The friend, however, saved my life and was kidnapped.

-20 years after the alien take-over incident-

Today was a peaceful and quiet day but I felt uncomfortable. It was time to finish my work and I again prayed to God thankful that nothing bad happened today. After coming home back, I took a brief nap before dinner. Again, this stranger appeared on my dream. This man always smiled at me. I have had this dream since the alien incident took place 20 years ago. I was always sure that this man was Henry, who was kidnapped by the aliens. Today, this man looked somewhat unusual than what he used to. I was shocked. This man wore a uniform. The name tag on his right chest showed his name. ‘Henry’. I woke up from my dream with surprise right away as I saw his name. I had a feeling something will happen sooner or later.

My feeling was right. The aliens invaded the Earth again. More than hundreds of thousands of UFOs were floating in the sky. This time, I would not let them do what they wanted to do to humans. I am now one of the notable air force pilots who pilots spacecraft, space fighting aircraft against the alien invasion. To save my friend Henry from the alien, I applied to Air Force and became the first woman spacecraft pilot. It was time to revenge on them and get my friend back.

My fighting against the aliens did not last longer than I expected. I perceived the big bombing from the right wing of my spacecraft. Usually, the wings are able to be repaired automatically if the hit is weak but I knew that it was different. I saw the right wing was torn off and blown away. I was unable to control the craft. Soon the spacecraft started falling down to the ground with the speed of 4,000 mph. Abruptly, I felt that my craft was moving upward by some type of force, probably magnetic force. I couldn’t comprehend this situation because I believed I was going to die.

He clearly wore green uniform and a name tag written as “Henry” again. When I was trying to say a word to him, he ignored me and turned around to go somewhere. I woke up from the dream and realized that I was not on the Earth but I didn’t know where I was. I just saw the crowds. I wondered whether there were my team members but disappointingly there were none and even no one looked like normal human who would tell me where we were. It seemed they didn’t know about this place either. I eventually saw that their arms were black and I knew where I was. The aliens put me in the cage with some other human captives. Some people seemed they were in despair, while others were actively punching the green slimy walls to see if they can make a hole for exits. Red blood mixed with green slimy chemical materials already covered their fists thoroughly. They seemed that they were in pain. Across the wall, the alien janitors were walking around the cage to watch over us. I was shocked. Most of janitors were aliens, but I could see a few of them were humans as well. Equipping with guns and whips on their waists, janitors’ presences froze all of us like an ice.

Just then, a familiar appearance stopped by me.

“Henry, you...”

“Hey, you. It has been a while. I didn’t expect you here. I was surprised when I heard that you are the top spacecraft pilot. I am proud of you.” He smiled at me.

I couldn’t continue talking to him anymore. I couldn’t say a single word at that moment.

“Henry, what are you doing here?” I said, “Let’s go back to the Earth together.”

“Sorry, I don’t want to go back to the Earth. I am obligated to work in this cage for the rest of my life. It is too late to become human again. Also, I am employed as a janitor here to keep you guys from escaping.”

I was astounded that he just admitted he wasn’t the human who tried to save me from the alien invasion 20 years ago anymore. I couldn’t believe what he told me. I saw that he was not the same person I knew before. I realized it was too late to rescue him.

-A month later...-

As a human captive, I had to work at the mine ground for collecting minerals and coals. Each day was tough because the aliens provided with a small amount of foods. The alien janitors whipped the humans who fell on the ground and was unable to move like abandoned circus animals. As a brave soldier, I wished I could punch their faces hard and save the ill humans from this hell. A massive explosion occurred from somewhere near the alien headquarters. I couldn’t notice that the rescuers from the Earth had arrived and started a surprise attack at the headquarters. Screaming sounds came from all over the place. Numerous spacecraft from the Air Force arrived at the attack site. They started shooting approximately thousands of missiles per minute. After getting hit by millions of missiles, all buildings in this area were collapsed and the area looked like a dead dessert. They showed no mercy against the aliens.

Since the rescuers attacked the sites, all the janitors either were killed by the human captives who had taken guns and whips over or ran away from the battlefield. All of the human captives were able to be free from the cage. At the same time, I was looking for the path to the rescuing spacecraft. I was overwhelmed by the fact that I would be able to return to the Earth soon.

Suddenly, debris of the spacecraft was starting to drop from the sky. A massive amount of the debris was falling down continuously like hail. Many humans couldn’t avoid these and were crushed to death. I was in fear of my life from the debris. I felt the danger when I looked upon the sky. Something was dropping from 30-meter height. My body was on the tremble and thought that I had no regret living my life as the Air Force pilot and that I wanted to see my family. Just at that moment before getting hit, I was pushed by something and could avoid getting hit by the debris. I tumbled down to ground hard and looked at the site of suffocation. This man’s whole body was suffocated except the head by the metal debris. I could know that it was Henry after seeing the face. My eyes became full of tears and I started screaming desperately. I felt the pain as if my body part were cut off. I realized that he was also looking for being rescued from the aliens because he was wearing a captive’s cloths. All of a sudden, he sacrificed himself to save me from the moment of danger. I was trying to lift the debris

from the ground but it was too heavy to move around. Meanwhile, I could hear his quiet dying message.

“Get well on the Earth and say hello to my family...”

An Immortal Person

Nihan Gunes

R/W 4

Pictures of him are hung on the walls where people can see them wherever they go in Turkey. In classes of school or university it is behind the teacher’s chair. In offices it’s on the main wall of every important room. This situation comes from our respect for him. It’s just one way that we show our thankfulness and admiration of him. So who is he? He is Mustafa Kemal Atatürk, who is the founder of The Republic of Turkey. His surname was given him by The Grand National Assembly of Turkey in 1934. ‘‘Atatürk’’ means ancestor of Turkish people.

If we look at his life history, we can see a life which has been devoted to the Turkish nation independence and future. During World War I he was a military officer. He gave us so many victories with Turkish soldiers while enemies entered our lands. With his leadership we saved our lands from enemies and established the republic. In his mind it was just a beginning for freedom. After establishing the republic he made political, social, economical, educational and cultural reforms for developing our country. He had thought, had read and had searched for how he could create a contemporary life in Turkey and acted about it. We can see that with this speech: “Our great idea is to raise our nation to the highest standards of civilization and prosperity.”

He loved his nation more than himself. The only important thing that was in his life was the Turkish nation. For instance, he got married to serve as a model to us. After he divorced with his wife, he never married again. He spent all of his lifetime and stood for us even though he had encountered very critical health problems. Moreover, when he hosted a dinner in his house with important people who were professors, artists, politicians, or doctors; generally they just talked about problems in Turkey and they stayed all night long and tried to find a solution for them.

Today he still inspires us with his opinion about life. He is like an endless ocean and bright light. He was a very farsighted person. If someone reads his book which is called ‘‘NUTUK’’, he/she can realize his mind was just about being human and protecting human rights. Furthermore, when you watch a film or documentary about him or read a book about him you see his humanistic manner for all kind of people. Although he didn’t have his own child, he adopted seven daughters and two sons. What’s more, education was very important for him, especially education of girls. He thought the main remedy for destroying ignorance and catching the contemporary life in Turkey is education. For example during his lifetime he said, ‘‘ Teachers are the one and only people who save nations. ‘‘

Honestly, if I write dozens of pages about him I cannot explain him. He is an endless sun for the Turkish nation. He

made so many things for our independence and happiness in the future. He loved us and all the other people in the world very much. He respected all nations and he just wanted the peaceful world. Also he explained his mind with this sentence, "Peace at Home, Peace in the World." Even though he passed away a long time ago he still lives in peace in our hearts.

ELI English-Only Policy

Munsoo Yang

R/W 4

The number of students who come to the U.S. to study English has been increasing dramatically during the last decade. Students vary from little children to over 50's and come from Asia to Pan Europe. They are spending large amounts of money for tuition, housing, and living expenses in the United States to improve their English skills. But, even then students do not try to speak English eagerly because they are accustomed to using their own languages for a long time. There is no difference at the ELI (English Language Institute) of the University of Florida. Even though some students mention that they might be allowed to speak their own language at the property of the ELI, it shouldn't be allowed.

Some students think that it is inefficient for students from the same country to talk with each other in English because none of them are fluent in speaking English. However, it is not true. When they try to make a sentence to explain something, people come to improve their English skills unconsciously. Moreover, if some group continues to speak their own language, they are ostracized from any other group of people who neither understand their language nor are willing to listen. Then, for these students, staying in the U.S. is just time-consuming. As a result, it would be more efficient for them to study in their country where their family and friends are and students do not need to struggle with housing, food, and different cultures.

Opponents also insist that it is easy to get together with those who share languages. However, the ELI students have many more chances to speak with native speakers than they think. For example, every student at the ELI can have a conversation partner who is willing to talk with them regularly. Not only does the ELI introduce a language partner, but it also supports various kinds of programs to help international students: a Language Assistant program, a volunteering program, and cultural activities after school. Even if students feel that these activities are still not sufficient to improve their English skills, they can meet and practice English with native speakers wherever they want such as a store or a restaurant. In a real conversation, they learn more communication skills than in their classes.

Granted, people prefer to join their familiar social community which makes them feel more comfortable. However, their ultimate goal must be to be exposed to a real environment where English is used as the first language as much as they can. Students must not lose their opportunities to form a variety of networks from all over the world. That is because the international cliques help them enrich their mind,

attitude and language. Especially for international students, the lively and energetic attitude is more needed than just settling down. These open-minded students would learn English easily and fast.

To sum up, despite the fact that some students want to speak in their own language on the ELI property, it should be prohibited. Imagine their valuable youth. A language school has responsibility that their international students from various countries both experience American culture and improve their English skills. The more students complete successfully through the ELI program, the better reputation the ELI will get. That is the win-win game between students and institutes.

Living Better

Kariem Ghazal

R/W 50

Everybody is looking forward to live in the best comfortable place, but there are different kinds of societies; collectivist and individualist. Collectivist or individualist society has special characteristics, so living better and feeling happiness not absolutely but relatively depends on the cultural background. I prefer to live my childhood and elderly age with collectivist society. On the other hand, I prefer to live adult age with individualist society because the primary and final stage of humankind needs a special caregiving and abundant emotions. Moreover, a combination of collectivism and individualism behaviors is the best choice to solve many problems in the society.

The primary and final stage of the lifespan of any organism in nature is similar because in both, the organism needs help and special care. In both, the organism is a weak. Nature gives us deep intellectual lessons in cooperative relationships; we must learn the best wisdom from it; for instance, look at kingdom of bees which they are lived in strong, cohesive groups; they are a standard collectivist society. Moreover, family ties have great positive effects on the mental health; according to the Department of Health and Social Behavior, Harvard Center for Society and Health, ¹ "It is generally agreed that social ties play a beneficial role in the maintenance of psychological well-being." I infer that family or society ties have positive effects on mental health and feeling happiness.

For an adult, it is very important to be independent because he/she is in the building stage, needs to emphasize self-interest and set personal goals to enhance their experience as an individual because life is changeable. An adult needs to be strong a person in order to pass. Many restrictions which are made by government or society rules make the people reluctant and feel with frustration. For these reasons, a combination of collectivism and individualism is the best way to solve many problems which adults suffer from.

Some people believe that individualistic cultures have higher reported levels of happiness, more freedom, autonomy, and higher life style. I respect individualistic cultures, which create independent people, who have free decisions and select

the best way that they believe correct. Sometimes, I refuse restrictions which limit personal freedom and make the mind closed, but sometimes, open freedom, individualistic decisions, cause a risk; for instance if the child selects a wrong choice and does not counsel his parents, he will make mistake. I have a proverb: "Anyone who counsels others, he participates with them in their minds."

In conclusion, I would like to live in a combination of collectivist and individualist society; society has mixed with collectivist and individualist culture. I think that collectivist or individualist culture has advantages and disadvantages at the same time. Likewise, we find many people have different views about which is better for them. Any opinion does not fix, but it is changeable depending on the circumstances and the policy of government and society.

Sources

1- <http://www.ncbi.nlm.nih.gov/pubmed/11564849>

Journey to Brain and Dream

Sanghoon Kwon
R/W 50

What did you dream last night? Was it good, or bad? Almost all the people in the world dream when they're sleeping. And dream has been interesting subject for a long time. Many scientists include psychologists, have tried to find the reason we dream. Today I'm going to show you the latest research about the sleep and dreams. Before start to say about the dreams, I'll tell you about the effects of REM sleep, and NREM sleep, the gates to dreams.

REM is an acronym of the Rapid Eye Movements. The name is originated from our eye movements during normal dream sleep which is the only easily observed movements during the dream sleep. Normally when we sleep, our brain is less activated than we awake. But according to the Richard Wilkerson, author of "New Trends in Dream Brain Research" *Electric Dream*, Mar 2003, our brain is activated by almost same level as we awake when we are in REM sleep. Dr. Wilkerson also said although our brain is outstandingly activated in REM sleep, the specific parts of our brain, especially the gates for sensing the outer world (5senses) are closed so we are not easily awakened by external factors, such as lights and noises. On the other hand, when we are in NREM sleep, we can make slight shifts in our body position, in comparison with the fact that we can't make other movements except the eye movements when we are in REM sleep. But our brain is less activated in NREM sleep than REM sleep. Therefore even though the gate to the outer world is opened, we are not easily awakened from NREM sleep. And these two types of sleep have dream of different quality. Now, I'll tell you about the dreams in earnest. First is NREM dreams.

In the research of Dr. Robert Stickgold at Harvard University, which you can see in the video clip "What are Dreams", *Nova*, 2009, John, the subject, told us about the NREM dream. Before he fell asleep, he learned and played the game Alpine Racer 2, the downhill skiing simulator. And that night John dreamed about the walking through the snow. Don't

you feel anything? Skiing and snow are related to each other. Dr. Stickgold said "I can just imagine the brain trying to say, "Does what I know about walking in snow help me think about skiing on snow?" And John definitely got improved next day. As you could see in the video clip, the researchers think that in NREM sleep, we dream about the past. And by repeating the past, we can get improved. It's kind of training. It's obviously, and easy to say that constructive. But REM dreams are different.

According to the Dr. Wilkerson, REM dreams are longer, and more vivid than NREM dreams. Usually it's going on for 20 minutes for each time; moreover it could be going on for more than one hour at the end of the night. Also in average we dream the REM dream about 6 times while we are sleeping. And the most conclusive different of REM dreams from NREM dreams is the emotions which is felt by the people who awakened from the dreams. According to the research of Dr. Erica Harris and Dr. Patrick Mcnamara of Boston University in "What are dreams", the subject felt positive emotions after awakened from the NREM dreams. However in the same research, after awakened from the REM dreams, the subject showed negative feeling. Dr. Mcnamara said it might be caused by the amygdala, the parts of the brain which handle unpleasant emotions, because when the subject was in REM sleep, the amygdala was highly activated. Such a different could be caused by the purpose of the each dream. By previously mentioned fact we can say that NREM dreams are trying to figure out how the past is related to the future. On the other hand, REM dreams are trying to experience the future itself. It's a kind of simulation. Through the simulation, we can provide against possible future danger. Think about it. If we experienced the car accident, then we might drive the car more safely. Because by this we are able to not only know the danger of the car accident but also feel the danger directly, because we 'experienced' car accident. In a way, we can call it a sort of vaccination. But that is not everything about the bad dreams.

There is a specific word that indicates the bad dream. That is a nightmare. When we call a dream a nightmare, it means that the dream wakes us up. However, there are many dreams which are bad but don't wake us up. If so, what's the difference of bad dreams and nightmares? In "Nightmares and Dreams" by Natalie Angier, *the New York Times*, October 23, 2007, we can see the difference which is said by the scientists and sleep researchers. As mentioned in the article, Dr. Nielsen and Dr. Levin suggested that the function of the bad dreams is, in their words, "fear extinction memories." It means that bad dreams make the space for appropriate fear for our survival and any other benefits by removal of useless fear. For example Antti Revonsuo, the Finnish scientist who collects the nightmares, said in "What are dreams" that we mankind have succeeded the old fear, such as fear against the wolf which threat our ancestors' life. But nowadays, fear against the wolf is almost useless for our survivor. So by dreaming about the wolf and other things that are not dangerous anymore, our brain makes the space for new fear against new threat which can really threat our lives by extinction of old and useless fear. But according to the Dr. Nielsen, if we are awakened by the nightmares, the process of "fear extinction memories" couldn't complete its

mission. So Dr. Nielsen said “Bad dreams are functional, nightmares dysfunctional.”

Up to now, I told you about the sleep, dreams, and nightmares. What do you think about these? Is your opinion about the dreams changed? The dream is not magical symbol. It is result of natural process of our brain. It is result of works of our brain for our prosperity and survival. Sometimes it is a trainer for improving ourselves. Sometimes it is a teacher who tells us about the possible danger. And to conclude, it’s a part of our own effort to survive and improve ourselves.

How to Cook *Pan de Jamon*

Javier Perez

R/W 30

Before cooking Ham Bread, we need to know the definition of Ham Bread, a typical Venezuelan food made only at Christmas. Basically, it is bread with ham and other delicious stuff inside. Let me tell you steps. First, you need buy these ingredients: 1 pound of flour, 200gr of butter, 3 eggs, 200gr of sugar, 20 gr of salt, ½ l of milk, 400gr of bacon, 2 pounds of ham, 200gr of raisins, 200 gr of olives (without the pit), and *Papelon*, a type of brown sugar. Then follow these directions. Inside a bowl, mix the milk, flour, salt and sugar; knead with both hands. Next, drop in the eggs and butter. This mix will result in one uniform body of flour. Leave it alone for 45 minutes. Third, cut the olive in circles, place the bacon and the ham in a dish, and drop the raisins in the water for 10 minutes. Later, you need a rolling pin to stretch the mixture into a rectangle shape. Into this rectangle, drop on the olives, raisins, ham and bacon. Then proceed to roll the rectangle. Be careful. Finally, this bread goes inside the oven for 30 minutes at 300°. If you follow these instructions, you can eat this delicious dish with your family as a snack or for dinner!

Enjoy!

Working

Sufan Yang

R/W 51

Have you ever thought about how long we should work in one day? Some people think working harder and longer can show faith on the job, and this makes it easier to solve working problems. However, working a long time might cause people to lose interest and have some negative influences like when one’s stress increases. I believe that working less and having more leisure time would be better for people.

In my opinion, working a lot might make people have to repeat the same tasks and lose interest on job. Keep doing a similar job for a long time makes people at work to tire easily; moreover, people would like to give up their work because they stop liking their work and cannot focus on their job.

No one can continue to work without taking a rest. After people work, they need to relax and decrease their stress. People should have more leisure time to make sure they can

relieve pressure and keep in good condition to work. Leisure time is very important because this can make people temporary leaving working and relaxing themselves; when they go back to their work, they would be willing to do their work and also do it well.

Some people think that working less means their work cannot be done well, and everyone needs a long time at work will give people more time to finish their job. However, working for a long time cannot make sure that people would do well on their work. In addition, a short time at work makes people know they have to finish their job in short time, and this can improve work by making it more effective.

In conclusion, it would not be better for people to work for a longer time, because people have to take breaks. Also, a long time working might make people lose interest on their job and gain more stress. Companies should not force people to work for long periods of time.

Hero Among the Heroes

Israa Albassri

R/W 4

If all the great values were one person, this person would be my hero. My hero is a person who spent his life to make his people happy and pleased. Whoever knows this man admits his munificence and modesty. He never treats the bad with worse, but with good or better. His generosity is represented not only in his materialistic giving but also in his emotions. When you first see him you will fear his veneration, but when you get to know him, you will feel the softness of his heart. My father is my hero. A hero with his values. His wisdom, kindness, and love are shown in his relation to his parents, me, and my mother.

My father was always a kind and obedient son. He relates his success to his parents’ prayers for him. He lived with them since he was born until they had died, taking care of them and pleasing them. He made them need no one but God. He watched their feelings as well as their demands. He never said or did something that upset them. I remember when my grandma was suffering from Alzheimer, he used to play with her as if she were a child, and he also used to change her diaper when she was not able to go to the bathroom. Although she was not aware of what was going around her, she smiled whenever she saw him. He raised us to respect my grandparents; he let us kiss their hand and forehead every day just to imply gratuity and love to them.

Moreover, my father raised me on honesty and courage; he made me believe in my abilities because he believed in me. “Nothing can stop your dreams from being achieved as long as you breathe but death,” my father says. He always encourages me to give my opinion on every subject even if they are complicated ones. With wisdom and love he solved my problems. He usually does his best for me and for my brothers to get the best education. “Knowledge is your weapon when there are no weapons,” he always says.

Nevertheless, he treats my mother as if she were a queen, he bends over backwards to please her because he

appreciates her effort. Rarely does he discuss his work problems with her since he knows how to throw away his worries as soon as he enters his house. Even when he has crucial troubles she sees him smiles as if nothing has happened in order not to let her worry about him. We have always known him as the strongest person and the kindest as well.

A hero among all the heroes, that is my father. A person who is always there for anyone that needs him is a real hero. He is such an openhanded person. I cannot forget his charity as well; he has been a father for every poor person. He gives and gives and never waits for a reward. Hundreds of pages will not be enough to describe how great he is. I am so proud to have such a hero in my life, God bless my father.

Life at the ELI

Youngrim Han

R/W30

When I first arrived at the ELI, it was a hot day. Although I was introduced to UF by the Language Assistants, I didn't know where I was. I walked all day and my skin became dark. I was so tired because every day I walked. But walking is good for my health. Now, the walking is just simple exercise. Now, walking became my special ability. In addition, I know where I am. I can find some places easily. Now, I feel comfortable except for only one small problem: parking!! The Norman Garage is always full. So, I can't park there. If the parking problem was solved, my next session at the ELI would be better for me.

Legalization of Marijuana

Sebastian Luzuriaga

R/W 51

The legalization of marijuana can help the world to be a better place. Many people are affected because of marijuana, not only because it is consumed by many people but also because of the facts related with the creation of it. In order to find a solution, we should think beyond our religious and social believes. Legalization of marijuana could help the governments earn money from taxes on its sales and could end the drug dealers business (including terrorism) and the crimes related with using and selling marijuana.

It is ironic that the governments chose to have a war of drugs when they have the opportunity to make profits from them instead. Marijuana could be a good business for every country, but nowadays only the people who evade the law can make profits from it. Besides, the governments can't control this business because it is getting bigger and as a consequence it is not secure for the people involved.

Most of the people need jobs and some of them don't care if it's illegal or not, but this business is not secure for them because drug dealers are just worried about themselves. People working for drug dealers are forced to commit crimes and they end up being terrorist or working for them without even realizing it.

As research has proven, the fact that marijuana is illegal is sufficiently caused by the amount of money, jobs, and pride invested in the drug war. I understand that religious and societal believes oppose marijuana because people who use it are more likely to use cocaine and heroin and become dependent on drugs as adults. However, they must understand that the benefits of its legalization exceed the negatives, and the illegal business of marijuana it is more dangerous than the consumption of it.

In conclusion, I believe that what governments are doing right now is helping this business grow illegally, and the consequences are increasing too. We can't stop the consumption of marijuana, but we can educate consumers and make laws to control the business. Instead of losing money in wars and security, we could make profit off of it and help people work under the government's protection. Thus, this would be a better situation for the people and the governments.

I Admire You . . .

Alessandra Silva Gelape Faleiro

R/W 31

I would like to say to everyone that I admire one special person in my life. I am talking about Fabio. I admire him because he has characteristics as determination and perseverance. When I met Fabio, 15 years ago, I impassioned for him and for his amazing life story. I want to tell you a little about his story because I believe that nice examples are inspirations for our life.

In his childhood, Fabio had a simple life with his poor parents and five brothers in a small city in Brazil. Fabio has always liked to study. When he was 8 years old, he had read all books of the Library's School. All his teachers were very surprise with this. During his school life, he had only A in his grade. When he was 17 years old, he decided to study at University, but it was almost impossible, because his parents did not have any money and in his city did not have any University. Then, Fabio decided to move to other city. He needed to get some money and his only option was to work hard. Fabio was very tired, but he never desisted of his dream.

Fabio studied 5 years at University and graduated in Agronomy Engineer. Fabio was the best student at University, so he was invited to continue his studies. Fabio sad yes and from this moment, he never stopped to study. Fabio get a Master and Doctoral degree and nowadays he works at Brazilian Agricultural Research Corporation. He wrote more than 10 books and published almost 100 scientific articles in indexed journals. In the last year, he released one passion fruit cultivar that was helping small and poor farmers in Brazil. Nowadays, Fabio is doing his sabbatical at University of Florida, one of the most important universities of the world in agricultural sciences. Despite his success, he still has the same humility and he always want to help students and farmers with his knowledge.

Well, I learned with Fabio that determination and persistence can transform dreams in reality. In our life, we need goals and work hard to win them. Fabio is a very special person

for me because he is part of my life . . . he is my husband and my love.

My Weekend

Shahir Alruayni

R/W30

All my weekends are usually fun. On Saturdays, I go shopping, to the movies and sometimes, when I have a party, I go to this party. When I go shopping, I buy food, drinks, and clothing. Next, when I watch movies, I like to watch scary movies, action movies, comedies, and romantic movies. On Sundays, I go with my friends on picnics, to parties, and go to have dinner together. My weekends here at the UF ELI are wonderful.

The Death Penalty

Luisiana Castillo Morales

R/W 51

Courts of Justice frequently play God by sentencing people to death. The Criminal Justice System in some countries imposes the death penalty as the ultimate way of punishment for those who have committed unforgivable crimes. However, by doing that, they are repeating the same pattern, but in a way making it “legally accepted.” Capital penalty is nothing but a cruelty that goes against, not only God’s laws, but also Human Rights principals.

The Death Penalty is a morally incorrect punishment that disrespects God’s laws. A great number of people around the world are Christians, or at least believe in God. Consequently, their primary religious book is the “Holy Bible,” and it is divided it into two portions: the Old Testament, and the New Testament. The first section of the text contains the Ten Commandments given to us by The Lord; looking at mandate number six: “You shall not murder.” Therefore, any human being, or social structures that are governed by these principals are not allowed to take a person’s life, even though that person committed murder before. Homicide is homicide, no matter who is the one responsible for the death, and what the circumstances are; subsequently, it cannot be “legally accepted, or correct.” In fact, any organism that practices capital punishment is actually disrespecting the Human Right’s principles.

Thus, the death penalty violates the basic principles of Human Rights. Articles number four and five of The Universal Declaration of Human Rights, a standard of achievements for Nations around the world, express that “Everyone has the right to life . . .,” and that “No one shall be subjected to torture or to cruel, inhuman, or degrading treatment or punishment.” As a result, capital penalty could be interpreted as a desecration of those principles. Whether it’s the electric chair, the gas chamber, or the lethal injection; it is a barbaric for governments to agree with state-sanctioned murder as one method to enforce the law and “make justice.”

However, a great number of Nations that are in favor of the death penalty claim that society must protect its people, even though if it implies the killing of those who might represent a threaten for the majority (counter argument). I understand their concern and what’s behind their position, considering all the serial murderers and terrorists human society has had to deal with over the years, but by promoting capital punishment they are just sending the wrong message to their people (concession). Using murder as a penalty for those who have committed homicides is not the most effective deterrent for crime. Indeed, a practice like that one can just lead to a never ending cycle of violence. That is the reason why the death penalty should be abolished from the Justice Systems, because practicing the known “an eye for an eye” will do nothing but make things worst in the long term.

In conclusion, revenge is not the way out for Courts of Justice to enforce the law; executing people cannot turn out into a legal form of homicide just because it is practiced by governmental institutions. The truth is that capital punishment is an expensive brutality that is accepted neither religiously nor socially; in fact, it shows nothing but a lack of capacity for governments to promote justice. There are always better ways for them to castigate criminals, without becoming ones.

SOURCES:

Michael Bradley (2008). The 10 Commandments of the Bible. Retrieved on July 19th, 2001, from: <http://www.bible-knowledge.com/10-commandments/>

The Universal Declaration of Human Rights. Retrieved on July 19th, 2011, from: <http://www.un.org/en/documents/udhr/>

A Letter to My Sister

Suleyman Billor

R/W 60

Dear Jessica,

You are my only sister, and how you are important for me, I cannot describe it. I would love to share some of my advice with you in this letter. I hope you will pay attention to my thoughts and my point of view that might protect your life in the future. These suggestions are directly about your health, mood and moral values.

Maybe, I have a lot of anxiety about you or people who will influence your life. As you know every single day, people have been listening to crazy news. However, it does not mean you will be kidnapped by someone or have sexual harassment any time during to your lifetime. I advise you that you should never trust strange people easily. You ought to examine them every time and when you recognize something that is wrong with them, you must protect yourself intelligently and smoothly. For example, nowadays drug sellers want to deceive young girls with their lies, and also they target them to abuse them and include them in their illegal trade.

As far as I know, some young girls have been pushed to be sex slaves, even though it was not their destiny. So, some

small faults can cause really big life tragedies. For instance, recently I was flipping through the channels, I saw one unbelievable news. According to the speaker, one teenager girl had been sold as a prostitute by her boyfriend, and ironically she was a drug addict who was led by her underground union member boyfriend.

As long as you never forget my advice, I believe that you will never be under bad situation as a teenage girl. First of all, while you were relying on people, you have to observe them and their integrity can be very important for your social relations. You can ask some diagnostic questions to your friends that may help you to know them very well. For example, family might be an important factor to know about people. Please, ask them their family members' jobs, and watch your friends' behaviors. People's attitudes can give some signals about their mood. On the other hand, honesty must be another personal quality that you should look for while you choose your friends. Most of the time, conversations will provide some clues about their integrity. Genuine friends not only bring a happy life to you, but also they may warn you to protect from some dangers such as awareness of internet crime or nightlife. I would like to point out another crucial topic that interests you. When you hang out with your friends in downtown, please watch out for all kinds of dangers. Basically, you should never pass your alcohol limit, that way you will have fun and a great time without any trouble.

Last but not least, you are a young girl and you might have sex with your boyfriend. I will be so straightforward, you should protect yourself in any case. If you do not preserve yourself, you may have some diseases and problems such as pregnancy or psychological fear. So, I will attach some vital protection methods with this letter. I guess, you have already have enough knowledge about them, nevertheless this is my responsibility as a brother.

The Man Who Changed the World

Ibraheem Alawadhi

R/W 60

It was an amazing day, when Dr. Hadi got the acceptance for working abroad in the United States far away from Saudi Arabia. Dr. Hadi has studied genetic science for more than 20 years. He has become very famous in his country. He was the best. But he always believed that something wrong was going to happen.

"Sara, hurry up! I need to catch my flight," Dr. Hadi said.

"You are selfish, you always ignore us. I am trying to be a good wife, a good mother, while you don't care and you only think about your job," Sara said.

"No, I am not. One day you will understand everything that I am doing right now is for you and my children. I am helping the whole world. Once I finish my job, I will spend all my time with you my dear, as a family. Now, I gotta leave but I promise I will be back soon."

She started crying. Her tears were falling as a heavy rain. She couldn't handle that. He got closer to her and gave her

a warm hug. He kissed her and said good bye as if he would never come back. Then, he left to catch his flight to New York where the new job was.

Three years later, Dr. Hadi finished his work in New York. It was time to go back home. On the same day that he was supposed to leave, Dr. John called him and told him that there was something wrong with people who work in the lab. Dr. Hadi asked him to calm down and promised him that everything was going to be alright.

Dr. Hadi arrived at the King Fahad's airport. He left the plane and walked to the security point. He felt that something strange had happened to people here. His heart was beating like a jack rabbit's. He was murmuring, "No way, that is impossible, not now." Both of Dr. Hadi and Dr. John knew that new virus was going to spread around the world. They believed that nothing could stop the spreading of this epidemic except their new drug that they have developed in the last three years. The problem was that they had not tested the drug and they had only a small amount of it. Let's suppose that they had a big amount and it was easy for them to use this drug, would people use it? How can you persuade people that they are suffering from new disease called "AT22"? AT22 is a new disease that turns people into zombies. People would not believe such thing while Dr. Hadi and his friend Dr. John believe it might be the end of the world.

Dr. Hadi left the airport and took a cap. The driver was so sleepy and tired. He was complaining that he couldn't sleep well the night before while Dr. Hadi was 90% sure that the driver was suffering from AT22 and what he was suffering from were just symptoms of that disease. Once he got home, he ran directly to his wife and his children. He was like a dead man returned to the life.

"I missed you a lot," Sara said.

"I missed you too. Where is Salim? I do not see him with you."

"Follow me," Sara said.

By the time he had seen Salim, He was shocked. He could not believe his eyes. He saw all the symptoms of AT22 on his son. Red eyes, tough skin, heavy tongue and nose bleeding. He could not wait more so he called Dr. John to tell him that now is the right time to use the drug. But he was surprised that Dr. John had also suffered from AT22 and more than the half of New York citizens suffered from this disease. Few hours later, people in India, China, Brazil and Australia suffered from AT22. Dr. John told Dr. Hadi to use the drug but he warned him, "once you use the drug, there is no going back, and someone will have to sacrifice his life, friend."

One week later, the whole city was talking about the strange things that happened to them. They lost their friends. No clue where they are. Many people vanished as if they are phantoms. Then, people realized what they were suffering from. It was the zombie time. Half of the people in Saudi Arabia turned into zombies and the other half were killed.

In the meantime, New York wasn't any better than Saudi Arabia. Other countries were also suffering from AT22. It was time to rescue his family, his friends and the humanity. Dr. Hadi believed that he might pay with his life in order to save the world. He would miss his wife's touch. Her smile. Her voice.

He would miss his children. Their lovely faces. Their noise. He would never exist anymore. But he decided to take the risk.

In order to rescue everybody on the earth, he should do something really basic. He must take three injections of that drug then go out to streets. He would turn into a zombie but he would not harm others when he bites them. In fact, he would give them the cure to save their lives. Dr. Hadi stood in front of the mirror and looked at himself. His square face was covered with a small beard with long hair like a little lion. Suddenly, he took all of the injections consecutively. He went out to the streets where everything was destroyed. Blood everywhere. No normal people anymore. He started biting people and zombies at the meantime. Three days out of his home were enough to spread the drug between zombies. The fact is that the drug spread via biting. For example, X bite Y then Y will bite Z then Z will bite... and so on. After a while all people in Saudi Arabia survived then other people in other counties survived, too. But one man had to pay the price. Dr. Hadi had to pay with his life in order to save other's life. After taking the drug there was no way to return into a human because the person who takes the injection directly will not be affected by zombies' bites which means there is no way to return into a human again. The government of Saudi Arabia and the United Nations decided to apply the execution punishment to Dr. Hadi who rescued the world. They killed the man who believed in this, "be the change you want to see in the world", and he was really the most important change in the world.

The story hasn't finished yet. It just started. It's true that Dr. Hadi died but his good deeds will never die. The change that he made in the world will last forever. Years later, his son Salim became one of the famous genetic scientists in the world. Now, he has 700,000 health centers around the world to deal with all diseases and conditions. He has developed AT22 to have a new drug called HJ17. The name of the drug didn't come from nothing. HJ17 is a syncopation of: Dr. Hadi, Dr. John and the date when Salim recovered from being a zombie which is the same day that Dr. Hadi was killed on. It is 17th. The most important advantage of this drug is that it has no side effect. When someone uses HJ17 to rescue others, this person will be able to return into a human. Dr. Hadi was the bravest person on the earth that time, and his sacrifices will never go in vain.

Marriage Is Better Than Celibacy

Ayodele Arotile

R/W 51

I will like to support the notion that says marriage is better than celibacy. Although my opponent disagrees with this fact without having any vital point to support his view on this topic, I will like to prove to my audience that being married makes you feel responsible and not only that but also marriage is our last best chance to grow up because it makes you feel like an adult.

In the first place, marriage makes you feel responsible. What makes a man a man is an ability to withstand an unfavorable condition such as managing a family and other

general responsibilities like paying of bills. It is important to know that the existence of humans is not completed until they reach a reproduction stage which means having an offspring that will continue from where you have stopped. In other words, one is said to be the last generation if one has failed to reproduce and marriage can help us get started with the reproductive process.

Secondly, marriage is our last best chance to grow up because it makes us feel like an adult. The decision you make today is what makes your tomorrow; therefore, taking an action towards marriage is evidence of adulthood which can only be determined by such action. Man has not completed his metamorphosis without marriage; therefore, it's an evidence of completeness.

My opponent states that celibacy gives you time and energy to achieve more in life; however, it is contrary to my belief because I do not see an achievement without marriage. If you take care of responsibilities, then you will achieve the result and result is the achievement of life.

In conclusion, being married makes you feel responsible and not only that but also marriage is our last best chance to grow up because it makes you feel like an adult, and I believe that if my points are carefully listened to, you will believe with me that marriage is better than celibacy.

Hero

Munsoo Yang

R/W 4

Superman flies to the sky. Batman uses high-technology skills. Spiderman climbs skyscrapers freely. There have been various kinds of heroes in our lives. Our society, which includes cultures, ideas, and beliefs, is reflected in our heroes. Even though these superheroes used to be our dream, nowadays, people are eager to have more realistic heroes who have skills to be adjusted in our real life, who affect our society and who can control people not with a physical power but with a soft power.

To begin with, people who have information technology are treated as heroes these days. Steve Jobs, CEO of Apple Corporation and Pixar, is a hero not only among software developers or computer programmers but also ordinary people from all over the world. Not surprisingly, Worldwide Developers Conference, WWDC, which is held every year in San Francisco, where the Apple's headquarters are located, has been gaining the world's attention. He put the whole world into his hands with an idea, "application world." As a result, thousands of people came to research and develop innovative computer programs or software related to this technology.

Not only are technological people treated as heroes but athletes who had overcome difficulties are also heroes. For example, Yun-A Kim, a 20-year-old figure skater, and Tea-Hwan Park, a 19-year-old swimmer, are heroes both to little children and to adults. Not only had Kim overcome the poor environment she was raised in with hard training by herself but she was also awarded the ISU World Figure Skating Championship. The situation of Park is more severe than that of

Kim. When he was a child, he struggled with asthma and had arms that were different lengths, which are not ideal for swimmers. He challenged his handicap with his strong will and, consequently, he has been setting new records at every game.

Finally, heroes of today control people not by threatening with guns but by utilizing great communication skills. Guy Kawasaki, the establisher of Garage Technology Ventures, who has hundreds of thousands of followers on Twitter and Facebook, has influenced people with short but strong words through social media. Different than traditional superheroes, heroes who have these kinds of abilities can manage people with no threat or intimidation. Heroes know how to control and affect other people with their soft power. In other words, they are adept at exploiting SNS, Social Networking Service, which is an essential device to communicate with each other.

To recapitulate, a lot of heroes people dreamed of have been developed by filmmakers and people were satisfied vicariously up until now. However, as time rolls on, people have changed their minds not to crave for unrealistic creatures. That is why "Green Lantern," a recently released movie, failed to be successful in spite of brilliant costs. Today, people hope that heroes who are real would come out and affect them in a good way. That is heroism and also humanism.

Working Less and Having More Leisure Time

Sungjin Choi

R/W 51

Today, the people are like a working machine. Despite the many timesaving machines, people are working harder and longer. As machines are developing a bigger part every day in our lives, people try to work more and faster. If people spend so much time at their, they will lose their health due to many stresses, and they cannot spend time with their families and the efficiency of their work will decrease.

In my opinion, people lose their health and have many stresses in modern society. Because they have an enormous amount of work, they want to work more and faster. Modern society is a competitive society; also, people have many competitors for jobs. People do not want to lose the competition. So, they work harder and faster. Due to this excessive competition, people lose their health because of the many stresses. People must know that health comes first than their achievements.

Second, there are many children who can see their father or mother only on the weekends. Many people spend their time at work, so they cannot spend time with their family. Parents work for their family, but due to that work, they cannot have time with their family. I think that people must reduce their working time and have more leisure time with their families. That will be better for their families and for the workers.

Last, efficiency is the most important thing when people work. People have a limited time to concentrate. Working without concentrate is inefficiency. People who work

well get recognition more at work than those who work much. Having some time to rest and have leisure time helps people to obtain energy and concentration.

In conclusion, I think people should reduce their working time and have more leisure time with their families. It increases the efficiency of work and family relationships will be better. People should think about what is important in their life. When they manage their time well, they can make achievements at work, keep their health, and spend time with their families.

Fast Food

Khadija Amdored

R/W 51

You are what you eat. Everyone has to eat to survive. However, the importance thing is what you eat. Fast food is an alternative option of eating outdoor. Some people prefer fast food and others compel to eat it because they are very busy or for other reasons. In my opinion fast food can solve problems but it's still unhealthy and has economic problems.

Fast food can cause health problems due to of its little nutrition value containing in this food. Most of people used to eat fast food rather than healthy food that is cooked carefully in the house and prepared by more care. Those people usually suffer chronic disease that relates to high value of cholesterol and fat such as diabetes or heart disease; in addition, they may become obese. For example, a lot of food that served in the restaurants contains a high value of fat, sugar, salt and few valuable of vitamins, proteins and minerals that build the human body.

Next, fast food has an economic effect. Almost of people used to eat fast food spend a lot of money for this service. For example, a person may \$10 to buy a snack and drink; however, he can earn this amount of money by providing this snack in the home and and may cost him a little money for drink. So, he is saving money; moreover, he keeps his food as healthy as he can. If people continue to eat fast food in two meals per day, they will lose their money and won't be able to do other expenses till the end of the month.

Fast food can solve temporary problems because people are usually busy and they don't have enough time to cook and prepare their food. I understand that people eat fast food to save their time; moreover, they won't be hungry. However, fast food is still a problem that threatens our health and economics. In addition, restaurants that serve fast food earn a lot of money by selling large amount of food to people who are visiting them daily, but restaurants will lose their money if people decrease eating fast food.

In conclusion, I discourage people to eat fast food to save their health and money. Sometimes, people need to change their routines and eat fast food but not permanent. People can enjoy with more health and money if they don't eat much fast food.

How to Enjoy a Long Life

Victoria Benitez

R/W 50

The race to find the Philosophers Stone began in ancient times. The idea of a long life obsessed scientists and philosophers. Everybody was looking for the elixir of life; the immortality was a delicious idea. These days it is well known that such a thing doesn't exist but longevity is still encrusted on the greatest minds of the world because everyone wants to see the years pass as they grow older but healthy. Nowadays the disparities in life expectancy between humans are obvious. Around the world there are many people reaching the age of 100 years old while others die in a remarkably shorter length of time. According to Dr. Christopher Murray, School of Public Health, Harvard University in "Location, Income Key to Longevity, Study Says" National Public Radio, 2006; Asian-American women living in Bergen County, New Jersey typically reach their 91st birthday. But Native American men residing in parts of South Dakota tend to die more than three decades earlier, around age 58. These dramatic differences have left a blank to be filled which leads scientists to wonder how this is happening. Governments and people are all the time more anxious for answers in this field. This necessity to find the secrets for a long life has awakened an ambition for knowledge which is being researched worldwide these days. What researchers have discovered is that a long healthy life is not a coincidence and studies shows that possibilities are endless because there are many factors that affect longevity. But certainly some good habits could definitely help to achieve this goal such as a good diet, lifestyle and adaptive competence, in other words, a healthy mindset for dealing with stress.

A healthy balanced diet is one important step to enjoy more years of life. Drinking enough water and eating nutritious food by consuming the needed daily amount of fats, proteins, and carbohydrates that are normally found in vegetables, meat, milk and fruits free from additives, preservatives and gluten could reduce the risk to suffer from certain diseases. Several regions that haven't being touched yet by the hand of globalization such as Sardinia, Italy are still hot spots for longevity in part due to their diet. Although the new generations have fallen into this modernization movement by changing their traditional habits, old Sardinians have remained loyal and incorruptible through years to their traditions. According to Dan Buettner, National Geographic Magazine, "The Secrets of Long Life," 2005, the Sardinians' diet is another factor. It's loaded with homegrown fruits and vegetables such as zucchini, eggplant, tomatoes, and fava beans that may reduce the risk of heart disease and colon cancer.

However, lifestyle also plays an irreplaceable role to improve our life expectancy. It is important to stay away from bad habits such as smoking and drinking alcohol which are proven to be highly dangerous to our health. Moreover, keeping our body in constant movement with exercises or an active routine it's not only a way to stay in shape but is also important for lowering many chronic health risks. While it is important to keep our body healthy, equally important is our psychological

health. A low-stress life full of peace and joy might reduce the risk of cardiovascular disease and it has many others benefits. To reach this emotional stable status everyone has their own ways that changes across cultures and personal preferences. This can be seen in Seventh Day Adventists and Okinawans. The Seventh Day Adventist religion promotes a friendly attitude and socializing between all the members and outsiders. This religion works as an emotional support as well as the "ikigai" of Okinawans. The "ikigai" is known as one's purpose of life. This belief could keep them alive longer fighting for all of the things that are valuable to them. According to Dan Buettner, National Geographic Magazine, "The Secrets of Long Life," 2005, older Okinawans, he says, possess a strong sense of purpose that may act as a buffer against stress and diseases such as hypertension.

Another way to increase our longevity is to always think positive. The mind over the body could be a powerful tool. The ability to quickly adapt to new situations and changes is known as adaptive competence. To understand this concept it is essential to consider all the different agents that might interfere with the object of the study, which in our case is longevity. Therefore, one of the parameters that applies to everyone in their lives is variation. The possibility of change is a constant that persists as we grow older. This statement makes obvious that centenarians have undergone many difficult situations and what could mark a difference between centenarians and those who barely reach their 50s or 60s is the capacity to not only adapt to new challenges but to understand and accept the fact that they are getting older without seeing aging as an impediment or disability. According to Dr. Mark Lachs, National Public Radio, "Want To Live To 100? Try To Bounce Back From Stress," 2011; one of the keys to a long, healthy old age is the ability to keep moving forward after life's inevitable setbacks. In addition a positive attitude to face problems is not the only way to think positive. It also includes breaking some social boundaries and leave on the side our external looks and start feeling young. According to Sarah Handel, National Public Radio, "Women, Old Before Their Time," 2011, there is a cultural pressure on women to look young and beautiful, no matter how old they are. Men, he says, simply don't feel that pressure which certainly supports the old "you are only as old as you feel" chestnut.

As you can see the key to have a long life is more complex than just simply some steps to follow but it's a fact that many things can help to achieve this goal. These steps are both psychological and biological, and are about diet, exercise and a healthy state of mind. Longevity and the details are still a mystery to scientists, but we will learn more as we discover healthier ways to live.

Lost on the Island

Mohammad Jassam

R/W 60

4 a.m. It was so quiet. Almost everyone was sleeping now except Jack and John. They were sitting in front of Jack's

house. Enjoying the hot delicious tea, while planning for the next trip.

“What about going to an isolated island and living a real adventure for three days?” John said.

“Well it sounds a good idea, but don’t you think it might be dangerous?” Jack said.

“That’s why it is called an adventure,” John responded.

Jack was convinced by the matter of fact that it might be an amazing experience and a chance that should not be wasted.

“Ok I will go but we should first go to and an occupied and close by island, and if it was good, we will go to an isolated one next trip,” Jack said.

“Ok that is better,” John said.

It was 6 in the morning and Jack and John were sailing in the ocean.

“It is wonderful weather isn’t it?” John said.

Jack was enjoying the incredible scenery of the blue sky and it was reflected on the ocean. Then John started to fish for the lunch. He caught a big one, and they started cooking it on the fire.

“Oh John, it is so tasty I have never eaten such a tasty fish like that before,” said Jack.

“Yea Jack it is so delicious, and I am sure that we won’t forget this trip,” said John.

The sky was so clear. There was no wind and no clouds. No one knew that it was just the quietness before the monstrous storm. Suddenly, the sky became swarmed by dark clouds and it started raining heavily. The angry waves were attacking the boat trying to flip it over. Jack and John were so scared and did not know what to do. Their small boat couldn’t endure this storm anymore so it flipped over. John opened his eyes to find himself lying of the shore.

“Where am I?” He asked himself.

He held himself together and stood up looking for Jack.

“Finally, I am on an isolated and abandoned island, but I have to find Jack he should be alive,” said John.

The island was creepy and scary. The trees were crying and moaning as if they were being tortured. John felt fear of this island, he had some difficulties in breathing and his heart was beating so fast as a result of that. While John was walking, he sometimes stepped on the limbs of dead animals. The scene was hideous of these scary trees with their dead branches, and the limbs all over the island. The island was like a graveyard.

“Where on the earth could you be Jack?” John said.

“I’d better find Jack so soon and figure out a way out from this scary island,” said John.

While John was wandering in the island looking for Jack, someone hit him on the head making him losing consciousness. When he opened his eyes he was tied with a long wide stick and some people were making a fire. He shouted and screamed please let me go please. No one understood him, they all looked so scary. John turned his head to the other side and he wished that he didn’t. He saw his friend Jack was being eaten by these cannibals. He couldn’t believe his eyes. He cried so much until there were no more tears, all tears he had were dried. “Sorry my best friend Jack it was my

fault, if only I was a little wise, we wouldn’t have died, my best friend please forgive me,” said John.

Fast Food All Over the World

Jesus Zamora

R/W 51

So fast, so cheap, yet is it good? Nowadays fast food is becoming more and more popular. The cheapest choice ever: cheap food, cheap fat, cheap cholesterol, cheap calories, and eventually a cheap chance of obesity. Although fast food is very popular around the world it has many reasons to argue against it. A fast food diet could have some really bad effects on the human body; for instance, obesity, diabetes, and heart disease.

First of all, obesity is one the biggest problems with fast food; although fast food barely has any nutrients. I strongly believe that if that kind of food does not help you... why should you eat it? Isn’t it a foolish idea? Being obese is an awful thing, it is depressing, is bad for one’s health, and does not help you in absolutely anything; although people decide to be obese, I think that it is not right and not the best decision. Fast food establishments help obese people to become more obese. For instance, if a restaurant has a combo, which consists in five hamburgers for three dollars, it is obvious that those hamburgers are not good, do not have any nutrients or quality and are just fat and more fat, yet really cheap fat.

Secondly, a silent assassin is killing you when you eat fast food, yet is it being helped by you? However, that is a really good definition for the word “diabetes”. Being obese is a good shortcut to being diabetic. Fast food has a great deal of fat, cholesterol, calories, sodium, and sugar. Factors which play an important role in diabetes because all of them help the diabetes to attack our liver, and destroy it; so isn’t it lethal for us? For sure it is; nevertheless, the human mind is a mystery that nobody can understand; humans are killing themselves just because they do not want to spend too much money? It makes no sense, but it’s a fact.

It is understandable that many business people eat fast food because they do not have enough time to cook their own food; therefore, fast food is obviously fast and convenient for those days that you just have five minutes to have lunch, so fast food plays an important factor in those five minutes.

Nevertheless, is heart disease a kid’s thing? For me, it is not. Heart disease is mostly caused by high cholesterol in the blood, and eating fast food everyday even just five minutes in few years will give you enough cholesterol to be a possible victim of heart disease. Therefore, after a heart disease will you have the five minutes to eat a hamburger? Frankly, after a heart attack, the first thing that you will want will be to return in the past and reject the first hamburger that someone gave you.

In short, if the fast food is only a fast and cheap way to be fat and have a deplorable health, there is no reason to eat it. Obesity, diabetes, and heart disease, these are the things that you will get with those super cheap combos that you see on television. Really cheap food, and so fast; nevertheless, remember that eating that junk food, even if they are cheaper than anything else, the cost is higher than anything else too!

Supporting the Growth of Fast Food Chains Around the World

Sukwon Moon
R/W 51

What foods are cheap, tasty, fast, and easy to find? Those are fast foods. Fast foods include all of these words. We can find fast food stores anywhere in the world. Nowadays, fast food chains such as McDonald's, Burger King, KFC, etc. are very popular and famous. In some countries, people think that because of fast food chains, some local stores can't survive, then regional economies will collapse and they pose a threat to the national character of their cities. They also think that those stores damage the national character. However, in my opinion, fast food chains have their right to their products and consumers. This is not the main reason that damage is done to the national character of cities; therefore, some people need to stop boycotting them for this reason.

Fast food chains are providing food that is tasty, fast, and cheap. So many people like to go there instead of to local restaurants. Even though some people are worried about the increase of fast food chains and the decrease of local restaurants, they don't have to boycott the fast food restaurants. Fast food chains have the right to sell their product, and also consumers have right to buy what they want. These rights must be respected.

Can you say that the fast food chains are the main reason for damaging the national character of cities? Maybe, but I think not. Fast food chains don't make dirty city environments, or make an image that the city is not good or something similar. People make the image and character of a city. Even if there are many fast food chains in the city, people can prefer that more than the city that doesn't have any fast food chain.

Some people who boycott fast food chains say that the fast foods are not good for one's health. I understand this opinion. If people eat fast food every day, every time, maybe it will cause about shortening of their life. However, that is their choice, and many people know that. So they don't eat that fast food every day, but only once in a while. Even though, that is not good for health or not, people who don't want to eat it, they will not consume it, and people who want to eat, they will consume it. So their opinion is not a good reason for arguing.

People don't have the right to violate another's right. Companies have to be allowed to sell their goods, and consumers can buy foods; also, people make a character of a city not companies, and restaurants etc. If some people don't want fast food chains, they need to supply information about their opinion to other people. Boycotting is not a good way to protect their city.

Study for RW

Sultan ALzahrani
RW/30

When a student studies for RW he has to use some steps about RW and apply all the rules in RW class. First, read the reading text book. He should make sure to read the specific unit for the day. Then, begin to answer the questions. If he reads more, a student can answer easily. Next, take the writing book and read how he can structure a paragraph or a process paragraph with a topic sentence, supporting sentences and with a concluding sentence. He should practice more writing. Finally, enjoy the RW class with these rules.

The Errant Phantom

Carlos Luis Pimentel H.
R/W 60

Twenty years ago, I was visiting an old friend who had a ranch in a state in the middle of Venezuela. He was sick and he wanted to see me, so I accepted his invitation. Those days there was a town fair near the ranch and my friend let me drive a green, rusty, with no door, nor roof, 43's Willy that workers used to go to town. He only gave me an advice, "Please don't come late at night, this month is the Errant Phantom's season," he said. "Oh sure, no problem," I answered thinking to myself "ok," "I come from a big city to believe about town tales." He ended saying "That town is known by the ghost that walk through roads whistling a sinister song and screaming: "somebody help me to kill this course!"

Despite being a small town the fun was grandiose, dancing and drinking everywhere. Around to the midnight, a beautiful woman invited me to stay more time at the fair, I doubted my luck, but I had to weak up at dawn to go back home, so I declined gently her invitation. I was exhausted that dark and cold night and even the moon had disappeared. I was driving the old Willy through the dusty road trying to light up a cigarette. I bent me over the wheel trying to avoid the wind when in a curve seemed to me I could run over a human figure that he or she suddenly appeared in front of me. I almost lost the control and I stopped. I turned back to see what or who was the responsible of that ironical imprudence. I waited that the dust of the road dissipated. Neither stars nor light, just a couple fireflies dancing over the grass rhythmically with the song of the crickets and nobody was back to me. So, I started the old Willy again and there he was at the other side of the Jeep.

I lit the zippo and saw he wore the military uniform as a sergeant of the federal war in the middle 1,800s in Venezuela. He had a wound in his chest. His pale face showed suffering and grief. I wanted to run but I was frightened. "I need your help; I need to tell you my story," he said. Trying to control my nerves, all I could say was if I could light a cigarette and offered one to him. This is the story and tragedy of this sergeant who became a wandering ghost.

He was born in 1840; he proceeded from a humble family and was an unskilled worker, but good business man.

When he grew up he enlisted in the federal army. He never thought about having a family because the life is too short to stay in the same place with a family, and he was right because he died in 1864 during the Federal Revolution while attempting to pass through enemy lines.

His tragedy began four years before he died. He was in the town of Sorte. He was whistling while he was leaving a house of ill-repute when he tripped over an old woman. It was a dark night like this one. The woman seemed short, hunchbacked as wrinkled as a raisin. She smelled like old clothes abandoned in a chest with a dead rat, she looked greasy and dirty. The old woman begged him for spare change. He was drunk and spent all his money in the house “and I enjoyed it so much,” he said. In his irrational movement checking his pocket he let her see a silver coin. It had been an award for his courage in battle. For some reason the old woman knew that and told him that the coin had no meaning if he had no family. Why did he have to keep something that nobody could inherit? As a soldier probably his life was too sort; if he had no anybody, he should perhaps help others, but he scorned the old woman. All at once, she, as punishment for his scorn and his lack of faith, casted a spell on him “you have four years left to live, so change your life for well, tell people that always is time to change for well, have a family and make a legacy, if not you will be an eternal errant.” Then she threw up from the pain that the curse caused. Suddenly, the woman disappeared in the darkness.

Afterwards, in the big battle of 1864, a lance ran through his chest and perforated one of his lungs. Meanwhile he was losing his pulse in his agony, he remembered the curse. What can he do, to find the woman and surrendering the coin, or break the curse, but I was a terrible and late moment to be wise. Since 1864 he has been the errant phantom, and all people are terrified when they hear his whistling because people think that he comes to ask about the silver coin that he needs to give to the old woman.

The ghost finished his story and even the crickets were in silent. I told him, how could I help him? I had not the coin. He answered me since it is impossible to find the old woman, that if in the future I will go to Gainesville, Florida; I should take a class with a teacher named Melina Jimenez and write about him and his story. That future is now; finally the curse is broken.

Daily Study for My RW Class

Jaber AlShehri

R/W 31

If I study my reading and writing books carefully, I will get an excellent grade but only if I follow these directions. First, I study reading and writing with my teacher, and I do everything in class. Second, I read the specific unit for every week. Next, I open my writing book, read it carefully, and do some exercises in it. Then I learn how write a process paragraph and essay. In addition, when I come back to home I do my homework and I prepare the next topic in the reading book. Finally, I study and learn all topics in the reading and writing

books. This is how I enjoy with my teacher and my class the study of reading and writing.

Thanks from the Editor

Thank you for sharing your writing with everyone. I hope you enjoy reading your fellow students' writing. Also thanks to Megan Forbes and the University of Florida Bookstore for arranging the gift certificates, to Todd Allen for publicizing this issue of Student Voices, to the Reading/Writing instructors for supporting their students in their writing, and to Valentina Komanecka, Todd Allen, Daryl Bish, Jen Ramos, and Melina Jimenez for reading and evaluating the entries.

Thanks everyone!

Steve Flocks



English Language Institute
PO Box 117051
315 Norman Hall
Gainesville, FL 32611-7051, USA
Phone: (352) 392-3354
Fax: (352) 392-3744
Email: StudyEnglish@eli.ufl.edu
Webpage: www.eli.ufl.edu