

The ELI STUDENT VOICES



Photo credits: all Tiffany Frison

Message from the Editor

Thank you to all who contributed to this very special issue of the ELI Student Voices.

To the students who submitted their writing, thank you for your perseverance and tenacity this semester in continuing with classes online and writing such excellent submissions.

To ELI faculty and staff, thank you for being the cheerleaders for our students' writing and for encouraging and supporting them to submit their pieces.

To the Student Voices judges: Krystin Anderson, Thomas Dolce, Victoria Dolce, Matthew Goode, Melina Jimenez, Patrick Klager, Courtney Miles, Olga Moody, Karen Owens, Tom Ratican, Debbie Sakalla, Jennifer Vann, and Christine Voigt, thank you for your time and attention in reading the submissions. To all the readers, I hope that you appreciate and enjoy the different submissions as the judges and I have.

As we announced earlier in the semester a key member of our office team (and star of our Tiffany Time Instagram Live Series), Tiffany Frison, is leaving us. After five years at the ELI, Tiffany is moving abroad to continue her studies. Her letter to students was published in the ELI weekly earlier in the semester, but you will find it here at the end of this issue of Student Voices as well as many of the photographs she has taken around Gainesville.

This issue of Student Voices is dedicated to Tiffany. We are all going to miss your amazing energy and enthusiasm.

Lynne Clark, Editor

Winning pieces

First Place

"A Forking Catastrophe," by Mohammed B. Hamida

Second Place

"Rehabilitation of Inmates, a better option," by Anisabel Lopez de Castro Bolufer

First Place

Mohammed Hamida

A Forking Catastrophe

I saw an advertisement this morning on Instagram about a discount offer on different utensils at one of the electronic stores. It took me back to the time when I realized that these products are equivalent to wealth and valuable assets for mothers. It was my first and last experience of forgetting a cake plate at my school when I was 11 years old. I remembered we had the end party of the academic year of 2006, where the school asked us to bring food from our homes for a celebration.

As a spoiled kid, I asked my mom to make my best sweet dish at that time, multiple-layers chocolate cake. Before I got in the car, my mother said, “Mohammad don’t forget to bring the plate and the other utensils home” to me, in a tone that is similar to that seen in movies when someone trusts his treasure with a dependable trustee. I took that dish to the school by the morning of the ceremony day, and I was feeling the pleasure of delivering the best dish amongst the students. Within 10 minutes of the breakfast time, the cake disappeared. Thereafter, I spent the whole day playing games with my friends and enjoying nice moments like an energetic monkey. The responsibility of preserving the mothers’ wealth - the utensils - was not on the mind of that monkey. At the end of the day, I spent my time in farewell of my friends, as a faithful person to his friendships, without taking into consideration the responsibility that I had to do – preserving and returning the plate and the other utensils. Once I entered my home, I found out that I had not performed that responsibility well.

Knowing that people under pressure could think critically and figure out the required actions, the serious kid directly decided to call the school administration and inform them about the utensils. Lucky, the school director was still at his office. I informed him about the necessity of looking for the plate and the other utensils that I left in my classroom. I was lucky that my mom was busy on that day, since she had not looked for the wealth I forgot at the school. On the next day, I went to the director’s office to get the plates. Yet, the director surprised me that he forgot to look for my mom’s

treasure, due to his commitments. In fact, the plate and the other utensils were lost. In an emotional response and fear from my mom, I asked the director to help me on this issue, trying to overcome the catastrophe I caused. The school director promised me that he will buy a plate for me within a week, at his own expense, as the signs of fear were prevailing on my face. I hoped that my mom would not pay attention to the plate till I got a new one from the school director.

Eventually, the smart kid was detected by the morning of the next day of receiving the promises. Simply, the owner of the wealth woke me up and directly forced me to answer investigative questions, namely where and how did you forget the plate? Have you broken the plate? It was the first time for me to undergo a legal investigation from my family. As the tone of that investigation was rigid, I had no hesitation to return to the director during breakfast that day and asked him, "Teacher, where is the plate?". He told me that I informed you that "I will buy it within this week don't worry boy." Out of fear, I insisted on the necessity of providing the plate as soon as possible. The director felt of the presence of a kind of the political tensions that I was facing, and thus, he promised me that he is going to bringing the plate by the next day and he did it actually.

This story prompted me the belief that utensils are red lines and wealth for all mothers, which should not be compromised in any manner.



Second Place

Anisabel Lopez de Castro Bolufer

RW52

Rehabilitation of inmates, a better option

Rehabilitation of inmates instead of only punishment has a different perspective and it is a special way to deal with them. It uses the time in prison to encourage convicts to improve as people. As a result, it gives them the opportunity to re-integrate more easily in society. This program has a good impact on the lives of prisoners and the society because it helps inmates find better job opportunities when they are released and also it decreases recidivism rates. Thus, the purpose of prisons should be to rehabilitate convicts.

When prisoners have the opportunity to enroll in these activities, they have more chances to find jobs when their sentence finishes, and at the same time, better chances to reintegrate into society. The difficulty to find a stable job for ex-convicts is sometimes one of the reasons to break the law again. Jacob Reich in his article *The Economic Impact of Prison Rehabilitation Programs* argues that inmates who take part in work-release programs have double opportunities to find a job quickly than those who don't. Nevertheless, the work training gives inmates not only a way to support themselves and their families, but also it is a financial way to refund the country. It has an impact on their monetary and mental stability because they feel that they can be useful again.

The most important impact of rehabilitation programs on inmates is reducing the recidivism rate among them. These programs offer prisoners many opportunities such as education, job training, and counseling, which give them a second chance for reintegrating in society. Inmates who participated in these programs have shown lower rates to commit crime again and return to incarceration, according to the article by Jacob Reich. As a result of lower rates of re-offenders, the prisons also show a decrease in the number of inmates, which have a considerable influence on the money that jails have to spend.

Opponents of rehabilitation programs argue that they are expensive to execute by prisons. Sometimes, politicians are the most interested in punishment instead of rehabilitation because they prefer to spend money on their own electoral programs instead of using it to help convicts, according to Thomas Sowell in *Alternatives to Prison Are Dangerous and Ineffective*. However, some

research has demonstrated that these programs are useful ways to not only reduce recidivism rates, but also to boost the economy. Rehabilitation programs benefit convicts and also the community. This fact gives convicts the opportunity of finding jobs easily when they are released and contributing to the local economy instead of being a burden to society. According to Jacob Reich, the author of *The Economic Impact of Prison Rehabilitation Programs*, Minnesota's work-release program saved the government around one million and a half dollars in the years from 2007 to 2011. In addition to a decrease of the number of inmates in prisons, taxpayers also benefit when fewer people are incarcerated.

Punishment by itself should not be the only way to treat lawbreakers. If we want to have an impact on crime rates, we should also work on the root of the problem, the criminal. Through rehabilitation programs, inmates find a second chance of being useful in the community which motivates them. It also reduces the chances of committing a crime again which decreases prisons population and saves states' monetary reserves. Therefore, the goal of prisons should be the rehabilitation of inmates.

Yuliya Morkunas
My RW 20/30 Class

I am lucky with the class in which I am studying. There are approximately 13 students in my class. My classmates are so different and special. They are from different cultures and continents. Also, they are from different countries such as Saudi Arabia, South Korea, Equatorial Guinea, and Ecuador. My classmates are friendly and funny. We respect each other and always try to support each other. We have one goal, and that is to know English. Most of us are teachers, and they learn English under the government program. It's very good for their future career. Now, we study online due to pandemic. In the classroom, we are calm, and we try to maintain discipline. Unfortunately, not all classmates open their web cameras in class. Out of class, I communicate well with some of them, for example, Saleh and Jaman. In addition to this, they are my neighbors. We have a very amazing teacher, Zoe. We are lucky with her. She always helps us. She has a great sense of humor, and she has a diverse personality. We always interact with her. In general, my class is very good.

Safar Alghamdi, Shaker Alharbi, and Jack Gu
RW41
Mangoes and Magnolias

According to "Mangoes and Magnolias", the reading is mostly about Carmen's story after she moved with her family from Cuba to the United States when she was a child. She learned English and made an American friend, but one day they had a little fight and her friend called her "an ugly name", so Carmen felt mad and frustrated. Then she wondered if I am not a Cuban neither an American, so what am I? And her father told her how can plant a hybrid tree from mangoes and magnolias. That looked like Carmen when she was born in Cuba and grew up in Southern of the United States, so she realized how she is a unique person.

**Milena Nvomo Asong,
RW 20
Being Yourself**

Nothing in life is the same. Everything is different, and we are all different. Therefore, stop comparing, imitating, or copying others. Their life is not yours and your life is not theirs. Sometimes it is important to be yourself to let people know about your true self. It is not a bad thing to want to be like the person you admire, but you have to keep in mind that the obstacles, problems, difficulties that you have had in your life and they are not the same that have happened or will happen to you. These difficulties, problems, obstacles that we have made you what you are today. So that you only live and give your best because you will not have another opportunity to do so.

**Brian (Shihong) He and Cat (Zhiying) Lin
Is aftermath “after math”?**

“I have aftermath after math . “I talked to my parents after on-line Math final exams, which were held by Guangzhou University, China. So the interesting discussion about aftermath’s definition and etymology happened. It’s an amazing finding that after~~math~~ is not after ~~math~~.

First ,the definition from dictionary of Cambridge is “the period that follows an unpleasant event or accident, and the effects that it causes”(https://dictionary.cambridge.org/,2020), the example sentence from the dictionary is “Many more people died in the aftermath of the explosion.” So that it’s clear aftermath is consequence, always accompany with negative impact.

Second, is the math academic math? Why could we say *afterphysica* or *afterenglish*? Therefore, we also look at the etymology, “1520s, originally a second crop of grass grown on the same land after the first had been harvested, from after + -math, from Old English mæð "a mowing, cutting of grass," from PIE root *me- (4) "to cut down grass or grain." (https://www.etymonline.com/,2020) . In other words, old French aftergain and old Germany aftergrass. Hence we draw a conclusion that math of “aftermath” is grass/gain/crop, not the academic math. We can’t make a word like *afterphysics* or *afterenglish*.

Third, to remember this word's well for English Second language (ESL) learners like us, we can use "Free Translation" method. It is well known after math course/exam for Complex Function, Mathematical model and Probability Theory, etc, we really feel exhausted, so it's a "aftermath".

Next, we also find a similar word "polymath", the definition is person who knows a lot about many different subjects. (<https://dictionary.cambridge.org/,2020>). This math is from old Greek where "to care," *manthanein* "to learn," *mathēma* "science, knowledge, mathematical knowledge." As result, "polymath" is not only knowledge of math but also knowledge of arts, astronomy, geography, chemistry and physics very well, Davancy is representative.

In conclusion, aftermath and polymath are nouns, the meaning of these words doesn't only focus on academic math, but also the extension usage. We can figure out the real meaning and use these words probably.

Monira Almandeel

RW41

Effects of Using the Internet

This world has become better by using the internet than before. The world becomes a small village and most people cannot imagine how the world would be without it. The Internet means a fast way to communicate with other worlds. Making virtual friendships can be one effect of using the internet. Easily learning can be another of the effects of using the Internet. Furthermore, easily shopping with the Internet can be of the effects of using the Internet. There are several effects when using the internet: easily learning, making virtual friendships, and easier of shopping.

Easily learning is one effect of using the internet. Easily learning by E-learning means getting information or skills easily while you are in your home. There are many programs and applications that serve E-learning like Zoom, Google classes, or YouTube. You can learn a new language, new skills or new cooking from using it. E-learning is a major effect of using the internet.

Making virtual friendships is one effect of using the internet. Creating virtual friendships through the programs, communicating with them, and exchanging ideas and pictures became easy. For example, people always communicate with others using Instagram or Twitter. However, this can be dangerous for teenagers because they may be exposed to bad ideas or pictures from unknown

people. Therefore, making virtual friendships through the internet has a significant impact on people's relationships.

In addition, ease of Internet shopping is one of the effects of using the Internet. Internet shopping means that you can buy anything for you or your family while you are at home. Most people choose this easy way as they avoid crowds and feel comfortable. The best example is Amazon that sells everything with different offers and arrives at home in several days. Thus, Internet shopping has impact on people's life.

Overall, these are different impacts of using the Internet. Easily learning is one effect of using the internet. Making virtual friendships is another effect of using the internet. Online shopping also makes our life easier. Therefore, the Internet is a blessing to our life. It has many positives, but should be used carefully.

Ghadah Alderaan

RW41

Divorce

Divorce is a common problem. Many countries suffer from this issue. Misunderstanding can be one cause of divorce. Poverty can be the second cause of divorce. Intolerance of responsibility can be the third cause of divorce. There are several reasons for divorce: misunderstanding, poverty, and the inability to take responsibility.

First of all, misunderstanding is one cause of divorce, which is meaning they have a problem understanding something correctly. Therefore, many go quickly to get married and they forget how each person has differently behaved. Certainly, Marry someone who does not understand you very well in the future. you will get a lot of trouble. So the wife or husband prefers divorce than live a tough life. Misunderstanding is one cause of divorce.

Poverty is the second cause of divorce. Poverty is a condition which is a person lacks basic personal needs. these days' life is difficult because life or living is expensive and overstrains the person. This means you need to work and provide a lot of money to live a wonderful life. Marriage gives us additional responsibility. you must be more careful when spend your money because the foundation of marrying is sharing. We hear many stories about how the husband or wife spends the

money on trifle things such as drugs, or to buy expensive clothes. How these affairs have cause in marriage to get a divorce. Poverty is one cause of divorce.

The last cause is the lack of responsibility. Some youth think marriage is easy, and they can do it at a young age. Therefore, they fail in this experience and get a divorce. As we see young people rely on their parents constantly. This teaches us how tough to bear responsibility for themself or others. Intolerance of responsibility can be one cause of divorce.

In conclusion, divorce is a huge problem, and it has widespread. It has an impact on children and the community. Those whom want to marry must know the basic things about another person to avoid misunderstanding. Certainly life these days are difficult. Thus you need work on yourself try to save money to hold off from poverty . Take courses about marriage before you do it to know about the responsibility. We need to educate who wants to get married before he or she does it. Also it is necessary to dive attention to this issue because it has a big impact on the community

Sarah Eid

RW 51

The effects of stress

In the beginning, I would like to address the word "stress." What is stress?! It's the way our bodies tell us how our circumstances and thoughts are affecting us. Also, it's emotional or physical tension. It can come from any event or thought that makes you feel frustrated, angry, or nervous. Stress can be something positive such as when it helps you avoid dangers or give you the motivation to accomplish a deadline.

First of all, how could stress help us to avoid danger? And first, though that came to my mind was, how many times I got anxiety while I am running away from something I am scared of. In the video How Chronic Stress Affects Your Brain, "when your brain detects a stressful situation, your HPA axis is instantly activated and releases a hormone called cortisol which prelims your body for instant action." (Ted-Ed, Nov 2015) In another way, our bodies use the stress as a way to protect ourselves in case that moment need to a quick reaction to avoid any dangers. Theirs some situation that the mind stop think because it feels in dinger in that causes stress to try to send an alarm to all our body to something fast and quick. That reaction may surprise you; for example, you ask yourself how I could run so fast from a beer or how I figure out if I jump to the lake, it could save me from a

lion. All this surprise act that show in dangers situation lead the stress to work to protect us every time we feel afraid or worried. It is feeding on these feelings to gives us the strength to act.

Second, giving us a push to meet accomplish a deadline. Stress could be useful in the video, how stress can make you sick, "stress is a feeling we all experience when we are challenged or overwhelmed, but more than just an emotion." (Ted-Ed, Oct 2015) that lead me to remember school when I got oversleep; then, the alarm wakes me up to hurry to catch the class at the last moment. The stress affects our body on completion, in addition to that it helps us for more focus and gives our body power to finish what we handle with.

In conclusion, stress could be something positive when it is within reasonable limits. Besides, we must learn when we can remove excess pressure. For example, exercise may help relax. Finley, as we know, there is a positive side for stress, but we need not forget theirs also, the negative side. And the best thing that we need to do is learn how to stay on the safe side.

Shaker Alharbi

RW41

Sports in SA and US

Sports are a significant thing to Countries. It is for entertainment and fun, but also for investment. There are some sports that may be famous in one country but not famous in another country. Football in Saudi Arabia and the United States is similar in one way and different in others. For example, in Saudi Arabia his called is football but in the US his called is soccer There are several similarities and differences in football between SA and the US.

First of all, both countries have a football game regardless of the different names. It is a popular game and everyone has a favorite team and a famous player, for example, Mohamed Noor in Saudi Arabia and London Donovan in America. Second, there is a similarity in the number of national football team participation in the World Cup five times. In addition to a number of posts in the Olympic Games starting from the Los Angeles Olympics. Third, clubs in Saudi Arabia are play league likewise in America.

On the other hand, there is a difference between the two countries in some things in football. For example, in Saudi Arabia, universities do not have formal sports clubs, unlike American

universities that rely on university clubs in official competitions. Second in Saudi Arabia, the league is played in the home and away, in addition for the American League, which is played in the form of eastern and western states, in a knockout way. After that the champion and runners-up from each region meet and a match is played by knockout and the winner goes to the final. Third, the responsibility of clubs in Saudi Arabia belongs to the government through the Ministry of Sports, but in America, clubs are owned by private companies and institutions, some of which are governmental, for example, the New York Red Bull team of Red Bull Energy Drinks.

In conclusion, both SA and US have football game and also they share many similarities in many ways. However, there are several differences between the two countries. Each country has its own way to manage this game. However, if the follower is enjoying watching and attending football, the goal has been achieved

Ziyad Al Muzaini

RW30

Madinah and Gainesville in my Heart

Two small cities, Gainesville and Madinah, can be found within the world, and they both attract my heart for many reasons. First of all, Gainesville is a place as comfortable as Madinah. The reason they are the comfortable places to live because there are not too many people. Madinah has the same number of people as Gainesville does.



Secondly, although the weathers in those two cities are different, I enjoy the differences. Madinah in winter is dry cold, and it has less of rain, but Gainesville has a lot of rain and humid. Furthermore, Madinah in the summer is extremely hot, dry, and sometimes dusty. While, in Gainesville, it is very hot during the day and wet at night. Finally, Madinah and Gainesville have different transportation. For example, Medina has an international airport, but Gainesville doesn't have, but we enjoyed all time in Gainesville. In conclusion, it was a nice experience for my family and me to stay in Gainesville, and we will never forget about it. Gainesville will remain in our mind in all its details.

Gina Lombardo Uricare**RW 51****Social Media**

Imagine that you are in your house, and you can't go out and you can't see your friends, the only way to communicate with your friends and family could be through social media, and at the same time it is one of the things that can distract and inform you. Social media has become one of the easiest ways to contact with the world. This social network has become the most popular way to express yourself to others and been inform of what is happening. The social media is important because, it helps people to be informed, be connected with others and help to express themselves.

Social media is an important source of entertainment, it gives us images, videos, content and data that help us to stay informed; it enables us to be more skillful and become more knowledgeable. Some people prefer watching the news on the TV and other people prefer reading them in the internet. Staying informed is pretty important, it is a right that every citizen must have; a person that know a lot a things have that capacity of criticism and understand better the society.

It is well known that social media may affect the quality of inter-personal communication, but it is a really helpful tool for communication. Tech and the internet provide us a lot of options to keep us informed about what is happening in the world and to talk with our family that live near us or in the other side of the country. The internet helps us connect ourselves faster and efficiently, we have Facetime, Skype, ooVoo, WhatsApp, snapchat, Facebook, Instagram and many others that help us stay in touch with the ones we love

Nowadays, everyone like to express themselves via many apps; before freedom of expression was a problem, but now no one must be afraid of saying what they feel, their opinions or their religious beliefs, but at the moment of express them, it can not cause any disturbance and it depends on the laws of your country. Today there exists a lot of influencers, for example in Instagram many people dedicate their life to social media and encourage everyone to be better persons and some of them are role models.

Social media has been one of the most important tools of our lives. It gives us a lot of advantages and is really important for almost everyone. As I already said, it has become one of the easiest and fastest ways to communicate, stay informed and express ourselves, we always have to

be careful with the things we say or post because we live in a sensitive society and anyone can get harmed.

Njoud Alghamdi
RW41
Reasons for Divorce

Divorce is one of the things that happen between the spouses when the continuation of life between them is impossible. Divorce is not a good event that occurs between spouses. In some cases of divorce, there is no trust between the spouses because neither of them believes in the other's ideas. Also, one of the spouses does not find attention and care from the other party. The matter gets worse, so one of the reasons for divorce is when the irresponsibility of one of the spouses and not the other. Thus, there are several reasons for divorce: lack of trust, lack of care, and lack of responsibility.

First of all, the lack of trust between the spouses means not feeling safe and comfortable, so if you lose it will be one of the reasons for divorce. When one of them knows that the other is always lying in his feelings and promises with the other. Also, when one of them steals the other's money because it does not work. For example, if the wife works from the beginning of the day until the end of the day, until the needs of the home are provided and then the husband steals the money here, the wife will not be able to stop him, so there is no confidence. In fact, loss of confidence between the spouses is painful and leads to the request for divorce from one of them and is the reason for ending the relationship between the spouses.

Second, care and love, if lost between the spouses, life is negative and causes divorce and the start of hatred and psychological separation between them. Divorce often occurs because one of the spouses did not find care, whether in feelings, or healthy abilities if one of them suffers from a disease, and ignores the other. For example, a husband usually needs his wife to be smart to understand if something disturbs him. If she ignores this and increases his problems instead of helping him solve them, there is no care and the problems begin. On the other hand, one of the two parties will start to think about divorce as a result, the married life has become impossible and feelings are not real.

Finally, many married people think about divorce because there is no responsibility. Lack of responsibility is mean not sharing the burdens of life which is a reason that arouses the anger of the spouses and their desire to divorce because he feels dependent on one of them to face the hardships of life. One of the spouses alone bears responsibility for either caring for children or obtaining money, which is very stressful. For example, if the wife takes on all the responsibilities of the home children, and money and meets their needs, she will feel powerless and tired because the husband does not take responsibility. Therefore, one of the most important reasons for divorce is the neglect of one of the spouses and permanent dependency.

In summary, all of these reasons may be one of the reasons for divorce because there is no need to continue this difficult life. Loss of trust between the spouses is difficult and causes divorce. The love and care that both of them need have been lost. And lack of responsibility causes many difficulties. Therefore, the spouses should try to focus on the reasons previously mentioned that affect their relationship badly and find solutions that help them overcome the marital problems that finally cause divorce.

Shaker Alharbi

RW41

Bees vs. Elephants

According to Bees vs. Elephants by John Home, 2012 October, the reading is mostly about how were agricultural crops protected from elephants by bees. After the author's visit to Kenya to work on the Bees Association project abroad, he met a beekeeper and he saw that The developing countries in Africa and Asia suffer from two problems. The first is the lack of food sources that cover the increasing growth of the population. The second is the destruction of elephants for the crops that are considered food for several months for these countries. Within five years, researcher Lucy King found that elephants do not feed on trees that have beehives because they fear the bee sting and the elephants of their nature that they do not forget. So if they are bitten, they will never come to these trees again. And the way it works is that the bee fence is suspended on all crop boundaries so that if elephants are hit this fence will move and the angry bees come out. They do so they emit a distinctive communicating noise to warn other elephants of the danger. After this mission, the bees return to their normal activity, and during these years this plan has proven effective because the elephants are taking new paths away from the angry bees.

Monira Almandeel**RW41****Drug Abuse**

Life is full of difficulties and problems. One of the problems facing the world is the destruction of drugs by society. Drug use is dangerous because it is a toxic substance that destroys his mind and causes many problems for his life. Spreading awareness of the danger of drugs in the media and social media is one of the solutions to solve the drug abuse problem. Education in school about dangerous for drugs and destroyed by human life. Parents should also monitor their children and provide a safe environment. There are several solutions to the problem of drug abuse including: Spreading awareness, education from young people in school and parents should also monitor their children.

Spreading awareness of the seriousness of drug use is the most important solution to this problem. Sometimes a person may eat it, ignorant of its danger, but with awareness it can avoid it. The seriousness of drugs and its devastating effects on health and the mind must be spread everywhere. Social media is the best way to raise awareness of the seriousness of the problem because millions of people of all ages use these methods. As well as by giving seminars in student clubs, hold conferences to raise awareness or by music words. Awareness raising is a great solution to eliminating drug use.

In addition, education amongst youth in schools about the seriousness of drug abuse is a major solution to the problem. Young people are the wealth of society and the future of the nation is the most exposed to drug abuse. Consequently, they should be educated in the school by setting lessons about drugs of all kinds, their danger and their impact on the person, and putting pictures so that the young people have sufficient knowledge of them. Also a school visit for people recovering from drug use to explain their experiences to them. The school is the second most important factor after the family.

The third solution is to monitor parents for their children and provide them with a safe environment. The family is the first refuge for a person, and from them he learns and builds his personality. Therefore, parents must raise their children in a safe environment away from their problems and monitor their friends. Sometimes the family's problems cause the person to flee away from the home and find someone who hears him, so he can turn to a bad person who advises him to

use drugs, and he does not find anyone to direct him seriously. The stability of the family and the provision of safety and love for children has a major role in solving the problem of drug abuse.

In conclusion, the problem of drug abuse suffers from the world and must be faced with vigor. One solution is to spread awareness among people in the media. Educating young people about the seriousness of drug use in schools greatly helps in solving the problem. Parents must also take responsibility for their children and educate them with love about the danger of drugs. Our countries depend on us to face this problem, so let us be a help to them.

Nimah Jastaniyyah

RW51

Stress

Stress can be defined as the feeling that accompanies a person when they experience different pressures, such as physical and social conditions or different working conditions. Usually, it is difficult to deal with such pressures, which causes stress, tension and anxiety, and it is possible that tension is a motive for the person and necessary to deal with the circumstances of life. By contrast, stress can be a major problem and stress can be a negative effect on a person's physical or mental health and short-term stress can be useful for long periods of time, which is dangerous and cause for many diseases. Therefore, in this essay I am going to discuss the negative effects of stress.

First of all, stress can affect on memory weakness. In other words, in the video, "How Chronic Stress Affects Your Brain," the narrator said chronic stress affects on the size and operation of the mind and reaches the level of your genes, damaging the brain cells (Ted-Ed, Nov 2015). In addition, there is a region of brain called "hippocampus" the center of memory in the brain, and those who suffer from excessive pressure, they have this area shrinking (Al-Hayat newspaper, 2012). Besides, Stress harms a brain region called "prefrontal cortex", and when pressure increases on this area, some psychological disorders can occur that result in memory weakness (Riyadh newspaper, 2013). As a result, stress has a significant impact on the mind.

Moreover, Stress impacts on our bodies. Put another way, in the video, "How Stress Can Make You Sick," we are told that permanent stress increases the risk of heart attack, due to a complex series of biochemical mechanisms, because of stress, adrenal gland releases more noradrenaline, a chemical medium that leads to the increased formation of some white blood cells in

bone marrow , and according to specialists, these can in turn move fatty deposits from the blood-vessel walls to the bloodstream and accumulate immune cells, causing arterial hardening (Ted-Ed, Oct 2015). Furthermore, In case of tension, muscles are tense In the long run, you can get cramped, causing great pain in the neck and back for example, and sometimes muscle tension is seen as a painful headache (Al-Jazeera newspaper- 2019). Consequently, Stress can greatly affect our bodies .

Finally, Stress can impact our energy. Expressly, Stress prevents the person from exercising according to Dr. Nadine Cohen said stress actually reduces energy levels, so when a person arrives home after a long and hard work day, he feels more tempted to sit on TV than to enjoy the jumping machines and the sport lift (Riyadh newspaper- 2016). In this situation, It is recommended that you exercise during stress, because it really changes mood and improves psychology, and studies show that exercise can help to reduce stress by reducing anxiety (Riyadh newspaper-2016). From the above, it is clear that stress is having an important impact on our energies.

In conclusion, advice we hear repeatedly when we are in difficult situations or angry for nothing or long hours of work that "Permanent stress over-stretch the body, the brain and the energy". Therefore, it is already clear that stress influences our brains, bodies, and energy in a manner that is observed.

Ghadah Alderaan**RW41****Effects of Using The Internet**

We note these days technology is important in our life. the internet has an impact on us. we spend the majority of time on it. It has benefits such as learning new information, getting many new friends, and evolving your skills .there are several effects of using the internet: get information, making new friends, improve your skills.

Getting many information can be one effect of the internet. With the internet, you can gain a lot of information to help you to understand something. For instance, Many scientists publish their studying on the internet and how it is a benefit. In addition, it aids you to know about all the world for example you contemplate traveling to a country just write its name and you will find a lot of information about it. Get information can be one effect of the internet.

Making a lot of new friends can be the second effect on the internet. There are many applications on the internet to help you to meet new friends and how it is helpful because some people are hard to make friends whether due to the shy or disease. Further, get friends in different countries is a great opportunity to learn about a different culture from yours. Make new friends can be the second effect on the internet.

Improve your skills can be the third effect of the internet. Many universities make online courses in different filed. Also, a lot of who have the talents are sharing on the internet and teach us to step by step. Therefore, in this opportunity, you will be a professional in any field you like. Develop your skills can be the third effect of the internet.

Overall, how the internet has a positive impact on our life. Such as gain information in various fields, meet friends, and know about different cultures. development of your skills. Uses the internet in the right way will have a beneficial impact on your life.

Safar Alghamdi

RW41

Solutions of the Drug Abuse

Drug abuse is the most dangerous problems in many communities. There are many effects of drug abuse in personal and social life of the person who take drugs, but he can take a decision to solve this problems and begin a new lifestyle. First solution is going to a doctor and trying to treatment. Trying to treatment is the first step to begin a new life because drug abuse destroy the personal health. The second solution is having a support of family members. The family have to treat the person who takes drugs with love and patient to avoid the effects of the drug abuse. The last solution is making a new relationship. That can help the person to begin a new life with new people, and that help him to forget the previous life. So, several ways to solve the problem of drug abuse include trying to treatment, having a support of family, and making a new relationship.

First of all, trying to treatment is the most important decision to solve the problem to treat the drug abuse. The person who needs to solve this problem can make this decision to quit the drugs abuse. Therefore, drug abuse is a big problem that needs to go to a specialist doctor who can give a helpful prescription to treat the drug abuse. For instance, there are many speciality hospitals to deal

the drugs abuse in many country that can help to solve these issues. Consequently. Consequently, trying to treatment help the person to consider and deal with a new life.

In addition, having a support of family members can help to solve drug abuse. The family is important to have a love and support for their each other. So, the family can help the person to take a decision to deal the drug abuse and help him during the treatment period. For example, the parents or spouses can help the person who take the drug abuse to give him advice to go to the hospital and take him care while he can not take care himself. Thus, the family members can support to solve the problem of drug abuse.

Finally, making a new relationship can help to solve the problem of drug abuse. New relationship mean getting to know new people. Therefore, making new relationships can help to feel comfortable and deal with new lifestyle. For illustration, creating new friends helps to recognize another vision of life and help to treat with a new situation. Also, that can help to talk about problems and find solutions together. As you can see, a new relationship is a helpful idea to solve the problem of drug abuse.

To sum up, the drugs abuse is a big problem in many country, so we have to deal with this problem to have a better life for everyone in the world. We can to help the person who take drugs in many ways, but first he have to take a decision to treat the drugs abuse. Trying to treatment is first solution of this problem. Also, having a support of family is second solution to drug abuse. Finally, making a new relationship is a good solution to drug abuse. There are several ways to solve the problem of drug abuse : trying to treatment, having a support of family, and making a new relationship.

Abdullah Alshehri**RW41****Effects of Using the Internet**

When we were children, my friends were communicating with me by telephone or paper letter. We met out in the garden or street. At that age we cannot imagine how the life will change. Internet was new word I heard it when I was writing in my notebook. Then, people started using the internet in their life. There are several good effects of using the internet: communicating, learning, and traveling.

First, communicating can be a good effect of using the internet. Communicating means connection with everybody you want. Due to the internet, people feel good and relax because they can call family or friends any time. Also, they can connect with new people and know their culture. communicating can be a good effect of using the internet.

Second, learning can be a good effect of using the internet. Learning means studying to succeed or get a job. Because of the internet, we can study from our house or another place. For example, we are studying online now because COVID_19. Learning has become more convenient right now. Learning can be a good effect of using the internet.

Finally, traveling can be a good effect of using the internet. A traveling person moves from one country to another or a continent to a continent because of tourism or learning. Since the advent of the Internet, we can make traveling easier. Anyone who wants to travel to the city or the ocean, the first step is to look up a website, search for it, and know everything about the city or the ocean. Internet use can have a good effect on travel.

As we can, there are several good effects of using the internet, communicating, learning, and traveling. Communicating is the most important, and the internet becomes a piece of cake. Because of the internet, we can learn wherever we are. Traveling is easy with the internet. The Internet is a big world, and we should benefit from it as much as I can.

Rayid Almutairi**RW51****The Effects of Chronic Stress**

Have you ever felt stressed out before an important exam or event? Stress is a normal feeling that we all feel on some occasions. Stress is caused by an increase in hormones called Cortisol and it is not always bad, it primes the body for instant action, which necessary some time. But the problems come with continuous of the stress over long period, it called chronic stress. Deteriorating the hippocampus in the brain, mental problems, and change brain's DNA are some of the negative effects of chronic stress

Deteriorating the hippocampus in the brain is major issue caused by chronic stress. Hippocampus is the part of the brain responsible about learning and remembering, so when its ability worsening, it become hard to learn and remember things. For example, A student has a chronic stress, he will have a hard time to learn new things comparing to normal students.

Many serious mental problems could be triggered by chronic stress. For example, chronic stress can lead to depression which eventually lead to Alzheimer disease. Chronic headaches, Anxiety, and insomnia are other examples for the mental problems which caused by chronic stress.

Alter brain's DNA is a serious problem which can transfers to the newborn baby, not only newborn babies but it could transfer to their children. Some studies have approved the chronic stress could caused Epigenetic changes, effect which genes are expressed. Highly sensitive to the stresses can easily notice on children who their parents have chronic stress.

To sum up, chronic stress can cause many different problems. It could effect on learning and remembering new things. Also, it could lead to many serous mantel problems such as, Alzheimer, headaches, Anxiety, and other diseases. In addition to these problems it could alter the brain's DNA and transfer to the next generation. However, there are many effective solutions to chronic stress such as, exercising, meditations, and some medical treatments.

Thiago Galvão Vianna Gameiro

Comparisons and Differences Between Gainesville and Sao Paulo

São Paulo and Gainesville are two cities in different countries. They have different sizes, different kind of people and different language. However, comparing these cities, we might see that they also have several similarities with the weather, universities and forest areas.

São Paulo and Gainesville have several things in common. First, both cities have hot weather most of the year, and they do not have snow. They both have hot summers that require air conditioner at home. Another similarity is the universities. São Paulo has the University of São Paulo (USP) that is one of the most important universities in Brazil. USP has around 92.000 student and is very hard to be accepted there because you must have good grades. Likewise, Gainesville has the University of Florida (UF). UF contains 52.000 students that is a big number in comparison with the city. Sao Paulo has a large number of natural areas like forests and rivers. Similarly, Gainesville has many green areas with trees and lakes.



While Gainesville and Sao Paulo are similar, they are also different in many ways. One difference is that São Paulo is a larger city. It has a population of 12 million people, but Gainesville only has 120,000 people. Also, the two cities are famous for different reasons. São Paulo is a city that many people from other states and countries move to find a job. On the other hand, Gainesville is famous because of the

University, one of the best universities in the United States. Another theme that Gainesville and São Paulo differ in is the transportation. São Paulo has an expensive transportation system. The cost of a ticket for the bus is around \$1. However, Gainesville offers free bus service for students because it is essential to move around the city. Finally, the schools also have several differences. In Gainesville, the public schools are better than private schools. In contrast, the facilities of the public schools in

São Paulo are inadequate and dirty. People who have a little more money always put their children in private schools.

In summary, both Gainesville and São Paulo are important cities in their respective countries and they are similar in many ways. However, there are also have several differences between the two places. They have qualities and defects, but they are cities that people should visit. Tourists can find many interesting things to do in these cities.

Njoud Alghamdi

RW41

Solutions to the drug abuse problem

Do drugs make people feel comfortable or do they cause harm and death? Some people who use drugs believe this makes them feel comfortable and forget the difficulties of life, but in reality, take drug cause very big problems that cause harm to members of society. Drug use can lead to divorce between spouses, it may also lead to a person losing their job and being respected among people and in some cases causing death. However, there are different solutions to the drug abuse problem. One of the solutions is that society constantly warns of the harmful effects of drug use and has held many awareness seminars, especially in schools. Solve the problem of drug use by filling free time with useful things so that people do not think about drug use. Another solution is to get away from bad people and suspicious places that put the person in the problem of drug use. Several different ways to solve the drug abuse problem are: constantly warning society, filling free time with beneficial activities, staying away from bad people, and suspicious places.

First of all, society has a major role in solving the drug abuse problem by constantly warning and conducting awareness sessions. Awareness and constant warning mean raising the attention of people, especially adolescents, about the harm of drugs and how they end their future. Doing several awareness seminars on an ongoing basis and holding exhibitions that explain the painful damages that can destroy human life due to drug use, it has a great impact on the thinking of young people and children and they become aware and prevent them from thinking about the abused drug. For example, doctors in hospitals publish publications and design videos that explain the harm of drugs and use young people to implement these educational seminars, so young people feel the

responsibility to alert their friends and relatives. In fact, the constant warning is a very important solution to the drug abuse problem.

In addition, one of the important solutions to the problem of drug use is to fill free time for young people and children to benefit them. Filling free time with useful activities means not leaving them suffering from failure, and they find nothing useful to do. Young people and teenagers have a strong energy that must be used to benefit them, develop their minds and bodies, and maintain their good behaviors. For example, a school-based team follows students and engages them in activities. Parents also track their children at home and ask for their help and not to be left alone for a long time with devices and talk to strangers on matters that lead them to drug use. So searching for activities that help fill the void of youth and children is a great solution to the drug abuse problem.

Finally, one of the solutions to the problem of drug abuse that must be focused on is to get away from the bad people and the places that raise suspicion. Bad people are the ones who create trouble for people's lives, help destroy them, and drive them to suspicious places. Stay away from bad people like people who fill people's minds and persuade them to take drugs and also give them a lot of money to buy drugs, and introduce them to the places of merchants who sell drugs. Moving away from these bad people is a life-saving and beautiful future that awaits these people from the threat of drugs and from the bad people who help people get them. For example, you should stay away from strange places that are far from people and gatherings, not to talk to people who look bad behavior. To preserve life, one of the solutions that prevent danger before it happens is to get away from bad people and suspicious places.

In conclusion, there are several ways to solve the drug abuse problem that many people suffer from. Continuous warning of drug abuse and its problems. Fill in their free time with useful things that help them keep away from thinking about drug use. Attention to fall into the trap of bad people who seek to destroy young people and children. I hope everyone will be careful and take all measures that protect young people and children from the problem of drug use.

Shaker Alharbi
RW41
Using the Internet

Using the Internet has benefits and harms. People can use it for scientific research on the other hand, there are those who use it for fraud. But the benefits of using the Internet remain more and people need it more. There are many effects of using the Internet. First of all communication with family and friends. The second effect of using the internet is study online. The third effect of using the internet is knowledge. The Internet now shares water as a lifeline because it makes people's lives easier.

Communicating with family and friends is The effect of the internet. Communicating with family and friends has existed since the past but now skype makes it easier. That means in a past way for communicating it was difficult because there was no way fast like the Internet. For example, when people leave their countries, they cannot miss their families because every day they can see them. Also, people can know what their friends are doing every time on time. due to using the internet, communication is easier and faster.

The second effect of using the internet is studying online. After the spread of Coronavirus, it became difficult to study face to face. The Internet solves this problem by studying online in virtual classes. In addition, you can attend from any place and take full advantage of the lesson. You can do your homework or group activities with your classmates online. Education is one of the most important sectors that benefit from the Internet.

The third effect of using the internet is knowledge. The knowledge now is in your pocket. Just browse your cell phone so you can read books or watch videos and share your opinion on any topic. For example, you can find out what are the most famous foods in the far world. On the other hand, you can share your experience in travel on the Internet with your International friends. Using the Internet makes people feel like they are in a small village.

In conclusion, there are many good effects of using the Internet. The first effect is to communicate with family and friends. The second effect is to study online. The third effect is knowledge. Using the Internet is useful when we use it in education or health or manage time.

Abdallh Alkhtani**RW51****Do we want to go backward?**

“If social media controls you and is robbing you of your freedom and good emotional energy chances are, you're addicted and it's time to find another hobby.” — Germany Kent. Do we use the Social media as it should be used? That’s another question that we need a clear answer for it. People feel that our lives will be better without social media, however, believe it or not social media had made our life better and now it’s an essential of it.

By thinking of social media as a life destroyer, people are going against their nature. We desire to be ahead and developed. Social media is an important element of that, and its development should not be arrested. Turning everything from positive to negative in our life had proven its worst result to humanity, social media had made us more open to the world in many aspects such as education, politics, economic and cultural. Every country now depends on the social media even if it has many negative sides, still it’s one of the best things that happened to us.

By thinking that our lives don’t need the social media to be better, ironically, we use it now to make country better. We saw the effect and the power of the social media on many countries and how it arranged and executed many revolutions, and the result was turning many countries to a democratic entity, otherwise, people could not do that. In Egypt during the Arabic spring Facebook was the main platform that used to organize the movement with the responsible of a 30% of the organization, also Facebook was used to spread information and raise awareness for the people , only 15% of the usage of Facebook was for another activities. With that being said, the social media now have the same importance as the control of military and the economy of any country.

The new and the profitable investments in these days are the social media. Many celebrities made a fortune from just having an account on the social media and no one can deny the profitability of that. By thinking of that imaging the advertisement and the profitability without the social media, it’s not going to be improved. Generating revenue of Advertisements is the major profit generator for them and without it we may never heard of them. What I want to say is the social media is our lives now and we must learn how to live with it.

To conclude, having an idea that our lives will improve by cutting an essential part of it is not going to improve it. All the arguments mentioned above are written to remind the people of the

major influence of the social media on many aspects such as investment or advertisement, also as a communication method in hard days like what happened in Egypt. “Social media is about sociology and psychology more than technology.” – Brian Solis

Hayfa Almufarej
RW 40

Saudi Arabia is a big country has many regions and cities,, such as Dammam in Eastern region; likewise, the U.S. has several states and cities, such as Gainesville in FL. Dammam is as popular as Gainesville and has a lot of visitors, but for different reasons. They are both beautiful cities, and there are several similarities and differences between the two locations.

Dammam and Gainesville have many features in common. First, both these cities are not capitals. Because of that they are quiet, especially in the night. The people in these cities are friendly and kind. In addition, the weather in Dammam is the same as Gainesville; it is extremely hot and humid in the summer. Another similarity is that both have large universities, Dammam has Imam Abdulrahman Bin Faisal University, which is large and has 19 colleges for different majors and 25,000 students. Gainesville has The University of Florida; it has 52,000 students and 16 different colleges.

Even though Dammam and Gainesville are similar, they are also different in several ways. The first difference is location. Dammam is located in Saudi Arabia in the eastern region and it is a coastal city. On the other hand, Gainesville is located in the U.S in northern Florida. Dammam is bigger and has a larger population than Gainesville. Finally, Gainesville depends on buses for transportation and has a local airport with only regional flights. However, Dammam has no public buses but has an international airport.

In summary, both Dammam and Gainesville are cities similar in many ways. However, there are also several differences between these two places. They each have activities to do and you can enjoy it. Whatever visitors are looking for, they will find out these are interesting cities.

Nimah Jastaniyyah**RW 51****Social Media**

There is no doubt that these days social media is very important around the world. Therefore, Many people consider their lives to be linked to social media such as Twitter , Instagram, or Facebook. The question is, will people's lives improve dramatically without social media or not . In this essay , I am going to discuss both views and draw my own conclusion.

In terms of disadvantages, our future lives without social media are a high probability of being negatively affected by the state economy. The main reason to claim that is businesses use social media as a good tool to promote their goods, with many applications for promoting a particular service or commodity at a lower cost, increasing profits and at lower cost. This means that if corporate profits increase, the tax rate will rise, which is good for the state economy. Moreover, without social media, it will be difficult for us to get important information. To illustrate, we are keeping up to date with the latest news and events in the world and because of the critical importance of media we believe that the most important politicians and news networks have created their own accounts on these social media, so that information is more accessible. The group sees the two most important negative aspects of our lives without social media, which are affecting the state economy and the difficulty of accessing important information.

With respect to advantages, one of the main reasons why we will do better without social media in the future is to save time. To clarify, we spend hours and hours browsing social media without feeling time, which distract us to be responsible at work and at home. Therefore, when those sites disappear, you'll have to spend time connecting or meeting friends and family, rather than relying on social media that makes us feel we are really communicating with other people, even though we really forget to save time to see them. Additionally, the disappearance of social media will add ambiguity to our lives. This is because now when we meet someone, you can look at their social media to learn most of their stuff, and without social media, there will be more ambiguity and you will have to make your own opinion through your experiences. The point of view of this group is our lives without social media will save us more time and mystery.

Regarding my point of view, Social media is very important and I do not think our lives will improve without it this is because it is a way to shape an effective public opinion. To demonstrate, social media with its broad intergroup interaction is a way to form a supportive public opinion on

some issues resulting in positive change in some areas of life. Take for example, killing of George Floyd after posting video footage of Floyd's murder on Twitter and Facebook, many countries witnessed demonstrations in solidarity with the burning protests in the United States against racism after George Floyd's death such as New Zealand, Australia, Europe, Canada and Brazil. This is a very strong evidence that social media has an effective and influential role around the world, and that means our lives will not improve without social media.

In conclusion, although there are positive aspects to the future without social media, there are several disadvantages to living without social media in the future. Therefore, I believe that we cannot live in the future without social media because it has become an integral part of our lives.

Njoud Alghamdi

RW41

Effects of the Internet

A long time ago, communication between people was difficult, especially between cities and countries. People have used various means of communication. Such as homing pigeons or someone called a messenger. Now, the age of technology has evolved into modern means of communication and people have started to use special devices for communication and the Internet has made the world become a small village. A big impact of the use of the Internet on the development of the world quickly and unprecedentedly. Featured education has developed in all its stages due to the use of the Internet. Modern impact of using the Internet on many traders in their businesses. Therefore, there are several implications for the use of the Internet in many ways: a race for time, education development, and trade development.

First of all, many countries and the whole world are in a race against time, and the use of the Internet has affected them significantly. The race of time using the Internet means shortening a lot of time and effort to reach advanced stages of development. Many developed countries such as America, Korea, Germany, and China were among the first to be called the most advanced countries in technology way. America was one of the first countries to use the Internet in the second World War and it has become one of the first countries to use its technological intelligence in the war. Many countries have established their cities in a technological way, for example, the new city Neum in the Kingdom of Saudi Arabia differs from the rest of the cities in that everything depends on the Internet

from the buildings of parking lots, markets, hospitals, and recreational areas. In fact, the use of the Internet has many advantages and a great impact to make the world in a race against time.

Secondly, The use of the Internet has helped to develop the educational process in all its fields and all its stages. The development of education using the Internet means starting with digital transformation and learning with technology. There are now many schools and universities that have used the Internet as one of the modern methods of teaching, and then it has been called distance education. Education has become more accessible to many people and in many situations. For example, education for the physically handicapped, or children of poor families where they find the expenses of the Internet cheaper than the costs of studying in schools and universities. Also in some situations such as the Corona pandemic, education in the whole world has become dependent on the use of the Internet. Therefore, the use of the Internet has become an important component for the development of education in everything.

Finally, many merchants have worked to develop trade and convert it into electronic commerce as a result of using the Internet and it has become easier. Trade development meant using new methods to increase the level of profit and increase the rate of buying and selling. The use of the Internet has become very important for e-shopping operations, so many people prefer to buy from electronic markets more than going to stores. For example, Amazon and iHerb are one of the most popular e-shopping sites. The use of the Internet also helped in providing various options for marketing goods that people use daily, so it became an easy way to attract customers.

In conclusion, these were some of the effects of using the Internet in the world and for a lot of purposes. Using the Internet had the effect of shortening the time and making the world in a race against time. Developing education in all its fields, stages, and services helped spread it. Also, the use of the Internet has helped traders to develop and facilitate their trade. The Internet is a very smart medium that people love to use every day, but we should use it well and positively.

Abdulrahman Alablan
RW30
Online Shopping in Gainesville

I came to Gainesville in March 2020 for Spring B which is the short term in ELI. Then the COVID-19 has started, and all the stores have locked down. It was very difficult for me to buy furniture or important stuff for my apartment. Therefore, I had to order everything by online shopping. I had to spend a lot of time to look for some reliable websites to buy some furniture and some kitchen appliances such as sofas, tables, and vacuum cleaners. I asked one of my friends, and he said that Walmart and Amazon would be the best options. He told me that they were all reliable, so I decided to buy what I wanted through Walmart. Indeed, I thought about what I wanted and wrote down on paper and then searched for one by one on the Walmart site. Luckily, they were all available and delivered them to my house on time, which was on the very next day directly. On the following day, they delivered all my orders and placed them in front of the door of my house. I was amazed how quickly and safely things were done. Until now, whenever I want to buy something important, I just order online. It is very convenient, and I love it!

Justin Sosa

Maracay and Gainesville

Maracay and Gainesville are good cities for people in their countries. Both cities are famous in each country for what they offer. However, there are many similarities and differences between Maracay and Gainesville.

Maracay and Gainesville have many characteristics in common. The first similarity is the size. Both cities cover a small area. Maracay covers 911.57 km and Gainesville covers 166.39 km. Another similarity is the entertainment. Maracay has good malls and many restaurants to eat outside, Gainesville also has some good sites to go out, such as Oaks Mall, Plaza of Americas, and many lakes to visit. The most important



similarity is education. Both cities have good universities. Gainesville has The University of Florida and Maracay has Universidad de Carabobo.

Even though Maracay and Gainesville have many similarities, they also have some differences. The first difference is culture. Most of the people in Gainesville are American or students from all over the world, whereas in Maracay 95% are Venezuelans. While in Maracay people speak Spanish, in Gainesville people speak English. In addition, location is another important difference. Maracay is in north-central Venezuela, and Gainesville is in Florida which is in the south of The United States. Finally, Gainesville has a small airport that offers regional flights, while Maracay does not have an airport. It only has a Military Air Base.

In conclusion, even though both cities have some similarities and differences, there are fun cities to live in and visit. Gainesville and Maracay are similar and different in many ways, but both cities are interesting. People can visit both cities and have fun.

Sarah Eid

RW 51

It has been said that people's lives would be greatly improved without social media. Do you agree or disagree? Why?

At first, the purpose of the internet was to facilitate work, then it branched further and became the most important means of communication in society; furthermore, After a while has passed, the influence of the means of communication in creating a gap has become greater than it was before. For example, the time that teens spend it with their family has been shorter, family problems have grown, getting rid of people has become easier. As a result, Solving the social divide, the gap is difficult because the attempt may create a larger gap. Social media affects our lives directly or even indirectly. Therefore, I think social life may improve significantly If we minimized the use of these apps.

Social Media created a gap between families, and the question is how? First, there may be a lot of benefits in using the internet but the addiction to can reflect on personal life such as, time that usually spent with family became less, Increased anxiety, anger reactions when the network malfunctions and finely work progress is minimized. All of that is not only effecting you. The temptations that web pages offer may increase your curiosity to discover what else is hidden there.

That mean more of time lost or for other meaning, losing the life around you because you fell into the trap of the spider web. It may be difficult to decipher attachment to social media for adults, but it is more difficult as for as teenagers. However, you can save yourself by adjust the time rate between your work and your free time. Don't spend more than 3 hours playing or using the internet. Time is the most Important thing in our lives.

Nowadays, it could be argued that phones and social media are essential in our everyday life; however, we must be careful to remember the effect that they have on us. More people are becoming introverted, and this was unexpected. "In 2018 the number of social media users was estimated by 2.65 billion users and it is expected to increase to 3.1 billion users by 2021 which is about 40% of the world population. Because 80% of internet use now became stress-related use" (SIMON KEMP 2020). like attending online classes or work meetings. For that turning off your phone during family or friends' gatherings or taking a walk. Maybe practice a hobby or a physical sport that doesn't require the internet is a good idea on a personal scale.

Reducing the use of the Internet or social media, in general, may result in more free time, an increase in spare time means additional time to do all of the work previously delayed. Begins by doing our responsibilities to ourselves, our family, and the community. Cause it easy to say I don't have enough time to do all the to-do lists that you are writing before. But since you start to organize your time based on what is important to do and what is more important it will be clearer to you how to achieve your goals. One of the main problems of time management was being busy vs being effective; social media does make you busy but does it make you be effective in a positive way? if the answer is yes, that will mean you got your goals but if the answer is no, this means that you fell into the trap of time management mistakes; and social media and the Internet are no longer the only reason to be distracted or waste your time.

To conclude, It may be difficult to decipher attachment to social media for adults, same thing for teenagers. Social media affects our lives directly or even indirectly. One of the main problems of time management was being busy vs being effective; social media does make you busy but does it make you as productive as you need to be? Therefore, I think social life may improve significantly If we minimized the use of these apps. Nowadays, It could be argued that phones and social media are essential in our everyday life; however, we must be careful and pay attention to how long we spend on our phones or online.

Brian (Shihong) He
Guangzhou and Gainesville

Located in different halves of the Earth, Guangzhou and Gainesville have a similar latitude. Guangzhou is the economic center of Canton, even the whole south China. Unlike Guangzhou, Gainesville is an education city with a large university. There are several similarities and differences between Guangzhou and Gainesville.



Guangzhou and Gainesville have many things in common. The first similarity is weather. They are both on similar latitudes of the Earth, which makes the amount of sunshine close. In addition, both cities have large universities. Gainesville has the University of Florida, one of the top universities in the U.S., and Guangzhou has more than seven top Universities, which are the top 50 universities in China. What's more, the types of the plants and animals are alike. There are many mosquitoes and cockroaches and they make people crazy.

Although Gainesville and Guangzhou have several similarities, there are also many differences between these cities. The first is the history, which maybe the biggest difference. Guangzhou has a history of more than two thousand years. The earliest record about Guangzhou is in 887 BC, the Eastern Zhou Period. Gainesville was established in 1854 and the town of Gainesville was built in 1869. Another difference between these cities is the traffic. Gainesville is an education city, and it serves students. In contrast, Guangzhou is a financial center. Even though the RTS (Gainesville Regional Transit System) is free for students who have the Gator ID card, the public traffic in Guangzhou is much more convenient. Guangzhou has the top 20 subway mileage in the world. Not only public traffic, but also eating is significant for people. The eating and buying habits are totally different. In Guangzhou, most people like eating fresh food, which means eating the food several hours after it was killed. People always eat rice and noodles. In Gainesville, people usually buy food in big supermarkets once a week and they like potatoes, pasta, and steaks. This is the normal difference between China and the US.

In summary, Gainesville and Guangzhou are similar in many ways. However, there are several differences between the two places. They welcome people all over the world and show the positive side to visitors. If somebody has a chance to travel to China, Guangzhou is a great city. If someone has a chance to study abroad in America, Gainesville is a better choice than any other education town.

Abdallh Alkhtani

RW 51

Stress between coexistence and evasion

Are you feeling tired while starting to read my essay? You may be stressed. The stress is a state of mental tension and worry caused by problems in your life, work, etc. People who have the stress condition suffer a lot on many aspects. As I said, the aspects may be tangible or intangible that may cause people to live under this condition for a while. The Stress will limit the ability to think and leads to taking the wrong course of actions, and in the end poor performance in work or school.

In the beginning, stress will limit the ability to think clearly, subsequently people will start to lose some core information in their life. There are many reasons that effect the way of thinking and the most important one of them is the stress. For example, if someone is under pressure all the time his horizon of thinking will be limited to a dark spot that may lead to a non-useful way of thinking. On the other and brighter side, people may benefit from the stress by accomplishing their timed and designated tasks. in this case they will enhance their pace of thinking. " The mind can go either direction under stress—toward positive or toward negative: on or off. Think of it as a spectrum whose extremes are unconsciousness at the negative end and hyperconsciousness at the positive end. The way the mind will lean under stress is strongly influenced by training. " Frank Herbert, Dune. As I said, the stress will change the way of thinking either to positive or negative direction.

Secondly, no one can deny that making wrong and regrettable decisions is an essential theme in life, everyone makes mistakes, but under the powerful control of the stress people will lose their life and make horrible decisions. " Reality is the leading cause of stress amongst those in touch with it" Jane Wagner. Furthermore, living in a world full of wars , political conflicts ,and financial crises will destroy everything, and when you think about the human being and the sensitivity of it, you can imagine how the stress will influence his life by making very bad steps into life under massive

stress. In the end, “We can evade reality, but we cannot evade the consequences of evading reality” Ayn Rand.

Finally, "Working hard for something we don't care about is called stress; working hard for something we love is called passion." – Simon Sinek. With that being said, sometimes one can't work for something that he loves for lots of reasons, but this does not negate the saying. The stress as mentioned has an effect on work and schools also, students who study under pressure will have lower grades and the same can imply on any work, and by work, I mean the effect of the stress on productivity. The Productivity it measures how efficiently production inputs, such as labor and capital, are being used in an economy to produce a given level of output. In Addition, stressed labor means stressed human capital that leads to lower quality and production.

In conclusion, being stressed will affect you on many ways, and dealing with it may differ from one person to another, but in the end, the stress is known as a negative state of being , that leads to horrible ways of thinking ,having a mentally struggle , and cause a weak performance in all activities. In the end, we must live with it. "It's not the load that breaks you down, it's the way you carry it. " Lena Horne Singer.

Mohammed A.M. Alharbi **Makkah vs Gainesville**

My hometown Makkah has many similarities and differences with Gainesville. Both of them have universities. Also, when we mention these two cities we should talk about the weather. Finally, we must talk about the location and the importance for residents and visitors.

The first similarity is weather. Both cities have a hot and wet weather in the summer. Also, both cities have a big University. Gainesville has the University of Florida. One of the top universities in the U.S., and Makkah has Umm Al Qura University, one of the biggest and oldest universities in Saudi Arabia.. In addition, these two cities have times in the year that are empty of the people as if they are ghost towns. However, there are many good places to visit we are in Makkah or Gainesville. We can enjoy the beautiful beaches in Orlando and Tampa when we are in Gainesville. Or if you are in Makkah, you will have the option to go to Jeddah beach overlooking the Red Sea. You can also enjoy the warm atmosphere in Taif to escape from a very hot summer. Finally, most people in my

hometown and Gainesville use cars to move around because both cities don't have public transportation except buses.

As well, there are many differences between those two cities. The first difference is location. Makkah is located in west of Saudi Arabia and it is the capital of the western region. On the other hand, Gainesville is a city in northern Florida. Also, Makkah has largest population. Either, Gainesville has fewer people. Makkah has two million people, while Gainesville has about 100,000. Another difference between those two cities is that Gainesville has an airport, but Makkah does not have an airport. The nearest airport to Makkah is King Abdulaziz Airport in Jeddah. It is 70 km away. Finally, the tourist attractions in Makkah is the Great Mosque (a religious place), but in Gainesville there are some places to visit like parks, lakes and museums.

Gainesville and Makkah may not be the same in tourist attraction and when people can enjoy them free time. Also, they are located in different countries and continent. On the other hand, they have similarities like to being temporary living places for many people. Finally, If you plan to visit those to cities you should visit some of good places near them in order to enjoy a comprehensive and general experience about the area.

Abdullah Alshehri

RW41

Drug Abuse

Life is important, so we must save our soul to live safely. Drugs destroy the life and separate family. So, we need to take some procedures to solve the problem. Going to hospital is from important solutions. We have to avoiding bad friends. Also, moving to another place is starting new life. There are several ways to solve the problem of drug abuse include going to hospital, avoiding bad friends, and moving to another place.

First, going to hospital is important or best solution of drug abuse. We need to go hospital to solve our health problem. Drug abusers have to go to hospital, so they take care and receive medicine. There are more hospitals or clinics to treat abuse. For example, in Saudi Arabia there is whole hospital intended for abusers which is Alaml hospital. Hospitals are the best answer to solve drug problem.

Second, avoiding bad friends can be solution for drug abuse. Avoiding means get away from anything bad. Friends affect each other, so we must choose our friends carefully. Real friends are who they help you achieve all the successes. On other hand, fake or bad friends will drive you to failure. Avoid terrible friends are a good solution for drug abuse.

Finally, moving to another place is wonderful solution for drug abuse.it means moving from city to city. When they move to another place, they need to know and make new relationships. This is to help you to start new life. This solution will help to search a new life and amazing friends. Moving to new place is a greet solution for drug abuse.

In conclusion, there are several methods to find solution to the problem of drug abuse. One way is Treatment for this disease by going to hospital. Second way is stay away from bad friends and meet good friends. Third way is change place. This solution will make a fabulous man.

Seung Park
RW 51
Social Media

Some people think that we can improve our lives without social media. However, as the internet developing, many people use social media not only for the method of socializing our living but also for getting information. For example, one of my friends starts his day as checking the social media who have commented on his posting and replied to it again. If he wants to know if the restaurant he saw on the street is a good place, he can search it on social media. There are various reviews from people who used the restaurant. So despite the negative elements, social media has now become an essential element in our lives.

Many people say that, because it is possible to be anonymous or to take on a different persona, social media is not real. This character makes a problem sometimes, but the more important thing is people who have sexual minorities can make an opinion through social media. Usually, they hesitate to talk about their self, but under the anonymous circumstance, they can speak and have a conversation frankly. Also, according to the article, for LGBTQ youth in particular, social media can be a refuge — a safe place to feel less alone. Even the minor people, we have to respect them, so social media has an important role in our society.

The other point of view, social media promote overspending because there are too many ads in there. But in my opinion, even though there are many ads, we have the ability to screen it, and if we make a smart purchase through social media, our satisfaction will be greater than ordinary shopping. Usually, we buy something when we think it needs, but in social media, we see stuff, and it makes me think it needs. The important thing is that we didn't know it was necessary before we saw it. So we can get satisfaction through social media.

On top of that, some people think social media is only used by personal. But it is not true; We can create accounts for corporate or trade names rather than individuals. According to the blue, one of the character in social media is a networking and communication platform. This thing enables faster feedback between consumers and businesses. For example, one restaurant posted their food on social media; we can see and reply to it on their social media account. If the food was good, there are many good comments. If not, The restaurant could get an opportunity to improve the food with immediate feedback. Then we can eat more delicious food.

To sum up, social media has affected our living in a good way; we can maintain our opinion, buy merchandise more reasonably and get information as consumers through social media. I think social media is a tool, and whether the tool has been affected good or not, it depends on the user. So if we use it properly, it is useful for improving our living.

Khalid Alotaibi

My hometown is Tenth. It's a large city in my country. Tenth and Gainesville are completely different from each other. These two cities are in different countries . Both cities are well known for the many visitors ,and each has its advantages that attract visitors . There are several similarities and differences between these two cities.

Tenth and Gainesville are similar in many ways. First, both cities have almost the same size. My hometown and Gainesville are small cities because my hometown has only 150,000 people while Gainesville has 100,000 people. The second similarity is both cities are tropical cities , so they are hot in the summer with weather, and they do not have snow . Another similarity is that they have the same way for transportation. Both of them use the bus a lot Because of the large number of visitors .

Tenth and Gainesville differ in many ways .The first difference is the location, tenth located is in Kuwait while Gainesville is in the southern part of the US . Another difference is that both of them have a large number of visitors, ,but the reason tenth has this higher number is because the visitors places in my hometown, while the reason Gainesville has this high number of visitors is because It is considered an education city, so the visitors come to Gainesville to study. The final difference is Gainesville has the University of Florida which is considered one of the best universities in America while my hometown doesn't have a university.

To sum up, both my hometown and Gainesville differ in many ways, but there are also several similarities between these two cities. My recommendation is if you want to study Gainesville is better for you, however if you want to spend a vacation my hometown is better for you.

Abdulmalik Hamad Albelaihed

RW 20

The ELI

When the pandemic started in America, the ELI Institute made a decision for the safety of international students. The ELI's decision to Corona virus was good because they didn't cancel the English language programs. The ELI switched to the online classes, and I have been taking classes since then. We use Zoom every day, and I learn a lot of information from my Reading and Writing class. Now, I know how to read and write with the best teacher, Zoe. She is the person who makes me excited in the classroom. I hope that teachers and students of the ELI are fine and safe, so I meet them in class on campus next semester. Thank you, and I am proud to be a student at the English language institute.

A Farewell Letter**Tiffany Frison**

My Beloved ELI Family,

As many of you know, I am getting ready to leave the ELI at the end of this semester.

I was given the humbling chance to leave you all with a little message.

After 5 years of working as a receptionist at the ELI, I have to say, I don't think any experience in my life will ever replace or compare to being a part of the ELI. I know many of you have been at the ELI almost as long as I have been alive, I cannot image the changes you have seen in that time because in just 5 years I have seen so many amazing people and friends come and go.

It has been an utmost honor to work alongside so many amazing individuals, whether we were chatting at a picnic, being part of the many talent shows or packing check-in packets in the main office, each you of you will always have a special place in my heart.

To all students, even if you don't know me, it has been my privilege to be here all of these years to help and support all of you. I hope that you always feel welcomed and included at the ELI, even if you did not have the chance to know me.

And it is with tears in my eyes that I say that I will never forget the ELI and all the friends and family I have gained from being a part of this huge ELI family. But I do not believe in goodbyes, after all everyone returns at some point. So this is not a goodbye, but instead a "see you the next time I'm in town."

Peace, Love and Pineapples,

Tiffany

Reply to a Farewell Letter

Editor

Dear Tiffany,

Thank you!

As a teacher, Editor of Student Voices, and former Chair of the Scholarship Committee, I want to thank you for all the support you have provided me over the last five years, from fulfilling my wishes for obscure stationery for my classes, and being able to get this publication proofed, printed, and distributed, to organizing interviews, letters, and certificates while being the best secret-keeper at the ELI. I am one of many teachers, administrators, language assistants and office staff whose lives have been made much easier by your professionalism and unflappability, not to mention the pineapples and ukulele music!

We are all going to miss you!

Given the opportunity to also write to you, my students this semester had this to say:

- *Glad to know that you would have a brand-new start, congratulations on your further study to pursue your interest. While we are reading your farewell letter, a lot of good memories come back.*
- *I still remember that the first time I met you, you are so nice and patient enough to guide me on how to pay tuition online via my phone. I also remember the second time I met you. You are so professional to help me to make an appointment with Patricia and Daryl.*
- *Without you, we would not get a smooth and quick start for the ELI learning journey.*
- *All in one, great news and keep touch: “Even if we don’t see you, the love is there, never leave”*
- *I’m one of the students who you’ve helped in the office . You have been a welcoming face and you’ve made me and others comfortable with this new environment and I’m sure all of us will miss you.*
- *We wish you the best of luck and we hope you have the best experience .*

They were not alone, either. Their words reflect the impact you have had on the thousands of students who have come through our doors over the last five years. Thank you on behalf of all of them.

We want to send you off with this much-loved Irish blessing:

Go n-éirí an bóthar leat.

Go raibh an chóir ghaoithe i gcónaí leat.

Go dtaitní an ghrian go bog bláth ar d'éadan,

Go dtite an bháisteach go bog mín ar do ghóirt.

Agus go gcasfar le chéile sinn arís, go gcoinní Dia i mbosa A láimhe thú

Which has been translated into English as:

May the road rise up to meet you.

May the wind be always at your back.

May the sun shine warm upon your face;

the rains fall soft upon your fields and until we meet again,

may God hold you in the palm of His hand.



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