

ELI STUDENT VOICES

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Message from the Editor

Thank you to all who contributed to this edition of the ELI Student Voices. To the students who submitted their writing, thank you for your hard work and for having the courage to allow your work to be read by others. To ELI instructors and staff, thank you for always encouraging and supporting ELI students to develop not only as writers but also as people. To the Student Voices Judges: Debbie Sakalla, Jennifer Vann, Christine Voigt, Victoria Dolce, and Patrick Klager, thank you for your time and consideration in reading the submissions. Finally, to you, the reader, thank you for being a receptive audience. Life is better when you share it with others, so thank you for letting us share our efforts with you.

Editor, Thomas Dolce

Winning Pieces

First Place

There is Nothing More Frightening than
Getting Used to Something
Hikaru Kaneko

Second Place

Calling 911!
Juliana Kaercher

FIRST PLACE

Hikaru Kaneko

RW 50

There is Nothing More Frightening than Getting Used to Something

Have you ever spoken in public in front of a lot of people?

Most of us might get nervous if we have to do that, and that happened to me about 4 years ago.

I used to work as a Spanish-Japanese interpreter for a baseball professional team which is called Fukuoka SoftBank Hawks in Japan. And there is an event for fans after every single game finish: the interview of a player of the game. Usually, a public relations officer picks 2 players per game, and the 2 picked players have to receive the interview. And that day a Cuban player who I was working with was picked, so I had to interpret his words in the public interview. When I heard that for the first time, I got so nervous and fearful, my legs started shaking even though I totally understood that I didn't have to say any my own words, I just had to interpret the words the Cuban player said. Fortunately, I finished the interview without any problems, but I have never forgotten how nervous I was and neither I will.

After that, I did the same interview so many times because the Cuban player is one of the leading players of the team. So, I got gradually used to working there, and about 2 years after I got the first interview in public, the same Cuban player got the public interview again. Before receiving the interview, I got very surprised by myself because I realized that I was yawning 1 minute before the interview. I had done the interview so many times with the same player in the same situation. So I was completely used to doing it. I didn't feel nervous or fearful anymore.

And I also realized that when I get used to my ordinary work, I start to feel that every day is the same and every interview is the same. But I cannot feel like that if I want to work professionally, because in the stadium, there might be some people who can watch a baseball game just today in their life. It is very difficult for me to work with a professional awareness. But I hope that I will be able to work with it someday.



SECOND PLACE

Juliana Kaercher

RW 40/50

Calling 911!

Hey there! I am English student from Brazil and this is my first experience as a foreign student in USA. In my fourth week here, cellular technology played a trick on me. I decided to go to the gym with my daughter after a long time without exercising, I went for a run on the running machine. I put the cell-phone on the running machine, started to run, and increased the speed slowly, then my heart began to accelerate and beat hard. In Brazil, I ran for one hour, so I thought: "Oh, I am just rusty". After half an hour of running, I heard a police horn and thought they were just passing by and kept running. The horn did not stop or change the volume. I looked at the cell phone, the display was blinking in red calling 911!! I desperately grabbed the phone and push the cancel button. I turned off the running machine and waited for the police, but, to my happiness, they didn't come. Phew!!! Did the running machine inform the cellphone about the heartbeat frequency and then the cellphone calls the police?! I did a search about it and found information about several false calls to the police by the model of my cellphone; these happen due to the emergency facility mechanisms. And if the police attended the call, what would have happened? I don't know, but I know that, here or anywhere in the world, never call the police by mistake or joke!

Maria Andrea Rodriguez

RW 40/50

My Head in the Clouds

Have you ever had your head in the clouds? This is possible in my home country of Colombia. Located south of Bucaramanga, less than an hour by car, Mesa de los Santos is one of the most visited towns for locals. This place offers unique experiences such as eating authentic food, drinking cups of coffee in a Coffee farm called Cafe Mesa de los Santos, or eating at one of the most famous restaurants, which serves Arepa de choco, a popular corn-based typical food. Another fun activity would be to rock climb in Chicamocha Canyon, the second largest canyon in the world where you can see the best sunrises ever. There is an ecologic hotel called Refugio la Roca where this entire experience could become a reality, and you could literally and figuratively have your head in the clouds.



Luz P. Morales**RW 40****Teen Pregnancy in Colombia**

Are teenagers prepared to be parents? Definitely not. There is a high rate of teen pregnancy in Colombia. According to the Colombia Ministry of Health, one in five teenagers between the ages of 15 to 19 has been pregnant in Colombia. Some organizations have worked to decrease the rate, but the country needs clear solutions. Teen pregnancy causes high levels of poverty, health problems, and teenagers can't study at the university. Consequently, teenagers pregnancy stops their dreams and opportunities. Also, they must take care of their children, and they need to work earlier than planned. There are three proposed solutions to prevent teen pregnancy including sexual education, access at contraceptive methods, and after school activities.

The first solution is sexual education. Due to inexperience, parents and schools don't teach sexual education to children. Parents and teachers should teach sexual education from an early age. Some parents don't talk with their children about sexuality because they don't know how to do this. In addition, in Colombia, the children have a sexual education class only once each year. Also, that class is confusing for the children. The government of Colombia should create an integral program of sexual education where parents and teachers can learn how teach this topic to children. Once parents and teachers know, they have to teach their children when they are young. If the teenagers know about their sexuality, they will make better decisions.

The second solution is giving contraceptive methods. When a teenager decides to have sexual relations, they will not stop. In Colombia, there is difficulty in accessing contraceptive methods because hospitals require teenagers to be accompanied by their parents. Hospitals should give contraceptive methods to every teenager when they need them. Hospitals shouldn't create barriers for teenagers have contraceptive methods, so hospitals should make medical appointments without parents. A teenager comfortable in her health center is a responsible teenager, and she can take steps to avoid pregnancy.

Finally, the Colombian government should offer after school activities to all students. Teenagers have much free time after school, and they need to spend time in productive activities. For example, teenagers who play sports think about their future, and they take care their bodies. When teenagers learn about different jobs, they begin to build their life project. They look for things that would like to do in their future. For this reason, it is important that teenagers can explore different activities because they are changing their lives. Also, after school activities drive teenagers to success, security, and happiness to long time.

In conclusion, Colombia needs to work in decreasing the rate of teen pregnancy because that increases the levels of poverty and decreases its development. Colombia can change the future of their teenagers with three easy solutions that promote the prevention of teen pregnancy. These solutions include education, access to contraceptive methods, and after school activities under an integral program with various faces, organizations, and people must help to decrease the rate of teen pregnancy.

Sijung Kim**RW 50**

What if I opened an exhibition introducing Korea

Do you know South Korea? How did you get to know Korea? Actually, I am always surprised when I hear Korean in other country. When I was young, I think people all over the world know Korea. Because I know Korea. When I traveled to Europe, I realized I was wrong. Most of foreigners don't know the Korea. It made me shocked a lot. Then I noticed our country is really small and there is nothing special to foreigners. This is the reason why I am shocked when I hear about Korea from foreigners up until now. However, nowadays, many people know Korea. I am really proud that I am Korean. Therefore, if I create a display to represent my country in an international exhibition, I will display four things to show off about Korea; Son's life story, K-pop, food, and Korean culture.

The most important exhibition is Son's life story like his picture, biography, prize, uniform, and ball. He is a famous Korean soccer player. Also, he is a player of Tottenham Hotspur which is an English professional soccer club and competes in the Premier League. When I met foreigners in ELI, it was so hard to continue the conversation because I didn't have any good topic. However, Son helped me indirectly. I am a big fan of Son. It means I am also a big fan of Tottenham. Most of my friends especially love Premier League so much. Fortunately, as I said, Son is on Tottenham. He runs in the Premier League, so everyone knows him. Even if he runs in the Premier League, I was surprised all of my friends knew Son. At that time, I noticed Son was so famous in soccer field. Anyway, I really thank Son. He didn't help me directly, but just knowing him made me close to my friends. He made Korea known, too. I am so proud of him. Thus, I want to display his collection.

The next main exhibition is K-pop. Actually, the previous display is my personal wish, but this second display should be exhibited because the impact of K-pop is considerable. In past, PSY was famous but now BTS is so famous all over the world. I realized the impact of them on the world. This is because they visited president Biden to condemn Anti-Asian hate crimes in USA a few days ago. Not just BTS, BIG BANG, BLACK PINK, and TWICE are also known. My UF friends know more about K-pop than I do. This is why I sometimes feel they seem like Korean. For this reason, I think I should display about K-pop. I will arrange a music player to listen to K-pop and their goods.

The third exhibition is Korean food. I think the food is good to know country culture. Also, I am proud of Korean food, so I want to display Korean food which can be my favorite Korean food or very popular Korean food. In my opinion, Korean fried chicken, grilled pork belly, Samgyetang which is like chicken soup, and bibimbap are good food that represents Korean food. Also, I think most of people like them. In addition to them, my favorite food is stir-fried rice cake. We call it "tteokbokki". It is not only a spicy food but also a highly addictive food. Furthermore, I want to display cold noodle. I heard that cold food is so weird to American, so I want them to try it. There is no special reason because it is just so delicious food. I am sure it will be weird at first, but you will be satisfied and addicted to it.

The last display is Korean culture. It can be a language, clothes, and lifestyle. Korean language is Hangul. It is the only one in the world that knows the person who made it and the date of distribution,

and even the principle of making it. Thus, it was registered as UNESCO World Heritage Site. For this reason, I want to show some Hangul like “hi(안녕annyeong-informal/안녕하세요annyeonghaseyo-formal)”, “thank you(고마워gomawo-informal/고맙습니다gomapseumnida-formal)”, and self-introduction. Also, I want to display some Korean slang. In addition to language, Korean traditional clothes can be a good experience to know Korean culture. Hanbok is traditional Korean clothes. I will arrange old hanbok like king’s clothes, too. Everyone can try it on. Lastly, I will make videos about Korean lifestyles by generation. This is because when I came USA, I was so curious about American’s lifestyles. I wanted to be a native person while I stayed in USA, so it might help someone who wants to visit Korea. It would be very nice to display these.

In conclusion, I have never thought about something that represents Korea but if open an exhibition, it would be cool. I will display the life story of SON, K-pop, Korean food, and Korean culture. Once again, thank you Son, and I hope that he can continue to play in the Premier League. I hope the day will come when many K-pop stars other than BTS are known, too. Trying new food and culture will certainly be difficult, but I am sure it will be a good experience. I hope many visitors love my exhibition and Korea.

Luisa Velasquez Gomez

RW 20

My Experience in the ELI

I’m grateful to the ELI. The program is designed to help international students adapt to their new learning step-by-step. For me, studying at the ELI is a privilege. In order to succeed in coming to the ELI and doing well in school, there are some strategies to remember. First, you need to have an F1 student visa from the US embassy in your country, and then you will need an interview for the visa. Saving money is also important because you will need it for transportation and living near the university. You should attend class regularly and be punctual. In class, students not only improve their English in reading and writing or listening comprehension, but they also have other activities, such as presentations, participative reading and writing. For example, writing journals every day is helpful practice. This exercise helped me become aware of weaknesses that I should work to improve. On the other hand, it is not easy to immerse oneself into American culture, but you can enjoy the process. You need to make compromises for the sake of progress. Many people think studying English is easy, but they don't have any idea how much hard work they have to do every day. I am particularly grateful to my teachers for their knowledge and helping me progress in my classes. My experiences are especially positive because I enjoy my life in the ELI.

Neida Maria Charris Ebratt**RW 40/50**

“Curramba” in Barranquilla

A carnival is the representation and celebration of origins and cultures. But have you ever heard about people’s carnival? In my hometown Barranquilla the carnival is known as “El carnaval de la gente”. This is one of Colombia’s most folklorically celebrations where you can be the main protagonist. Every year people celebrate the new year eve because that means just one thing: the carnival is coming. So, let’s start the “curramba”, it is another slang word that you can hear there, which means party. Each February of the year, people are ready to enjoy and live this fantastic five days-experience. With a little spoiler, this expected moment begins with a night celebration called “La Guacherna” where people dance different types of music with candles and neon lights around the city for almost 25mi. Then, the next day according to the “carnavalero” schedule, it’s followed by the four event-days with a bright sun and hot weather that can be relieved with people spraying water, dancing in huge decorative floats with colorful costumes and artistic representations to enjoy the parade. This parade is a mixed of cultural dancing and characters like “cumbia”, “garabato”, “palenque” and “marimondas”. At the end of each event, you can find in every houses’ corner soup of “mondongo”, “chuzos” and “empanadas” to fill not only your heart of happiness but your stomach of delicious typical foods. This festivity brings people together year by year, filling hearts with joy and happiness. And finally, how we the locals say: Barranquilla who doesn’t know you dreams of you, and who knows you never forgets you.



My friends and me with the “marimonda” costume, enjoying “La Guacherna”. February 2022.

Sergio D Rios**RW 60****And... how about New York this summer?**

I had the opportunity to travel to New York for four days with my family during the summer break. There are different options to fly to NYC, departing from Gainesville with any stop in Atlanta or Charlotte, or taking a direct flight from Orlando or Jacksonville. Fares are round 150 dollars. We arrived at Newark International Airport and immediately we took a bus toward Newark Penn Station, and then a train to Pennsylvania Station in Manhattan. I recommend looking for a hotel close to Times Square, because it is so central that you can find many touristic places in this area by walking. It only took us 12 minutes to get Time Square. The crowded avenue is accompanied by street acrobatic theater, and it is cool to feel the



special vibe in the air. There are different observation decks; one that is trending is called The Edge, which is located 15 minutes walking from Times Square. The new building has a big platform on the 100th floor with a "glass fence" and a part of the floor was made in glass to test the vertigo of the visitors. The view is 360° and you can enjoy drinks at the bar located there. When you go down, you find a shopping center with fancy stores, and going out is The Vessel, a unique building, bronze colored, with a structure that attracts attention, and is perfect for pictures. Central Park is gorgeous and enormous; one day is not enough to go around. The cost of riding the subway is 2,75 USD, and it takes you in 20 minutes to the Brooklyn Bridge, walking through it allows you to see the East River and lower Manhattan. When you come back from the bridge, it is essential to visit the Financial District, Wall Street, The Bull, Ground Zero and 9/11 Tribute Museum. Riding a boat to see the Statue of Liberty costs around 25 dollars and is the landmark par excellence to visit in NYC. Little Island is a kind of a garden mounted over concrete



trees on the banks of the Hudson River, with views toward Manhattan and New Jersey, amazing place for free. Do not miss a Broad-

way play. Check the website of the museums; we went to the American Museum of Natural History on Monday, and it was closed for maintenance. It is impossible to describe the magic of New York, a city to which you must come back again and again.



Selemani Ponda**RW 40/50**

Causes and Effects of Technology in everyday life

Have you ever thought of what technology does to our daily life? There are a lot of positive things which technology has done to daily life, these include: transportation system upgrade, financial services improvement, manufacturing revolution and teaching methodology options on education system. Main components of technology include; hardware (computers, cell phone television set, etc.), software (applications and operating), processes, and people (programmers and system designers). There are three main areas where technological advancement has resulted in the positive effects to our daily life; improved production efficiency, increased customer satisfaction, and growth of the global business.

One of the effects that technology has brought to daily life is improved production efficiently. As a result of massive production automation, and using less input, the production cost has significantly reduced which enables customers to enjoy the products at affordable prices. Furthermore, many goods are being produced in a shorter-time as the result of quick decisions done at all stages of the value chain. The business entity can easily get in touch with suppliers of raw materials anywhere in the world, make decisions on how much and when to order, and delivery is reliably done. In the similar way, the businesses are able to contact their customers, and make the decision instantly on how to distribute the goods once the order has been placed.

Another effect of technology is increased customer satisfaction through availability of a range of products, and wonderful experience enjoyed. Turnaround time has significantly improved as customers can conveniently get the service on a 24/7 basis while at home due to massive technological improvement. For example, a customer can order a pizza online, and delivery is made immediately. In the similar manner, a bank customer can deposit or withdraw cash after official hours through an ATM or cash dispenser machine. Consequently, customers are able to comfortably serve themselves through interactions with the main business database, for example, a bank customer can order a new debit card, change the PIN and make fund transfers. Likewise, a mobile phone user can download applications, send emails, take photos and chat with different people, etc.

The last effect of technological advancement is the growth of the global business. As a consequence of the upgrade of transportation facilities and means of communication, goods could be delivered anywhere in the world within a reasonable period of time. Many countries, through the World Trade Organization have signed an agreement for free trade movements of goods and people which lessens the barriers of trade among them. Furthermore, there are a lot of agents spread worldwide to represent the principal manufacturer(s) or service provider, of which customers and other middlemen channel their trade inquiries and order through them. Online businesses through the likes of Amazon and Alibaba have contributed to the increased of the global business volume as result of technological evolution.

In conclusion, the technology has brought many positive effects to the business and lives in the form of enhanced production efficiency, more customer satisfaction, and increased global volume of business. Daily life has become enjoyable with a variety of goods and services at affordable prices as the result of improved production efficiency, while customer satisfaction and experience have been exceedingly awesome, and global business volume has significantly grown up due to massive technological advancement. The dynamics of production and delivery of goods and services have completely changed for the better, and the world expects more benefits from further innovations in the future!

Maria Andrea Rodriguez Pinzon

RW40/50

Effects on Technology

Is a device or a tutorial on YouTube needed in order to solve your problem? The answer could be obvious. However, technology have been changed and revolutionized the world because for each work, there are at least one device that makes the activity for you in less time, in other words, each day represent electronic products launch. Nowadays, it is clear that technology makes our life easy but according with some experts, using too much technology makes your brain lazy. There have been identified three negative effects from technology such as consume impulsively, medical consequences, and dependency.

One of the most controversial effects may be the consume impulsively. Thanks to the digital age, it is easier for marketing send a vast of advertising through social media or any website. Digital marketing uses different tactics to arrive for each needs human by promoting devices that people might not need. For example, Apple every year launch new versions of its iPhone, iPad, apple watches, and laptops, and people buy them due to the marketing methods used. Also, all of this is not friendly with the environment because we constantly replace or buy new devices to generate more trash. People depend on how many material things have but there is only one world, and humans have not been realized about it.

The next negative effect from technology is some medical consequences. The excessive use of electronic devices generates psychical problems. For example, bad posture for being in front a computer all day, poor vision for seeing a smartphone at night, and obesity due to less physical activity. However, the most alarming disease is Cancer; Cancer patients have been increased in the recent years, and some people say that is because of the radiation that generate the electronic devices. Also, there are some mental problems such as emotional dependency, depression, and lack on social interaction skills.

In addition, dependency on technology is another negative factor. Over the last few years, humans are more connected with the virtuality than with their families. An evident reason is the addition that some electronic devices may create in people. For instance, it is common that new generations are addicted to videogames or social platforms like Instagram, TikTok, Facebook, and others. Those virtual platforms also generate lack of critical thinking. For example, when someone is going to do a homework, they may prefer "google" and believe in everything that is on this platform. Most information is available online but sometimes this is not beneficial.

Overall, as mention before, there are several negative effects from technology: consume impulsively, medical consequences, and dependency. Nevertheless, one thing that we call all agree, it is the health problems that electronic devices may cause on us. In addition, the situation is alarming that experts have been announcing about the consequences but the most important is that humans have consideration with the environment. The recommendation would be enjoying each moment with your family and friends, but spend less time on your phone.

Eun Hye Lee**RW 50**

The Independence Day



I attended *Fanfares and Fireworks Summer 2022* in Flavet field on July 3rd. It was so exciting because I have never seen the fireworks in site, and I really enjoyed it. The next evening, I watched *2022 Boston Pops July 4th Spectacular* which was performed in the Boston Common and live streamed on Bloomberg TV. Now, you can watch both of them on YouTube. These events gave me some interesting points, but I was not sure at first. So, after watching 2021 versions of them on YouTube, I convinced those points. The attitudes of audiences were much different from the US and Korea, and Gainesville and Boston.

The *Fanfares and Fireworks* were an awesome experience. My first impression was that the Independence Day of the US is a civil festival. Many families and groups of friends enjoyed the holiday freely and in their own ways, and congratulated their independence. And there were many people, adults as well as children, wearing national flag clothes and items in the Flavet field.

Although Korea also has an Independence Day which is August 15th, as far as I can remember, we have never had a festival like this. We have a formal ceremony where a president attends and addresses, but it is not the civil festival. Sometimes, we have outdoor concerts celebrating the day but we enjoy the concert itself, not our independence itself. We rarely have congratulating fireworks. Once we had the brilliant fireworks celebrating the 70th anniversary in 2015. Anyway, to most Koreans, the meaning of our Independence Day is just one of national holidays, not the civil festival. Furthermore, during the recent 5 years, the period of a reign of President Moon Jae-in, our government constantly blamed Japanese imperialism and demanded a formal apology about the brutalities in the past, rather than congratulate our independence. Because of political benefits, they made Koreans hate Japan, and basically, they deny the nation building of Republic of Korea. But present Japan is not imperial country any more. Actually, Japan and Korea are only democratic countries, except Taiwan, in Asia. Also, Japan is our ally forming Korea-US-Japan alliance which is geopolitically important for balance of power in Asia, which contribute the world peace.

There were performances of several amateur bands and Gainesville pops in the *Fanfares and Fireworks*. Gainesville pops played many popular marches, such as *The Stars and Stripes Forever* and

The Washington Post March, during the fireworks. Whereas, the traditional playing of the Boston pops on the 4th of July is 1812 overture, written by Tchaikovsky, because they play with real cannons in help from the US Army. The sound is really spectacular. Although I watched the Boston pops' performing 1812 overture several times in Korea, I have never known that it was to celebrate the 4th of July.

Comparing the scale of orchestra, its quality of performance, and size of gathering people in Gainesville and Boston is meaningless because physical magnitudes of both cities are hugely different. But I noticed other differences. There were significant gaps in the proportion of people wearing the national flag clothes or items, and degree of people's enthusiasm. The proportion of such people and degree of enthusiasm was absolutely higher in Boston than Gainesville. This phenomenon was also similar in 2021. Both Gainesville and Boston are university cities having many international students, and have similar political propensities, favoring the liberal party. As far as I can guess, the causes of those differences are that Massachusetts belonged to the original 13 states in the time of independence, but Florida did not, and it is hotter and more humid in Gainesville than Boston. But I'm not sure whether my guesses are right or not.

Irrespective of magnitude of visible things, the US citizens seemed to really enjoy and celebrate the Independence Day. I truly envy it. I hope that Koreans, especially our new government, congratulate and enjoy our independence with the past behind. Happy Independence Day!

Juliana Kaercher

RW 40/50

Rio de Janeiro, RJ - Brazil

One of the best places in Brazil is 'Rio de Janeiro', or just called 'Rio'. It is famous due to the beaches, samba, and parties! Many people think that Rio is not a safe place and, unfortunately, it is true; although if the person takes care it will be safe and fine. In Rio, at 7 am is the best sunrise, and at 6 pm is the best sunset! There are a lot of sports too like surfing, hang gliding, skates, and roller! Maybe people only want to relax on the beach. Maybe they want to eat typical food called 'calderada'. Calderada is seafood with a lot of spices. Rio de Janeiro always overcomes people.

A spy story

Fiction spy stories accompany us from childhood. True spy stories are even better, like the one written in the book 'The Spy and the Traitor' by Ben Macintyre. This book is the biography of Oleg Gordievsky, a spy double during the Cold War. Gordievsky was a head KGB official who worked secretly for England. With insider information passed down, Gordievsky helped the Occident turn the table against Russia's KGB. At the end of the Cold War, his betrayal was discovered and he was the protagonist of one of the most incredible escapes from Moscow. Today he lives, under a false name, secretly in a suburb of England. "The Spy and the Traitor" is a detailed portrait of high-stakes espionage and the most important British agent of the Cold War.

Sinae Chae

RW 40/50

Independence Day in St. Augustine

July 4th is the Independence Day of the United States and is a national holiday. My sister highly recommended watching fireworks in St. Augustine. So I went to St. Augustine with my sister and my sister's several friends to see the fireworks on

July 4th. St. Augustine is the city that Founded in 1565 by Spanish explorers, it is the oldest and the first European city

in the United States, old houses of the time are still preserved. By the 1880s, Henry M. Flagler, a pioneer in Florida's development, first built luxury hotels and entertainment halls along the beautiful coast, making it famous as a resort and resort. As soon as we arrived in St. Augustine, we could see the Flagler university in the center of the city. I was surprised that the university building was so exotic and beautiful.

By the time we arrived in St. Augustine, it was already crowded with people. Before the fireworks started, we looked around the city first. The Architecture of buildings in the city were distinctly different from other cities. There were already many tourists from all over the world sitting around the beach. The city was famous for seafood dishes because it was around the beach, but it was already crowded with people, so we had to wait an hour to enter the restaurant. But it was so delicious that it didn't

bother me waiting for an hour.

We finished dinner and settled around the beach to watch the fireworks. St. Augustine has been putting on a spectacular fireworks show on July 4th for the last two decades. Lighting up the sky over the waters of Matanzas Bay, with the Castillo de San Marcos and the Bridge of Lions in the foreground, the "Fireworks Over the Matanzas" display was truly unforgettable. The fireworks

started at 9:30. As the sun went down, loud music came out from the beach. The spectacular fireworks display lasted about 30 minutes and ended at 10 o'clock with the

American national anthem ringing. It was the first time in my life that I've seen fireworks that are so big, so grand, so long.

The sky was clear and the stars were well visible after the fireworks were over. The only thing that was hard was that it took an hour to get out of the city because there were so many tourists. When we got home, it was almost 1:00 am. It was tiring but really memorable day. It didn't rain, and the weather was very nice, so we came home cheerfully.

I filmed it when I watched fireworks the fireworks footage turned out much more beautiful than the photographs. I think it's a pity that I can only upload photos to this article. I think I'll probably never forget the colorful and brilliant fireworks display for the rest of my life. I also can't forget that when the fireworks were over, everyone shouted "U!S!A!"



Galymzhan Issabekov**RW40/50**

Space medicine technology and its effects today

What is the origin of personalized medicine? How about the Da Vinci robot surgeon? Or telemedicine that allows people to consult with health experts remotely? People did not pay much attention to where this technology came from and its effects on our everyday lives. Since the advent of human space exploration, the technology of space medicine has contributed to astronauts' well-being. Still, it has also helped humanity here on Earth to improve health and prevent disease. Several effects of space medicine technology have helped us better understand and cure certain diseases today: drug advancement, personalized medicine, and artificial gravity.

In spite of the unique microgravity environment, space medicine technology contributes to the advancement of drugs. The process of extracting and purifying active components in the production of drugs is often influenced by the force of gravity equal to 1 on Earth. However, suppose those steps of drug production are carried out in a microgravity (weightlessness) environment. In that case, people will achieve improved results in terms of the drug's physical properties of the final product. For example, improved treatment for diabetics could be provided by space-formatted insulin with a crystal-clear view. In other words, the new forms of the hormone will reduce some of the health risks and discomfort associated with diabetes. Patients would receive fewer shots per day and maybe fewer per week, and their lifestyle would be more manageable.

Humanity has increasingly recognized the need for personalized (precise) medicine to treat many diseases, and space medicine technology has contributed significantly to the delivery of precise treatments. Today genetic profiling is used to guide decision-making regarding disease prevention, diagnosis, and treatment. Initially, this technology was developed for use in space medicine. For example, let's consider the case of space motion sickness, which is a motion sickness caused by the sensation that the astronaut's surroundings are in motion, yet there is no sense of motion in the astronaut's own body. Approximately 2/3 of astronauts experience it within the first three days in microgravity, with signs and symptoms appearing instantly. To solve this problem, scientists used an individual-based precise approach to determine the level of sensitivity for each astronaut so that the appropriate medicine and dose could be selected. This method has proven very effective, and scientists working on the ground have adopted it for the precise treatment of patients here on Earth. It is evident from this example that space medicine technology of precise individualized medicine has a profound impact on today's treatment.

In the above examples, we have seen that space medicine technologies have a profound effect on our lives, but here is one more example of how current developments of artificial (simulated) gravity will influence humans' treatment and prevention of certain diseases here on Earth. It is now possible for astronauts to live and work in space for six months. A prolonged stay in space can have a variety of effects on the body, including muscle atrophy, bone loss, immune system impairments, and endocrine disorders. However, the goal of all space agencies is to go to the Moon and Mars and stay there for a significant period of time, more than six months. Consequently, humanity must establish for humans in space (space station) a similar environment to that on Earth, which will not negatively impact their health over the long term. Artificial gravity or simulated gravity is one possible solution to this problem.

An artificial gravity system creates an inertial force within a spacecraft to replicate gravity's force. This concept is often seen in science fiction shows such as "Star Trek," and researchers are currently working on creating artificial gravity in space. Recently, scientists have discovered that this technology can also be used on Earth to treat certain dermatological conditions. Artificial gravity is an example of space medicine technology that will significantly affect our treatment methods for certain diseases in the future.

To conclude, the author will point to several effects of space medicine technology that have helped us better understand and treat certain diseases today: drug advances, personalized medicine, and artificial gravity. Firstly, due to advancements in space technology, patients will receive fewer daily doses, making their lifestyle much more manageable. Secondly, personalized medicine, which emerged from space technology, has and will significantly alter the future prevention, diagnosis, and treatment of diseases. Lastly, artificial gravity technology will open a window of opportunity to treat certain pathological conditions. Throughout history, space medicine technology has dramatically affected our medicine and will have a lasting impact on the health of humans in the future. Reflecting on the words of astronomer Carl Sagan "Somewhere something incredible is waiting to be known."

Sinae Chae

RW 40/50

Technology addiction

Technology is everywhere. It is a tool that certainly changes the world and how it operates. The use of technology helped the development of society and human discoveries. Technology has a great effect on today's lifestyle. While technology used in useful and positive ways, on the other hand, many people believe about negative influence about the use of technology. Technological devices make people get benefit, but lots of people have become addicted to their technological devices. Because technology can be a quick and easy way to satisfy basic needs, and thus become addictive. There are causes and effects of technology addiction: escapism, dependence of technology, and poor mental health.

One cause of the technology addiction is escapism. Addiction to screen develops when someone wants to divert attention from uneasiness. Boredom, sleeplessness, lack of purpose can be triggers. Also, it can be the lack of opportunity to join in with other activities. Technology addicts experience feeling euphoria while using technology. They lose sense of time, and unable to maintain and control a schedule. In addition to, because of the digital device, people can feel immediate mental pleasure regardless of time.

One effects of the technology addiction is dependence of technology. Many people in this era spend too much time on the Internet using digital devices. The digital addiction has destructive effects on individuals and families, It can affect an individual's work or education because people spend time using devices rather than focusing on work or school tasks. Digital addiction can also lead to a loss of interest in socialization and communication in their real-life experiences. People are now addicted to these technological devices and trust machines more than humans. Due to dependence on technology, people

have forgotten some of the traditional skills. Furthermore, people are nervous about spending time without digital devices because they use digital devices for everything.

Finally, overuse and reliance on technology can affect a person's mental health. Social media is the most common form of technology that people have access to today, it affects mental health issues related to comparison, body image, self-worth and cyberbullying. Social media make you compare yourself to others or often make you feel jealous. Also, high use of social media is more likely for people to be socially isolated. Overall, decreased physical activity, which contributed to a lower degree of happiness. Because people spend a lot of time using their devices, they are less likely to have meaningful social interactions, which also makes them feel isolated. These negative effects lead to more depression and anxiety.

There are reasons why technology addiction effects negatively. Digital devices made people can escape from reality and become technology addicts. Not only this cause, but also many bad effects have made people depend on digital device. Especially, spending more time online than in real life is bad for mental health. However, technology addiction can be cured by replacing the time spent online with productive activities and healthy relationship building. Therefore, in order to avoid the side effects of the abuse of technological devices, it is better to continue to do outdoor activities in nature.

Neida Maria Charris Ebratt

RW 40/50

The other side of Technology

The technology is the change and manipulation of humans and their environment. The use of the technologic knowledge has been used for the creation of instruments with different purposes. Sometimes, this used has not measures or consideration with its around, which can cause irreversible and revolutionary changes. This technological revolution is not just amazing people but is worrying them about the future. The role played by the electronic climate is critical due to the impact on the general development of the world and their habitants. According to this, there are several negatives' effects of Technology: health affections, environmental crisis, and non-socialization.

One of the negative effects of Technology are health affections. The physical effects on the human body are an example of these problems in people's wellness. Technologic artifacts and the time spent on them generate a physical wear in people's body. The excessive time spent in electronic devices can cause eyestrain, therefore the eyes are not only tired, but it might cause a burning and itchy feeling in the area. Besides, this unmeasured use could generate anxiety, and insomnia, which in future can be a serious neurologic disorder. Also, this health affections could be caused by technological emissions. The electromagnetic radiation induces headache and troubles to focus affecting some specifics areas of people's brain.

Another of the negative effects of technology is the environment crisis that the world is facing. The environment is affected by the technological waste (techno-waste) that is constantly increasing. The industries who don't control their electronic garbage or the people who simply throws away technological artifacts, are contributing to the accumulation of techno-waste. This waste collection doesn't have a reusable way due to is hard to decompose their elements or resource, which damaged environmental

factors like the ozone layer and the atmosphere. As well, the resource exploitation to create more technologic equipment and machines has expanded so much that is producing the disappearing of habitats of Flora and Fauna. The ability to adapt of the species is not enough and unfortunately can cause even the extinction of them.

The last negative effect of technology is non-socialization. As a result of this effect the communication skills between people are hurting. The attachment to technology divides the relations, which originate the social reconfiguration. This setting in social aspects, describes how technology impacts on the way of communicating, meeting, and knowing. And how socialization goes into the background due to it is no longer so important to listen to what other has to say. It can be seen in the way that people don't feel comfortable without their cellphone, even could be more important than another part of their body. This connection cold the warm in relations and makes people miss out on great opportunities and wonderful experiences.

Overall, technology had radically changed many areas in the world, affecting in a negative way people's health, increasing the environmental crisis, and inducing the non-socialization in people. As described, the physical affections on the human body, the electromagnetic radiations that decrease people wellness. The crisis in ecosystems where the techno-waste and resource exploitation are damaging the air and species. And then, comes to the social relations dividing and hurting the communication skills. Further, the inventions and huge discoveries that technology has been building, the world is being overwhelmed by these changes. It is time to attend and take awareness about this situation, before it is too late and technology takes over autonomy and takes control of human beings behavior.



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