

## Laughter Is the Best Medicine



Laughing is like an infection. Even if you had a bad day and someone sitting next to you starts laughing, you will laugh involuntarily. It is proven scientifically that laughter can prevent heart attacks and other health problems. However, the psychological effect of laughter is the obvious and most important one: laughter can change your temper or how you feel about an issue. Thus, laughter is the best medicine!

**Hussam Altalhi, Saudi Arabia**

To me, the meaning of this proverb is that a good sense of humor can make you feel better. In other words, it's beneficial to your health. Laughter helps to alleviate negative feelings and stress. Moreover, it greatly aids recovery from physical or mental injury.

**Afaf Alluhaybi, Saudi Arabia**

I believe that laughter is always good unless it offends someone (then it is bad). Most people do not recognize the line between having fun and offending others. This applies to jokes, too. There are many racist jokes that easily offend groups of people. Also, some jokes establish a stereotype about a group of people such as the idea that women are weak or women love to talk and gossip. Actually, these are just characteristics that could apply to anyone. **Afaf Aljohani, Saudi Arabia**

Memories with laughter bring happiness and satisfaction. In happy moments, there is always laughter and people smiling. These precious experiences satisfy our mind and heart with warmth. In the unstable and depressed world situation because of the pandemic, we are losing people's laughter behind masks. It's hard to judge whether someone is smiling or laughing. Although this is the reality for now, we can make a decision to maintain our laughter in this depressed COVID situation.

So, what makes us laugh? What makes us happy? There are a few, little incidences in my life that make me very happy. When I was little, I laughed a lot watching young sparrows and baby animals at the zoo. For some reason, the faces of baby animals made me laugh heartily. Laughter always makes me happy and helps me healthy. **JungHyun (Joy) Ahn, South Korea**

Last month, my car broke. I had paid over \$3000 to fix it, but it wasn't fixed. This made me very sad and stressed. For a long time, I was unhappy and never laughed. With no car, I had to take the bus to school.

My bus driver was black and elderly. He said "Hi, you again? How are you?" I was surprised he greeted me so kindly. I replied "I'm fine. How are you?" I began to see him regularly on Bus 29 to Littleton. He laughed and asked me "Do you go to school?" I said "Yes, I go to Spring International School." He asked "Where are you from?" I answered, "I'm from Vietnam." He laughed and said "I'm from Vietnam, too!" I was shocked and didn't believe Vietnam had black people. I asked him "Really? Can you speak Vietnamese?" He laughed loudly said "No, just kidding, I'm from Laos." I laughed in return.



After this initial conversation, we talked together and got to know each other's names. I laughed a lot when I talked with him. I feel better now than in previous days and no longer have any stress. Laughter is always good. It is "the best medicine" and most beneficial to your health. **Hoa Truong, Vietnam**

### **That Makes Me Laugh!**

My friends make me laugh. When I was a child, I had a very funny friend. Abdullah is the funniest friend I have ever known for several reasons. Firstly, he has a funny way of looking at me. For example, when he looks at me that way, I laugh suddenly and loudly although he doesn't say anything. That is why I always say to him, "don't look at me especially when I am talking to someone one who I don't know." I don't want the stranger to think me rude. Secondly, the daily occurrences which he is exposed to are really funny, particularly in the way he tells me about them. As a result of that, I feel in a pretty good mood when he is with me. In conclusion, if anyone wants to laugh often, they should look for funny friends such as my friend Abdullah. **Mohammed Alosymi - Saudi Arabia**

## ***Laughter Is As Important to Our Souls as Food Is for Our Bodies***

Life is full of challenges and unexpected circumstances. We get trapped in the chaos of our busy lives; furthermore we just do not have time for laughter; even though laughter is the power to brighten someone's day we must stop and realize that we have to make the time to laugh if we want our lives to be meaningful for ourselves and others around us. Laughter and happiness are contagious, so we must be intentional and practice it.

In my life there are several things that make me laugh although the one that never fails is my husband's jokes. For example, I remember the time when he told us that we did not agree with him because our eyesight was not as good as his so we couldn't see the same thing that he was seeing. Good eyesight is 20/20, but he said that the doctor told him that his eyesight was 40/40; consequently, his eyesight was far better than ours.

Laughter in my perspective is a great antidote to many mental diseases, such as depression and isolation. However, sometimes laughter can hurt other feelings if we use it in the wrong way. For example, when it is used to make fun of others without thinking of the negative consequences. The books that make me laugh are Dr. Seuss's books since they use humorous language that makes the audience laugh. To sum up, laughter is as important to our souls as food is for our bodies. We need both to have a meaningful and healthy life.

***Carmen Tobon, Mexico***

### **Bungee Jumping**

Bungee jumping was my funniest experience. I was so excited to try to bungee jump, but I couldn't imagine how to throw myself from the air to the ground because this experience needed courage and a strong heart. There was a line of people behind me, and they told me to go ahead, close your eyes, and jump. I jumped, and I was laughing so hard and loudly while I was flying through the air. The crowd laughed and applauded because I did it! I finally stopped bouncing and landed on the ground. I didn't stand up for a while. There was a photographer who took a picture of the people's experiences. I saw my picture, and I looked like a crazy woman. That was my funniest experience. What's yours? **Ebtihaj Almazroui, Saudi Arabia**



### **WHAT MAKES US SMILE?**

Spending time with family and friends, helping other people, remembering good memories  
A comfortable feeling, my daughter's singing,  
People's smiles, an offer from a university, beautiful landscape  
Thinking of delicious food my mother makes  
Food, Snow, Jokes, Friends, Travel, Netflix, Chocolates  
Seeing someone I like, seeing others happy, watching a funny movie  
Want to hear an answer that's funny? Trump! Trump makes one student smile, really!

### **WHEN DO WE LAUGH?**

When I travel, I laugh  
When I watch Netflix, I laugh  
When a dog chases a bird, I laugh  
When I spend time with family, when I watch a funny movie, I laugh.  
When I tease my friends, when I talk to my best friend, I laugh.  
When I hang out with my roommate, when I make a mistake, I laugh.  
When I finish school, when I see people in funny clothes, when I see bad people lost, I laugh.  
When I hear a joke, when Tom tells us jokes, or when Yazeed tells a joke, we all laugh!

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Submitted by Level 5 students: Anfal Alhudaib, Saudi Arabia  
Tawfiq Aljabri, Saudi Arabia  
Yazeed Althemairy, Saudi Arabia  
Ana Carolina Palacio, Colombia  
Hyun Cheol Shin, South Korea  
Tao Zhang, China  
Alhussain Alshammari, Saudi Arabia

## Still Havin' Fun? Don't get that homework wet, Ziyad and Mohammed!



### ***Are You a Cat Lover or a Dog Lover? Let's Compare the Two Pets***



Cats and dogs are beautiful pets. Many people like them because they are not dangerous, so they can keep them in their home. Although there are some similarities between cats and dogs, they are very different in food preferences, size, and care.

Cats are wonderful animals. They like to eat fish very much, especially tuna fish. Cats are smaller than dogs. Also, they have beautiful eyes. In addition, cats are easier to take care of than dogs because they have special bath boxes, so you do not have to walk with them every day. Some people love to bring small cats into their houses.

On the other hand, dogs are strong animals. Many people like dogs for enjoyment. Dogs like to eat bones. Sometimes dogs like to eat meat. Also, dogs usually are bigger than cats. Some people like to bring puppies into their houses because they are cute, and it is easier to teach them. Finally, dogs are harder than cats to take care of because you have to walk them every day, but you do not have to walk cats.

In conclusion, there are similarities and differences between cats and dogs. I like both of them, so which one would you like better as a pet? **Ahmad Alharby - Saudi Arabia**

### ***Learning Life's Lessons***

My father owns a business that manages several companies. When I was 17 years old, I lived alone in an apartment in Riyadh, so I had to be sure to wake up on time. Sometimes that was hard because the neighbor was very loud, so I was always tired there. One time I did something that I regret.

One day, I woke up late because my phone alarm did not work. That day I had to travel on a business trip. I took a shower, and I made some coffee. While I was driving, I watched the time. Suddenly, I saw the light, I stopped quickly. When I arrived at the airport, the security said to me, "You missed the flight." I called my boss to reschedule the meeting for two days later. I decided to drive there instead of flying because I did not want to miss the meeting.

I learned something from this experience. First, I will not oversleep in the future. Next, I will choose an amazing place to live where I can sleep very well. Then I will go to bed early. I can learn a lot from my life experiences. **Faisal Buri - Saudi Arabia**



## Debate Class

### A Feather and a Stone

Spring International's Debate class researched and debated *pacifism* as one of their topics this term. As an introductory exercise, we looked at a concrete image of a stone and a feather in balance with each other. Students were asked to give a brief abstract interpretation of this image, and we hope you will enjoy reading some of their reflections shared here. *Carol Kok, Debate Instructor*

Zhen Yang, China: **All lives are equal, even if they seem as opposite as stones and feathers.**

Ana Carolina Alvarez Palacio, Colombia: **Gentleness and strength can have the same importance.**

Jana Zamarripa, Mexico: **Life is represented by this image. Even though it looks balanced, it is not. While the rock represents people with much power, money, and the chance to be strong, the side of the feather represents the fragile. These are people in extreme poverty who don't have money to cover their primary necessities like a house, clothes, and food. They don't have education and their resources are limited. The rock is big and heavy; it is not easy to upset. In comparison, the fragile and light feather can easily be shaken by the wind.**

Maria Romano, Mexico: **The picture represents the balance in our lives. Every person has two sides and each side is interesting. Take care of each side because if you pay more attention to one side than the other, your life will lose the balance.**

Alhussain Alshammari, Saudi Arabia: **Priorities in the right places bring stability.**

Anfal Alhudaib, Saudi Arabia:  
**It's not about strength, but rather ability.**  
**It's not about gender, but rather worth.**  
**It's not about age, but rather wisdom.**  
**It's not about how others see you, but rather who you are.**

Faisal Alsulaiman, Saudi Arabia: **Life's energy needs to be a balance between flexibility and strict rules.**

Ana Carolina Alvarez Palacio, Colombia: **A good foundation can endure anything.**

Abdullah Alsamdani, Saudi Arabia: **We shouldn't judge others by their style or appearance, but by their ability or character.**

### **Can You Do This?**

The Debate class pictured here works on a critical thinking challenge. They have been asked to knot a strip of crepe paper without letting go of the ends. A lot of laughing and a lot of thinking.





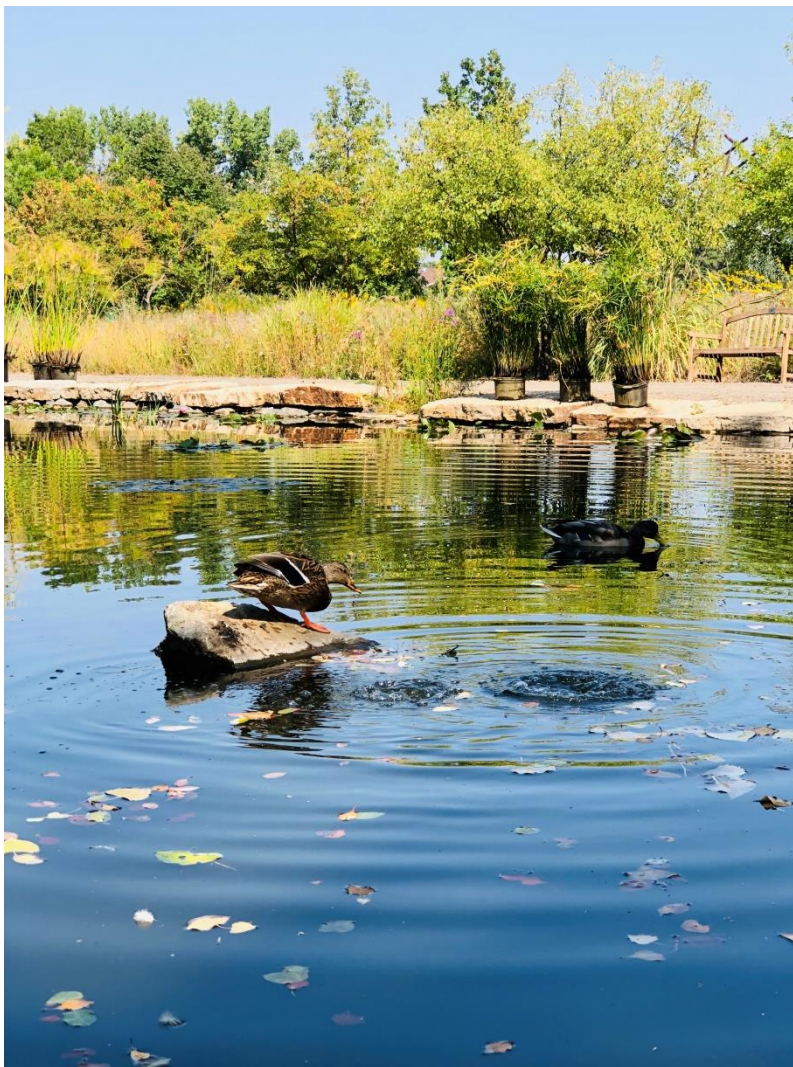
## Dancing in the Rain

I like dancing in the rain because this can give you fresh and new energy and remove all negative feelings. I have some memories from my childhood with the rain. When I was 5 years old, I lived with my grandparents. Their house was full of different kinds of fruit trees such as tangerine, lemon, and lime. Their smell was fascinating and energizing when it rained. It was beautiful to observe the trees moving from side to side with the majestic wind and to contemplate their beautiful colors. This atmosphere invited me to dance in the rain.

While I danced, I could feel the wet land on my feet, and how the wind caressed my face. I could touch the plants and trees. I enjoyed these moments because I could feel how my energy grew. My grandmother always told me that dancing in the rain was a remedy to cure your body. I was very young, and I could not understand her words. Nevertheless, I have never stopped dancing in the rain, even though I have grown older.

When I dance in the rain, I feel my mind clear, and my thoughts change to a positive state. I can even close my eyes, and I feel and smell the trees and plants in the rain again. In addition, I could hear the river that was near my grandparent's house. You could hear its shocking and powerful noise. When the rain stopped, my grandmother called me because she had prepared a rich, hot chocolate for me. How I would like to return to these moments, but I know that I cannot do it. However, I still enjoy dancing in the rain experimenting with new sensations, emotions and creating new memories.

I think that people should give themselves a small space to enjoy the small details that nature gives us such as the rain. In summary, I enjoy my space with the rain. I hope when you read this, you can remove your old ideas and enjoy a fantastic, magic rain. It will help to give your mind and body more energy. **Maria Romano, Mexico**



*Photo by Ziyad AlMeqbel, Saudi Arabia*

## **The Meaning of Laughter...by Wael Alshehri, Saudi Arabia**

"Man is a laughing animal." This is the logical definition of man, according to the Greek philosophers. The meaning of this definition is that the basic human characteristic is laughter and the ability to display emotions and react clearly when what is required occurs. The advantage of laughter, in my view, is the first evidence that humans have a different mind than other beings. Rather, a person who has the ability to laugh and make a joke is a person with a high level of intelligence.

Laughter is one of the most beautiful human emotions ever, but the irony is that it may be a title of joy or it may be a tool for ridicule or harm, and at other times it may be a weapon to resist depression and disease.

Laughter is good when it is a tool for courtesy, as the lowest level of laughter is a smile, and a smile is the title of kindness and courtesy. Laughter is good when it is a tool for demonstrating a happy reaction to a happy event.

Laughter is important when it is a tool for healing from the effects of sadness, or fighting disease by raising the spirits, as doctors always recommend laughter and bringing happiness to those who have serious diseases as a means of healing and resistance.

On the other hand, laughter may be a lethal tool to harm others, as it is a dangerous and negative weapon to destroy, ridicule and defame others, such as laughing at the failure of others or their weaknesses or their difference from us, where laughter in these cases means a negative communication that deviates laughter from its beautiful and innocent meaning and purpose. Laughter is bad when it is the title of negative mockery of others with the aim of destroying them or hindering them from their projects of success.

I can say: I laugh because I exist, and laughter is one of the features that I enjoy, and I feel sad when I see many people who do not even have the ability to smile, and I am happy to laugh in the positive kind. Laugh to live happy, the end of life is one!

#### Level 4 Laughs

### Recommended movies to tickle your funny bone

*Nacho Libre* (Susan B)

*Lock, Stock, and Two Smoking Barrels* (Zhen)

*Identity Thief* (Maria, Jana)

*Due Date* (Sultan)

*3 Idiots* (Ibrahim, Faisal, Abdullah)

#### Level 4 Jokes

### Teacher/ Student Laughs

1. Teacher: Name two pronouns.  
Student: Who? Me?
2. Teacher: Michael, You know you can't sleep in my class!  
Michael: Yes, I know, but maybe if you were a little quieter, I could.
3. Student: Teacher, would you punish me for something I didn't do?  
Teacher: Of course not.  
Student: Good. I didn't do my homework.
4. Teacher: Today we are reviewing verb tenses. "I am beautiful." What tense is that?  
Student: It's clearly PAST tense.



***Jen and Steven's Wedding: It's No Joke!***



*Ziyad's Photography*

