



Good Friends Are Like Stars. You Don't Always See Them, but You Know They Are Always There.

Friendship is a secret of happiness. My best friend in my life is Maryam. First, she makes the world special just being in it. Next, she lives in Alnassa city. Then, she is married, and she has two children. She works in the university. When I didn't know her, I was alone. Later, she studied with me when we were young. Finally, we have the same qualities and tendencies, so she is very close to me. Good friends are like stars. You don't always see them, but you know they are always there. **Wafa Almulla, Saudi Arabia**

My best friend is very important in my life. She is called Josseline. She has the best smile. She is pretty, charismatic, sociable, and funny. Josseline is one person I can be open and honest with. She and I communicate on the telephone, what's up, mail, Facebook, video camera, etc. all the time. We have been friends since 1990. Our lives are always together. Also, many moments are good, bad, happy, sad, angry, but honesty is always very important to us. She is 28 years old. She is a little short. She has green eyes and brown hair. She loves technologies and dance. She likes all desserts. She likes sports, but she dislikes languages. She has two kids. Kelly is 6 years old, and Caleb is 4 months. I love these kids.

We have common interests, and it is always fun when we meet. We both love to talk and eat desserts. And so when we are together, it is a great deal to eat. When I have difficulties and doubts in my life, she teaches me patiently. She never expects anything from me, but shares all that she has. I too try to be kind and helpful to my sister, but she is always the kinder and more loving one between us. I have many friends in my life, but my best friend is my sister. **Edith Moreno, Mexico**

A best friend is someone who is honest and generous; positive, loyal, and kind; wonderful and nice,

And I like my best friend because

he helps make good things for me,
she helps me every time I need her
he likes to play soccer and plays baseball very well;
I've known her

since I was a child,
since we studied at school,
since I was 7 years old;

he is always generous with me and gives advice without any benefit back for him,
she always cooks for homeless people on Thanksgiving and gives them some jackets;
he is a great person,
she is the best.

Composed by Level Four Students

Ali is my best friend. He is the same age as me. We studied together from the first year of school. Ali likes to play football and watch it on TV. I like that too. Also, he is a kind person, and he works with an organization that helps poor people. He invited me to work with him, but it was hard for me to do that. Right now, he is one of the good students in his school, which is an engineering school. He is also an artist. He draws a lot of great views, and people like them. He is not only a friend, he is a brother to me. **Abdulaziz Aljabri, Saudi Arabia**

I love my best friend. My best friend is a beautiful intelligent woman. She is a successful clothing designer. She is a friendly person. First, she always likes to help people how to work and how to live and how to challenge in difficulties. Second, she works hard, and she works twelve hours a day. She is my best friend. We met in elementary school. We fought, and we skipped class together. When we were growing up, we chose the same job. She has always been there for me. She likes my family. Finally, I think I am so lucky I have my best friend in my life. I love my best friend. **Amy Chan, China**

My best friend Ali is 20 years old. He has a lot of good qualities. First, he always helps the people who need advice.

Second, he always helps me to improve my English language. Next, he always organizes his stuff. Finally, he's kind, helpful, unique. I hope everybody has that kind of people that are helpful. It isn't hard to make friendships in a new country because all the people in Denver are friendly. **Saeed Almeshadi, Saudi Arabia**

Saeed is my best friend because he looks handsome and very friendly.

The first time I met him, we were very shy. I still talked to him. Now I sometimes go to lunch with him. I started to chat with him. When I don't understand the question, he taught answer for me, so he is very smart. He always sits next to me. We still can't speak English sometimes. I am enjoying now, thanks to him. Thank you for being a good friend to me. **Daiki Sakai, Japan**



MAKE NEW FRIENDS



Friendship is sharing. If you know how to share, you will form a friendship. In Spring Language School, we come from different countries. We have different cultures, but we are learning the same language together. From the first time, we do not know each other or laugh together, but we take classes and laugh together. That is a happy time. The time of happiness is the quick time and works for no one. When I look up at every star in the night sometimes I will think of my friends. I like them not because of who they are, but because of who I am when I am with them. **Chun Mi Ju, South Korea**

I have a beautiful friend. Her name is Keriae. She is 35 years old. She taught me when I came to Spring. She was nice with me all the time. She supported me how to improve my grammar and also she helped me to improve my reading too. She is my best friend in Colorado. She is also smart because she studies and works and also cares for all her family at the same time. She is always busy all the time, but she is always happy with what she is doing. I like my friend! **by Aisha Alghamodi, Libya**

My best friend is the best. Her name is Ashley Ruiz. She lives in Juarez City, Mexico. She studies business in the University of Juarez. I met her in the last year of high school. Since then she is my best friend. She is 18 years old. We like to go to the cinema and parties. She likes to listen to music and go shopping. Her favorite colors are blue and purple. She is very short, and she has long hair. She likes to play volleyball, and she is a very good player. She lives with her sister and her mother. In the future, she would like to have a clothing store. She doesn't like spicy food, and prefers American food. She is my best friend. **by Jose Uribe, Mexico**

A Friendship Is Important in Life. My friend lives in Saudi Arabia, and she works in the bank. She is beautiful, and she is taller than me. She is a smart person, so she works in the bank on the computer. My girlfriend can keep a secret. She helps you live, and she is honest with everyone. I love my girlfriend, and I hope to see her soon. **by Reema Mohammed**

Problems and How We Can Solve Them

Roommates **by Banchi B. Danbu, Ethiopia**

Living with a roommate who steals is like putting coins into ripped pockets. This has been a big issue for a long time for people who live with a roommate. Some people are trying to live alone to make them free from concern. Roommate stealing affects them in many ways. That is why we need to change this habit. The problem of roommate stealing can be solved through open conversation, digital cameras, and locked possessions.

Open conversation is the most helpful for a roommate who steals. Some people like to steal other people's things even if they have their own. For those people who like stealing without reason, open conversation gives a chance of feeling ashamed by their wrong decision. Although open conversation makes awareness between people, asking about a problem and telling the truth can solve the problem.

Setting up a digital camera in the room is another option for a roommate who steals. Some roommates who steal don't know that their roommate can notice things were stolen. Because of that they try to deny the theft. To give proof and put them to shame if they deny that they are responsible for the loss, setting up the digital camera is important. A roommate who steals should learn from mistakes and choose a better way. For thieving roommates, setting up digital camera is the most effective solution.

Locking cabinets and lockers is also a solution for a roommate who steals. There is no chance to steal if the lockers and cabinets are locked. In addition, locking cabinets and lockers minimizes the temptation to steal. This will make it easier to live with a roommate without any suspension on either side.

As we have seen, the problem of a roommate who steals can be solved. Some people may say stealing is a psychological problem and the thief may need professional counseling in order to change. However, a roommate who steals is very common, but it is not an illness, so it can be solved. As a result of these solutions, the roommate who steals will become nice and disciplined.

Loneliness of Foreign Students **by Xin Dai, China**

According to Chinese news, the biggest problem for Chinese students studying abroad is communication, accounting for 38.26%. The young age of overseas students is one of the main causes of their psychological problems. I have found this to be true because I and my teenage daughter are foreign students, too. Three ways this problem can be solved are to recognize that studying is a full-time activity, to find new friends, and to travel.

A great way for foreign students to avoid loneliness is to recognize that studying is a full-time occupation. That is very beneficial because busy students don't have time to think about their life and feel lonely. This is a true life description. Students need to wake up early, and stay in school the whole day. After school they need to cook dinner and do homework. If you are a hard working student, your life is necessarily busy, and when students are in a crazy studying state, they really don't have time to feel lonely.

Another way to alleviate loneliness is to find new friends. This will help students become social, and loneliness will be far away. Sociable people who make friends by shopping, cooking, or talking don't suffer from loneliness. For example, when I become lonely, I always meet my friend to talk about my emotions. Friends may share the same situation or they may not, but they may have a different viewpoint which could help you. A good friend can enlighten you in your most difficult time.

It is also important to fight loneliness by traveling. Traveling will cause people to relax when they see the beautiful scenery. Hiking, swimming, and running are the best ways to help people forget something. Such as me, I like to climb mountains when I get to the top of a mountain, I ask myself what else can beat me. When people travel to different places, they refresh themselves and forget about their loneliness.

Foreign students can each be a small part of a solution to loneliness. If they start with a recognition of studying as a full-time activity, then find new friends, and travel, who knows? Perhaps foreign students will feel comfortable living abroad.

Dental Health Problems in Teens *by Ariunsanaa Miyesenge, Mongolia*

Teeth are a very important part of a human being, not only for the eating process, but also for the way they look. In some countries teenagers have several problems. For example, they don't brush their teeth or they don't spend enough time brushing them. However, adults and dentists already know how to solve this problem: increase education for the community, encourage medical check-ups, and foster good oral habits for teenagers.

The most important solution is education for the community. This means increasing the number of teenagers who know about oral hygiene. Through education they will know what kind of food is good for teeth, when they must brush their teeth, and how to recognize bad teeth. Therefore it is possible they can protect their teeth by themselves.

Although it is expensive, organizing medical check-ups among teenagers is a great way to diagnose dental problems in teenagers. Therefore, the government has to participate in this process due to the fact that several families lack money. These families need benefits from the government and other organizations. The result of these medical check-ups for masses of teenagers is the prevention of dental problems and the saving of their teeth.

Finally, making a good habit of oral hygiene is crucial for teenagers. It is accomplished by adults, especially parents teaching them how to brush their teeth, when to do it, and how often they should repeat it per day. If teens know about it, they will learn these good habits because teens' characters quickly change. They are like a blank piece of paper because they have the potential to learn and develop so quickly.

In conclusion, we already know how to protect and care for teenagers teeth, so let's implement that knowledge to improve the oral health of our children! If we use the strategies mentioned here teens' teeth will be healthy and sweet!



Dangers of Cosmetic Surgery *by Ggeumju Kim, South Korea*

In South Korea, beauty is considered the most crucial part of life. Many women want to be beautiful because society has promoted a beauty craze! We have grown up with a variety of social media: for example, Facebook, Instagram, Twitter, and Snapchat, and this social media shows people have to become beautiful. Therefore, many women and men want to have cosmetic surgery. However, cosmetic surgery is not safe. It could be hazardous because it is a surgery. Sometimes the result is different than expected too. Also, it is not cheap. Three ways people can avoid the desire for cosmetic surgery are finding self-confidence, requiring parents approval, and learning how to do makeup.

A great solution is finding self-confidence. Although this solution is hard to talk yourself into, you should ignore what people say, and then you will find what you like. Furthermore, you could discern your own style. Of course, at first, it is difficult to change your mind, but if you do, you will be joyful in your life. Now, what if a person still wants surgery?

Another idea is to require a parent's approval for young people to have cosmetic surgery before they are 21 years old. Each person grows at different rates. Even if people are adults, they do not know if their body is still growing or not. Indeed, people who are under 21 do not realize how dangerous it is either. Therefore, young people had better receive an agreement from their parents before they make the decision to have cosmetic surgery. It is never too late to decide together.

It is also important to support learning how to do makeup yourself instead of turning to cosmetic surgery. A variety of makeup videos can be found on YouTube, and the price of makeup products is probably cheaper than cosmetic surgery fees. Also, makeup might alter the direction of one's appearance enough. Perhaps a person will get so good at makeup that they could teach people how to do makeup online. Besides, who knows, they might become a famous makeup artist. For example, one YouTuber had not been beautiful, but she tried to use makeup to change how she looked better without surgery. Since that time, she has become a really famous makeup artist, and she has her own line of cosmetic products.

It doesn't matter what people say about your beauty. Beauty is not your life. Cosmetics are just a mask, and they cannot hide your real beauty. The mask is easy to break down. It is also a kind of a decoration for your body. Therefore, you can live without the mask. We have to remember to be confident, get approved, and do makeup!

Cheating *by Binh Nguyen, Vietnam*

Life has been rougher and tougher as the world adjusts to the age of globalization. Greed and ambition have driven people away from morality. Cheating in colleges and schools is a great example to show how students are losing their ethics. However, there are three ways which can help get rid of the cheating problem.

The first idea is to give students punishment when they cheat. For example, the first time students show dishonesty, they will be given a zero for that test. If it happens again, they should be expelled from school. Also, teachers need to let their learners know how serious the consequences are going to be.

Another way to solve the problem of cheating is to give students more education. Most people say that students need to absorb the principles of having self-respect and dignity. This should be taught throughout their childhood, so they will never forget it. As long as students are able to recognize what they should and should not do, the process of stopping cheating will definitely get simpler and easier.

It is important to also suggest more examiners while students are taking tests. The more observers in the room, the less desire for students to make a move toward cheating. Regardless of the human resources and the financial issues, this plan needs to be put into action to prevent further negative effects.

Everyone can be a small part of the solution to the cheating problem. Following these methods can help solve this urgent matter, as well as create an enlightened environment for learners. Even though these strategies might take much time and effort, there will be a noticeable difference as soon as they are applied.

Traffic Congestion *by Hanpu Wu, China*

As the world develops, more and more vehicles are used by people. Most people complain that during rush hour there are numerous transportation issues. In some sections close to the business district, the road is like a huge parking lot and the cars are not moving. Traffic jams are a major problem that has been around for a long time and has caused people to be delayed in many situations, such as being late for work and school. Road congestion can be solved by designating transportation-free times, building more lanes, and developing many kinds of public transportation.

A great way to solve this problem is to designate transportation-free times. The government can make rules that only certain vehicles can pass at a certain time. For example, cars with a certain last number on their plates cannot be used on a specified day. The government also can stipulate that large vehicles cannot enter urban areas during peak hours. According to these rules, vehicles on the road will be greatly reduced. (cont. p. 4)

Traffic Congestion (cont. from p.3)

The second way to solve excessive traffic is to build more lanes. That makes a larger number of vehicles avoid being crowded in the same lane. Large vehicles are slow and the government can build more large-vehicle lanes to keep these vehicles away from them and increase large vehicles speeds. As a result of the increased number of lanes, the speed of the cars will be faster and traffic jams will be reduced.

Developing many kinds of public transportation is also important. The government can develop more public transportation for people to use, such as subways and buses. Some people say that although people can take public transportation to any place, people waiting for public transportation is a long process and frustrating. However, if they run into a traffic jam, the time will be even longer. If public transport is better developed and people choose to use it, traffic will be greatly reduced.

These methods can reduce traffic congestion and keep traffic flowing so as to reduce travel time. People will no longer have to leave early and home late because of traffic jams.

Love at First Sight...by Michelle (Mengxue) Zhang, China

Do you believe in love at first sight? I think most people would say :No." They think that real love should pass through a lengthy process that includes meeting, getting to know each other, loving each other, quarreling, and having a new understanding. Finally, the couple gets together forever. If I hadn't experienced love at first sight, I am afraid that I wouldn't believe in it either.

I have visited Denver two times. This is my second trip. I never thought that I would meet Mr. Right here. I like art very much, and I always go to different local art studios to try to learn many various types of art. One day my uncle told there was a famous Chinese artist who was his friend. I decided to visit him. When my uncle and I arrived there, we didn't see him because he was teaching children to paint. At that moment, I heard a nice melody from the other room. That melody was so familiar and wonderful that I wanted to know who was playing. When I pushed open the door softly, I saw a quiet young man, sitting in front of the piano. Under the sunshine, I couldn't see his face clearly. I stood there and listened to the whole song that he played. I was so deeply attracted by sound of the piano that I didn't pay attention until he had already turned, facing me with a smile.

:Hello! Have we met somewhere before?" he asked

At this time, I watched his face carefully. He had a handsome face, brown eyes, a sharp nose and he smiled like a prince. I was so shy and nervous that I couldn't speak a word. At the same time, I felt my heart almost jump out.

"We really seem to have met each other before," he continued.

"Uh, this is my first time to come to this studio," I answered.

"Oh, I remember, you are a dancer. I saw you at the part of the Chinese School. That day, I wanted to meet you, but I had no suitable chance, he said excitedly.

I didn't answer, only nodded shyly. Then we fell in love with each other, and we got married soon after. Later I discovered that he had been asking for any news about me since the party.

Love is the most mysterious thing in this world. Sometimes, even if you don't know why you love someone, maybe it is a feeling, a word, a look, an action or something else. When I fell in love with him at that moment, I knew my life would change forever. Whatever happened, it would kick off something great in the future. Now I believe I can overcome any difficulty as long as he is by my side. If you are single, don't hurry. Time can help you to get what you want. You only need to believe in love, take care of yourself, and wait patiently. I believe you will find a love that only belongs to you.

A Day That Changed My Life...by Omar Aedh, Saudi Arabia

There is a special and unique moment in a person's life that changes his future entirely. It could be a day, a time, or something else that happened, and it begins as a big change. One day that changed my life is the day when I knew I would go to the United States of America to study English, and then complete my higher education in computer science. It was a unique moment and shocked me because it would be a new and challenge for me.

I will always remember that day because it gave me a new start where I could learn new things in a different culture that was new to me. On that first day in America, I was in shock because I didn't know anyone or anything about life here. People were speaking a different language which I couldn't understand or speak. It forced me to find a way to communicate, so I learned the basics and some sentences that helped me a lot to express myself.

Moreover, my life since this day has changed for the better. Now I value my time more than before. Time is valuable here because I have to do many things within a limited time, such as studying to get the IELTS and the GRE required scores. It requires me to organize my time because I have to get high scores on these standardized tests within a short period of time. Also this day has been changing my life everyday here because it teaches me new things when I face new difficulties. For example, I have learned how to manage my income wisely because the cost of living here is higher than in my country, which means I have to spend only on necessities and save some money for tough days in the future.

In conclusion, I have learned many things since this special day, like managing my time wisely and spending my money only for necessities. I can say that I'm a new person with a better attitude and outlook, so I am able to manage my priorities. I hope that I will keep moving forward and improving myself in many aspects of my life.