
PALS ECHO

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The Five Senses

Elisa Matalobos, Cuba

Jessica Wilson's Low Intermediate Writing

When I first go outside, I hear the birds around the tree where we sit down and I also hear the church bell and I see that it is 2 o'clock. I smell the refreshing flowers in the beginning of springtime. I sit at the round table and I have to touch this because it is very bright and clean. I am walking around because the grass is very green; I have to touch it to feel that it is moist. I want to taste some green fruit, but I don't know what kind it is. The beginning of springtime is so beautiful and I feel so happy. You can feel the five senses in spring.

The End of a Long Winter

Fernanda Lemos, Brazil

Jessica Wilson's Low Intermediate Writing

A sunny and warm day shows that this long winter is ending. Outside Conklin Hall I can feel the sun on my skin, smell the flowers, hear the birds singing, and also touch the hot ground. All these things are evidence that summer is coming. The grass and trees are completely green; on the other hand, there are just a few flowers. As a matter of fact, the temperature is going up; however, the wind is still cold. During the winter the temperature was under five degrees, but this week it's over 60 degrees. It's better to see the green grass than the snow all over the place. Now it's time to put the jackets, sweaters, gloves, scarves, and boots in the closet and buy new shorts, dresses, skirts, and small shirts. Now everybody is using flip flops, sunglasses, and T-shirts. The end of winter is a good time when we can have picnics and barbecues. It's time to celebrate the good weather and sunny days. The sun is shining; enjoy the summertime!

The Function of Our Five Senses

Sebastian Valencia Obando, Colombia

Jessica Wilson's Low Intermediate Writing

All of us have five senses. Each sense has a fantastic function in our body: our eyes see, the nose smells, the ears hear, the tongue tastes, and our hands feel. These elements in whole are working in each body in different and special forms. Right now I am in my class trying to discover how the different parts of my body function and which one of them is the most interesting and amazing in my body. Now I have connected my soul, my body, and my mind to nature and a

small amount of the world. It is not easy trying to connect myself with the rest of the world; now is the first effect. I hear many people walking; one of them is speaking on the cell phone and another person has a backpack. I hear wheels rolling along the path and on it I see and employment agency. Suddenly I look up and I see a plane. It's incredible to know that it is far and I can hear its loud sound. I see trees and feel the spring season. I see how the new trees grow and plants as well. Also I smell the flowers' aroma and the air's aroma for the spring season. Now I try to feel where I am, and I can feel and touch the chair where I am sitting. It feels cold, hard, and I see its black, but when I close my eyes and touch things, I can't distinguish them. It is good to know that we have some senses that are more developed than other senses, but it is more fantastic to know that my ears and my nose are perfect in my body, and I know it because of what I described above.

Using My Five Senses

Alexander Orozco, Colombia

Jessica Wilson's Low Intermediate Writing

I was in the classroom and I went outside. I walked through the quad, in front of Conklin Hall. I sat down on a park bench and I started my exercise. I could see many people walking around the quad; everybody was totally different from each other. When I saw their faces, I could see they were people from different parts of the world. It was not difficult to know this because some of them were wearing kinds of clothes that were unusual. For example, some Turkish people and some Arabic people were wearing veils on their heads and also their dresses were very long and they were totally covered; some of them, in fact, had their faces covered. As I was looking at people, I heard the church's bells tolling, and at the same time, some birds were singing. The sun was shining, and I could feel my skin getting hot. Sometimes I could feel a soft breeze on my face. It refreshed my hot skin, and when the wind touched my face, it brought a great aroma. Oh my God! It is spring. I smelled flowers; they smelled fresh. I touched their petals and they were still very young, but they were beautiful anyway. Mother Nature is coming back to life.

The Season of Spring

Elif Yucel, Turkey

Jessica Wilson's Low Intermediate Writing

I'm sitting on a bench now. The weather is hot and I feel the sun on my face. I like this season, Spring. It's not too hot and not cold. The tree has beautiful pink flowers in Spring. Plants grow and all the flowers are almost open. I feel a little bit of wind, but it doesn't feel cold. I smell grass and some flowers. I hear the leaves' voices. By the way, I hear the birds, too; they like to sing. I also hear the crowded city's voices: the cars, ambulance siren...It's a scary sound. I'm looking around and I see some students. Somebody's coming to school; somebody's eating something. I'm eating also: a delicious Turkish cheese pie. This is my favorite food. I'm still looking around. Somebody's making a phone call and talking with someone else.

Human Cryogenics

Blanca Deleg, Ecuador

Marisol Garcia's Low Advanced Writing

Cryogenics is a speculative life support technology that seeks to preserve human life in a state that will be viable and treatable in the future when medical technology has caught up to restore life. Cryogenics was developed because of a survival motive.

The challenges that cryogenics faces are very severe. The human body is a complex organism that has special needs. The body is very difficult to understand; therefore, it is hard to undergo cryonic freezing without serious or irreversible damage. When the body's temperature goes under 100 degrees Celsius, water is forced out of the cells and crystallizes, forcing the membranes to burst, thereby causing significant damage. The difficulties that are faced with cryogenics have been unavoidable until today. There is still no proof whatsoever that we will ever possess the technology to bring those already frozen back to life. (cryogenics.org)

Cryogenics also provides hope for those who wish to live longer or see their loved ones live longer to fulfill their goals. Scientists have not yet found a way not to damage the cells significantly. They are looking for ways to accomplish this goal. Members joined because they wanted to live much longer so as to fulfill their destiny in life. People that die from illnesses want to be able to come back to life so that they can be treated and offered a new chance at life. These people want enough time which they did not have in their previous lives.

Cryogenics is a new way to find the good side of death. There are people that are valuable and would do much more good alive than dead. Technology will also advance with the cryogenic research. For example, Gandhi's death was a tragedy; while he was alive he taught the world many lessons. With cryogenics, he could one day come back to life to continue his teaching. Just as Gandhi, Albert Einstein and Leonardo DaVinci died. These people made an impact on our world. They brought goodness and technological advances that we still use today. Cryogenics will help technology advance and open doors that will help the world become a better place.

Marxist vs. Liberals

Xurxo Alonso, Spain

Marisol Garcia's Low Advanced Writing

During the 19th century, the seed of political difference grew more than ever before. Karl Marx and Friedrich Engels published, in 1848, the Manifesto of the Communist Party—a philosophical guide for the newly rising leftist parties. While Marxism was taking its first steps, liberals were consolidating their power and knowledge in contemporary society. Thomas Hobbes, one of the most representative authors of this trend, was born about 260 years before it began. Marxist and liberals were the two basic and most representative wagers of political philosophy during the 19th century. The main differences between them were the relations between people, the government policies, and property.

First, Marxist and liberal philosophers completely disagree in their understanding of people's relations. For Marxists, men are good thanks to nature, which means no person tries to take advantage of his or her fellows' weaknesses. In contrast, in the preface of Hobbes' *De Cive*, readers will find the quotation, "Homo homini lupus," or "Man is a man's wolf." For Hobbes, two people will fight for one piece of bread instead of sharing it. Therefore, human relationship is the first difference between these two parties.

Equally important are the differences between Marxist governments and liberal governments. For the leftists, the power is on the population and it is called a proletariat dictatorship. For the rightists, the power must be shared between groups of people elected by the whole society, but only some can be elected. Governments draw the path for their countries' societies and since the 19th century until now, they have chosen between these two directions.

Finally, property is a part of both sides. Marxists defend public property; for them, the state has to own everything, individual goods or even companies. Liberals, however, contend the opposite—individual property: “You will own whatever you can afford. Work for money and you will afford more or less whatever you want or need.” Property can be inferred as the biggest exponent of the ideological battle between Marxists and liberals.

In short, the birth of the Marxist regime during the 19th century gave ideological support to the people who thought that people must share their goods to achieve common benefits. On the other hand, liberals have defended, since many years before, that people have to look for individual benefit. Many wars started with these two parties as pretext, and much more will appear in the future. People can discover a lot of differences between Marxists and liberals, and the most outstanding divergences are people's relations, government policies, and property.

Drug Use

Baran Ozlem Samanci, Turkey

Marisol Garcia's Low Advanced Writing

What makes people abuse drugs, lose their homes, families, jobs, and everything good in their lives while others don't? Using drugs may be good or bad depending on some aspects. Drug abuse is a serious problem. Prescription drugs may have medical, psychological, and economical benefits for people; however, drug abuse and addiction cause a lot of bad effects on people worldwide.

Drug abuse and addiction happen because of many factors and inflict many terrible things on people's lives. People start using drugs because of peer pressure, family problems, lack of attention, or economical problems. Some people want excitement in their lives so they get high. Other people become addicted after using prescription drugs. Also, some people take medicines to cure themselves, but others use them for non-medical reasons. After becoming addicted to drugs, people may lose their homes, families, jobs, etc. Drug abuse destroys their lives totally. It plays a role in many major social problems such as violence and crime caused by drivers under the effect of drugs. Besides, some people sell drugs to earn money easily.

Drug abuse causes mental and physical problems. It affects people's brains and bodies. For example, if people become addicted to cocaine, it increases their heart rate, blood pressure, metabolism, and feelings of exhilaration. Also, it reduces appetite and causes weight loss, heart failure, and nervousness. Using alcohol with cocaine is one of the most common causes of death. Using marijuana is the other common problem among young people. They usually smoke it like a cigarette and it results in memory, learning, and social problems. People addicted to drugs may even steal money to financially support their habits. Additionally, some athletes use steroids to build muscles and improve their performance. They cause some health problems such as liver disease and they are not safe or legal. Accordingly, drug abuse and addiction bring many horrible consequences on people's lives.

On the other hand, drugs are also used for medical, economical, and psychological purposes. Some types of plants are grown to make drugs, such as hashish, under the control of

governments. Hashish includes morphine and codeine; they are used for medical purposes and as ingredients in food. Also, they are sold to contribute to economic growth. Furthermore, antidepressants are used to treat depression, anxiety, manic depressive disorder, etc. Depression is a very common mental problem nowadays and has caused an increase in suicide. People who have this problem need to use medicines to treat themselves. Therefore, drugs are important and necessary for our health even if they have many bad effects.

In my opinion, people should use drugs only to cure their mental and physical problems. They shouldn't abuse drugs because they are indisputably harmful. Drugs must be used under the control of doctors and drug addiction can be treated by therapy, medication, and family/friend support. In schools, students must be educated about the bad effects of drugs or try healthy activities like sports, music, and art. People shouldn't share their prescription drugs without asking doctors because some sellers might want to take advantage of young people's lack of knowledge. To reduce the risk of a problem, people should follow directions carefully when taking medicines and ask doctors, pharmacists, or other health care professionals before taking any medication to avoid using it.

As a result, people should not abuse drugs. Although using drugs has bad effects on people, in some medical cases, they should use the drugs with prescriptions. Doctors and pharmacists can help people take medicines safely. Also, adults and especially young students must be educated about all kinds of drugs and their effects.

Types of Dieting

Andrea Alexandra Khatile, France

Marisol Garcia's Low Advanced Writing

Dieting is the practice of ingesting food in a regulated fashion to achieve or maintain a controlled weight. There are two kinds of diets: the weight-loss diet, which consists of restricting specific foods in order to lose weight and the weight-gain diet, where people eat to gain weight. According to Wikipedia, "Among the individuals that have lost 10% or more of their body weight, only 20% are able to maintain that weight loss for a full year." Most people go on diets for health problems or for other reasons.

Dieting is a part of treatment for some health issues. Overweight people go on diets to lose or stabilize weight because their body fat is affecting them. Someone who suffers, for example, of high blood pressure should be aware of what he eats and his habits. They must eat vegetables, fresh foods, and exercise every day. They must also avoid alcohol, tobacco, and drugs. A person who has high cholesterol must be on a low cholesterol diet and doctors must follow their progress because it is easy to relapse. A specialist like a nutritionist must help them plan what they should eat and avoid junk food.

Dieting is also used as a bad solution without a medical purpose. This side of dieting is usually used by women that are not satisfied with how they look and have low self-esteem. Women go on diets all the time and try products that are dangerous for their health. Subsequently, women are victims of companies' pills which advertise the best products, but do not work. Our health is endangered with these kinds of products. People are more worried about other people's views than their own view so that is why they tend to gain or lose weight.

In short, dieting has some good and bad reasons, but it still should be controlled by a professional in order to keep healthy.

Building a Family Through Adoption

Daniele Barbato Argenton, Brazil

Marisol Garcia's Low Advanced Writing

Before the age of five, children always ask difficult questions like: "Did I grow in your body, mommy?" Sometimes it is not easy to answer this question. Many adoptive parents don't know when is the best time to tell a child that s/he is adopted; moreover, they don't know how to say the real story. Adopting a child to build a family is a very difficult choice because adoption always has positive and negative aspects.

There are several points to defend the positive aspects of adoption. First, we can decide if we want to adopt a newborn, traditionally, or someone older. Some families prefer to adopt an older child because they come with many benefits: you don't have to teach them to talk, eat, or walk; they are able to do everything by themselves. "The history of their life is already there, and [s/he] can give an idea of what she/he likes, dislikes, and help make vital decisions about: educational choices, physical capabilities, and emotional instabilities." Second, for many other couples, adoption is not just another choice; it is the only chance that they have to be parents, sometimes because of infertility, sometimes because they decid to marry late or because they are a gay couple. Third, we can give a child the opportunity to have a family. "There are a lot of children, boys and girls, infants and older kids available for adoption" that need families. As a result, many "families of all types are opening their hearts, homes, and lives to the love that adoption brings."

We can also find negative points when talking about adoption. The length of the process and unknown family history are the most common. "Adopting a child is just as much as a blessing as having a biological child," but adopting a child requires a large amount of planning and preparation because a lot of paperwork is required. There are so many steps to follow: fill out an adoption application, several interviews with a social worker and finally legal procedures. In addition, medical history is another negative point of adoption. It is very difficult for physicians to alert adoptive parents about possible problems or diseases without tests based on family history. Clearly, you must be patient when you decide to adopt children.

Finally, in my opinion, I believe that adoption is a good way to give a child the opportunity to be loved by somebody and to give them a chance to have a family. I was adopted and I love my adoptive parents. My world didn't fall apart when I found out that I wasn't their birth child. For me, it was very difficult to accept the idea that my cousin was my mother, but after some years I realized that my birth mother didn't have the emotional or financial condition to support me, because she was fifteen years old when she got pregnant. In short, I learned that so many ways exist to join families. In brief, a child is the best way to build a family.

The PALS Echo is devoted to presenting the writings of our intensive English language students.

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