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# *PALS ECHO*

Program in American Language Studies of Rutgers University-Newark

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## **Keep Fit!**

JaeGyu Heo, South Korea  
Richard Gomes' Basic Writing

I do several things to try to stay healthy. First of all, I try to get some exercises everyday. So, I walk in the morning and sometimes I go to the gym to swim in their swimming pool. In addition, I eat lots of fruits and vegetables, but, of course, I eat meat, too. I also don't eat instant foods. Finally, I don't smoke or drink liquor and coke.

Like many people, I try to always stay healthy.

## **My Stepbrother**

Julian Naranjo, Colombia  
Richard Gomes' Basic Writing

My stepbrother's name is Sebastian Alejandro. He is 14 years old. He is single and he doesn't have a girlfriend. He is a good high school student as well. He likes to go camping, listen to music, use the computer and watch TV. Right now he lives in Yarumal, Colombia, which is my town, with my mother and also with his sister, Marisol. I think that they are very happy together.

Sometimes when I call him he tells me "I miss you!!" I know that it is the truth. And that is because when I was back home I was like a father to him. For example, when I wanted to go camping, we always went together and we enjoyed our time outdoors.

## **My BIG family**

Juan Manuel Caranton, Colombia  
Richard Gomes' Basic Writing

I have a big family! My parents' names are Jose and Maria. They are divorced. My father has 2 daughters and 2 sons with another woman. Still, I love them all! My mother has 6 sisters and 8 brothers and my father has 10 brothers and 6 sisters. All of my family members and relatives live in different cities in Colombia, for example, Bogota, Barranquilla, Villavicenco, etc. So, I am very happy when I am on vacation. I can visit them very often. Unfortunately, my grandparents don't live anymore. Now I have a lot of cousins and a beautiful niece. She is only 4 years old. As you can see, this is my family and when we are together, it is wonderful!!

## **My Weekdays**

Honorio Osorio Cruz, Colombia  
Richard Gomes' Basic Writing

During the week, my days are very busy and interesting. I get up at 6am and after that I take a shower, brush my teeth, get dressed, eat breakfast and then I leave home to go to Rutgers University. I start classes at 8:30am and I finish classes at 12:50pm. After my classes, I have lunch in the university but sometimes I go home to have lunch. Then, most of the time, I go to the computer lab to study English and I rarely take a nap in the afternoon. I always study in the afternoon and at night in my home, but sometimes I watch TV. As you can see, I do a lot of things during my weekdays.

## **My Middle School**

SungGye Hong, South Korea  
Bonnie Harley's Low Intermediate Writing

I have faint memories about my middle school. The class time was from 9 AM to 5 PM. It was very hard for me. The school enrolled 2,700 persons on the list of a school register. I went to the school by foot, but sometimes my father took me to the school in his car. I was fourteen years old. From these days, I developed a love of music and art.

I liked the composer Wolfgang Amadeus Mozart, from Austria. He represents one of the great peaks in the history of music as a composer. His works were written in almost every conceivable genre, combining the luminous beauty of sound with the classical grace and technical perfection. We could get inspiration through his works.

I also loved art class because I painted very well. I specially respected Picasso, Pablo (Pablo Ruiz y Picasso), Spanish painter, sculptor, graphic artist, and ceramist who worked in France. A lot of people say "He was a genius". I think that he had unique charms in his works. He always cultivated the unknown world of art.

## **My Middle School**

Felipe Sarmiento Montoya, Colombia  
Bonnie Harley's Low Intermediate Writing

My school was a Catholic school. It is located in Medellin, Colombia. The name is "Seminario Menor de la Arquidiocesis de Medellin" Minor Seminary of the Archdiocese of Medellin. Usually classes began at 6:30 am. I used to take the school bus in front of my home. It took 40 minutes or one hour to arrive in school. The driver was very nice and talkative. Well, I think that it was because he picked me up so early in the mornings and maybe he did not want me to sleep during my classes or during the trip. He also kept the car's windows open. Actually, the wind was always cold. It was driving me crazy!

My school had many places. One of them was the cafeteria. I really enjoyed my time there. The food and music were excellent besides the service. Sellers were very kind and pleasant. I guess that I loved this place more than the classroom because it was not too silent and boring. (I'm just kidding.) Classes were always very entertaining.

During my middle school, I did not have many friends, really, but I had few. Some of my classmates were smart, but at the same time funny. For this reason, I spent most of my time with them, especially break meals. Habitually our break meals were twice a day because we stayed a very long time in the classroom, logically studying.

I had the opportunity to have many good teachers and I'm grateful to all of them. Also, there were teachers whom I did not understand very well, but they were always patient with me. I know that "I'm not easy". Like everyone, I did not like some subjects so much like: mathematics, systems or chemistry, but I tried to learn instead of disliking them.

In general, my middle school was a great experience that I hope I don't ever forget. I lived there surrounded by good people and I learned something more about "how to live happy".

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

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