Student Spotlight: Sheyla Gabriela Leon Writes about her Hero

Is it possible to be impacted by a young person? In my case, I can say: yes. When you ask people about a person that has impacted them, they are always going to talk about somebody older than they, with a higher education or just a famous person because it’s his/her idol. I can truly say the opposite because if I have to talk about somebody who has impacted me, that person is my brother.

He is just 2 years older than I. I really admire him, and he has been my inspiration in life because he has demonstrated and shown me that life consists of a bunch of steps, and each day we have to go step by step to obtain the results that we want.

At an early age, he came to the United States (Miami) to study at the university. He focused on what he wanted and whom he wanted to be. I think that for some young people, coming to Miami to study is not easy. You have a lot of distractions such as parties, discos, beaches, and alcohol. So, if you are not focused on what you want, these could be an obstacle.

Later, he obtained his degree, started working very hard with rigid schedules and not too much time for distractions. But, at the end, he obtained a good position, good income and stability.

He has demonstrated to me that happiness exists, and I have to work hard, always do my best and the steps I take day by day are the best teacher that I can have in life. Each step is knowledge and an achievement. Trying to avoid one of these steps will not be beneficial in the end. The more steps I take, the better person I will become. The name of this wonderful person is Luis Rafael Leon, and he has become my role model.
Faculty Spotlight: Luis Prado

N: Can you tell the students at the ELI about yourself?

L.P.: My name is Luis Prado and I was born in Nicaragua. I’m 63 years old. I earned a degree at the National Autonomous University of Nicaragua. I finished my high school in 1968, and after that, I began working for the main newspaper in my country, Diario La Prensa, where I worked as a proof reader. I became the person in charge of the proof reading department. I worked for many different companies such as banks, advertising and tourism/management agencies. Since I was a child, I have been in love with the English language and always practiced it by myself. I also taught business courses at the university. Then I ended up teaching English as a second language at the American Academy in Nicaragua. Later on, after the Sandinistas came into power, I decided to leave my country and come to the United States in order to offer my kids a better future. In the States, I decided to pursue a Master’s degree in TESOL at FIU, where I graduated. Before teaching at the ELI, I worked at Miami Dade College, North Campus where I worked as assistant to the chair person of the ESL and Foreign Language Department. I taught ESL credit courses and also taught non-credit courses at the Continuing Education Department. I am currently teaching at the ELI at FIU and at the English/ESL/Journalism Department at Broward College.

N: Can you tell about your experience at the ELI?

L.P.: My experience at the ELI has always been excellent. I love my profession as well as I love teaching our students. The relationship with the faculty and staff has also been wonderful. The ELI is a wonderful place to work.

In my case, it’s even better because I live 5 minutes away from campus.

N: What do you like to do in your free time?

L.P.: I really enjoy reading, going to the movies, and going to the beach.

N: What countries have you visited?

L.P.: I have visited Costa Rica. It is a beautiful country with wonderful weather. I have also visited EL Salvador, Guatemala, Mexico, and Canada.

N: What is your motto in life?

L.P.: “A journey of a thousand miles begins with a single step!”

In my case, it’s even better because I
Is it true that women talk more than men?

The stereotype is universal: women are talkative, men are not. Women love to share their feelings and talk until there’s nothing left to say, while men don’t feel the need to chat as much. It turns out that the basic fact behind this stereotype is true: women do speak more than men. In fact, women have been found to speak about 20,000 words per day, while men only speak about 7,000 words. Also, it turns out that women speak faster as well (sometimes twice as fast.)

Can you get a workout from kissing?

We can all agree on the fact that kissing is a lot of fun, but is it good for you? More specifically, how many calories can you burn while kissing someone? Just like exercise, the number of calories you burn while kissing depends on the effort you put in. Interesting! Experts estimate that you burn between 1.5 and 2 calories per minute while kissing someone. If you want to burn more than that, put some passion in it. It’s not that difficult, is it? I didn’t think so. Some tips for burning more calories: stand rather than sit while kissing, and watch your breath. If you’re out of breath, you are burning even more calories. Now go and find someone you enjoy kissing.

If you are someone who likes to laugh, you may be healthier than most.

Studies have found that laughing lowers levels of stress hormones, and strengthens the immune system. So go ahead and laugh. The more you laugh, the healthier you’ll be!

For our last interesting fact, chocolate lovers will be in heaven. If you love chocolate, which let’s be honest, we all do, here are some very interesting facts I bet you never even knew about. If you thought chocolate caused your acne, you are deadly wrong. This is pure myth. Next, chocolate is a natural form of anti-depressant. It produces a chemical that cheers you up when you are down. Now, that is a happy fun chocolate fact. The last fact about chocolate is that white chocolate has no caffeine. In fact, white chocolate isn't chocolate at all. White chocolate is based on fat (vegetable oil or cocoa butter) and sugar, without any cocoa solids.
Tips on How to Lose Weight by Laura Lamour

Have any of you tried to go on a diet? Why am I even asking? Of course: everyone, at one point in their lifetime, has made the resolution to go on a diet. The question is were they successful? How about you? Were you able to shed off those pesky 5lbs? Here are some great tips to a healthier you.

First, drink plenty of water. The recommendation is 8 glasses of water a day. Cut down on soda and juices. Also, for my beer and wine drinkers, consider drinking less. Alcoholic beverages have a lot more calories than you think - approximately 100-150 for beer and anywhere from 110-300 for wine. And let’s face it, when it’s never just one beer or a glass of wine.

Second, turn off the TV and hit the gym! I know, I know. After a long day at the ELI, you are tired and just want to sit in front of the TV. What better way to spend the evening than to be a couch potato. No, dear students, it will be worth your while to go to the gym and do some cardio for one hour and a half or two if your schedule allows it. The recommended amount of time is 3 times a week, but I say if you can go 5 times, go for it!

Third, plan your meals accordingly. Don’t go with the flow on this one. If you do, chances are you will pick whatever is easiest, which means fast food or junk food. If you plan what you are going to eat for that day, it will save you time and money as well. It is perfectly alright to snack between meals.

The best picks are filling, protein-packed snacks, such as one stick of string cheese, a tablespoon of peanut butter on a piece of fruit, yogurt with a nutri-grain bar, etc.

The next one is not going to be welcomed by the ladies but I’m going to say it anyway; step on the scale, daily. Knowing your weight is good for you to know. There are days or even weeks where your weight will fluctuate; however, if your regular weight increases several days in a row, it’s a red flag letting you know you need to cut back a little or beef up your workouts slightly.

So, there you have it - some helpful tips to help you in your quest to losing those pesky few pounds. Losing weight has never come easy for anyone actually trying, but it is certainly not impossible. When you have lost those few pounds, find me and let me know of your success story!