Eating Clean by Maria Claudia Malave

Eating well is as important as living well. If you are going to study at the ELI, you can maintain your health with these food choices for you. Near the ELI, the healthiest choices for you to eat would be Tropical Smoothie and Starbucks. Tropical Smoothie is located at the FIU gym, which is the nearest food spot to the ELI. Starbucks is in front of the ELI in the Mango building. Tropical Smoothie has a healthy menu with great nutrition for you. They have under 500 calorie options, which include 25 delicious smoothies and great tasting food options. It also has vegetarian options that are 100% meat-free, 100% gluten free, and 100% GMO (Genetically modified organism) free, which I think is good if you are vegetarian. They have toasted wraps, sandwiches, flatbreads, tacos, and salads for you.

Starbucks has delicious drinks under 200 calories, like Cool Lime, Very Berry Hibiscus, juices, iced coffee, and a lot more. It also has delicious food under 350 calories, with 10g fat or less and 600mg sodium or less.

These two food choices are the best ones if you are going to study at the ELI and maintain your health. Be healthy and have fun here at the ELI.

In English Please! By Rahaf Alahmadi

In a group of people, there can be a person who doesn’t speak the language that is being spoken. This person is paying attention and would like to understand what the group is discussing. Therefore, most people would like to learn another language such as English. The benefits of studying English are different for different people because it will depend on why people need this language. When people learn English, it will help them to develop their education. For example, in the United States, all the university programs require that the students who apply have a high score on the TOEFL or IELTS. That’s why I came here to the ELI. It’s the perfect place where you can learn English. It provides an excellent academic way of teaching English. I hope after I finish this English program, I can get a high score on the IELTS, which will help me to apply to a master’s programs at FIU. English is the principal tool for people to be more educated and professional. From my own point of view, I think English is the most important language in the world and the importance of this language is constantly growing.
Are you Fit? By David Mancia

Have you ever gone spinning? Spinning is an interesting class. I go to this class four to five times per week. Before, I didn’t know anyone in spinning class; however, right now, I am going to this class with Laura. She is one of the funniest teachers at the ELI. When she is in class, she looks quiet and serious. Laura and I believe that we only have two teachers that impart a good class of spinning. One teacher always teaches on Tuesday and Wednesday and the other one teaches on Friday. Spinning is a good source of exercise for many reasons. When class ends, we can feel our bodies burning many calories and finally cool down. I like to have this time in the gym because it is fun and relaxing.

My New Job by Maria Sanchez

Now, I have a new job. I am Elaine’s assistant! I have to visit classrooms with her and talk to the ELI students about the upcoming events. In order to be Elaine’s assistant, I have to have a lot of energy. I love being enthusiastic with other people because my energy is going to incite them to go to the events. Being the “assistant activities coordinator” gives me the opportunity to use my energy in a positive light and pay attention in class. As you can see, I love my “new job” because I can use my energy constructive-ly, and I love to help other people. Of course, I am kid- ding! But I really enjoyed visiting the classes with Elaine. It was a great expe-rience.

Risks by Laura Lamour

In Communication 4, we talk about all sorts of topics. One of them is risks. How can we define a risk? The majority of the class an-answered that a risk is anything that puts a person in danger. Some of my favorite responses were the following: “life is a risk” and “a risk is an adventure”. Pretty neat, huh? Then the discussion segued into some risky things that students have observed Miamians do and there were some pretty interesting responses; however, the most risky and dangerous was “texting while driving!” We are all guilty of having done this at some point, but students all agreed that texting while driving is extremely danger-ous and puts your life and that of countless others at risk. Thus, the lesson to be learned and remember is easy. Just don't text and drive! It’s just not worth it!
Every once in a while, the ELI hosts fun events for the students like soccer games. The Activities Coordinator, Elaine, organized a soccer game between the East and the West teams. We played for the East team with our friends from the Middle East and Asia. We played for about an hour against the West team because the weather was too hot. We had fun and there were some cold drinks and delicious food. In the end, the East team won the game.

Hamad Alkandari and Abdulaziz Abdullah

We played on a sunny Friday afternoon. In the beginning, the game used to be East versus West, but we couldn't do the same, so we created three teams with three captains. I played with Enric Ortigoza; he was the captain of my team. We won two games and lost one. First, the weather was extremely hot (100 Fahrenheit). Then it rained for a while. We played for about two hours. When the game finished, we ate pizza and drank soda. It was a very fun day.

Juan Pelegrino
At one o’clock all students are supposed to go to their writing class. My writing class is in room 116 with Laura. Who is Laura? She is one of the many popular characters here at the ELI. My morning does not start without hearing her wonderful laugh throughout the day. She is not just a regular teacher. Actually, she is not a teacher at all, at least not for me. She is like a sister and friend. She is a good listener. She listens and supports all students. Laura has a great way to teach. Her smooth way of teaching makes me understand the information without any effort. She teaches her classes with energy and power even when we are tired. Also, she always dresses well. I love her teeth. She has a fantastic smile and the kindest heart that I have ever seen. I can see that in her eyes. She always says this phrase: “If I do it, you can do it too!” to encourage us. All in all, I would like to say that I love you, Laura, and I am going to remember you and your words. When I face anything, I will say that I can do it. You are the best! One request though: could you be nice with us when you write the tests???