

SPRING VIEWS

Spring International Language Center

Littleton, Colorado

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December Grads Say “Goodbye” to English and “Hello” to University and Careers



Life in Panama: the Past and the Present...by Katherine Yau Kwo

Can you imagine that one of the smallest countries in Central America, which is part of the Third World, is recognized? My country is Panama. Its geographical position is the unique thing that is still the same from a century ago. Panama is in Central America, so it connects with the Atlantic and Pacific Oceans. Also, Costa Rica and Colombia are its neighbors. Therefore, today, my country is getting very popular and famous to many Americans since Panama is an independent country and has nice activities for business. There are many differences between life in Panama today and 115 years ago in 1900.

The first big difference in life in my country in 1900 and 2015 is the Panamanian government. In 1900, my country was dependent on Colombia since Panamanian politics had many treaties with that country. The government in Panama was quite awful because the Colombian government promised my country a lot of benefits so that it could become a successful country, but that government would not help Panama since Colombia had numerous conflicts with other nations. After many years, the U.S. government knew that Panama had conflicts with Colombia, so the U.S. helped my country to separate due to the fact that the U.S. wanted to build the Panama Canal. In contrast, today Panama is very free since Colombia does not have power in Panama's government. All Panamanians are happy to be an independent country. In addition, the government in my country has been democratic since November 3, 1903. Thus, Panama does not rely on any other country for its government.

Another difference is the economy. In the beginning of the previous century, the economy in Panama was horrible because we did not have any important kinds of business, such as big industries, international or national companies, and that is why it was considered part of the Third World. On the other hand, in this current century, Panama's economy has been improving since we have the Panama Canal as well as many companies like Tagaropulo and Fedura. Furthermore, Panama is the richest country in Central America due to the Canal and Zona Libre of Colon, which are two businesses that export and import products from different countries. In particular many cars from Japan and Germany are imported through the Panama Canal.

The last difference is in the people before and now. Panamanians used to be indigenous. These people were one hundred percent Panamanian in appearance, and they created the Panamanian culture more than 115 years ago. Moreover, the indigenous in my country are divided into five groups, which are the Kuna Yala, Madugandi', Wargandi', Embara (Wounaan), and Ngoba-Bulda'. Nevertheless, today the Panamanian appearance is 50 or 60 percent. Panamanian because foreign people, such as the Chinese, Arabs, Spanish, and Americans have settled in my country.

To sum up, the beginning of the previous century until the current century has experienced a lot of changes. Panama's government was dependent on Colombia, but it is an independent country today. Besides that, Panama's economy has increased due to the Panama Canal, and the Panamanians' appearance has changed a lot because of the influx of internationals. I am proud of my country and of being a Panamanian-Chinese. I believe my country will continue to grow and prosper.

These Are a Few of Our Favorite Things

My Vacation...by Summayah AlGhannam

Our vacation was wonderful. First, we traveled to San Francisco, California. There, we visited the Golden Gate Bridge. Also, we took a cruise on the San Francisco bay, and we saw Alcatraz Island. Second, before we left San Francisco, we visited Ghirardelli chocolate factory, and we had dessert there. After San Francisco, we drove to Los Angeles. Next, we went to Universal studios, and we enjoyed so much. While we were shopping there, we enjoyed different street performances. Then, we went to Disney Land, but we did not enjoy it. After that, we drove to San Diego. We went to Sea World. It was nice. Finally, when we went to Las Vegas, we attended a show. I liked our vacation.

My Favorite Day ...by Dalal AlSawar

I have a special day. It is my first day in the United States. Really, it was a beautiful day, but I was very afraid because I will be adventurous when I live in the United States a long time without seeing my family and my friends. First, when I came to the United States, I was very tired. I faced many difficulties during travel because I do not speak English and I don't know the places and restaurants, but I had to feel very happy because I will live a new life. Next, I arrived home late, so I was very tired, but in the morning I woke up early. I forgot all tiredness. I went to Walmart because I bought food for me and for my children. Then, I went with my children and my husband to a park and the zoo. Later, I went to Red Rocks and a lot of places. Finally, I was very happy for this experience, and I like to live in Denver, but I miss my country.



My Favorite Room...by Hamad AlAlharath

My favorite place is my room because I can do anything I want. My computer table is under the window, so I hear the birds. Also I smell air in the fresh air in the morning. There is a desk beside the door, but I can't study there. I am going to change the desk next week. In my room there is a bed next to the desk. The glass window is near my bed. I have two lights above my bed. I have one lamp next to my bed. I feel happy and relaxed in my room. I study on my bed, or I study on the computer table. I sit on my bed, read a newspaper, and watch movies. It is so relaxing. Also I spend a lot of time in my room because I like to sit in my room. My room is very small, but it is a good place for me.

My Area...by Mishari AlShahrani

My favorite place in my city is my area because everything you want you can find in my area. My area is Alandls. When you come to my area, you see a big sign "ALANDLS". We have a big mall in the middle of our area. In the mall, there is a good restaurant. We have a good family restaurant, so I go with my family all the time. There is a book store next to the restaurant. In the corner of the area, we have a gasoline station. In front of the gasoline station, we have a small supermarket. The sea is behind my area. It takes 10m in the car. I think my area is the place where I want to live all my life in.

My best place in my city is my area because I feel relaxed because it is a safe area. It is nice when you see your friends, and go out with them. If anyone has a party you will see all the people in the area together. I am happy now because I came to the USA, but I miss my area and my family. I feel sad when I go out from my area. I know my area is my home.

The Restaurant...by Yao Chi

People have to eat every day, and sometimes people like to eat in a restaurant. I know a restaurant in Beijing. It is called Beijing Light. I really like eating in here.

The restaurant is on the 65th floor in a tall building. I usually sit beside the big windows because I like to look outside. Through the windows, I can see many buildings below me, and I can see the very famous business building that is called Guomao. The restaurant's lights are dim, but I like the flavor such as it is. The tables are beautiful. They are both white, and a brown tablecloth is on the table. The music also is beautiful. It makes me feel peaceful. The environment of the restaurant is great.

The food in here is delicious. The chef is good. My favorite food in their menu is called Dongpo. It is meat with a little sweet, and it is traditional Chinese food. You also can order French food here if you want. This is a good place for couples to have a date. I miss the food in Beijing Light.



The Great Wall...by Jorge Garcia

The restaurant "The Great Wall" is my special place because I like Chinese food. There is a reception desk in front of the entrance. A big dining hall is to the right. Some lights are hanging on the ceiling but they are not the same size. Different dishes are on several tables and you can choose whatever. Between the food section and the dining hall section, there is a flower wall. On the left corner there are the bathrooms. The Mongolian grill is on the right corner.

In this restaurant, I've been happy all the time because it has excellent food: Lo Mein, shrimp, fish, sushi, frog legs, rice, salads, sauce, pork, chicken, etc. Finally when you come to Colorado, you should visit this place. It's beautiful! It's comfortable and not expensive. If you like Chinese food, you must come to this restaurant.

My Hometown...by Khaled AlAwaji

My hometown is Arrass. My city is medium size. It's now getting bigger. All my cousins live in Arrass. It's in the middle of Saudi Arabia. It's a beautiful city but not very clean. In Arrass there are many restaurants like McDonald's, KFC, Domino's Pizza, and many more.

My favorite place in my hometown is my father's farm. It's a little bit away from downtown, maybe two miles. It's a big farm and has many things. It has animals like dogs, rabbits, chicken, and birds. When you come in the farm, you will see a soccer field. It's big and pretty. Across from the field is the house. There is the living room. It has a TV and PS4 and a refrigerator. It's an enjoyable place, so every weekend my cousin and I come to it. I feel so happy when I stay there. When I want to relax, I go to the other area which has animals. We have a huge field of trees behind the animals. In the morning the place becomes almost like heaven. I miss the farm so much.

Grandmother's Disease...by Saud B. AlMarri, Saudi Arabia

Everyone has bad days in life. Bad days give you a lot of experience. Usually the problems make you in a bad mood, but sometimes they give you solutions for difficult problems. People who have a lot of accidents or problems with their friends will have a lot of experience. When a person close to me was sick, I learned about responsibilities and caring for other.

The worst day of my life was when my grandmother was sick. We were at home. She was telling us a story about the past. We were happy. All of my family was laughing. Suddenly she said, "I want to sleep." After that, I went with her to her room, but she was not okay. Then I took her to a small hospital with my mother. When I was driving to the hospital, my mother called my brother to come with us. However, my brother was busy, so he could not come. When I met the doctor, I asked him about my grandmother, he said, "She is not good. We should take her to the city hospital." When I went to the big hospital, grandmother was tired, but she was smiling. She stayed three days at the hospital. I was so scared and upset for her. These three days were the scariest days of my life. Frankly speaking, my grandmother was the closest person to me, and she still is the closest one. When she was sick, that was the worst day.

I learned that good care for others and responsibility help me to avoid problems. The closest people are a gift from God, and they help you to exist with your difficult life. Sometimes all accidents give you more patience, and teach you to look out for your friends. I think that if you have a sick friend, it is a good lesson to be responsible and care for him.

The Cause of Homelessness in Thailand...by Supak Jonas

The causes of homelessness in Thailand are similar to this problem in other countries. Some people may think that the homeless are not a big problem in my country. This is not always true because in some parts of Thailand, like Bangkok, Chaing Mai, and Puket, the number of homeless who are sleeping on the street is growing. There are many causes of homelessness in Thailand.

The first cause is alcoholism. While the homeless, in my experience, drink most of the time, they do not have any work or responsibilities. When they have a lot of free time and depression in their lives, it may cause them to drink and become addicted. Alcohol will make them forget their problems for a short time, but they will have a hard time quitting their drinking. It will cause them to lose contact with and be social with other people.

The second cause of homelessness is drug abuse. Since I have been living in Bangkok, Thailand, I have seen a lot of homeless walking on the street or sleeping in the corner of a big building. They had Alzheimer's disease or mental deficiencies because they had taken a lot of drugs.

Lastly, poverty is a big problem in rural Thailand. It causes people to be homeless, too. Similar to neighboring countries like Laos, Vietnam, and Burma, some people are still poor. It is not different from Thailand. The government cannot support people who live in the small towns with enough social welfare. Then they have to move to find a job in the cities, like Bangkok, Chaing Mai, and Puket. However, they cannot afford to pay for hotels; instead they have to sleep in the public garden or even under a highway. In addition, some of them are Westerners who got married and were cheated on or neglected by a Thai partner or got into trouble with the law. They can be homeless and live on the street, too.

To sum up, the homeless in my country may not have any choice, so they end up homeless. At the same time, some of them may need help from people who can support them. I think it would be great if Thailand had more charity to help and support all these homeless to find jobs and to have a good life.

Beach or Mountains? Choosing the Best Vacation...by Lucie Christie, Mexico

Do you believe in bad luck? I proved that I have the worst luck on my vacations. I had been planning a long time for great vacation at the beach, and when I was there, a shark scared me. Even though this happened to me, I still think that the beach is a great place to take a vacation. On the other hand, taking vacations in the mountains is a great and fascinating idea. The mountains offer unforgettable views. Additionally, if you are lucky, you can see wild animals like bears and deer!



After all, vacationing at the beach and in the mountains is very different in the weather, activities, and lodging. First, the most striking difference between vacationing at the beach and in the mountains is the weather. At the beach, you can enjoy warm weather, sunny days, and fresh air. On the contrary, in the mountains the weather is cold, and it frequently snows. Consequently, you had better dress with many layers of warm clothing; whereas, you can dress in light clothing like shorts, tops or light dresses at the beach. To illustrate, in Mexico the weather is warm, so the people wear bikinis, shorts, and tops. Personally, I love going around in shorts.

Second, activities are another big difference between vacationing at the beach or in the mountains. The most popular activities that people enjoy at the beach are walking on the shore, building sand castles, riding horses, playing volleyball, sunbathing, reading a book and, of course, listening to music. In contrast, in the mountains you can hike and climb to the top of a mountain. You should pay attention to any strange sound because it could be a bear, a snake, or other wild animal. I love the mountains, but the last time I went, a small bear scared me. Finally, the lodging at the beach is very different from the mountains. An example of this is that in the mountains you can camp under trees and enjoy the simplicity of nature. The RV campgrounds and rustic cabins at the mountains are always a good choice. On the contrary, at the beach you can find the most luxurious hotel with a pool, gym, restaurant, internet and amenities. My family prefers a luxury hotel. However, my friends love camping in the mountains.

As you can see, choosing a place to vacation is very important, and it depends on what you want to see. Both the beach and the mountains have beautiful, amazing views. Nevertheless, they have different weather. Consequently, the activities and lodging are very different. In fact, if you want an unforgettable vacation, you need to decide where you want to go, and pay attention to wild animals!

The Last Time I Saw My Parents...by Salem AlMarri, Saudi Arabia

The last time I saw my parents was in October back in my country. My parents took me to the airport. My mother was crying, so I hugged her and she gave me some money. My parents and I talked for a little while and then they said goodbye. Now I'm in America. My mother calls me every day. Both of my parents miss me very much and I miss them.

The Impact of Divorce on Children...by Luz Dary Horton,

The rates of separation between couples have increased rapidly in Western countries making divorce a constant subject of research and discussion. According to the American Psychological Association, "the divorce rate in the U.S. is about 50 per cent being one of the highest in the world. One principal aspect where a lot of researchers have focused their attention is how much divorce affects the children. The immense amount of information about this topic has clearly shown negative effect in kids that go through this situation. It is well known that divorce is an emotional and stressful situation for all the members of the family. However, the impact of divorce on children has been over-estimated, especially in children living in families with serious conflicts between parents.

When children grow up in a family with constant problems, witnessing fierce fights, they are more affected by the stressful environment around them than by the divorce itself. Separation should be discouraged in married couples with problems that could be resolved. However, in families facing irreconcilable problems, it could be a healthy way to start to relieve the emotional pain of the family members living in that situation. It has been shown that the kids that confront hostile situations in their homes experience more negative effects in their behavior before the divorce. Therefore, in these particular cases, divorce is an option that sometimes becomes a part of the slow process to heal emotional and physical wounds along with the support of professionals in the area.

An important factor for children to overcome the stage of divorce is the conditions and relations of the parents after the divorce. Evidence suggests that although divorce is an overwhelming transition for the children, most of them adjust well to that change in a short term if they maintain contact with both parents under the conditions of respect and constant dialogue (American Psychological Association). Respectful and appropriate communication between the couple after divorce is fundamental to prevent further emotional problems in the children. For example, the hostility between parents trying to make children choose on parent and turn against the other, only increases the negative feelings and confusion of the kids and puts them in the middle of the conflict. "Researchers have consistently found that high levels of parental conflict during and after divorce are associated with poorer adjustment in children" (Arkowitz and Lilienfeld, 2013). However, parents that negotiate and talk appropriate to each other during the divorce transition avoiding more conflicts allows for a better and faster adjustment for the children to the new lifestyle.

Academic Excellence Award in High School...by Hadi AlHaydar, Saudi Arabia

The Academic Excellence Award comes every year. It is a famous prize in my country. When I was in high school, I was a good student, but it was not enough for my mother. She wanted me to get the prize.

First, I promised my mother that I would get the prize because I wanted her to be happy. Then I studied hard until the end of the last class. After that, I graduated with the best grades in my school, so the Ministry of Education invited me to attend the graduation ceremony. The ceremony wasn't in my city. It was in Riyadh, the capital city of Saudi Arabia, so my older brother and I drove there. When I got to the ceremony, there were many people. Next, I sat down next to my brother as we waited for the Minister of Education.

Then, after he came, he gave us a speech about good students. After that, it was time to tell us who the winner was. I was worried since there were many good students. While I was closing my eyes, I heard my name. I had won! Then the Minister gave the prize. Finally, I called my mother. She was surprised, too. I think it's great to make your mother happy. I promised my mother, and I got it. Thank you, Mom.

My Honeymoon...by Noura Al Zahrani, Saudi Arabia

Two years ago, after I got married, I traveled to Malaysia for my honeymoon. The trip took a long time, nine hours from Saudi Arabia to Malaysia.

First, I arrived at at Sluanger City and it was beautiful. I visited many places, but I enjoyed Soonway Lagoon. That is the largest city for water games. The second week, I traveled to Lunkawi Island. It was a small island, but it was amazing. After that, I took a rest on a private island for six hours. The next week, I traveled by ferry from Lunkawi to Beaneng City. It was a quiet and nice city. I visited many places. I enjoyed seeing many museums, and it was wonderful. When I walked at night I saw a big place for shopping. In the last week I traveled by bus to Kuala Lumpur. The trip was four hours. Kuala Lumpur is the capital of Malaysia. I met many people from many countries.

Finally, I should advise many people getting married to travel to Malaysia for their honeymoon. That is a good place to make wonderful memories.

The Risky Internet...by Majed AlQahtani, Saudi Arabia

The internet is the most powerful invention in the current era. In 2014, the total internet users were around 3 billion. The internet can be used by everyone of all ages. Thus, it is useful if it is used in positive ways. At the same time, it can be risky and dangerous. There are many negative effects of internet use.

The most negative point for using the internet is that it causes isolation from society. Addiction in using the internet leads users to be alone for a long time. Moreover, there is no face to face communication during this period. Therefore, the addicted users tend to be isolated from society. They have less ability to build relationships with others. Some psychologists call them "socially handicapped" because of their behavior with their family and other relatives. For example, some surveys found that a high percentage of depression issues are related to addition to the internet. Also, these people suffer from shame when they face others. As a result, they may have a struggle building appropriate family relationships.

Next sexual and illegal exploitation is a serious drawback. Because of the privacy and ease of access to internet sites, it has become dangerous. For instance, there are over 420 million sexual websites and more than 30,000 visitors per second as well. From that, we can figure out the matter. The most important issue is children, who are highly affected by the contents. It will start to destroy the morals and principles of these younger internet users. Some studies conducted in the US about this subject have proved some incredible facts, like addiction to pornography is similar to drug addiction in many ways. In addition, the same studies argue that children who visit these kinds of sites fall victim to sexual extortion. For this reason, in extreme cases, these children might become sexually perverted or some many even commit suicide.

Finally, one of the main effects is the reduction of thinking ability and intelligence. Some scientists from China have done experiments on those who use the internet more than three hours per day, and the outcome was that brain cells were affected as much drug users. Consequently, memory and thinking levels will be damaged. Moreover, the average intelligence for extreme users is less than for those who have fresh minds. For example, students who use the internet more than two hours per day get lower grades than other students. Also, some of the addicted users suffer from "mental distractions," which is a psychological phenomenon. As a result, these people will face some difficulties in understanding, perception and decision making.

As you can see, the most negative effects of using the internet involve addiction. The most concerning disadvantages are isolation from society, sexual exploitation, and the reduction of intelligence and thought processes. However, the internet is still the most useful tool we have ever used even though we have to take into consideration the optimum usage to utilize this benefit and its advantages. We must be careful with our family to advise them to correct and appropriate websites and the appropriate length of time. It is essential to be vigilant in this day and age.

The Importance of Educating Both Men and Women...by Lucy Christie, Mexico

Have you ever thought what would happen if everyone would have the opportunity to study? Many years ago in many countries the right to study and equality for everyone, both men and women, was a big point of discussion. As a consequence, in many countries, women have earned the same right to study as men. Unfortunately, in many other countries, this is still a big problem. There are three problems that these women have to face in their societies. They are discrimination in education, societal oppression, and lack of good employment.



First, equal education between men and women is a big problem that many women face. If the women would have the same rights as men have in education, women could make a big difference. An example of this is that women who have studied are working hard in many organizations that are against violations of women's rights. Another example is that women have the capacity to work as chief executives, managers, lawyers, nurses, physicians, teachers, and so on. Also, women have the highest scores at schools in many countries where they have the opportunity to study.

Second, the lack of good employment for women with an education is another problem. First of all, women have faced many difficulties in studying. Then, when they have a degree or a profession, they are subordinated to men. In the same way, women's earnings are less compared with men's salaries for the same job in the same profession.

Education for both men and women is very important because if men are educated they can understand that women need to study and work like them. To illustrate, my brother-in-law didn't want my sister to work, but she didn't stop and started her own decoration business. Then two years after that, he began to work with her because her job was more productive. Now they have worked together for more than eighteen years.

Finally, oppression against women is another problem that they are facing. In many countries women have been released from oppression they have received from men. However, there are still a lot of women that are subordinate to their husbands, their male relatives, parents, or even the government. Nevertheless, most women have accepted the oppression against them because they were educated in this way. For instance, there are a lot of groups fighting for the rights of girls, but some of these girls reject help. This happens because they believe that subordination to men is normal in their own countries.

Summing up, the rights of equality between men and women are in dispute in many countries. Women are working to increase education for themselves. Consequently, they can have similar jobs as men with the same salaries. I am convinced that men should recognize the work and work of women and let them study, work, and make their own decisions. Both are equal.

Japan Should Adopt US Values...by Misaki Ngatoshi

Each country has a fascinating culture, different thought patterns, and traditional customs. If American culture and Japanese culture are compared, there are huge differences because Japan is a little island and has its own traditional culture and is homogeneous. In contrast, the United States is a big country and is very heterogeneous with a non-traditional culture. If Japanese culture would adopt some American values, such as competition, informality and directness, Japan would be a stronger nation.

First of all, Japanese culture needs to be more competitive. In Japanese culture, you do not compare your success to someone else's. The Japanese use self-reflection rather than competition to improve themselves. If the Japanese are forced to make comparisons, they do not forget to show that almost everyone is great. If this continues, their abilities will not improve in the future. The Japanese have to see who is the best in order to compete. Moreover, they tend to see themselves as equal to others, so they do not have a sense of impending crisis. Therefore, they lose their opportunities to be better. On the other hand, according to the article "American Values and Assumptions" by Gary Althen, people who are competing with each other are trying to maintain their superiority and, implicitly, separate themselves from others. This may be why America has a lot of heroes. It is necessary for the Japanese to adopt the value of competition from American culture to retain their advanced economic position in the world.

Second, Japanese culture needs more informality because it creates a trustful relationship and provides a better environment. For example, in Japan, when people talk with each other, they cannot lean on walls or furniture or even touch their hair or bodies because this is a sign of disrespect. Also, they cannot say their opinions freely because they are uncomfortable in this environment. However, in American culture, table servers may introduce themselves by their first names and treat customers in a casual way. Therefore, customers can ask them anything friendly, so they create a strong relationship. If I liked their friendly treatment, I would like to go there again. As a result, the Japanese need to adopt more informality from American Culture, so they can state their opinions and build stronger relationships. This, in turn, could make Japan stronger.

Last, Japan should adopt directness from American culture. The Japanese show their emotion using their faces, which means that they do not speak their thoughts and opinions using their mouths. If the Japanese say their opinions directly, they could save more time. According to an American's experience in Japan, the Japanese spent two hours at a conference talking about the same topic for a long time, so everyone would agree and no one would be offended. This is exactly what Japanese culture is like. They do not speak directly and assertively, so they waste time. Moreover, the Japanese can be offended about other's opinions, so they do not say their opinion frankly. In contrast, Americans speak openly and directly to others if they dislike something you are doing. Thus, they can conduct business more efficiently. As a result, directness is the third value that Japan should adopt from American culture.

Some Japanese would argue that if we conform to the above three values from American culture, we would lose our polite manners, fight each other more, and not listen to each others' opinions. Therefore, we would lose our harmony or "wa," our courtesy. These points have some benefits on the surface. However, if we do not change, we may never be a strong country politically or remain strong economically and in social life. If we adopt these values, we just grow up more and become stronger.

In summary, competition, informality and directness are three of the most important values that America has and Japan should adopt. These values are required for Japanese culture to adopt to be strong in the future. If we adopt these values, we will have new vision, so we can progress politically and economically. *Work Cited: Althen, Gary. New Directions. New York: Cambridge University Press, 2005*

Writing 2B Students Share Their Recipes

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<p style="text-align: center;">How to Make a Sandwich</p> <p>Making a delicious sandwich is easy. First, put a teaspoon of butter on a slice of bread and spread it. Next, cut up an onion and a tomato, and add them to the bread. Then put some lettuce and four slices of beef on the bread. After that, put two teaspoons of relish on the beef. Finally, put another slice of bread on the top. Now, you have a beef sandwich!</p> <p style="text-align: right;"><i>by Yao Chi (Elena)</i></p>	<p style="text-align: center;">The Chocolate Cake</p> <p>Making chocolate cake is easy, and it is delicious. First, the first layer is chocolate cake. You make it. Next, in a blender, put table cream, “kerry” cheese, mild powder, milk, dream whip, and sugar. Finally, the last layer is nutella and table cream mixed. Then it’s heated in the microwave for a few seconds. I love it, and it is so delicious!</p> <p style="text-align: right;"><i>by Sumayyah Al Ghannam</i></p>
<p style="text-align: center;">Rice</p> <p>Cooking rice is easy. First, put water in the pot. Second, put the pot on the stove and turn on the stove. Next, you take the rice and clean the rice with water. Put the rice in the pot. Later, you can put tomatoes, chicken or meat. Put what you want. Finally, wait for the rice to be good for eating. Maybe it takes between 15 to 40 minutes. Usually, it is done when the water is gone. Now, you can cook rice.</p> <p style="text-align: right;"><i>by Mishari Alshahrani</i></p>	<p style="text-align: center;">Mexican Eggs</p> <p>Making Mexican eggs is easy and healthy. First, take a small skillet. Second, take a cutting board and cut tomato, onion and jalapeños. Next, chop the vegetables, and put them into the skillet and take them to the stove with a little oil. Now add the eggs. Mix the ingredients and cook for 2 to 3 minutes. Later, take off the skillet from the stove. Finally, pour the eggs on a plate, and it’s ready to eat!</p> <p style="text-align: right;"><i>by Jorge Garcia</i></p>
<p style="text-align: center;">Kapsa</p> <p>Making kapsa is fun. First, I clean the pot, and I dry the pot for five minutes. Second, I cut onion and tomato on the table. Next, I put the pot on the stove so I turn on the stove. Then I put onion inside the pot with oil. Then I stir the onion for ten minutes. After that, I put the tomato with the onion, and I stir those together. After five minutes, I put chicken and I pour two glasses of water on the chicken, tomato, and onion. After that, I close the pot for half hour. Now I clean the rice, then I dry the rice for ten minutes. After half hour, I open the pot then I pour the rice and close the pot. Finally, after fifteen minutes, kapsa will be ready!</p> <p style="text-align: right;"><i>by Hamad Al alharath</i></p>	<p style="text-align: center;">How to Make a Pizza</p> <p>Making a pizza is simple and enjoyable. First, put the flour, a little sugar, salt, oil, milk, yeas, and finally water. Then start mixing the ingredients. Next, make sauce. After that, cut the onion and green, red, yellow, and orange peppers and mushrooms. Then spread the dough in the pan. Later, put the sauce on top of the dough in the pan. Then put the onion, peppers, mushrooms and olive oil, and finally the cheese. Finally, the put the pizza in the oven. Now the pizza is ready.</p> <p style="text-align: right;"><i>by Dalal Al Sawar</i></p>