

# SPRING VIEWS

Spring International Language Center

Littleton, Colorado

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## *Follow Your Dreams and Never Give Up!*

Never stop dreaming, but what are dreams? Dreams are a great element people create in their minds or the most desired wish of their lives. Chasing dreams, in a world full of obstacles, bad circumstances, and barriers, is not easy. However, "without dreams, there can be no courage. And without courage, there can be no action." (*Wenders, W*)

Everyone has a dream, or perhaps more than one dream; there are all the infinite possibilities life gives us. It is said that you should never limit yourself while you are dreaming. Also, don't constrain yourself by what you think or what other people think. Everything is possible in this life. Therefore, never give up; follow your passion and goals.

Thanks to dreams, I have become a stronger, more capable person mentally, emotionally, spiritually, and creatively. Many of my dreams have come true, such as the opportunity to be born again with a kidney transplant after ten years of waiting for one. My life changed 360 degrees! After my transplant, my dreams and my goals increased, as well as my desire to live new experiences.

Everything is possible with perseverance, courage and determination to the end. One of my dreams is to nullify the belief that deaf people are not capable people. We are more than people think, we are human beings like all people; we are smart and productive individuals. I have been demonstrating that disabled people have the same rights as other people, and that we have values, dreams and goals that we can achieve. I would love to help people. I have more dreams than goals. Notwithstanding, dreams and goals are elements that we must treasure as a secret until we see them come true. In this world, there are many stealers of dreams. It is better to keep our dreams and goals to ourselves until they come true, then we can happily share them. But never stop dreaming, never give up. *Carla Real Pelaez*



Hooray! Spring students finally get to come together for a picnic at Clement Park.

# Is There a Difference between Dreams and Goals?



Many people ask about the difference between a dream and a goal and think that both are the same thing. However, we will see this fact and judge for ourselves. Often a goal is something that a person fights for and has two traits: it is defined exactly as possible and that it is possible to achieve. On the other hand, a dream is a group of fantasies that can be real and can be a fantasy. Also, it can be defined as an unattainable goal that a person wishes for himself, and it is often impossible or almost impossible to achieve. We can also say: If your dream is to achieve your goal, then the dream here is the push and engine that helps you in your endeavor. Whether or not your goal is to achieve your dream, then the goal is your path and steps to your dream. *Meshal AISadun, Saudi Arabia*

**My greatest accomplishment** is studying at Spring International center. I have never thought one day that I would study abroad and I would study in the best English school ever. Before coming to America, I was a student at the British Council for six months. It was my worst school experience because I did not understand anything. In addition, the teachers weren't very helpful. They did not care about teaching the students or improving them. I was sad because I had wasted my money on a school and teachers who do not care about their students. When I arrived in the U.S., I was scared that I would repeat the same horrible experience that happened to me with the British Council. The first day at Spring school was different. The teachers were very kind and helpful, I felt real happy and I realized that it was the right place to learn English, and that my English would improve greatly. I learned how to speak, write, and read, so people could understand me. Also, I learned how to use grammar correctly. Moreover, my writing improved so much that I could take notes, read stories and, most importantly, write a research paper. I accomplished my dreams thanks to Spring school. *Omar Shabibi, Saudi Arabia*

**My Goals.** I moved to Denver in 2018. My goal is studying for a PhD in civil engineering. I have been learning the English language from 2019 to now, but I stopped in 2020 because of the pandemic. My pathway to my goal is very long and hard because I don't have a scholarship. I plan to study in Spring International Center for one year to get perfect English language. After that, maybe I plan to get job in company working in construction for one or two years or work part-time with study in DU or CU Denver or Boulder. I love Colorado and I love the people who have helped me. I give them all my appreciation and respect. *Khalil Ibrahim, Libya*

**Thomas Edison, Martin Luther King, Michael Jordan, and Albert Einstein.** Those people are just a few examples of many who started from scratch. And they all succeeded. They dreamed and they reached their goals. Consequently, they changed the world. Most people, if not all of them, have at least one plan in their lives. I believe that dreaming is associated with goals, hopes, and success. If people start with a slight vision, maybe one day they will live their dream; it will turn into a purpose, and every day they will try to make it real. If someone reaches out, their dreams will become bigger and bigger until they are successful. My dream was to learn the English language, so I could travel a lot and maybe one day visit the U.S. and get a master's degree, so I started looking for English schools in my country and attended English classes. Suddenly, I came to the U.S. and began real English classes with a native English speaker. I started from Level 3 and now I'm in Level 5, and that makes me feel like I finally reached half of my dreams. I hope after I graduate from Spring International, I can start at the university to get my master's degree, and I won't stop dreaming for the rest of my life. "Fake it until you become it." *Maha Othman, Saudi Arabia*

## My Numerous Dreams

I would like to start my career in business administration again.  
I want to have my own house.  
I want to have a Peruvian food restaurant.  
I would like us to stay and live in this country because it is safe and quiet for my family and me.  
I wish my son can come soon and we can be together again.  
I will learn to speak English first because I will have more opportunities.  
I don't know if I like to take risks, but I always take them. If something goes wrong, I learn from it and it is good for me.  
What excites me the most is being able to have a daughter later.  
All my dreams depend on my son, if I fulfill them here or in my country.  
I plan to start in two years. For now, I am doing the most important thing, which is learning English. *Janeth Sanchez, Peru*



## Summer Term Means Food, Fun and Friendship



### WHAT EXCITES ME

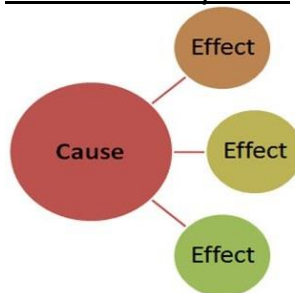
Firstly, I'm grateful to God for the opportunity to attend Spring International Language Center this summer term. I believe the future belongs to those who believe in the beauty of their dreams. Every day of my life is like a book and each day I get an opportunity to rewrite my wrongs, set a goal, aim higher to achieve greater goals and become a successful person in life.

Spring International Language Center has helped me learn new skills in reading, speaking and writing, which will assist me in my university program. I am more aware of how to speak, write, and use words, and this really excites me. I have always wanted to get to the U.S. and experience Western education; this has been part a goal in life and a dream. This is just a starting point because I intend to further my education in America by getting a Masters and PhD in my area of passion. My hope is to add more to my community in Nigeria and to the world at large. I'm looking forward to an adventurous academic life in America.

I'm saying a BIG THANK you to all the staff and teachers of Spring International Language School.

*Olugbenga Michael Makanju, Nigeria*

### Level Four Explores



### Mental Health Disease

These days, many people suffer from mental health diseases, and the fact that people are often unaware of their mental health disease is a serious problem. According to [www.webmd.com](http://www.webmd.com) in the article "Causes of Mental illness", mental health diseases are caused by biological factors, psychological factors, and certain stressors. Their symptoms can include depression, anxiety, bipolar disorder, physical diseases, etc. Society must address mental illness because there are several negative effects.

One severe effect of mental health disease is that it can result in crime.

According to [www.ncbi.nlm.nih.gov](http://www.ncbi.nlm.nih.gov) in the article "Violence and mental illness: an overview", people who have mental illness can not only be a victim of violence but also a criminal. Numerous studies show that many criminals have a mental illness, and often in specific situations, this can lead to crime. For example, perhaps some guy who has experienced a trauma regarding a woman sees a girl in the street that looks similar to the woman. The girl has done nothing wrong but the guy punches her because of a trauma that affected his mind. This man needs medical help for his disease so that he won't commit crime.

Another significant effect of mental health disease is isolation. Mental health is impacted by psychological factors. As a result, it can be a struggle to make good relationships with others.

According to [pinterest.org](http://pinterest.org) in the article "Mental health affects the whole family", mental illness can also cause problems even for their family. Due to treating his or her mental illness, their family spends a lot of time and money. One of the family members could say "I'm exhausted, what am I supposed to do?" This shows that

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not only the people with mental health disease suffer, but also the whole family. If we don't care for people (with mental illnesses, they are going to be isolated more and more. It could cause negative thoughts in their mind which leads to the final impact. Isolation and negative thoughts could end in suicide.

Suicide is the most severe and tragic result of mental illness. Recent research has found that 46% of people who die by suicide had a known mental health diseases. The most common underlying disorder is depression. In fact, 30% to 70% of suicide victims suffer from major depression or bipolar disorder. These mental illnesses could occur in our families, friends and co-workers. To protect the people around us, we must deal with mental illness.

These days numerous people have mental health diseases even if they don't recognize it. We should take care of people around us more carefully to protect them. There are several ways to treat mental illnesses such as psychotherapy, medication, case management, and support groups. Recent research strongly supports the use of medication to treat underlying depression. Therefore, the most important thing is to find the person with mental illness quickly so that they can start treatment as soon as possible. *Baekgyu "Kyler" Lee, South Korea*

## Stress

One of the most common issues that people struggle with is stress. Stress can make people lose control or the ability to focus. They also could have trouble enjoying life and laughter. That is what some people notice in their lives, but there are some effects that people don't notice or know much about. Studies have shown that stress affects not only mental health and relationships, but also affects physical health. In fact, stress impacts physical health in several ways.



One of the areas most affected by stress is the brain. Beyond what people imagine, stress has a massively powerful impact on the ways the human brain works. In other words, when someone has great and long term stress in their life, their brain will find it strenuous to get the work done. According to Harvard Health Publishing in the article "Protect your brain from stress", the human brain works differently when people feel stressed because the brain is trying to keep the body safe. Therefore, that makes more complex cognitive tasks more difficult to focus on. Additionally, several changes may occur in brain function. For example, memory weakness, inability to focus, and insomnia.

Surprisingly another part of the body that can be affected by stress is the immune system. The immune system is one of our most sensitive systems, and the impact of stress is very clear in many cases. For example, there may be increased susceptibility to illness. Also, it might take longer to heal. Stress inhibits the speed of healing because when a person feels stressed, the brain performs the task of protecting the body and delays healing wounds or damaged organs.

In conclusion, people of different ages, jobs, and locations have their own stress. In fact, no one can protect their life from stress, so stress is not the problem. Rather, the problem is dealing with stress. How can people manage stress? Well, there are some activities that could be helpful to reduce the impact of stress. For example, work on building relationships. Sleeping well is also important. Of course, it is always important to exercise at least 10 minutes every day. Finally, eat a healthy diet. If you follow this advice you will reduce stress and have a healthier life. *Najla Alshaqha, Saudi Arabia*



## Food Waste

According to the United States Environmental Protection Agency (EPA), 75% of the waste produced by America is recyclable, but actually only 32% of it is being recycled. America produces tons of food waste, plastic and paperboard trash every week, which if we recycled more, would help to reduce the emission of methane gases. Some simple actions can be taken to avoid environmental damage.

The first action that should be taken is to compost food waste. With this simple act, people can avoid sending all the residential food waste to that collection system. That will help to reduce both the need for many collections and the need for the incineration of the trash. Reducing the trash incineration helps to reduce the use of energy too because the process of incineration requires various forms of energy like electricity and water.

Another reason why people should recycle is to preserve natural resources. Recycling paper material instead of always using new will help to save trees and

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energy. Tons of trees are used in the paper industries and the process of making paper products requires huge amounts of energy. People have been using paper for many purposes, but unfortunately they are not recycling it properly.

A final and equally important reason why people should recycle is to prevent natural disasters. In some cities trash has been found in streets instead of being properly disposed of in a trash can. According to Clean Water Campaign.org, trash on the street can travel with storm water and block the drainage system in their streets.

Clearly, people should recycle more because it could benefit the environment, help to preserve natural resources, and prevent natural disasters. If asked why people don't do more, I would say it is because they don't have enough information about how to do it. According to the EPA, America has been investing in developing green programs in many cities, and much information provided by those cities is available. Whenever you have spare time, it should be used to explore information and opportunities at the EPA website ([www.epa.gov](http://www.epa.gov)) for behavior change. It certainly would help to improve the recycling systems and help to keep our planet in a better condition! *Ligia Santos (Brazil)*

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## Motor Vehicle Crashes

According to the Center for Disease Control and Prevention, "More than 32,000 people are killed and 2 million are injured each year from motor vehicle crashes." Just this morning I saw a car accident while I was driving to school. One car ran a stop sign and hit the other car. If drivers stopped at stop signs, I don't think so many accidents would happen. Stopping at a stop sign is obviously necessary!

The first reason to stop is you're not alone on the road. Maybe people think that if they don't see anyone they don't need to stop at the stop sign. Actually, that's not right because you never know where a car might come from.

Another reason to obey the sign is to keep children safe. When driving in a neighborhood, maybe a driver will see a ball in the street. Most of the time that means some children are coming to the street, so we must stop at a stop sign.

The last reason to stop is that it is the law. Stopping at a stop sign is the law in the U.S. No one wants trouble with a police officer who stops you. When police officers give you a ticket, that doesn't mean they want your money. They want something more important. They want to give you a ticket so that when you pay the fine you will remember what happened. Then you will not make the same mistake again.

Clearly, if you are one of those who ignores stop signs, you must change your behavior. Imagine your own children playing ball in front of your house. You want them to be safe, so you need to stop at the stop sign every time. That is the only way to protect your family and yourself. *Zhen Yang, China*



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