Sock Fashion
by Yulsan Jo

Have you heard about Nick Wooster who is famous as a fashion director? He is known as the best-dressed man in the world. The public’s admiration for him is so huge that many people follow his style or get information to know how they can improve their style.

Nowadays, fashion is not only clothes, but also an expression of personality. Moreover, it makes person’s image distinct from others. For instance, when a person dresses up as seen in this picture, people think of him as a neat and gentle person. Fashion is important when they first meet someone such as at an important meeting with other corporation representatives or going on a date. Today, what I want to say is that fashion has turned focus to men’s socks.

Commonly, when people wear clothing to go out, they put on socks last, and they don’t think too much what socks they wear compared to top and bottom. Some may ask, why are socks important? Some would say, socks are rarely seen. Look at this picture. How does he look? What if he wears non-pattern and simple color socks? It could emit a different image, even though he wears the same suit. Then, how can we choose socks? There are three points that I want to talk about socks.

First thing is pattern. There are a lot of patterns in socks like herringbone, stripe, bubble, check, argyle, etc. Furthermore, we can make a pattern by ourselves by having socks made. The pattern can come from anything. When can we match pattern socks? There is no answer but I suggest two. One is when you want to make a point in your fashion. If sock’s pattern is fancy, other clothes could be simple.

The other is that it is better to match similar pattern with another patterned accessory, like a necktie.

Second thing is color. As you know, we are able to choose a lot of colors. Then, how can we match properly? What I want to recommend is not matching similar but more light and contrasting color to make point.

Last thing is wearing the right socks for the occasion. We usually have clothes for certain seasons, for example, in winter we wear more padding in coats but in summer we wear more sort shirts and pants. As you can guess, we can divide socks into seasons. There are lots of fabrics including wool, cashmere, and cotton. Wool is usually used for winter socks because of warmth. Cashmere is so soft that it could be expensive one and used any seasons but usually used in the winter. Cotton is very common fabric in the socks, and we can wear any season except winter. In addition, especially in the summer, we wear fake socks.

In conclusion, sometimes it is difficult to match socks properly because it could be a worse choice when they match too much. Then remember these three points that will be helpful for you to choose socks.
Mr. Nobody, The Nobody’s Memories
by Sohyun Sonia Lee

“You have to make the right choice. As long as you don’t choose, everything remains possible.”

When you read this line in this movie, it will be easy to understand the title and look at its title again. Know Mr. Nobody’s meaning? We are living in situations choosing one thing from tiny things such as selecting pencils in the stationary to huge things like choosing your wife or husband. When you make a choice something, you might hesitate due to the fact that it is just given one chance or you cannot predict its results. But the character of the film had a lot of picks of choice. Does it sound weird? Let’s go inside the story.

It’s the life story of Nemo Nobody, a 118 years man who is the last person on Earth due to cell restoration technology. The angle of oblivion made a mistake that it forgot removing ability of memory of the future. Nemo was born with remembering everything, including the future. Nemo had his three main loves and his parents’ divorce in his life at age nine, fifteen and thirty-four. This omnibus story of many cases and ages are fast changed. As choosing first, choosing other choices, choosing the other choice, it occurs 9 times and makes 9 results. However, the important thing is when you didn’t choose yet. The hint is the beginning statement. When Nemo didn’t choose yet, Nemo is nothing, Mr, Nobody.

The director wrote the movie scenario for 7 years, and edited it for 1 year with great effort.

I watched this movie 5 times. First time, I had almost turned off the movie because I could not understand it well and it made me feel odd. But later I wanted to watch it again. In addition, I was evoked by other movies. Butterfly effect is resembled in that with small changes one can result in large difference. Not only that, there are lots of awesome editing skills, which is similar with Inception which I recommend a lot. If you want to understand my review, turn on the computer and download it.

Bela Fleck and The Knights
by Sunghye Park

Mizuky, Suhei and me went music instrument concert at Ford Center. This concert was of the banjo, a traditional American instrument. Before I went to the concert I thought it would be a really traditional music. Surprisingly when I arrived the concert hall, it was an orchestra concert. Many violins, the timpani, flute, horn, and cellos were practicing in score. So we were excited about the concert. Our row was a general seat. So we were seated in the 2nd floor. As it got close to starting time people filled up the 1st row.

It started with The Knights as the opening overture from The barber of Seville. It was perfect opening music. They played some unique music also. They were good and we enjoyed the concert. It was not boring. I think the contents were so nice by appropriate song choices. And the banjo gave beautiful dulcet music that felt like a spring yellow butterflies.

One of the surprising things was the one who played the banjo. He didn’t have a score. He sometimes closed eyes or contacted eyes of orchestra members. But his play of the banjo was awesome—wonderful sound! This was my first music concert here, and also this was first time to listening to banjo music. I was so glad to get there.

I felt the American classic or music instrument concert was freer than the South Korea. So was with even the instrument players because I also felt they were really enjoying the concert. So, when I saw the orchestra members, it was very comfortable. When I was in one in Korea, it was a little uncomfortable atmosphere. So I did not too much enjoyed at that time. In contrast, this time was great for me. This concert was easy to me because they just played the instruments.

If I have a chance, I want to go to another concert here. It is one of my golden memories at Ole Miss!

Make People Love You
by Muslem Al-Hadifi

You can make everybody who sees you like you. There are easy ways to make everybody like you. First of all, just smile and try to make the people who are around you happy. Start to help people by smiling at them. Always stay away from using bad speech and try to find valid companionship. Be happy and do not say bad words about the people who are around you. Also try to spread peace and love and try to make every one who is sad happy. Try smiling at the world and the world will smile back at you. If you will respect everyone, then everyone will respect you, too. Make life simple and do what you think is right.
Astronomers and many citizens are interested in the universe in the past. As a result, these days lots of films about space is screening in the cinema like Interstellar, Prometheus, and The Contact. However, the best movie which attracted a diverse audience is ‘Gravity’ until now. Actually, I saw the ‘Gravity’ two times, last year and this week. In short, the entire story is that Sandra Bullock and George Clooney drift in space because of crashing into the satellite’s debris when they were fixing a space telescope. After many twists and turns, she comes back to the earth safely by riding the Soyuz through a space station. To sum up, I want to call this film as an ‘innovative’ one unlike other space movies.

Concentration on the Film

People usually said running time of this movie is so long. Its viewing time was quite long, however, audiences could concentrate on this movie well due to the technical sound system. For example, when the movie represented zero gravity, audio turned it off to describe weightlessness situation. So spectators couldn’t say anything and eat anything at that time but just watched the film quietly. Silence and monstrous volume’s repetition was so wonderful. Furthermore, reappearance of the universe and graphic skill in the film was so elaborate that it made people imagine the universe easily. Eventually, it helped the audience focus on entire sight in front of them.

Impressive Acting

Major characters in ‘Gravity’ are only two, however, their performance was so powerful to attract people’s attention. One scene which is my favorite is that Sandra Bullock crashed with some debris and she was getting away from her base station rotating fast. In this case, I could feel she put lots of effort to be sure though I am not professional producer in movie field. I heard that they spent about one hour just to wear uniforms and they worked hard to express every scene realistically like emotion and movement. Anyway, their acting was great!

Touching Story

Not only visual part but also synopsis was especially moving. I could learn a kind of lesson: Do not forget important thing in your lives. People are sometimes oblivious of things right next to them. This film underlines how are they special for us by showing the earth, sand, water, and air. Although the characters didn’t have many dialogues, the lesson was revealed by entire story not directly but subtly.

Some reviewers say it is hard to empathize with this movie and they argued that this movie is so complicated to understand if person does not have any knowledge about the universe. On the other hand, most people including me disagree to their arguments. I can summarize it through using three phrases which I mentioned at the top: concentration on the film, impressive acting, and touching story. These all contribute Gravity to be an ‘innovative’ film.

American Sniper

by Taejin Kim

September 11, 2001, at 9 AM, it was a normal day. Workers were getting ready to do their jobs. However, 30 minutes later, the World Trade Center was attacked by hijacked airplanes. It meant that the USA, which is the most powerful country, was attacked by terrorists. People in the world were shocked and the USA decided to respond with their best power.

Chris Kyle, who was a father, husband and cowboy in Texas, also made a decision to volunteer for military service for the country which was stunned. He got an important part that is to be a ‘sniper’. Snipers stay behind fellow soldiers and protect them from being attacked by enemies.

“American Sniper” describes well his mental state before shooting enemies and his conflict choosing between the life as a father in a family and the life as a soldier in battle. Kyle is respected by many Americans because of his extraordinary patriotism until now.

However, you might question why soldiers are respected if they kill large number of people. Actually, Kyle said that he was killing devils not people. But, can we call him a hero even though he killed about 300 enemies who were fathers, husbands, and normal taxi drivers before starting the war?

You can get an answer after watching the movie and consider what you should do for your country.

An Innovative Space Film

by Minji Jung
My Favorite City, Los Angeles  
by Muyao Tang

Los Angeles is located on the west coast of California. It is the second largest city in the United States. Los Angeles has mild climate, Mediterranean, but it has great temperature differences between day and night. The primary languages are English and Spanish.

Los Angeles is one of America’s famous tourist cities. Foreign tourists can arrive in Los Angeles by airplane. The airplane will land at Los Angeles International Airport which is the fifth busiest airports in the world. When you arrive, you can choose the airport bus, subway or taxi to reach the city from airport. The taxi will be a little expensive, because Los Angeles is a large urban area. But, if you’re traveling alone, the most efficient model of transportation is a rental car. To get a rental car you need your passport, international driver’s license and credit card.

After that you can start to visit the city of Los Angeles. It has many famous entertainment attractions, such as Hollywood, Disneyland, Universal Studios, Chinatown and more. Also it is a shopping paradise with many famous brands of you want. But, in my opinion, the Universal Studios is the best entertainment attractions in Los Angeles. Because Universal Studios is the movie theme amusement park, not only you can visit some scenes often appears in the movies, but you can also experience how to shoot some scenes in the movies they reproduce the movie scenes for tourist. They also have many interesting recreational facilities, like Viper. It is the largest cyclotron block in the world. It is very stimulate. If you are not afraid you can try it. Also they have some special shows like war or some animal stars who appear in the famous movies, maybe children like.

Then, if you feel hungry, you can find some restaurants. Los Angeles has many kinds of cuisines, not only local cuisine, but also have other counties’ cuisines, like China, Korea, Japan, and more. If you want to try Chinese food, you can go to Chinatown. There are many Chinese restaurants.

After dinner, please don’t go back to your hotel. You need to enjoy the nightlife in Los Angeles because Los Angeles’s nightlife is the world’s premier nightlife. You can take bus tour of the most popular and fashion nightclub in Los Angeles.

My favorite city in United States is Los Angeles because I can do anything, like shopping, eating, studying, and visiting. I think it is a good city for people live because it has good weather, interesting places to visit, good universities to study at, many kinds food to eat, and also it is a shopping paradise.

Fall in Love in New Orleans  
by Heeyun Lea Choi

New Orleans is the best place to play in America. I went by a Megabus, but now you can’t ride on Megabus. If you want to go to New Orleans, you need to rent a car or make friends with the person who has a car. It takes five hours from Oxford to New Orleans. You can spend your weekend on the trip.

Most of the people said New Orleans is a dangerous city. We were scared, because of that information. So, we reserved a house near Central Street for safety. That was a little bit expensive for us, but we didn’t need to be worried of our lives.

A lot of colorful buildings and huge trees welcomed us. I like New Orleans’s atmosphere. New Orleans has two different faces. There is brighter light than afternoon sunshine you can feel exciting about. If you walk around Bourbon Street, you can listen to different types of jazz music and you can see people who have decorated their bodies to earn tip. You can see sometimes naked women.

New Orleans has many kinds of seafood restaurants, such as crab and alligator. I tried to eat alligator. It tastes like mixed with fish and chicken. And I tried to drink New Orleans cocktail. It was sweet and beautiful. Moreover, you have to go to café De Monde. It is famous for special donuts. You need to get a long line for donuts every time. They make donuts and sprinkle white powder on them. That was really delicious. The café is not far from the Mississippi river, so if you don’t need extra white powder, you can eat donuts seeing the Mississippi river.

Did you hear about Mardi Gras festival in New Orleans? Mardi Gras festival is the biggest event in New Orleans. Mardi Gras 2015 began Tuesday, February 17th, and they celebrated for about 2 weeks. They wear masks and costumes and dance with alcohols.

Somebody said, “No matter where we are going, the point is who we will go with.” In my opinion, it doesn’t matter who you will go with. With whoever you
The World You Must See Before You Die
by Seonghye Park

2015 February the first, we went to Memphis and visited Graceland that Elvis Aron Presley’s house. This house is famous in the world because he lived here over 20 years. He bought this house in 1957 and lived together with his parents. He lived with his girlfriend 5 years and they got married.

So when I went there it’s really the house he lived in. And every room was different in image and very unique. It’s not countrified to now but very fashionable and charming. Before going inside, I saw very good gardening. That gardening was very impressive. In the garden, there was also Mother’s tombstone which was very pretty. I wanted to understand the epitaph but it was too hard for me. I think Elvis’s style is melted in this house. Seeing the house I became curious about his songs and tried some. I know he is very famous but I didn’t try to listen to his songs. After having visited there, I wanted to listen to his music and know about him more.

I want to know and understand well his life and his style. Although my English is not so good to understand the explanations in that house, I felt something in his house and so I want to know about him a lot. Later I understood Graceland is a private house next to the White House in USA that most people visit.

Memphis Trip
by Weijia Feng

I went to Memphis to see Elvis Presley’s house. There are many things which Elvis used in his days. We arrived the house soon. The staff passed us tablets with headphones with recorded information about Elvis. This tablet can explain the information in many languages so that many visitors could understand Elvis’s life completely. That was good guide for me because the information includes not only pictures but also videos.

After that we went to Wolfchase Galleria. There are many kinds of shops. First, we took a lunch. Then we bought some items. There was a new thing to me in Wolfchase, the running train in the building I have never seen a train working in a building. We spent good time in there.

Next we went Farmers Market to buy life stuffs. There are many foods there, for example, raw fish, various vegetables, and Asian foods. That was great trip for me.

New York Trip
by Ala Talal Al Kindi

The city that never sleeps. New York City is one of the biggest and craziest cities in the world. New York City is a place over 8 million people call home. Also there are many people from different part of the earth. The weather changes in all 4 seasons, but each season has different taste and each month has different flavor. So people can visit New York at any time they want.

There are many transportations in the city, such as buses, taxis and subway. Subway is the best way to navigate the city.

It’s better to go to New York with group; it will be more fun.

New York has a lot of places and a lot of things to do as well. People can see how the buildings are tall such as Empire State building where people can see the city from the top. Brooklyn Bridge is one of the beautiful places in New York where people can see a wonderful design of the bridge. People must visit the famous places in New York such as Times Square, Statue of Liberty and Central Park.

Several months ago, I went to Chengdu, Sichan. The first impression the city gives is clean. There are also good people who are very friendly and kind and always smiling. If you don’t know which way to go or unfortunately lose your way, don’t be afraid to ask people around you. They are so nice!

My favorite part of Chengdu is many kinds of delicious food, like Mapo Tofu and Yu Xiang Ron Si. Most of foods are spicy. The amount of the foods is much more than those I get in my hometown and other cities.
Let’s Watch Football Games
by Mizuki Yamada

Watching football game is one of American traditional culture. So many people love to watch football even though some other people do not love it so much especially people who came here from another country like us. Some exchange students don’t know the rules because it is not popular in their countries compared to America. In my case also, I didn’t know why Americans call soccer football and misunderstood that “Super Bowl” is for soccer match. However, almost all people who live in Oxford love this university team named Ole Miss Rebels and they get crazy on the game days, so we should feel more fun with them and we need understand the rule of the game.

The sport is played with 11 players. It starts with the first kicking, Kickoff. Then, one team does offence in the goal area called end zone with held ball by one of their arms. Other team does defense to prevent the offence team. The game consists of 4 quarters (15 minutes per) and they are separated by break time, and each team can offense 4 times, though during the game they need to get reach 10 yards until they do 4th down.

There are 2 ways to get points. First, running into the end zone with ball called touchdown can get 6 points and another chance to get 1 or 2 extra points. The end zones are located on each edge of the field. When they kick into there, they can get 1 point and when they run, 2 points. Second, if they cannot run, they can throw ball into there to get 3 points. It is called field goal.

The offence and the defense are switched when 1) the offence team cannot get reach 10 yards, 2) they fail in a pass, or 3) they are intercepted that passes are caught by other team. They need to play very cleverly, so the leader called quarterbacks instruct the entire of team.

A Story of a Legend
by Mohammed Al Hamadani

Roger Federer is a former tennis player from Switzerland. He was born in 1981. He grew up with his parents in Basel. Roger was very interested in tennis and soccer when he was in his primary school. By the time he found himself good at playing tennis, he decided to play tennis in a local tennis club.

I really like his methods in playing tennis. This player has such a very unique style which is hitting the ball to the left side using his right hand. He seems to be very interested and passionate in playing tennis.

He is considered as one of the greatest players in the world. He is ranked number one in the national rank among the best tennis players. In spite his age which is 33, he is still doing very good in tennis. He got so many champions, international titles, and competitions. I think that was possible because of his love and tendency for tennis. I really admire his passion for being a successful person.

Study Abroad
by Sandra Marin

Have you ever thought about doing an exchange, that is, transferring your studies to the other side of the world? The University of Mississippi gives everyone the chance to do it. Last February the 12th, in the lobby of the Student Union, the International Study Abroad fair was held.

If you’ve ever thought about studying abroad, the Study Abroad Fair is the perfect place to begin your search. This Fair is an information event for anyone interested in learning more about many exciting study-abroad opportunities available now at Ole Miss. There, different representatives of a wide array of countries represent their own countries in order to inform students about the different opportunities.

Studying abroad could be an incredible opportunity that you’ve never taken before. You can spend months living in a country you’ve only seen on maps. You can immerse yourself in a culture that is totally different from yours. You can get out of your comfort zone in order to grow up and redefine yourself.

These may look scary sometimes: starting a new life, making new friends, and visiting places you don’t know. However, it is an amazing experience that can amazingly enrich yourself and you academic career.
Traveling in San Francisco

by Hsuan-En Chu

Transamerica Pyramid, Colt Tower, and Alcatraz. On the boat they provide head-phones which inform in multiple languages. So, it is perfect for people who are from outside of the US and don’t speak English.

In every city, there is always a place or building to be symbolized. In my opinion, Lombard Street is such a place that is symbolic for San Francisco. San Francisco has very unique terrain. The roads and streets there are incredibly steep and narrow as if the city were built on the top of a mountain. Adding to the crooked roads, there are most pretty attractions and most gorgeous views there. In addition, the flowers that bloom there in Summer are especially remarkable. San Francisco is home to little bit of landmarks and places such as Lombard Street are extraordinary.

Moreover, there is a very popular place that you must visit. It is the Pier 39. It’s a city staple and a classic San Francisco attraction. The bustling waterfront area is definitely a classic tourist’s spot—very busy and full of people looking to buy SF souvenirs. It also has a lot of fun things to do there. There are hundreds of stores of all kinds of souvenirs. There are also many restaurants. One of the most famous restaurants you have to try is Boudin Bakery. It is a historic restaurant, which started in 1849. It is famous for Boudin. Boudin is a bowl of soup, which is very fun to eat. It is because they use the homemade bread as a soup container. They empty the middle of the bread and put the soup in it that you can drink soup easily while eating the bread. There is a special area in the Pier 39 where sea lions take rest. You can see there are many of them lying down on the deck enjoying sun-bath. If you are still looking for a place to go for a vocation in the US, San Francisco is definitely one of the places you should put on your list.

Congenital Heart Disease

by Bhavi Patel

Heart Attack warning signs
Chest discomfort mostly starts from the center of the chest that last more than a few minutes.
Discomfort in other upper areas of the body including pain or discomfort in one or both arms, back, neck, jaw or stomach.
Shortness of breath with or without chest discomfort.
Other signs including cold sweat, nausea, and light headedness.

Stroke Warning Signs—Spot a Stroke
F.A.S.T Face Drooping- Does one side of the face droop or is it numb? Ask the person to smile.
Arm Weakness-Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?
Speech Difficulty- Is speech slurred, are they unable to speak, or are they hard to understand? Ask the person to repeat a simple sentence, like “the sky is blue.” Is the sentence repeated correctly?
Time to call 9-1-1-If the person shows any of these symptoms, even if the symptoms go away, call 9-1-1 and get them to the hospital immediately.

According to American Heart Association (AHA), up to 1.3 million Americans living today have some Congenital Heart Defects (CHD). About 36,000 children are born with a heart defect every year. 9 of every 1000 infants born each year have a heart defect.

What do you think is congenital heart defect (CHD)? The word “congenital” means existing at birth. The term Congenital Heart Defect and Congenital Heart Disease are often used to mean the same thing but defect is more accurate. A heart ailment is a defect or abnormality but not a disease. A defect results when the heart or blood vessels near the heart do not develop normally before birth.
Today in our life we have to eat at least three times every day, so food is one of the important parts in our lives. But as you know, there are more than 5 continents in the world, so for this reason of course there will be more than 5 different cultures, so we have different food in each country or continent. Here are some kinds of noodles in the world.

**With Soup**

In the middle of the winter, people try to find hot foods to warm their body, especially in Asia. Therefore, noodles with soup dishes are highly developed in Asia, for instance Korea, Japan, and Vietnam. Traditionally in Korea, Koreans used to eat noodles on their wedding day, a special birthday (Korea has a special party between the 60th-80th birthday, for long life), and other special days because it represents good marriage and long life. The dough is made in a large surface, the noodle cut thin, and boiled, it becomes a good meal for everyone. There are various ways to make soup. Using chicken bone is a traditional way, but nowadays people use anchovies and seafood.

*by Han-Bit Lee*

Korea and Japan both have ramen but they are little bit different. Korean ramen is made with fried noodles and the soup made with artificial flavor; on the other hand, Japanese uses un-fried noodle and the soup made from stock based on pork and chicken bone. The Japanese main dish is Shoyu ramen: broth based on chicken, vegetable stock and flavored with soy sauce. Every region in Japan has variant ingredients of ramen; for instance Shio ramen flavored with salt, and Miso ramen flavored with miso soup.

Vietnam’s food is influenced by Chinese, but Vietnam usually boils noodles instead of frying them. They are called ‘Pho’, made with beef, bean sprouts, chili pepper, cilantro, onion, for example. Furthermore, the ingredient of the noodle is rice while Korea and Japan make noodles from wheat flour. Pho is a popular street food in Vietnam. Also it is divided by regions, Northern Pho and Southern Pho. Sizes of noodles are various from regions; broth and toppings are also different.

People enjoy the diversity of flavors of noodles in the world included in the three countries above. Like spaghetti from Italy, people want Asian noodles to become famous all around the world and make more people try them. They all seem similar and use the same ingredients, but Korea, Japan, and Vietnam have various tastes and also have traditional taste. When people have noodles from diverse countries, they can feel the cultures from the noodles.

*by Mohammed Al-Raisi*

Today in our life we have to eat at least three times every day, so food is one of the important parts in our lives. But as you know, there is more than 5 continents in the world, so for this reason of course there will be more than 5 different cultures, so we have different food in each country or continent. But one of the famous food in India and some parts in the Arabian peninsula is Biryani rice.

Biryani originated in India, where there are multiple local varieties of this popular dish is not only in South Asia but also in the Middle East.

The components for the Biryani rice are condiments and spices including: margarine, peas, beans, cumin, cloves, car- damom, cinnamon, bay leaves, coriander and mint leaves, ginger, onion and garlic. And the main component that accompanies the spices is beef, chicken, goat, lamb, or shrimp. The dish may be served with Chutney or Alraath, korma, curry, a dish of eggplant or boiled egg.
iPhone
by Asaad Al-Shekaili

Mobile phones have become part of modern life people race to acquire the latest phones in the world. Phone companies try to make the best product to get a higher percentage of sales in the world. Apple is one of those companies.

Apple was founded in 1976 and the founder was Steve Jobs and his friend Steve Wozniak and they are from the USA. Apple designed several electronic devices such as phones and personal computers. Apple is also characterized by a distinctive and modern design that made Fortune magazine said Apple is classified as the most admired company in the United States in 2008.

The iPhone was made by Apple. The first smartphone was launched in 2007 at the Macworld Conference & Expo in San Francisco. The company issued 8 smart devices and the latest version of the new phone in 2014. The iPhone 6 and 6+ are the newest smartphones in the world. The phone has the highest standards in storage space and the manufacturing quality and the camera. In addition, Apple tries to make phones at a great price to be appropriate and competitive in the global market.

Consumers have different opinions about the best phone in the world. Most consumers classify the iPhone 6 as the best phone on the market.

Common Cold
by Faisal Almajed

If the nose is congested, throat is scratchy, and head is beating, is it a cold or the seasonal flu? Symptoms can overlap, so a flu test will define which kind of viruses the one catches. Most cold-causing viruses spread into environments with low humidity, which may be why colds are more common during the fall and winter months. However, one can catch a cold any time during the year; and that’s why it is called “common”. When someone who’s sick sneezes or coughs, he or she sends virus-filled droplets flying through the air. So, people may catch the virus from breathing/or a direct contact with a surface that has recently been handled by a cold-infected person, and then touch their nose, mouth, or eyes.

How can we treat it?
Because this is a viral infection, antibiotics have nothing to do in treating a cold and are not effective. However, over-the-counter medications such as antihistamines, decongestants, and nonsteroidal anti-inflammatory medicines can relieve congestion, aches, and other symptoms. Natural cold remedies, such as zinc, vitamin C, or ginger can relief the cold also. Dinking enough water to prevent the dehydration is important. Also hot fluids such as soups can minimize the cold symptoms.
The Five Cultures in a Place
by Kenta Hosoe

I have seen different types of culture while I’m in the U.S. My topic is about my experience in the IEP, which is the Intensive English Program. Some students come here and study correct English and improve their English skills. This program makes use of conversation or discussion in the class, so the students can talk with others. Here, there are many students who come from Brazil, Oman, Korea, China, and Japan. This means the students can see other countries’ cultures. Out of class, we have conversation in the lounge. This is free space to hang out with each other and relax. Whenever I go there, some people are there.

I learned not only English but also the cultures of others. For example, in the class I had a presentation about my country, Japan. At that time I listened to Brazilian, Omani, and Chinese presentations. They were totally new for me because everything like the school system, food, and buildings was completely different from those of Japan. For instance, in Arabic, the character of a number is so unique because a kind of dot means zero. Moreover, in another class, the students shared their countries’ foods. That was a great time because I never saw those foods in my country. Actually, a few of them had strong tastes. In my opinion, tasting food is also a cross-cultural communication. Also, the IEP has some activities out of class such as volunteering. I joined a program which was delivering some food to people who have difficulty in getting it by themselves.

Through these experiences with the students from other countries, I was able to make friends. In other words, the IEP gave the platform which is an opportunity to see other worlds, not only education in the US. I didn’t expect that I could make so many friends. Today, I do many things with the new friends such as having lunch, playing soccer, and, of course, studying. This experience is my pleasure.

“A Day’s Wait”
by Hood Al-Hamadani and Oh Seok Shin

Ernest Hemingway is the author of "A Day’s Wait". He was born in a suburb of Chicago in 1899 and died in 1961. He began writing in high school, and after graduation, he worked in many fields, such as a reporter, amateur boxer, an avid hunter, and a record-holding deep-sea fisherman. The story “A Day’s Wait” was published in 1933, in Hemingway’s short story collection “The Snow of Kilimanjaro”. The story focuses on a boy and his father, who calls him Schatz (German, meaning “darling”), and on a miscommunication between them.

Schatz has a pure mind and is considerate of his family, and his father really loves and cares for him. This story happened somewhere in the United States in a small rural area, in the middle of a winter. There was a little house in a tiny quiet forest. All the story happened in Schatz’s bedroom during one day.

That day, Schatz got sick and his father noticed his shivering. When the doctor came to see him, the doctor knew that he was very sick because his temperature was very soaring. “It is hundred and two degree,” Schatz heard the doctor say. At that moment Schatz remembered what a boy said, “You cannot live if your temperature is forty four,” and he was saying to his father, “Do you think I’m going to die?”

His question made his father notice that Schatz had a problem. His father tried to enlighten him about the difference between the Celsius system and the Fahrenheit system. Finally, Schatz realized that he would not die and then he could relax.

“A Day’s Wait” can be categorized with ‘miscommunication’ and ‘children’s innocence’. First, there was a miscommunication. Schatz thought he would die but he didn’t talk about it to his father. So his father had difficulty to solve Schatz’s problem. Second, but the miscommunication was because of Schatz’s innocence. He didn’t know the difference between the Celsius system and the Fahrenheit system. That’s why he thought he would die soon.

We really liked this story. Oh Seok said, “It is always happy to see the child’s pure mind. It reminds us of the innocence of children which we forget as we are getting old. This story shows Schatz’s misunderstanding originated from his innocence, which made me smile at the end because his purity.”

Hood also said, “At the end of the story I realized something: do not believe or trust anyone who tells you wrong information. You have to make sure of the information from the sources.” “In addition”, he continued, “I learned this too: don’t be weak, be strong when you face something like disease, and put all your trust in God.”
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