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Future quarter dates- “Summer Quarter 2014”

June 23rd to August 29th

Living in Different Cities

Living in a coastal city is different than living in a desert city. My hometown, Al Wajh is a city located on the west coast of Saudi Arabia. On the other hand, Bakersfield is located on the west side of the United States. Al Wajh is small than Bakersfield. Each city has its own features, but they are also similar in many ways.

Al Wajh has a beautiful beach and weather that attracts people from different cities. It has a lot of archaeological sites, such as the archeological fort. The people who live in Al Wajh are very friendly and respectful to each other, because they know each other. Al Wajh is known as the first city that produced fresh water in Saudi Arabia. On the other hand, Bakersfield has a lot of features that attract people as well. It is a small city, which is good for living and studying. It has a good university, which makes people come from around the world to study. However, Bakersfield also has a lot of places for dancing, which I really like.

Al Wajh doesn’t have a university which forces people to move out of town to study. Also, Al Wajh doesn’t have a lot of restaurants. On the other hand, Bakersfield doesn’t have a lot of entertainment. In addition it doesn’t have a beach like Al Wajh does.

In conclusion, Al Wajh and Bakersfield have similarities and differences. Both Al Wajh and Bakersfield are great cities, and people like to go to both places. Each one of them has its own features. Bakersfield is a kind of place to study and to save money. On the other hand, Al Wajh is known because for its great beach and fresh seafood. – Ibrahim Ghaban, Saudi Arabia

The Divine Cow

When I was in Bucaramanga, the city where my mother was born and the place where my grandparents lived all their lives. I went to a place equivalent of a steakhouse in the U.S. The restaurant was called Mercagan and there with my family I ate the most delicious, extraordinary, and succulent out of the world steak I ever tasted.

I ordered a 600-gram medium rare Mercagan Special. As usual my mother criticized me about the insane amount of food I usually order when I am hungry. However the complaints ceased when the waiter brought the steak to the table. It looked so delicious that I almost went to the heaven. I am not a religious person, but if the heaven exists there must be a lot of Mercagan Special there. The taste of the steak was so rich and delightful that I believed that it must have been cooked a piece of some kind of cow deity. When I was in the middle of devouring the steak I felt almost full, but I did not mind. The steak was so sublime that I would have rather exploded than leaving such majesty on the table.

Finally when I finished eating all the steak and my belly was so full, I almost fell to the floor like a whale out of water. Bucaramanga is a place where the cow meat is very popular. Furthermore it was the place where I ate the best steak of my life. – Juan Franco, Columbia
Optimism

“Write it on our heart that every day is the best day in the year,” Ralph Waldo said. Optimism means focusing on the positive thinking of life. I consider myself to be an optimist because I always hope and expect positive events to unfold. There are two important effects of optimism. First, optimism makes people more confident, and second, it helps people to be ambitious.

When people are optimistic, they will be more confident. If they try to think in a positive way, then nothing will be negative or hard for them to do. That means everything will become easier and they can do things with more confident. Also if one person becomes optimistic, then people in his or her community will be influenced by his behavior. Moreover, statistics show that optimistic people are more confident because they are always relaxed and comfortable 70% more, than other people. For example, if I have a quiz I always try to think in a positive way like the quiz will be easy and I will answer all the questions, then I really feel comfortable and become confident.

In addition, optimism helps people to be ambitious. They need to think in a positive way to have the ambitious, and they can achieve their ambitious with the optimism. For example, I have an ambition which is to get a job at a specific company and there are three hundred persons beside me applying for this company. If my thinking is negative, I would say, “I will never get this job.” It becomes real and maybe I will never get this job. So, people should always be optimistic.

To summarize, there is an easy equation to help people. Optimism can always make us positive, have more confident and give us ambitions. –Zainab Salah, Bahrain
Damascus
By Hala

Damascus is the capital of Syria. It’s the oldest capital in the world. Its population is about 4,000,000. Amoy Mosque is a very famous place to visit. There are also ten old Gets, Bard’s River, Hamadia Market, Albimarestan and many other places to visit. They all say, “Welcome to Damascus”.

IELC Student Writings

My Harley Davidson Jacket
By Nahigle

I have a bling Harley casual jacket. I wear it only in winter. The jacket has a crew near collar and long sleeves. The size is a woman’s large. Its colors are black and white. It is water-resistant polyester with a nylon shell. The jacket has 9 zippers: 1 front zipper, 2 cuff zippers, 2 gussets zippers, 2 lower back zippers to provide an adjustable fit, 1 zipper on each of the hand-warming outside pockets, 1 inside pocket zipper, and chest pocket zipper. There is 1 inside pocket. There is patchwork detailing on the shoulders and the elbows. There is a Harley Davidson logo on the front. The name Harley is written in grey with rhinestones on the back. I like

My Classmate
By Abdul

My classmate’s name is Hala and her nickname is Hlool. She is fifty four years old. She comes from Syria. She has three brothers and one sister. She has a Lexus. She likes watching children’s movies. She’s interested in writing poetry and she like poetry. Her favorite food is Kibbah. She is here to learn about writing English.
The Best Party

The best party I ever attended was my cousin’s 19th birthday party planned by his parents. It started from 2pm and ended at 9pm at his parent’s house. I enjoyed it so much because it was one special moment when my cousin and I met many new people of my family, and my cousin received a lot of gifts.

At my cousin’s party, we met so many new people from my family as the party turned out to be a way of meeting people we had never known before. In fact, I met some of my father’s aunts, some of my father’s cousins and their children. Most of new people came around 3PM, and my father introduced them one by one to me and my cousin after we sat in the garden, and sang happy birthday to my cousin. While we were eating, dancing and drinking, we got to know new family members by asking each other many questions. That was how I got to know new family members at my cousin’s party.

The other reason why I enjoyed this party so much was it was my cousin’s 19th birthday. He received many different types of gifts. I felt happy that my cousin was liked by many people. In fact, he received many gifts such as a new watch, a bag, and video games. Some people gave him money and I knew we were going to share that money at the end, and others gave him some books he did not like because he has never liked reading. That was one of the best moments of my cousin’s party.

In conclusion, my cousin’s party was the best party I ever attended because I got to know new members of my family, and I had some benefits from his gifts. I think it was very special for me because I just felt like my cousin’s birthday was mine, too. Who knows maybe next time we will make a better party.

-Beni Missidimbazi, Congo

Independence Day

Variously known as the Fourth of July and Independence Day, July 4th has been a federal holiday in the United States since 1941, but the tradition of Independence Day celebrations goes back to the 18th century and the American Revolution (1775-83). In June 1776, representatives of the 13 colonies then fighting in the revolutionary struggle weighed a resolution that would declare their independence from Great Britain. On July 2nd, the Continental Congress voted in favor of independence, and two days later its delegates adopted the Declaration of Independence, a historic document drafted by Thomas Jefferson. From 1776 until the present day, July 4th has been celebrated as the birth of American independence, with typical festivities ranging from fireworks, parades and concerts to more casual family gatherings and barbecues. –History.com

Good Teacher

When I was a student in high school I had many teachers for every subject. However, I had only one favorite teacher. His name is Sophea Vath. He is around 42 years old. He has taught students for almost ten years. He is a biology teacher. I liked him because he paid attention when he taught, preparing, and building strong relationships with students.

First, when I became a senior in high school, I met Mr. Sophea Vath. I did not really like him because I heard some students say he was very rude to students. After that, I found out when I studied with him. He was my best teacher because he really paid attention when he explained to students. For example, he gave students a lot of meanings of some vocabulary in the lessons. He explained why or what happened clearly about biology, people, animal, and nature. He always asked students after he finished explaining. If some students still did not understand, he will explained more about the lecture.

Second, I liked him because he is prepared before he start teaching. For instance, he liked to prepare all his stuff and he was really organized. He prepared papers for all the students. He typed it or sometimes he wrote by hand. Sometimes he told his students to organize their stuff, too because he said he did not like students who did not organize their stuff.

In addition, a lot of students and I liked him because he had a strong relationships with the students. For example, he had a party for senior students before they graduated from high school. He liked to hang out with his students and threw a party for his student’s birthday, too.

In summary, Mr. Vath was my best teacher because he paid attention, preparing, and building strong relationships with the students. I want to study with him again because my friends and I had a lot of fun and love him, too. - Lina Khem, Cambodia
IELTS
IELTS is the world’s most popular high-stakes English language proficiency test. In 2009, over 1.4 million IELTS tests were given across the globe. IELTS results are recognized by over 6,000 universities and colleges worldwide - 2,500 of which are in the USA, including all Ivy League colleges. The IELTS test is easily accessible, with availability in over 130 countries. IELTS is the original integrated test, assessing your speaking, listening, reading and writing skills. As preferred by many candidates, the IELTS test is paper-based. It is also the only test that offers you a one-on-one interview, so that you can demonstrate your speaking skills in a real life situation. The IELTS test takes 2 hours 44 minutes to complete and your result is valid for two years. www.ielts.org
--- International Student Guide to the USA 2010 Edition

TOEFL
The TOEFL® test measures your ability to use and understand the English language as it is read, written, heard and spoken in the university classroom. The test, often referred to as the TOEFL iBT™ test, is administered 30-40 times a year at more than 4,500 secure testing sites around the world. It is accepted by more than 7,500 universities, agencies and other institutions in 130 countries, including the top universities in the U.K, Canada, and the U.S. In order for the TOEFL iBT™ to measure how well you read, listen, speak and write in English, and how well you use these skills together, you’ll be asked to integrate these skills for the test. For example, you may read a passage or listen to a lecture, and then write or speak about what you learned. Test fees range from US$150 to US$225, depending on the test location. Registration is available 3-4 months before the test date, so be sure to register early to reserve your seat. Your scores will be posted online within 2 weeks after the test date. They are also mailed to the universities or institutions you selected. ETS offers several test preparation resources to help students prepare for test day. These include the bestselling test-prep book The Official Guide to the TOEFL® Test, and TOEFL® Practice Online a complete practice test that simulates the real TOEFL iBT™ test. To learn more about the TOEFL® test and to register, visit www.toeflgoanywhere.org
--- International Student Guide to the USA 2010 Edition

Don’t Forget To Bring Your Passport When Taking The TOEFL - It Is Required!!!
Thank You, IELC

As most of you know, I am finally retiring after this quarter. It’s time for my family here in California and in Australia and time to travel (maybe I’ll be visiting your country soon). I want to thank all of you for one of the best teaching experience in my life. I started teaching 50 years ago, and teaching in IELC has been the “icing on the cake”.

Thank you, Karen, Jeremy, Lisa and other office staff for your support and guidance. You are always ready to listen and share ideas. You let us know when we’ve stumbled, very gently. You have provided us with leadership.

Thank you, fellow staff members. It’s been a joy to work with you. You are always ready to share ideas and help when needed. Working together on behalf of our students is a joy. I know all the students appreciate the hard work and dedication you put into teaching here.

Thank you, students. I have learned so much from you all. Watching you improve and develop your English language skills always “warms my heart”. You all have a great future ahead and you’ll remember these days for a long time. I know that Bakersfield is not the most exciting place in the world, but you are very lucky to study in IELC. You can move to a big, exciting city, but you’ll be in program with many students and never get the individual attention and care that IELC provides.

Finally, I want to especially thank everyone for your caring since I lost my partner in September. Life has not been easy, but you all help me every day to make it. I always try to come to school with a smile on my face. I may be sad inside, but I know that while I’m here I don’t need to worry about all the turmoil I face. So it’s time to move on. I’ll miss IELC and everyone. I hope we will meet again in the future. -Dr. James Rupp
7 Study Habits of Successful Students

Try not to study too much at one time
If you try to do too much at one time, you will burn out and your studying will not be very effective. Taking short breaks will restore your mental energy.

Try to study at the same times each day
Studying at the same times each day establishes a routine that becomes a regular part of your life. When a scheduled study time comes up during the day, you will be mentally prepared to begin studying.

Set specific goals for their study times
Goals will help you stay focused and monitor your progress. You must be very clear about what you want to accomplish during your study times.

Start studying when planned
You may delay starting your studying because you don't like an assignment or think it is too hard. A delay in studying is called “procrastination.” If you procrastinate, you will find it difficult to get everything done as needed. This may result in you rushing on a project or a paper and turning in careless work.

Review their notes before beginning an assignment.
Reviewing your notes can help you make sure you are doing an assignment correctly. Also, your notes may include information that will help you complete an assignment.

Tell their friends not to call them during their study times.
Two study problems can occur if your friends call you during your study times. First, your work is interrupted and secondly you can become distracted by focusing on the call. Here's a simple idea - turn off your cell phone during your study times.

Review their schoolwork over the weekend.
Yes, weekends should be fun time. But there is also time to do some review. This will help you be ready to go on Monday morning refreshed and ready for a new school week.-Howtostudy.com
My Car
By Abdul

A care is essential in life. I learned to drive fifteen years ago. In my country I have a car. It is a four door sedan. The outside is black and the inside is off white. The shape is a regular sedan. The make is a 2012 Honda Accord. The outside is aluminum and fiberglass. The inside is leather and fiberglass. The features are xenon lights, nickel door handles and it has six cylinders. I enjoyed driving my car. Now my brother is driving my car every day.

Cancun Vacations in the best way Possible
By Nahigle

Cancun is a popular tourist destination in Mexico. Actually it is part of the world’s second longest coral reef. There are warm sand beaches along the peaceful shore of the Caribbean Sea. Kukulkam Pyramid, which is known as the castle, was named as one of the new Seven Wonders of the World on July 7, 2007. Its height is 24 meters, or 87 feet. Cancun also has eco parks like Xcaret and Xelha which families enjoy. Cancun is a good place to visit with many things to do for all ages.

The Holy City of Makkah
By Abdul

The holy city of Makkah is a small city in Saudi Arabia. It is in the Middle East. It lies inland, about seventy three kilometers east of Jeddah. The population is one million seven hundred thousand. It has the Kaaba, the House of God. It is the place where the prophet Muhammad lived, the place where God was first revealed to him and he city to which he returned. The number of visitors to Makkah is more than twenty million per year.
COMPARISON BETWEEN BLACK COFFEE AND GREEN TEA

Nowadays, life runs fast for each one of us. We have to be better and more efficient in our daily tasks to keep on track. Sleeping hours seem to be less every day. This has led us to consume energy drinks that give us a second wind. Black coffee and green teas have been pointed out to be healthier choices. When we think our brains couldn’t keep working well, both of them have proven to work on our brains like fuel works on engines. However, do both teas have exactly the same effects on us? Let’s take a look at their differences and similarities.

Both black coffee and green tea naturally contain a large amount of caffeine. Caffeine works as an effective energizer. When this substance gets to the bloodstream, it works on the brain by blocking an inhibitory neurotransmitter called adenosine. As a result, dopamine and norepinephrine are released increasing neural activity. For this reason, black coffee and green teas are an excellent option when we need to keep our brain working.

On the contrary, green tea has been related to a positive effect in the heart compared to black coffee. Research has shown that green tea decreases the levels of cholesterol, triglyceride and free fatty acid in blood. On the other hand, black coffee has a component that might increase cholesterol levels. With this being said, green tea is a better option when it comes to taking care of our heart.

In addition, green tea has also has been known to an effective cancer fighter. It contains a component called EGCG and Thaflavin, which suppresses the enzyme necessary for the growth of cancer cells. Unlike green tea, the positive effect of black coffee and cancer is still being studied.

In conclusion, both green tea and black coffee provide us with caffeine, which works as an energy booster. Nevertheless, green tea has been linked to higher qualities in enhancing our health compared to black coffee, in terms of cancer and cholesterol levels in blood. Even though both are the natural resources, we can determine that green tea brings more benefits compared to black coffee. - Andrea Rincon, Venezuela
**The Best Party**

Andy Warhol said, "I have Social Disease. I have to go out every night. If I stay home one night I start spreading rumors to my dogs." I am always ready to attend any party. I had the best party I ever attended on the day before I left Saudi Arabia. In fact my friends had this party for me, and it was a lot of fun.

I was preparing for my trip to the US, and my best friend invited me to a party. I told him that I was busy. However, he insisted. After a long negotiation, he talked me into coming to the party. I didn’t know that the party was for me. When I arrived, I met a lot of my friends all of whom attended my party. Some of the guests were old friends who disappeared a long time ago. I felt very emotional at the party.

The party consisted of fantastic events. When everybody arrived at the party, my best friend made a speech about me and about our old memories which we had together. It started at about five o’clock in the evening. First we played soccer for two hours. Then, we played video games for one hour. After that, we played music and danced for three hours. At eleven, the dinner arrived. It was lamb with rice which my favorite dish. After midnight, we stayed together, and we reminisced about the old happy memories. One of my friends had old photos of us. Those were the things I did with my friends the day before I left for the U.S.

In conclusion, my friends surprised me by giving this unforgettable party, and the events were fun. I hope I can have a party like this again with the same group. - Abdulaziz Alshaban, Saudi Arabia

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**The Effects of Smoking**

Smoking is a notorious habit of the mankind because of its deteriorating and unhealthy effects. However, this fact poses an interesting question: Why do we still do it? Is it something like the forbidden fruit? There are thousands of reasons to avoid the cigarette, but at the same time, there are some elements that justify the tobacco use and the strong attraction to it. It is undeniable that some people smoke just for the great pleasure of it. What is this pleasure? How does a smoker feel like? The pleasure of smoking can be explained in three principal stages: short-term, medium-term, and long-term.

The short-term effects, which are the most ephemeral of all, are the most complex and difficult to understand. These sensations last only while a smoker is smoking. They start with the first inhalation or even before this action depending on the level of addiction, and they end when the constant inhalation stops. These sensations can be of relaxation, as well of tension in certain cases. Feelings of numbness can be felt with each inhalation. Although this numbness will be no longer felt by long-time smokers, they still feel a sensation of relaxation more delectable than that of inexperienced smokers, which is often accompanied by nausea and dizziness.

The medium-term effects, which are by far less complicated than the short-term ones, begin with the end of the inhalation and lasts for approximately ten to fifteen minutes. This sensation consists of slight feelings of tranquility and clarity of the mind. This explains the fact that tobacco has been used for centuries with the purpose of helping people with intellectual tasks.

Finally the long-term effects, which begin after approximately ten to fifteen minutes after the end of the inhalation, are enjoyed only by experienced smokers. This period consists only of the lack of smoking craving, which is a constant feeling among smokers. This period can last longer in those who are not very addicted to nicotine, and can last only a few minutes in persons with a severe addiction. When this period ends, smokers are obliged to smoke again.

It is a fact that the pleasure of smoking is real, and that this habit can be useful to deal with certain situations. However, the truth is that the contras of the smoking habit greatly exceed the pros, which we have already discussed. – Daniel Franco, Columbia
**Things to Do in Bakersfield**

**Bakersfield Museum of Art**
1930 R ST., Bakersfield, CA 93301
Phone 661-323-7219

**Camelot Park- Miniature Golf**
1251 Oak Street, Bakersfield 93304
(661) 859-1812

**Indoor Go- Cart Raceway**
6901 District Blvd, Bakersfield 93313
661-859-1294

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**Movie Theaters in Bakersfield**

- **Edwards Bakersfield Stadium 14**
  9000 Ming Ave, Bakersfield, CA 93311

- **Bakersfield Valley Plaza 16**
  2000 Wible Road, Bakersfield, CA 93304

- **Bakersfield Movies 6**
  4200 California Ave., Bakersfield, CA 93309

- **Maya Bakersfield 16 Cinemas**
  1000 California Ave., Bakersfield, CA 93304

- **Regency Theaters East Hills Mall**
  3100 Mall View Road, Bakersfield, CA 93306

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**Bowling**

- **AMF SOUTHWEST LANES**
  3610 Wible Rd, Bakersfield
  (661) 834-2695

- **AMF WESTCHESTER LANES**
  1819 30th St, Bakersfield
  · (661) 324-4966

- **AMF Bowling Centers**
  3610 Wible Rd, Bakersfield
  · (661) 834-2695

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**San Joaquin Community Hospital Ice Center of Bakersfield**

"Indoor Ice Skating"
1325 "Q" Street
Bakersfield, CA 93301
661.852.7404
**Contributing Writers**

Dr. Jim Rupp, IELC Instructor  
Lisa Ramirez, IELC Administrative Assistant  
Student Writers  
Abdulaziz Alshaban  
Andrea Rincon  
Abdul Aldahmashi  
Nahigle Negrette  
Maneem Kumaim  
Beni Missidimbazi  
Lina Khem  
Hala Alas  
Zainab Saleh  
Daniel Franco  
Juan Franco  
Ibrahim Ghaban

**About Us**  
Intensive English Language Center  
Web: http://www.csusb.edu/ielc  
Email: ielc@csusb.edu  
Address:  
9001 Stockdale Hwy.  
MEC 46  
Bakersfield, CA  
93311-1022  
Phone: 661-654-2014  
Fax: 661-654-6914

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**IELC Spring 2014 Demographics**  
During the Spring Quarter 2014 the IELC had a total of 32 students from 14 different countries.

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**My Best Party**

I had many party experiences in my life, but I will never forget one of them. One of my best parties is the one when I got married. I was 21 years old when I got married. I was very joyful because a lot of guests came to celebrate my wedding. We made a big lunch, and the party was at a big hall.

First of all, I got married on April 4, 2013, and it was the most special day in my life. On that day I felt I gained a second heart, and I felt happy. It was a very large wedding as my father and I invited all of our family and friends, around 1,000 guests. When I arrived at the reception hall, all the guests welcomed me to say congratulations. I felt like a king. I shook hands with all guests.

The wedding took place in a big hall in my hometown. This hall was the biggest one in my city; it held about 1,500 guests. The hall had upstairs and downstairs. The upstairs was for the guests to stay and the downstairs was for the guests to eat lunch and dinner. On that day I wore the special traditional clothes: black coat, red scarf, white gown, and jamia. My wife wore a beautiful white dress, too.

Then we had a big Yemeni dinner that consisted of lamb, rice, wedding cake, and many soft drinks. When the guests finished eating lunch, some of them danced with the traditional music. I took a lot of the pictures with my father, uncles, bothers, and other family and friends.

In conclusion, it was a great day for me as I felt happy as a new baby when he first came to this beautiful world. I am very thankful for all the people who made my day happy.

- Maneem Kumaim, Yemen