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St. John's University: The Language Connection



5 Ways to Have a Happy Healthier Life by Raghad Alajmi

Nowadays we all have busy lives. We don't have time to take care of our health either because we don't have time or

3. Five-meal concept
All organs of the body need energy to work. Absolutely this energy

Sleep and metabolism are controlled by the same sector of the brain, Dr. Rapoport says. So when you are sleepy, certain hormones ascend in your blood, and same hormones drive appetite. If you have difficulty falling asleep here are some steps to sleep better: eating whole grain cereal and oatmeal, drinking chamomile tea or warm milk, darken your room, avoid bright screen within 1-2 hours of your bedtime, set a sleep schedule and also daily exercise are important to have better sleeping.



positively and vice versa. Studies show thinking positively will help you to have a healthier immune system and it also has benefits for the entire body.

2. Exercise daily
Do you suffer from high blood pressure, high cholesterol, weak immune system, eye problems, osteoporosis and much more? So here is the easiest and most effective solution: exercise every day for at least 10 minutes will make a big difference. Yes it is that simple. What are you waiting for? Walk, jump, or dance. Do

the best because that will help you manage your weight, keep you cool, maintain your focus and avoid cravings. And remember five meals a day not three meals. 4. Sleeping well

Sleeping well is necessary for our health. Sleeping well can improve our memory, heal damaged cells, boost our immune system, recharge your heart and cardiovascular system for the next days.

5. Having good company
Having unhealthy company of course, won't help you and won't encourage you to have healthier habits. However, if you have healthy company of course that will help you to be healthier so you can walk together or you can plan healthier meals. It is a straightforward way to keep you motivated and happy at the same time. These are the few steps that will help you live a healthy and happy life. I hope that all of them are clear and easy so all readers can follow and benefit from

My Favorite Television Series

by Enas Asiri

About the series

According to Wikipedia, Magnificent Century is a Turkish historical fiction television series, was written by Meral Okay who passed away in the second season and Yılmaz Şahin. The series talked about the longest period of the Ottoman Empire, especially the period of the Sultan Suleiman the Magnificent and his wife Hurrem. The first season was in 2011, many people liked it and asked for more seasons. After the success of the first season, many channels outside turkey translated and displayed it. In 2012, the second season was displayed in turkey. In the meanwhile, it was translated to 46 language and it was the first time in Turkish television history. Moreover, the series had many obstacles too, after the objection of Recep Tayyip Erdoğan the president of turkey.



About the Sultan Love

The series was based on the love story of Suleiman and his legal wife. Suleiman was known of his love to Hurrem. The love story started when sultan Suleiman was in his twenties and he was celebrating that he becomes the sultan after his father sultan selim death. In that day he saw a girl her name was Alexandra. She was 15 years old slave in his palace, and she was beautiful girl with big blue eyes and red hair. She immediately took his mind with her beauty and joyful spirit that's earned her the name of hurrem, from Persian Khorram, "the cheerful one". After that both of them fall in love and became unbeatable.

About My Experience

In my opinion, it was the most incredible and beautiful series of all time. In general, I like history and when I first saw it I was amazed because of the customs, music even the actors were so talented. I really felt it was real and it wasn't acting, not only me also my family too. So I strongly recommend anyone who likes history to watch it.





Fortune Bites by Raghad Alajmi

Two months ago I went with my friends to a Chinese restaurant. After we finished eating, the waitress gave us cookies called fortune cookies. I wanted to know more about them. Here is some of what I read in Wikipedia and Fox News.

What are fortune cookies?

They are crisp cookies that consist of flour, vanilla, sugar and sesame seed oil. These cookies are served at the Chinese restaurants in the United States.

What is inside these cookies?

Inside these cookies you can find a small paper. That paper includes translated Chinese phrases, proverbs and a list of lucky numbers.

What is their history?

Nobody knows exactly where they came from. Some people say that their first appearance in America was at San Francisco's Japanese Tea Garden in the 1890s.

Who invented them?

There are many claims to these cookies. In 1918 the founder of Los Angeles' Hong Kong Noodle Company, David Jung, claimed that he invented them. However, Seiichi Koto who is a Los Angeles restaurant owner also claimed that inserting fortunes into cookies was his idea.

Are they Japanese?

Sujiura senbei is a cookie in Japan. People buy these cookies for good luck. Many people believe that these cookies are the origin of modern fortune cookies but, sujiura senbei cookies are larger than fortune cookies.

Are they Chinese?

IN 1989 fortune cookies were sold as genuine American cookies.

How are these cookies made?

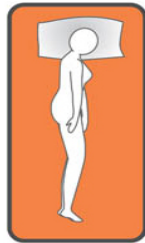
In the early 20th century all of the fortune cookies were made by hand but, everything changed when Shuk Yee from California invented the cookie machine which is used nowadays.

Every one of us gets through hard days, times, moments. Simple sayings such as "today is your lucky day", "happiness is not an outside job, it is an inside job", and "do not give up" can make us feel better and they have a great positive effect on our mood.

Common Sleep Positions that Reveal Your Personality

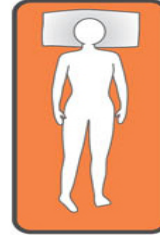
by Enas Asiri

The posture of a person while sleeping has been known to reflect their personality according to destinationfemme.com. There are common sleeping positions for the majority of people in the world. For example: **The Fetal Position, The Log, The Yearner, The Soldier and The Starfish.**



the
LOG
15%

The second most popular sleeping position is the log. Individuals that sleep in the log position are said to be extremely friendly, out-going and sociable. Also, the log position way is better than the fetus position because it allows your spine to straighten.



the
SOLDIER
8%

Less popular is the soldier sleep position. Those who sleep in the soldier position are perfectionist and also unsocial. They always keep themselves to a high standard of expectations. Moreover, they are more adherence to rules. If you don't have snoring problems, then this will be the best sleeping position for you.



the
FOETUS
41%

This position is found to be the most popular sleeping position among people. Those who sleep in the fetal position are said to be a little bit more reserved and don't reveal their thoughts willingly unless they trust the other person. However, the fetus position may be bad for your health.



the
YEARNER
13%

The yearner position is slightly different from the log. Those who sleep in this position are said to be ironical and doubtful. Also, they can't trust people easily although they are exposed to others. The disadvantage of this position is that outstretched arms add undue stress to the shoulder and arms due to body weight pressure.



the
STARFISH
5%

The least common of all positions is the starfish. Individuals who sleep in starfish position are open-minded and very good listeners. Also, they don't like to be the center of the attention. They are good listeners so they will listen to your trial and success stories.

Editorial Staff

Enas Asiri recently graduated from King Abdul-Aziz University in Jeddah. She took her bachelor degree in Human Resource Management. She plans to study for her Masters in Finance. She likes to travel and visit new places. Although this is the third time visiting New York, it's her first time studying here. She had been in St. Johns University since 2015, and now she is in the last level in the TLC. Her goal in life to make the world a better place to live in.

Raghad Alajmi is from Saudi Arabia. She is graduated from high school in 2015. She is studying English in St. John's University. Her major will be nursing.

Linda Dukette is a language educator at St. John's Language Connection.

