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St. John's University: The Language Connection

Poetry of life's intangibles

Worry

Worry about over-thinking
Worry about standing out
Worry about speaking my mind
Worry about giving up
Worry about not being sure I'm on the right track
Worry about being a loser
Worry about keep looking for happiness
Worry about feeling loneliness
Worry about my family on the other side of the planet
Worry about losing my loved ones
Worry about poor people all over the world that we can do nothing for
Worry about spreading [love and hate] feelings among folks
Worry about tomorrow
Worry about the unpredictable
Worry about judging people
Worry about acts of God
Worry is a sin toward us
Worry is a hidden thief

**Arwa Alnamlah and
Wasmiah Alajmi**

Glad

Glad of money
Glad of work
Glad of snow
Glad of shopping
Glad of talks with my family
Glad of parties with my family
Glad of friends
Glad of living in the moment
Glad of the future
Glad of waking up early
Glad of the weekends
This is all glad
To be glad is a life

Marwah Khalifah

TV

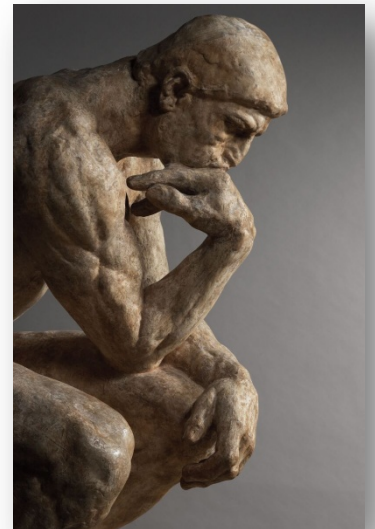
TV keeps children awake
TV is bad for children
TV steals time from students
TV is bad at exams time
TV is fun for old people
TV keeps teenagers at home
TV shows are important to learn more
TV makes some people happy
TV shows are boring
TV shows are important

**Mustafa Khalifah and
Saleh Aljurbua**

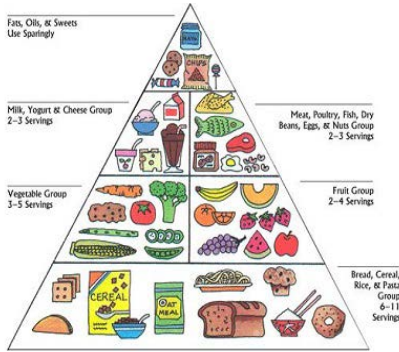
Understanding

Understanding of life
Understanding of family
Understanding about food
Understanding about water
Understanding about how water is part of everything
Understanding of studies
Understanding how studying is everything for success
Understanding of eating healthy
Understanding of being healthy
Understanding is the first step to doing anything

Abdullah Bin Taleb



Healthy Food is Important



Healthy food is important for everybody. Healthy food makes the body healthy, which is important to live your life. There are a lot of kinds of healthy food in our life.

There are more than three kinds of healthy. First, Red meat is important for the body it gives the body protein which is good for building muscles, vitamins, and zinc which is good for body immunity and more, and iron which

is good for flow of blood inside the body. Also fish, eggs, and beans have same components in there. Second kind of healthy food are milk and dairy food there have a lot of protein and vitamins.

The third kind of healthy food is fruit and vegetables; the fruit and vegetables have a lot of healthy components inside them. For example, vitamins, zinc, and calcium which is good for

the bones to make them stronger.

Finally, I wish everybody would eat healthy food every day. Also if anyone want to be healthy; he or she has to eat one meal from the three kinds of good food every day. All in all, eat healthy if you want to have a healthy body without diseases.

Happiness by Saleh Aljurbua



Happiness is a general word and big word. Many people don't know the meaning of happiness.

Happiness is a feeling that resides in the heart, an emotion comes from you. Happiness is something everyone wants to have. You may be successful and have a lot of money, but without happiness it will be nothing .our health and feeling are affected by our happiness. It is serious finding happiness in finding the goal of life. is serious also There are many other causes of happiness in life.

Remembering that things are beautiful, spending time with friends, and visiting the places you like. Each erson has a different set of things that make him or her feel happy.

These may be a special relationship, creating wealth, work achievements, success, power, popularity, status or physical beauty The happiness affects your life in many ways. Thing the people who feel happy are healthier, and more active in life.

Happiness affects your emotions. If you feel happy, you will love yourself and feel comfortable.

Finally, keep your smile, leave your pain and feel your happiness .find time for your family and friends and share them in parties. Put a smile on their faces .They will be satisfied with you. You can understand happiness when among loving people.

The Sub-conscious Mind by Enas Asiri

What is the Subconscious Mind?

Unconscious or subconscious: a number of elements that are the human personality. Some of these elements are perceived by humans, others stay away from consciousness and perception. There are different schools of thought

regarding the precise meaning of the concept of the subconscious mind, but it is generally believed to be a collection of thoughts and experiences that are kept hidden from the conscious mind. However these thoughts and experiences motivate behavior in addition to being the

seat of the sexual instinct.

The subconscious mind is subject to several laws which control human activity depending on the degree absorbed and governed by those laws. - Positive thinking: Thinking positively, for example, will help you to

The Sub-conscious Mind continued

see things more optimistically; you will find things that reinforce these thoughts.

- Attraction: Whatever a person thinks of will be attracted to him; the mind is like a magnet which attracts whatever is foremost in the mind.

- Correspondence: The inner world affects everything in the outer world.

- Mirroring: This means that the outside world events affect the inner world of people. For example, a person directing praise toward someone on the work he has done can be a reaction to that person having been praised.

- Intuition: Humans can have the ability to perceive or understand things that they do not know with certainty, but instead feel.

- Belief: Belief means obtaining something with reinforcement of this belief, the image of this belief will be programmed in the unconscious mind, and will affect

a person's actions in order to achieve or attain goals that he or she believes in.

- Accumulation: Through repetition of thoughts, or sayings, these concepts can accumulate in a person's psyche and affect their emotional states or even their health.

- Habits: Whatever a person practices regularly can become a habit. Whether these habits are negative or positive they can be changed and learned through action and repetition.

- Replacement: In order to change any laws previously stated, we must use the same law and work to change our thoughts internally for example positive thoughts and ideas create positive results in the outside world.

After figuring out how powerful the effects of these laws are in our daily lives, we should strive to keep our thoughts positive and avoid all

forms of negative ideation or self talk. By staying positive we can certainly achieve our goals and attain positive results. We can change our habits and our lives simply by changing our minds.



"The subconscious mind is subject to several laws which control human activity"

Fashion: A Long Time Obsession by Arwa Alnamlah

I've always been asked why do I like fashion and shopping, or if the subject of fashion affects my life in anyway? My answer that is always behind my fascination about this field is that fashion is one of the endless fields in this world.

My obsession about fashion comes from how it can expressed in different ways. It's a great way to express who you are. Not only can it be used to express yourself, but also it has unconfined standards; what I think is ugly might be the most beautiful thing you've ever seen. No one can deny that fashion is a huge industry from the old days. Moreover, a lot of civilizations we know about by their fashion.

Everyone has their own interests. In other words, everyone sees history through their own eyes.

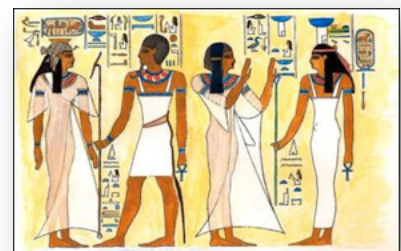
For me, learning about other cultures by their clothing represents the history to some extent.

We've been able to get to know several cultures by their traditional clothing. For example, who doesn't know "Chengsam," which is the famous Chinese dress. It is usually made from silk and cotton and that shows the femininity of the Chinese woman.

It became one of the national dresses since 1929! Not only the Chinese, but also the Pharaohs in the Egyptian civilization had a very special clothing style that indicates things like the climate by wearing as little as possible due to the warm weather. Plus, most of their clothes were made from primitive materials and farm objects such as goat hair, fiber from

palm trees and sheep's wool.

Fashion has no limits of creativity. And when we talk about the creativity in fashion we should mention the technology in contribute in the developing that they made in this industry by initiating a new technological ways in clothing manufacturing. It gave us a chance to be unique by customizing your own designs and print special signs for us.



Extinction by Mustafa Khalifah



Extinction is the end of a group of organisms normally a species. It is hard to know when species goes extinct because they live in a lot of different areas, so scientist guess when these animals all died.

Major causes of extinction include:

Home Loss:

Destructive change to environments or landscapes, either through Mother Nature (like floods, volcanoes, hurricane) or by human (like build new cities, cut the jungles) these things are the greatest cause of extinction in our world. When a plant or an animal does not have a home, and cannot adapt to a different place, it will become extinct.

Pollution:

When we talk about pollution of course we talk about factories. The factories can cause air and water pollution by putting smoke in the air or dropping chemicals into the water.

Hunting:

Some people hunt these animals to use them for eating, decoration and medication. This is the biggest problem for extinction.

In conclusion there are a lot of reasons for extinction so I hope to protect these lovely animals.

S	E	N	K	Y	Y	Y	G	E	S
C	O	L	D	F	I	S	C	Y	N
J	H	A	T	S	Y	I	C	A	O
S	A	I	R	K	K	R	H	F	W
R	T	H	M	C	E	S	R	J	M
W	D	I	A	H	U	A	T	S	A
U	I	L	T	L	C	K	K	N	N
U	B	A	S	S	M	Y	L	O	M
F	E	G	L	O	V	E	S	W	Z
W	B	R	W	I	N	T	E	R	J

AIR	SLUSH
BLACK ICE	SNOW
COLD	SNOWMAN
GLOVES	WINTER
HATS	WEATHER
SCARF	

Find and circle the words on the list in the puzzle. The words may be written vertically, horizontally, or diagonally.

Winter Word Search by Abdullah Bin Taleb, Marwah Khalifa, Mustafa Khalifa and Enas Asiri

Test Your Knowledge of the USA by Arwa Alnamlah, Saleh Aljurbua & Wasmiah Alajmi

1. Who was the first president of the United States?
2. Who is on the twenty dollar bill?
3. Which city is known as the Mini Apple?
4. Which is the tallest building in the US?
5. How many amendments does the US Constitution have?
6. What is the largest lake in the US?
7. Who had the longest period as president of the US?
8. Who had the shortest period as president of the US?

1. George Washington 2. Andrew Jackson – the 7th president 3. Minneapolis Minnesota 4 One World Trade NYC 5. Twenty-seven 6. Lake Superior 7. Franklin Delano Roosevelt (almost 4 terms 1933-1945) 8. William Henry Harrison (31 days in 1841).

Editorial Staff

Saleh Aljurbua is also from Saudi Arabia and is a faculty member at the Institute of Public Administration. He was appointed to continue his education in St. John's LLM in Business Law. He just started studying English at St. John's and hopes to be able to start his major by spring of next year.

Wasmiah Alajmi a Saudi Arabian, graduated from high school in 2013. She studied one year at the University of Dammam, then she got a scholarship to study Respiratory Therapy in the U.S. She might change her major to Actuarial Science, but she is still reading about it. She has an independent, assertive, helpful personality, and she likes to read about health in general and psychology. She hopes that she can change a lot of things in Arabic society and make

people think in more logical ways rather than traditional ones.

Arwa Alnamlah is studying English at St. John's University. She has been in The U.S.A for two years. She is graduated with her bachelor degree in Psychology from King Saud University in Saudi Arabia. She intends to earn her masters degree in Psychology from St. John's University in New York City. She worked as a psychologist for six months. Her favorite hobbies are reading novels and riding a bicycle

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 master 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. Her goal in life is to make the world a better place to live in.

Marwah Khalifah is studying English at St. John's University. Although this is her first trip to New York, she has also visited Jordan, Lebanon and Syria. In fact, she studied in Seattle, Washington in 2014. She is from Saudi Arabia. She graduated with her bachelor degree in law in 2013. She plans to study here for her master in law. Her favorite hobbies are reading and cooking.

Mustafa Khalifah is studying English at St. John's University. He is from Saudi Arabia and this is his first trip to N.Y. He is recent graduate from high school - May 2015. He came to U.S to study chemistry.

He hopes to complete his university after he finishes his course of English as the second language.

Abdullah Bin Taleb after graduating from King Saud University with a bachelor's degree, he practiced law for two years. Then he decided to come to the United States to complete his study with a Master's degree in law from St. John's University. He is currently studying English at St. John's Language Connection.

Genie Smiddy is a language educator at St. John's Language Connection.

