



Spring students with Teacher Laura at Denver University

Ever Tried Ice Skating?

By Khalid Bazazzou and Salman Alkhmshy

We went on Sunday, January 27th. We went with our friends and we were seven students and two teachers from SILC. The place was called University of Denver.

We skated together and somebody fell down and he was laughing. We challenged our friend to have a race and Salman said "I am a hero".

My teachers taught some students how to skate. After ice skating we wanted to go ask somebody about ice skating.

The only problem with ice skating was we saw two people crash together. One person was screaming and some students helped him. After that, the person that works there said to him, "get out of here you skate too fast. Be careful. If I see you skate too fast you can not come back."

Finally, we asked somebody. what do you like most about Ice Skating? He said "I think it is fun because this is the first time I came here."

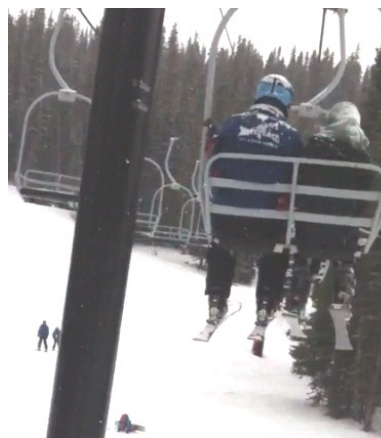
Ski Trip

By Mohammed Alghamdi

"It was awesome." That what Mr. Nasser Alhedyan, Spring International's student, said about the skiing trip which was on February 9, 2013. A group of forty Spring International's students went to Loveland, one hour from down town Denver, with three teachers, Kelly, Britney, and Tom.

The group had a fun time. It was snowing until noon then the weather was stable. It was the first time skiing for most of the students, so a lot of them had a skiing lesson.

Skiing is one of the most expensive and dangerous sport in the world. However, the large turnout of people is because the super fun they feel while the skiing.



"Although it cost a lot, I'm going to ski at the earliest opportunity," Nasser said.

As an answer to my question, what is the best skiing trip you have gone? Teacher Britney said "I've gone skiing in a lot of different places, but one of my favorite places to go skiing is here, in Colorado. It's called Winter

Park. It has a lot of trees that you can go snowboarding in." Actually, Loveland is lovely place for people live in Denver and want a near skiing area.

If you have free time, do not hesitate to go skiing. It's really a very interesting thing. But do not forget to take warm clothing such as, a base layer of thermal underwear, waterproof ski pants, waterproof ski jacket, lots of heavy socks, face mask, helmet, sunglasses can be worn, and gloves. Also, you can rent it from the ski area if you want.



Learn A Lesson For Your Life From Student Moms in Denver

By Rania Arab

Sonia, a mom and a student, said that, "It is so important to pay attention to every single part in your life now because you will have many responsibilities to do." This quote is from a new mom who has been so organized after she delivered her first child in 2012, in Denver. I was so interested in what she was going to say because I had this experience as a new mom myself.

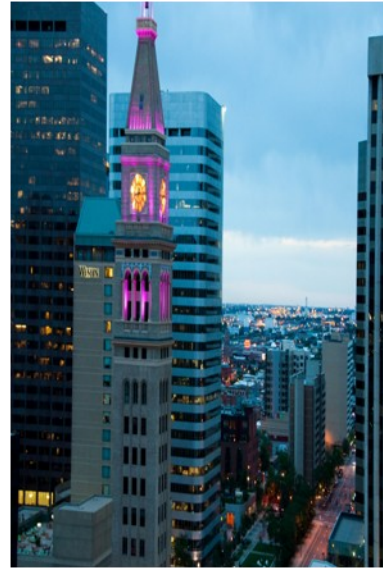
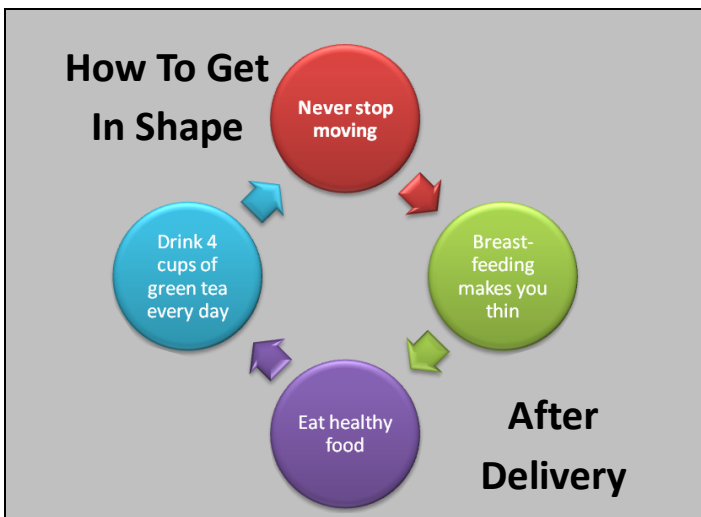
Everyday people want to know about how new moms deal with hard situations in our daily life. In fact, they wonder how moms take care of their children without using a nanny. Actually, this job is very exhausting especially for new moms who are trying to balance between being a mom, a wife, and a student at the same time. They are studying, for they want to be successful moms in the future.



A pregnant student who has been studying for a Masters degree,

Sonia explained that every day she uses too much of her energy to fight her fears and doubts when she goes to college, and she feels very tired at the end of the day. However, when she needs to sleep, she sleeps with her son because she doesn't have any one to leave him with. She leaves her son with a baby sitter when she needs to go to her college.

I have had a very difficult life since I delivered my son on September 6, 2012 because it has been so hard to me to take care of him and go to school at the same time. I don't recommend having a baby and studying to any new mom, for this something is extremely hard to do.



Denver Clock Tower in 2012

What Makes Denver A Great City For Everybody?

By Mohammed Assas

Imagine how many people from different countries around the world want to move to Denver and begin a comfortable life as a family. Denver is a special city that has several advantages for people who want a wonderful place.

Denver is unique in many ways such as the weather, the mountains, and its downtown. In addition, its citizens say that Denver is the most awesome metropolitan city on the face of the earth because different kinds of people come to Denver to build their future by studying in colleges or schools.

I recently interviewed one of my friends his name is Albert, and I asked him some questions about his daily life as a college student in Denver. Albert says about living in Denver, "Not very expensive, not very cheap, so you will be in the middle class. Denver is a good place, and it's a big place, has schools, has everything, and has international people like me. I just came from South Africa before four years.

Denver offers a lot of activities to do especially in Summer and Winter. For example, it has places for skiing and snowboarding as an activity in Winter and skydiving in Summer. Albert said that he plays American football and basketball too as an activity.



Big Blue Bear at the Convention Center



Rise to the Challenge with Stock show

By Wadha Alyami

Imagine that the whinny of horses and the cattle's moo have the ability to show amazing culture. Actually, that is the core of the stock show, which is considered one of the world's largest cattle shows. Its 107th birthday was celebrated in 2013. It inspires western culture.

The most competitive part of the stock show is the rodeo which includes many events. The first is Bareback Riding, that has no saddle and the rider must stay on the horse for eight seconds.

The Second is Saddle Bronc Riding in which the competitor stays on the back of the horse for 8 seconds using only one hand. Both events are judged by the style and skill of the cowboys.

The Third is barrel racing. In contrast to other races, this competition is between women. This event is timed. However, the horse races around barrels in a pattern. At the same time, points are taken off for barrels that fall.



Photo by Wadha Alyami

In a same way, there are types of races requiring on two kinds of animals and sometimes two challengers. One event is named team roping, which is a timed event. One member ropes the horn or head of the calf while the other member gets a back leg.

In a similar fashion, with steer wrestling, the cowboys catch a steer and wrestle it to the ground on its back. Also, it is timed event.

The most interesting and challenging live rodeo competition is the Bull Riding. In this event the rider stays on the animal for 8 seconds and is judged on style.

Finally, all these events require high body fitness and brave hearts to practice these sports almost daily. So, that implies the western culture is powerful and valuable.

Tips to have a maximum enjoyment at stock show:

1. Read the judging ways about the main competition events.
2. It will be meaningful if you take a short look over their history.
3. Invite your friends and don't forget your camera.

Livestock as Pets?

By Saud Adel Alkhaldi

The statistics show there are 134 million pets in the United States. There are also 96 million cattle. Did you know some people raise cattle as pets?

A lot of people like to raise pets and keep them like their baby, but what about a calf? Raising a calf like a pet is strange and difficult. A lot



A little boy walking his pig.

of people like to raise livestock animals as pets.

Many people don't know about livestock. Livestock are domesticated animals such as horses, cows, pigs, and sheep. People raise them for food, fiber, and labor.

In the past they used them to plow, transport, and for meat, milk, and leather. Now they use them quite differently like entertainment, and for the stock show.

The people who raise cattle as pets raise them differently than people who raise cattle for food. For example they feed them special food, wash them, and cut their hair. They even do check-ups for them regularly.

The calf is not the only livestock animal which they treat like a pet. Some people raise pigs like pets, and they love them so much even though many people think the pigs are very dirty animals. They still love them so much.



A show calf at the Stock Show. Photos by Saud Alkhaldi.

Are You a Pho-Natic?

By Akira Ichinose

Do you know, the “world’s 50 most delicious foods”? According to CNNGo 2011, Pho is one of the 50 most delicious foods. Probably you think you can’t get the food unless in Vietnam, but fortunately, you can have it in Denver!

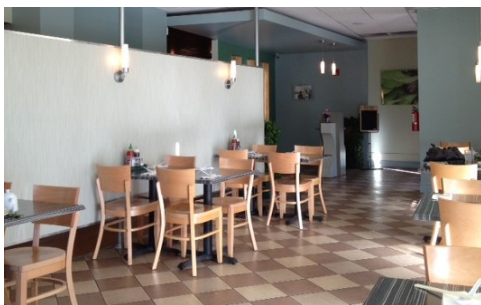
I’ve been to lots of Pho restaurants in Denver. Let me recommend two restaurants to you. One is located in downtown. The other is in “Little Saigon.” If you have a car, I recommend the former one, but if you can’t help eating Pho right now, the latter one might be good.

The best one in Little Saigon is “Pho 96”. Its broth is so tasty as to drink it dry. Meat is tender and the staff is well-organized. The atmosphere is like a diner in Vietnam. “Pho 95” is at the same level restaurant as Pho 96 and its atmosphere is fashionable, but I prefer Pho 96.

The best one in downtown is “Pho-natic”. The Pho is yummy, the floor is neat and bright, so the ambience is perfect to go on a date with someone. However, the Pho in Little Saigon is a dollar cheaper and is superior. Honestly, the others in downtown aren’t worth going to because the pho is gamey and the staff is brusque.

Additionally, I recommend another item “Vietnamese Coffee”, which is coffee with condense milk. I’m a black coffee addict, but I love it. If you don’t dislike coffee, you should try it.

If you’re anxious about eating this unknown food, don’t worry. If you talk to me, I’ll go with you. Enjoy the spectacular noodle world!



96The Pho 96 signboard; the floor at Pho-Natic.
Photos by Akira Ichinose

What is Pho?

"Pho" is a Vietnamese noodle dish and is called [fə:] in the U.S. Pho is served in a bowl with noodles, clear broth, and some garnishes. It is a very popular as breakfast in Vietnam. By the way, Vietnam is a country which is located in Southeast Asia and surrounded by China, Laos, and Cambodia.

Noodles

Noodles are made from white rice. That is why pho is healthy.

Broth

There are two types of broth. One is beef broth made by simmering beef bones, beef meat, vegetables, and spices. Pho with beef broth is called "Beef Pho". Another is chicken broth. It is made by chicken bones and chicken meat instead of beef. The pho is called "Chicken Pho".

Garnishes

Pho is yummy as it is, but you can put some garnishes into your bowl if desired. Jalapeno pepper, bean sprouts, lime and so on are served as garnishes. For lime, you squeeze it into the bowl.

Sauces

There are some sauce bottles on your table. If you want, you serve the source on a saucer and dip meat in it, and then eat it.

Delicious!!



Have You Ever Tried To Be Healthy ?

By Nawaf Alsoghyar

Being healthy is the most important thing in our whole life. "If it doesn't challenge you, it doesn't change you." That's what Dwayne Johnson said. You should take care of your health and your entire body.

It effects our life. For example, There was a guy his name is John. He was so fat and overweight person and he was hoping to achieve his dreams and became a perfect person like what he was dreaming to be. However, why did he do that ? What were the reasons ? Why did he gave his best just to change the way he look ?

There were many reasons which made this guy feel bad about himself like he was so fat and overweight. He felt sad all the time because all of the girls were ignoring him and the boys were laughing about his body and the way he look. Also he was spending all of his money on junk food and on the restaurants. He was an untidy person and he was having uncomfortable life. Everything in his life was so complicated and he was so disappointed about his life.

After that, he promised himself to gave his best and to pass these bad moments. He started going to the gym daily and he did a hard diet plan to achieve his goals and to change many things about his health and his body. He started pushing himself and he started fighting for his dream.

After all of these reasons he had the motivation and finally he did it! Now he is a different person and his life is totally changed. He start to feel comfortable about his life and the way he look. He understood that he did what he supposed to do. As we see his life gets better and his health also. That makes us know that being healthy affects our life and



Beach and Mountains

By Nasser Alhedayan

Imagine that you are relaxing on one of the most beautiful beaches in the world such as Clearwater, which is located on the western cost of Florida.



By 1845, Florida became the 27th state in the United States of America.

Today, Florida has become one of the most popular states in United States, which attracts tourism all over the world.

Clearwater beach is one of America finest beaches. If you walk on the beach before the sunset and watch the view your eyes will be dazzled. People like taking vacation in Florida because the water is generally warm and the weather is also warm all the year.

However, there are other places to enjoy vacation too, such as the Rocky Mountains. The Rocky Mountains, are located in western North America.

The Rocky Mountains are an amazing place to watch the natural views, sunrise and sunset. It's a favorite destination for mountain climbers, hikers and campers. In the winter, the mountains turn white. Skiers and snowboarders enjoy their time on some of the best ski resorts in the United States of America

I interviewed several students about where they like to go for vacation in the U.S. People mentioned California, Florida, New York, Colorado and Chicago, but I think Florida is the best place to enjoy your vacation.

How Amazing is Bowling

By Ahmed Almazroey

Imagine that you played bowling and you got strikes in all rounds. Bowling is one of the most interesting games in the world. People have been playing it for a long time.

There is a nice place where you can play bowling and have fun. And there are some tips that going to make you a good bowler.

Last weekend my teachers and I and couple of my friends went to Punch Bowl Denver. We played for 2 hours and I got the higher score. The place was very nice. They have new bowling balls and all the sizes were available. They played very nice music and the time went fast because we had fun. Besides the bowling they also have ping pong, billiards and they have a restaurant that makes very delicious wings.

Ways to Be a Better Bowler

- Keep your mind in the game. While you are playing give all your attention to the game, then throw the ball.
- Get good bowling shoes. Get a half size bigger than your regular shoe size.
- Make sure you have a good bowling ball. Something that is not too heavy or too light, just right is the way to go.
- It's always best to get a ball of your own instead of borrowing it or renting it.

Interview With Former Student

By Ranim Badawi

I interviewed Ghazal, one of the former students who graduated from Spring International School and now she is studying at University of Colorado at Denver. Her major is accounting and she is 21 years old. I met her at her home and I asked her some questions to get answers from her .

Me: What do you feel you got from the Spring International School?

Ghazal: I got a great experience from the Spring School. I learned how to study in the States, and how to speak, write and read on an academic level .

Me: What's the best way to develop your English?

Ghazal: There are many ways that can develop your language and your skills, such as practicing, studying and watching movies.



Me: What teaching methods do they have at the university?

Ghazal: Each teacher has a different method, but one method that I liked and got my attention is that teachers engage students and interact with them to make sure they fully understand all the materials .

Me: Do you feel that there is a big difference between teachers in the USA and teachers back in your country?

Ghazal: Yes, I do think that there is a difference between teachers. In several ways. For example, teachers in the United States are open for comments and opinions unlike teachers in Saudi Arabia

Me: Did you have a good experience at Spring?

Ghazal: Yes it was a wonderful experience and I met a lot of people through this experience.



Steps for College or University

By Meshal Alzahrani

After completing high school some students find job while many others want to go to college or university in the united states.

I have researched the steps that Spring International students must do for admission. As part of my research ,I interviewed Kate Levine who is the college admissions specialist at Spring. She said, "the requirement steps for each university are different. Universities are looking for a good "fit" between the school and the student's academic goals."

I asked Kate what Spring students should do to prepare. Kate suggested, "students need to do their own research with several universities and find out what one might be the best for them."

Kate also gave some very good advice to think about. She said, "College will be two to four years of your life, so you should choose carefully because it is so important."

Some Schools Where Spring Students Were Admitted Last Term:

University of Colorado at Colorado Springs

Colorado State University (Fort Collins)

University of Dayton (Ohio)

Idaho State University (Pocatello)

Colorado School of Mines (Golden)



Ask Samaher

By Samaher Alghamdi

Dear Samaher,

What is your advice about stay awake until the mid-night?

–Meshal AlZahrani.

Caffeine is the helper. Drink a cup of coffee, it's gonna help you.

Dear Samaher,

I have a big problem with grammar, how can I get A+?

–Salman AlEnezi

Study hard, and memories your lessons daily. If you have any questions go ask your teacher or have a tutor if you can. Also, practice using grammar in speaking instead of the slang language, go to the computer lab to use the grammar program. Actually, the English learning is more effective if you learn deeply. That mean you should focus on the input sources which are the reading and listening. So, you can be fluent English student in general.

Hi Samaher,

I have a bad memory. I can't remember the lesson that I had took before couple of days. I need your suggestion!

–Wadha Alyami.

Hi Wadha,

My suggestion to you is that you have to take an Omega3 its going to help you a lot.

Dear Samaher,

I can't sleep at night because of my baby son. So, what should I do?

–Rania Arab.

You should make his father raise him while you are asleep. Why isn't he acting like a father :P !

Dear Samaher,

If you see a drunken person and he tries to bother you, what should you do with this person?

–Mohammed Asas.

Ignoring him is the best solution.

Dear Samaher,

I want to try the ice skating. How can I play it, any advice?

–Ahmed AlEmadi

Umm, I'm not sure about that but taking classes in this by a professional is going to help you a lot. Check this it will help you: <http://www.winterparkresort.com/>
Or go to the Echo Mountain.

Dear Samaher,

I want to take a vacation in U.S. I need some advice!

--Saud AlKhaldi.

Well, in my opinion The United States wealth with beautiful destinations where you can enjoy a great time all year around. So, it depends on what you're looking for. I'm going to give you many choices, such as: Orlando, Florida, Savannah, Georgia, Las Vegas, Nevada, San Francisco, California, and New York City. Have a good vacation!

Dear Samaher,

What's your advice of being healthy and keep in fit?

--Nawaf Alsoghyar.

Eat healthy food, drink more than six cups of water daily, do exercises or at least walk for 30 minutes daily, and sleep well. Also, make sure that you food doesn't have lots of fats or sugars.