

# THE CELAC STUDENT VOICE

## What is the Relationship between Food and Good Health?

by Andrea Queiroz de Souza

What we eat and our good health are directly linked. Several nutritionists advise that if you want to be in good health, you need to eat well and exercise. The combination of these factors will make you have a long and healthy life.

Things that needs to be avoided are eating fast food, soda, and foods with too many carbohydrates, too much salt, and too much sugar. In addition, always exercising is a great way to stay healthy and also helps keep you in shape.

In conclusion, having the balance between healthy eating and exercising will allow you to have good health.

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## The Difficulties of Learning New Languages

*by Mohsen Ranjbar*

Due to the expansion of global communication and the “media age”, it seems necessary for all people to learn new languages to make better connections with others. But there are some difficulties in this way; that is the differences between languages, which can cause problems for the learner. In my opinion, the most difficult aspects of learning a new language are differences in pronunciation, different linguistic structures, and in several cases, differences in the alphabets and the writing systems.

Everybody who has begun to study a new language has faced some consonants and vowels that are strange to them. For example, there are four kinds of “z” in Arabic, which are pronounced differently or some languages do not have consonants like “th” sound in English; consequently, if people of these languages try to learn English, they encounter the problem of the pronunciation of words which have “th”.

Another difficulty in learning a new language is the difference in the language structures between the learner’s mother tongue and the new language. For instance, maybe one language possesses masculine and feminine forms of verbs, but the other one does not. For instance, in Arabic, there are many forms of masculine and feminine words but Persian is fully empty of such forms. Sometimes there are differences in the order of the words in a sentence. For example, in English, the verb is at the beginning part of the sentence, but in Persian, the verb goes to the end of the sentence.

There is another problem in some cases such as Hebrew and Chinese which have a different writing system from many of the European languages. Of course, we face this problem in many cases. For example, some widely-used languages such as Arabic and Russian do not have the Latin alphabet, so you as a learner need to learn their writing system as well as the meaning of the words and tenses.

Finally, although there are many similarities between languages, especially those which are from one linguistic family, every language has its own characteristics which sound unfamiliar to a new learner. In my opinion, the most difficult aspects are some things about pronunciation, structure, and writing systems.

## Get Over a Breakup!

by Liliana Alva Regalado



Offering advice to our best friend about how to get over an awful ex-boyfriend seems pretty easy, but what happens when the breakup happens to us?

The specialists say that we should be our best friend and take care of ourselves, giving us time for crying, returning to our favorite activities, hanging out with friends and close family, and lastly asking for help. There is no “one way” for recovering after a relationship. Every person has her/his own process and time for each step, so do not run when it is time for walking. Because on the subject of love everyone has less or more experience, here there are some advice about the recover process.

Being sad for a period is a normal step after a breakup, giving you time to cry and miss the person while you are returning to yourself. I remember one time in my early days in college when my best friend texted to me about her breakup with her boyfriend. She said: I am sad. I need some happiness and comfort after my crying. Let’s meet at the ice cream store, and I will tell you what happened. We ate a whole liter of ice cream that afternoon. Still today, my advice is the same: it is not good idea to run for another love immediately. Give your heart time to recover. My friend stayed single for a while. I think it was good idea; she learned a lot about herself in those days. She appreciated the time being herself, and this period is connected with the next step.

My second advice is rediscovering your favorite activities, food, movies, places, and even people. For instance, pack a suitcase and go to that place that you always wanted and travel was postponed for one reason or another. In fact, you can change your schedule going out with friends or visiting family the next holiday weekend. The idea is looking inside of you without pain or hate and to find what experiences you are going to keep from your ex because you really liked them and what experiences really are unnecessary. You will learn that you may not miss everything from your ex. That is normal. In truth, it is a good signal that you are walking the process.

In conclusion, getting over a breakup is possible and sweet if you start to be your best friend and take care yourself. It is going to be a journey after which you will be stronger and wise about yourself. It is important that you remember that you are not alone in this world of broken lovers. There is always going to be someone that can help you, whether with an ice cream or just talking.



### Andrea

Hi, my name is Andrea Queiroz de Souza. I am from Brazil. I own a business called Minds in Fortaleza, Ceará. I have a degree in tourism and a Master's in Business Administration. I came to Albuquerque to improve my English and learn about the culture, and was happy to find CELAC!



### Liliana

Liliana likes to write, walk, and learn about cultures. Her major is Journalism. She graduated from a local university in her city, Morelia, Mexico. She worked in local newspapers and taught Spanish in a government school. A few years ago, she changed her residence to the land of enchantment, Albuquerque, New Mexico.



### Mohsen

I am Mohsen from Iran. I have studied Pharmacy. I have worked as a healthcare professional for a few years, but I am going to pursue my dream as a researcher at UNM. I love philosophy, music, and science.