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Nole News is Good News

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SGI Bound

CIES trip to a great beach

One of the most popular places for Tallahassee residents to go on the weekend is St. George Island (SGI). This island is a **narrow** strip of land on the Gulf of Mexico about 90 miles from Tallahassee. We have a tradition of visiting St. George Island several times a year at CIES. We always have an awesome time, and all of you should sign up!

We will meet at **7:45 am on Friday September 30th at CIES**. (Remember, there are no CIES classes that day.) There will be a bus that will take us to the beach. You should bring anything you might need for spending time out on the beach. We recommend that you bring sunscreen, bottled water, sunglasses, snacks, and **money for a meal at a nice seafood restaurant**. (If you don't like seafood, don't worry; the restaurant serves other types of food as well.) The bus should return to CIES around 6 p.m.

There will be a sign-up sheet available on the bulletin board in the lobby. This is a very popular trip, so sign up soon. We ask that students do not drive their own cars. We have a large bus reserved, so there is definitely room for us!

Fall Festival Ahead

Next week is the final week of the session. Many of you are busy studying for your exams, and you are probably excited for the end of the session. Many of you may decide to take a short trip between Fall I

and Fall II sessions. However, please stay at CIES next Friday. Next Friday is our Fall Festival which is one of the best events of the year here.

There are games, great food, and fun for adults and children, too. If

you have any family members (husband, wife, children, siblings), please invite them! This is our 3rd annual Fall Festival, and it is already one of the days that the CIES teachers look forward to the most.



A new family member

We are very excited to announce that one of our teachers, Candace Warmka, had a baby this past weekend. His name is Peter Alexander Warmka, and he was born on Sunday September 25, 2016. Both mother and baby are doing well.

Even though Candace cannot have visitors in the hospital, she will probably bring her baby to CIES during the next few months. Here's a picture of Candace and Peter that was taken on Sunday.



We will miss Candace these next few months, but we are excited for both her

and her husband as they celebrate their firstborn child.

Notes from the Office

*The time between Fall I and Fall II is very short. Many of you who are sponsored by your governments must have financial guarantees that are current. Michelle will be notifying those students who need to update their letters. Make sure you get this taken care of soon, or you will not be allowed to attend classes at the beginning of Fall II session!

Awesome Sports Opportunity!

Here at FSU we have a great sports management program. Many students (including international students) learn about managing sports teams and the many varieties of sports throughout the world.

CIES is starting a partnership with the sports management program. The students in the program want to interact with CIES students and share their knowledge about sports at FSU. They are offering us the opportunity to tour sports facilities at FSU, play various **intramural** sports here on campus, attend FSU games, and even learn more about American sports culture. Some of the sports will be football, soccer, softball, track & field, and basketball. **If you are interested in this awesome opportunity, please sign up at the front desk this week.**

Culture Question

Question: Why do so many college students and people in my apartment smoke marijuana? (question courtesy of Ghadyer Alderei)

Answer: Many students have asked this question, so we thought it was time to **shed some light on** this issue. Here are some things to know about marijuana:

- 1 – The federal (national) government says that marijuana is illegal.
- 2 – Even though the national government says marijuana is illegal, many states have legalized marijuana **recreationally**. This means that anyone who lives in or visits these states (Alaska, Colorado, Oregon, and Washington) can use marijuana that is purchased in stores. However, it is still against the national law, but the federal government under President Barack Obama has decided not to punish people who use marijuana in states where it has been legalized.



3 – Medical marijuana is legal in over half of the United States. In these states, you can go see a doctor, and they can

prescribe marijuana as medicine. For some people with cancer, marijuana can help with the pain. For sick people who are thin and losing weight, marijuana can help you gain weight and be healthier. There are even some people with Parkinson's disease who suffer from terrible shaking and muscle movements.

Marijuana can help reduce (or even eliminate) this problem.

Most people in the United States recognize the importance of medical marijuana, but the use of recreational marijuana is controversial.

Here in Florida, marijuana is illegal. Purchasing or **possessing** significant amounts of marijuana can lead to serious time in jail and can also affect your visa for the US. Despite this, a large number of college students will use marijuana. In 2013, over 35% of college students used marijuana at some point during the past year. However, only 5 – 8% of college students use marijuana regularly. It may seem like all of our friends are using marijuana, but they aren't.

4 – For many people, marijuana has fewer effects than alcohol, so most people don't consider it a dangerous drug. Even so, any illegal behavior by students can ruin their academic career, and for international students it can cause you to leave the country.

Bottom line is "Say no to drugs but yes to hugs!"

Language Question

Question: What does the word sensitive mean? How can I use it correctly? (question courtesy of Bader Alahmad)

Answer: This can be a tricky word to use. Sensitive can be used to describe things or people. When you use sensitive to describe things, it means that things are easily affected by other things. For example, if you say that your eyes are sensitive to the sun, it means that it is really easy for the sun to hurt your

eyes. Some people have very sensitive skin. If you have sensitive skin, some soaps or body lotions might cause your skin to turn red. You can also have sensitive teeth. This means that hot or cold food makes your teeth hurt.

When you use sensitive to describe a person, it means that their emotions are easily affected. For example, in listening class we learn that there are times where you might have to offer criticism or make a complaint. For most people, polite criticism or complaints are not a big deal. However, a sensitive person might get sad or cry very easily. Sensitive people often tend to be very caring and loving towards others, but they also can get upset very easily. Being sensitive is not a bad thing, and the people around you usually **adapt** to your personality and learn that they can't say or do certain things around you.

Editor's Note:

If you look at the title of this week's newsletter, we've changed it. This week it reads "Nole News is Good News." This is actually meant as a joke. In English, we have the common saying "No News is Good News." (This means that having nothing new to say is often a good thing!)

Quote of the Week

"Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that."
- Martin Luther King Jr.



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This week's vocabulary:

- narrow (adjective) – not wide; thin
- intramural (adjective) – between different people or teams in the same school or organization
- to shed light on (idiom) – to give more information about; to show; to describe something new
- recreationally (adverb) – doing something for fun or enjoyment
- prescribe (verb) – when a doctor orders medicine for a patient or person who is sick
- to possess (verb) – to have something; to own something
- to adapt (verb) – to change or alter something based on a new situation or person