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CIES Nole News

The Weekly Publication for the FSU Center for Intensive English Studies



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Spring has arrived

Some health tips for the new season

As you may have noticed, the weather has recently changed in Tallahassee. There are hundreds of thousands of trees and flowers in Tallahassee. Although this helps make Tallahassee a beautiful city, it can also cause problems. Spring is when plants **bloom**, and these plants release pollen into the air. Although pollen is not dangerous, many people with allergies have problems. Sneezing and watery red eyes are a problem for many. Closing your windows, limiting your time outside, parking in a garage, and cleaning your car regularly can help. You can also visit a pharmacy or grocery store and buy some medicine to help. (They sell **over-the-counter** allergy medicine which can be very helpful!) Don't worry though – you will probably only need medicine for a few weeks. By mid or late April, the pollen usually goes away.

The weather soon will become very warm. Since many of you spend a lot of time outdoors, we encourage all of our students to shower regularly. Even though you may smell good in the morning, you might not smell as fresh by listening class. One way to solve this problem is to bathe and shower regularly! Another important habit is to **drink plenty of water** – your body loses water when you sweat, so drinking lots of fluid will keep you healthy.



CIES Voices Competition

We all learn many useful writing skills in our composition class. Whether it be sentences, paragraphs, or even entire essays, every student at CIES has found ways to express themselves. We all come from different countries, cultures, religions, and backgrounds. It is important that we share our different backgrounds with others. CIES Voices will give every student a chance to share their experiences.

No matter what group or level you are in, all students should consider submitting some of their writing. Anything can be submitted, whether it be a poem, an essay, or even a journal writing. Here are the steps to submitting your writing.

- (1) Choose the best writing that you've completed at CIES (this session or before).
- (2) Talk to your Composition teacher about your writing and they can maybe give you suggestions to make it better
- (3) Finalize your writing and make sure there are few errors in grammar or punctuation.
- (4) Submit your writing to either your composition teacher or Andrew Wilson (acwilson@fsu.edu) on or before Monday April 11.

The top two compositions will be announced by Dr. Kennell, and the winner will have his or her name

engraved on a plaque downstairs next to the activities board.

Honor Roll Correction

We have recently featured students who have achieved honor roll status in the past two issues of Nole News. There was an error in one of the issues.

Esra Alabduljabbar is also one of the students who made all A's and is on the **A Honor Roll**.

Congratulations to Esra and all of the other honor roll students.

Springtime Tallahassee

April 2nd is the date of one of Tallahassee's biggest celebrations called Springtime Tallahassee. On that day there is a large parade, food, games, and even a race to start the day! We are inviting our CIES students to register for the Springtime Tallahassee **race** which will be that morning before the parade. See the link on Facebook or see Jenn Dickinson if you want to find out more information. Go ahead and put this important date on your calendar and be prepared to celebrate spring with thousands of other people from Tallahassee!

Happy Birthday!

We have many CIES birthdays this week. Don't forget to send wishes to:

Esra Alabduljabbar (March 23)

Lacey Moret (March 23)

Rashed Almery (March 24)

Juliana Santos (March 26)

Ileana Rebage Soto (March 29)

Eve Sawadogo (March 29)



Culture Question

Question: What is Easter and how is it celebrated in the United States?

A: Easter in the United States is celebrated in both religious and **secular** ways. In many communities, the Christian aspect of the holiday, which includes many prayers and church services, is combined with visits

from the Easter Bunny, hunts for painted Easter eggs, and baskets for children containing chocolate bunnies, eggs, and small toys. Easter parades are also common. The Springtime Tallahassee Parade and Jubilee draw thousands of visitors to the downtown area every year. For most Christians, Easter is the most important



holiday during the year. (It is even more important than

Christmas!)

In many other English-speaking countries, both the Friday before Easter and the Monday after Easter are holidays. Easter is not a government holiday in the US, so (unfortunately) there will not be a holiday.

Language Question

Question: Can I use a word like "and" at the beginning of a sentence or paragraph?

Answer: You should try not to use FANBOYS at the beginning of a sentence. FANBOYS is another word for the coordinating conjunctions **for, and, nor, but, or, yet, and so**. Although people will start sentences with these words often in spoken English, in written English this should be

avoided. Use a **conjunctive adverb** such as **also, however, or therefore** instead.

Sentence 1: And you should ask your teachers if you have any questions.

Although sentence 1 would be fine in spoken English, it would be less appropriate in written English because you are starting the sentence with a coordinating conjunction.

A better way to write Sentence 1: Additionally, you should ask your teachers if you have any questions.

Practice writing each of the following sentences using conjunctive adverbs.

But, she gave the remaining pieces to her friend.

Or you could opt not to go to the event.

Quote of the Week

Try to be a **rainbow** in someone's cloud.

- Maya Angelou



Center for Intensive English Studies

634 West Call Street

Tallahassee, FL 32306-1127

Phone: (850) 644-4797

Fax: (850) 644-7417

Email: cies@admin.fsu.edu

www.cies.fsu.edu

www.facebook.com/CIES.FSU

Nole News Editor: Andrew Wilson

This week's vocabulary:

bloom (verb/noun) – when a flower comes out in a colorful blossom during spring

over-the-counter (adjective) – describing medicine that is purchased without a prescription

race (noun) – an event where people run (or go fast) in order to win a competition and prize

secular (adjective) – not-religious

conjunctive adverbs – adverbs that connect a sentence to another sentence (however, additionally, etc)

rainbow (noun) – an arc of colors found in the sky often after it rains