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This magazine was written, designed, edited, and published by students of the Digital Magazine Focus class at the ELC. It includes student interviews, information about DU, explanations of cultural festivals and traditions, recommendations for healthy living and places to visit, as well as delicious recipes and sports. You can also find many more interesting things inside.
Jumana Alansari is a Kuwaiti student who is studying in Intermediate High. She is obsessed with horses, and an equestrian at Kuwait Riding Center in Messila. She chose the ELC because she heard that it’s one of the best schools to learn English. The thing she learned from the ELC besides English is what other cultures are like and making friends from all over the world. After the ELC, she is planning to study either business or engineering. The most interesting event that she has attended at DU is the Culture Fest, because she could learn about many cultures in one place only. What she likes most about living in Denver is the daily routine, like going to the school with her friends and doing fun activities on the weekend such as rafting and skiing.

Sunny

Sunny is a wonderful and outgoing girl. She is an Advanced Low student, from Korea. Actually, she talked about her country as a great nation which has wider popularity around the world. This is a consequence not only because Korea has the electronic development, but also because the movies and musical production that has invaded the world in few years. In addition, Sunny is still an undergraduate student, and her major is the Public Relations and Advertising. She came to Denver two months ago, and she chose the ELC to achieve the English proficiency. Furthermore, she has found ELC a great environment for learning English, because there are a lot of students from different kinds of cultures, and this communication contributes to improve the students' skills in a short time. Finally, she shared with us her ambition. She aspires to be a successful member in entertainment industry, and a wonderful mother for a nice family.
A Y A Q O U B  A L D H A F E E R I

This handsome guy is Yaqoub Aldhafeeri. He comes from Kuwait. Yaqoub is studying in Intermediate High now. He thinks the grammar is the most important part of studying English for him. The magazine do not interest him; Instead, Yaqoub likes reading books about history. He really likes traveling. He has traveled to England, Dubai, Poland, Turkey and China. He likes running and going hiking in the free time. So he looks healthy and energetic all the time. After graduating from the ELC, he plans to study medicine in England.

A B D U L R A H M A N  A L O M A I R

Abdulrahman Alomair is 24 years old from Saudi Arabia in the East part of Saudi Arabia a city called Alahsa he’s in Advanced Low in the ELC. He decided to study in the U.S., and especially in Denver because his brother studied here, so he told him that ELC institution is one of the best institutions in the U.S., so this is the reason that he chose this institution to learn English. He has the bachelor degree in financial accounting in King Faisal university in Saudi Arabia, he came here to continue his higher education which is also in financial accounting, and he has not got the admission from any university before. If he gets one million dollars he will buy his own stable, he wants to start an institution to train people who want to be horse rider’s. Actually he’s a horse rider, and his horse’s name is “Laith” which means lion in Arabic and that’s his hobby, so he wants to make this sport popular in his country. His favorite class in the ELC is integrated skills in level two because he had many benefits in this class and in this time he was not good enough in English. He says that level two was the hardest level because he didn’t study English before and that’s his first time, so it was hard for him. His dream in the future is to complete master degree and PHD, after that he will be a professor. His car is a Crown Victoria in Saudi Arabia.
Roshan Shariff Mohamed is a shy boy who comes from India, he has been living in Denver around 7 months. He hopes to study undergraduate in university of Denver, that is same as other students, and he hopes make new friends with other one too. His favorite sports is Crickets, he always plays it with his friends in free time. He believes the university of Denver is one of best universities in America, so he chose it. His goal is telecommunication engineering, he is struggling to achieve this goal. His favorite classes are writing and reading and speaking, he has big progress through learning in ELC, and his English is better than past. He likes America very much although he cannot answer reason. He believes America is a great country. Roshan hopes his English ability can continue to improve in the future and get success in education to finish his dream.

Yue Su is approachable girl from China. She is in advanced high now. When she just came to America, the biggest challenge she faced was the phone call because it was difficult for her to pronounce every word correctly. Her favorite class in ELC is focus class, especially pronunciation, because the atmosphere of the class is very good and the classmates are very friendly. She thinks this class is helpful. She likes to watch animation and try to play different instruments in her free time. Her favorite restaurant is Zoe Mama which is a Chinese restaurant located in downtown. She has many plans when she graduates from ELC. First, she will travel to Japan with her best friend and try different instant noodles, after that, she will go to China and visit her family members and friends. Finally, she will travel again to U.S. to study undergraduate degree in DU.
Kris who was born and raised in Taiwan. Now, she is studying in English Language Center level 5. She had finished one quarter in ELC. She is new in Denver and looking forward to explore this city, however, she does not a big fan of winter in Colorado because so cold. She had worked in Australia for a year before she came to Denver. She has lots of work experiences, such as digital-marketing firm’s assistant manager, waitress and floor supervisor. In her free time, she prefers to watch American TV show and movie. She also likes to discover cooking news from YouTube. In recently, Japanese spicy miso ramen is her best-loved food to cook. “It is easy to cook and so delicious” she said. In the future, she is going to University Of Denver and finishes her master degree. Finally, she prefers to share her dream for us. She hopes that she can have her owns coffee shop and second-hand clothes shop.

Mohammed Mahdi is my classmate who is currently studying at advanced high in the English Language Center. He comes from Iraq. His hobby is playing soccer. He plans to attend the university after graduating from ELC. He really loves Denver. He think that DU is the most beautiful place in Denver. His dream is becoming a soccer player, because when he was a little child, he has already hold that dream. What’s more, he thinks that English Language Center is a great place for improving English. After studying in the English Language Center, his speaking, writing, reading and listening all get improved.
Huthaifa Alsbhy

Huthaifa he is from Saudi Arabia he have been here since this quarter started he choose to study in united states because it made up with different cultures he choose Denver as state to study because the weather is different from Saudi Arabia and he said the people in Colorado so friendly . Huthaifa likes ELC so far because the teachers are really good and helpful even if the problem not related to ELC they are happy to help you if they can also the student here in ELC all of the are respectful and so friendly some time we meet in the break time and talk about our different cultures . Huthaifa likes to play video games in his free time but he said he have a lot of free time after the class and he wish he can meet an American people and be friends with them as he used to be pro-social in Saudi Arabia with everyone .

Othman Ali Alhamari

Othman Ali Alhamari is from Riyadh, which is the capital city of Saudi Arabia. This is his first quarter in ELC & he is standing in intermediate low. Othman’s aim is to pursue bachelors in computer sciences and he believes, DU is the best school to get his bachelors. Difficulty he faced when he entered USA is, he was unable to understand English. However, now he improved his English than before. Thanks to ELC!. A couple of best parts he like in USA are weather and freedom. He is excited being in a mixed culture in ELC. Something interesting about him is he loves Indian food. which is a spicy food.
MUSAAD AL QAHTANI  HURAIZ

Musaad Al Qahtani is from Saudi Arabia. He has been here in Denver since March 2015 and he is in the INT LOW level. The main reason that Musaad choose the ELC in University of Denver is because he found many people in the internet recommended the ELC in DU to study English. Listening & speaking class and Grammar class are his favorite classes. Musaad has Bachelor of Arts of English and his plan after finishing the ELC is to start a master of Applied Linguistic. In addition, in his free time, Musaad likes to hang out with friends at the mall or to have a picnic in the Washington Park. Also, playing soccer and swimming are his favorite hobbies. Moreover, the Saudi football team called Alhilal is his favorite team. He is actually outgoing and so friendly.

ZAED AL HURAIZ

Zaed Al Huraiz is from Saudi Arabia. He has been here for two months, and this is his first quarter in the ELC. Actually, he is now in Foundation level. He has not faced any difficulties since he came here because he believes that the ELC staff has helped him to overcome all hardships as a new and foreign student. He likes to study in the ELC, and he thinks that the ELC group is really professional. Also, he is going to study Chemical Engineering after he passes all ELC levels. However, he loves Denver, and he likes to walk in in the park and drink coffee or eat lunch when he has free time.
The Director of ELC

Mr. Matthew Griffin is the director of the ELC. He is originally from Michigan. He is really hard working and always seeking to improve the ELC. In undergraduate he studied Spanish and business. Then his master’s was Teaching English to Speakers of Other Languages. Also he has an international MBA. He thinks that the quality of the staff and the instructors, who have the highest possible degrees in the field, makes the ELC special school. Therefore, instructors helped to make a unique curriculum, especially in the highest levels. Matt’s goal is to continue improving the program and the curricula. Another goal is to make sure that the students’ experience is outstanding and to prepare them for the universities. In addition, if he did not work at the ELC, his dream job would be professional golfer. However, he likes the challenges in his current job. In his free time, he prefers to spend most of the time with his family, do exercises. Also he enjoys going up to the mountains, skiing, fishing, and camping. In his opinion, the most difficult part of the job is managing different people, projects, and also doing things on time. Nevertheless, he believes that dealing with students from different cultures is the most interesting part of the job and he enjoys this challenge. Moreover, facing new challenges every single day is interesting for him.

Student of Denver University

Wyatt Erin was born in Utah, but she has been living in Denver since she was 5 years old because her mother works in Denver. Now, she is 20 years old and a sophomore, she has three brothers and three sisters. Her major is Art and Design, she chose this major because she likes to design something such as clothes and shoes. In the class, she always does some interesting work about design. In her free time, She likes watching baseball, although she does not like play baseball. She also likes shopping with her boyfriend. She has special hobby that walking in the street by herself, just walking, not doing any other thing.
* Do you know that a week in old Egypt contained 10 days?
* Do you know that a giraffe sleeps only 9 minutes?
* Do you know that the blue whale is the biggest animal in the world?
* Do you know that dolphins close one eye when sleeping?
* Do you know that some spiders can stay 520 days without eating anything?
* Do you know China had five thousand years of history?
* Do you know that a lion is afraid of a rooster’s voice?
* Do you know Colorado is famous as the Centennial State because the Centennial State was founded in 1876-100 years after the signing of the Declaration of Independence?
* Do you know Denver International Airport is twice the size of Manhattan?
* Do you know an Ostrich’s brain is smaller than its eyes?
* Do you know a Polar Bear does not use his right hand?
* Do you know an elephant is the only kind of animal which cannot jump?
* Do you know the light hits the earth six thousand times per minute?
A lot of people think that museums are boring, and that is right most of the time. Museums are usually only interesting for the people who are specialized in the museums’ field. However, History Colorado Center breaks this rule. After I visited these museums, I am sure it would be fun and enjoyable for most the people since there are many things to do such as, watching videos, playing games, and listening to different topics and voices.

Moreover, the museum has three floors. In the ground level, you can see some rooms from the history such as classroom, and living room. Also, you can try to feel what it is like to ride in an old car. Furthermore, you will see examples of their clothes. In the second level, you can see Colorado stories section. In this section there are a mine to explore, mine tools, stories for different people in different eras in Colorado, old barracks, and a skiing game. In addition, the second section in this floor is Denver A-Z. In this section Denver is summed up in 26 letters. This section is my favorite in the museum because it shows how Denver is a great place to live. The last section in this level is Denver Water; it describes how the snow is the main source for water in Colorado. Also it shows the fires in the forests. In general you will find there information about the wildlife in Colorado. In the last level, there are videos, pictures, and sculptures to describe the American culture, and the most important events in the history. Finally, when you finish there is a store to buy gifts. My advice is to visit the museum early in the day because you will need a long time to explore it.

HOW TO VISIT

The museum opened on 28 April 2012 at 1200 Broadway. Moreover, the building’s cost was $111 million. The museum is open daily at 10:00-am until 5:00pm. The costs of the tickets are $12 for adults, $10 for seniors (65+), $10 for students, $8 for children (6-12), and free for children who are below 6.

By Mubarak
The University of Denver is a famous university in America, and it is one of the best business colleges in America too. There are many buildings which provide a large number of learning materials and environment that is suitable for people to study. The library is a representative building in campus. Although the University of Denver has long history, the library was built in modern time. By the end of 2008, it had collected more than 3,343,120 books, these books include different types of data such as Art history, biography, career, philosophy and science etc. The library of DU has cooperative relationship with four universities and their library institution, that include Colorado alliance of research library, the library of Lamont music school, Westminster law library and preservation and access service center for Colorado libraries, so students can borrow nearly any book in Colorado libraries by Prospector system.
There are three floors in library, every floor has computer and printer, these are convenient for students finishing work. People can find a counter which sells water and food and a register for borrowing books in the first floor. There are many bookshelves in the underground floor, most books are saved in bookshelves, and students can find the books they want to get by their serial number on the book.

There is a glass classroom in the center of the second floor, where teachers always teach open lessons here. The library is open 24 hours from Monday to Thursday, and students can study in the library and use public equipment nearly every time. Now, there are many students who are undergraduate or ELC study in the library of Denver every day. Library provides a quiet environment for learning for them.
Ritchie Center is a building which contains many places for students to exercise. This fitness center includes gym, Olympic-sized swimming pool, basketball stadium, hockey area and ice rink. DU also has soccer field and baseball field around the Ritchie Center; therefore, students can do any sports they want to play. A lot of students go to the gym every day because they want to lose weight or have a strong and healthy body.

Centennial Tower is the dormitory of the freshman and some sophomores, and it is also the main place for ELC students to take classes at the first floor. Tower has more than 9 classrooms for students from foundation to advanced high. The classrooms are clean and comfortable; students always have good times there.
**Daniels Building**

Daniels Building is the center of the university which was built in 1994. The official name of Daniels building is Bill Daniels, cable television pioneer. It is a place for students and professors to dine, study, and more. The building is so beautiful, and many of my friends think that this is the most wonderful building in the University of Denver.

**English Language Center**

English Language Center is a building for ELC students to take classes. Most of the ELC teachers’ offices and letter boxes are in this house. Students usually register their classes in the computer lab here. Also, the ELC holds some parties here because there is a big lawn behind the building.
Maze is a challenge game which have many routes in an area, but there is only one can get destination. This Robot maze is not very difficult. You can go from red point to green point. Try you best and good luck!!

**Jokes**

Why did the turkey cross the road?

To prove that he wasn't chicken.

By: Linda, Cicily, Steve, Hassan
Girgean is a traditional festival or celebration for people and specifically for children in many Gulf countries (Saudi Arabia, Kuwait, United Arab Emirates, Qatar, Bahrain, Oman). It’s very common for parents to encourage their young children to fast in the holy month Ramadan and their way to show how proud they are is by this celebration. The time of Girgean is usually on the 14th or the 15th of Ramadan when the moon is approximately full. In other words, Girgean is so similar of Halloween, yet without the scary part. Children go ask for candies from one house to another. In Gergean Children get different types of gifts and candies and both boys and girls wear traditional clothes.

**Girgean Costumes**

Clothes differ for boys than girls. For example, almost all boys wear the same costume. They wear a white long cloth we call “Thoob”. On the other hand, girls wear dresses with different kinds of colors. Girl’s dresses are more special than boys because they are not only colorful but also they are unique with their gold thread and gems. Also, girls always make their hair look beautiful. Girgean is a very important and fun event in Gulf Countries culture.
Traditionally, Arabic coffee or (Gahwa) is a very important drink in Saudi Arabia. Is consider as an icon to the great hospitality, and usually guests served Arabic coffee with date and traditional dessert like *Klajah*.

So, what is the best recipe to prepare Arabic coffee? Actually, In Saudi Arabia each province has own recipe to prepare Arabic coffee, but today there is a famous recipe if you follow it exactly you will get the unforgettable taste. First: In a pot “Dallah" put 3 Tablespoons of ground Arabic coffee, then put 2 cups of water. Second: Heat the water with ground coffee to a boil on medium heat, then reduce the heat on the burner to low. Third: Add 1 tablespoon of ground cardamom with some Zafran (saffron), then let the coffee on low heat for 5 minutes. Finally: Remove the coffee from the stove, then pour the coffee into the thermos.

By: Abrar
Everyone can observe the date as a main ingredient in all Saudi traditional desserts. Actually, there are different kinds of date desserts which we really love and cherish as a part of our Saudi culture. “Klajah, and Mamol AL tamer” are most popular sweets. These dessert usually serve with black Arabic coffee in

**Klajah:**

Klajah is most common Saudi sweet especially in the winter season. Actually, There are different recipes to bake Klajah, but most people still prefer the original recipe. So in order to get delicious and irresistible klajah you should follow this recipe:

**Recipe:**

In a bowl, mix together flour, 1/2 cup sugar, ground cardamom and cinnamon. Then, cut in butter until dough look like coarse crumbs. Next, put egg and milk; stir until mixture forms a ball. Preheat oven about 400-degrees F. After that, roll out dough is important step, so you should roll out it to just 1/5-inch thickness; then cut into small circles. Put circles on a cookie sheet sprinkle some powdered sugar and cinnamon. Finally, Bake for six to eight minutes or until edges are browned.

**Maamoul:**

Maamoul is a delicious traditional Saudi cookie that is typically made on religious holidays such as Eid. What makes Maamoul distinct are the subtle flavorings used in the dough and in the filling, including an aromatic spice, rose water, and mistika. Maamoul’s paste is prepared from semolina “Smeed” in Arabic, which is the coarse, and in sometimes you can use flour instead of semolina. Beside the dates Maamoul fillings can include walnuts, pistachio, or a combination of both or other nuts.
What do you think about leader wear this clothes? Do you want to know what it is? Liyuan Peng who talks with Obama wears Chinese women national clothes. Middle of those people is our leader Jinping Xi, he wears Chinese traditional clothes. Do you want to buy it? I will introduce some information for you.

Women clothes Chinese name is 旗袍 (Qi Pao), English name is Cheongsam, as you know Chinese clothes famous by traditional clothes. But Cheongsam is not traditional clothes, it just has 90 years history. In 1929, Cheongsam became national clothes with Chinese tunic suit. But the reason of why women like to wear cheongsam is some Chinese women want to become more important in the society. Most of women did not wear cheongsam in the work, because it is too thin for anyone.

Men clothes Chinese name is 唐装 (Tang Zhuang, English name is Traditional Chinese Garments. It is traditional clothes for men. But it is not national clothes. In fact, this clothes more popular and beautiful than Chinese tunic suit. Traditional Chinese Garments begin in Tang Dynasty. It has more than 1400 years history. Same as women clothes, most of men did not wear it in normal time, but we do not know the reason.

Now, do you want buy it? In fact, the clothes in the first picture, you cannot buy. It cost 20000 to 40000 dollars, and it design for country’s leader. But you can buy other Cheongsam and Traditional Chinese Garments, normal clothes just cost 500 to 3000 dollars.

By: Kaiyu Liu
ELC students participated in DU's Culture Festival on campus. Culture fest gave students a chance to show off their home country culture, fashion, food, games, products, music and dancing!
We should balance our food system to eat all kinds of food because there isn’t just one kind of food have all what the body requires. So we should make a plan for food that includes everything.

The benefit of balancing and mixing our food:
- Healthy heart and healthy body
- Prevent disease
- Help to save the best weight for the body.

Drink a lot of water and focus on the main meals:
- Benefits: help the body to beat on disease and save more energy.

- We should drink fruit juice and green tea instead of all kinds of soda and coffee.
- We should all ways have the most important meal breakfast because this meal that give the energy for the body all day.

There are some facts the people who are vegetarian live longer then people who eat meat. That because the animals don’t get enough vitamin D and they has a lot of chemicals so that cause increasing the fat inside the animals body so the humans have hard time to digest the meat which that take a lot of energy from their body. However, doctors’ advise us to eat alot of vegetables and eat less meat, however; some people understand that in wrong way so they become a vegetarian: its mean person eat just vegetable and don’t eat meat ever again so we should see doctor and let them put table food for us under their advice.

Milk is important thing but whoever advises us he/she forget about the benefits
- There are people asking why milk is so important because it makes our bones Stronger
- Give us a protein
- Help to increase our white cells inside our body

All of us has something missing in our body (protein - white cells) we should see a doctor to help us re balance our body.

By: Khaled
Slumdog millionaire is an Indian movie, which won Eight Oscars on 81st academy awards. This is the movie which became very popular in 2008 in India and some parts of America. In this movie, they showed how a slum boy becomes millionaire with the help of his past experience. To reveal the story, Jamal Malik, an 18 year old boy from the slums of Mumbai, he is in a game where whole nation is watching, he is just one question away from winning an astonishing 20-million rupees on Indian game show “Who Wants to Be a Millionaire?” But when the show ends at night, he was arrested by the police because of suspect of cheating in game; how could a street boy know so much? To prove his innocence, Jamal Malik reveals about his life from his childhood and explained how his childhood movements helped him to give answers in the contest. Moreover, this contest helps him to find his love Latika. She is a childhood friend and he lost her when he was 8 years old.

Interesting facts of slumdog Millionaire:

1. This movie nominated for ten academy awards and won eight of them.
2. Song called “Jai Ho” in this movie won Grammy award and Academy award.

This link helps you to watch trailer of this movie https://www.youtube.com/watch?v=AlzbwV7on6Q

By: Roshan
The most beautiful place I have ever been in Denver is called Aspen. This place is very famous because of its beautiful natural scene and various of outdoor activities such as skiing, hiking and mountain biking. Some people name this place as “the heaven of skiing”, this is because that there is a pretty large place for skiing. There are four snow mountains around the skiing area, people can ski there no matter they are skiing experts or freshmen. Besides, there is a big shopping street selling luxury, you can easy to find what you want. I bought several gifts to my parents. In addition, there is a very famous hotel named Jerome. Many famous people come there and live in this hotel for their vacation. Moreover, there are also some interesting places in the town, such as museum, restaurant and bar. Last winter, I went there with my friends and enjoyed a wonderful vacation. I had an absolutely awesome experience! I noticed that there were a lot of people who are from other countries. Actually, I stayed there for four days and skied with friends everyday there. This place let me feel very comfortable and I am glad to live there for a whole winter.

Tips:

**Hotel:** Jerome Hotel Aspen Colorado

**Phone:** (844) 412-6886

**Web:** [http://hoteljerome.aubergeresorts.com/](http://hoteljerome.aubergeresorts.com/)

**Ski Hill:** Buttermilk - Aspen Snowmass For Beginner Level

**Phone:** (970) 925-1220

**Web:** [http://www.aspensnowmass.com/](http://www.aspensnowmass.com/)
Shopping at Denver

Denver has a lot of shopping centers that satisfy all tastes of style. The first destination you should take for shopping is probably Colorado Mills. It’s an enclosed mall that has a variety of stores for all ages and both genders. Also, there are many outlets of many fashion brands. It’s located in Lakewood, 30 minutes away from DU. Inside the mall there are a variety of restaurants that serve really delicious food for all types of tastes.

Your kids could have fun too while you shop. There is an IMAX theater in Colorado Mills that shows interesting movies for kids and adults. Moreover, you can find a mini express trackless train that goes around the mall for a tour. Colorado Mills is a perfect destination for Fashionistas.

By: Gena
If you were looking for an outdoor shopping place, you probably wouldn’t miss 16th street mall. It’s in the center of Denver’s downtown, which has many famous stores to stop by such as: H&M, Forever21, Victoria’s Secret, Banana Republic, Gap, Claire’s and so much more. The best thing about 16th street mall is that you will shop and have fun at the same time because of the entertainments you’ll find at the mall.

The entertainments you’ll find at the 16th street mall are many, like Denver Art Museum. It is a historical attraction and one of the largest art museums in the U.S that is located in the middle of the 16th street mall. In addition, Colorado Convention Center is only 10 minutes away from the mall. It has become one of Denver’s landmarks and has a famous huge bear peeking into the windows called I See What You Mean, created by the artist Lawrence Argent. For tourists, visiting these two shopping spots is a must.
This game is very simple to understand. All you have to do is find the differences between the two pictures.

Finding the differences is a type of puzzle. Players should find all the differences between two similar pictures, whether they are illustrations or photographs that have been changed with photo manipulation.

Our advice is that you can cross one's eyes and integrate the two pictures into one. The differences will appear to blink in and out of one's vision. This is a very good way to play this game.

Find the differences between the two pictures

By: Roy and A.C.
MACHBOOOS

WHAT IS MACHBOOOS?

Machboos is a Kuwaiti traditional food that came in the seventeenth century in the same time of the history of Kuwait began.

We usually eat machboos at lunch, but we can also eat machboos for dinner if there is concert or family gathering and in Ramadan, and the holidays.

HOW TO COOK CHICKEN MACHBOOOS?

You need:
900gr chicken washed
2 cups basmati rice washed and soaked
1 tbsp salt
4 psc cardamom
1 tsp turmeric
2 stick cinnamon
1 chicken bouillon cube
1 medium onion peeled and cut it into half
1/2 cup hot water / boiled water + 1 tablespoon rose water
1/2 tea spoon saffron soaked together

Process:
Boil 6 cups of water add to it : salt, cardamom seed, turmeric, cinnamon, chicken bouillon cube, and the medium onion .
Let it boil then add the whole chicken
Let the chicken cook for 45 minutes
After the chicken is cooked well take it out if the water keep it on the side.
Then strain the water from the spices in a bowl so now you have clean water with out spices.
Cook the water again until it boils add 1tbsp of cardamom powder to the boiling water then strain the rice from water then add it to the boiling chicken water and leave it to cook on high fire until the water is almost dry then cover the rice and let it cook on low heat for about 30 minutes.
Meanwhile sprinkle some cardamom powder and mix spices on the chicken and some soaked saffron and 1/4 cup cooking oil then cook it in the oven for 30 minutes.
Then put the rest of the soaked saffron on the rice and about 3tbsp of cooking oil for shining.
Cut the cooked chicken in to half, scoop the rice in serving plate put the chicken on the top serve it hot.
Bon appetite
And you can make the machboos with lamb instead of chicken it’s also delicious, but it takes longer time to cook it.

By Abdullah Alabduljader
I would like to introduce a traditional festival for you. Do you know Dragon Boat Festival? It is a very important festival for Chinese people and Chinese regard it as a national holiday. It is on the fifth of May according to the lunar calendar.

Dragon Boat Festival is in memory of a famous person named Qu Yuan. In Dragon Boat Festival, Chinese hold an activity about dragon-boat racing. People build a boat which looks like dragon to drive the other dragons and some fish and shrimp in the water away. Some people believe it can protect the Qu Yuan’s corpse. However, people use this racing to show power and sense of competition nowadays.

People also make a special food, zong zi (pyramid-shaped glutinous rice wrapped in reed or bamboo leaves). Zong zi is also called rice dumpling. Chinese throw this kind of food into the river to remember Qu Yuan. Even it is not big, people can add red bean paste, green bean paste, ducks yolk, meat and others into zong zi as the ‘heart’. In addition, zong zi always smell fragrant because its ‘skin’ (reed or bamboo leaves) is fresh and pure. Other special food include Realgar wine, jian dui, ducks egg.

Actually, Chinese have different ways to celebrate Dragon Boat Festival in different areas in China.
Mid-Autumn Festival is a traditional Chinese festival. It is very important for Chinese people. Mid-Autumn festival is celebrated on the August 15th of the lunar calendar. It is a time for family members to get together. Family members will come back to hometown and have dinner together. During that time, we will talk about the interesting things that happened in family. We also have some special TV shows to celebrate the festival. We have some special food to eat during Mid-Autumn festival like moon cake. According to Chinese mythology, there is a most beautiful girl called Chang Er living on the moon. We will also look at the moon to try to find the beautiful girl. During that time, the moon is also the brightest and roundest one. We will get together to enjoy the scenes of the moon.
1. **Hockey**

According to the 2014-2015 hockey media guide in “The University of Denver Athletic Site,” DU hockey team was founded in 1949-50. Pioneers is a great team which is in NCHC (National Collegiate Hockey Conference). There are 39 players and 5 coaching staff. Jim Montgomery is the head coach now. The home arena of Pioneers is Magness Arena which is located in Ritchie Center.

The 2014-2015 overall record is 23 wins, 13 losses and 2 ties. This record lets DU enter the 2015 NCAA (National Collegiate Athletic Association) Division I Men’s Ice Hockey Championship as a No. 2 seed. Josiah Didier, a senior, leads the Pioneers and ranks 17th among all NCAA defenseman in blocked shots this season with 75.
2. Men’s lacrosse

According to the 2015 men’s lacrosse media guide in “The University of Denver Athletic Site,” written, designed and edited by Niko Blankenship and Nicole Bostel, DU men’s lacrosse team began their first season in 1966. When the time goes by, this team has developed to a strong, good team. Now, there are four coaching staff and 57 players. The head coach is Bill Tierney who has served as head coach in DU for five seasons and he led the DU lacrosse team to reach Championship Weekend three times in last four seasons.

Pioneers are a really outstanding team which is in the conference of BIG EAST. The 2014 overall record is 16 wins and 3 losses. Wesley Berg, who is the captain of Pioneers, has scored 130 goals and tallied 47 assists for 177 points in 54 games during his career.

Website: http://www.denverpioneers.com/
Soccer

Soccer is also called Association football. It’s a very famous sport in the world. Ancient soccer rose in Sengoku of china and it was a very famous sport at that time.

In the Han Dynasty, soccer is a way for training soldiers and it became popular between people for entertainment and competition.

Modern football began in England. Now, football is also a popular sport in China and everybody plays it, no matter children or adult, everyone loves this sport. I think football in Brazil is the strongest around the world, it has so many excellent players like Neymar, Ronaldo and Silva. They are perfect.

Now, although football is very famous and popular in China, China football cannot do very well yet in match. But I think this will certainly be changed in the future by everyone’s hard work and their love to this sport.

By Xinbo Yao
The English Language Center is an intensive ESL preparation program. Therefore, the ELC prepares students to succeed at the University of Denver and other Universities.

The ELC program offers five levels of intensive academic ESL classes, as well as a graduate preparation (GPP). In each level, students work on reading, writing, listening, speaking, and grammar skills.

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