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ESOL 4-5

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The impact of stress on people

Stress is a part of human life that each of us faces. Stress has a major impact on people's physical and mental health and also it can be a destructive force, leading to diseases and emotional disorders. In this essay we look at the nature of stress, its causes and effects, and how to manage it.

When a person faces a stressful situation, hormones like adrenaline and cortisol are released and then heart rate increases, blood pressure goes up, and breathing becomes faster. These changes help a person deal with danger, but long-term stress can lead to serious health problems. For example, high levels of cortisol are linked to heart disease, diabetes, and obesity. Stress can also harm the immune system, making diseases.

The psychological impact of stress is also very important. Chronic stress can lead to mental health issues like depression and anxiety disorders. People who experience constant stress often have sleep problems, trouble concentrating, and memory issues. Stress also affects social relationships because people under chronic stress may become more irritable and aggressive, as a result conflicts with family and coworkers.

There are effective ways to manage stress like physical activity, meditation, yoga, and healthy eating. It can reduce stress levels and improve overall health. Learning how to handle difficult situations are also main skills in managing stress.

Stress is a complex phenomenon that has a lot of impact on the human body. Understanding how it works and its effects helps people manage stress better and minimize negative outcomes. Health is not just the absence of illness but also the ability to adapt to life's challenges. The ability to manage stress is key to harmony and well-being in everyone's life.

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The impact of 1920s prohibition

What happens if an entire country is banned from producing and selling alcohol? There are likely to be many unexpected effects. The government of the USA imposed the prohibition and they expected a reducing of consumption, grain's savings and a healthy nation. So... They got a heyday of the mob, lost taxes, a lot of hidden bars and Nascar. This event was a controversial initiative and had a great impact on people's life with negative and positive effects.

The 1920s marked the beginning of Prohibition in the United States, a period that had negative effects on regular citizens but proved highly beneficial for organized crime. The mafia gained significant power and influence over many aspects of daily life, making enormous profits in the process. This rise in criminal activity created major challenges for the U.S. government, which faced a long and difficult struggle to control it. One of the most infamous figures of this era was Al Capone, who became the world's most well-known and successful criminal by capitalizing on the opportunities Prohibition offered. The ban on alcohol opened the door for cunning and dishonest individuals to thrive in the underground economy.

As alcohol production became illegal during the prohibition, many individuals - entrepreneurs, farmers, and ordinary citizens - began producing their own homemade alcohol, commonly known as a moonshine. The mafia purchased large quantities of this illegal alcohol, which then had to be transported secretly and efficiently. The most popular method of transportation was by car. Initially, the mob used vehicles similar to those driven by the police, but over the time, they began modifying them to better evade capture during police chases. These cars retained their factory appearance but were equipped with enhanced engines, allowing smugglers to outrun law enforcement. After prohibition ended and alcohol became legal again, the need for high-speed getaways disappeared. However, the love of fast, modified cars remained. Many former moonshine runners continued enhancing their vehicles and began organizing races on sandy beaches - an activity that eventually evolved into the world-famous NASCAR racing series.

With the nationwide ban on alcohol during Prohibition, secret bars known as speakeasies began to appear across the United States. These hidden establishments were often located behind unmarked doors, in basements, or disguised as other businesses to avoid detection by law enforcement. To enter, patrons typically needed a password or special invitation, creating an air of exclusivity and secrecy. Speakeasies became social hubs where people gathered to drink, dance, and listen to live jazz music, defying the law in stylish rebellion. The demand for such places grew rapidly, and they were often supplied by organized crime groups who smuggled in illegal liquor. Speakeasies not only helped fuel the underground economy, but they also played a significant role in shaping American nightlife and culture during the 1920s.

The prerequisites for prohibition appeared long before the introduction of. There were many followers and opponents. As a result, the USA lived through these events and came out of them stronger, drawing conclusions. The situation this the mob was terrible, but various departments learned how to deal with it. Due to the fact that human ingenuity allowed them to create the best cars, the favorite leisure time of many Americans appeared. The bar industry, like phoenix, has been reborn from the ashes. The future will certainly provide us with the opportunity to see more than one amazing decision by the government of various countries. But we should think about the all effects before rejecting or agreeing.

Rahima Namu
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Technology is now widely used in the class. Only 14% of classrooms have internet access. Technology is very important for learning.

Technology is helpful for education. It is a time saver to get a lot of information and it is easy to do. It helps me with my homework.

But there are disadvantages. Technology for learning can be a waste of time and be misleading..Also reading my emails, following ads holds me back from learning.

Technology has a big impact on education. Everybody has to learn technology. All schools need to teach technology.

Exercise

Life lies in movement. Did you exercise today? You can make exercise a habit in your life. You will feel better, physically, and mentally. Exercise has a very important impact on everyone.

If you want to be healthy, you should do exercise. Exercise enhances your cardiopulmonary function, and also reduces your chances of heart disease and chronic illness. Another effect of exercise helps maintain a healthy weight. Physical activity strengthens muscles, and reduces the risk of osteoporosis, increases joint flexibility so that you have more energy. It will keep you physically healthy. When you swim regularly, many muscles become stronger because you use your whole body to swim. Your heart beats faster and blood circulation is improved.

Exercise keeps you mentally healthy, emotionally calm, and less anxious. When you play sports such as tennis or basketball, you think about how to play and you don't think about your problems. Similarly walking outside calms people down. After exercising you also feel good about yourself.

Social circles can expand from exercising. You meet more friends while exercising and share your sports experiences with everyone. If you take a Zumba class, you can talk and laugh with your new friends.

There are many benefits of physical activity. Your body functions better when you exercise regularly. Exercising improves your mental health. Social

connections are important for our mental health and bring us joy. It's fun! Make it a habit and start exercising now!

Lisa Wong

ESOL 4-5

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Technology On Learning

67% of the world used the internet in 2023. In the classroom 48% of students used a desktop computer in 2019. Do you think technology for people is good or bad? Now technology is important and changes people's lives because it makes life more comfortable, convenient, and safe, but technology has many positive and negative effects on peoples' lives.

On one hand technology is good for students. It is very helpful for students to use a dictionary and learning is convenient and fast. It can attract students' attention and help them find a lot of information. For example, students can communicate with other students from around the world.

Also technology is fun for people and makes their lives more convenient. It can send text messages and people can play games, watch movies, take photos, go shopping and make payments. It can call someone anytime and anywhere.

On the other hand, technology has some problems. People stay a long time at home and seldom have communication with other people. Also, technology hurts eyes and causes lack of sleep. People will be lonely and have more alienation. Also it is easy to have accidents. For example, people use phones and they do not pay attention on the road, they can easily get in a car accident or fall down.

In summary, modern technology brings people many good effects, including convenience, enjoyment of life and new ways of communicating with people. But technology also brings us bad effects, including mental and health problems. So we need to know how to use technology to bring good convenience. We should pay attention to the bad effects technology can bring. In the future we should know how to use technology to bring us change.

Winnie Wong
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Moving to the U.S.

Sending a child to study in a foreign country is a monumental decision. Looking back, my children studying in the U.S. had negative and positive effects for them and for me. We had hoped that they will have a better education and broader life experiences. One of the most significant advantages of studying abroad is the accelerated personal growth it fosters. Away from the familiar comforts of home, children learn to manage their own lives, as they are pushed to develop a strong sense of independence. They become more adaptable, resourceful, and capable of problem-solving in unfamiliar situations.

Because our two children pursued their education in the U.S. from an early age, it was perhaps natural that they then chose to remain there after completing their studies. They have both married their partners and settled down to pursue their careers. While we have fully respected and accepted their decision, it was a surprise for us nonetheless.

When I first sent my kids to study in the U.S., I didn't know that I would move there, too. The profound impact of the 9.0 magnitude earthquake in Japan March 11, 2011, which devastated countless families, truly brought home the importance of family unity for us. My husband and I had been contemplating a move to the U.S. when, serendipitously, our daughter announced her pregnancy. This wonderful news solidified our decision, and so we immediately chose to relocate to be with them.

Deciding to live in another country is no small feat. Although I visited my children annually while they were studying in the U.S., I still felt like a stranger here. A significant source of my anxiety was my limited English proficiency, which made me apprehensive about daily interactions and communicating with native speakers. As I began to settle into my new surroundings, I've been lucky to quickly make some new friends. Despite my limited language skills, their friendship and willingness to communicate really surprised me.

To truly immerse myself in local life, I started attending the community center nearby to meet new people and refresh my English skills. I was fortunate to find English classes and citizenship courses offered by a non-profit organization, and since then I've become a citizen. If I hadn't sent my child to the U.S. for school, I would have missed out on the chance to learn more English.

My immigration journey has been a positive life experience. In addition to reuniting with my family, I have gained self-confidence learning English and a different culture late in life. While I miss family and friends back in Hong Kong at times, I would not want to miss the opportunity to watch my grandchildren grow up. I think that living here is better for all of us.

Ahmed Mohammed

ESOL 4-5

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Humans and Environment

Introduction:

Direct human intervention in the environment is the primary cause of ecological imbalance. Humans cause alterations to the natural environment. Population growth increases demand for natural resources, leading to their depletion and degradation, effects include the drying up of lakes, the construction of dams, the uprooting of forests, the filling of swamps, and the extraction of minerals. Similarly combustion sources of liquids, solids and gaseous human waste, as well as the use of pesticides and fertilizers, are all detrimental and environmental disruption. The impact of humans on the environment is altogether negative.

The drying of lakes: Stresses water supplies for drinking and agriculture, and also endangers habitats for plants and fish. That is a very bad change in the global climate, due to human scientific progress.

The construction of dams: Dams change the way rivers function, burying rock river beds. Fish spawn, gravel logs, other important food and habitat features. This is the result of the rise in the temperature of the planet.

The uprooting of forests: Forest Loss and damage is the cause of around 10% of global warming.

Death trees and grasses. Lack of potable water and agriculture. As a result of an increase in the ozone layer. e.g. (Greenhouse effect).

They release Carbon dioxide and other greenhouse gases into the atmosphere. The impact of humans on the environment leads to negative change. This means that the result of scientific development has had significant impact on the environment, and human intervention in bringing about changes to nature has led to significant damage to the planet.

Conclusion:

The impact of humans on the environment leads to negative change. This means that the result of scientific development has had a significant impact on the environment, and human intervention in bringing to nature has led to significant damage to the planet.

Human interaction with the natural environment has imposed diverse impacts on the natural resources, which has resulted in degradation and depletion of the biophysical surroundings,

biodiversity and natural resources. My future outlook is to hope that in the future, our planet will be more healthy, clean, and safe.

Valeriy Kuznetsov

ESOL 4-5

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The impact of stress on people

Protecting people from stress is the basis for creating a healthy society in every country. Throughout life, a person is constantly exposed to a large number of negative stresses.

One of the negative stresses is the stress a person experiences as a result of being repeatedly reminded to him something unpleasant. Especially when he is unable to positively solve the problem that he is constantly reminded of.

As a result, the reminders take a person out of a calm state. The person starts to get nervous. His heart rate increases and it starts to hear noise in his ears. The thoughts in his head begin to get confused. As a result, a person's health is deteriorating which can result in serious heart and nerve disease. If a person is in such a state, it leads to a deterioration in the quality of the work performed. Another consequence of such a nervous state of a person is that he can become a source of unfounded conflicts, both with colleagues at work and at home.

In order to prevent such cases, the managers should be attentive to the mental state of employees and selected topics for consideration. Compliance with this proposal will help prevent stress among employees, prevent their health from deterioration and improve friendly relationships between them.

Judy Km

ESOL 4-5

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What is the impact of stress on people?

Living in this society is very stressful. We worry about too many things everyday, and have many responsibilities.

One responsibility is the need to pay bills. Additionally, grocery stores have high prices, so you leave the store with little food.

I also worry about my children, what kind of friends do they hang out with? There are so many wrong things they can choose. Including drugs, wrong friends, and violence that are prevalent in our society.

Everyday stress also causes health problems. It can increase blood pressure and make it hard to sleep. It also causes feelings of sadness and less energy.

In order to deal with stress, some people turn to food, alcohol, and drugs. But these things can harm your health. There are some things you can do to reduce stress. Try to be active, go out and walk, go swimming, or even take a short vacation for yourself. You can also read a good book, and sleep 7 to 8 hours

Modern life is so stressful; however, the best thing you can do is to love and take care of yourself. .

Jeong Kim

ESOL 4-5

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What happens to your body during lack of sleep?

Have you ever had trouble sleeping for a few days and ended up spilling your coffee in the morning, or crashed into the corner of a desk? I have had some troubles with sleep for over five years because of hormone changes. I sometimes spill coffee after I have not gotten enough sleep for a few days, and I might also crash into something like a desk, a chair, or a corner. Things like this mean that you need more time to sleep because your body and mind are getting exhausted from your lack of sleep. Lack of sleep can have negative impacts on the body and mind in both the short-term and the long-term.

If you can't get enough sleep in the short-term, you will realize that your body and mind have been affected negatively. For physical effects, your body will feel groggy, clumsy, and low energy after you have had some troubles with sleep for a few days. When you feel like this, you will often choose more sugary stuff like donuts or caffeine to seek more energy. These bad food choices can weaken your immune system, so you can get sick more easily. For emotional effects, less sleep can cause lack of attention and concentration. As a result of these, you can have some problems with memory and learning. The more and more you try to fix it, you are getting more stressed and having more difficulty to manage your emotions. Moreover, you will feel foggy, irritable, depressed, impatient, and passive. For example, after a few days' insomnia, you can feel more picky and easier to anger than usual. Therefore, continued lack of sleep during the short-term will impact negatively on your life including your body and mind.

If you have trouble with sleep over the long-term, Negative effects on your body and mind will increase. Lack of sleep for the long term like over a few years will gradually reduce the quality of your life. Physically, you might create bad habits for a long time because of less sleep. If you have bad habits, you will choose more unhealthy food for more energy and get more stressed. As a result, it is easier that your body can have serious health issues like dementia, diabetes, obesity, heart attack, stroke, and certain cancers. Emotionally, you have increased brain fog from bad memory, higher risk of accidents from low attention, and worse anxiety and depression since you can't control your emotions for a long time. These problems make it difficult to do daily tasks. Furthermore, it will cause trouble in your relationships with people around you. For example, if you get upset easily about small things after a long lack of sleep, you might find it hard to socialize with other people. Less

socialization makes you feel low-confident, depressed, and get mental problems. Additionally, low concentration in your mind sometimes can cause accidents such as a car crash or falling down even though you really watch out. Therefore, less sleep over a long period has a serious effect on your life, your body, and your mind.

In conclusion, lack of sleep during the short-term and the long-term impacts strongly on your body negatively. According to the physical and the emotional effects during both the short-term and the long-term, you can get higher stress, more risky health issues, worse feeling, and lower quality of life than usual. Your body needs enough sleep to stay healthy. Therefore, if you can't get enough sleep, you should find what works for you. Solutions that you can get more sleep might include making low stress, exercising more, decreasing screen time, or seeing a doctor.



Dig In!

A Journey Through Spring Yard Work

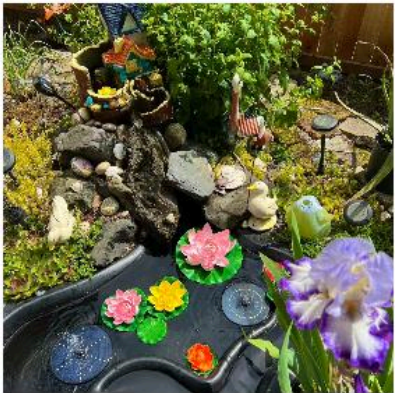
Because winter is a time of rest and stillness, my yard has become overgrown with roots, weeds, and bare patches of dirt. As a result, it looked messy and lifeless. Sometimes I felt tired, because the weeds in my garden seemed to grow better than anything else. These stubborn invaders pushed me to work hard week after week—it often felt like I could never get rid of them completely. Still, I believed that with effort, I could bring new life to the vegetables and flowers I planted.

Spring was coming, and I was ready to get to work. Yard work isn't just about pulling weeds or mowing the lawn—it's about building patience, showing care, and taking pride in what you do. Because I wanted to clean up the yard as soon as possible, I began pulling out all the weeds right away.

To make my vegetables more organic and healthy, I avoided using herbicides and pesticides. Instead, I relied on my own methods. To control weeds, I had to be diligent and consistent—just like keeping a house clean, I had to maintain the garden regularly to keep them at bay. For insect control, I used crushed eggshells to stop slugs and sprayed diluted dishwashing liquid on the leaves to repel bugs. These natural measures proved to be very effective.

The yard work caused me to sweat, feel back pain, and make several trips to buy fertilizer and other supplies. But it was worth it. After preparing the soil, I transplanted the seedlings from the greenhouse along the wooden fence. I also picked up useful gardening tips from experienced green thumbs. For example, I learned that rotating vegetable varieties in the same raised bed each year helps maintain soil nutrients and prevents pests. Since I don't have a large space, I have to carefully choose the vegetables I enjoy and find easiest to grow. When harvest season comes, I plan to share my produce with neighbors and even trade with them for different crops.

As a result of my hard work, the yard became neat and tidy. The seedlings grew strong, and colorful flowers began to bloom. The effort was tough, but it brought a wonderful reward: a sense of achievement and deep happiness. I truly believe in the saying, "You reap what you sow." In tending to my yard with care and determination, I discovered a deeper perception of life: to cherish it—even in a silent plant—and to love it—even through hard labor.



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Stress is one of the biggest problem in the world.

Stress comes from every where, including traffic, politics, and global strife. Thesis example Stress can greatly impair your life.

Stress can physically weaken the body.

It can lead to lack of sleep which makes you tired for work, other activities, and exercise.

It can also reduce your appetite for healthy food while cause, you to eat more Junk food.

This further impacts your ability to sleep well.

Too much stress can also negatively impact our mental, healthy.

Stress is bad for the brain and emotional healthy.

In addition, stress can hinder relationships.

There are things you can do to reduce stress.

For example, exercising move walking help me.

Similarly, move walking helps me. Similarly, being with friends and listening to music also helps.

Conclusion: lots of stress is bad for causing a good like. It harms you both physically and mentally. Walking outdoors, spending time with friends, and tending to my favorite music helps me accept myself better. We can all friend simple ways to reduce stress.

Dilia Faria

ESOL 4-5

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Sleeping Well Can Improve Your Life

Have you ever had trouble sleeping? Poor sleep and insomnia can affect many areas of your life. It can make it harder to work, learn new things, and even maintain good relationships. Most people need at least seven hours of sleep each night to stay healthy and feel good. When I reduced my insomnia, my health improved. I could think more clearly. Because my mind felt fresh, I had more energy every day. Good sleep can transform your life.

There are many ways to improve your sleep. Having a regular sleep schedule helps a lot. For example, try going to bed and waking up at the same time every day, even on weekends. In addition, drinking warm milk or taking a hot bath before bed can help you relax. Also, avoid using your cell phone before sleeping. Keep your bedroom quiet, cool, and dark. Too much light or noise—or even a warm room—can keep you from falling asleep.

Improving your sleep has many physical and mental benefits. For example, your body will feel better. You may eat healthier, stop eating late at night, and avoid snacks like corn chips. Your brain will work better, too. You will have a better memory and waste less time looking for things like your keys. With good sleep, I can now remember new words I learn, and I understand my teacher more clearly.

Good sleep also helps your relationships. You become more patient and calmer. I can have better conversations with my daughter at night, and I enjoy going out to dinner with my friends. Similarly, you feel better and treat others better too.

Sleeping well can truly improve your life. It helps your body stay strong, your brain stay sharp, and your relationships grow stronger. Better sleep also supports your immune system and helps you learn more. Many adults in the US have trouble sleeping, but there are helpful habits to try such as meditation, warm milk, and a hot shower. In addition, a relaxing bedtime routine can reduce insomnia and help you feel better every day.

Melese Baye

What is the impact of technology on learning?

Some people complain about the problems related to technology. The impact of technology is profound, evolving, offering several opportunities. There are many significant positive impacts on technology such as mobilization of access to information and access to online jobs and education aboard the country.

However , technology enhances engagement and caters to diverse learning styles. Static textbooks are supplemented, and often replaced, by dynamic multimedia content and it has a big benefit to auditory learners to get infographics and animation. On the other hand there is a risk of diminishing essential skills. Over-reliance on spell checkers and calculators may lose foundational writing and calculating abilities. The main negative impact of technology is that students are addicted and waste time by looking at social media sites like tik tok, instagram, facebook,,,,.

Generally technology on learning is powerful, it offers incredible potential,expanding access and it is good if we use properly because technology has a power to bring the world to one surroundings.