The summer is considered one of the best seasons for the students at BIR to enjoy many activities outside of class. Especially this summer, when the school added more activities than last year, and the students had the opportunity to learn about Chicago history and also to visit the most important landmarks of the city.

The field trips gave to all the students who applied for the Summer Program a chance to visit the city by tours such as boat and trolley. In each, they spent some hours outside of the school with the teachers, who also helped those students, giving extra information about history, economy, architecture, art and culture about the “Windy City.”

To students Monika Wasik from Poland and Volkan Gusler from Turkey, who enjoyed the field trip together, it was a great opportunity to see the true beauty of the city architecture during the river tour where they got a narration highlighting the buildings such as the Water Tower Place, the Civic Opera Building and Buckingham Fountain.

Both explained that one important part of the trip was when the boat went along the river close to Navy Pier. They saw a combination of modern architecture, skyscrapers and a vast view of Lake Michigan.

The students also had the opportunity to visit the city by trolley. They went to Chinatown, the home of President Barack Obama, The Museum of Science and Industry, the Swedish community, Wrigley Field and also to the Lincoln Park Zoo.

“I have been in Chicago more than three years, and I didn’t have the opportunity before to visit the zoo. It was great because I realized Chicago has many more places to visit than Sears Tower and Millennium Park,” said Vragish Dsai, a student from India.

Another place that the students had a great time was the Osaka Gardens, Japanese-style, in Jackson Park, where they explored the nature area with a lot of plants, trees, water fountains, bridges and meandering paths.

To Yada Suesin, from Thailand, the nature and peaceful area gave her a good time to relax. “It’s a beautiful place for a romantic date, meditation or even to take the family to visit during the afternoon.”

Who also enjoyed the Summer Program was the student Nittakan Sathorn; for her, the best part of the field trip was when they stopped by Gino’s Pizzeria for lunch time. “It was my first time trying the Chicago-style pizza. It was a large piece of pizza with a lot of cheese and sauce,” she said.
Do you have any good memories from Peru?
Yes, I do. I miss my friends, schools, and classroom. I really liked school so much. I went to a girls high school which now has allowed boys too.

Have you been back in Peru recently?
I went there last year and met my nephews, nieces, and cousins. It was a family reunion which made me so happy. I also met one of my friends by accident, and she recognized me. I went to Peru for my missionary as well and the area that I went took a really long time. It was in the mountain, and we drove so many hours. It was a good time though. Do you know Mt. Andes? We had to go through there.

Tell me about your family?
I have a son, two daughters, and seven grandchildren. The oldest is 16 and studying in high school now. Let me show you pictures of them.

What do you like to do in your free time?
I like reading. I read the Bible and try to exercise like walking. I go to the YMCA and work out there for an hour. I keep myself busy. I also go to church every Sunday.

Your English is fluent. I know your first language is Spanish, but how did you learn English? Wasn't it difficult?
Well, I studied English when I was in high school, and I studied hard by myself. I mean, I try to listen and watch TV. I actually was a student at BIR in 2004 and I studied for six months.

You seem to like studying, don’t you?
Yes! I like studying history, geography as well as literature. I really wanted to be a teacher. If I have a chance, I would like to go back to my country to teach students. I also want to go to university to get a degree.

Lastly, Do you have any hopes or dreams?
I do have hope that I would visit my country, Peru, and travel around the world as much as I can. I’d like to visit other cities like Orlando, Florida but also go to Korea in the future.

Introducing...The BIR Soccer Club
By Ana Paula Gomes

At BIR, students had an opportunity to enjoy the summer by participating in the newly-formed Soccer Club and learning some techniques such as how to perform dribbling moves, kick the ball, long passes, and staying focused and calm, etc.

Since June, the school has created this additional activity to offer an opportunity to all of its students. "We would like to provide a wide range of activities for the current students as they establish stronger bonds between each other while learning about new cultures," said Tigran Muradyan, Manager of International Marketing at BIR Training Center.

According to Tigran, the Soccer Club has been offering an opportunity to men and women to participate, but most of the requests came from the male student population. "During the first game, we had some girls and it was interesting to see how much they were enjoying it" However, we are looking forward to receiving more women and men," he said.

All of the students interested in joining the Soccer Club at BIR Training Center are trained by a Brazilian coach who is also one of our students. To sign up or for more information, students should see Khalid at the Devon Campus or send an email at tkhalid@birtraining.edu.
How to Be Confident in a Restaurant  By Sang Hee Park

Do you enjoy going out and trying new cuisines at restaurants? However, sometimes you may feel uncomfortable or embarrassed about ordering food and having conversation with servers, especially if you do not know how to ask questions. I still feel the same way, but I felt less nervous and more confident after I took the BIR workshop “Food and Beverage Management.” I would like to share some useful expressions my teacher taught me from her experience, and I hope it helps you a lot.

1st Situation
S: Good Evening! How many? / How many in your party?
C: A table for six, please. 
   Usually, in the formal restaurant, you will talk to a host before you sit. If the host asks you, give the number of people who will be there.

2nd Situation
S: Did you have enough time to decide or would you like another minute or two?
C: Can I have another minute, please?
S: Can I get you started with something to drink?
C: Sure, What kinds of beverages do you have?
   Let’s say the server asks you to order while you look at the menu, but you are not ready. If you need time, say you need more time, and you can ask anything about the menu if you don’t know the food. Don’t be shy or worry about asking. The server will be happy to serve you in order to get good tips from you.

3rd Situation
C: I would like to have grilled salmon with salad.
S: How would you like that prepared? What kinds of dressing would you like to have?
C: I would like it well done. What kind of salad dressing do you have?
   /Do you have any recommendation?
S: Sure. We have low-fat ranch, balsamic, honey mustard, and sweet basil. Most of them are good, but I personally recommend balsamic dressing. It’s really great!
C: Sure I’ll have it. May we also have separate checks, please?
   It is common to be asked how you want steak or fish cooked, or what kind of salad dressing, cheese and bread you want. If you don’t know what they have, it is better to ask. Moreover, if you want to pay separately, it is much better to ask them for separate checks before ordering food.

4th Situation
S: Would you care for anything else this evening?
C: No, thanks. Could you wrap this for me and give me the check, please?
   When you finish the meal, the server might ask you if you want dessert. If you don’t want it, ask for the check, and you should leave a tip. (15-20%) For parties of 6 or more, you can see the word “gratuity” in your check. It means all service is included in the bill, so you don’t need to pay extra tips unless you want.

Restaurant Vocabulary

**Party** (n) a group of people eating together
**Host/hostess** (n) a person who usually is in the entrance of the restaurant and welcomes customers
**Beverage** (n) Beverages are drinks
**Well done** (a) meat cooked thoroughly (medium is cooked a medium amount, rare is cooked lightly)
**Recommendation** (n) suggestions or advice on the best thing to do
**Separate check** (n) different bill
**Would you care for** (phrase) ask somebody if they would like something to eat or drink
**Gratuity** (n) tip which is already included in the bill

And the Winners Are...

These are the winners of the Summer Tour and Study Program’s project contest! Congratulations!

1st Place  -  Photodex ProShow with music by Anchalee Chunsurang, Jantana Temsintatri
   SUM 040 Academic Bridge Study and Tour, Loop, Instructor: Tamara Emerson

2nd Place  -  “BMD Summer Tour” by Bunyawat Bunyaket, Diana Barrera Parra, Mustafa Alhussain
   SUM 030 Advanced Study and Tour, Loop, Instructor: Diane Karp

3rd Place  -  “Chicago Summer Tour” by Piboon Satagurama and Odonchimeg Nyamsuren
   SUM 030 Advanced Study and Tour, Devon, Instructor: Jennifer Kerrigan

Honorable Mentions:
“Sister Cities: Chicago & Osaka” by Chiyoko Watanabe and Sawako Tatsumi
“Chicago” by Niramon Chindawong and Petnamkang Wongsuttipakorn
“Learning and Fun” by Monika Wasik and Volkan Gurler
   SUM 040 Loop Instructor: Tamara Emerson
   SUM 040 Loop Instructor: Tamara Emerson
   SUM 030 Devon Instructor: Jennifer Kerrigan
In these days of globalization, people are bombarded by powerful social networks that affect our lives.

Facebook is a tool that was created for a reasonable idea; however, it has become a complicated instrument that makes its original purpose totally different. The reason for its creation was to communicate with a certain group of students, notwithstanding, it has overtaken most of the human race.

This network has produced multiples problems to its users. Nowadays, this network molds in three different ways people’s emotions, addictions and relationships. It consumes people’s existence so easily that humans are not able to concentrate because they can only think about one thing: Facebook.

The first consequence of the use of Facebook is the mood. Certainly, everybody changes how they feel all the time. It’s a normal thing. However, with Facebook, the concept that people have in themselves gets so susceptible to question because of the multiple comments that Facebook readers see in the blog every day. For instance, self-esteem is affected by how people react when they have a notification, a message or a friend request.

It seems like its users are constantly paying attention to what others think instead of caring for what they think about themselves. Facebook influences people’s lives so much that their self-esteem seems like a roller coaster going up and down.

The second effect is how Facebook has created another addiction for humans. The addiction can be for the necessity of being accepted by others. However, when people start getting fired from work because they couldn’t resist the temptation of being online, that’s not reasonable. For example, when people are not home yet and they already published the pictures they took from a picnic with their families.

Finally, Facebook has provoked a change in how people shape their relationships or how people meet. Consequently, there are some people who are more vulnerable to socialize. Living in a virtual world in front of a computer or a cell phone makes people lazy to work in their personal relationships. For example, young people are being raised in a culture where building friendships happen by finding them on the internet. Another example is the teenagers letting their parents’ words fly against the walls because they were not able to listen and to chat with their online friends at the same time.

In conclusion, this instrument has suddenly become an addiction and it’s the newest shaper of people’s emotions and their relationships. Hopefully, people that use Facebook will give a better use of this amazing tool. We’re living in a world where a social network is sculpting our environment. With any luck, we will be able to manage and not let virtual networks take the control.
I was running and jumping like a goat without knowing my leg was not strong enough to handle this kind of stuff. Until my sister started to work with a new hospital, I had no idea I had a bone tumor inside my right leg.

I had a free MRI and it was the luckiest thing in my life. But it affected me unexpectedly and obligated me to change all my future plans. I believed that this was my destiny.

After I talked with the radiologist, I went to another hospital to get an opinion. I was acting like everything was in my control. But inside, I had no idea what would happen to me. The first doctor suggested I wait and see. The other one, who is the most famous professor in Turkey, suggested I have a biopsy operation first to be sure that it was not a malignant tumor.

So I listened to the famous one, because he pointed out that I could break my leg anywhere.

At that that time, I was planning to go to Germany for a conference and apply for a Japanese scholarship to study in Japan. I didn’t want anything unexpected to happen in a place I didn’t know.

In Turkey, we have a popular saying; “While you are making plans, fate laughs at you.”

I decided to have the biopsy operation and everything went well. But two days after the operation, I broke my leg just standing on it. As we learned from the doctor, during the operation, while they were carving my bone, they cracked it. When I heard this news, I felt like a bucket of hot water fell on my head.

He promised me that everything would be all right. The worst thing was staying at the hospital with a broken leg for five days. I had to wait for the pathology report before I got my major operation. I wasn’t able to sleep. I couldn’t eat and the worst part was I couldn’t tell this to my fiancée who lives in the US.

But after my major operation, everything started to be better except that I missed the opportunity to study in Japan because I couldn’t walk for a while.

In Turkey, we have a popular saying; “While you are making plans, fate laughs at you.”

I didn’t calculate that kind of thing could happen to me, and made a lot of plans for my life. But whether or not I was feeling upset, I’ve never let myself get depressed.
The Chicago Food Experience: A Guide for Students

By: Dewi Susanti, Thipapha Rodjit, and Diana Barrera

As food lovers and as students, we always try to find prominent restaurants that serve decent food, but still at an affordable price. Since we live in Chicago and crave what Chicagoans eat, here are the best restaurants for students that we made to help you choose what to eat.

**Tank Noodle** 4953-55 N. Broadway, Chicago. They have the best authentic Vietnamese dishes in Chicago. You probably have to wait to be seated because the place is always crowded. The thing that we like a lot is that they serve food in large portions. It's worth it with the good prices!

**Yolk** South Loop 1120 S Michigan Ave., Chicago. It is a great breakfast spot. It's always busy! It is also an efficient restaurant with good service and good value. They serve the food in large portions. Some dishes are unique offerings. It is a busy place, but don’t worry - they have lots of seating.

**Gino’s East Pizzeria** 633 N. Wells, Chicago. 2801 N. Lincoln Ave., Chicago. 162 E. Superior St., Chicago. It is a famous pizzeria in Chicago where you can taste the real Chicago-style pizza. This style includes a lot of cheese and tomato sauce in every kind of pizza. The restaurant makes the deep-dish pizza in cast-iron pans like the traditional and great Chicago style. You could also enjoy an original location with an awesome interior. Every Gino’s East spot has a lot of graffiti on each one of their walls. With this amazing environment, you can feel that many people have had fun here.

**Grand Lux Café** 600 N. Michigan Avenue at Ontario, Chicago. It defines itself as an exciting restaurant that offers casual cuisine in an elegant and relaxed environment. It is a famous restaurant for tourists. Before opening the Grand Lux Café, its creator traveled through Europe and Asia. That is why, you can find on the menu, food from Thailand, Malaysia and the Caribbean. Each restaurant has its own bakery and all of the food is baked to order, which means you will eat fresh food. Don’t be scared when we say that it is a luxurious and restaurant because the prices are affordable. You will feel that you are in a high level restaurant from the Old World Europe.

As an extra suggestion, you must go to **Caffé Gelato Chicago** (2034 W. Division, Chicago) downtown. They sell the best ice cream that you can find. Each flavor is exactly the same as the real fruit. The favorite flavors for the people are coconut and mango. It is perfect as a dessert.

With this small list of suggestions, you could enjoy food of the world in only one place, Chicago - the city that offers not only a big variety of fun, but also a big variety of cultures and of course, flavors!

Are you interested in being published in the *BIR Sunrise*? Submit your writing, photo or idea to feldmas@birtraining.edu. If you’re not sure what you can do for the newsletter, sign up for the journalism workshop!

Check your student portal or BIR Web Site for more stories by students!