

Student News



March 2008

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International Health Insurance: Do I Really Need It? *by Tulin Polatli*

So, you might ask what the relationship is between studying abroad and getting good health insurance. The answer is everything. One unexpected medical emergency can drain your financial resources, leaving you with no money to pay for school. As a result, many students have no choice but to return to their countries.

You really have two basic choices for health insurance: obtain international insurance (if applicable) in your home country before you depart or student health insurance once you arrive. As for the first option, you'll have to pay the medical costs in full on your own and then submit medical forms and receipts to the insurance company to be reimbursed. If you have sufficient funds, then this won't be a problem.

As for the second option, you'll probably just have to pay a certain percentage, and the company will pay their part.

Whatever you do, be sure to clearly understand the terms of the agreement you sign with the insurance company. There are often a number of limitations and restrictions with the policy, and understanding them up front will reduce the number of misunderstandings that could arise.

Unfortunately, many students only think about insurance when it is too late as they sit in the hospital's emergency room. Get insurance to help you pay for your medical expenses; otherwise, you might not have money for tomorrow's school tuition.

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Spider Lord and the Saga Continues... *by Colleen Foley*

As many of my students know, I have recently returned home from Asia after living and teaching abroad for the past 3 years. Last summer I had an opportunity to embark on a backpacking saga that was designed to make Marco Polo blush. Perhaps, I fell short in that respect but I still managed to visit over 25 countries in two months. Both inside and outside the classroom I find myself both reminiscing and referring to these experiences and lately I've been thinking about weaving them into a novel. For my article this month I wanted to share one anecdote from my travels that I hope you find as hilarious as I did. Who knows, if my book gets published you can say you read the first draft here! Enjoy.

Last July, I had it in my mind that I could travel from Laos to Myanmar over land. What was more, I planned to do the width of the journey by a slow boat sailing up the Mekong. After a series of buses, minivans and tuk-tuk rides later, I stood on the banks of the Mekong in Luang Prabang, Laos.

The boat was amazing, all 11 hours of it. I had an assigned seat which I quickly abandoned for lounging on cushions on the floor of the engine room. It was a little noisy but being tired from the night before I gradually fell asleep coasting down the Mekong.

Later, I wake up and there are two British girls, Claire and Sophie sitting nearby and we become fast friends. At 7 we dock at Pack Beng and find a 3 room palace--at 1 buck a piece--to accommodate us.

The curious thing about Pack Beng is that the electricity is cut after 10:30 PM for the entire village (the village consists of only one street hacked out from the jungle for the tourists passing through). My new friends and I linger at the hotel bar a little longer than we should and found ourselves with the dilemma of having to walk back to our place in pitch black darkness each holding a taper candle. Not an easy thing to do all things considered.

We get back and all I can think about is a nice relaxing shower before bed. We open the door to the bathroom and holding court is the biggest spider these eyes have ever seen-- a creature worthy of the name Spider Lord.



Continues on page 3...

Inside this issue:

International Health Insurance	1
Spider Lord and the Saga Continues...	1
Writing Contest Winners	2
Staff Recommendations	4
Activities Scrap Book	6
Just a Small Town Girl	7
Monthly Birthdays	6
Recipe of the Month	7

Writing Contest Winners: Why Do People Break Up?

March's writing contest topic is "What was the luckiest moment in your life?" Due March 14th!



1st Place by Ashraf Adam-Eldien

In our complex society there are marriages and relationships that succeed and comparably many that do not. Unfortunately, many small conflicts between people do not resolve easily and lead up to divorces and/or break ups. In my opinion, the most common reasons for people to break up in order of importance are: Unfaithfulness, falling out of love, loss motivation factors, neglecting your partner's feelings, not making their relationship a priority, sweeping cultural changes, having a child, fights and annoying habits, not healing your heart after a previous relationship, incompatibility and lack of communication, and multiple cohabiting. Unfaithfulness is the supreme destroyer of relationships, nothing really wounds a person so much as when his/her partner is not happy enough at home that he/she decides to go boking for what's missing in other places, cheating on your lover is probably the oddest, most hurtful thing you can do to a person and usually result in a break up.

Falling out of love and stopping being as romantic as been initially usually happens over time. Problems build up until you come to the realization it's not working. I think love is a very complicated concept... it has been a term which misused and misunderstood since it has been invented. There are different kinds of love and it is only true love that lasts lifetime or even longer. So people break up because they never loved the person in begin with, if you truly love someone, you love them forever, regardless of what happens or doesn't happen.

Loss of motivation factors such as sex and money: Sex, or course, has always been a major parts of relationships, but today it has

become the only part for many couples. For example, he/she broke up with her/his ex after many years of dating-life, because she/he gained a lot of weight and became unattractive. For the money, if people were mature, and responsible they would discuss any money matters, and make sure they were on the same goals and ideals. It is important people view money the same way to be a couple.

Neglecting your partner's feeling is another really hurtful thing that can cause breakups. It is better if we listen to our partners, and be considerate of how he/she feels. Not making their relationship a priority: he/she is suddenly busy all the time, and never seems to have time to spend with you, which will lead to lack of closeness and connection. Sweeping cultural changes: City life and relocation stress are just two factors that have put additional pressure on couples, it forces people to build relationships quicker. However no matter how much one wants to do it differently. Relationships only grow strong and deep when built slowly, and so, haste in relationships tends to build weaker ones, which are easily broken.

Having a child causes many break ups, because it requires a couple to refocus their relationship to supporting a baby. It is difficult to maintain the romance, time spent as a couple to cope with the time a baby requires. Most people are truly exhausted during this period. It is wonderful if there are close family members nearby, and if the time is used well.

Fights and annoying habits in small numbers can be almost endearing, but when they start to take over they can be a serious problem. Everyone has a few bad habits, but in the interest of peacekeeping it's a good idea to

ease-up on the things that drive your partner crazy.

Not healing your heart after a previous relationship break up: Many people go from relationship to relationship without truly healing their hearts. They never discover what went wrong in their previous relationship and what they could have done differently. They keep repeating the same mistakes over and over again and always expect a different outcome.

Incompatibility, lack of communication, immaturity, unrealistic expectations, and irresponsibility are big issues for many couples. Those relationships should probably never ever start, they are not going to work no matter

how you try and address the issue.

Multiple cohabiting: Those who have little or no intention of getting married. They simply want to enjoy the benefits of living together- the availability of sex, combined with financial resources, and so on. This arrangement allows for "a quick exit" if things turn sour, without considering the danger of multiple living together experiences. Contrary to popular wisdom, you do not learn to have better relationships from multiple failed cohabiting relationships. In fact multiple cohabiting is a strong predictor of break ups and failure of future relationships.

To sum up, there is a widespread remarkable growth of break ups in recent years, which will weaken out family form, but it seems time for us to understand that it is almost impossible to find someone who agrees with you on everything. I just think its dumb that when two people have a great relationship that one takes the easy way out and breaks up, instead of learning the art of give and take, for further institutionalization of our social well-being.



2nd place By Marisol Valente

A good question to be asked in the Valentine's Day month, dont you think? Everybody wants to be with someone and spend a good time (at least) on this day. So, why do couples break up? We have tried since the human beings became human beings to answer this question, but, unfortunately, we have not found the right answer yet. Does the love end? Do people change throughout their lives? Is the grass always greener on the other side? Are

couples unable to bridge the gap between ideal love and the reality of love? What happens with couples?

Let's listen to some of them. The day you figure out your boyfriend has cheated on you: "Oh! Dam!!! He was so perfect. I would do anything for him, but now everything is over. How can I forgive him? He screwed up the relationship with my best friend! My best friend, do you know!?!?!? Linda!!! And now how can I see them? Every time I see either of them I will remember their infidelity and how stupid I am." Some days later, when you miss

him: "It was just once, I don't need to be so radical. I should give him a second chance and by the way, Linda is a pain. It was her fault!" Well, infidelity... What would you do if your partner cheats on you with your best friend? Is that a good reason for a break-up?

One day you arrive at home very excited and tell your partner: "Hey honey. Guess what! I'm the luckiest person in the world. I will be transferred to China. My company will open a new branch and I will be the manager. I was promoted and my salary will

...continued from page 2

and I will not have any expenses for food or housing." The answer to your happiness: "You don't think I'm going to learn Cantonese just to go with you to China, do you? I have my job, my family, all my stuff here... here!!! Here is my place. You are so mean that you accepted the promotion without consulting me. I just can't go with you." What is your reaction? Would you go to China with your great love? What about having children? "Oh dear, don't you think it's time for us to have our own family". "What do you mean by "family?" Aren't we a family?" I'd like to have a baby with you. Imagine a little kid running around the house calling us Daddy and Mom. So cute!" It

is not the time. My focus is on my career, I don't have enough time to think about children now, and besides we don't have enough money, enough maturity, enough background, enough age, enough..." The kids dilemma – to have or not to have. Is that a good reason to break up?

"Does your mom really need to come here everyday? I feel like I am not in my home anymore. She wants to control everything; the kind of food we eat, what we should buy for our house, what time I should arrive at home." Your partner: "Oh dear, you are exaggerating the situation. My mom is so nice. She just wants to be helpful. She is concerned about our health and our comfort.

That's it." Your answer: "You are blind! She wants you back. She thinks you are still a kid and I am not taking care of you properly.

Parents-in-law: better not have them.

Have you ever been in any of these situations? If your answer is yes, you know perfectly what I'm talking about and, for sure, you have asked this question to yourself one hundred times. If your answer is no, you don't need to worry. It is just a matter of time. Sooner or later you will face one situation like those, and then you will face one of the conundrums of the humanity: Why do couples break up?

(Edited for content.)



3rd place

By Debora Donadel

Anna and Patrick met each other through some friends they had in common. Their friends said that they were meant to be together and, somehow, it was true, since they were in this relationship for two years.

Anna was the black sheep of her family from an early age. She's the youngest of three girls and always showed that she wanted to be independent, using her brain to succeed and to open new doors. She has a style of dressing and acting that makes her unique, which was probably the thing that caught Patrick's attention.

Patrick, like Anna, is a very smart and clever person. He's from a conservative family, but he's adapted all he learned at home to his modern life. We can say he's the typical, contemporary, urban man. His non-stop life style and his search for stability were a few things that made Anna think about him in a special way.

They met, started dating, laughed together,

discussed books and ideas, until there came a time when they realized they should live together. Anna moved into Patrick's apartment and there they had perfect moments, dinner with friends, more laughs together and really happy days. But one day, a simple question changed all that they had built in two years. It was a lovely Saturday morning in spring. The day was very warm and the sun was shining as never before. Patrick took Anna sailing with the intention of taking the relationship to a next level. This way, he would "pop the question." He made the perfect speech using the words he had planned for some time in his mind. As a modern, but still deep inside, a conservative man, Patrick could see Anna in his dreams, in their house, with their kids. Just one little thing wasn't in his plans: Anna's reaction. Being modern and independent as well as her always being the black sheep, she didn't want all that. In her mind, they could be just like they were before he proposed to her. From that day on, Anna and Patrick each followed their own way.



Students hanging out before the ski trip.



David, Mariam, David, Johanna and Karla at graduation party at Joshua Tree.

Spider Lord and the Saga Continues... by Colleen Foley

...continued from page 1

Spider Lord is a bit like a daddy long leg if you fed him miracle grow for about 5 years. His body was about twice the size of a giant peach pit and his thick legs extended longer than both the palms of my hands. Now, we're three girls, so we flip. First reaction, find someone on the street to kill the beast. I go out, candle in tow, to find someone to do our dirty work. The minute I get out there I realize, "This is ridiculous, even for me, to flag someone down in this outer space darkness to kill a spider in my bathroom," so I quickly abandon this plan. After another 5 minutes of convening by candle light plan # 2 was hatched. We found a stray cat that was happy to be picked up and coddled by yours truly, to lock in our bath room to kill the spider. The minute we put the poor thing in there, all three of us realized it was both cruel, impractical and well, weird so we unlocked the door and the cat quickly darted underneath the bed-- another nuisance to deal with.

The three of us at that point realized that we need to control the

situation ourselves. We draw lots to determine who will deal the killer blow to Spider Lord. Poor Claire drew the shortest lot. As I was rummaging through my back pack for the weapon of choice (a notebook with a very firm cardboard paneling) I assured her that Sophie & I would be the second line of defense and if Spider Lord went ballistic we'd be there, armed with Sophie and her trusty tin bowl and me with my shower nozzle. Ten minutes past, and we're all still lined up in formation in the bathroom with our motley vanguard of weapons. Spider Lord isn't moving and neither is Claire-- she's too scared and cannot do it. Finally, in a wave of both adrenaline and exhaustion I take the notebook from Claire and before even counting to three, dispatch the enemy before my legs gave out beneath me. The carnage left on the wall was truly stomach churning-- I never knew that spider's even bled. For the next five hours we all slept cautiously beneath our mosquito nets hoping that morning would find us before the next wave of jungle insects did.

Staff Recommendations ←



New Movie Release by Andrew Haynes

Into the Wild

Shortly after graduation, Chris gives his life savings to charity, burns all of his identification, and begins hitchhiking across America, his ultimate goal being Alaska. Citing passages from his heroes, Thoreau and Jack London, he is determined to escape society and get back to nature. Chris finally makes it to Alaska, where he hikes out to a remote campsite and discovers an abandoned bus. He manages to survive there for a few months living off the land, but he eventually runs out of supplies and becomes trapped, leading to his tragic end. The movie bounces around chronologically and this works to great effect as the storylines begin to merge and the tension and dread mount and we see the fate that will eventually befall Chris.

Adapted from the summary on rottentomatoes.com



Ways to Liven up Your Morning Cup of Coffee by Colleen Foley

Fresh is best

The difference between freshly ground coffee and pre-ground is astonishing. Invest in your taste buds by purchasing a coffee grinder (\$12). Believe me, you will taste the difference!

Raid the spice rack

For those of you who are trying to cut back on fat after the holidays, forgo the usual cream and sugar and sprinkle either fresh cinnamon or nutmeg in the coffee grounds before brewing.

The 20 minute rule

Make sure that coffee standing for over 20 minutes is safely disposed of. I wouldn't even serve my enemies coffee that was over 20 minutes old, what would people say!



Take time to "smell the coffee"

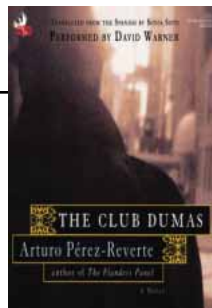
Many people's morning routines are stressful, unpleasant and above all, rushed. I maintain that one's morning sets the tone for the rest of the day—so start it off right! Set your alarm clock just 15 minutes earlier next time so you can truly sit down, relax and enjoy your morning coffee like it's Saturday. Until next time, enjoy!



Book Review by Alison MacAdams

The Club Dumas by Arturo Pérez-Reverte

If you enjoy stories filled with suspense, adventure, and incredible twists, you will enjoy this novel about a rare-book hunter who becomes involved in a mystery when asked to authenticate a manuscript allegedly written by famous French author Alexandre Dumas. Filled with interesting characters and dark secrets, the book's plot often mirrors the ones in Dumas' great adventure stories, such as *The Three Musketeers*. This is a clever novel that will entertain anyone who enjoys mysteries and good literature!



Restaurant Review by Michelle Fernandes

An Tua Nua

Entrées: \$7-14 Salsa lessons: \$12.00 Age requirement: 21+
835 Beacon St./ Boston, MA / An Tua Nua: (617) 262-2121
(for directions only) / SalsaBoston: (617) 513-9841 (details and information on salsa lessons)

An Tua Nua is a cozy contemporary Irish bar & grill on Beacon Street just outside of Kenmore Square. In the back they have a dance club, with a sizable dance floor that holds about 150 people, a bar, and plenty of lounge seating. Irish/America/Bar food available. The food and service is excellent and modestly priced. Every Wednesday night An Tua Nua offers Karaoke in the main room and Salsa lessons in the back room. Excellent opportunity to get together with your friends and have some fun!!!

Lessons and Schedule:

8pm: Casino Rueda Lessons with Jam'Nastics, all levels.

9pm: Salsa with Johnny and Kelly, beginner and intermediate levels

10:15pm-1am: Salsa Dance with DJ Hernan, DJ D. Martinez, DJ Ricardo, and guest DJ's



Did You Know? by Caroline Senkal

The "invention" of language is not known except for references in the Bible. It is not known what language Adam and Eve spoke. The first mention of different languages is the reference to the tower of Babel when different tongues were bestowed. Today, there are more than 2 700 different languages spoken in the world, with more than 7 000 dialects. The most difficult language to learn is Basque, which is spoken in north-western Spain and south-western France. It is not related to any other language in the world. Mandarin is the most spoken language in the world, followed by English. But as home language, Spanish is the second most spoken in the world.

For more fun facts go to <http://www.didyouknow.cd/index.html>

Staff Recommendations



Motivation Tips by Eliot Friesen

Research shows that students must often learn and *re-learn* linguistic structures before truly mastering them. It's interesting, for example, that while most students learn to say "he walk_s" instead of "he walk" as beginners, even advanced students often have trouble using this structure correctly. Why the difficulty? An answer is that all learners seem to move forward and backwards in a state of linguistic development called *interlanguage*. The bad news of interlanguage is that a student's language will frequently seem to get "worse" at times. The good news is that errors, while frustrating, are often just temporary hiccups as one's developing system in the target language begins to look and sound more and more like proficient English. So don't let your set-backs discourage you too much! Making mistakes, even on things you have learned before, is a necessary aspect of learning a second language.



Managing Time by Hsiu-Chia Hsu

Most of us feel like we do not have enough time in the day to do the things we would like to do, the things that would help us achieve our goals. We have all heard of time management and agreed that it is a wonderful idea. But most of us rarely get around to doing anything about it. The truth is that when we consider time management we do not understand how we can apply it to ourselves. In order to manage time we must first know how to view time. Time must be viewed in terms of how it is used in relation to your goals. Time must be viewed in terms of its value for you, in terms of effectiveness in achieving your goals. Only if we learn the importance of time to us will we know how to manage it.



Reminder About Splits by Lois Wang

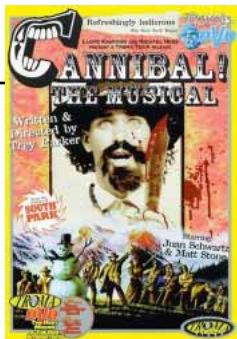
Many of you may enjoy the flexible schedule at Approach that allows you to take classes whenever you want. However, this means that we never know exactly how many students will come to a class at a certain time. We want to keep classes small. This means that sometimes we will have to split the class. If you see two teachers posted, and the room of the first teacher is full, go to the second teacher on the list. If we make a split at the last minute, please help us by volunteering to move or moving when asked. This way, we can make sure everyone enjoys small classes and more time to interact with the teacher.



Weird Movie of the Month by Chris Bishop

Cannibal! The Musical

This is one of the stranger films you will ever see. Shot over one spring break by Trey Parker and Matt Stone, the creators of *South Park*, it tells the true story of Alferd Packer; the first man in the U.S. to be convicted of cannibalism. Alferd Packer has become a kind of folk hero in Colorado; even the cafeteria in Colorado University is named the Alferd Packer Grill. Even though its subject is a heavy one, the film is a very upbeat and light-hearted musical comedy. It provides a great look at what Trey Parker and Matt Stone were doing before *South Park*, and their twisted sense of humor shines in this nearly unknown comedy.



Small Words by Michael Hnatko

Foreign students often leave out or make mistakes with small words or endings. These include the articles, a, an, the; prepositions in, on, at; some conjunctions like "and". The endings are verb endings like er, ing, s. The plural "s" is often left out. Maybe because they are so short students think they can be taken out, but in some cases the meaning of the sentence will change. Try not to leave out or change these words.



Classic Movie Review by Brian Smith

The Caine Mutiny (1954)

Starring: Humphrey Bogart, Jose Ferrer, Van Johnson, Fred MacMurray

During WWII, the sailors onboard the USS Caine, a Navy destroyer, have gotten used to the relaxed atmosphere permitted by their easy-going leader, Commander DeVriess. All that changes when DeVriess is transferred and is replaced by the very by-the-book Lt. Commander Queeg (Bogart). A series of bizarre events lead the crew to believe that the battle-fatigued Queeg is suffering from paranoia. His behavior is tolerated until his erratic decisions endanger their lives and they are forced to take matters into their own hands. Riveting drama.



Approach Activities in February

On Wednesday, February 6, Chris took students to the Omni theater at the Museum of Science. They saw two different shows, the first about Egyptian mummies and the second on dinosaurs. The Omni theater is a unique experience as you watch the movie from a dome ceiling, thereby, giving the spectator the feeling of actually being involved in the action.

On Tuesday, February 19, Luciana and 30 students enjoyed lunch at Fire and Ice in Harvard Square. Fire and Ice is a famous restaurant in Cambridge as you can eat as much as you want, and the price is reasonable. After lunch, Luciana gave a tour of the Harvard campus, which included one of the university's famous auditoriums.

On Wednesday, February 27, Nick and 19 students went skiing at Mt. Wachusett. The conditions were perfect for skiing and Nick, an advanced skier, gave free lessons to many students. Many of our students have already become hooked on the sport and are eager to return to the slopes soon.

On Thursday, February 29, the school had its monthly graduation party at Joshua Tree. Around 50 students attended and enjoyed the free food and warm atmosphere. We want to extend our congratulations to our students who moved on to colleges and universities this month!



Tiago and Rodrigo talking during International Lunch



Sierra, Xiaoming and Ryan at the baby shower



Heung Jae and Wilson find a spot on the floor to eat



Stoil enjoying his role as the dealer during a round of poker



Yerbol and Na Yeon battling wits at the Omuk competition



Almas and Ashraf in an intense game of chess



Yasushi, Yasu and Ryo talking during International Lunch



Chayenne and her husband, Evaldo.

March Birthdays

- 1 Isis Marra
- 1 Mahmut Degerli
- 2 Weilai Li
- 2 Debora Ramos
- 3 Liza Lopez
- 7 Alina Astudillo
- 7 Krobtham Prommaryon
- 7 Moriyoshi Mizutani
- 10 Juan Bernal
- 10 Lidia Das neves
- 11 Cemile Yaman
- 12 Sergey Yurov
- 12 Mehmet Bilgin
- 13 Hyunsuk Lee
- 15 Chao Lu
- 19 Xiaoming Wang
- 19 Sirley Arruda
- 19 Alexandre Bedin
- 21 Sorada Hnu-iad
- 22 Evren Firat
- 22 Javier Gomez
- 24 Stoil Stoyanov
- 26 Na yeon Lim
- 28 Ja kyung Shon
- 28 Vahap Aydogan
- 29 Monika De Lima
- 29 Beatriz Meb perez
- 30 David E. Ordenez

Just a Small Town Girl... *by Corinna Gilson*

Approach welcomes Corinna to the team. She is our new Admissions Officer/Registrar.

I'm from a tiny town in northern New Hampshire where many people have never traveled outside of the state, much less the country. I knew I had to get out and see the world and I did just that. While studying International Relations at the University of New Hampshire, I traveled to Granada, Spain and lived with a little Spanish lady and her daughter. It was the greatest time of my life; everyday brought a new adventure. I traveled all over Europe and made friends from all over the world. When I reluctantly came back four months later I was a changed woman, so I left my little town again for another foreign city: Boston. I've lived here since November and I have experienced nearly the same culture shock as when I lived in Spain. Although it is different than country life, I have fallen in love with this city and all of its different cultures. I'm hoping that while working here I will make more friends from all over the world and we can teach each other something.



Recipe of the Month: Cheesecake *by Chris Bishop*

Everyone loves a good cheesecake, but people differ when it comes to what should go in a cheesecake. Some make them with one cream cheese layer and one sour cream layer; some people put chocolate, peanut butter, caramel, or candy in or on them, and some people believe it's sacrilege to change the basic cheesecake at all. I don't hold truck with making a cheesecake *too* fancy, but a good-looking topping helps a lot. My current favorite topping is easy as pie. Simply spread a thin layer of raspberry jam over the top, rim the edge with fresh berries, and sprinkle the whole thing with chopped walnuts for a truly impressive-looking cheesecake. Sometimes I'll use chocolate graham crackers for the crust, but I think it ruins the simplicity of a good cheesecake to put a bunch of stuff in the middle.

Preheat the oven to 375 °F. Place the cookie crumbs, sugar, melted butter, and nuts in a small bowl and mix them with a fork. Press this mixture down evenly into the bottom of a 9- or 10-inch springform pan. Bake it for about 15 minutes on the bottom rack, then set it aside to cool. Reduce the oven's heat to 300°F, and place a deep pan filled halfway with water on the bottom rack of the oven to keep the cake from drying out as it bakes.

Next, we prepare the filling. Beat the cream cheese, vanilla, and sugar in a large mixing bowl with an electric mixer until it's light and fluffy (about 30 to 50 seconds). Be sure to scrape the sides of the bowl with a rubber spatula halfway through. Lightly whisk the whole eggs, egg yolks, and lemon juice together, then beat them into the cream cheese mixture.

Pour the filling onto the crust. Bake the cake until the top is golden brown and a tester toothpick comes out clean, about 1 ¼ hours. Let the cake cool in the pan, then refrigerate it overnight in the pan and serve it the next day. I'd tell you that leftovers will stay good for about a week in the fridge; but there won't be any leftovers, I guarantee it!

Ingredients:

cake

3 lbs. cream cheese, at room temperature
1 ½ cups sugar, 2 tsp. vanilla extract
3 large eggs, 2 large egg yolks
1 tbsp. lemon juice

crust

1 ¼ cups graham cracker crumbs
1 tbsp. sugar
6 tbsp. butter, melted
½ cup ground walnuts, pecans, or almonds
(optional)



Delicious Cheesecake



Change of Status *by John C. Carleen, Esq.*

US immigration law states:

Any person who departs the U.S. having accrued more than six months of consecutive "unlawful presence," beginning on or after April 1, 1997, will be subject to a three-year bar. The bar extends to 10 years if the unlawful presence totals one year. Unlawful presence accrues only after:

- a defined period of authorized stay as specifically documented on an I-94, or
- as of the date of a decision by the INS or Immigration Judge that the alien has violated status.

It is extremely important that any foreign national who has been lawfully admitted to the United States, not stay in the country beyond the expiration date of their visa. The penalties for those individuals who fail to leave the U. S. prior to the expiration of their visa are extreme. If a foreign national's visa expires and they

remain in the United States for up to six months from the expiration of their visa, they may be barred from re-entering the United States for 3 years. If the unlawful presence in the US continues for one year they may be barred from re-entry for 10 years. As an example, if a foreign national enters the U.S. under a B2 visitor's visa and stays beyond the expiration date of that visa, they will not be able to later apply under the F1 student visa program for 3 or 10 years depending upon the time they have over-stayed their visa. If the foreign national wishes to stay in the United States beyond the expiration of their visa, they must apply for a "change of status." This process must be initiated prior to the expiration of the visa and can not be accomplished after it expires unless it can be demonstrated that there were "extraordinary circumstances beyond the control of the applicant" and the filing delay is determined by the USCIS to be "commensurate with the circumstances." In addition, the applicant must not have otherwise violated status (e.g. worked without authorization or committed a crime).

"Change of Status" refers to a change in nonimmigrant status – specifically from one nonimmigrant classification to another. This should not be confused with "adjustment of status" – the process by which a nonimmigrant adjusts status to that of permanent residence.

To qualify for a change of status a person must have previously been lawfully admitted to the United States as a nonimmigrant.

For example, some visas which qualify for change of status are a business visitor (B-1) or visitors for pleasure (B-2) to an F-1 student visa. However, the regulations require that a nonimmigrant admitted in B-1 or B-2 status may not pursue a course of study at an approved school unless the USCIS has approved his or her application for a change of status to F-1 or M-1 student. If the student enrolls prior to filing or while the application is pending, the regulations state that the application to change status will be denied.

Further, a departure from the United States terminates nonimmigrant status. If the nonimmigrant leaves the U.S. while an application for a change of status is pending, it will be

deemed abandoned since an individual cannot technically change status abroad. However, the individual could apply at a consular post abroad for a different visa classification and seek readmission to the United States under a new visa. In summary, if you wish to remain in the United States beyond the expiration of your visa, apply for a change of status well beyond the date upon which it is set to expire.

Carleen & Caramanica

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Attention: International Students are required to file taxes with the IRS

Many of you may not realize that you will have to complete U.S. tax forms.

All F1 student holders (including F-2 family members) must complete a Form 8843 annually, regardless of whether or not they have incomes. The filing of Form 8843 confirms one's non-resident tax status in the United States. Federal and state income tax forms are completed annually in the United States. F1 visa holders are required to complete federal income tax forms only if they had U.S. source income.

Income includes salaries from jobs, scholarships, stipends, and/or grants from Harvard or any other U.S. organizations, as well as dividends from a U.S. company. Tax forms must be completed and submitted to the Internal Revenue Service (IRS) between January 1 and April 15 for the previous tax year (2007 tax forms will be due by April 15, 2008). Tax forms must be completed even if a tax treaty exempts you from paying any U.S. taxes.

John Carleen will be at Approach twice during the month to do students' taxes. Please inquire at the front desk for days, times, price and availability. Book your appointment early to ensure he will be able to help you.