

The Globe



INSIDE THIS ISSUE:

| | |
|--|---|
| Stress | 1 |
| Diet: Change Something to Get Many Better Things | 1 |
| What is Life? | 2 |
| To Have a Young Look | 2 |
| Working Mom Student | 3 |
| Rock Ma, My Thoughtful | 4 |
| My Second Home | 4 |
| The Lovable ESL | 5 |
| Religion Dispute | 5 |
| Coincidence | 6 |
| Librarian Interview | 7 |
| Introduce Newsletter Request for articles | 8 |

Stress

By Yung-Tzu Chen

We all face different problems every day. When we feel overwhelmed and under pressure, we are experiencing stress. Stress is a psychological and physiological response to the challenges that we deal with. In a small amount, stress can be a good thing. It can help you to focus on what you do. However, when it becomes too much, stress can cause physical and emotional damage to your life.

There are certain personality traits that can cause stress, such as being a perfectionist or lacking confidence. Some people can handle stress better than others; however, being under stress for a long time is unhealthy. There are some stress signs that can warn us that we are under too much stress. For example, if you find yourself constantly worrying, being negative, feeling depressed, unable to relax, using alcohol, cigarettes, or drugs to relax, gaining or losing weight, sleeping too much or too little, or experiencing chest pain or a rapid heartbeat, you might be suffering from stress.

If we think about the causes of stress and how bad stress can influence our life, knowing how to manage stress becomes very necessary. Exercising regularly is one way to reduce stress. Some studies have found that exercise not only helps physical health, but also helps us to relax and sleep better. Using weekends to relax or taking regular vacations can also help you to reduce stress. Trying to think positively and not pushing too hard will help you to have a more peaceful life. If these strategies can't help you to reduce your stress, then you might need help from family, friends, or therapists.

Having a little bit of stress is not a bad thing in your life; however, when you feel overwhelmed and have some signs of stress, you have to deal with it wisely and seriously. Try to find out the reasons for stress in your life and look for healthy ways to reduce stress; then you will have a healthier and happier life.



DIET: CHANGE SOMETHING TO GET MANY BETTER THINGS

By Potjaman Pigulsawas

“Oh my goodness! You still have high cholesterol!!!” This was what my family doctor told me when I went to get my blood test for the second time. My doctor and I both worried about me being unable to reduce my cholesterol level. She wondered how I could have this problem; I'm only twenty-two years old, five feet three inches tall, and a hundred and five pounds. If she wanted to know why I have high cholesterol, I

would have several reasons to tell her, and if she really wanted me to solve this problem, I would have to change many of my behaviors and habits.

I'm a sweet eater. I'm addicted to cake, pie, chocolate, candies, ice-cream, soda, and hot coco. I will eat sweets whenever I have a chance regardless of my doctor's warning. More importantly, my favor-

ite hobby is reading which definitely doesn't require a lot of physical movement. That means, I always lie down on my soft sofa reading my favorite books after having a big meal plus numerous desserts. Also, I do not like to exercise. When I was in junior high and high school, I played competitive volleyball all the time. As a result, I had big muscles in my legs. **(continued on page 3)**



What is life?

By Jahir Guzman

Did he die of leukemia? What is that? Those were my questions to one of my friends from Mexico during a conversation last week. My friend told me that one of our friends from high school, who was just 23 years old, had died last month of leukemia.

After I finished talking to my friend, I called my father to find out what leukemia is. My father, who is a doctor, explained that leukemia is a type of cancer that attacks the bone marrow, which produces the different types of blood cells. The causes of leukemia are uncertain, but my father explained to me that some experts say that smoking and exposure to radiation are the principal causes of leukemia.

When I think about my friend, I don't understand why a person like him could die of leukemia. He was a healthy young man who loved sports and liked to do exer-

cise every day. I am not going to say he was a perfect guy who was very kind, as the majority of people will say when they talk about someone who is dead. He was like any of us with good and bad points, but he was an optimistic person, one of those men that face life with many desires without paying attention to the obstacles that cross his life, as there are few nowadays in this world. This situation makes me think about how life is. It is incredible how a person was alive at one moment and passed away in the next couple of hours. Also, I asked myself, why him?

He was a man who was always happy and loved to smile. Now I wonder if he had done everything he wanted. I am pretty sure that the answer is no because he had a bunch of plans for his future, but his death took everything away from him. Unfortunately, he would not be able to enjoy the future that he was building with a lot of work and sacrifice. Suddenly and

for the first time in my life, I started to think about the possibility of death. It is the first time in my life that a person that I know died as young as my friend was. Let me tell you something, it is hard to know that I could possibly die without seeing my parents again. Many times we see news like that on T.V., or a friend tells us about a similar situation, but until a situation like this happens to a friend, we don't realize how hard it is. In my case, as many international students, I left my country to build a better future for myself, but I started to think if it is really worth leaving my family and friends to build a "better future?" Are we really happy making those kinds of sacrifices?

I believe that there is not only one correct answer for those questions, but I am pretty sure that we should think about the possible answers to these questions because we never know what could happen tomorrow.

To Have a Young Look

By Jasmin Kim

In Korea, there is a secret for maintaining a good physical health and a younger looking face. The secret has just been rediscovered recently. It is a pleasure to hear, "You look so young!" instead of, "Really!?! You are 25!!!" Accordingly, a lot of cosmetic companies have been growing due to those two strong desires-- to have better shape and to have a younger looking face. Most of the people who have these desires are most likely entertainers, movie stars, and CEO's of fine prospect companies; it's worth it to be good looking. Therefore, wishing to look better and make life longer are most likely natural desires of human beings. To make your wishes come true, you could make your skin, body, and mind stronger.

Having strong skin helps you fight wrinkles. To have a baby face, we have to make our skin stronger first. Ultraviolet rays can badly damage skin. Therefore, you should avoid it by putting on sun block lotion at least 30 minutes before sun exposure. In addition, in case that you need more protection, putting on long sleeves is one of the best ways. More important in Korea, there is a secret for maintaining a good physical health and a younger looking face. The secret has just been rediscovered recently. It is a pleasure to hear, "You look so young!" instead of, "Really!?! You are only 25!!!" Accordingly, a lot of cosmetic companies have been growing due to those two strong desires-- to have better shape and to have a younger looking face. Most of the people who have these desires are most likely entertainers, movie stars, and CEO's of fine prospect companies; it's worth it to be good looking. Therefore, wishing to look better and make life longer are most likely natural desires of human beings. To make your wishes come true, you could make your skin, body, and mind stronger.

Having strong skin helps you fight wrinkles. To have a baby face, we have to make our skin stronger first. Ultraviolet rays can badly damage skin. Therefore, you should avoid it by putting on sun block lotion at least 30 minutes before sun exposure. In addition, in case that you need more protection, putting on long sleeves is one of the best ways. More importantly, nicotine from cigarettes can damage skin even worse than the ultraviolet ray. It marks deep wrinkles around the mouth.



(Continued on page 8)



Diet: Change something to get many better things

By Potjaman Pigulsawas

(continued from page 1) After being called “muscle legs”, I promised myself that I would not play any more sports nor do any exercise again in order to have nice legs like other ladies. Those are my primary reasons for having high cholesterol, eating high cholesterol food and not exercising.

Although having sweets all the time, reading in my free time, and not exercising may make me happy, they do not help me shed any microgram of my cholesterol. Those behaviors and habits could make my health worse and bring me more serious health problems in the future. Therefore, I should do something to save myself. I have a plan now.

With my eating behavior, I'm

going to reduce desserts. I will allow myself to have one piece of cake per week instead of the usual three pieces per week. After meals, I'm going to do something else such as watering my plants, playing with the dogs, or doing some cleaning before going to do my favorite hobby, reading. Also, I just realized that there are a lot of sports that do not cause unneeded muscles on the player such as swimming, Yoga, or aerobics, which help me not only keep my legs in shape but also reduce my cholesterol and help me to become healthy. These are wonderful plans that I'm making for myself. I believe that changing some unsuitable behaviors and habits, although not easy, can bring better things into my life.



Mom, Student, and Employee

By Cherry Sun

For students with young children, it is difficult to finish their study with many responsibilities at the same time. After working and taking care of the family, they are too exhausted to study. Therefore how to be successful in college education as a worker and mom is a big challenge. From those who have overcome this challenge and my own experience, the

key is a fixed purpose and patience.

First of all, a fixed purpose is important. Without it lots of students who are mothers give up their studies with regret. I myself am a working mother student. At the beginning, I complained about everything, such as my boss was so mean because I couldn't do my homework during the working hours; my husband's job is not appropriate for he has to work in China for at least 2 years; my child is too young to take care of herself, so I have to watch her when she plays piano and does math; and tomorrow is the due date for the homework but I didn't start yet. However, complaining can't help but makes things even worse. "To be or not to be is the question", Shakespeare wrote in *Hamlet*. Now the question before me is to give up or not to give up. This kind of hesitation wastes time and energy. It is the

biggest obstacle that I should remove totally first.

I prayed to God, asking for energy and wisdom to face the challenge. Then I met my friend Halan, who has two little children and got her doctor license after spending 9 years in her study. She told me since we have fixed our purpose, then why don't we take it easy? Life is long, we could finish our study by taking longer than students who don't have so many responsibilities. Because of lacking patience, students who are working mothers push themselves to do as well as other students, which always depresses them. Actually, the students who are working mothers can complete their college degree. The only difference might be how long they take. The working mother students may take a longer time. With a fixed purpose and patience, it is not impossible to win the challenge of working mothers.



Rock Ma, My Most Thoughtful Teacher

By Tutor Slim (Quan Cui)

ESL 122, Ms. Sarah Kim

Like most people, I have several role models that have shaped my life. They include: Albert Einstein and Abraham Lincoln. Besides these historical figures, I truly feel that someone who lives an ordinary life could also become a role model for me. For instance, the most thoughtful teacher that I have ever seen, Professor Rock Ma, taught me how to think effectively before I make any decision.

"Imagination is more important than knowledge," a famous quote of Albert Einstein. In other words, to inspire means more than to educate. How did Professor Ma inspire me? The education in China is not similar to the education in the United States. However, Professor Ma is a teacher who could change students' lives or futures with his teaching methods. Coincidentally, I had the opportunity to take two of his English courses while I was still

in China. His classes were absolutely fabulous; he did not only teach us the basic English and speech skills, but he also taught us to think and organize our thoughts. Because of his vast experience and knowledge, he also informed us of the events around the world. He taught us that life is so short, so we should pursue our dreams. Inspiring us to consider our life, he advised us to read some global stories daily, and made us think about them by using his unique style, which was funny and interesting. After knowing that I was going to the United States, Professor Ma told me his about his dream and gave me valuable advice. He dream is to be enrolled in Harvard University, and enjoy the fantastic study environment there. He always thought that Harvard University, was amazing in education. Therefore, he dreamed to improve Chinese education to be similar to Harvard's.

In addition, Professor Ma also taught me to think effectively. He said that thinking effectively before making decisions would bring positive results to that person. The more one person thinks, the more successes he/she will get. It does not mean that one should be so serious and stressed when one has to make a decision, but it means that one should think wisely. Knowing how to think is more precious than anything I have learned. To think is the way to success in career choices or life.



My Second Home

By Tiffany Ho

ESL 33A

Ms. Virginia Heringer



Being a high school student, you probably spend half day at home and the other half at school. Taking six classes every day is what every high school might require. English and Math are always ordinary classes. Students also have to take physic education for the first two years of high school. For some seniors, they can have a time off if they make up all their credit which sounds awesome for me. Anyway, from home and school, I got different special feeling and experience. Home contains love of my family and school contains love and fun of friends and teachers.

There are more than 3,000 students in my high school. When the bell rang, students rushed out of the class room to their next classroom as people hurry getting into a train. It was so crowded until I felt like I was attending a concert, a concert that's full of my friends. I liked the time when I could say, "Hi!" to my friends and gave them a hug while rushing to another class. It's like what I always do to my family, hugging each

other. I also enjoyed having lunch with my best friends. When I enjoyed having dinner with my family at home, I have the same feeling as having lunch with my best friends. My friends and I would always have great conversations.

In conclusion, high school is my second home which contains love, fun, happiness and wonderful relationships.



The Lovable ESL

By Fotavis Lao
ESL 33B, Ms. Annie Kuo

College life is quite different from that of high school. One of the differences is students have the alternative of choosing what to learn, which means they can take classes according to their interest and major. Besides classes in our major, we also need to take a certain amount of subjects – known as general education (G.E.), and one of those G.E. courses that an international student must take is English as a Second Language (ESL).

Try to project yourself into an environment that is full of native English speakers and imagine what would happen. Are you confident enough to communicate articulately with them? The most possible answer to this question is, you will just become a student who sits there and seldom speaks. How could you express your opinion or even ask a question without good English communication skills? All these problems will probably be solved, more or less, after attending the ESL class.

ESL has become one of my favorite subjects. Unconsciously, half of its itinerary has already been covered within two months. During these two months, I learned a lot of things which I had never realized. Even minutia bagatelles can help me take a great step of improvement forward. Students should learn not only from the textbook or lecture, but also from the interlocution between classmates. This also serves as a kind of diplomacy for the overseas students to make friends.

Unlike native English speakers, ESL students, who have a similar situation with each other, provide a sense of security in their English level. Thus, it establishes an animation of the learning atmosphere, which makes the class became more dynamic. More personal experience and opinion are discussed since students tend to be more talkative during lessons. Consequently, they can imbibe better knowledge and more information than a unidirectional one.

ESL acts as a bridge of connecting the gap of English level between international students and local students. This “sanctuary” of gathered students, who are alike in the situation that they know little about the U.S, are from all over the world. Cherish not only the time and knowledge of ESL, but also the classmates, whom you talk to and get along with for the entire ESL course.



“ESL acted as a bridge of connecting the gap of English level between international students and local students.”

Religion Dispute

By Sophal Sao

A war between religions has always been a big issue in society since ancient times. People have been fighting over this for decades, but it seems that this issue would never be resolved. It is regretful to see who had sacrificed themselves for war because of their loyalty to their religions. I think if God does really exist, He would have said the same thing. Is it a religious war or is just human disagreement? Wouldn't the main purpose of religion be to keep people in peace, united, loving, and forgiving? But why world tension about war is not about God himself, instead it is about human jealousy and greediness. I believe money and power are usually the fact that caused this to happen. Let's think about two lions who wanted to live on the same mountain, would that be possible? If one of them does not want to surrender, the conflict will certainly occur, and the victims are the innocent people who know nothing but the misleading information. Although it is shameful, it's true. The bottom line is God has nothing to do with the war; we as humans caused all of this disputation between ourselves. If we would be able to be open minded a little, we would have avoided most of the problems, and the world would be a more peaceful place to live.

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Coincidence

By Freeman Kong
ESL 122, Ms. Cathy Johnson

It is so strange that two different people can share the same experience. Is it a coincidence? You have read "A Spoon" about Dr. Lii's story in the December "Globe". Now, let me tell you another story. Miss Lee is a high school student in China. Her father is a very poor farmer. Last year in autumn, his crops became ripe. One night, he thought there would be a good harvest and his family life would be better. But that same night, a herd of wild animals burst into his field and spoiled his crops.

Faced with the waste of the crops, he wanted to cry, but a tear didn't fall on his face. Rather, they were shed in his heart. Suddenly his life dropped down into a dark abyss. No money, he had no money to give his daughter to buy meal tickets for food at school.

The mother wanted to cry too, but she swallowed her tears in her heart. She began to make hard pancakes for her daughter. She wasn't Mrs. Fields and she didn't have sugar, eggs and butter. She could only make salted hard pancakes. After one day and one night of hard work, she makes 300 hard pancakes. Miss Lee put them into her backpack and carried it. She walked on the rugged mountain footpath. After two hours, she arrived at her school.

Three hundred hard pancakes were her only food for one month, ten for one day. Breakfast was hard pancakes, as was lunch and supper too. There is no taste in a hard pancake and no meat in a hard pancake. If you are eating steak and lobster right now, what would you think about Miss Lee's dinner? How do you think she felt? Sometimes, when she was eating the hard and tasteless food, she wanted to cry, but she swallowed her tears with the hard cake, as her father and mother had.

After the classmates finished their meals, they came back to the dormitory room. They talked about the food and how delicious it was. They were so excited because the food was delicious, the food's aroma spread from their mouths, and then floated into Miss Lee's nose.

The delicious flavor met the tasteless hard cake in Miss Lee's nose, as the flavor of lobster and the wax. You know, the contrast was so strong. You can imagine how Miss Lee felt.

One night, some classmates were hungry. They know Miss Lee had hard pancakes. They asked her for some cakes. They didn't know it was her only meal. She only had a few cakes. But she took the cakes out very quickly, very kindly and willingly.

Maybe you think the roommates would return some money or meal tickets to Miss Lee. But I regret to tell you, no, because they didn't have extra money or meal tickets. Their families weren't rich either.

So hard was Miss Lee's life and so hard were her studies, too. When she was studying, the hard cakes and the sad tears became electric power and gasoline. She was like a hybrid car that runs on the "academic freeway" with high speed. She was and continues to be a very diligent student and a superior student. She always gets excellent scores because she wants to enter a famous college in China. She will become a doctor.

Do you think Miss Lee is like Dr. Lii? The both have the same last name in Chinese and their fathers are poor farmers. They were both hungry and had no meal tickets.

But, fortunately, they both studied very hard and both are excellent students. Such a coincidence.

Brain Food



Riddles:

1. You throw away the outside and cook the inside. Then you eat the outside and throw away the inside. What did you eat?
2. I can run but not walk. Wherever I go, thought follows close behind. What am I?
3. What goes around the world but stays in a corner?
4. I have holes in my top and bottom, my left and right, and in the middle. But I still hold water. What am I?
5. What is it that, after you take away the whole, some still remains?

Source: <http://www.rinkworks.com/brainfood/p/riddles1.shtml>

Answers:
1. An ear of corn.
Or, a chicken.
2. A nose.
3. A stamp.
4. A sponge.
5. The word
"Wholesome"

Benefits from Our Librarian —interview with Professor Joanne Kim—

By Eva Fan

When Professor Joanne Kim introduced herself to her LIB 1 class in winter 2008, she said, “I am from Korea and have been in the United States for 45 years.” Again, I heard those words in the ESL 33B class library orientation on March 25. Professor Kim’s words deeply sank into my heart. Professor Joanne Kim, a Senior Librarian, is an immigrant who has the same situation as many of us.

As an ESL student, I am interested in knowing more about her experience in 45 years and to share this in the newsletter. Professor Kim will be a wonderful resource for us to model after. Our newsletter is open to ESL learners to share our ideas, opinions, lives, successes, diversity cultures, and culture problems.

Eva: How long have you been a librarian?

Professor Kim: I have been working in libraries over 35 years. I am retiring this year as of July 1 after working at PCC over 27 years.

Eva: Do you have any suggestions for ESL students for using the library?

Professor Kim: I would suggest students use the library as much as possible because knowing how to use the library would provide your academic success.

Eva: What were the main obstacles that you had to overcome as an immigrant in the United States?

Professor Kim: There were a few obstacles, of course. But, my optimistic outlook along with hard work made me overcome most of these obstacles. Certainly, communicating in English was a number one frustration and studying in graduate level work was not easy. I lost 20 pounds in the first 2 years.

Eva: Do you have any advice for ESL students based on your experiences?

Professor Kim: My advice to young ESL students is not to give up when you feel like you are standing at an edge of a cliff. There are always options and alternative choices if you look around in different perspectives. Study hard and receive degrees for your career, but do not worry about grades. As time goes by and you learn more, your knowledge and language skills will become your asset.

Eva: What are your achievements as far as education is concerned?

Professor Kim: I have a master’s degree in English and was working on my doctorate in linguistics. But, I got married and stopped studying. After having two sons, I went back to library school and received another master’s degree in library science.

Eva: Do you have any comments about your life now and possibly after retirement?

Professor Kim: I have had a very full life with lots of joy and sense of achievement. I will be very busy doing more painting and traveling.

Per my request, she let me take her picture. Confidence, treasure, and wit are shown on her face, which is filled with smiling. From our conversation, I was encouraged that age is not a problem to go back to school if we want to. I think I would get many benefits from Professor Kim for my future school life. Hope today’s interview may give you some hints on your successful road to academic achievement.



Professor Joanne Kim at the Reference Desk in Shatford Library



“To Have a Young Look” by Jasmin Kim

(continued from page 2) Therefore, you should avoid smoking and being in any place that’s full of smokers. After doing that, you should have enough sleep. Many Korean people agree that “a beautiful woman is the one that is a sleepyhead” because having enough sleep keeps skin flexible.

Having a good shape makes you look younger. To have a good shape, you should make your body strong with balance. Most young people have more muscle than fat in their bodies because they are more active. To have a good shape like them, we should have regular eating habits, eat healthier, and always do exercise. Most people struggle with being fat because they have neither desire nor knowledge to deal with it. Therefore, motivating yourself to have some exercise and listening to suggestions from doctors are the two best ways to cope with problems.

Being a positive person brings you a young look. You can see that a person who is always happy looks younger than others. It’s because that person has less stress. Therefore, we should learn to reduce our stress by watching comedies, going out to dinner with friends, and taking vacations.

There are many ways to look younger. However, there are three important strategies from Korea that would be helpful for you, which are making your skin, body, and mind strong.

Introduce the Newsletter Team**By Ivy Tian**

In the Newsletter group, we are the ESL students who publish the “The Globe” Newsletter. This Globe Newsletter is a periodical newsletter which is written and published by ESL students at PCC. The theme for this edition is on the subject Health. The purpose of the newsletter is to collect and spread the voices of different ESL students at PCC.

We have three groups in our team. The journalist team chooses topics that are interesting, like topics that are related to culture or closely related to a student’s life. They write articles, conduct research for surveys and articles. The editorial team has the people who select articles from all sources and try to find the best ones. The layout team arranges articles on each page of the newsletter, designs format and takes photographs. After they finish the first steps, they edit and proofread articles.

Each member in the newsletter team works cooperatively to make the Newsletter successfully published. The final publication of the Newsletter is the accumulated efforts of everybody. We appreciate everyone’s hard work on the team.

REQUEST FOR ARTICLES

The **Globe** is looking for more articles to be published at PCC.

Who: all ESL students at PCC

What: articles, letters, jokes, essays of **general interest** to the ESL student population.

Where: turn your work in by e-mail to pakoubek@pasadena.edu, or globe_newsletter@hotmail.com

When: by May 6, 2008

How: include your full name, class, teacher, and e-mail contact information at the top of the page. Your article should be under 300 words, double-spaced, and have a title at the top. Your name and class will be included in the newsletter.

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