



March 2015

The GLOBE

By ESL Students

It Turned Differently !

Sarah Ouslim
ESL 33A

I have been in the US for more than two years now and I like it so far, but when I think back about the first months when I came here it seems like I never thought I would make it that long or consider staying for years in this country but somehow, it has actually happened.

At first, I remember being surprised that the United States wasn't how I pictured it in my mind. In fact, my first weeks here were joyful and exciting although things that I noticed were far from what I had imagined and hoped for before. It never occurred to me that some people would live in this great country the way they do. I never thought that there would be so many homeless, people in need, poverty, lack of jobs, high cost of living, inaccessible

health care or even pollution and dirt on the streets.

I used to think the U.S was like a heavenly place where everything was just perfect but I wouldn't anymore since that isn't the case. After my expectations had fallen apart and consequently, feelings of disappointment had taken the place of pleasurable thoughts in my life, I decided to continue the decision I made by coming to this country and deal with that situation in the best matter. It took me a lot of work on myself, patience, courage, and curiosity, especially to know how this country really works and therefore, I would be able to live in it.

It took me awhile to figure out some things, like how I would make a decent living or how I would pursue a successful career....I'm still learning more and more each day in the wake of my first lesson, which was that The Grass Isn't Greener On the Other Side, in another country or wherever. It does not matter what we heard or were told or in spite of what we might see on television or read about. Regardless of what we would like to think and dream about, that Grass wouldn't be Greener on that other side. Eventually, you need to realize that and see it right there, and that's exactly what happened to me. Who knows? Maybe you would like it anyway. Just like I did.



PASADENA
CITY COLLEGE

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Expectations

Claire Sur
ESL 33A



I have had a nice time in America, but when I was young, I could not imagine that I would immigrate to America. I remember the day my mom said to me that we would move to America since we got green cards for the U.S. I was confused because when I heard the news, I had been preparing for the Korean university exam. I felt like this story was not mine because I did not know that my aunt had invited us to the U.S!

Before coming to America, actually I worried a lot. It was the first time for me to live in another country! Although I have been acclimated to this American culture well, everything made me scared at first. I was not sure whether I would do well in studying. Now I think that I overcame almost all the obstacles. I am proud of myself. These days, my new goal is getting a good grade in every subject and transfer to Cal Tech or UC Berkeley! I will keep doing my best.



Iran and Iranian People

By Neda Moetamedi
ESL 422, Professor Carol Curtis

Iran is a very beautiful and special country. It has four different types of weather that make it seem like there are four different seasons in other places in the country of Iran! The New Year begins on the first day of spring. This is very exciting.

Iran has a lot of beautiful places including mountains, deserts, and valleys. You can see many beautiful and healthy flowers. For example, the flower soosan chelcheragh only sprouts 1 time a year and is only found in 2 places on Earth!

Additionally Iran has many ancient places

where you can just go for a tour or for exploration! It has a city named Perce Palace with many valuable items, which a lot of museums now own or have borrowed.

Did you know that the population of Iran is 79,104,063?! The people of Iran are kind and generous people. Iranian people speak the modern Persian language. Most people of Iran like family and live with their grandparents. They pay many respects to their elders and do what they are told. Iranian people are very smart and talented. Now you can see why I really like Iran especially because I was born there!

News from the ESL Center

ESL Center Workshops

Presented by Eileen Snyder,
Learning Assistance Center

Spring 2015

All workshops meet in D306 (12:10-12:55) on Thursdays.
All levels may attend any workshop.

March 19: Articles: Not a Walk in the Park! (all levels)

March 26: Say WHAT? Indirect Speech (levels 3-5)

April 2: Fragments and Run-ons (Levels 3-5)

April 9: Parallel Structure (Levels 3-5)

My Marriage

Hongbing Yin
ESL 33A

I had been married to my wife for 18 years by the time my family immigrated to the U.S. in August 2013. When I worked in the institute of Wuhan University of Technology in 1992, my wife entered the institute as an intern. Her research topic was to explore some new glass formation. She was kind and beautiful. But I was a nerd and worked without playing and dating. She worked with me in the same lab. I remember the first time I chatted with her because of an introduction by my associate.

Our dating was like a romantic story, but

not more than others. We began to see films together and travel together. When we were going to marry, we faced a big financial problem. We had no house to live together in. It was unimaginable for the youth to afford a new house in China in the 1990s. So we conspired to change our job to earn more money. It was good luck for us. I found a job in Chinese telecommunication industry, a long-term booming industry in China with high salary. We had been saving money for six years since we married in 1992. We rejoiced at our first house located in a high-level district in Wuhan, which was quite convenient for

our future life. The facilities were quite good quality with a top shopping center, a satisfactory hospital service and one of the most famous universities within a one-mile area.

Although there are a lot of tough times in my life, we have been married happily.



Opportunity to be in the U.S.

Sophean Hing
ESL 422, Prof. Carol Curtis

For foreigners from many countries all over the world, it is very difficult to get a U.S. visa. I'm one of the lucky people to get a visa. I can come to the freedom, safety, and clean environment that the U.S. has. The United States of America practices the law which allows people to have the ability to express their ideas. The law also allows freedom of speech, assembly and the most important is to protect human rights. Also it is a safe country. Any person can travel everywhere they want without worry. Public places, for example, parks, beaches, and mountains are designed for safety. At the beach there are lifeguards and at the mountain parks, there are rangers. Everyone has to pass a driver's test and get a license in order to operate their automobiles on the road. That would decrease accidents. A clean environment is a concern for all food business owners. They are required to have basic safe food handling from the Food and Drug Administration, which passes laws about food safety and health. All the cities have schedules to clean their communities and streets and they put trash bins in almost every public place. The law enforces manufacturers and factories to reduce their toxic chemicals to reduce air pollution. They even have the Environmental Protection Agency to help people to understand how to keep the environment healthy and clean. People can protect the place they live in and make it healthy. The United States of America has opportunity for people to live a better life, and I am glad to be a part of this community.



**News
from the
ESL
Center**

**ESL Conversation Groups
Join us!**

Mondays 12:00-1:00pm in the ESL Center

Pronunciation Workshops

Tuesdays, March 17-April 28, 2015

If you are interested, please attend one of these times. Sign up in the ESL Center, D306.

- 2:00-3:00pm
- 3:00-4:00pm
- 4:00-5:00pm
- 5:00-6:00pm

How PTSD Affected People

Camille Chen
ESL 122, Prof. Angela McGaharn

Post-traumatic stress disorder (PTSD) is a syndrome that would occur after a person's exposure to unforgettable traumatic events. Nowadays, more than ten million Americans experience PTSD. During wartime, it was known as "shell shock". Tragedies such as criminal attacks or sexual assaults, natural disasters and accidents can cause PTSD. Flashback, nightmares, emotional numbness, sleep disturbances, depression and anxiety are the common symptoms of many PTSD patients. However, these symptoms have different effects on people. For some people, the symptoms will last longer, but for others, the symptoms are shorter. PTSD could happen to any age even children, adolescents and adults if they have experienced traumatic events during their lifetime which affect them in their lives.

Children who have experienced traumatic events at an early age could easily have PTSD. Crystal Woodman, who experienced a gunshot when she was in high school in 1999, recalled that she suffered nightmares every night for two years. After the shooting, she didn't want to be around people, and also didn't want people around her. Moreover, some reports show that children with PTSD have a hard time to concentrate on their schoolwork and have trouble learning new things and memorizing things. Adolescents with PTSD often reported that they have high level of depression. Some of them even have self-injurious behaviors.

Fortunately, Dr. Glenn Saxe, the chairman of Children and Adolescent Psychiatry at NYU Langone Medical Center, said that most of the kids who experienced traumas will end up doing fine. In 1999, Marjorie Long had been trapped

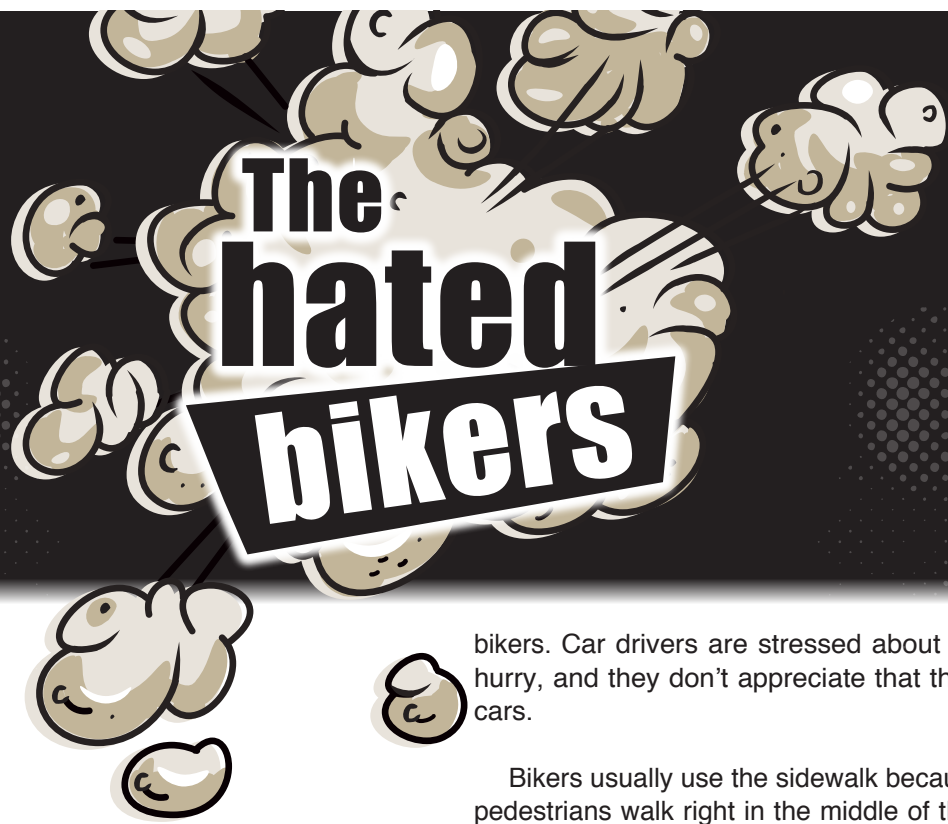
in the classroom with a dying teacher during her sophomore year in school. Her mother said that she had been physically sick for a year after that. Now, Long is able to move on in her life.

Even though adults are tougher than children and adolescents, PTSD could affect their normal life, too. In 1994, Kellie Greene was raped by a stranger with a knife inside her apartment. Greene recalls that her sadness was so heavy so she would cry uncontrollably at any time after she been raped. She suffers flashback and has trouble to sleep at night. Veterans will suffer PTSD because of their losses and sadness during wartime. Research shows that one million war veterans developed PTSD after serving the war in Vietnam or the Persian Gulf Wars.

Many people with PTSD don't seek help. Some of them may not notice they have PTSD, and others might think that they can't be cured. Actually, PTSD is treatable with medication or psychotherapy, even both. Zoloft is an approved drug by FDA that can deal with depression, panic and other disorders. Besides Zoloft, group or individual psychotherapy could also help PTSD patients can manage their symptoms. There are three types of effective psychotherapy: exposure therapy, cognitive behavioral therapy and anxiety management. Among those three types of psychotherapy, Cognitive Behavioral Treatment (CBT) is the most frequent psychosocial treatment that could effectively reduce PTSD symptoms in adults. The traditional group therapy for children can significantly reduce PTSD in children.

References:

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<http://sks.sirs.com.ezp.pasadena.edu/cgi-bin/hst-article-display>
- 2) Escaping The Prison Of A Past Trauma: New Treatment For Post-Traumatic Stress Disorder
<http://sks.sirs.com.ezp.pasadena.edu/cgi-bin/hst-article-display>
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<http://web.b.ebscohost.com.ezp.pasadena.edu/ehost/detail/detail>



Reyna Ramirez
ESL 033A

You don't belong here. There you are making a difference, helping this world, caring about global warming. However other people look at you and they don't like you, because you are invading their space. In other words, you are a bike rider. As a car driver using the roads, or as a walker using sidewalks, people don't like bikers. Therefore, bikers are risking their lives every day in three different ways. Cars do not respect bikers; people walk on the street feeling that the street belongs to them, and bikers do not have enough space to ride their bikes.

The necessity of transportation in Los Angeles is a priority. Therefore, there are many bikers risking their lives trying to get to their homes every day. There is no age to be a biker, who can be young, old or even a child. While people are driving, usually they aren't paying attention; they are talking on the phone or even worse texting. They don't see bikers, so accidents frequently happen. People are not aware that they must share roads with

bikers. Car drivers are stressed about traffic or they are in a hurry, and they don't appreciate that the bikers are not using cars.

Bikers usually use the sidewalk because it's safer. However, pedestrians walk right in the middle of the sidewalk, and when a biker approaches they get mad about that. Bikers don't have enough options. They have to stay safe. People should be considerate that bikers don't have enough space on the road, and help them by walking on one side on the sidewalk.

The government must take the fact seriously that there are a lot of cars in Los Angeles. They should consider that the next time they design a road, they should leave special space for bikers. Bikers need their own space on the roads. Bikers don't contaminate air when they are riding. However, they don't have enough protection in a car accident. Therefore, the government should encourage more people to use their bicycle by designing space for bicycles.

Finally, bikers contribute more than other citizens, because they are not using oil, thus avoiding global warming, and they are avoiding obesity, and they are not a danger for other people. That is the reason why they should be taken more seriously.

Knock, knock

Who's there?
Phyllis.
Phyllis who?
Phyllis up.
My car is
out of gas.



Knock, knock

Who's there?
Parka.
Parka who?
Parka your bike
next to the tree
on the front lawn.

The Bound Feet of Grandmother

Na Lee
Prof: Maria Pehlivanova
ESL33A

A beautiful woman was skillfully wrapping a long black cloth on her small and fair skin feet, and she stood up from the chair and walked slowly and unstably. This scene often appeared in my dream. The woman is my grandmother. She lived through a war-torn time of China, suffered the effects from foot-binding, lost her husband when she was middle aged and experienced times of hunger, but she never gave up on life. Her life experience and spirit of being strong, brave and perseverant always influence me.

My grandmother, the strongest woman in my life, never complained about her sufferings. Through her experience, I learned how to be a brave and strong person. It was a pretty hot summer afternoon and I was five years old. I wanted to buy ice cream, and my grandmother accompanied me. When I walked about ten minutes, I did not want to walk anymore and I wanted to sit in the stroller. After my grandmother pushed the stroller for a while, she asked me if I could walk. I refused and my grandmother did not say anything. With her slim body, supported by her tiny bound feet, she unsteadily yet enduringly pushed the stroller. After we went back home, my father was very angry at me, but I did not understand why. Letting a bound foot woman walk a long distance is very agonizing. My grandmother did not complain about anything even when she was very tired and her feet were in pain. After I grew up, I finally understood what my grandmother was going through and I was very ashamed for what I asked her to do. Her attitude during pain and suffering taught me not to give up so easily and to endure what life throws at me.

When I encounter difficulties, I always think about my grandmother who was strong and brave during tough

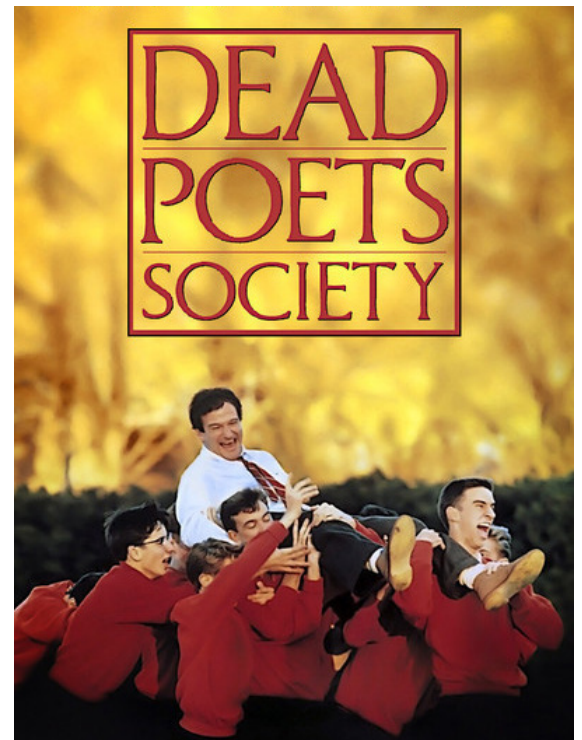
times in her life, and I should not have any reasons to complain about any hardships that I have in our current peaceful society. My grandmother was born in a traditional family in China. During that time, people considered women with small feet to be beautiful. Because of this antiquated view of beauty, she was forced to have her feet bound when she was young. Women with bound feet could only walk short distances, and they usually stayed at home. My grandfather was a businessman. During the Cultural Revolution, my grandfather died because he was tormented by the communist government which believed he was a capitalist. As a widow, my grandmother had to work to feed the whole family. Due to the family background, my grandmother could not find a job. In order for the family to survive, she had no choice but to sell food on the street. She got up at 3 am everyday, and she walked slowly and unstably with her bound feet. Unfortunately, one day, the district administration unreasonably told her that her business was capitalism, and they ruthlessly took her money away. My grandmother didn't give up. She kept trying to find another way to feed the family of that time. After Great Culture Revolution, she found a job at a sanitation department.

My grandmother spent her whole life raising two generations, and she never complained. When I asked how she felt about her tough times, she just stared far away and remained silent. In her eyes, I saw her brave, strong and perseverant heart. Even though my grandmother left 20 years ago, she always lives in my heart and her spirit always encourages me.

My Favorite Movie

Ziying(Camille) Chen
ESL403, Prof. Melissa Michelson

Dead Poets Society has been one of my favorite movies since I came to the United States. The Dead Poets Society was released in 1989, which is a long time ago and stars Robin Williams. It's about a passionate teacher named John Keating, who teaches in a traditional academy that has strict rules for students. All the students in that academy are boys. Mr. Keating inspires those boys to "Carpe Diem," which is a Latin expression that means "seize the day" in English. Through his teaching of poetry, Neil, my favorite character in the movie, is brave enough to pursue his dream to become an actor instead of following the path that his father has set up for him in his life. Unfortunately, he commits suicide in the end of the movie because he has suffered too much pressure from his father. What made me love this movie is the last scene. In the last scene, Mr. Keating is blamed for Neil's death and he gets expelled from the academy. However, most boys in his class stand up for the truth and appreciate what they learnt from Mr. Keating. I think this is a great movie that could definitely inspire different generations.



Quiz Yourself!

Answer the following questions correctly and go to the ESL Center (D306) for a prize!



1. Who was the 16th president of the U.S.?
2. What is the abbreviation for Arizona?
3. What is the capital of California?
4. What is the abbreviation for Mississippi?
5. By 2017, Camille will have been studying English for 11 years. How long has she been studying English now?
 - a. 2 years
 - b. 9 years
 - c. 11 years

PUZZLE

Hav fun and try to find the 12 words in this puzzle. Bring the completed puzzle to the ESL Center in D306 and get a prize!

1. NARRATIVE
2. UNIQUE
3. CONTRAST
4. COMPOUND
5. ISSUE
6. MAJOR
7. RATIO
8. STRATEGY
9. NORM
10. THEME
11. THESIS
12. INJURY

B	A	R	S	N	G	A	V	A	T	L
C	E	R	T	O	C	X	A	K	H	I
A	N	A	R	R	A	T	I	V	E	N
I	M	T	A	M	A	H	A	A	S	J
S	A	I	T	P	A	E	W	A	I	U
S	J	O	E	X	E	M	E	S	S	R
U	O	A	G	N	A	E	A	F	A	Y
E	R	K	Y	U	N	I	Q	U	E	Y
P	C	O	N	T	R	A	S	T	S	M
C	O	M	P	O	U	N	D	T	T	A

Expectations from ESL Students

My Educational Plan

Cynthia Xin
ESL 33A

My education plan has changed several times. When I was in Junior High school, I thought I would be a teacher. However, there were a lot of friends whose dream was to be a teacher, so I changed my education plan. When I saw some policewomen on TV, I was so excited. At that time, my education plan was to be a policewoman, but I gave up quickly because I thought it was dangerous.

When I registered for PCC, I was thinking about what major I should select. I thought I could be a doctor or a nurse at that time. At the time, I thought it is really difficult to study about medicine. I still worry about my education plan.

U.S. Life

Matthew Ho
ESL33A

I've been in the United States for five months. There were some changes when I moved here. I stayed in Hong Kong for eighteen years. I graduated high school in Hong Kong. After the public exam, I decided to study in America. It's because the educational system is better than Hong Kong. I've visited some places here. I went to San Diego last Christmas.

I thought I would do the best in this semester. However, I violated my promise. It's because I always feel stressful when facing a lot of exams. Before the classes, I thought I would get a great GPA. I think it is hard to achieve the goal now.

Past Expectations

Jolie Wong
ESL 033A

When I first came to the US, I was supposed to live with my uncle's friend. She is an old friend of my uncle. Then everything changed. When I arrived at the airport, my uncle picked me up and showed me my new United States life. After a few days at his place, he take me to his friend's house which is a hundred and fifty miles away from where I live now. I would live there and attend the college nearby if nothing happened.

After I lived there for two months, I felt extremely uncomfortable with her family. They were pretty mean and bossy to me. They made me do all the housework and laundry. They said because I lived in their house, my duty was to help them with the house. They didn't help me to get me my driver license, which is very important. At first I didn't say anything to my parents because I didn't want them to worry about me. I only talked to my best friend. Finally my dad found out and he was furious. He decided to fly all the way from Vietnam to the US to take care of me and found a new place for me to stay. How lucky I am, my father met his old friend from almost twenty years ago. His house had an empty room so he let me stay in that room. He also found a car for me that was really cheap. His family is really nice and they treat me like their family's member. My dad flew back to Vietnam after a few weeks staying with me because he has business to take care of.

Now I'm totally happy with what I have. I must say I'm lucky that my dad had found his old friend and I know my dad had made a good friend in his life.



The GLOBE

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If you have any interesting essays or journal entries that you would like to share with the ESL program, please send them to pcctheglobenewsletter@hotmail.com. Include your name and contact information along with your class and teacher's name. If you have any questions, contact Paulette Koubek at pakoubek@pasadena.edu. The next meeting for editors and layout team is on Tuesday March 31, 12:30 to 1pm in the ESL Center.