

Diem Nguyen  
ESL33B—

Looking back, I never did anything for him. I only took care of myself. I was really selfish. From now on, I promise myself that I won't let him be sad. In addition, I'll make him happy by being a good student, and I'll love him more than before.



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## Chinese Americans and Chinese

Sam Ho Yee Lam  
ESL33A—Prof. Cheryl Alcorn

Numerous Chinese people leave their motherland and immigrate to the United States, especially California. A huge influx of Chinese migrated to San Francisco during the gold rush and to establish businesses during the mid-1800s. Nowadays, the Chinese population in California is divided into two groups, Chinese Americans and Chinese. Chinese Americans are those born in the United States and remain here. Chinese are those born and raised in China then migrate to the United States. Both are Chinese, but the groups differ culturally in cuisine choices and social networks.

Most Chinese Americans have eaten American food throughout their lives. Therefore, they have adapted to the taste. School menus offer hamburgers, tacos, burritos, and fried chicken. Chinese Americans are also influenced by the local cuisine when they are socializing with American-born peers of any ethnicity. Thus, they prefer these types of food. On the other hand, Chinese who migrate to the U.S as adults have eaten Chinese food for their entire lives. Their taste buds are adapted. Hence, it is too hard for them to adjust to the local cuisine.

Cuisine is often the focal factor of fathering, so these groups also differ in their social networks. Because California is a multicultural environment, Chinese Americans are open-minded about accepting non-Chinese cultures. They have been exposed to different cultural environments since beginning school at the age of five, so their social networks tend to be more multicultural. Chinese, conversely, tend to have a purely Chinese social network, having been brought up in China and exposed only to Chinese culture. They experience the non-Chinese cultures only after migrating to the U.S, which makes it hard for them to understand and accept other cultures' cuisine.

In conclusion, these two differences help to define Chinese American and Chinese. Chinese in the U.S will generate a generation of Chinese Americans and these people will face a period where they will see themselves absorb many of the methods of their new birth country. It is the procedure that makes the mingling of cultures. Therefore, people can live jointly and praise both similarities and differences .

### JOIN US TO DISCUSS WAR HORSE. ONE OF THE MOST POWERFUL AND MOVING STORIES OF FRIENDSHIP EVER TOLD!

**Who:** ESL students, levels 3-5.

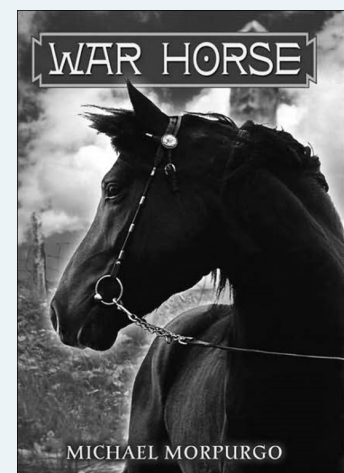
**What:** War Horse, by Michael Morpurgo, is an epic adventure and a tale of incredible loyalty, hope and bravery. Set against the sweeping canvas of World War I, this deeply heartfelt story begins with the remarkable friendship between a horse named Joey and his young trainer Albert. When they're forced apart by war, we follow Joey's extraordinary journey as he changes and inspires the lives of everyone he meets. This powerful and moving story was made into an Academy Award-nominated movie and a Tony Award-winning Broadway play, thrilling new audiences as well as fans of the original book.

**Where:** ESL Center (D306)

**When:** Six Tuesdays, from noon to 1 p.m.: 2/11 orientation meeting, 2/25, 3/18, 4/1, 4/15 and 4/29.

**Why:** Enjoy this remarkable story while practicing reading, writing, listening and speaking English in a relaxed setting.

**Email Paula Cameron at [paula.cameron@sbcglobal.net](mailto:paula.cameron@sbcglobal.net) by Monday, 2/10 to sign up or for more information!**



Shirley Liu  
ESL33B—

## How to keep fit and avoid obesity

Obesity is becoming more and more serious in modern America. Obesity can lead to various diseases, such as heart disease, diabetes and many cancers. However, people can avoid obesity by changing their eating habits, stick to a healthier diet, and participate in a daily exercise routine. When people follow these three basic steps, they can keep fit and avoid being obese.

First of all, to eat food properly can help us keep fit. Eating more or less food can both ruin our health. What we can do is to eat our meals on time and reduce the amount of food. Eating on time can help us to keep in good health. In order to lose weight, some people don't eat anything which turns out to be harmful to their health. Breakfast is vital to everyone, because people need energy to start a day. The brains needs blood and oxygen to work. People who don't have breakfast may feel dizzy and may not concentrate on their business. Meanwhile, some people choose to skip dinner because eating at night may cause them to put on weight easily. The truth is that people have to have dinner to support themselves during the long sleeping night. People can choose not to eat too late and not to eat too much. Eating too much makes their stomach become larger and makes them feel uncomfortable. Thus, people need to control the amount of food they eat and pay attention to the eating habits which may result in getting sick quickly. To eat regularly and to eat in moderation are ways to keep fit and avoid obesity.

What kind of food we eat can influence our health too. In America, people prefer to have desserts and food containing high fat. Sometimes they are too lazy to cook and eat junk food from fast food restaurants. On account of the high fat and few nutrients of junk food, it's thought to be unhealthy and harmful. On the flip side, people should eat more vegetables and fish instead of pork and junk food. In addition, vitamins, proteins and fibers are good for our health. Avoiding eating food which contain too much sugar, fat and calories is one of the ways to prevent obesity.



The last but the most crucial way to reduce weight is to do exercise regularly such as running, jogging, jumping and hiking. Exercise is the most efficient and cheapest way to trim down. Although losing weight through exercise might be challenging, people can find obvious effects if they don't give up. Practicing yoga is a good exercise for women, it can not only help them keep fit but also teach them how to be calm and sober. Men can have muscles through exercise, while women can also keep in good shape. Moreover, people can increase the intensity of their exercise as they do it more often. The more exercise people do, the more weight they may lose. Nevertheless, if some people lose weight by taking medicine or having surgery, it is considered unhealthy and dangerous. Only when people adhere to exercise can they succeed in losing weight and avoiding obesity.



## Exploring downtown LA

Katia Barone  
ESL33B—

For me, downtown is one of the most interesting places in Los Angeles and it has a lot to see.

I really enjoy visiting the central library, an old Art Deco building with at least 7 levels filled with books. You can find almost everything you want in this library. In addition, they have a nice little theatre for children and different changing exhibitions for adults.

Often after the library, I visit Grand Park. This park is especially good for children because it has a big fountain in the middle of it where children and sometimes adults can run and splash in the water. One side of the park goes to the Los Angeles City Hall, which is the tallest base-isolated structure in the world and just a beautiful building. During the week, you can ask permission to go to the top of it, where the observation desk is located, and see Downtown lying underfoot. The other part of the park finishes at the Music Center, one of the largest performing arts centers in the United States, which is home to LA Opera, Philharmonic and theaters. I always enjoy going to see an opera or listening to some classical music concerts.

Another part of Downtown – Little Tokyo – is my favorite place to get shabu-shabu or visit a Japanese supermarket. Chinatown is a confusing place, but still interesting. I found a little Chinese tea store there that I like to go buy tea. It is also fun to have Dim Sum for lunch and then walk in the little center.

Another great place in Downtown is the Jewelry District, which is considered to be the biggest in the country. There are over 5,000 businesses selling jewelry, so you can find anything there. Tall buildings are packed with jewelry for every age and financial situation.

Also my husband and I enjoy the possibility to see movies in the beautiful old movie palaces on Broadway like The Los Angeles Theater or The Orpheum. These theaters have the “last remaining seats” program run by the LA Conservancy. Moreover, everyone can take a tour of the inside of these theaters through the same group every weekend. And there is a lot more you can find Downtown. The more you try to learn about it, the more you find out. The next time you see Downtown try to look beneath the surface. Go, explore and learn, and you’ll be amazed how interesting it can be!



Nghiem Nguyen

ESL33B—Prof. Jorge Ribeiro

## The Person I Respect the Most

I have known a lot of people who deserve my admiration and respect, from friends and family to famous artists and athletes. However, if I needed to choose a person that I respect more than anyone, it would be my mother because she’s always there for me no matter what. My mother is the one person that I can truly trust. I respect her because of all the dedication and patience that she gives me every day. Since I was just a little kid, I have always had admiration for her because when my dad wasn’t there, she was. She did her best to teach me what’s wrong and what’s right and to always think ahead of a problem, but sometimes I just forget to keep this in mind and it slips away. I think the main solution to problems is just to work on them in an amount of time that we can handle. As I grow up, I learn things on my own; of course I have to, because certain things we honestly just have to learn on our own when it comes to everyday life. It is the most fun, and sometimes we can get a clearer idea of how things really are, but not always, and that is when we should seek advice -- wise advice, not the foolish kind. Foolish advice is the kind of advice that you can get from anyone. Sometimes, they just tell you what you want to hear, but sometimes it’s not the truth. The person I respect most in my life is my mother because she has dedicated most of her time to raising me. Every single important lesson that she gave me is profound and useful and will always remain etched in my memory.



Sungbin Cha  
ESL33B—

## On the First Birthday

There is no doubt that the birthday is very special for everyone. Although people have lots of birthday celebrations during their life, no one can remember his or her first birthday party. However, parents cannot forget the first celebration of their child. One year after birth is very significant not only for a baby but also for parents. Therefore, parents prepare a special party or a meaningful ceremony when their babies become one year old.



In Korea, parents have a unique ceremony that foretells the future of a baby on the first birthday. It is called 'Doljabi'. 'Dol' means 'birthday' and 'Jabi' is an act of 'grabbing.' Parents arrange several things which have traditional beliefs. Parents put thread, money, rice, a pen and a toy bow on the table and let the baby choose and grab what the baby wants most. Parents and guests see the climax of the birthday party holding their breath. Korean people believe that what babies choose on the first birthday can predict their future. Babies who choose thread are believed to have healthy and long life. Rice and money symbolize the wealth. Parents will be exhilarated when their baby grabs a pen, because a pen means brightness and success in studying. People think that babies who take a toy bow have brave character. This ceremony involves the parents' common wish, whereas it has no scientific basis.

Sometimes, in the 'Doljabi' ceremony, unexpected things happen. Traditionally, the 'Doljabi' items are placed with many kinds of food and decorations on the table. Some babies are attracted by shiny decorations, fruits or other food besides the 'Doljabi' items, disappointing their parents. Sleeping babies also make parents embarrassed because they can miss the 'Doljabi'. It is not difficult to find red-faced parents who try to wake up their baby in the "Doljabi" ceremony. These happenings make the guests disappointed.

In modern Korean society, this special tradition still keeps its popularity. Recently, parents started to add some interesting choices at this ceremony. They put other toys connected with jobs that most people prefer. For instance, a microphone stands for being a star and a stethoscope shows that many parents hope their child to be a doctor. This change indicates that 'Doljabi' tends to be affected by the social or cultural values. Toy companies didn't fail to make a 'Doljabi' market. They have launched various kinds of fancy 'Doljabi' sets. Parents can make the first birthday party of their baby more interesting and exciting, and pay only 10 to 20 dollars. Some sociologists are afraid that 'Doljabi' items are going to have a negative effect on the society, so people should try to let 'Doljabi' remain a part of a valuable tradition.

If you have Korean friends, ask them "What did you choose on your first birthday?" Your Korean friends will be surprised at your understanding the Korean culture.

### ESL Center Workshops



Presented by Eileen Snyder, Learning Assistance Center

All workshops meet in D306  
at noon (12-1)  
All levels may attend any workshop

**February 27** (Th) **Count On It!** Count & Noncount Nouns (Levels 3-5)  
**March 6** (Th) **Articles: Not a Walk in the Park!** (All levels)

**March 20** (Th) **Simple, Compound, and Complex Sentences** (2-4)

**March 27** (Th) **Fragments and Run-ons** (Levels 3-5)

**April 3** (Th) **Say WHAT? Reported Speech** (Levels 3-5)

**April 10** (Th) **Chillin' with the Passive Voice** (Levels 3-5)

## Immigration

Many people compare immigration to transplanting a tree. An old tree is harder to survive than a younger tree in a new land. Likewise, the younger one is, the easier one adapts to new circumstances that he or she has to live in as an immigrant. People who are satisfied with their life don't think of immigration. People who don't have a spirit of adventure and challenge avoid moving to a foreign country. However, most immigrants leave their home country for their children and their future.

The first motivation to immigrate is for children's education. Parents hope that their children would be better and richer than themselves. To get that, parents want children to be highly educated with less expense. Many poor students stop studying because of lack of money in their countries. As long as they study in the US, people don't usually need to worry about stopping their education due to lack of finances.



The second reason for immigration is to have a happy life when they are getting older. The reason why immigrants move to a developed country is the better social security system which can give them pensions as they get older. Furthermore, there are many salary men who must quit their jobs because of early retirement even in their 30's or 40's because some developed countries have high population density. On the other hand, some people want to work as long as they are healthy, even after 65 years old. Legal immigrants can have one of the options: receive a pension or work after 65 years old-- in the US.

Immigrants look forward to getting a better life for themselves and family. Therefore, they accept immigration as an easy decision for their life. Getting a better life means that more endurance and effort are required. Learning a second language is the first obstacle for immigrants. Nevertheless, compared to their previous life, which is hopeless in their home country, those obstacles are a positive dilemma for them. Heaven helps those who help themselves.

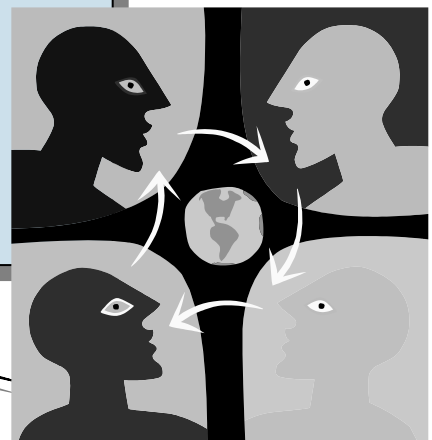
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CONVERSATION GROUPS

### \*JOIN US\*

M 1:00– 2:00PM (ESL Levels 1–3)  
W 11:00 AM– 12:00PM (ESL Levels 3–5)

Available on a walk-in basis  
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ESL CENTER D306-B  
Spring 2014



## How do the online games make the world better?

Meng Zhang  
ESL33B—Prof. Jorge Ribeiro

“If we spend 21 billion hours a week playing online games, we can save the world.” —Jane McGonigal. Nowadays, more and more people play online games. Gamers feel happy when they play games. Online games make the world better.

First, people can achieve “epic win” in the game world and do something that they cannot do in the real world. Some people are shy and timid, so they are afraid of talking with other people or trying to do something new. In the game world, people do not need to meet face to face. They can create an avatar of themselves in the game world, and then they realize that they can do well in the real world too.



Second, people can learn how to cooperate with other people from the game. When gamers play online games, such as world of war craft, they will find many partners. These partners will support you in the game world. Every gamer spends lots of time playing games with others, and they help each other in the game world. Gamers learn teamwork well from the game world. They can do

their work much faster and easier if they work together.

Last but not least, people can have some practice in the game world. After that, people will know how to solve problems in the real world. For instance, the soldier can practice how to fight with terrorists in the games. People also can practice how to cook and what to do when they face emergencies. It is the best way to practice.

In conclusion, I believe that we can save the world by playing more positive games. People can achieve “epic win” and know something about teamwork. We can solve different problems in the game world. After that, we can make many contributions to the real world. The world will become better and better.

Wing Chi Wu  
ESL33B—Prof. Jorge Ribeiro

## TV effects on children

Television has changed our way of communication. Nowadays, the possibilities of viewing TV shows are endless. With so many viewing options, it raises great concerns on determining what we should be watching, especially when it comes to our children. There are many negative impacts for our children to watch TV even with adult’s supervision.

First of all, there are too many violent and aggressive behaviors on television today. Children are great imitators, and it is difficult for them to determine between fantasy and reality. Often they will bring those violent behaviors to school and hurt others. All the hidden effects in the films and commercials subconsciously depress children and grownups.

In addition, when children spend too much time watching television, they have a very high chance of damaging their eyes, by having a hard time to focus and pay attention. Those same impacts can damage their hearing due to the shortage of auditory stimulation, regardless whether they are watching a violent program or not.

Moreover, children watching too much TV miss the chance to learn about the world through real nature, touch, feel, or smell. They seldom have time to read books and learn the messages those books carry inside, hence losing an important part of human development. Some adults may think that children can learn more about life lessons from violence on television. However, children’s thinking process is still pre-mature, and most of the time, without proper guidance from adults, they cannot determine good from bad, and right from wrong, so this may impact their development psychologically.

No one will argue that violence and aggression are widely spread on television today. Discovering the real world and nature is very important for children's development. When our children watch less television, not only we can deter them from committing hostile aggression, but help them to be a better adult in years to come.

## A day in the life of an astronomer

The profession of an astronomer is one of few that is not well known by the general public. People still believe that astronomers look at stars in a poetic way, using their eyes to look through a telescope...what a misconception that is!

Professional astronomers no longer look at the stars using their eyes. They use sophisticated cameras that are attached to their telescopes. Before they start their observations with the telescope, they spend a considerable time selecting the type of objects they want to study.

One big difference between Astronomy and other sciences is the fact that the experiment has already happened. The universe already exists; the planets, stars and galaxies have already formed, and what we see is an image of our past. Astronomers select a very small piece of the sky and they try to untangle how these planets, galaxies or stars have been formed and how they interact.

By doing so, they get the more precise understanding of the origins of our Universe, and can have a better understanding of why the planets are formed, and why life exists in the way we know.

The astronomers need to be very dedicated to their profession. Astronomers spend hours studying and analyzing their astronomical images. Meanwhile, they need to spend nights observing the space from remote countries or from remote mountains in the USA.

A typical observing night is around eight to fourteen hours long. Therefore, they sleep during the day and work at night. Observing runs normally can be as long as five nights. Switching day and night schedule is a typical life for astronomers. Jet lag is part of their routine.

But as they finish their work, they forget about all these sacrifices, and hours without sleep because they finally gain the images they want, and now the fun part starts. They must discover how everything happens in that image, why these stars are there, why the planets are not there, and why these two galaxies are creating star clusters.

Astronomers enjoy this part of work, because there is a mystery to solve, and the only tools they have are the laws of physics and the statistical comparison with similar objects. The purity of the tools they are using gives them abundant satisfaction of fully utilizing their intelligence and imagination.

The work of astronomers is very challenging for it requires the combination of creativity and persistence. However, only by doing so, the mysteries of the Universe can be unveiled.



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