



Portland Community College: Sylvania

Volume 23 No. 1 Fall 2021

The ESOL Ambassador



Cover Art by PCC Student: Selvin Gutiérrez Morales

The ESOL Ambassador

The ESOL Ambassador is a quarterly publication of the Sylvania ESOL Department. Essays are written by students at all levels of the program and submitted for publication by ESOL instructors.

Subscriptions: The ESOL Ambassador is distributed to various individuals and departments at PCC. If you wish to receive issues regularly, please contact Sarah Bailie by email at sarah.bailie@pcc.edu.

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*Special thanks to these ESOL instructors
for submitting student work:*

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ESOL Level 1 Students Write about Important People

My Children

They are from Venezuela, but we currently live in Beaverton Oregon. My oldest son is named Gustavo Acosta. He is 10 years old. He wakes up from Monday to Friday at 6:30 a.m. to go to school, brushes his teeth, dresses, combs his hair and takes the bus to go to school. He learned to speak English in only 6 months. I feel very proud of him. He likes to play basketball, he is in 5th grade, he is very intelligent, he likes math and creating things with paper or Lego, he is very handsome. In the afternoon he arrives at the house, he takes a bath and has lunch, then plays the PlayStation and with his phone. At night he eats his dinner at 7pm and goes to bed at 9pm. He likes this country very much, he says they treat him very well, he feels at home because they make him feel that way. December is his birthday, and he wants to go ice skating.

My youngest son is Guillermo Acosta. He is very happy and annoying. He is 3 years old and goes to preschool. He gets up from Monday to Thursday at 6:30 am to go to school. At 1pm he comes home and eats his lunch. He likes to play with Legos, soccer, run in the park, go to the beach, eat lots of strawberries and bananas, watch TV, paint, dance and sing, it's a lot of fun. He has felt very comfortable here, he says he likes his new house. He goes to school 4 days a week; he is learning to speak English. He is a very happy boy.

Written by: Yolanda Prieto

ESOL Level 1



A Special Person

Her name is Chiling Lin. She is a model, an actor, a singer. She is from Taiwan. She lives in Japan. She is beautiful and tall. She is married. She has children. She speaks Chinese and Japanese. She likes music and dogs. In the morning, she wakes up, takes a shower, and eats breakfast. She doesn't take the bus; she drives to work. She buys fruits and vegetables five times a week. In the evenings, she cleans her house and sings. She has two dogs and a cat. She loves her family.

Written by: Qin Yang (Cindy)

ESOL Level 1

ESOL Level 2 Students Write about their Lives

Towards Healthy

I think I need to do three things to be healthy. First is sports. I hope every day to have a 30 min walk or do stretching sports. Second is food. I cook every day and keep low sugar, low salt, low oil and more fresh vegetables and fruits, but my children don't really like that. Third is good emotions. I think having a good relationship with our family is important, so we chat and once a week watch a movie and sometimes we walk together. We play a table game that makes us very happy. I usually do regular exercise and healthy food makes me have good emotions. We will be healthy.

Written by: Joyce Lin

ESOL Level 2

My Week

Everyday, I start my day at 6:30 am. I prepare breakfast for my family, my daughters eat breakfast at home and my husband usually takes it to work since he leaves early. Then I help my little daughter get ready for school; she should be at school by 7:40 am. My oldest daughter gets ready for school by herself and the school bus stops by at 8:45 am. I go home at 8:00 am, then I receive my English classes from 9:00 to 11:15 am. Then my son Ezra has his Head Start classes online from 11:30 am to 1:00 pm. After that I make lunch and often go to pick up my daughter from school. Every week we only have dinner with the family on Sundays since I work nights. That is why Sunday is dedicated to enjoying time with the family. We do all the meals together, we go to church, we go for a walk or to play in the park and at night we watch a movie. I really love Sundays and I love my family.

Written by: Carolina Martinez

ESOL Level 2



Challenges for Year 2021

The year 2021 has been really awesome because since it started in January, I changed all my goals. Actually my life is very different: the routine, the food and my work. I am far away from my country, the land has other aromas and the sky is usually grey. In the last trimester, my first goal is to learn English to have more options. Everyday I repeat in my mind: the best is coming. I really appreciate and feel happy about the opportunities of growing in my stay in the USA.

Written by: Norayda Calzadilla

ESOL Level 2

Why?

My name is Xiao Chen. I have been in the United States for many years. I like it here. My daughter asked me, “Why don’t you learn English here if you like it?” Learning English is harder than work.

Written by: Xiao Chen

ESOL Level 2

My Weekly Routine

In my routine, I start my day with tea and I make breakfast for my son. At 8:00 am he has to be in his class online. My husband always goes to work very early and he gets his coffee on the way to work. After my class I do my chores and study. We all get together at dinner time usually at 7:00 pm and we talk about how our day was. I would like to have breakfast with my family everyday but for now this is what we do.

Written by: Erika Yakelin Lopez

ESOL Level 2



Happy Not Happy

Last year in April was terrible for me. Too many bad things happened, we thought maybe it was the end of the world. Everybody was crazy about buying food, toilet paper, and everything. Later my sister was very sad and cried because her husband died. I don't know why, because he was a good person. All of my family were sad. She doesn't like her life alone, but she is now better with family. The ones we lost are in your heart for always, so we feel better now. I don't know if the world will be normal again, but I believe in God that everything is going to be fine for everyone. My family is now good and everybody is happy because I'm pregnant. But we aren't happy because maybe we can't be together with family in celebration of Thanksgiving, Christmas and the New Year.

Written by: Maria Martinez

ESOL Level 2

Happy Family

Everyday my family plays, eats and talks together, we are very happy. Usually I wake up at 6:00 am, and I mix milk for the baby for her drink. Next, I cook breakfast and we have breakfast together in the morning. I get ready to go to work and my husband drops off my son at school and then drops off our two daughters at grandma's house. I work six days a week from 10:00 am to 6:00pm; Monday is my day off. After work, I pick up my kids to come home and have dinner without my husband, because he's at work. Next, we play and read a book in the evening. Finally, we go to sleep at 9:00pm. Sometimes I am tired and I go to sleep with my kids. We are very happy but I wish I had more time to play and cook for the kids.

Written by: Vy Nguyen

ESOL Level 2

My Busy Morning

First, I get up at 6:00 am. It's very difficult for me. I want to sleep more but I don't. I wash my face and put on makeup quickly. Next, I cook breakfast and my children's lunch boxes before the family wakes up, and I eat breakfast with my family. After that, I walk to drop off my son at school. It is about a 10 minutes walk to school. I like that because the autumn leaves are beautiful. This is the end of my busy morning.

Written by: Naomi Katagata

ESOL Level 2

My Father

My father has good health. He is 89 years old. He doesn't have a serious disease. Everyday, he gets up at 6:00 a.m. He exercises for about an hour. Then, he takes a shower. He likes reading news on the internet. Sometimes, he talks with his friends on the phone. He eats healthy foods. His foods are low sugar, low salt, low oil and more fresh vegetables and fruits. I hope my father always has a happy life.

Written by: Minh Hoang

ESOL Level 2

Busy Day

Today, I woke up at 7:00 am. and I went to work at my food cart in Portland. I did a big cleaning of the food cart for around 5 hours. I was so tired and had a backache then. I drove a car to buy some food for my staff and I was checking the stuff to make sure everything is all clean because in two weeks the Health Department will come to check my food cart. I didn't have time for breakfast and lunch. I came back home at 6:00 pm. Then I did exercise for around 45 mins. I didn't like it but I want to lose weight. Next, I didn't have time to cook dinner. I just ordered dinner by Uber Eats. It was a very busy day!

Written by: Khwanchanok Taoub

ESOL Level 2

My Days in My New Portland Home

I usually get up at 6.30 in the morning, prepare my breakfast, and do activities that are very different from those I did in my country. One of them is taking care of my sister who recently had an operation. Second, washing dishes and cleaning the kitchen is something new for me. On the weekends, I get ready in case I have to travel to San Francisco to leave an order. It makes me nostalgic to think of my family, my little girl, playing guitar on weekends and traveling as I used to on the farm in my country. Here in my new home, I have found one of the best things that has happened to me is to attend my English classes every Monday, Wednesday and Friday taught by our Dear Professor Penny who helps us with our learning together with my classmates. These are new experiences in my new home in Portland that have marked my life.

Written by: Carlos Martinez

ESOL Level 2



Art by: Juan Alvarado Joaquín

ESOL Level 3 Students Write about Important First Experiences

My First Day in the United States

This story happened to me during my first trip to the U.S. I didn't speak English at the time. My daughter wrote instructions on how to get to Denver. Everything was fine, but there was a problem at the security check. I put my things on the conveyor belt and went through the metal detector. After that, I realized that I forgot to put one of my bags on the conveyor belt. It stayed on the other side of the security check. I was nervous, but I went up to the customs officer and said "help." It was difficult for us to understand each other, because I did not know English and could not explain what my bag looked like. My story ended well. The customs officer helped me find my bag. Thanks to him so much.

Written by: Galina Myronets

ESOL Level 3

The Day I Became a Mother

I would like to write about the day my first baby was born. It was a beautiful day in April when cherry blossoms were in bloom. I had been in labor for a long time and was about to pass out when I heard a voice say, "It's a healthy baby boy." I was filled with a sense of relief that I had finally met my child and happiness that I had become a mother. My cheeks were wet with tears. My husband was standing beside me, holding a large bouquet of red roses. He said to me, "Thank you. I'm the happiest man in the world." It was the happiest moment of my life.

Three years later, our daughter was born, and we became mom and dad to our two children. Since then, we have spent a lot of time together and have so many memories. Of course the birth was painful, but I will never forget the beautiful view of cherry blossoms from the hospital window on the day I became a mother for the first time.

Written by: Shigemi Hoya

ESOL Level 3



First Baby

When Oliver came into my life in 2020, I was the happiest woman in the world. The delivery was not easy, but seeing him and feeling him made me forget all the pain. His hands are very sweet and make me feel strong and capable in everything.

Oliver is now 19 months old. I am more in love with him every day. I want to learn how to be a mother and a friend and guide him with all my heart in his life. I hope to see him grow up and become an educated and loving person.

Written by: Mabelly Gomez Nieto

ESOL Level 3

ESOL Level 3 Students Write about Emergency Preparation



Hail Storm from Hell

On September 14th, 2016, in my home country of Tunisia, I went with my family to my brother's wedding in my father's car. I will not forget that day! It started with heavy rain and suddenly became a hail storm. The hail was so big it broke the windshield, so we stopped under a tree for cover. Everyone in the car was screaming, crying and praying. The hail was the size of a golf ball and sounded very loud when it hit the car. The storm lasted about five minutes. That was the worst natural disaster for me.

My father's car was badly damaged and the tree branches fell everywhere. We were not prepared for this and the weather service did not send any warnings about this hail storm. After getting out of the car, I was panicking and shaking and I lost my wedding bracelet. We are lucky nobody was injured.

Written by: Khaoula Laamari

ESOL Level 3

Hurricane George

On September 21, 1998, Hurricane George was category 3 when it hit the Island of Puerto Rico. I used to live in a sixteen floor apartment building. I lived with my parents and my sister. Days before George hit the Island we had several days to get prepared. All news and radio of Puerto Rico followed the trajectory of George. The news informed people that they were prepared for the hurricane to hit Puerto Rico. My family and I went to the grocery store to get food, batteries, candles, water, utensils and plastic plates, etc. After the grocery store we went to get propane gas for the emergency stove. We came back to the apartment and filled buckets and the bathtub with water. We had a balcony with a glass door. We covered the door with tape and wood panels so that the wind wouldn't break the door. The day arrived and everything was calm, very warm and sunny. Suddenly it started to rain and we started to hear the wind and the building started to shake. We quickly ran out of power and water. Those hours were a nightmare and endless. The next day was sad because everything was destroyed. We spent many days without power and water, but we were ready because we followed the emergency preparedness.

Written by: Yamil Torres-Ortiz

ESOL Level 3

EARTHQUAKE

One day in the morning my family and I went through a disastrous experience. We were inside the house, when suddenly the walls of the house began to move very quickly and we quickly left the house towards the front yard. I remember that the earth was moving very fast, it was awful.

I was not prepared for that because I did not take anything with me other than my family. After the earthquake happened, we went home with fear that it would repeat itself, and so it was the next day it happened again and we were all afraid because we lived near the sea and, and we were afraid that the sea would come out.

Today I realize how important it is to be prepared for some natural disaster. I now have my papers in a backpack among other things.

Written by: Yajaira Cardenas

ESOL Level 3

My Experience in an Emergency Situation

Two years ago there was a forest fire near Portland. We needed to prepare a bag with clothes , personal hygiene items, important documents, cell phones, chargers and medicines. We prepared water, canned food, a first aid kit, blankets, flashlights and batteries to put in the car in case we had to leave the house quickly.

I never had an experience equal to that because in my country I lived in a place far from a forest. There was a lot of smoke in the environment, we had extractors to be able to breath. I was nervous, and scared, but I didn't say anything. I don't know how far was the fire, but I think it was near, due to the smoke in the environment.

Written by: Maria Yolanda Marin Ramos

ESOL Level 3



ESOL Communication 4 Students Explain Some Confusing Words in English:

Remember and Remind

The words remember and remind are always confusing. Here I explain the differences with examples:

Remember means to think about something from the past in the present.

I remember my child's first birthday.

Remind means to make sure that someone else doesn't forget something.

My husband reminded me of my sister's birthday.

Written by: Neetu Neetu

ESOL Level 4 Communication

Miss and Lose

The words miss and lose are words that have different meanings and are really confusing.

We use the word *miss* when we are late to a place that we had already scheduled to go or when we forget important events, or we miss something or someone that is far from us.

For example:

⇒ I missed your birthday party.

⇒ I miss my mother.

⇒ I miss playing soccer.

The word *lose* is used when we cannot find the things we are looking for.

For example:

⇒ I lost my shoe

⇒ I lost my favorite dress

Written by: Diana Baltazar

ESOL Level 4

Embarrassed and Ashamed

Embarrassed and ashamed both mean the same thing, but *embarrassed* is used when you are embarrassed because you have done something wrong and other people may think that it's strange.

For example: when you get home and you see that your pants are torn at the back, and you think that everyone is looking at you on the street.

And *ashamed* is used when you have done something wrong and then you are ashamed because you regret it, you feel bad for what you did wrong.

For example: when you have said the wrong thing in a meeting and other people have been uncomfortable; you feel ashamed of what you have done and in the meeting.

The word that is most commonly used is *embarrassed* because the word *ashamed* sounds very harsh.

Written by: Juan de Grado

ESOL Level 4 Communication

Prepositions with Time

The prepositions in, on, and at, mean the same thing in different forms at different times.

In = long time

On = one day

At = short time

For example:

On New year's day, I get up **at** 6:30 in the morning.

I like to go skiing **in** winter.

She was born **on** September 27, 1988.

I have dinner with my family **at** 6:00 o'clock.

Written by: Li Zhang

ESOL Level 4 Communication



The Difference Between Stop + ing and Stop + to

The forms Stop + ing (verbs) and Stop + to + verb look similar, but they are very different. We use Stop + ing (verbs) when indicating that action doesn't continue anymore.

For example:

“I need to **stop drinking** coffee before I go to bed. I can't sleep very well when I drink coffee”

On the other hand, we use Stop + to + verbs when indicating that someone stops doing something in order to do something different.

For example:

I sometimes get really tired at work, so I have **to stop** (first action stop “work”) **to drink some coffee**. (second action “Drink coffee”) Coffee helps me stay awake.

Written by: Mariel González

ESOL Level 4 Communication



Art by: Juan José Sop Yac

A Closer Look at Prepositions

Prepositions we use after the following words: *Depend, Married* and *Familiar*

Depend + ON: We use the preposition ON after depend. For example, “I think I’ll travel to my country, but it will depend ON the pandemic.”

Married + TO: We use the preposition TO after married. For example, ”I want to get married TO a nice person.”

Finally, Familiar + WITH. We use the preposition WITH after Familiar. For example, “Are you familiar WITH the types of degrees that PCC offers?”

Written by: Mariel González.

ESOL Level 4 Communication

Prepositions in English

Some words are followed by specific prepositions. For example:

INTERESTED IN: I am interested in cooking.

EXCITED ABOUT: I am excited about my English class.

THANK YOU FOR: Thank you for the beautiful day.

Written by: Hanan Albadri

ESOL Level 4 Communication

Say and Tell

Defining = Say something { to someone }

= Tell someone { something }

For example:

Uncle said, “how are you?” He said he was sick. He told me he was sick. He said he was going to the hospital. He told me he was in the hospital. He told me he takes medication. He said that he is feeling better. He told me he is feeling better. He said, “thank God.” He said goodbye to me!

Written by: Selamawit Dobocho

ESOL Level 4 Communication



Art by: Violeta Factor Marín Mejía

In Memoriam

In September, 2021, we lost a beloved ESOL student to COVID19. It was a very sad moment for all of us. We will always remember her positive energy. We would like to honor her and her life in this issue of the magazine.



Special thanks to Angela's family for sharing her beautiful photo with us, and for recording the amazing music videos with her.

ANGELA'S VIDEO ([Click Here](#))

Angela Maria Aguado was a truly special person. She was one of the most enthusiastic students I have ever had. She always had a positive attitude, a smile on her face, and something sweet to say to (and about) everyone. Her personality lightened the Zoom class every Monday, Wednesday and Friday morning.

She loved Karaoke Friday in our level 1 class. She embraced the idea of using music to help her learn English, and she practiced the songs with her family, who fully supported her. Almost every week, she would send me a video she had made with her family including a choreography of the song of the week. I looked forward to watching the videos, and they always made me smile. In the middle of a challenging pandemic, Angela's videos were a way for me to feel connected with my students.

I am one of the many people Angela touched, and I will always have great memories of her in my heart.

Author: Luciana Diniz was Angela's level 1 teacher in the spring of 2021.

"No llores porque ya se terminó, sonríe porque sucedió."

(Gabriel García Marquez)

"Don't cry because it's over; smile because it happened."

*Gabriel García Marquez was Angela's favorite writer.



清 秋

月近中秋，
 夜渐微凉，
 繁花落地成霜，
 走也惆怅，留也惆怅。
 裁云为裳，
 拈花为容，
 风卷残叶似蝶，
 梦也依依，思也依依。
 举杯邀月，
 更深露重，
 试问苍穹无数，
 星也默默，鸟也默默。

Late Autumn

The moon is near the Mid-Autumn,
 the night is getting cooler,
 and the flowers fall into frost.
 Go is disconsolate, stay is disconsolate also.
 Clouds make clothes,
 flowers for face,
 wind rolls leaves like butterflies,
 dreams are reluctant, thoughts are reluctant also.
 Raise a glass of wine to invite the moon,
 deeper dew weight,
 ask the sky countless,
 stars are silent, birds are silent also.

Poem written by: Yuling Cao
 ESOL Level 6 Reading

ESOL Level 5 Students Compare Two Important People

Grandfather and Grandson

My father is 73 years old, and my son is 12 years old. There is over 60 years difference between them. They don't look like each other in appearance, but they are very similar in many ways.

First, to be honest, they hate cleaning. Their rooms are always messy. They don't care about it. Next, they are good at mathematics and science, especially electrical technology. They look happy and fun when they study these subjects. Finally, they love watching TV. They turn on TV anytime, even when they are working or studying. They sometimes fight over the TV remote control. They also often watch YouTube. They can't live without a screen!

My father lives alone, so our family tries to go to my father's house as much as possible. I like watching them while staying at my father's house. They make me smile. When the pandemic is over, we want to invite my father to our house in the U.S.

Written by: Wakako Yatabe

ESOL Level 5 Writing



Two Hearts

The people we love leave deep memories and their characteristics, reflected in us, when they leave. Memories surprise us and make us realize that we repeat the same gestures, attitude and personality. Although my grandmother and I have some differences, we have amazing similarities.

My grandmother loved to get together with her friends for tea and plan big dinners with a big table laden with food. Today I do the same thing, I love getting family and friends together for big gatherings with wine and plenty of food. Another characteristic of my grandmother that I share is her love of travel. My grandmother always traveled by train, ship and plane. I love to travel, I've done three cruises, I've traveled most of South America and I still want more. Finally, my grandmother's most striking feature is her love for owls. My grandmother had a pet owl on her little farm. Although I love cats and dogs, my favorite animal is the owl.

Time does not erase the deep-rooted similarities in us, it enhances. We are two hearts reflected in each other.

Written by: Brandali Nunes

ESOL Level 5 Writing

Girls Fashion

My friend is an attractive, kind and smart girl. Whenever she walks in the street or in public places there's always a guy trying to contact her. She never gets angry with them, even someone she doesn't like. Sometimes I have to tell her to stop being too nice all the time. Even like that, me and my friend have a lot in common.

My friend loves fashion. We usually go shopping together, we spend a lot on jewelry, clothes, and shoes. Every time after we go shopping we go to her place to have a girls fashion show. Another hobby is, we both love Majiang, we used to play Majiang a couple times per week until late at night, and sometimes I would sleep over at her house. One more thing we love is travel. We take one or two weeks off per year to go for a long trip. To see different cities, enjoy delicious food and relax. We always have a good time together.

Although my friend and I are not living in the same countries, we are still similar in many ways and our friendship is still very strong.

Written by: Ling Cai

ESOL Level 5 Writing



My Daughter and I

I have three children, and all of them are a little similar to me. I really love spending time with them. They have many features similar to me, but my oldest daughter has a lot of features like me. She has an appearance like me, and my daughter has the same approach to work. Also, my daughter and I have a lot of similar traits.

My daughter is a very smart and artistic little girl. She is only five years old, but she is a really talented girl. She and I like to paint, sing and create some new figures with playdough, or different kinds of hand made material. We both love to spend time with each other. Another trait she inherited from me is that both my daughter and I have a similar approach to work. She and I love to clean, and do everything well. She is a hard worker. When I was a child, I always helped my parents. Also, my beautiful daughter has the same nature as me. For example, yesterday while I was vacuuming, my daughter was putting toys in the box. Although I didn't ask her to help, she always wants to help. Finally, my daughter and I have similar appearances. She is very similar to me. She has the same eyes color, and hair. Also, she has the same manners as me.

In fact, we have a lot of similar features: an appearance, approach to work, and a lot of different traits. When people spend more time with their relatives, it is a really enjoyable and important time for each family. I wish to have peace for every family.

Written by: Kateryna Boiko

ESOL Level 5 Writing

ESOL Level 6 Students Recommend Reading Strategies



I recommend these strategies when reading a difficult text in English. First, start by reading the entire text. Then read each paragraph of the text and identify the difficult words, and know their meaning. Finally, make a summary of each paragraph with the main points of each section that may be advantages or reasons and so on. If you follow these steps, it will help you understand the text.

Written by: Ghrar Hasan

ESOL Level 6 Reading

Before reading a long or difficult text I prefer to read some summary about it or watch some educational videos. Also I stop after some paragraphs and think about what I have read about. Sometimes I use my dictionary to translate words I don't know but I feel that they are important.

Written by: Iryna Davidhazy

ESOL Level 6 Reading

When reading a difficult text the title can give you a guess what the text will be about. Scanning and skimming it is my first move, which helps to identify the main idea. Once I know what the text is about, I create a map, taking notes of the most relevant information paragraph per paragraph. After finishing it, I like to re-read it out loud one more time. When new words show up I write it down to check in a dictionary later, sometimes it isn't necessary, because the context can help figure out its meaning.

Written by: Juliana Avila

ESOL Level 6 Reading

When I read an article, I always read the title, pictures and then read quickly it. If I find vocabulary or difficult sentences, I will skip them. After scanning, I read it again in detail. If I find a difficult text, I skip the text at first, and then I read the next text. After reading that paragraph, I read it again and estimate what it means from its before and after text. Especially for reading again, I always pay attention to relative pronouns such as which, that and who. I try to recognize what it describes. It is very useful for improving my reading skill. Moreover, when I read, I find the subject and verb in the sentence at first. This way is useful to understand difficult sentences. My native language, Korean, is different in word order compared to English, which is subject, object, and then verb, so I always find subject and verb in English. If I can find the subject and verb in sentences, I can understand any English sentence.

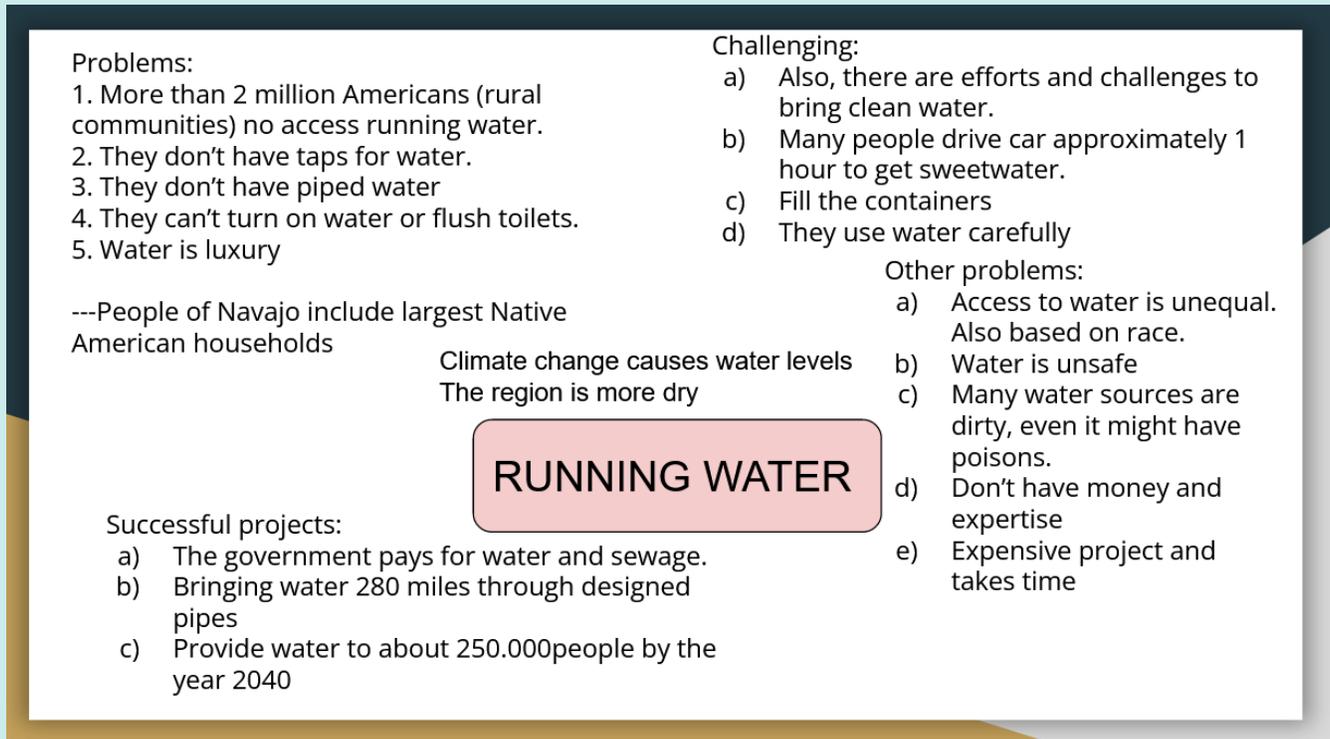
Written by: Seyoung Lee

ESOL Level 6 Reading

While reading a text, taking notes on a book is not my preferred method. It's a disadvantage for me because there is not enough space and I can only see the notes when I look at the relevant page. That's why I take my notes on a separate sheet of paper and create a mind map. When you return to the text, it allows you to easily access the information you need.

Written by: Ozlem Sandalci

ESOL Level 6 Reading



Ozlem's Mind Map

There are several strategies I use when I am reading new and difficult text. I try to visualize the text by creating a mental picture of what the text is describing. The second strategy is to analyze the text to find the principal idea which can help me to understand the entire text. If there are words I don't know, I try to use the context provided by the text to understand them. If I still don't understand them, I look them up online. The last strategy I use is that I take notes. I take the important ideas and put them in my own words.

Written by: Ricardo Naal Moo

ESOL Level 6 Reading

I read the text out aloud or listen to recordings of the text to engage my senses. After that I review questions at the end of each chapter. I write down all unfamiliar words and record their definitions. It is important for me to use a dictionary to look up new words.

Written by: Ericka Arevalo

ESOL Level 6 Reading

- ◇ Read the title, set a purpose for why you are reading this paragraph and what you need to understand, know, or be able to do after reading it.
- ◇ Make predictions. After previewing, make a prediction about what you think this paragraph or section is going to be about.
- ◇ Figure out the main idea. Focus on first sentences and text features for main ideas of each paragraph.
- ◇ Use questions to find answers. Using WH and How questions to find the answer.
- ◇ Take notes, keep them brief, focus on main ideas, and put them in your own words, and highline some important sentences.
- ◇ Try skimming. Skimming makes you read effectively and purposefully.

Written by: Yuling Cao

ESOL Level 6 Reading

ESOL Level 6 Writing

The Best Mole

Which mole is for you? Mole is a sauce that Mexican people have eaten for centuries. Before Spanish people arrived in Mexico, our natives had called it “Molli”. This recipe has been handed down from generation to generation. Surprisingly, the mole that my husband grew up with in Michoacan is dissimilar to my mole from Puebla. Although they are both moles, the tradition, ingredients, and flavor do not resemble each other.

It is a tradition to serve mole at important events like weddings, quinceaneras, and birthday parties. In Puebla, mole sauce is served not only on turkey, but also on pork meat. Chicken has been accessible meat for everyone, so it is very common to serve mole on it as well. It is also a tradition to eat mole on ayocote tamales too, which are made out of native Mexican beans. The dish is accompanied with whole beans, Mexican rice, and corn tortillas on the side. In contrast to Michoacan's mole, this is neither served on pork meat, nor ayocote tamales. But in addition to the poultry, the sauce is served over beef too. People from Michoacan only present their dish with Mexican rice and corn tortillas on the side. Mole is a very complex dish to be prepared, therefore it is not very common to cook it so often.

For generations, mole has been made with many ingredients, which are the key for the success of a delicious taste. Twenty-one ingredients are required to bring these sauces to the table. People from Puebla use a combination of three types of chili: wide, pasilla, and mulato, and six types of seeds: sesame, raisins, almond, walnut, peanut, and prune. Also, there are twelve types of condiments: bread, cinamon, clove, anise, black pepper, animal cookie, chocolate, banana, onion, garlic, salt, and sugar. Michoacan’s mole uses the same amount of ingredients just like Puebla’s, but differs from some of them. Wide chili is exchanged for guajillo chili. They use very small portions on all the sweet ingredients, and switch prunes for tomatoes. In both states everything is cooked by frying or roasting, but the result of the sauces is very different.

It is hard to say which mole is from Puebla or Michoacan if you are just looking at them, but if you try them you can tell the difference. The mole from Puebla has a sweet taste at the beginning with some light spice at the end. It is commonly known as a “sweet mole”. On the other hand, Michoacan’s mole has a spicy taste at the beginning with almost no sweet taste in it. This is known as a ‘salty mole’. Flavor is added to the mole by grinding all the ingredients in a stone mill or over a metate, which is a kitchen utensil made out of stone, rather than just a regular electric blender.

The tradition, condiments and flavor of the mole vary from both states. In my opinion, the best mole is the “sweet one” although the rest of my family prefers the “salty one”. Are you willing to try one of our most popular and ancient Mexican flavors? Which mole do you think you will like the most? If you ever try it, I hope you enjoy it as much as I do.

Written by: Maria Isabel Villaverde Beristain

ESOL Level 6 Writing



Iryna Davidhazy, an ESOL level 6 student, is an artist! She restored this old bench and used a type of painting that is very traditional in her home country, Ukraine. It's called Petrykivka painting.



Reasons And Benefits Of Volunteering

I had never volunteered in my life before I came to the US. What I vaguely thought about a volunteering job was helping the poor. I came to realize that there were a great deal of volunteering jobs and opportunities after I started to volunteer. I was amazed at seeing a lot of people who were volunteering in the US. Nonprofitsource.com indicates that approximately 63 million Americans, 25% of the adult population, volunteer their time, talents, and energy to make a difference. Even though people don't get paid, they seem to have evident reasons and benefits for volunteering in the US.

One of the leading reasons for volunteering is related to happiness which is considered to be the ultimate goal of a person's life. People have different values. However, all human beings have one ultimate goal in their lives, which is to live a happy life. The source of happiness can be as varied as a person's value such as wealth, health, friendship, family, and love. Many people who love volunteering consider sharing and helping others as one of the greatest values. They feel great joy from helping someone who is in need. Additionally, they feel the pleasure of giving by sharing their talent. They help different age groups of people in different areas in different ways. Rebuilding broken structures at Children's museum, being a popcorn popper at children's school, providing assistance with daily household chores for the elderly are a few examples of volunteering.

Another reason for volunteering is due to the societal responsibility of living as a part of society. One of the greatneses in the US is that the social security network is well established throughout the whole nation. This enables people to do social exchanges with each other through communities. On the contrary, there are a number of people who are helplessly reluctant to hide their social status because they are undocumented immigrants. A lot of volunteers are willing to help these people in many ways because they believe that all human beings should be treated equally regardless of their status. KyooChang Oh, who has been serving breakfast every Saturday for day workers at Worker Center in Portland downtown for six years, states that he feels thankful for helping the day workers who have social restraints adding that he is strongly connected with other volunteers and day workers who are all members of the local community.

Is volunteering only confined to emotional feelings? The interesting thing is that volunteering brings many benefits. One of the main benefits of volunteering is that it helps people accumulate knowledge. The knowledge is not limited to the information from education. They learn various kinds of information, skills, and methods by encountering them in a new area. Furthermore, volunteering helps people get adjusted to a new world. Youngjoo Won, who has been teaching Korean for the second-generation Korean Americans at Eden Korean School in Beaverton for nine years, mentions that she could learn new teaching methods and knowledge by volunteering as a Korean teacher. Particularly, she points out that she was able to have an opportunity to get an access to unfamiliar technology called Zoom, which has become one of the leading virtual learning formats during the Coronavirus Pandemic.

In conclusion, what triggers people to volunteer seems to be various. One noticeable fact is that the benefits of volunteering outweigh the drawbacks. It might be a burden for some volunteers to help others emotionally and physically if they have been volunteering for a long period of time. Nevertheless, many

volunteers are willing to embrace the difficulties because of their good beliefs on volunteering. Is a person's good heart innate or is it acquired by the environment where it encloses them? It is hard to decide where their good hearts originate from. What matters is that they are entitled to be respected. That is why people call the volunteers "the hidden heroes" in the world.

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ESOL Level 7 Writing



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