

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.

Editor: Sarah Bailie

Editorial Board: Luciana Diniz

Assistant to the Editor: Neda Ahmadzai

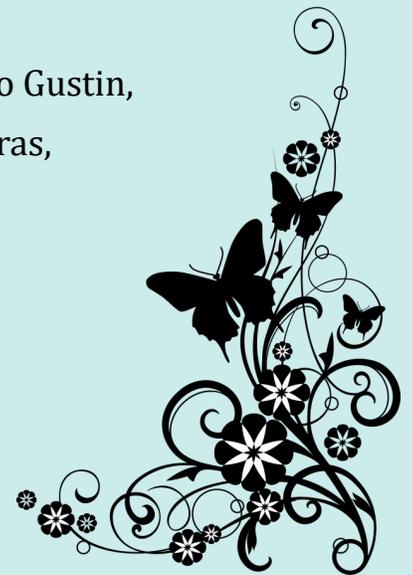
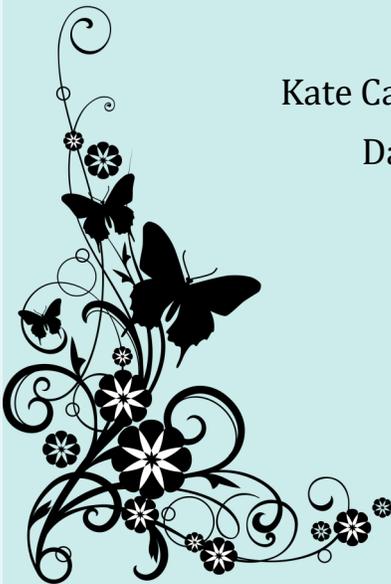
Graphic Design: Ahmed Ali

Cover Art: Daniela Briceno

Featured Artist: Hanan Alkomati

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

Kate Carney, Luciana Diniz, Eric Dodson, Santiago Gustin,
Davida Jordan, Heather Kalowski, Annie Karas,
Tim Krause, Sue Moser,
Natalia Schmidt, Ana Vitale



ESOL Level 1 Students Write about Interesting and Talented People

Leo Espinoza

Her name is Leo Espinoza. She is a Colombian chef, writer, and businesswoman. She is small. She is divorced. She has one child. She is the best chef in the world according to the world's 50 best restaurants. She likes to help people in her country. She looks for old recipes and gives them a new touch of flavor. Her daughter is a sommelier and now a partner in her restaurant. I like their food proposal because it includes art, culture, and the flavor of my country.

Written by: Alejandra Monroy



Farhad Darya

His name is Farhad Darya. He is a singer. He is from Afghanistan. He lives in America. He is handsome and tall. He is married. He speaks Dari and English. He is one of the best singers in Afghanistan. People of Afghanistan love him very much. Farhad Darya is a good singer. He has a very good voice. He helps children.

Written by: Sughra Amanzad



Svetlana Aleksievich

Her name is Svetlana Aleksievich. She was born on May 31, 1948. She is a writer. She lives now in Berlin in exile. She has a Nobel Prize in Literature. She is wise and kind. She worked as a newspaper reporter and a school teacher. She speaks Russian and German. Her book is called "War's Unwomanly Face." She likes music and art. She has two cats. In the evening, she often walks and sings.

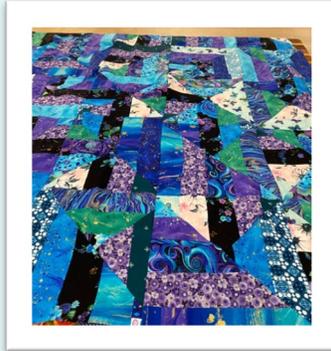
Written by: Natallia Aheyeva



ESOL Level 1 Students Write about Important People and Their Hometowns

My name is Shamarukh. I am from Burma. My hometown name is Yangon. It is very beautiful place and famous with delicious foods. The weather is sometime cold, hot, and rain. I miss my hometown and the delicious food. I live in Portland and I like Portland. I like sewing and cooking. I like to drink tea and eat rice.

Written by: Shamarukh Anwar



Shamarukh Anwar's photo of blanket she sewed

My Father

My father's name is Omar. He lives in Yemen. He speaks Arabic and Somali. He is handsome. He eats breakfast bread with cheese and drinks coffee. He goes to his bed at 11:00 pm. Every Friday he enjoys time with family. I like my dad because he is my father, he gave me love and a good life and he cares for me. I love my dad.

Written by: Maryam Abdalla

My Hometown

I am from Actopan, Hidalgo, Mexico. My city is an old town with a beautiful history. The weather is warm. There are beautiful places, a big church, an obelisco. The popular food is barbacoa (sheep).

Written by: Sandra Mendoza Cruz



Sandra Cruz's photo of her hometown

ESOL Level 2 Students Daily Routines

Every Monday, I don't get up late. I always get up early at 6:00 am. First, I brush my teeth. I don't take a shower in the morning. Next, I make breakfast. Then I wake my daughter up. We usually eat breakfast together. I don't check social media in the morning. I never exercise in the morning. After that, I bring my children to school. It takes about twenty minutes. Then, I drive from my daughter's school to PCC Sylvania Campus. I don't take the shuttle to PCC. I usually arrive at 8:45 am. My class is from 9:00-11:50. I am never late. In the afternoon I have lunch and do my homework. Then, I walk near my house. Next, I pickup my daughter and come home. After that, I fix dinner. I often eat dinner with my family at 7:00 pm. Next, I clean the kitchen and take a shower. Then, I read with my daughter. Finally, I am tired. I go to bed between 10:00 pm and 10:30 pm. I hardly ever go to bed late.

Written by: Yihe Zhang

Every Monday I get up at 8:00 am. First, I brush my teeth and wash my face. Then I eat breakfast and get dressed. I don't drink milk in the morning. After that, I always go to school with my sister. I don't know how to drive. My sister drives about 15-20 minutes to go to school. I always have English class at school from 9:00-11:50. In the afternoon, I have lunch and take a nap. About 4:00, my sister and I usually go to pick up my other sister from school. Next, we come home and sometimes clean the house. I don't make dinner. I eat dinner at 8:00 pm and then I always take a shower at 8:30 pm. Finally, I look at Instagram. I sometimes watch Facebook. I don't sleep late, and go to bed at 10:30 pm at night.

Written by: Duyen Nguyen

Every Monday, I get up at 6:00 am. First, I make coffee and sandwiches. I usually eat breakfast between 6:10 and 6:30. Then I wash the dishes and go to brush my teeth, comb my hair, and get dressed. I don't drive to PCC. I take the bus at 7:40 am and go to PCC. I always go not on one bus but on two. It takes between 40-50 minutes. My class is in the morning from 9:00-11:50. After class, I take the bus home. Then I cook lunch. After lunch, I relax. After that, I clean the apartment. In the evening I cook dinner. I don't cook every day. Then my husband and I eat together. Then I watch TV. I don't listen to music in the evening.

Written by: Sveta Ezhova



Every Monday, I get up early about 6:30 am. First, I wash up. I don't take a shower. Then I make tea and eggs for breakfast. After that, I get ready for school and I take a cup of coffee to go. I walk about five minutes to the bus stop. Then I wait for the bus to arrive. Then the bus takes me to PCC. I don't drive to PCC. My class starts at 9:00 am and ends at 11:50 am. Next, I go to the bus stop and wait for the bus to take me back home. When I arrive home, I usually make lunch for us. Then, I eat a small lunch. I don't eat a big lunch. Sometimes I take a nap for about two hours. After that, I do my homework in the evening. After I finish, I call my family to talk to them. After that, I make dinner and wait for my husband to arrive home. Then we eat dinner. Finally, I go to bed at about 1:00 am. I don't go to bed early.

Written by: Suad Abdullah

ESOL Level 3 Write About Moving to the United States



When I First Moved to the United States

When I first moved to the United States, I knew my life would be different. I have been to the United States many times before I moved to this country. There are many differences between the U.S. and my native country. First, there is a wide variety of different foods in America. I love the selection of green salads, meats, and seafood. In Russia, there is a much smaller choice of products. Second, you can choose any climate in the U.S. and live in the climate you like. In Russia, almost everywhere the climate is temperate. Third, medicine in Russia is much cheaper than in America. You can buy medicines without expensive prescriptions from a doctor. In the United States medicine is very expensive, so you need insurance. In conclusion, every country has pros and cons. I like how Americans greet strangers, how they smile and ask "How are you?" This is great!

Written by: Larisa Davydova

My Life in the United States

Life in the United States is very different from life in my home country. First, we eat very spicy food in Eritrea. In the U.S., many Americans do not eat spicy foods. Second, in my native country, the weather is usually hot and dry. In America, the weather changes a lot. In winter, it is cold. In summer, it is hot. Third, education is free in Eritrea. In the United States, education is free until high school. After high school, you have to pay. In conclusion, life in America is different from life in my native country because of the food, the weather, and the education system.

Written by: Teberih Medhanie

ESOL Level 4

My Important Day

The most important day in my life was at the end of the year in November, 2011. At the end of October, my daughter and I were talking and she said "I want a cat." I said "ok", but she said, " I want a black cat." One day in November, when I came home, I saw one kitten close to my door. "Oh poor baby, he is crying," I said. I closed my eyes and walked away very fast. I tried not to pay attention to him. After 30 min, he was inside my house. I decided to adopt him! He is beautiful, very loving and fun. Today he is 11 years old .We had very good moments together. His name is CHICO. And "YES," he is a black cat!!

Written by: Regia Correa

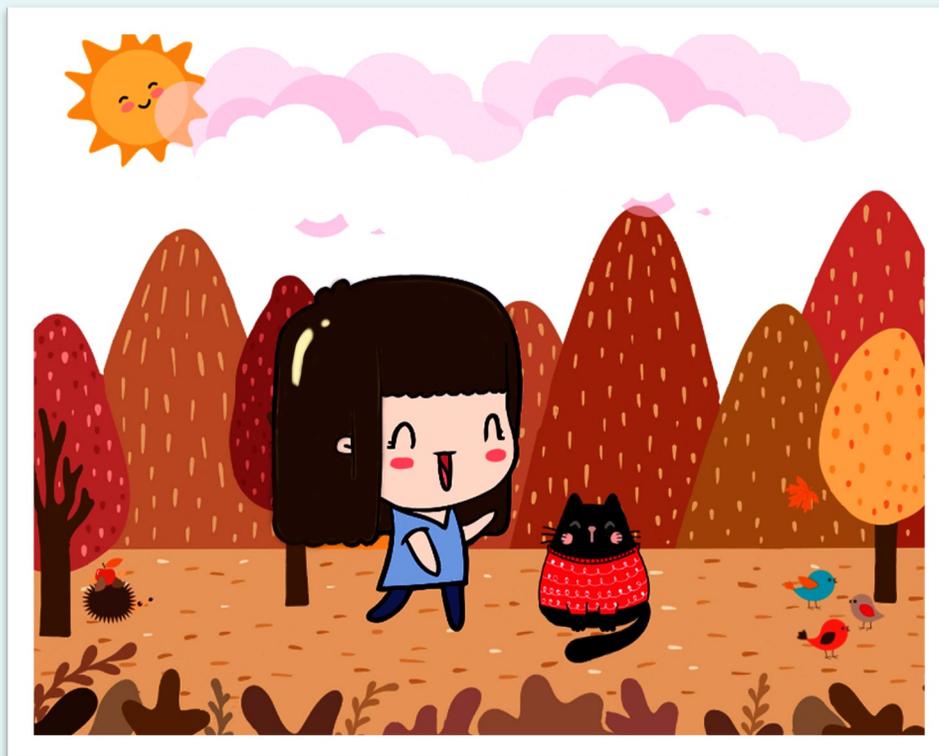


Illustration by PCC ESOL student: Hanan Alkomati

A Great Week

This week was a great time to learn and have fun. First, I sold an item that was very expensive, which gave me more money to spend on clothes. Second, I had a date with a beautiful girl. We went to the Chinese garden, we walked around and then we drank tea. It tasted bad but at the same time I liked it. Finally, life hit me. I had some problems but my father gave me his support to understand Rocky Balboa's phrase "It ain't about how hard you hit it's about how hard you can get hit in keep moving forward, that's how winning it's done"- Rocky Balboa-. Every week can be the best if you think positive and grateful for what you have right now.

Written by: Pablo Vidal Guerrero



How To Learn Not To Steal

This is the story of the most embarrassing moment that has happened to me. When I was 15 years old, I traveled with my best friend to the city of Bogota. Traveling by plane at the time was luxury, and also it was not the first time that we traveled together. We saw, under the seats, the life jacket, so we decided to steal one of them. What we really wanted to know was to learn how a life jacket worked. We thought the air hostess didn't see us, and we kept it in the biggest bag. I was nervous because I knew that we were doing a federal crime, but we did it anyway. When we got off the plane we went to look for the baggage, the police and the air hostess were looking for us, they said that the plane could not take off because one of the life jackets was missing. Anyway we denied it but the other people were angry because they couldn't leave the airport, until the life jacket appeared. After we accepted and we handed over the life jacket to the police, everyone on the flight saw us. The next day our parents wanted to kill us, because the mayor of the city was on that flight and it was known on the radio stations what happened with our names. It was a terrible vacation to this day, but we are still friends.

Written by: Rafael Jimenez Fernandez

ESOL Level 5

A Lesson Learned from the Car

My husband and I learned a lesson from the car last year on July 24, 2021, when we lived in a remote place called Shelter Cove, on California's Lost Coast where King Range meets the Pacific Ocean. We were going out for dinner, the restaurant was 33 miles from our house. On our way, our car ran out of fuel in the middle of the way. My husband tried to call 911 but it was not connected because there was no network in the area. As I said earlier it was a remote place and away from other towns so there were no shops or people nearby. We were afraid to sleep in the car because there was a wild mountain lion in the forest and the place was very dark. Luckily, a car was passing in front of us and a lady inside the car came and asked us about our situation. She dropped us at our home. We were very lucky that day, she came like an angel to help us. That day we learned a lesson from the car. We should never ignore the car warnings. If we ignore something, it will definitely teach us a lesson.

Written by: Shwetha Mannabasannar



Illustration by PCC ESOL student: Hanan Alkomati

The Loss of a Pet

When I was a child, Tomas taught me how painful a loss is. On my eighth birthday, my mom gave me a kitten as a present. I named him Tomas, and I was fascinated. I felt like the happiest girl in the world. Tomas and I grew up together. My mom was always laughing about me and my cat. She knew how much I loved to play with him. Everyone was surprised that my cat never scratched me or bit me. My neighbor used to have fish in his house. One day, when I had just woken up he called me. He wanted to talk with me. I was impressed because that call was very unusual. I went to his house, he was very angry. He said “you need to take your cat to another place. Your cat ate my fish”, and he threatened me. He gave me 24 hours to move my cat to another place, or he was going to kill him. I was just a child and I was terrified. I let my mom know about the situation, so we decided to take my cat to my grandma’s house. When we were trying to get my cat inside the car he escaped. He ran and ran. We tried to look for him, but I never saw him again. Faced with the challenge of loss my kitten taught me that animals are such agreeable friends, but sometimes losing a pet can be felt as bad as the loss of a human friend or relative. I think the reason is that animals' love is so unconditional and accepting.

Written by: Alisson Lemus Avila

My First Time in Sedona

Last year, I went to Sedona, Arizona with my family, and we saw amazing landscapes. This city is known for its red sand formations, which shine a strong bright orange color at sunrise and sunset from the sun. Before we arrived in Sedona, we thought it was a quiet place where we would just walk and visit museums. We were wrong because there were a lot of trails, canyons and it's the perfect place to go hiking. We decided that it was worth taking the trails, and climbing canyons. As soon as we got there, we had to climb trails and hills, and we weren't prepared with hiking shoes. We just had flat shoes. We slipped a lot, but in the end we were able to reach the top. I really liked being there at the top, and the feeling of being on a cliff. The landscapes that I liked the most were Cathedral Rock and Devil's Bridge. They were amazing. Those landscapes looked like something out of a movie. While I was observing the landscapes, my brother walked to another trail near me and took these beautiful pictures with his cell phone. We loved Sedona, and missed several hiking trails. I hope to get back in the sun soon.

Written by: Elizeth Gastelum Reyes



ESOL Level 6

Learning English

English is one of the most used languages in the world. Having mastered it, you will gain many new opportunities, and borders will no longer be an obstacle. Learning a language is a pleasant journey with many stops. There are basic points that are used by everyone who wants to master the language.

First, in order to be understandable to a native speaker, we need to practice reading and pronouncing words. Reading immerses us in the language, and that's why we need to know its rules. When you know how to read correctly, your pronunciation can be good. English has many words with silent letters, for example, the popular word “daughter”, and rules can help you to read these words. It is also very important how we speak. Pronunciation is a difficult part of learning. When we speak our native language, we don't think about how we make a sound, but learning English makes us think about the position of the tongue in the mouth. Practicing from day to day will help you get used to the pronunciation of new sounds faster.

The next step is vocabulary, starting with the most necessary and useful words. The most common are verbs, especially irregular ones. Your speech will be clearer and more correct if you use the correct verbs. You can describe a lot at the right time and emphasize the most important thing in your sentence. It is also very useful to know pronouns at the beginning of your training. When we describe people or things, we use pronouns. The good news is that there aren't many of them, and you can study them in one day.

Not the last step, but the really important one is grammar. After you learn common words, irregular verbs, and pronouns, you will be able to make sentences. Grammar allows you to convey your thoughts in the best possible way. You must follow the correct word order, otherwise you will not be understood. Grammar is a wonderful journey when you are deep into the rules and get the opportunity to color your speech in bright colors. You can mix tenses in different ways and feel more confident.

There are many techniques for learning a language. Each is unique in its own way and each brings results if you follow the rules that are specified in it. If you follow my steps, you will soon start speaking English.

Written by: Olga Solomca



Two Homes, Two Worlds

People are surprised when they ask me “What is your favorite place in Oregon?,” and I respond “My home.” Of course, it is not the most beautiful place in Oregon, but is where I feel completely happy. I thought that my apartment in Madrid was wonderful until I arrived at my house in Portland, and I discovered a new world. My home in Madrid and in Portland are completely different.

Since March 2022, I have lived in a typical two floor house in Portland. It is a big house with three bedrooms, three bathrooms, dining room, kitchen, and a huge living room with a fireplace. There is a special room for laundry, a storeroom, and the garage, where we can park two cars. Without doubt, the best place in the house is the backyard. Last summer we organized a party for 20 people in the backyard, and we had enough space to install a trampoline for children. I hadn't never lived in such a big house before. The apartment where we lived in Madrid was really tiny. It had two bedrooms, one small bathroom, one living room, and the kitchen. There was no space for laundry, so the washing machine was in the kitchen. Since my daughter was born, the guests had to sleep in the baby bedroom surrounded by toys. We couldn't invite more than four people because we only had 6 chairs.

The second big difference between both homes is the location. While my house in Portland is located in a suburban neighborhood, the apartment in Madrid was downtown. I like the silence and safety of my current neighborhood. The house is in a low traffic street, so I can listen to the sounds of the birds during the day, and the crickets at night. I like to live in the suburbs, but I need to use the car if I want to go anywhere. On the other hand, we didn't need a car when we lived in Madrid because the office, the groceries, and the daycare were nearby. However, the price to pay is hearing the traffic noise day and night.

The feature that I like the most is the environment of my house in Portland. It has a front yard and a backyard full of trees and plants. I have always wanted to have a vegetable plot, so I bought different seeds, and I sowed tomatoes, pumpkin, and zucchinis. I was really happy reaping the modest harvest. Besides that, some animals visit our backyard frequently, like squirrels, hummingbirds, and some lost raccoons. The apartment in Madrid was on the fourth floor, so we didn't have a patio where we could sow vegetables. Nevertheless, we had two colorful flower pots on the balconies, and some interior plants. Both homes are so different, that I feel that they belong to two different worlds. It will be very difficult to come back to my little apartment after living in my house in Portland.

Written by: Pilar Villa



Unlimited Journey

There are two types of people in the world. Some people have already had confidence unconsciously for no specific reason, but others need more time and struggle to get it by themselves. Which type are you? I was the latter. I had no confidence in my 20s and early 30s. By the time I was 22 years old, I had already had a degree in Nursing. Then I got a job and paid for everything by myself. However, I had no confidence at all; that means confidence doesn't relate to external factors. I have tried so many things to gain internal confidence, and I would like to introduce three steps that really worked.

The first step is to travel abroad alone and try new things which you have never done before. If you have time, I recommend living in a foreign country alone for a few months. Trying new things brings not only an improvement in your confidence, but also shows you a new world. You can see new places and meet people who don't know who you are. There are many people who have experienced both good things and bad things in their lives, and they have learned many kinds of ways to get through it. The more you know about something new, the more interesting and rich your life will be. You will know that you have plenty of capacity to experience many things as a human in the future. Additionally, an extra good point to travel is to notice that you can live with only two suitcases.

The next step is to declutter your room or house. You have already learned that you don't need so many items for the first step. You need to realize which ones are your favorite, and which ones are unnecessary. You will be surprised that you keep many items that you haven't used for a long time or you don't really like. When you notice your precious items, your feelings will be more comfortable than before. However, it will be so hard and take more time to declutter your items that you don't need anymore. You might want to give up many times, so you have to remember that finding plenty of space is to welcome new happy things in the future. Imagine that your room shows your brain. The more tidy your room is, the more organized and calm your mind will be.

The last step is to cook simple dishes using fresh ingredients. At first glance it seems that it has nothing to do with gaining confidence, but it really works. You are what you eat. If you need more energy to move forward, you have to eat something fresh with less chemicals. Also, the time you cook for yourself brings fulfilling days. You don't have to take time to cook, so it will be the perfect choice to grill a steak with a good quality of sea salt and make fresh salad. You will know how happy you are to eat simple delicious food in your favorite room that you had already decluttered.

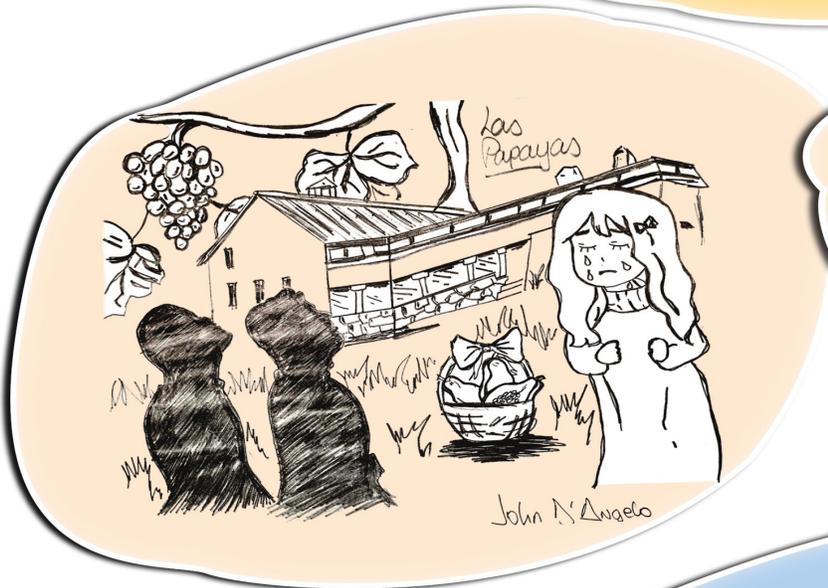
In conclusion, there are three steps to gain internal confidence by yourself. I know "Rome wasn't built in a day," but I don't want you to wait 100 years or more. If you want to gain your confidence, you should try these steps without any concern. That way, your heart will be filled with each action, each encounter and each word day by day. When you realize you have already had priceless experiences in your heart, your internal confidence will naturally grow more and more. Also, while that is happening, you will know that you don't need to compare yourself to others. Your life will definitely change.

Written by: Nozomi Kikuchi



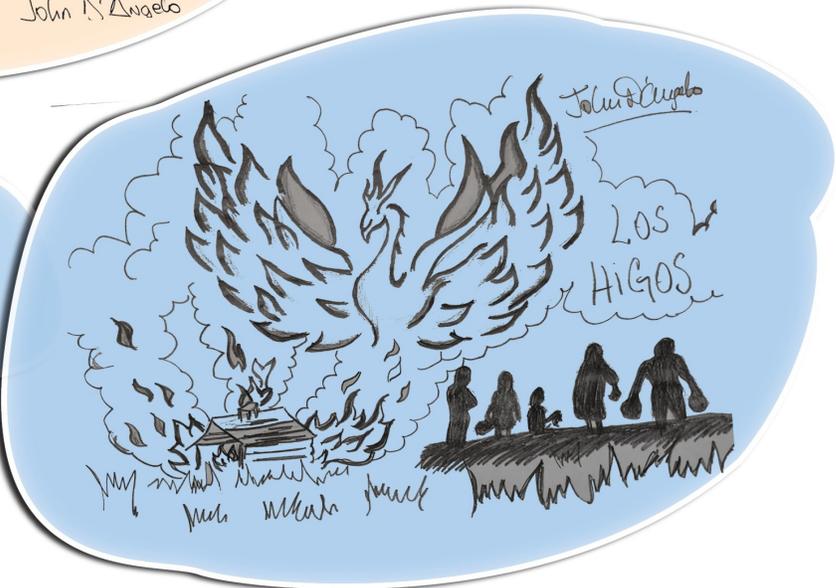
Illustrations and captions by ESOL Level 7 Reading student John D'Angelo for novel 'Esperanza Rising'.

LAS UVAS (THE GRAPES):
EVERYTHING WAS GETTING READY AT THE RANCHO DE LAS ROSAS FOR THE QUINCEAÑERA WITHOUT IMAGINING THAT AN UNFORTUNATE EVENT WOULD CHANGE EVERYTHING. THUS, FULFILLING THE OMEN THAT THE ROSE WITH THORNS ANNOUNCED.

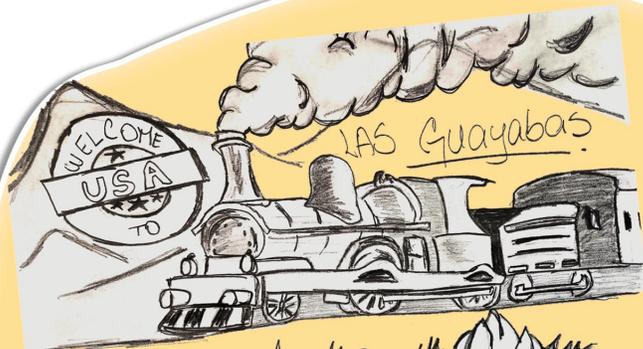


LAS PAPAYAS (THE PAPAYAS):
THE AMBITION OF HER UNCLES AND REMEMBERING HER PAPA WHILE SEEING A BASKET OF PAPAYAS BROKE ESPERANZA'S HEART KNOWING THAT HER QUINCEAÑERA WAS AROUND.

LOS HIGOS (THE FIGS): AFTER THE FIRE DESTROYED THE RANCHO, IT WAS TIME TO GET UP LIKE THE PHOENIX AND START THE PATH TO A NEW LIFE IN THE U.S., ESCAPING FROM THE AMBITION OF THE UNCLES



LAS GUAYABAS (THE GUAVAS):
THE TRIP TO THE U.S. WAS NOT EASY, BUT
ON THE TRAIN, ESPERANZA WOULD DIS-
COVER THAT THOSE WHO HAVE LESS ARE
THE MOST WILLING TO HELP.



LOS MELONES (THE CANTALoupES):
DESPITE NOT ALL THE PEOPLE IN THE
VALLEY BEING KIND AND HER FRUSTRATION
AT NOT BEING ABLE TO HEAR ON
EARTH THE HEARTBEAT THAT WOULD
REMINDE HER OF HER FATHER, ESPERANZA
WAS WILLING TO GIVE A CHANGE TO
HER NEW BEGINNING.

LAS CEBOLLAS (THE ONIONS):
BEFORE THE BIG PARTY, ESPERANZA HAD
TO BE THE TARGET OF RIDICULE FOR HER
POOR SKILLS FOR THE JOBS ENTRUSTED IN
HER, HOWEVER, SHE STILL HAD THE HOPE
THAT ABUELITA (GRANDMA) WOULD GO TO
MEET HER AND TOGETHER CONTINUE
BEING RICH.



LAS ALMENDRAS (THE ALMONDS): ONLY A FLAN OF ALMENDRAS COULD MOTIVATE ESPERANZA TO GO TO THE PARTY, KNOWING THAT THE NEXT DAY, SHE WOULD GO TO PRAY AND ASK THE VIRGEN DE GUADALUPE FOR SOME FAVORS.



LAS CIRUELAS (THE PLUMS): IN THE MIDDLE OF HER DAILY ACTIVITIES, ESPERANZA WITNESSED A TERRIBLE DUST STORM THAT HIT THE VALLEY AND SHE COULDN'T AVOID FEELING WORRIED ABOUT MAMA AND ALL THE OTHER PEOPLE WHO WERE WORKING IN THE FIELDS.

ESOL Level 7 Writing

Rest and Leisure: How to Develop a Healthy Society

When we talk about human rights, we always think about the right to live, the right to liberty, and the right to security. Do you know the right to rest and leisure is also a human right? In Article 24 of the Universal Declaration of Human Rights, it states, “everyone has the right to rest and leisure, including reasonable limitation of working hours and periodic holidays with pay.” The human body is not only for work but also needs to rest. Rest and leisure are the foundation of human health and basic human needs. Ensuring the right to rest and leisure is a way to develop a healthy society by limiting work time, balancing work and life, and protecting workers' rights.

First, it is important to consider the work hours. Limiting work hours is essential to keeping individuals and society healthy. A long time ago, people usually worked an extremely long time, and that caused a lot of social problems. In the 1980s, a high death rate due to overworking was first noticed in Japan, and even now, it still exists in some Asian countries. On the other side of the world, long work hours are the main cause of alcoholism in Western countries. By limiting work hours, first, people have the chance to take a rest and enjoy leisure. Then, resting and leisure could reduce stress and improve overall health. An individual's health could promote the healthy development of society.

Secondly, it should be noticed that balancing work and life is the main factor that affects society's healthy development. As the world changes, the information revolution changes how we work. Especially during the pandemic time, remote work has blurred the line between personal life and work. For example, even though remote working is more flexible, it makes you feel like work is never-ending. You may have an urgent meeting called after a regular work schedule while cooking or helping kids with homework. It affects your mental state and family life negatively in the long term. If society is an ocean, work is a boat; life is the oar to push the boat forwards. Therefore, it is important to find a balance between work and life.

Third, even now, some industries still have unspoken rules which abuse the labor force. How to protect workers' rights becomes urgent. In some developing countries, especially in the clothing industry, where workers have long work hours and no paid holidays, they do not know they have the right to rest and leisure. The government should protect their right to rest and leisure. However, some people work a long time to get a promotion. The company should have the proper promotion procedures. At the same time, some people, who love their jobs, do not mind the working time. They always work overtime unconsciously. They need to be reminded to rest. All together, protecting the worker's rights should get more attention.

In conclusion, limiting work time, balancing work and life, and protecting workers' rights play an important role in developing a healthy society. Limiting work time keeps people healthy; balancing work and life keeps the family healthy; protecting workers' rights keeps the industry healthy. Altogether, rest and leisure will make the world become more healthy.

Written by: Feifei Chen

Too Much Freedom of Expression

It is difficult to draw a line between freedom of expression and invasion of privacy. According to *Macmillan Dictionary*, freedom of expression means “the right to express your opinions”. Everyone deserves to have their own thoughts, to express their ideas, and to share their opinions with other people. This is because freedom of expression is one of the Universal Declaration of Human Rights. Therefore, most people listen carefully and respect other's thoughts, but if some people have excessive behavior, it causes another problem and makes the situation worse in many ways. To change these effects, people need to reconsider the limits of freedom of expression and try to understand other thoughts by judging within reason. If this works, this can also be an advance to protect the right of freedom of expression. Otherwise, extreme freedom of expression can cause mental disease, invasion of human rights, or misjudging the truth.

Firstly, freedom of expression can cause mental distress. Through the appearance of social media, everyone began to express their feelings anytime, anywhere. In other words, just one button can change one's world for the better or worse. Excessive social media is destroying people's mental health, especially for young people. Hate speech or slander through social media is a serious problem in Japan. People can express their thoughts anonymously, so some people attack other people with thoughtless words, and the victim ends up with mental disease in the worst case. It is really hard to recover from hate speech or slander. To solve these problems, the Japanese government established a law in which the victim can request a disclosure of the attacker's information. In fact, this might be an invasion of privacy, so it is difficult to put it into action. Everyone deserves freedom of expression, but extreme behavior injures other people, and also invades other human rights.

Secondly, extreme behavior invades human rights. For example, two climate activists held a demonstration on a Berlin motorway to express their opinions: they wanted others to realize what is really happening on earth now, and consider how bad the climate catastrophe is. However, one injured woman got stuck in a traffic jam due to this demonstration, and unfortunately, she slipped into a coma on the way to the hospital. After this tragedy, according to The Associated Press in *ABC news*, Olaf Scholz, who is the German chancellor, insisted that climate activists could show their “creativity” but not endanger others. There is no reason that people should endanger or invade other's human rights to express their thoughts. The behavior of these climate activists is getting more radical, and now they are making the situation worse.

Thirdly, even if everyone deserves freedom of expression, it is hard to figure out what the truth is, especially in politics. In several countries, the government is still controlling the media. In other words, the government can control the political situation, and people do not have any measures to figure out what the truth is except from the media. This is not the real freedom of expression, and this effect makes people not think about what is really happening in their country. Moreover, people who try to tell the truth can get arrested as political prisoners, or sometimes they can be attacked by other people. This means people could not say anything they really want, and the media keeps people away from the truth. For example, in France, *Charlie Hebdo*, which is a French satirical magazine, was attacked by terrorist because *Charlie Hebdo*

published satiric cartoons of the Prophet Mohammed. This is also invading individual freedom of expression. There is no reason that people should attack someone else because they have different thoughts.

In conclusion, freedom of expression is one of the fundamental human rights that everyone deserves, but it is hard to tell where the boundary of freedom of expression is. It is important for people to express their opinions and everyone should respect them, but if everyone does not care about the boundary between freedom of expression and invasion of privacy, they can take extreme action and end up injuring others by causing mental distress, invading other's human rights, or misjudging the truth. Freedom of expression is not to injure people, but to protect one's dignity. Therefore, to change these effects, people need to reconsider the limits of the freedom of expression. Each person has their own opinion, so it is not easy to listen and agree with everyone's thoughts, but if they can try to understand and share their thoughts by discussion, then they might be able to understand other's thoughts more easily. Also, if this works, they might be able to figure out a boundary between freedom of expression and invasion of privacy and find a settlement for both sides peacefully.

Written by: Yuriko Ose



ESOL Level 8 Reading Students Write Haiku Poems of Protest, Resistance, and Empowerment

Listen to my voice
Melody screaming freedom
Don't stop until peace
– Sarah Nyota

A strong rebuttal
Demonstrate your own ideas
Just say what you have
– Long Quach

Empower ourselves
Our voices, strong ideas
We make a big change
– Trinh Than

Illustration by PCC ESOL student: Hanan Alkomati

I can hear my voice

I will change the president

He is not perfect

– Huyen Nguyen, My Hanh Linh
Nguyen, and Hanh Dang

Protests keep going

For the rights of good people

For what they deserve

– Trinh Than

Some protest for help

Others are resisting it

But who knows who's right?

– Duyen Huu, Trinh Than, and
Miller Carrero

Refuse oppression

Believe wholeheartedly, you

Stand on your strong feet

– Andrea Ruiz

Resistance is right

Don't be shy and keep silent

Thunderstorms will come

– Jason Zhuo

If we are a part,

Why do we need resistance?

That is called apart

– Ve Nguyen, Thi Nguyen, and
Luong Nguyen

The world is ready

Hold and empower your truth

Then justice comes back

– Fumiya Ito, Carolina Espinoza,
and Somi Kim



ESOL Level 8 Writing

Disabilities and Success: Removing Barriers

Technology has revolutionized people's lives in the past generation and paved the way for more accessible resources for individuals with disabilities. Notably, Assistive Technology (AT) can support nearly everyone in performing tasks that might otherwise be difficult to accomplish. All these types of assistance are essential because they provide mobility support like wheelchairs and walkers, as well as software and hardware that can easily provide access for individuals to computers. Also, ATs play a pivotal role in education to help those with disabilities succeed in academic purposes. This essay will discuss three areas of these assistive technologies: speech synthesis programs, organizational software, and voice recognition software.

Individuals with conditions that could hinder their reading capability, like dyslexia, blindness, and visual impairments, might have comprehension difficulties with negative impacts, first on their self-esteem and then on their academic outcomes. Speech synthesis programs, also known as text-to-speech (TTS), are operating systems that work by translating every single word in a physical or digital text into a synthesized voice, which each student can customize to sound more like a human being with miscellaneous types of accents. Thus, this software can help students in their reading and writing process. To illustrate, a study by Olson and Wise showed a significant improvement in comprehension and recognition of words in a group of students with learning disabilities. Another experiment by Lundberg displayed a significant improvement in word recognition by selected students who used a TTS program for three years. Among some software available in demand, *Kurzweil 3000* is a leader in text-to-speech, and it offers a free trial to have the opportunity to test it before purchasing. Also, *Read & Write* is a valuable alternative to it. These resources offer the same screen-reading and scanning print material features, but they differ for some add-ons. However, it is possible to find online extensions compatible with popular browsers that offer free services like *Natural Speech*.

Students with learning disabilities frequently struggle with the writing process because they might lack spelling, grammar, and structure skills; consequently, they often try to avoid it as much as possible. For this reason, organizational software has increasingly helped students to organize their thoughts and ideas. Notably, this software style can assist in creating diagrams, graphic organizers, outlines, and mindmaps (non-linear graphic layouts where concepts are arranged around a central concept). For instance, they convert a visual brainstorm into an outline that learners can follow while writing. Another feature is summarizing lectures with visual connections between ideas and keywords. Some programs also have a proofreading element, which corrects and predicts unknown words. According to Graham, studies have demonstrated improved writing quality in students with learning disabilities. In particular, the writing process was improved in terms of organization (Forgrave 124). *Inspiration maps LLC* is an example of organizational software which addresses different users' needs. Alternatively, *Ginger* is a grammar checker that examines different contexts to find any errors or mistakes.

Some students with motor disabilities may have difficulty typing on a computer with a standard key-

