

SPRING 2020-2021



HYBRID CULTURE



EAST LOS ANGELES COLLEGE

Designed by Marisol Castillo

Welcome Letter

Dear Reader,

Welcome to the new edition of the Hybrid Culture Magazine! Thanks to the amazing work, effort, talent, and time of East Los Angeles College's (ELAC) English as a subsequent language (E.S.L.) students who were enrolled in E.S.L. 32, we have this beautiful edition. E.S.L. 32 take a hands-on approach, enhancing their English language fluency while developing design skills with Adobe InDesign. More importantly, students strengthen their confidence to advocate for their friends, families, communities and for themselves.

This magazine is composed of the work of students in Spring 2020 and Spring 2021; in addition, academic papers of E.S.L. students who were asked by their professors are included as well. This magazine highlights the different perspectives, values, traditions, and cultures that make us unique and are a reminder to us all to keep a heart and mind to these differences so that we may continue to foster the growth of love and unity within our campus and community.

If you are interested in taking this course or have any questions, please contact me, Professor Betancourt, via email, betancme@elac.edu.

Congratulations to the following students for creating this new edition!

Spring 2020

Alejandra Campos

Marisol Castillo

Janice Ha

Silvia Roldan

Weiyan Tang

Virginia Tigrero

Spring 2021

Derly Bautista

Stephanie Flores

Lauren Herrera

Danny Nguyen

Sincerely,

Professor Maria Betancourt

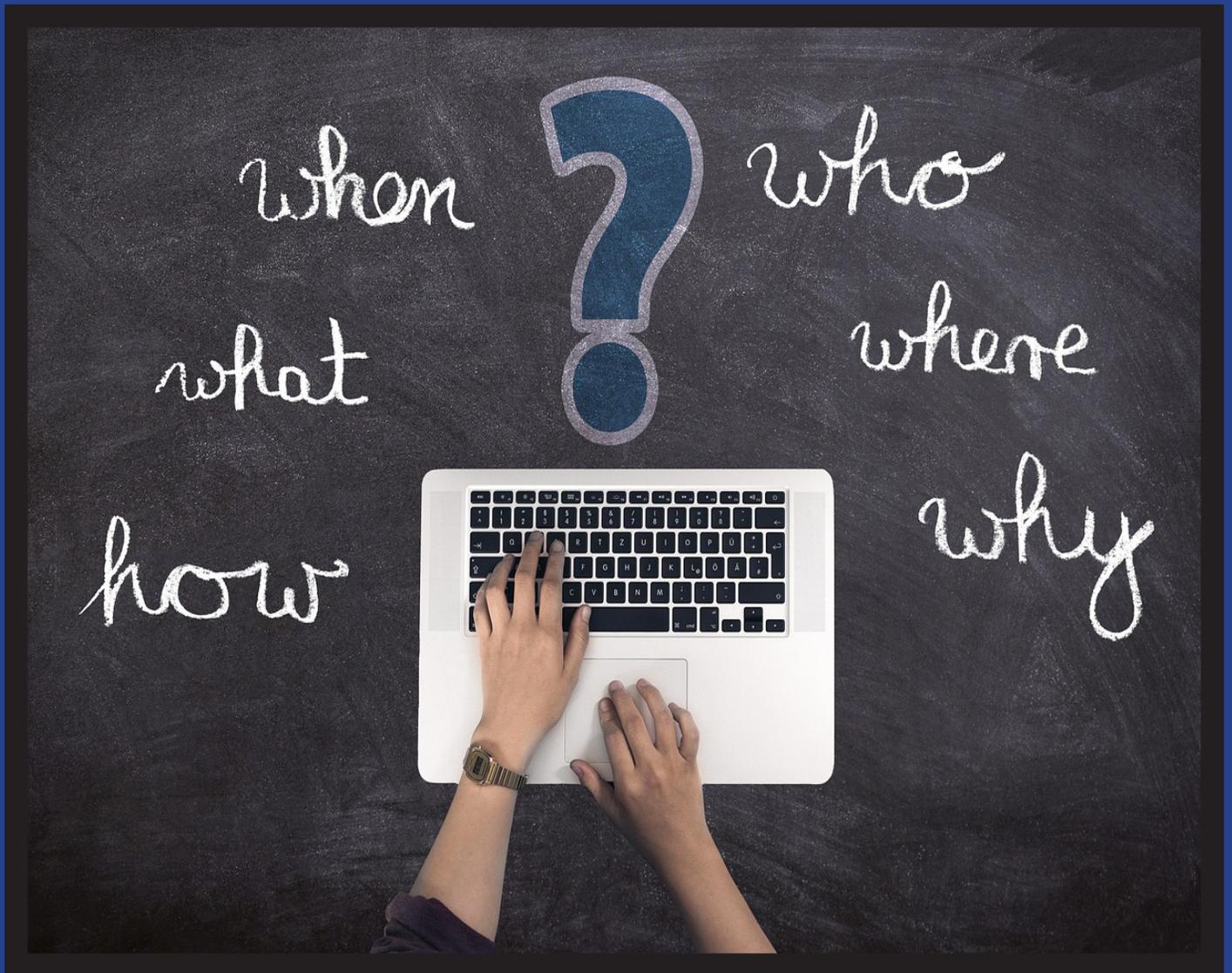


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Student Reports



Lunar New Year Festival

Esther Teng

There was a Lunar New Year Festival in last week at ELAC campus. Chinese New Year, also known as the Lunar New Year, is the greatest traditional festival of the year in China. ELAC hosted the festival event that expressed Chinese culture and defined the difference between Chinese culture and American culture, therefore students could learn more about our traditional culture. The activities include serving Food, selling Chinese paper cutting and Chinese knot, and playing arrow toss. The main event of the festival was the lion dance and Chinese kung Fu. The event was in E3 and E7 quad area of ELAC campus. There were various rows of vending tents. They provided a nidi variety of food, such as Chinese noodles, hamburgers, tacos, nachos, and different kinds of beverages. Students cloud eat or drink what they like, and watched performances.

A large number of students lined up for arrow toss. They had some arrows and then toss them into a cylinder. Hitting the target was greeted a roar of applause. Moreover, they could get some gifts by winning.

Lion dance began with the drumming. Rhythmic drumming drew a great deal attention from many people. The number of the audience increased when the loin dance began. A lion dance is a traditional Asian dance performed during the Chinese New Year. It has a lot of symbolism behind it. It brings good fortune, good omen, and wealth in the New Year.

There were two performers mimicking lions' movement in a lion costume. A "Buddha" who was with



a colored ribbon provoked emotions and played with the lion. He was proficient at manipulating the performance. Every movement of the lions had a specific musical rhythm. The music followed the moves of the lion, the drum followed the lion, the cymbals and the gong followed the drum player. Throughout the performance, the Lion would mimic various moods and demonstrate gestures that made them vivid.

A group of martial arts people performed during the lion dance. They performed several Chinese martial art styles, including the famed Shaolin Kungfu, which won an applause from the audience. They displayed their own unique skills, such as combative form, competitive form and health-preserving qigong. Many student audiences who watched this show first time marveled at the performance of Chinese kung Fu. Chines Wushu is a treasure of Chinese traditional culture. it has a long epic history, profound meaning and unique glamor. This show provided an opportunity for the American people to better

understand Chinese martial arts culture.

The festival lasted several hours. The performances received huge appreciation and applause from the audiences and students. Plenty of students took selfie or photograph with performers. They enjoy the event and learn some Chinese traditional culture from it. It was an opportunity to learn about an important aspect of traditional Chinese culture. It will promote the culture of Chinese and bring the essence of Chinese culture to larger number of overseas audience.

**Images taken by Esther Teng*



Life and Works of Fernando Botero

Derly Bautista

March 11, 2021

Fernando Botero Angulo is better known as Botero is a renowned Colombian painter, sculptor, and draftsman who was born in the city of Medellin on April 19, 1932. He studied primary and secondary school in different schools, one of these schools was bullfighting in which he studied because his uncle wanted it that way, who thought that this should be Botero's vocation; however, over the years his family discovered that his talent was art. Then he moved to Europe to study arts where he met different artists, such as the filmmaker Ricardo Iragarri, with whom he later lived in Paris. While there, he studied at the Academia de San Marcos where he received a strong influence from Italian

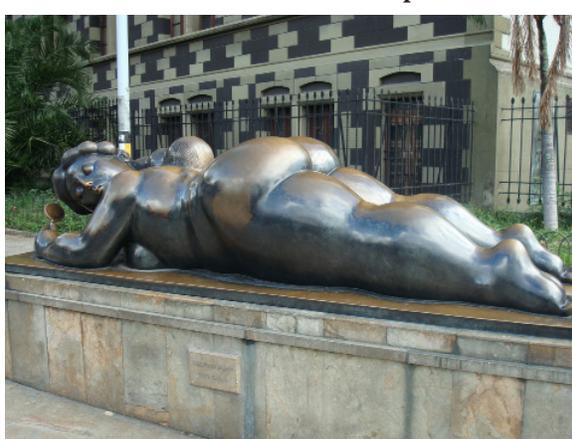


Renaissance art. When he returned to Colombia, he wanted to make an exhibition of what he had learned in Europe, but it was not very successful, so he decided to start teaching at the School of Fine Arts of the National University of Colombia.

Botero has been recognized around the world due to his unique style to create his art, since it is based on the fact that the objects he paints always have a tendency to be round. In addition, most of the time, due to his ability to manage space and perspective, the objects he paints are portrayed in settings where it seems that space is limited and that it would be very difficult for them to be there. Although his works are known to the world as "Las gordas de Botero", he insists on explaining that he does not paint "fat people" but that what he paints is volume and the sensuality of form. Botero throughout his career has put his artistic style into practice in various subjects such as the circus, recreations of Old Masters, nudes, Latin America street scenes, domestic life, bordellos, and portraits of political figures.

At present, Botero who is already more than eighty years old, continues to work as a sculptor and painter, his sculptures and works of art are still being sold for large amounts of money and they are still being sold around the world. It is also important to know that he throughout his career donated many works and sculptures to different countries of the world such as Germany, Argentina, Austria, South Korea, France, Israel, and Japan.

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“Club Rush” Spring 2020

Marisol Castillo

As each long semester, the Student Activities office carry out its event called “Club Rush”. This event takes place in Fall and Spring semesters at the beginning. It is a two-day event that consists of promoting the clubs that the College has. It is also a completely free event where students, teachers and workers can enjoy free music, games and gifts. They can also learn more about the clubs that the campus offers and choose one or two to enjoy during the semester.

In this semester the event took place at the F5-Building Frist Floor at East Los Angeles College, on Wednesday, February 26 and Thursday, February 27, organized and presented by the Associated Student Union.

The participating clubs arrived around 9:40 to set up all their materials to promote their club. Each club was given a space with a table and a chair to put their things, but the space was small, some clubs had to share their table with other clubs.

The “Club Rush” started at 10:00 in the morning and ended at 2:00 in the afternoon. During this period the students walked observing each of the clubs that were established there at the tables. Students and teachers stop at each club to obtain information about the club and be able to win a gift away that club members offered.

Students had the opportunity to learn more about the following clubs: ESL Club, Game Club, Pathway to Law School, Geology Club, Accounting Club, Anthropology Club, Student for Political Awareness, and Advocacy and English Club.



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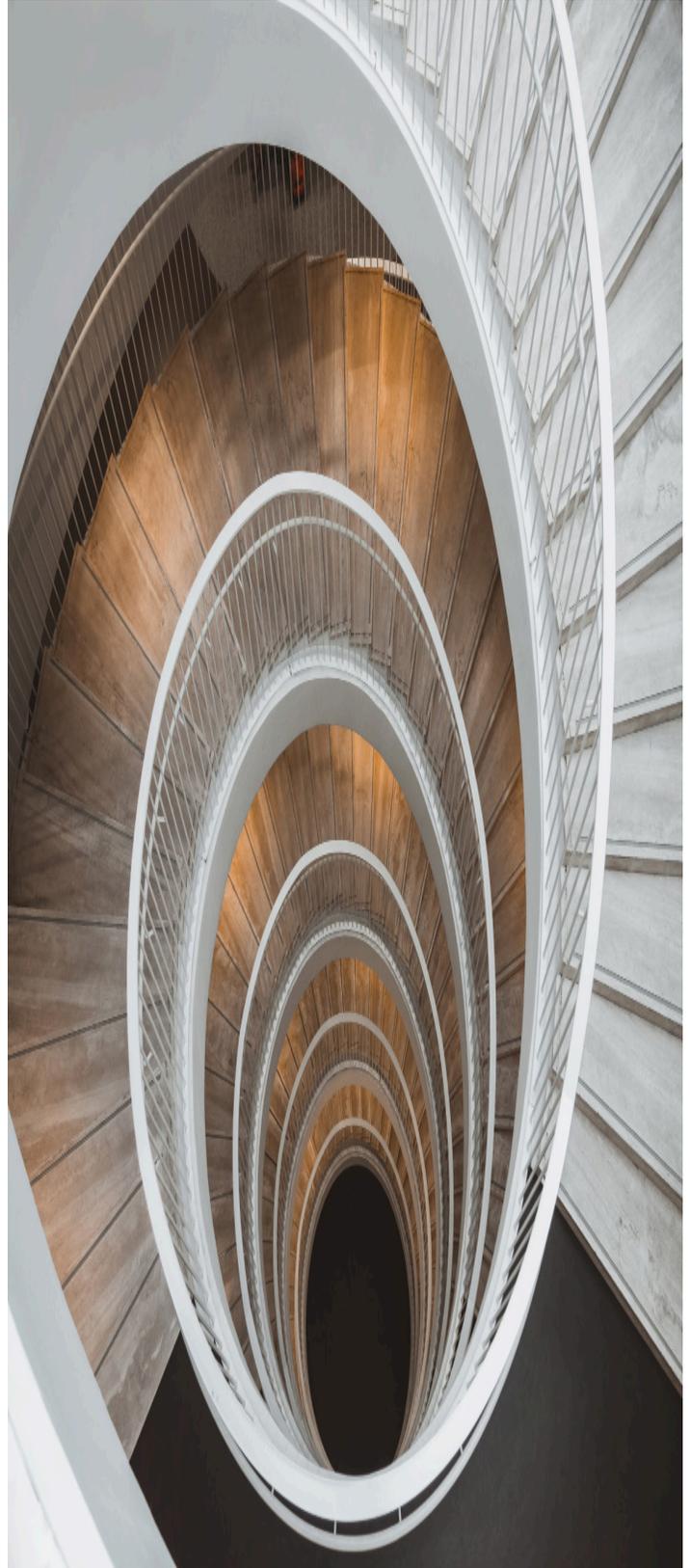


My Experience As A First Generation College Student

Stephanie Flores

My parents have always told me to be at the top, to study, and work hard so that I would have a successful career and not have to work a nine-to-five-job. It was common for me to hear my parents say that I needed to be better than them. As a child, I never really thought into what they were saying and took it as I just needed to get good grades. I became accustomed to being diligent, disciplined, and productive. Due to these habits that I developed throughout my childhood; I was in advanced classes during high school. Without a second thought, I did my utmost to be a model student. The senior year of high school came, and all seniors were applying for schools. The realization that I didn't have a dream school or a career plan struck me.

Not only did I not have a career plan, I never wanted to be something or be like someone. While some of my peers set their minds on being doctors, engineers, marine biologists, or enlisting in the army, I was having an identity crisis. Simultaneously, I submitted all my applications and settled on majoring in kinesiology since I wanted to be a physical therapist. Throughout the whole process of going from high school to college I felt anxious and like I was running out of time. Later, when I got the news that I was accepted to the schools I applied to, I was numb while my parents were happy for me, I didn't know how to react or feel. Family issues, the death of a family member, personal problems, the stress of paying for college, and the anxiety of committing to a college happened all at once. I just needed something new to take away the suffocating





I decided I would take a gap year and work but, I felt even more overwhelmed with my parents' and grandparents' reactions to my decision. My aunts must have seen through my facade of acting like I was all right because one of my aunts offered to help me. She ended up taking me to enroll at ELAC and take placement tests to see what classes I could start in the Fall. The Fall semester started, and I felt like I started a new beginning for myself. I enjoyed going to class because my professors were incredibly genuine, not to mention I learned so many new things. I enjoyed learning from the professors whose classes I took because I could tell they enjoyed helping students and took their careers seriously. My experience at ELAC is a very memorable moment in my life that has helped me for the best.

In due time, the time for me to start the transfer process came, and I began to feel overwhelmed when I attended my first transfer workshop. I felt overwhelmed since this was a crucial process for me to transfer. There had not been another reason for me to feel that way as I met all the requirements to start the transfer process but, I still felt overwhelmed with all the steps I needed to complete. Soon after, I started applying to universities with the help of the transfer mentors. In all honesty, the mentors helped ease my anxiety, and I felt relieved to finish my applications. All I have left is for me is to start the Fall semester at the college of my choice. For the most part, now that I have some experience as a college student, I feel better about going to a university.

The Color Festival

Lauren Herrera

March 11, 2021

On March 7, 2020, in the Whittier Narrows Recreation Area south El Monte, California, the festival of color took place before the pandemic's lockdown. A cultural event that is realized in different states of the United States of America to celebrate the spring. If anybody is the kind of is a person who enjoys going and discovering new activ-



ities. This is a good place to enjoy yourself with friends and family because it is for everybody and does not have a specific public. This is an excellent event to go and find nice people who can enjoy with their group and dance together or take photos, and have a good time during the festival.

India celebrates Holi Festival Color to announce the spring arrival and the end of the winter. It is the triumph of good over evil. This celebration is originally in India families have a reunion and share food and drinks that for detoxifying their bodies. It is also a special day to forgive, pay, or any kind of situation to leave in the past and start again.

Also, this festival, the bright color is significant; they are dry powder and special to throw it in open spaces. Each color has its own significance.

During this festival is divide into 2 days that start at 11 a.m through 5 p.m. They invite special people for yoga teachers, interactive dance, Bollywood music, live mantra DJ's, cuisine, Lotsa love. A food truck with Indian food, vegan food, and even Mexican food is present. When the person buys a ticket, depend on the cost, they provide a t-shirt and little bags with the dry color. They are a little store for books related to their religion, cuisine, yoga, meditation, and even books in Spanish. For henna designs for your hands, you choose the design you want.

Meanwhile, in the scenario, have a program to let people and kids participate; this is even totally secure for children. The dry powder is secure with the skin and the en-



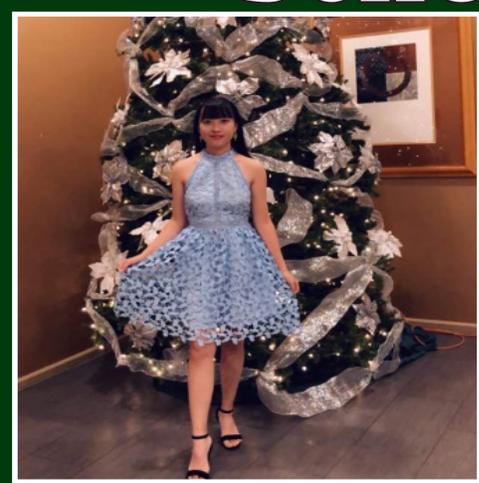
vironment. During the dance performance, invite people to follow the steps and dance a funny and happy choreography. Each person or group presented in the scenario invite during the performance to thank Krisna and the spring and



threw the color. This event changes your mood and the desire to return to the next year, and the experience of walking around of colors, with energizing music and yoga sessions, you go out of the park with positives vibes.



E.S.L. Student Scholarship Winners



Mili Lei Liu

Scholarship (s):

- ASU



Stephanie Dizon

Scholarship (s):

- Genice Everhart Memorial
- ELAC Foundation
- CCCSE
- ASU



Ho Yan Yip

Scholarship (s):

- Outstanding Achievement in E.S.L.
- Cooke Undergraduate Transfer

Author:
Stephanie Flores

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- Password: ElacMMDD (Month and Day of birth)

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Language Lab

“We are here to support you on every step of your journey.”

- Help student overcome academic challenges
- Gain confidence in scholartic journey
- Explore language & diverse culture
- Enhance skills and knowledge

• Our Service
• Tutoring – Workshop – Conversation Cafe – Language Resources

ASL

ESL

Chinese

Japanese

Spanish

French

Walk in (Knock on door)

20 – 60 minutes one on one (make appointment)

Location: Cranium Cafe

[Elac website](#) -> [Menu](#) -> [Elac tutoring](#) -> [Language Lab](#)

Hours of Operation

Monday – Thursday:

8:00AM – 8:00PM

Friday:

8:00AM – 4:30PM

Saturday:

Closed

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Student Interviews

The Coronavirus: Life Changing

11 May 2020 By Marisol Castillo



Sandra Santos

Marisol: Good morning, I am Marisol Castillo and today we have a special guest. She is a great woman, friend, worker, mother, sister, student, and daughter. Her name is Sandra Santos, she is going to talk to us about how her life has changed in this pandemic that the world is going through. Sandy what aspects of your life were affected by this pandemic?

Sandra: My social life was affected, since talking to your friends in person is not the same as texting them.

Also, it affected part of my family life because I cannot go visit my relatives as I did before.

Marisol: What is the most difficult thing you have to face during this pandemic?

Sandra: The most difficult thing I have had to face in this pandemic is how to continue with the education of my children and my education.

Marisol: What are the security methods that you as a parent are taking to protect your family?

Sandra: Staying at home, avoiding going out if not necessary. I do not let my children go outside. And if I go out to buy things for the home, I disinfect them very well before using or eating them.

Marisol: Tell me, what activities do you do with your children, so they do not get bored of being at home?

Sandra: The truth is almost nothing because they spend time on their video games or tablets, but sometimes we watch movies together.

Marisol: What kinds of challenges has this pandemic brought to your life?

Sandra: Knowing how to control my stress.

Marisol: What preparations did you do when the government says that we could not go outside?

Sandra: As soon as I knew that my children were not going to go back to school, I went crazy to buy enough food because in reality I had almost nothing since we usually left home at 7 in the morning and returned until 7 or 8 at night.

Marisol: Could you explain to me, how do you feel during this time, and why do you feel this way?



“What I love about this quarantine is the time I spend with my children because it has been a long time that we not spent 24 hours together”

Sandra: I feel stressed because there are many things I have to do and sometimes the day is not enough to do them. But I also feel happy because I have been able to spend more time with my children.

Marisol: Tell me, how do you organize your work, life, and rest during this situation (quarantine)?

Sandra: It has not been easy I work from Friday to Sunday and I try to finish all my schoolwork from Monday to Thursday. Just like I have to help my children with their homework. To be honest, I do not have time to rest. For me, the quarantine brought me more work.

Marisol: What worries you most about this situation that the world is going through?

Sandra: What worries me the most is that it will no longer be the same when this calms down, since there will always be that fear of the coronavirus.

*“I miss not being able to go to school and be with my friends.
~ I miss you Guys ~”*



Host:



Danny Luu

Tutor Spotlight

Virtual Interview

Special Guest:

Janis Chu

- ESL Tutor -



Interview Summary

Danny: As an international student, what kind of challenges do you have while being a tutor?

Janis: Language barrier, teaching students who speak Mandarin, checking essays

Danny: Being a great tutor as you are right now, have you ever thought of going with the educational field and becoming an educator/professor/instructor?

Janis: I do not want to become a teacher. Like helping students but not very into teaching. Like to coach.

Danny: In your opinion, what trait of personality should one have to become a tutor?

Janis: Patient is the most important a good attitude, and keep improving

Danny: Have you ever had a difficult time with a specific student before?

Janis: A student came and got help with an essay. The student disagrees with the Professor feedbacks and complains non-stop.

Danny: Is being a tutor what college students should do with their time in college?

Janis: A good choice. But not everyone should be doing if they dont have interest. It is not a job that fits everyone.

Danny: What has changed within you compared to before you become a tutor?

Janis: A lot of improvement in personal grown, advancement in skills and situation solving. What a real job is like. Great job!

Danny: What do you think would have been any different if you hadn't become a tutor?

Janis: Miss out all of those things. Originally I wanted to become a math tutor.

Danny: What is the best experience with a student as a tutor?

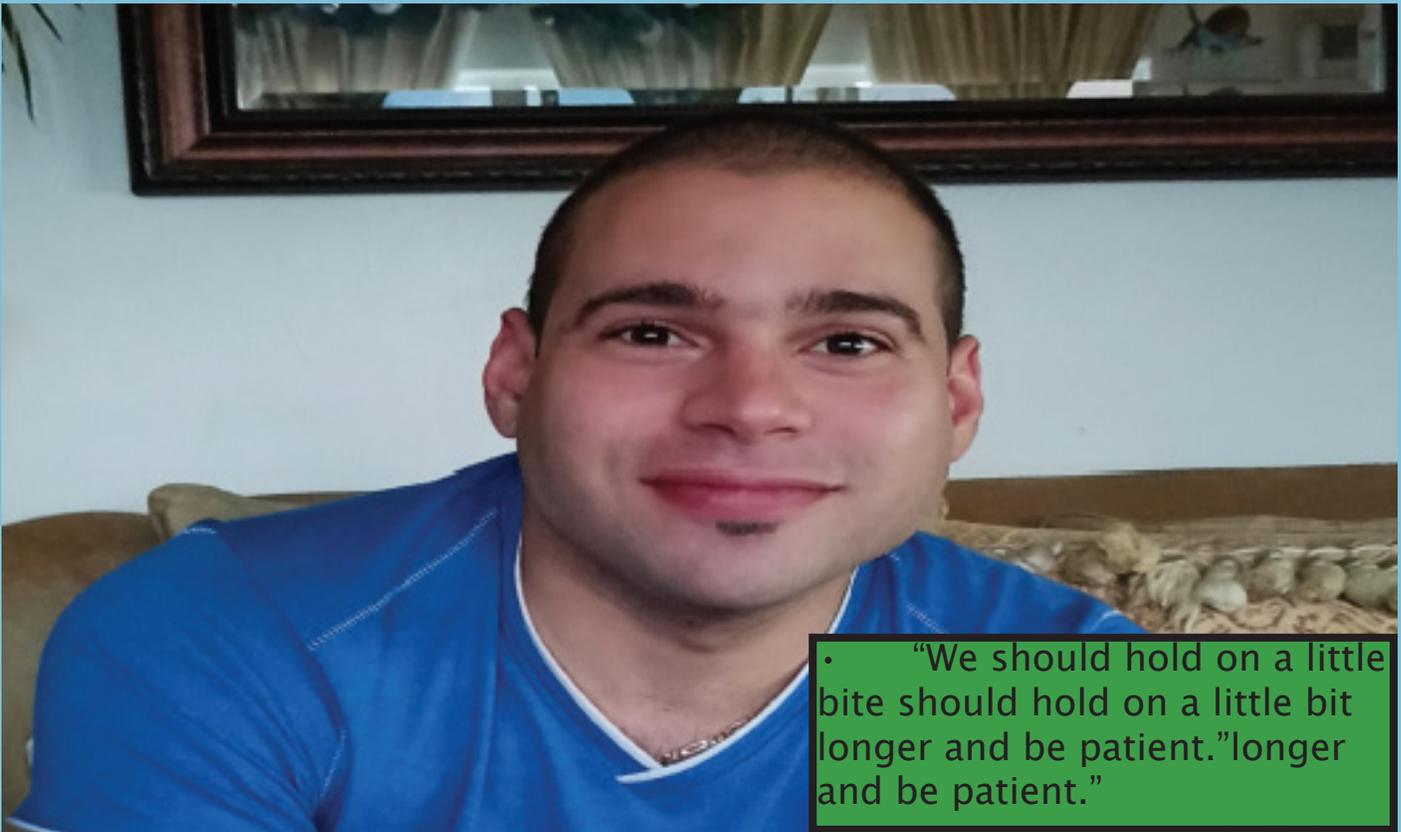
Janis: Coming back frequently, see the improvement of the student over time and learning.

Danny: Have you ever thought of being a tutor in a different language ?

Janis: I would teach Math instead of languages because I used to do that before

Danny: Why did you decide to become a tutor?

Janis: Im helpful, friendly, to help other.



• “We should hold on a little bite should hold on a little bit longer and be patient.” longer and be patient.”

May 18, 2020

The New Home Routine

Ms. Lopez: Hello. Good afternoon. I am Alejandra Yohuali Lopez Campos and we are with Mark Antony Ramos. one of the people who is affected by COVID-19.

Mr. Ramos: Hello.

Ms. Lopez: So tell me, What do you think about COVID-19?

Mr. Ramos: I think COVID-19 is a really serious virus that has come along over the pass six months and is dangerous because it affects directly the respiratory system.

Ms. Lopez: Well, What is your job?

Mr. Ramos: I work for a financial Institution.

Ms. Lopez: How has your work been affected during COVID-19?

Mr. Ramos: Immeasurably, client traffic has drop down a lot in our financial centers due to this pandemic and as well as the industry businesses as well are because we are working on a reavenue environment. Because we actually get business from our own clients, us as a business corporation, do not have much success, so I think it goes hand in hand where everybody is going through the

same thing for the first time ever, everyone has been affected by the same deathly virus.

Ms. Lopez: Are you afraid of becoming infected during your work?

Mr. Ramos: Not really afraid of getting infected and I think that I am a pretty healthy person and If I ever got the virus it must have been a very long time ago because I am always involved interacting with clients but my only concern is if I get to infect somebody else.

By: Alejandra Yohuali Lopez Campos

Ms. Lopez: What does your family do for entertainment?

Mr. Ramos: Well I do not live with my family but with close friends and when we are together, we just play card games or playstation, exercising or some gardening or house cleaning are also part of our daily routines. We are always making something up that we can do to be distracted nowadays. After work when you get home there is not much to do, there is not places to go. So I think is hard to stay active.

Ms. Lopez: Have you been anxious to be looked up at home for so long?

Mr. Ramos: I would not say anxious but every day since I was a kid, I have been an active person, so sometimes went I am not active in one place only I get desperate, I like to walk around, stand up, do something to be able to be active and sometimes I still do it but at the same time there is not much activities to do or to choose from. It is been a little bit challenging when it comes to what activity to do.

Ms. Lopez: Have you followed the prevention rules of COVID-19?

Mr. Ramos: Well most of them, I try to wear my face mask at all times whenever I am interacting with client because usually when I am out of home I am actually in my workplace so every time I am there its actually required by the industry to wear mask and gloves and of course to keep that social distancing in place.

Ms. Lopez: What do you think about the attitude of people during the quarentena (quar-

antine)?

Mr. Ramos: The attitude of people is mix because there are many that know for a fact that we can not control this process, So, it's just a matter of been able to delegate this to the government, that way we can have the proper guidance to be able to fight this pandemic. However, there is another mentality that I actually understand to certain point but at the same time it is somewhat irresponsible because people are just caring about a job to bring money home and everything else but they are not thinking actually for everyone else, so they are thinking about their own. I think forcing a reopening and going back to normal as we used to be before is not gonna be a really good decision, we should hold on a little bit longer and be patient.

Ms. Lopez: What do you miss most during these times?

Mr. Ramos: The most I miss I think is being normal as before you know having a routine that I used to love, doing every time, such as: going to the movies or shopping instead of doing it online, you know being able to have flexibility to make my own decisions.

Ms. Lopez: Thanks for your time, I hope that everything returns to normal soon an we all resume our routine.

Mr Ramos: Yeah, I hope so.

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are many that know for a fact that we can not control this process, So, it's just a matter of been able to delegate this to the government, that way we can have the proper guidance to be able to fight this pandemic. However, there is another mentality that I actually understand to certain point but at the same time it is somewhat irresponsible because people are just caring about a job to bring money home and everything else but they are not thinking actually for everyone else, so they are thinking about their own. I think forcing a reopening and going back to normal as we used to be before is not gonna be a really good decision, we should hold on a little bit longer and be patient.

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Ms. Lopez: Thanks for your time, I hope that everything returns to normal soon an we all resume our routine.

Impacts On Life In a Pandemic



Stephanie Flores · Oscar Flores · May 20, 2021

Stephanie Flores: What is it like at your job now during a pandemic?

Mr. Flores I would say the company I work at was one of the lucky ones when the virus first hit. Our clientele actually grew, Purchase Green does installs for artificial grass, turf, and putting greens. When we all first had to quarantine and everything shut down due to the amount of people infected, many people renovated their houses and fixed their houses since they had more time on their hands. For that reason we gained clientele who wanted to build playgrounds for their children or homeowners that wanted grass installed in their front and back yards so they would look nice. Everyone in the office and in the field was very busy which is something we are all grateful for because we had work to do, thus we were still able to provide for our families in such a crucial time.

Stephanie Flores: Have you worked remotely? How much of an adjustment was working from home for you?

Mr. Flores I have not worked remotely, we were actually very busy at work so there was no need to work from home.

Stephanie Flores: Did the pandemic change your priorities?

Mr. Flores Priorities? Let me think.. Well my priority was to take care of myself more as I was constantly going from place to place and I was afraid of getting infected without realizing it and I didn't want to bring the virus home to my wife and children.

Stephanie Flores: Yes, I remember you would come into the house from the back and immediately get in the shower.

Mr. Flores Yeah, it's something I was really paranoid about and I just didn't want to infect anyone or be infected

myself.

Stephanie Flores: Have you learned any lessons being in a pandemic?

Mr. Flores: You learn who is really there for you, when my family got sick, the people who really care for you actually came to help out in any way they could, like bringing groceries, cleaning supplies, food already prepared and supported us through a difficult time. We constantly got home made food from those who were there for us and it was nice to know who is there for you in times of uncertainty.

Stephanie Flores: What was the most difficult thing to overcome in this pandemic?

Mr. Flores: To survive and recover from being sick because I had terrible symptoms from being sick. e.

Stephanie Flores: Have you learned any new skills in the past few months?

Mr. Flores: Skill, not necessarily, I guess being more cautious and being conscious of hygiene than

I already was when going out and social distancing. There are people who think the virus is not real and refuse to use masks or take the necessary precautions, so I learned how to protect myself against people like that.

Stephanie Flores: When you are at work, do you feel that your coworkers adhere to the covid restrictions?

Mr. Flores: In the office yes, however in the field it is not like that. For example, when doing work at a customer's house, the home owners would not wear a mask.

Stephanie Flores: Would they try to give their hand to greet you like everyone is used to?

Mr. Flores: Yes, it was like that a lot of the time.

Stephanie Flores: How many people do you meet within a day for work?

Mr. Flores: This depends on how many installs I am doing so on average about twelve to fourteen people.

Stephanie Flores: Is there

a moment in quarantine that you actually enjoyed?

Mr. Flores: When we had to self isolate, we actually spent more time as a family so I enjoyed that time.

Stephanie Flores: Ok, last question. What do you think is the most important thing to maintain in a time like this?

Mr. Flores: Staying healthy, taking the necessary precautions and to not lose faith or patience.



ESL CLUB

Join us this fall semester!

Meetings are every Tuesday from 12:15 PM – 1:20 PM.

Message us on social media and we will send you the Zoom link.

PROF. BETANCOURT (ADVISOR)

EMAIL: BETANCME.ELAC.EDU

PROF. BRUINS(CO-ADVISOR)

EMAIL: BRUINSAM.ELAC.EDU

CLUB BENEFITS:

- Improve your English
- Learn about different cultures and languages
- Meet new people
- Make new friends
- Play interactive games



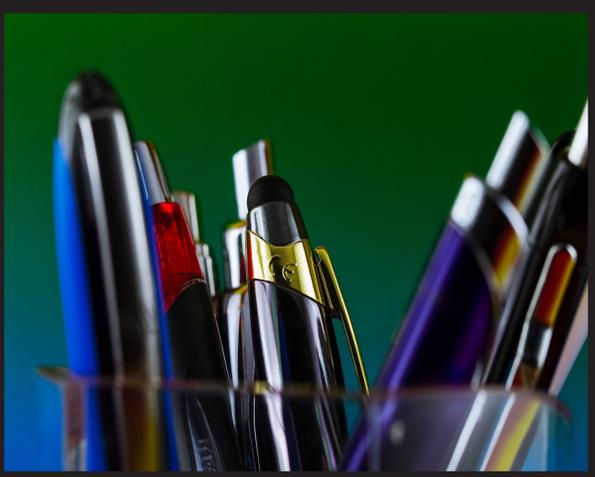
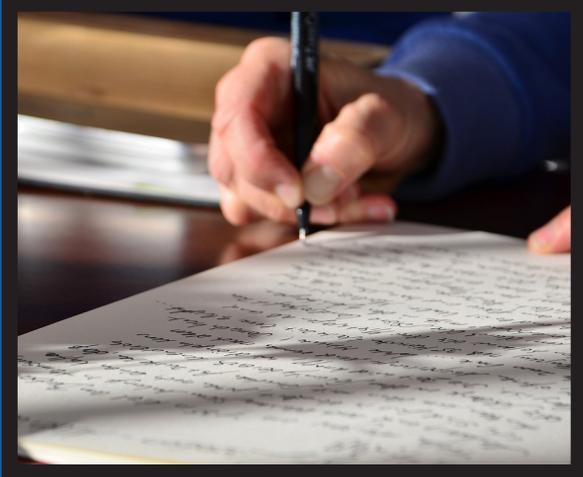
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ELAC ESL



Student



Essays

Experienced an Unexpected Occurrence

Wai T Yan (Brenda)

It was an early morning with a hot and heavy rain in May. Although that was morning, the sky was dark as it were at night. Sometimes, the lightning illuminates the sky, and the sounds of thunder which sounded like a bomb exploded. I got up one hour earlier than usual on



that day, not for the bad weather, but I needed to take the annual Hong Kong Education Exam that morning. On my exam day, I experienced an unexpected occurrence that is unforgettable

and life-changing.

After I got up, my mother made a delicious breakfast for me that was my favorite cheesesteak omelet. As soon as I finished my breakfast, I finally checked the items which I needed to use in the exam. When everything was ready, I felt I started to get nervous. I could hear my heartbeat clearly which sounded like beats of a drum. My family understood my worry, so they gave me a big hug and tried to calm me down. My grandmother also gave me a red envelope and blessed me good luck. Then I left my home and went to the examination center.

On this horrible rainy morning, the street was crowded with people. I saw the street very colorful and like a garden which was made of umbrellas. I thought people expected the traffic might be very bad, and they did not want to be caught in a traffic jam and became late to school or work, so they left home early, too. When I arrived at the bus stop, there were so many people waiting in line. The queue at the bus stop was like a long snake, in which I could not see its' tail. I expected to wait at least fifteen minutes to get on the bus. Unfortunately, because of the abominable rain, the traffic was very bad and everywhere was a traffic jam. I heard the car horns on the street 2 kept ringing, just like a very nervous sym-

phony. I had waited for fifteen minutes and the bus had not arrived yet. I looked at my watch, and I still had two hours before the exam, so I still had enough time to go to the examination center. After another fifteen minutes, the bus finally arrived.

When I arrived at the examination center, I still had forty-five minutes before the exam started, so I decided to review the book one more time.

When I took out my book, my admission card fell out of my bag. Then, I picked it up immediately, and I caught a glimpse of it. "Oh! My goodness" I



yelled. I could not believe my eyes because I went to the wrong center. At that time, I felt shocked. My whole body was frozen by Princess Elsa; I could not move anymore, I did not know what to do, and I started crying.

One of the examiners saw me crying and felt very anxious. She then asked if she could help. As soon as I told her my situation, she called a taxi for me and gave the driver a hundred dollars and asked him to send me to the examination center. I felt lost and empty at that moment because that time I just like a statue; I did not have any facial expressions, motions, and ideas. Finally, I arrived at the examination center fifteen minutes before starting the exam. I really appreciated the examiner and the driver who helped me. I think I will not forget this experience in my life. Now, I always remind myself to carefully check and confirm all information and details because I don't want to have the same experience that I had.

Layout Designed by Stephanie Flores

Majoring in Economics

Ho Yan Yip

I chose Economics as my major because I was curious about how one country's economy works and how administrators make decisions to resolve economic crises.

To prepare for my major, I became involved in the Economics Student Association as a delegate. Later, I was elected as the President of the Association. During this period, I developed my communication skills through interactions with other student leaders and club advisors. It helped me to establish extracurricular knowledge. Moreover, I took Honors Microeconomics to challenge myself and do research on the international economy to analyse different international markets.



However, I know this alone is not enough to satisfy my curiosity and hunger for knowledge. I wanted to share the knowledge and passion I have for Economics and therefore, in my second semester, I became a tutor in the Learning Center. Being a tutor reinforces my understanding of lower-division courses and allows me to take advantage of extra

resources by accessing various Economics course materials.

After being a tutor for a semester, I started working as a teacher's assistant for two Economics Professors. I got chances to discuss economic theories, societal issues, and students' learning experiences. Ultimately, I learned more from the courses as well as professional perspectives in teaching Economics. I developed my own learning strategies and pedagogical style on tutoring Economics which not only helped me to prepare for upper-division courses at the UC's but also for my future career as an Economics Professor.

I continue to help students and go above and beyond my responsibilities as a tutor. In order to spread enjoyment towards economics, I began setting up economics practice problems and activities, providing real world examples, and encouraging students to understand and enjoy learning Economics. It is my passion and interest for economics that helps me bolster my critical thinking, research skills, and teaching strategies.

Economics has not only become part of my life, but a way of life for me. It motivates me to improve myself and consume new knowledge daily to achieve my goal of being successful in UC's along with being an educator.

Layout Designed by Stephanie Flores

THE FEAR WHEN I WAS LITTLE

Written by Thi Phuong Anh Nguyen
Layout Designed by Esther Teng

We wouldn't be human if we didn't have some fear or phobia. I remember when I was 5 years old, going to school was dreadful for me. I feared when I heard the word, "go to school" and it's hard for me to forget it.

It was hard to say goodbye to enjoyable weekends with my best friends and start the early mornings going back to school. Especially after Sunday, I always started a hate-ful week and remembered I never went to school easily. I cried loudly and just wanted to stay home. My parents had to try to hold me on the motorbike, because I always tried to jump off it to avoid going to school. Thinking back, that was so unbelievable. Moreover, during the rest break when everyone fell asleep, I walked back home easily and stealthily because my house was near school and the road was easy to remember.

I don't know why I feared going to school during my early childhood. I really hated it even though my teacher was so nice. It was an irrational and intense feeling. Even until now, I don't have any answer for it. I still feel some strange emotions when I pass by the school even if I have not studied there anymore.

member each and every moment. I believe almost everyone have a fear or phobia in their lives and it is okay to feel intensely afraid of that fear. Everything will be fine as long as they are able to breathe and find help.



•••••
• *"We wouldn't be human if* •
• *we did not have some fear or* •
• *phobia."* •
•••••

I cannot forget that fear and still re-

A Marathon at the Airport

Written by Evlym Machado
Layout Designed by Lauren Herrera

It was in October when my husband and I bought four tickets to travel to our country with our kids to spend Christmas time with our relatives. My family was very happy that we were going to have the opportunity to spend Christmas with our other family members in our country. Unfortunately, we experienced a lot of stress and disorganization by the airline which helped us learn how perseverance works when you are calm. It was in December when my family was ready to fly to our country for a three-week vacation.

One day, I noticed that I had not received any information about the flight by email, so I decided to call the airlines. The lady on the phone told me that for unknown reasons my tickets had been canceled. I was surprised, but the lady told me not to be worried about it because she would help me to rebook. From that moment I started checking the flight more often. The previous day, the airline had changed my reservation again. I called again and they solved our problem. The next day it was the same story. I had to download the app to check our flights, and they continued to be canceled until the day of flight.

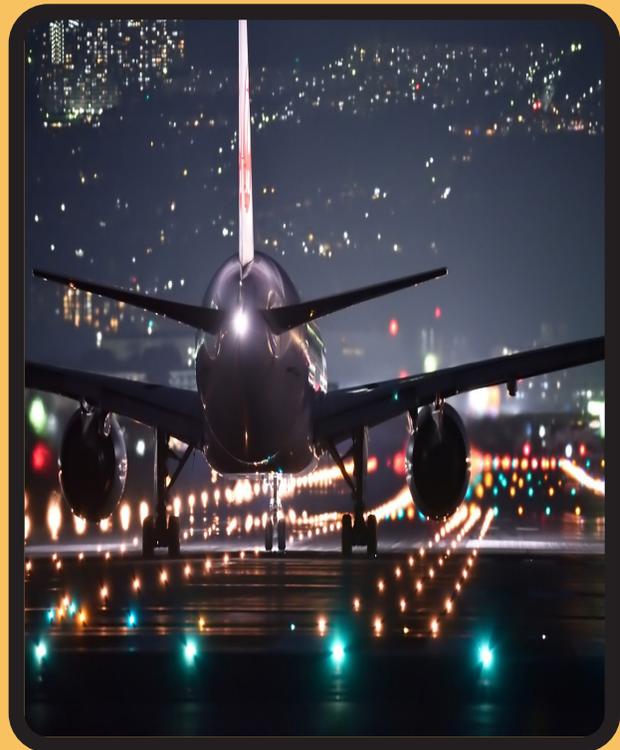
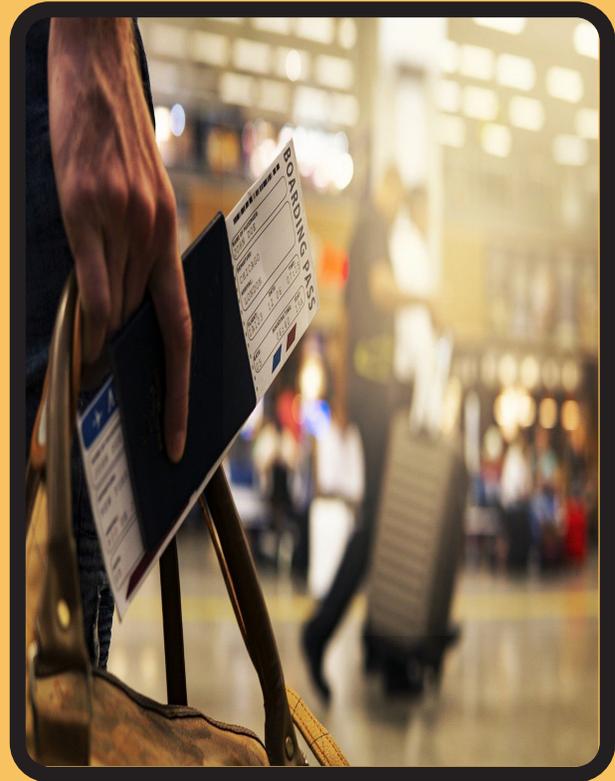
Finally the day came, and we got to the airport several hours before. We had ten pieces of luggages in total. My husband and I stood in the long line for almost two hours. When we got to the clerk, she told us that we only had two reservations. My daughter and I. My husband and son's reservations were canceled. She told us; "If you want to travel together, you need to wait in another line to see if they have seats available." My husband was mad and, he started to argue with the lady and said silly words. I moved him to the side and told him, "Let's go

to the other line because we are losing time, and she is not going to give us a solution." While we waited in the long line, our kids were taking care of the baggage. After a while, my husband started to say; "We are not traveling, we can not get to the airplane, I can not believe this, maybe it is not convenient for us to travel." I ignored him and approached a lady that I saw at the desk. I told her about our inconvenience and the time that we had to get the flight. She told me that I could not cut the line because there were people waiting in front of me. I went back to the line and I started asking everyone to let me move forward because my family and I were going to miss the flight and they let me.



Eventually, the lady processed our request and moved my daughter and me with another clerk so we could start our check in while she was trying to find a solution for my husband. They found two seats but we had to fly in different seats. At that point we could not ask for more. When my daughter and I finished with our check-in, the lady told us to start running because we have to earn time for my husband and my son. We passed all the security stops and checkpoints as soon as we could. My daughter ran and got to the gate first because I had run out of breath. When my husband and my son got their boarding passes, we heard from the speakers, “Aguirre’s family has five minutes to get to the gate, Aguirre’s family this is the last call.” The clerk told my husband that she could not process their baggage until the next day because they closed the belt to transport those. He agreed. They ran as fast as they could. When they got to the airplane my husband and son had their shoes and belts in their hands. They were sweating and shaken at the same time.

During two years my husband and I were working hard, and we were saving money to take a Christmas vacation for three weeks with our kids. My family was very excited about this trip because we had missed many holidays with our relatives in our country. Unfortunately, we had to deal many times with the agency and with the airline to get immediate solutions about our tickets. Fortunately, after all the inconvenience that we had to take our plane and all the stress we had with the airline, we finally were able to travel. This marathon trip taught us to be patient and be persistent until the end.



Self-Care and Family Activities

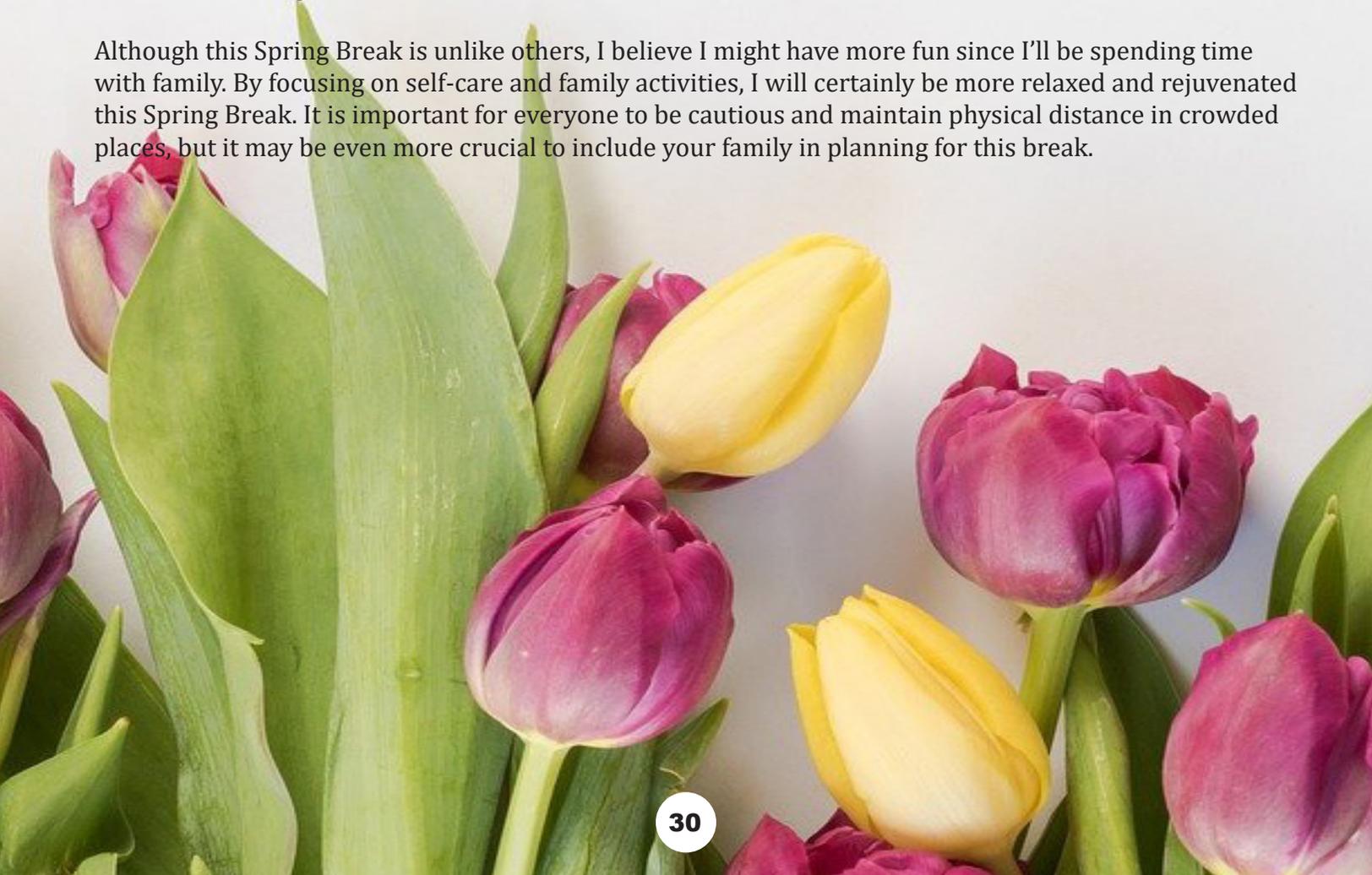
Written by Ainsley Villegas

Students every year look forward to Spring Break because it's a time in which students get to relax and rejuvenate. It's a week with absolutely no academic work, and it gives the students the liberty to go on vacation and relax with friends and family. This year with the pandemic, society will be forced to modify plans, but it doesn't mean we they can't enjoy ourselves themselves. In order to obtain relaxation and rejuvenation during this Spring Break, self-care and family activities are essential.

Focusing on self-care is crucial to our wellbeing and is helpful to achieve rejuvenation. During this week of Spring break, I will be doing a couple of activities that will aid with relaxation as well. I plan to start with a couple of sessions of mediation. Meditation clears your mind, and causes relaxation, and it will energize you throughout the day. Secondly, I shall exercise regularly, and take my dog for walks near the beach, and that will improve my mood and focus. Going to the beach often this week will give me a dose of vitamin D and help me enjoy the beauty of the ocean. Admiring the scenery along with my dog will inspire me to write more poems. Finally, going to the spa will complete the rejuvenation process.

Spending time with family is essential to successfully achieving rejuvenation and relaxation during the break. I will be going to Lake Tahoe with my family. We might stay a couple of days in an Airbnb, but that might not happen because my sister works. I will also spend time with my mom and go get a professional massage. It will be a mother and daughter date, which is fun. I also have planned to go to Newport Beach with my family and go whale watching. Hiking with my dog and my mother is another fun activity we have planned. Lastly, having a sleepover with the family and watching a scary movie while eating Numero Uno Pizza is something I look forward to.

Although this Spring Break is unlike others, I believe I might have more fun since I'll be spending time with family. By focusing on self-care and family activities, I will certainly be more relaxed and rejuvenated this Spring Break. It is important for everyone to be cautious and maintain physical distance in crowded places, but it may be even more crucial to include your family in planning for this break.



Mental Health in Latinx Community

Written by Maresa Tirado



The Latinx / Hispanic population is 18.3% in the United States, thus being the minority with the largest population. 16% of this population reported that they suffered from a mental illness, which is 10 million people. ("Latinx/Hispanic communities"). Mental health has had a greater impact on society because everything is constantly changing, and not all can adapt easily. The constant stress is due to stereotypes established by society, such as the pressure of having a good job, and the endless bombardments through social networks that show us a perfect life. This causes minorities to feel greater pressure to try to stand out among all. The Latino community is highly affected in their mental health, as many come in search of a dream of improving their quality of life; however, this dream often turns into a nightmare when they do not find the necessary or adequate opportunities to get ahead. This causes emotional and psychological instability, and most of the time they do not realize that they are suffering from a mental illness. In addition, the Latino community does not usually seek help for their mental health for different reasons such as religious beliefs, lack of information about mental health, socioeconomic factors, legal status, language barrier and stigmatization. For these reasons, there is a need to improve the way this community seeks and receives mental health support. One of the reasons why the Latinx community does not go to therapy or find a professional for mental health treatment is because they are very religious people. For the Hispanic community, religion is an important part of their life. Some practitioners of curanderismo, rituals, spiritualism, santeria or any other means that

make them feel connected with a supreme being. Within the religion that is practiced, their spirituality is highly connected with what they do day-to-day; they guide their life through the doctrine that they hear daily. Their spirituality often consists of the act of praying a direct dialogue with the higher being to which they express their concerns, doubts and gratitude. Spirituality within the Latinx community can be beneficial to have good mental health, since through prayer or services that they carry out, they find tranquility for their soul, mind and heart. The problem occurs when they have mental problems that need professional attention. The Latinx community has largely relegated seeking help for their mental health, as many believe that this is a sign that their faith, spirituality and religiosity are not enough to face their problems. This sign of feeling guilty also occurs due to the fact that there are general beliefs, which indicate that you should go to the pastor of the congregation to receive help with problems. Many times, however, the pastor is not academically or clinically prepared to diagnose and treat a mental illness. This leads to those affected being victimized, treated as martyrs or designated as people lacking in faith and spirituality. It is necessary to understand that religion is not at odds with mental health, as it is an effective means for the Latinx community to improve in all aspects of their life.

In addition to religious concerns, the lack of information on mental health in the Latinx community is also worrisome. There is very little available information in Spanish on mental health for the community. their character is like that.

The Latinx community tends to confuse the symptoms of some mental illness, as they relate it to a lack of money, a bad day, or that their character is like that. However, they confuse these symptoms due to the lack of information about mental illnesses because they do not have at their disposal who or what to guide them to understand what is happening to them. When Latinos manage to detect and understand that the symptoms they suffer are the cause of a mental illness, there is another challenge for them: where to go for help. There is a lack of information about clinics close to the community to diagnose and treat mental health problems, and much of the information that they are able to deliver is only in English. The National Alliance of Mental Illness (NAMI) recommends seeking help from your healthcare providers, who can advise you on what to do and where to go for help (“Types of Mental Health”).

The socioeconomic factor is another reason why Latinx do not seek help for their mental health. “It has been nearly a decade since Congress passed the Mental Health Parity And Addiction Equity Act with its promise to make mental health and substance abuse treatment just as easy to get as care for any other condition. Yet today, amid an opioid epidemic and a spike in the suicide rate, patients are still struggling to get access to treatment” (“Health Insurers”). It is incredible that a decade has passed since this approval and even the socioeconomic factor is one more barrier for Latinx when they seek help for their mental health. Having lower-than-average income makes your resources limited when looking for a mental health provider. This shows us an uncertain future for people who suffer

from a mental illness and do not have the necessary resources to pay for therapy, as they must decide between eating or going to therapy. In addition, “according to the Kaiser Family Foundation, in 2018, 19% of Hispanic people had no form of health insurance” (“Changes in Health”). Most health insurance does not cover mental health expenses, thus completely wrecking financially those who cannot afford the expenses of going to a mental health provider. A large percentage of insurers seek a way not to properly apply the parity that was approved, claiming that in the review of medical necessity they find that their policyholders do not need to go to therapy as frequently.

Legal status is one more barrier for the Latinx community to seek and receive mental health care. A large number of people in the Latinx community are undocumented immigrants. As undocumented immigrants, they have suffered trauma before, during and after crossing into another country. The American Psychiatric Association mentions that the traumas they may suffer are the following: “Before: Financial issues, sense of failure, escape from violence, poverty, political oppression, threats or disasters During: Violence, environmental hazards, abandonment / separation, witnessing death After: Limited resources given their status, intra- and interpersonal conflict, stress from adjusting to their new environment, exploitation, fear of deportation” (Chhabra).

Therefore, it is necessary for Latinx immigrants to receive care for their mental health. However, there is the fear of being deported, which is why they may prefer to face any type of mental illness before returning to their country.

Language is undoubtedly one more obstacle for the Latinx community. Most of the Latinx community's first language is Spanish, although in some cases they may speak a dialect. Not understanding or not speaking English properly causes serious problems when seeking help for their mental health, as much of the information they can find is only in English. They are also faced with the fact that they cannot communicate with the clinic staff, do not understand the paperwork that needs to be done to obtain medical attention, and especially in therapy, they cannot fully express themselves about what they are feeling. Finding a bilingual therapist is like looking for a needle in a haystack. Studies by the American Psychology Association mention that "There are only about 5,000 psychologists in the United States who are Hispanic, representing 5 percent of all psychologists, an increase from 3 percent a decade ago, according to census data. In a nationwide APA survey, only 5.5 percent of psychologists, who may be Hispanic or of another race or ethnicity, said they can provide services in Spanish, making them a rare commodity" (Smith). By not being able to communicate in their language, some therapists give an erroneous diagnosis and consequently patients end their treatment prematurely as they do not see improvement.

Stigmatization in the Latinx community is a major factor why Latinx do not seek therapy. In the Latinx community, stigma begins at home. Latinx families are often private

about their problems and rarely share their fears and concerns. Consequently, by having this stigmatization in the nucleus of the family, it becomes extremely difficult to seek psychological support since it is feared that they will be classified as a crazy, weak or cowardly person. Many Latinx feel ashamed when they go to the psychologist because they feel the judgment of their family and friends constantly. In an article published by the National Center for Biotechnology Information, "Common stigma beliefs include that those with mental illness are dangerous, will not recover, and that their mental illness is their own fault. These types of beliefs can result in an assortment of negative consequences for those with mental illness such as low employment rates, poor and unsafe housing, as well as a reduction in the utilization of mental health care. Further, we know that those who hold negative stigma beliefs may also have negative outcomes including the avoidance of treatment and poorer mental health" (DeFreitas). Stigma is a constant factor in the Latinx community because growing up with an idea that the psychologist is for crazy people. There is a common expression among Spanish speakers: *la ropa sucia se lava en casa*, or don't air out your dirty laundry; this way of thinking leads to avoiding seeking professional help for mental health at all costs for fear of others finding out about your personal issues. When a member of a Latinx family goes to the psychologist, they begin to break that stigma; as the family begins to obtain information, that changes their thinking about mental health.

In conclusion, mental health in the Latinx community should be a priority and optimal so that the community does not feel impeded in seeking help due to their religion, socioeconomic factors, legal status, language or stigma. Mental health should stop being a taboo, and minorities should understand that seeking help is the best solution to their problems. It is necessary that we see mental health as a priority and not as a luxury or weakness; we must break the stigma and create an environment where the Latinx community feels supported and understands that there will always be someone who listens and supports them. As the civil rights leader Cesar Chavez once said, "You are never strong enough that you don't need help." If you or someone you know needs help, you can consult the following web sites:

[Compartiendo Esperanza: Speaking with Latinos about Mental Health](#)

[American Society of Hispanic Psychiatry](#)

[Therapy For Latinx](#)

[Find a Hispanic and Latino Therapist](#)

[Latinx Therapy & Speakers](#)

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Reviews



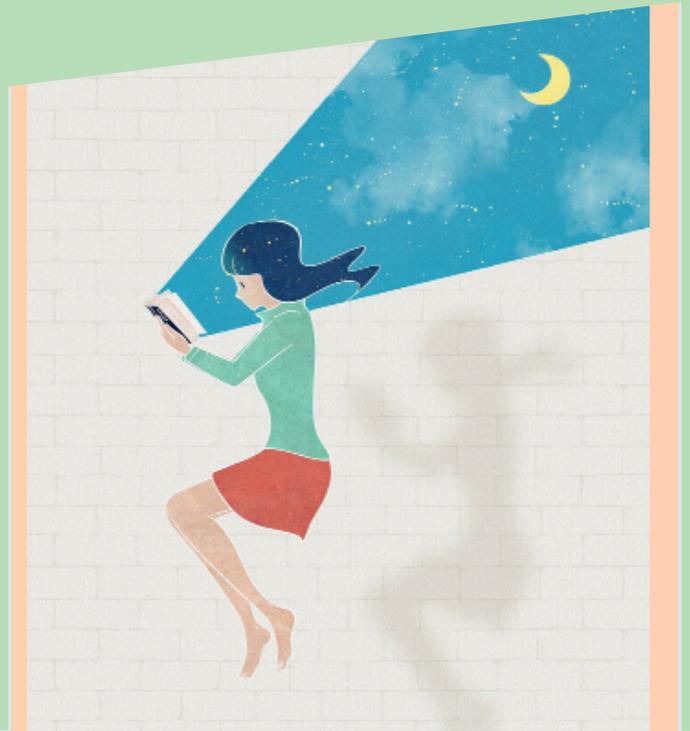
Students selected to write a review about a movie, a book, or a restaurant. Enjoy reading their reviews.

One Book, One College (OBOC)

Book Selection: Students Commentaries

Student #1

From all three book options, I would like to read *Hungry Hearts*. It seems like a very interesting book. What got my attention was that the book is an anthology. I also like the fact that the book is about food, culture, love and despair. I read the summary off the book and it reminded me a bit like a book I read, *For Water Like Chocolate*. *Hungry Hearts* answers life's hard questions, which is intriguing. anthology- a collection of poems or other writing. intriguing- causing curiosity or interest, fascinating.

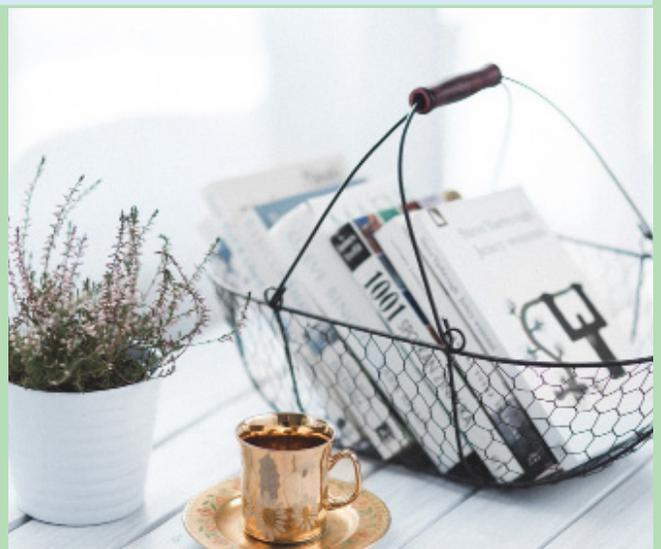


Student #2

My vote for *Interior Chinatown* by Charles Yu. Charles Yu's essay addresses confronting stereotypes, racism, and self-worth. The average person is confused about their dreams, but he is very courageous in pursuing his dreams. This is what sets Charles Yu apart from the average person, he has found his true identity. On one hand, this is what everyone wants to know, which is to find their own place in this wide world.

Student #3

A Pho Love Story by Loan Le catches my attention, because I am a lover of romantic comedies, also this comedy reminds me of the famous novel *Romeo and Juliet*, based on 2 families who hate each other but their children fall in love. I like how the book is based on families who own small restaurants, I would like to discover how their 2 children met and fall in love each other, since they are described with different characteristics, he is social status unremarkable and she was a firecracker, Stable when unlit, but full of potential for joy and fire. It seems they are polar opposites.



Are you looking for a unique
and delicious experience?

King Hawaiian

By Lauren Herrera

My cousins and I went to go out for my birthday in May. This year was special for me. My cousins surprised me with an amazing gift which was a cake from this restaurant/ bakery. I thought this restaurant only sold only bread, and I did not have a clue that this is a restaurant or a bakery.

It was nice to see the theme of this place. All employees must wear a Hawaiian t-shirt, and they looked comfortable, and this created a tropical ambiance which made me feel that I was in Hawaii.

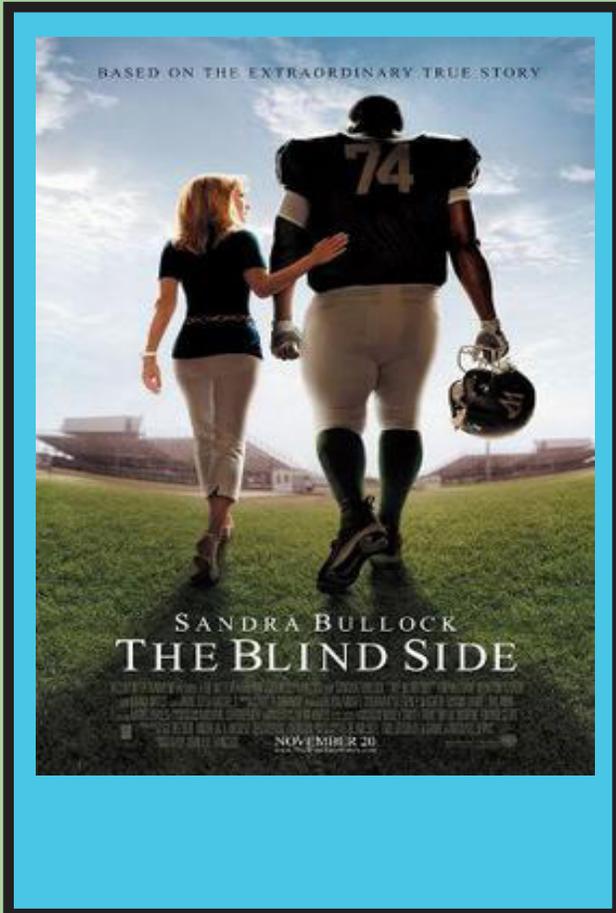
The cakes are sweet but not too sweet. They also have a variety of desserts. We chose two cakes. One was chocolate, and the second one was coconut. We also ordered an extra dessert which was called Dango of matcha. It was delicious.

I highly recommend people to visit this restaurant and bakery. They will not regret it!

The Power of the Family

By Marisol Castillo

June 03 2020



The Blind Side is a film based on a real-life story. From an American football player released in 2009. It was written and directed by John Lee Hancock, based on the 2006 book *The Blind Side: Evolution of a Game* by Michael Lewis. Featuring a wonderful cast of Quinton Aaron (Michael Oher) alongside Sandra Bullock (Leigh Anne Tuohy), Tim McGraw (Sean Tuohy), Jae Head (SJ Tuohy), Lily Collins (Collins Tuohy), Ray McKinnon (Coach Cotton), Adriane Lenox (Denise Oher), and Kathy Bates (Miss Sue), Oher's tutor.

The story presents Michael Oher who before becoming a college football star and being an offensive tackle for the Baltimore Ravens, he was a brawny but tender teenager who attends (attending) a Christian school in Memphis with no roof over his head or family to support him. He soon became friends with S.J. and Collins Tuohy, who are the children of the wealthy fast food franchise owner Sean Tuohy and his decorating wife Leigh Anne, who is a warm, friendly, and dynamic woman. Leigh Anne does her mission, remaking Michael's life by inviting him to the Tuohys' house and later offering him a stable home, a supportive family, and the opportunity to follow his dreams. A real future for Michael appears on the horizon in the form of football, a sport for which his constitution and protective instincts seem perfectly suited, but first he needs to raise his grades.



The Blind Side is a movie with a family sports drama based on the true story of football player Michael Oher. This story is undeniably encouraging for all young people who have dreams in their lives. In the film, it is illustrated how love, kindness, and generosity of people can change lives. It shows how white people can come to love people of color without harm.

Also, this movie includes other messages such as the benefits of hard work and the importance of family. This is a great movie that can inspire many lonely young people, and it can help them to have a better future. This film shows us that if we work hard without giving up we can achieve what we have always dreamed of. In addition, this film illustrates how a mother's love for her family is excessively big since mothers can do anything to protect their family. It also teaches us that if we work together as a family we can achieve or fulfill our dreams. I give this movie five stars and I recommend it one hundred percent because it is a movie that is for all kinds of people.

Every person can learn a lesson from this movie as there is so much of what can be learned from it. In my opinion, after seeing this film we think and see the world or our society in a different way. For example, as children, we understand that a mother's love is much greater than we imagine, and we can learn that they would do anything to take care of us and defend us against everyone. No matter the situation or no matter if we choose something that will harm us, they will always be by our side supporting us as Mrs. Tuohy did with her son Michael. As students, we can learn that if we truly yearn for something in our life, we must fight, strive, and work as hard as Michael did. He wanted to play football, so he studied and worked hard to raise his grades and fulfill his dream. This film helps us to be better human beings and to value each one of the things or people that we have around us. Let us reflect on everything we have and how lucky we are to have it because not everyone has the same luck.



Artwork





Painting by Derly Bautista

I chose this painting, which was made by me. for me this painting conveys happiness, for its colors, it also conveys my taste for summer and palm trees. In addition, the letters that are made with sheets of old books add a vintage tone to me.

Blastro:



Rustic

This is a coffee painting I have been wanting to do for a while now but I never had the time to work on until this assignment. I have done coffee paintings before but I really wanted to do one on this character with her Ezo wolf. The girl is very independent and pragmatic despite the hardships

she has faced at a young age which is something I aspire to be.

By Stephanie Flores



This draw was a big success for me because is a small notebook and they are 2 characters. Usually, I have problems with my dimension for use to be big but with this draw, I show to myself I am available to do it with practice and discipline. Continuing drawing and not give me up is my own message for me. Also tried a new technique here. I bought a black pigment liner set in Amazon to try to do shadows; then, I started to do it I felt worried because the draw was good and expectations were high and no mistakes were in this drawing. Finally, I will continue practicing for I do not have the best pulse. This draw is from the anime "Boku no Hero" or "My Hero Academia." nge is the best name.

Freedom Tree

By Danny Luu



I took this picture when I was going back to Viet Nam for the first time. I saw a tiny plant, which is raised by a security guy, stood firmly by the window of a boba shop. It impressed me because it gave me a sense of connection. I felt related to it. At that time, I was too confused about myself because I was just a young boy who lived in a big city without any direction. I felt weak and lost because I realized that I was being controlled by the adult, and I was useless and weak. I did not have any confidence in myself nor any interest in life. On the other hand, this plant, despite looking small and fragile, was upright there

like it was living its best life. I was surprised and embarrassed because even a tiny plant knew how to appreciate life and fight for it. After that I knew that I wanted to be like that plant, stay grounded and keep growing. Maybe someday when I become a big tree, I can have enough strength to not just live my life freely, but also protect the people I love. In other words, it is like a tree with its shades protect people through sunny days and rainy nights.

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