

ESL newsletter Level 5&6

October 2021

cma

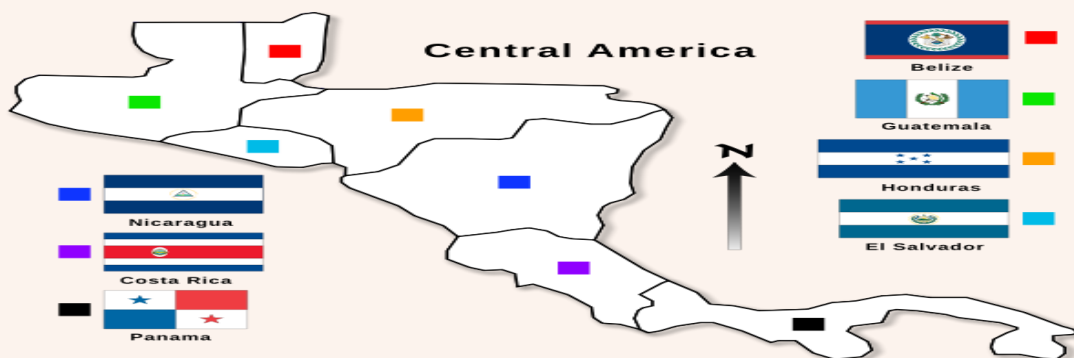


September is the National Hispanic Heritage Month, starting on September 15th until October 15th. We celebrate it from Central America, to South America, Spain, Mexico and the Caribbean. In 1821, these countries declared their Independence Day for the first time from Spain. Nowadays we have September to celebrate our independence. Costa Rica, El Salvador, Guatemala, Honduras and Nicaragua celebrate on September 15th. They celebrate in Mexico on September 16th, in Chile on September 18th, and in Belize on September 21st.

Every country celebrates their independence differently but what we do in Guatemala is school parades, traditional commerce with uniforms, and white and blue Guatemalan flags, sing our National Anthem and watch the flag raising.

What I can say is I am very proud of my culture and how we respect our country and our Patriotic Symbols.

By: Dora Guinac, ESL Level 6





9/11 Remembrance Day

By: Flora Saran, Level 6 - ESL

In the history of humanity, there have been many shady, bloody battles. At first, the weapons were simple hand-made tools. As mankind improved, the weapons also changed to deadly guns. In the twentieth century, the most well-known and desolate battles had already happened. Many innocent people died; beautiful countries and lands were destroyed forever.

At the beginning of the twenty-first century, the most dangerous attack happened and the whole world was in shock. The tragedy happened on September 11, 2001 in New York City. One of the biggest, most economic cities in the world. This was a terrorist attack.

After twenty years, we still hear about the 9/11 tragedy. Many reports from researchers show that in addition to the more than 3,000 people who were killed in the 9/11 attack, many people are still suffering from the 9/11 attack in different ways. In 2018, the New York City Medical Examiner's Office reported that approximately 10,000 first responders and others who were at Ground Zero have developed cancer as a result of exposure to toxic dust. Over 2,000 have died due to 9/11 related illnesses, and at least 221 New York City police officers have died in the years since 2001 from illnesses related to the attack. Some of the witnesses of the World Trade Center attack are still suffering from PTSD (Post Traumatic Stress Syndrome) and depression from the trauma.

The world has changed since 9/11. America and many countries stand up and fight against terrorism.

In September, 2021, America's people sadly celebrated twenty years since that deadly, shameful attack. On that day, all of America stood, hats off, and respected the memory of the innocent men and women and their families who sacrificed because of mankind's darkest thoughts.

In the end, I want to remember and mention former President George W. Bush's words, "September 11 showed that Americans can come together despite their differences. Millions of people instinctively grabbed their neighbor's hand and rallied to the cause of one another. That is the America I knew."





BATMAN DAY

Imagine to be a billionaire, with no parents, and only a butler. Using all the money that you've got to help people, find justice, and fight against crime. That's what Batman means to his fans. With no superpowers, only fancy gadgets, and with the latest in technology, Batman is one of the greatest heroes in comic history.

Every third Saturday in September, the world celebrates one of its favorite heroes with the bat signal lighting the skies in major cities like: Paris, Berlin, Tokyo, Los Angeles, New York – which is said to be the real-life Gotham city.

The first appearance of Batman was in 1939, in "Detective Comic" issue #27, "The case of the Chemical Syndicate". However, it wasn't until spring of 1940 when the Dark Knight appeared in the first Batman issue, and it was published until 2011, with more than seven hundred comic books.



Many actors played the Dark Knight during his history, from Adam West in the TV Series in the 60's, to the last one, Robert Pattinson; nevertheless, the most iconic Batman in modern times that fans remember, is Christian Bale, in Christopher Nolan's Dark Knight trilogy. The Bat Signal is one of the most iconic hero's symbols, making Batman capable to transcend all cultures and languages around the world. Fans get excited on Batman Day, they get dressed like their favorite hero, and no matter how many avengers will come, Batman always will be Batman, The Dark Knight.

By: Carlos Rojas – ESL Level 6

NATIONAL HISPANIC HERITAGE MONTH

By Ana Granados – Level 6 - ESL

Did you know that each year the US celebrates National Hispanic Heritage Month?

It is a period from September 15 to October 15 where we can recognize the histories, cultures, influence, contributions and achievements of Hispanics and Latinos throughout the United States.

THE ORIGIN

In 1968, President Lyndon B. Johnson first introduced the "National Hispanic Heritage Week." This celebration begins in the middle of September because it is the date when five Latin American countries (Costa Rica, El Salvador, Guatemala, Honduras, and Nicaragua), earned their independence from Spain in 1821.

Also, Mexico, Chile, and Belize became independent on September 16th, 18th, and 21st from Spain and the United Kingdom, respectively.

But 20 years later, President Ronald Reagan extended this celebration from a week to a month.

According to the 2020 U.S. Census Bureau, 62.1 million people identified as Hispanic or Latino, this means 18% of the US population. This is a growing population that is changing the course of the history of a whole country.





LET'S CELEBRATE!

By: Ana Granados

Latinos love celebration, but this month gives us the opportunity to take a moment to remember our roots, sometimes it is easy to forget them, especially when we are living in a different country. That's why this month is so important, because it gives us the chance to reconnect between the past and the future, so we can preserve the traditions and memories from our ancestors and pass them on to the future generations.

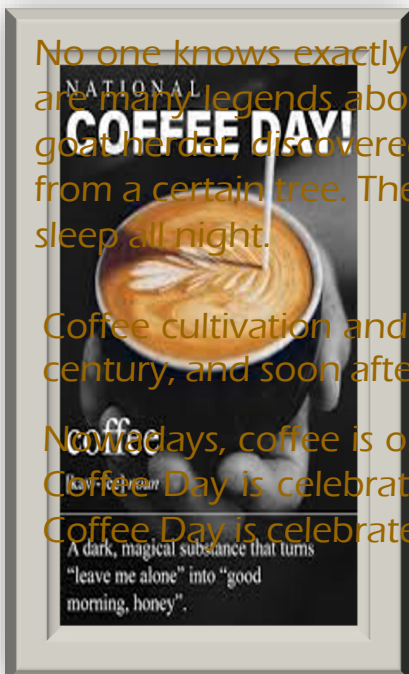
I believe that as immigrants we have a mission to rediscover our heritage. It doesn't matter how far we are from our motherland, we must recognize, embrace and be proud of our legacy. So, don't forget to mark your calendars for September 15 through October 15.

The History of Coffee By: Jesus Hernandez, Level 6 – ESL

No one knows exactly how or when coffee was discovered, though there are many legends about its origin. The story goes that Kaldy, an Ethiopian goat herder, discovered coffee after he noticed his goats eating the berries from a certain tree. The goats became so energetic that they didn't want to sleep all night.

Coffee cultivation and trade began on the Arabian Peninsula by the 15th century, and soon after coffee spread around the world.

Nowadays, coffee is one of the most popular drinks worldwide. National Coffee Day is celebrated in the USA on September 29 and International Coffee Day is celebrated on October 1.





September 29 – National Coffee Day

By: Aracly Mojica, ESL - Level 6

The History of Coffee By: Jesus Hernandez, Level 6

No one knows exactly how or when coffee was discovered, though there are many legends about its origin. The story goes that Kaldy, an Ethiopian goat herder, discovered coffee after he noticed his goats eating the berries from a certain tree. The goats became so energetic that they didn't want to sleep all night.

Coffee cultivation and trade began on the Arabian Peninsula by the 15th century, and soon after coffee spread around the world.

Nowadays, coffee is one of the most popular drinks worldwide. National Coffee Day is celebrated in the USA on September 29 and International Coffee Day is celebrated on October 1.





Pepperoni Pizza Day

By: Francisco Rivas, Level 6 - ESL

Who doesn't like Pepperoni Pizza, and September 20th is a good day to celebrate with a slice of pizza and don't feel guilty about gaining weight.

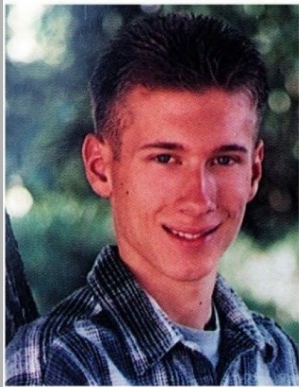
Pizza might be closely associated with Italy, but the Pepperoni Pizza is purely American. It is the most popular pizza topping in the USA.

According to legend, Raffaele Esposito created the first pizza in June of 1889. The Queen of Italy, Margherita of Savoy, inspired the pizza maker so much, he created the pie-shaped food. In the queen's honor, he named

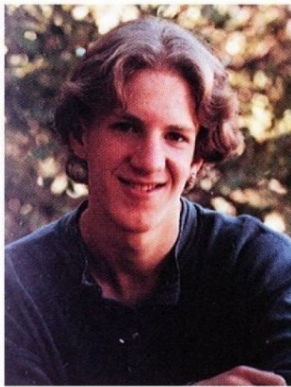
it "Pizza Margherita" and topped the pizza with tomatoes, basil, and mozzarella. The colors represent the Italian flag.

Pizza began becoming popular in America after World War II, and the first evidence of pepperoni on pizza dates to 1950. It gained in popularity at the same time that chain pizza restaurants were proliferating. "Pizza Hut" opened in 1958 and "Dominoes" opened in 1960. Pepperoni was easy to supply and transport long distances, and could easily be mass produced.





HARRIS



KLEBOLD

The Columbine Nightmare

By: Taisa Pereira, ESL – Level 6

The Murderers

It was supposed to be a normal morning on April 20, 1999, but so many lives changed forever on that day. Some were gone and for others it brought another way to their lives. The Columbine massacre was a shooting and attempted bombing that happened in a High School in Colorado.

Eric Harris and Dylan Klebold were two students who used to study there and together they decided to plan a terrible murder, and subsequently committed suicide. After the massacre, a letter was found where both said they planned this because some students didn't include them in the group, because they were bullied. However, many theories appeared.

Twenty-two years later, the survivors are trying to have a normal life dealing with everything that happened. But now they have kids, and their kids are going to the school. It is twenty-two years later, but the nightmare is just starting for them again. Now they need to know how they can be at peace letting their kids go to the school.



The Victims



Cassie Bernall



Steven Curnow



Corey DePooter



Kelly Fleming



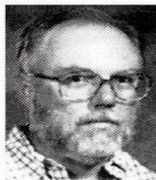
Matthew Kechter



Daniel Mauser



Dan Rohrbough



William Sanders



Rachel Scott



Isaiah Shoels



John Tomlin



Lauren Townsend



Kyle Velasquez

SEPTEMBER MIRACLE

By: Rito Casas, ESL – Level 6

Sometimes life comes back to us as a precious, adorably sweet present. This is the case of my brother, 69 years old, who was born with a heart defect. He had a half inch opening inside his heart and a blood leak condition, and nobody knew it.

About a year ago, in September, he was coming back from his work, driving his stick shift truck and he was approaching the freeway entrance ramp. At the next intersection he needed to make a right turn so he could take the ramp. Well, guess what? He started to feel dizzy, losing his sight, and then a kind of knock inside his body, then his right side went into a stiff situation. He remembers his right foot flooring the gas pedal all the way down. His truck took off and it went caddy corner, knocking down the freeway fence, going 30 feet down the hill. Completely, totally out of control at full speed, he crossed the freeway lanes both east and west bound. Passing through all the traffic, his truck then crashes on the wall of a pedestrian bridge. Unbelievably, nobody including my brother, was injured. That is the amazing mystery.

My brother had had a heart attack but they repaired the opening inside his heart and now he is doing well.





National Emotional Wellness Month

Did you know that October is “Emotional Wellness Month? According to the National Wellness Institute wellness refers to our ability to process feelings in a healthy, positive way, and manage the stress of every day.

We are living in a busy world where our lives are filled with stress, challenges, and worries, including a global pandemic. Mental health is one of today’s major health challenges in the world. High levels of stress can lead to physical problems like high blood pressure, ulcers, diabetes, and weakened immune responses.



Nevertheless, we can find a lot of paths and resources to improve our lives daily and live in harmony. This is not all about diet and fitness, it is about creating a positive, healthy lifestyle. Here are some examples:

Decrease the intake of junk food.

Keep your body hydrated and try to get 7-8 hours of sleep.

Practice some exercises of meditation or breathing, work out a bit or simply take a walk enjoying the nature that surround you.

Accept mistakes and allow yourself to have another chance to do better.

Even laughing with friends, spending time with a loved one or just watching your favorite movie that you’ve seen several times can help you to feel calm, revitalized or fulfilled.

By: Yanina Moreyra

The National Coffee Day is the day to promote and honor coffee which is one of the most favorite drink in the world. In America and Canada, people celebrate **National** coffee day on September 29th while other countries celebrate International Coffee Day on October 1st. This day, many coffee shops and fast-food restaurants will give away coffee to gratitude to their customers.

Meanwhile, Vietnam known as number 2 coffee producer in the world, doesn't celebrate Coffee day. With a long history of coffee culture, they have many creative ways to make coffee such as:

- Cà phê sữa đá: Classic Vietnamese Iced coffee
- Cà phê đá: Iced black coffee
- Cà phê dừa: Coconut coffee
- Cà phê trứng: Egg coffee, etc

There are so many interesting combinations of coffee that none of us think of but surprisingly work well together. Many Vietnamese people choose a hotphin coffee (phin is a small metal coffee filter that goes on top of the cup) with condensed milk to start the day. You can find thousands of coffee shops in Vietnam in general and Sai Gon in particular. Instead of that, some people prefer street coffee where you can enjoy coffee and the rhythm of the city.

Vietnamese coffee is one of the things that you must try when coming to Vietnam. To explore Vietnamese coffee deeper you can visit coffee farms and try being a coffee farmer for a day.

By Nhi Ly





Hanal Pixan: a peculiar celebration

Jose Vela

Every year in a small town in the South of Mexico, residents have a particular tradition for the “Day of the Dead”. The town is called Pomuch, located in the State of Campeche and they belong to an ancient civilization: Mayan.

People who die in Pomuch are firstly buried for three years in an above-ground tomb, then the dried-up bodies are taken out, bones are separated, wrapped in a decorated cloth, put into a wooden box, and placed on display among flowers for veneration.

Hanal Pixan, is the Mayan’s name for the Day of the Dead and their unique ritual is called “bone washing” what consists of cleaning the bones with brushes to demonstrate love and care for their loved ones.

This celebration happens every year on November 1st and 2nd. This ritual has been around for centuries. It’s a religious custom full of devotion and respect for those who have departed from this world.

If you want to have the experience to meet the culture, beliefs and ceremonies that are still in practice today, Pomuch will be one of the places to visit.

In Tomás' memory.

I REMEMBER YOU

I remember when I met you.
I remember that moment of our lives when everything was possible,
when there was only the present and the future was so far.
I remember those moments of first dates, of friends, of trust,
when we were just starting our lives.

I remember when you were young, your joy, your laugh.
I remember your eyes, deep, intense, calm.
I remember you being nice.

I remember the last time we met,
when we were not so so young,
when the future had reached us but still with so much life in front of us.
I remember that your eyes were the same and so was your laugh.
I remember you being loved by your friends and you loving them back.

Now you have started your journey too soon,
the journey that we will all make but no one wants to start.
I see the sorrow in the ones who loved you
and the hole you have left behind.

I remember when you were young, your joy, your laugh.
I remember your eyes, what beautiful eyes you had.
I close my eyes and I remember.
Goodbye now and always,
forever goodbye.

By: Sara Ruiz

Hispanic Heritage Month **By: Abril Maldonado**

Hispanic Heritage Month is celebrated from September 15th to October 15th in the United States. This time of the year was chosen to commemorate the Independence Days of Latin American countries such as Mexico, Costa Rica, El Salvador, Guatemala, Honduras and Nicaragua, which became independent from Spain.

I feel proud to be Hispanic, people. I enjoy this season where I come from, where I am now and where I want to go to.



celebrated from September 15th to October 15th in the United States. This time of the year was chosen to commemorate the Independence Days of Latin American countries such as Mexico, Costa Rica, El Salvador, Guatemala, Honduras and Nicaragua, which became independent from Spain.

I like my culture and my people. I enjoy this season where I come from, where I am now and where I want to go to.

September: The Start of Fall

By: Karen Velasco

One of my favorite seasons of the year is fall and it starts on September 22nd. I like it because the leaves turn other different colors. Another thing that I like about fall is the weather. It is not as hot as summer and is not as cold as winter.



sons of the year is September 22nd. I like it different colors. Another about fall is the as summer and is not

September gives me the feeling that magic is about to start because all the months from September to December and until the new year have holidays. Each celebration signifies something about the history of the U.S., but also about its culture.



Hispanic Heritage Month

By: Iris Marroquin

I believe it is good idea to celebrate Hispanic heritage.

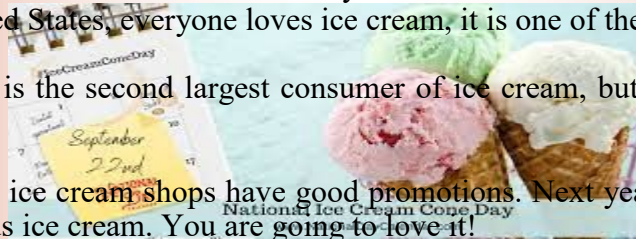
The reason I think it is important is because it reminds us about our roots, our culture, history dances, foods and most importantly our personal achievements. Although some Hispanic people are in a new country with different language,

National Ice Cream Cone Day

By Yanira Hernandez

The tradition of National Ice Cream Cone Day started in 1984. It is celebrated every first day of fall. In the United States, everyone loves ice cream, it is one of the most popular desserts.

The United States is the second largest consumer of ice cream, but the biggest consumer is China.



On this special day, ice cream shops have good promotions. Next year, you should go there and enjoy some delicious ice cream. You are going to love it!

The Fall Season

By Dina Hernandez

The fall season comes between summer and winter. This is when temperatures decrease. It's one of my favorite seasons because the colorful leaves fall from the trees at that time. This beautiful season starts on September 22nd and ends on about December 22nd. At this time, many birds migrate toward the equator to escape the falling temperatures. One of the best places in the US to experience fall is Laurel Highlands in Pennsylvania, starting in mid-October. This makes the Pennsylvania region an ideal fall getaway destination. In my opinion, this is the best season to enjoy nature at its finest.



Celebrating Hispanic Heritage Month.

By Joaquin Hernandez

On September 15th Central America celebrates its Independence from Spain. Each country has a parade with colorful flags, folkloric music and more. Business people sell all kinds of items related to Independence Day like, small flags, pictures, and tee-shirts.

Is good idea to always remember our independence from our colonizers but at the same time remember our heritage.

September

By: Daniel Soto

September 15 is a very special day for different countries.

It's Independent Day for many parts of Latin America and each country celebrates very differently. In the case of my country, Guatemala, we celebrate it in this way: they sell food, play music and games, and much more.

Here in the U.S., I would like to celebrate it, because I feel close to my country. It is a good idea to celebrate it and have a good time with family and friends

I'm so happy and proud to be Latino.

Adventure into a New Life By: Ivan Mendoza

August reminds me of the time I crossed the frontier. When I decided to leave it all and adventure myself into a new life. I still can't believe all the things I had to go through to get to this country. On my last day in Mexico, we were taken blindfolded in a tinted van. I recall bursting out laughing because of the nerves and fear. We were headed to some mountain to hide and wait for the right moment. Everything was so confusing. I just wanted it all to end. I was sick and exhausted, and so was my eight-month pregnant sister. We knew it was



time to cross when it started to rain, and once again, we were asked to throw away our belongings. We went down the rocky mountains to the bottom of the valley where the fence was. The men hurried us down like animals. I stumbled on the rocks many times.

We reached the fence, and in no formed under our feet. The current the second. A little island of woods of a gigantic tree. My sister and I, it. That big tree's shadow sheltered my sister's legs and as I closed my head—merciless; however, I was

time, a river of rain water had was strong and getting deeper by and sticks formed under the trunk and the coyote, managed to get to us that night. I rested my head on tired eyes, the raindrops darted my too tired to care, too tired to move.

Now I understand that all I have experienced since my birth up to this moment has been just the beginning of what is the greatest adventure of my life: living in the US. I have no idea what's coming for me next. Whatever it'll be, I'm waiting with my head up because life is beautiful and I've learned to enjoy it regardless of my situation, and I wouldn't change mine for anything.



So, every August 21st, I remember the day I crossed the border and came to the US. What a journey!

A good Recipe you like to make in the Fall

Why do you feel hungrier in fall? Have you wondered? Cold Weather brings a drop in your body temperature which stimulates your appetite. In Fall we eat lots of root vegetables, whole grains, legumes, green vegetable and herbs. There are thousands of recipes we make in fall. In India there are lot of variety of dishes. Today I want to share an Indian dessert, Gajar halwa. Gajar halwa is called Carrot Pudding. Gajar halwa is a slow cooked traditional Indian pudding made by simmering carrots with milk. Here is the recipe

Ingredients:

- 2 lbs. of grated carrots (tender and young)
- 1 can of evaporated milk
- Sugar (to your taste)
- 3 tablespoons of Butter or Clarified Ghee
- 1 cup of nuts (cashews, pistachio or almonds)
- 1 teaspoon of Cardamom powder (optional)
- 2 tablespoons of raisins



Instructions:

By: Rutika Vibhakar

Wash and peel 2 lbs. carrots well. Grate them either using a food processor or hand grater.

Add three spoons of butter or ghee. This prevents the halwa from sticking to the pan and burning. If you want to, you can add the 1 cup of chopped nuts. Fry them until lightly golden. Then add 2 tablespoons of raisins. When they become plump, remove them to a plate.

Add grated carrots and sauté it for 5 to 6 minutes over a medium flame.

Pour 1 can of evaporated milk into the pan.

Mix well and continue to cook on a medium heat. You will see the carrots begin to release moisture.

Cover and cook until carrots turn soft and tender.

Add cardamom powder.

Adding 1 to 2 tablespoons of ghee, which enhances the aroma and taste. You can also add more if you like.

Mix and sauté until a nice aroma comes out.

When the milk evaporates, turn the heat off. Garnish with chopped nuts.

Gajar Halwa is ready to serve! You can eat it warmed or chilled.

California's Fall Colors

Nikolai Vostokov



Fall in California has many colors. In Los Angeles, we can't see big differences between seasons. But, it's not same in all of California.

Just look at this amazing picture on the right side where you can see autumn at the North Lake, which located in the Eastern Sierra. And it's just 300 miles from Los Angeles.



The reason why we can see something like that is simple. All plants, including trees, start preparing for the cold season and shed their leaves. In the winter, temperatures can go down to 30 degrees Fahrenheit which is below the freezing point of water. So, plants go to sleep for the wintertime to survive and start growing again in the spring. This is very typical in continental climates like Russia, where I'm from. On the left you can see how fall looks in Moscow Park. This photo was taken by my friend just a few days ago.

Caring for Animals

By On Kai Cheung – Level 5

This short paragraph is a message on how we care for animals. People who work at an animal shelter must prepare a wide place to allow injured, orphan baby animals to heal. One focus is to help the animal get better so they can be adopted. Children love animals and animals love children.

At some animal shelters and wildlife refuges, there are horses, ducks, chickens, dogs, cats, rabbits, lions, and tiger. People need to build up places for adult animals as well. We are all equally able to take care of the animals and ourselves.



Hispanic Heritage Month by Roberto Castro



From September 15-October 15, the United States celebrates Hispanic Heritage Month. This holiday shows the contributions that people from North and South American, and Central America make to our country. We celebrate the histories, culture, and contributions of American citizens from Hispanic countries. The holiday began in 1968 under President Lyndon Baines Johnson, but President Reagan expanded it. The theme this year is Heritage, Diversity, Integrity, and Honor: The Renewed Hope of America. We are proud of our heritage.

Christmas Day by Diana Sanchez Level 5

Christmas Day is the most important popular holiday for every Salvadorean around the world, which is celebrated on December 24. We have some traditions which include family gatherings, cooking unique food, going to church, fireworks, music, giving presents to children, and wearing new clothes.

One of the most important is preparing the food for dinner. Our tradition is cooking Panes con Pollo.



This is a delicious bread like a big sandwich with chicken. The bread has tomato sauce and a lot of vegetables inside such as cabbage, lettuce, cucumber, watercress, and radishes.



For dessert, we usually bake quesadilla, a sweet cheese bread.

Music should not be missing. We all dance Cumbia. For us, it is very important that the whole family is together for that day. It does not matter if they live far away.

El Estreno, is one of the most important things you must do. That means that you must wear NEW clothes. Children have to wait until midnight to open their presents. This is one of the most exciting moments.

Our celebration must end at midnight because the next day, we usually go to the beach and eat the food left over from the day before. It is a happy time!