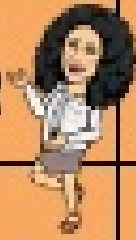




ESOL

THE ENGLISH YOU NEED TO SUCCEED



NEWSLETTER

PUBLISHED ON 3/20/2021

ISSUE NO:6

QUIZ NIGHT

ESOL FUN FRIDAY

MARCH 26, 2021
4PM - 6PM

REGISTER HERE:
[HTTPS://FORMS.GLE/YSQKQZ8B1GAYT7HW9](https://forms.gle/YSQKQZ8B1GAYT7HW9)




THE ENGLISH YOU NEED TO SUCCEED

Join us for Fun Friday. We will play quiz games such as Trivia and Jeopardy where you will compete with each other to answer questions on many subjects such as history, sports, movies, famous people, geography, and of course, English. Invite your family and friends to this free, fun event!

[Register Here](https://forms.gle/YSQKQZ8B1GAYT7HW9)



Gerhardt Gast
ESOL Professor

March Holidays—Known and Obscure

March is full of holidays, probably with the most notable being **St. Patrick's Day**. St. Patrick's Day was instituted to remember a teenager (Patrick), kidnaped from England by pirates, held as a slave for 6 years in Ireland, freed by a daring escape, and his voluntary return to Ireland for a 30-year dangerous mission to turn the Irish from practices of human sacrifice in their Druidism to Christianity. He was said to have chased all snakes from Ireland (although there were probably no snakes there to begin with). The significance of the shamrock or clover, is that he used the humble plant to explain the concept of the Trinity (God, Jesus, and the Holy Spirit). You can become an honorary Irishman on March 17th simply by wearing something green. You don't have to wear all green (you might be mistaken for a salad), but a

Foreign Language Week is celebrated

on March 7 - 13. Here are some fun facts about languages!



The highest number of languages spoken by one person is

59

There are

6500

languages

50% of languages do not have written characters

shirt, or dress, or a clover pinned on you will get you into the club. For the past 259 years, New York City, with a large Irish population, has had a parade in his honor.

Norooz is the Persian New Year. This year it falls on Sunday, March 21. Like in the United States on New Year's Day, stores are closed. It is on or near the Spring Equinox, or the First Day of Spring. Norooz, or Nowruz, is even older than St. Patrick's day and is estimated to be about 3,000 years old. It holds religious significance for Zoroastrians, Bahai'is, and some Muslim communities, but like St. Patrick's day, it is mostly a secular celebration.

March is famous for "In like a lion, out like a lamb" or vices versa "In like a lamb, out like a lion." People sometimes think if the weather is, "Like a lion" at the beginning of the month (storms, cold weather), that it will "Go out like a lamb"—nice weather at the end of the month.

And then, there are the not-so-known holidays.

March 2 "**Dr. Seuss's Birthday**" It has been cancelled this year.

March 10 "**National Oreo Cookie Day.**"-- Like Valentine's Day, this should be every day

March 15 "**The Ides of March**" The Romans thought you should have all your debts paid by then. If your name happens to be Caesar, beware of these!

March 26 "**Make up Your Own Holiday Day**"—considering that this commemorative day is shared with National Spinach Day, I would say that someone took advantage of the of prior one.

March 28 "**Respect your Cat Day**" – Because other days, I just can't do it.

March 30 "I'm in Control Day" – But we can do what you want because, I don't know--you decide.

March 7-14 **Celebrate Your Name Week**--I really want to know what people do for this--for 7 days, no less.

March 14-20 Sleep Awareness Week--I wasn't aware of that. Perhaps I've been asleep.

March is **Optimism Month**—oh no, this isn't going to go well.

March is **Ethics Month**—because next month, you know, it's back to normal.

Hope every day is great for you in March. Next month, we'll find out what April has to

Transpositions

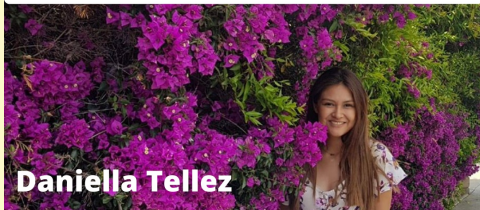
This is a website dedicated to featuring ESOL students' work. We value our students' experiences and encourage them to share them in writing.



[Visit Transpositions](#)



Jazmin Echavarría Monsalve



Daniella Tellez

Spring is arriving and as the flowers bloom, humans have the power to reinvent themselves, bloom, and live a journey from the inside. This year will be unusual. Many of us would like to go outside to enjoy seeing flower blossoms, to travel, or to do a million enjoyable outdoor activities. Unfortunately, the ongoing pandemic limits those activities. For that reason, we would like to share with you some tips on how you can enjoy spring from the safety of your home and allow yourself to bloom.

YOU CAN...

Understand yourself.

Do some different activities to be more aware about yourself and your essence. We recommend personal writing. For example, you could keep a journal of your thoughts and emotions.

Reflect on your purpose.

Reflecting on the main purpose of your life can give you a sense of direction and increase your intrinsic motivation.

Meditate.

Through meditation you can be more mindful about your senses and thoughts. This practice will allow you to connect with your body and mind in order to finally meet with your essential needs.



Kellen Fuchs-Goncalves

Have you ever thought about joining a Book Club? Many will ask about the benefits of joining a group like this. Maybe, through my own experience, I can open your eyes or your hearts to this incredible world.

I am Brazilian and I moved to the United States in March, 2018. The language was, and still is, a challenge for me. The first six months here were stressful. I felt lost. During August of the same year, my life changed because I started taking ESOL English classes at ACC. There, I met many people from around the world. This exchange awoke me to a new reality, and at the same time, motivated me to study English even more. Solitude and longing for my country was no longer the focus. Now, I wanted to explore this new world that had just presented itself to me. Reading classes were a wonderful surprise for me. It was in Reading 1 that I read my first book in English - with great difficulty. I remember that at the beginning I had to translate almost the entire book. The book was called *Number the Stars*. It was an achievement to be able to read it to the end. My teacher at the time was undoubtedly very important in this process. Her passion and joy for teaching motivated me to stay focused. At each level, I read a book, and my reading became increasingly fluid.

Exercise.

It is proven that exercising can increase your mental health and cognitive function. Fifteen minutes of exercise from home can make a difference in your daily life.

Be grateful.

Gratitude is undoubtedly one of the most important steps in the blooming process. To be grateful is synonymous to recharging or to continuing. Thus, it has a function similar to solar light on flowers while they are in the process of growing because gratitude gives us the light to be aware of what we have and at the same time teaches us to see negative situations as opportunities for improvement continually. In other words, gratitude allows us to motivate ourselves to continue on the journey of our lives.

Read interesting books.

Reading is like opening a window in your house and letting in fresh air. Reading allows your being to let in new airs of creativity, well-being, reflection, and empathy. Reading introduces you to the world of fantasy and makes you the owner of a magic rod that turns your reality into a more positive and creative world. According to Washington Post, [these](#) were the best books in 2020.

Take virtual tours.

All trips can be a great source of emotional well-being. Traveling awakens thoughts, feelings and emotions in which happiness, the reduction of stress and anxiety and the development of skills for problem solving (emotional intelligence-assertiveness) are implicitly related. [Here](#) you can find places to visit without leaving home.

Camp in your garden, apartment, or home.

you will only need your imagination and simple resources.

I realized that I did not need to translate everything anymore and that even though I did not know a few words, I started to understand the context. When I completed the reading course, the Book Club became part of my life. There I have continued to meet people from different cultures and improve my English skills. In a very good mood we talk about books and feel welcomed even away from home.

In short, I learned that books are inseparable, faithful friends, that will not let me feel alone. They talk to me. Some have the power to touch my soul. They are the tickets for my next trip. So, what do you think about joining a Book Club? Be careful, you can fall in love with books as well. Interested? Here is my tip: Join the ESOL Summer Reading Group. Meetings are always at 11 am on Fridays on Zoom, once a month. I hope to see you there.

You can use the ones you have at home to make your camp. Moreover, you could put natural sounds or relaxing sounds, so it will make your experience more fascinating and real.

All of these activities will allow you to see how spring not only blooms outside, but also how it can bloom in you.

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