



# The Parrot

Your ARC newsletter by and for ESL, multicultural, international students, new Californians, and, well, anybody really...

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## Matt Cone: Keeper of the Clean!

**Parrot:** Hello, Matt!

**Matt:** Hello.

**Parrot:** The first question is, what exactly does your job entail?

**Matt:** Well it entails cleaning, moving items, and delivering item. It also entails quite a bit of cleaning, shampooing, and detailing, stripping, and waxing floors.



**Parrot:** Sounds like a lot of work! What kinda of training does one have to do before becoming a custodian?

**Matt:** Well, there's training on how to clean a restroom. And basically from there you just try to better yourself at what you do. I've been doing this for a while.

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**Electronic Noses!**

**See Page 13**

*"Every great dream begins with a dreamer"*

Harriet Tubman



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## 'Lazy' Mailman Hid 44,900 Pieces of Mail

OWENSBORO, Ky. -- On the popular dead mother's house and a rented sitcom "Seinfeld," fictitious letter carrier Newman hid bags of mail in Jerry's basement storage locker rather than deliver it.



Real life mailman William "Brent" Morse of Dawson Springs in western Kentucky stashed his in his Morse last year. "I think he was lazy."

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## Student Chirpings

### My Lovely Jewelry Box

Jewelry boxes were used for keeping important treasures and documents for a long time. These boxes had different sizes, colors, and structures. Jewelry boxes and caskets are often made of precious materials, such as gold, silver, ivory, or wood. It can take a very modern form covered in leather and lined with silk or satin. In recent times they were mostly receptacles for trinkets and jewels. All women and girls have marvelous, elegant, and unusual boxes for their treasures. I have a fantastic and beautiful jewelry box too.

My jewelry box holds big value for me. I like this box very much because it is a glorious present from my father. He gave me that jewelry box on my fourth birthday. I was very surprised and happy. It's a small plastic box. It has a circular shape and an artificial orange color. My jewelry box isn't expensive but it has a special cover.

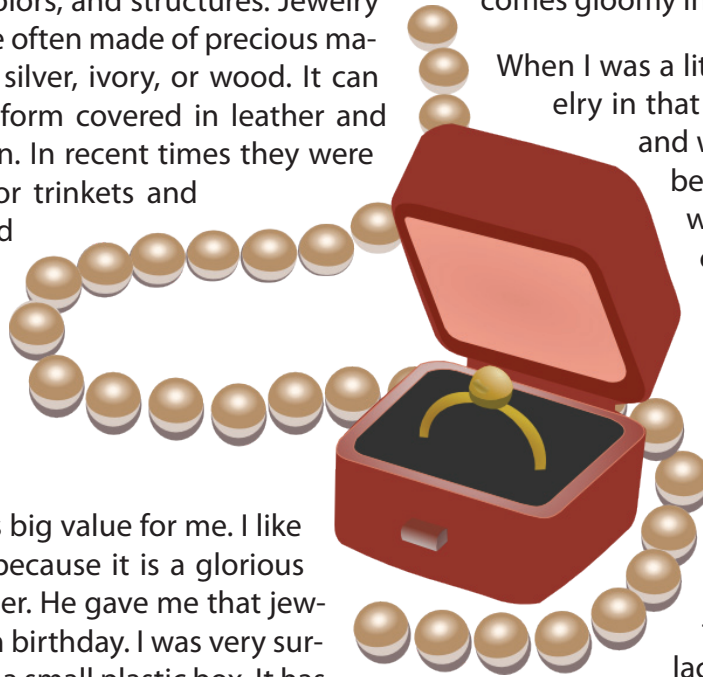
The cover of the jewelry box is very unique and unusual. It looks like a magnificent seabed. The round transparent cover has colorful stones, seaweed, and

fish inside. There is also a sea crab in the middle of the cover. This cap shines under the sun and becomes gloomy in bad weather.

When I was a little girl, I kept my imitation jewelry in that box. I often took my lovely box and was exploring the beautiful "seabed". I fantasized that I was the wonderful mermaid Ariel and the crab kept my treasure. The jewelry box was a part of my dreams. That unique box was my favorite toy in my childhood.

Many years have passed and I have grown. I am not dreaming about the mermaid Ariel, a prince, and the sea crab. However, I still keep my fine trinketry, such as rings, necklaces, and bracelets in that magic box. This little box has more value for me than all my gold and silver jewelry.

*Victoria Arakelyan  
ESLW50*



### Believe in Santa Claus

If all children on the Earth already know that there is no Santa Claus in the world and he is just an imaginary person that adults made, then how do adults feel? Would adults be happy because they don't need to pretend to be Santa and they can say bye-bye to considering what Santa's presents would be great for this Christmas? It may become a depressing holiday. If you remember how happy you were when you believed in the existence of Santa Claus, you will not be able to let your children know the truth until they grow up. There are some reasons why parents

should encourage their children to believe in Santa Claus.

The first reason why parents should encourage their children to believe in Santa Claus is that it makes children keep lovely memories after they grow up. Do you remember how happy you were when you were a kid and thought about Santa Claus? I remember I prayed that Santa would come into my house and bring me a present on my ninth Christmas Eve night. I was full of happiness; all the moments that



I imagined of Santa Claus after I found a pink Disney fabric wallet underneath the Christmas tree, well, the happiness became double. My friends and I used to imagine our own Santa, drew each different Santa, and talked about Rudolph when we were young. The idea of Santa has reminded me of these happy memories. Some people worry about how disappointed their children will be when they find out Santa and Rudolph are not real and the Santa who comes in their houses is actually their own father. But there is no need to worry about it. As time goes on, children will wonder gradually and slowly if Santa Claus is real or not. By having more friends who find out there is no real Santa in the world, and when they finally grow old enough to find out what the truth is, they will not be disappointed. They will thank their parents for having pretended to be Santa and for having tried to keep the secret to make them happier.



The second reason why parents should encourage their children to believe in Santa Claus is that we adults also still believe in some entities that don't exist and feel happy with them. Is there anyone who thinks 'Iron Man' really exists? We know all Marvel characters are not real but we are still sometimes fanatical about them and wish them to exist in the real world. They make us imagine and be enthusiastic. If adults are happy with those fake characters, then why can't children be? Why should we break their imagination that makes them happy? They will know when they get older, anyway. The only difference is adults know they don't exist and children don't. But this is not an illegal or unacceptable thing because we all know children have the right to be much happier.

The last reason why parents should encourage their children to believe in Santa Claus is to make adults and the world happier and warmer. How do you feel when you choose a Christmas gift for your child? Do

you feel depressed because you should open your wallet? You should be happy, imagining your child's smile when she finds Santa's gift. You must carefully wrap presents and put them "in" your kid's head at night. I have two cousins who are still young. They visited my house last Christmas. As soon as they came into the house and found me, they said, "Look at this; we got this from Santa Claus today! He must have known that we did many good things this year." They seemed so happy and I could feel my house was getting full of smiles and warmth. Another cousin, who is seven-year-old, had shown off to everyone he knew that he got a Monopoly game from Santa. Watching them makes people pleased. What if they don't believe in Santa and say, "Dad, what is my present for this Christmas?" instead of, "Dad, do you think Santa is coming this Christmas night?" How would you feel if you heard your child say to his friend, "There is no Santa; Santa is just your dad." Do you think you would be proud of your child because he already knows the truth and teach-

es his friend?

All people believe in Santa Claus when they are young at least one time in their life. Everyone may remember how happy they were when they were waiting for Santa Claus. As we were happy and our parents and other adults kept the secret from us, we should do the same thing for our children. If children have the right to be happy by believing in Santa, then we adults also have a duty that protects them to be happy until they grow up. We want to see their smiles, their innocence of childhood and we don't want their fantasy crushed for as long as possible. If we can't see children praying and asking when Santa is coming, and smiling at Santa's present anymore, what fun is Christmas? Even some adults still dream about their own Santa. Sometimes imagination is better than truth.

*Seojin Tak  
ESLW50*



## Step-by-Step with Your Mother-in-law

A popular joke says, "Eve was the luckiest women in the world because she had no mother-in-law." A relationship between a mother-in-law and her son's wife is one of the most complicated and tension-filled relationships. Many women look at their mother-in-law or daughter-in-law as a rival; however, the reason behind that is not clear most of the time. If you are from the group of women who have lost their mothers-in-law, you don't need to read this guideline any further. Take my advice, and act like your late mother-in-law to make yourself and your husband happy; Kate Middleton could be the best prototype for you. Otherwise, you have a tricky way ahead if you live with, or close to, your mother-in-law. Knowing a lot of tips and tricks and practices is necessary to win her over and have a happy life with your pleasant husband. You will never be the winner in this relationship unless you follow three major steps.



As the first step to win over your new mother in-law, you have to create a fabulous image and view of her in your mind, and never presume her to be evil. She is the first love of your beloved husband, and is not really a "monster-in-law." The idea that she is a monster could lead you astray, make your husband unhappy, and ruin your marriage. To avoid this idea, take these small steps carefully. First of all, get to know her personality, thinking, favorites, and preferences. Ask your husband to help you do that. After that, find the good sides of her character. Instead of judging her, try to think positively about her. She is a woman with all of her strengths and weakness, as you and your mother are. Finally, don't forget she is the mother of your husband, and not your opponent; life is not a hide-and-seek game. If you try to take your mother-in-law's place in the new family, or capture all of her

son's devotion, you will create a problem for yourself. She raised your dear husband, and knows him even more than you do; she will never lose the game that you've started. Indeed, she is a woman who thinks with her heart, as you do; so act with more wisdom, and don't involve yourself in a foolish competition.

The second main step that you should take to overcome your lovely mother-in-law is an art, the art of friendship. You should design a kind and respectful friendship plan. At the beginning of this plan, remember that she has been the first lady in the family's domain for decades, so respect her all the time. A famous politician says, "There are two things in life that you cannot achieve without closing your eyes a bit: peace and love." Therefore, instead of arguing with her about minor issues, close your eyes and compliment her; she will fall in love with you, for sure. In addition, your husband will love you much more. The second important

thing that you should put in your plan is excellent communication with your mother-in-law. Call her regularly, ask her advice, visit her in her home, invite her to a restaurant or your home, and converse with her about your chores or your husband and children. After that, she will surprise you when she tells her secrets to you. Kindness is the last, but not least, subject that is necessary for your plan. Don't forget that she is a woman, the same as you; a pretty, decent, generous, gentle, and fragile creature. Sometimes assess yourself and make sure that there is no fault from your own side. Meanwhile, be kind and compassionate with her, especially if she is in suffering and ill. Sometimes give her a gift, particularly on her birthday, anniversary, and Mother's Day. However, while you try to be an artist, be careful about being an "actress." She might have a very strong sense to



realize your role, and it will backfire, eventually.

The last major step to win over your mother-in-law is a very delicate step: clarify any misunderstandings that may occur. If despite all of your efforts, she is still a devil, look for the motivation of her behavior. A reason might be behind her behavior, so be careful and don't be frustrated and weepy. You have two options in this situation. You can choose a challenging way, for example, by ordering a special T-shirt as a gift for her that says "I love my Daughter-In-Law" with a huge picture of your face on it. This I read on the Internet. Otherwise, easily follow these small steps: first of all, protect your emotional boundaries such as beliefs, behaviors, choices, and so on, through every way that you are able to, and advise her, with patience and forbearance, when she is crossing the boundaries. However, there is a tip in this situation; never do that alone. Try to explain the situation to your husband and get help from him. Then, make a balance in your relationship with her if the conflict still persists. So don't be too close to and not too far from her. Just maintain your distance with respect. At the same time, try to find the reasons behind her behavior. Maybe she is very jealous or she thinks you are a woman who has come to spoil the existing mother-son relationship. Therefore, find the cause of conflict, avoid it, and look for tactics that can solve

it. Meanwhile, try to clarify the source of problem for her and your husband. It is possible if you know how to react with wisdom. For instance, don't involve yourself in the mother-son relationship. Remember that your husband, the man of your life, is still her "little son," even if he is over fifty.

In conclusion, the mother and daughter-in-law relationship is one of the most complicated and unpredictable relationships in a family. While some mothers-in-law are sweet, others are unpleasant. If your mother-in-law belongs to the second group, but you are in love with your husband, take three simple steps to win her over, and keep your marital status in a happiness mode. First, create a fabulous image and view of her in your mind; she is not your enemy at all. Then use the art of friendship and make a kind and respectful friendship plan with her. In the end, despite all of your efforts, if the conflict between you is still steady, clarify any misunderstandings and avoid them. I also have a suggestion for you: keep these simple steps in your mind for the day that your position in the family will change and you will be a mother-in-law!

*Fariba Darvishi*  
ESLW50



## Types Of Tardy Students

When I studied at school in Russia, one incident happened with my classmate Kate. Kate was an "A" student. She was a very responsible and hardworking girl who was never late. One winter day Kate came to school on time as usual, and went to the cloakroom to hang her coat. When she took off her coat, Kate discovered that she had left something at home. Then she quickly put on her coat and ran home. As a result, she was thirty minutes late. Our teacher asked her, "What happened to you? Why are you late?". Kate answered honestly, "I just forgot to put on my skirt". She was only an eleven-year-old child. However, there are adult students who often come to their class late. In my opinion, the late-arriving students can be categorized into three types: those who are

late only in emergency cases, those who are late because they are over-scheduled, and those who are late all the time.

The first main type of late-arriving students is students who are late only in emergency cases. Usually, they are very responsible people who correctly balance their time. As a result, they are never late. However, there are some emergency situations which they can't control. These can be congested traffic because of a car accident, or your car breaking down right on the road, or something else could happen over which you have no control. My husband was this kind of student. He told me about what happened to him during his studying at tech-



nical school in Ukraine. He always came to school on time, but one day the bus which went to the technical school had broken down. As a result, he was late. His teacher started to scream at him in front of all the students in the class. My husband answered her calmly, "You know that I am responsible and am never late. If I am late, it means that there was a serious reason. It's not my fault that the bus broke down." After that, she apologized. My father is a very responsible too. He is also never late.

He told me that one day he was late to railway college where he studied because of his neighbor, who flooded my father's whole apartment. Another example of late-arriving students who are late only in emergency cases is my friend Natalia. One day she was late to the Far-Eastern Economic University where she studied. Her mother had broken her arm, and Natalia had to take her mother to the hospital.

The next type of late-arriving students are students who are late because they are over-scheduled. As a rule, these are students who have children. My friend Irina is this kind of student. She studies at nursing school and has three little children. Irina isn't usually late, but sometimes it happens because she is in a hurry all the time. Unfortunately, her husband is a truck driver and he is on the road all the time. So, Irina doesn't have any help. She needs to cook for her children, clean her house, do her homework, do homework with her sons, drive her sons to school and pick them up and take home. She told me that a couple of times she was late because she needed to change a diaper right at the time when she needed to go to school. Another of my friends, Nina, had a similar problem. She had five little children (now she has seven) when she studied in nursing school. She said that it was really a difficult time, and of course, there were times when she was late to school. In spite of her overbooked life, she graduated from nursing school, and now she has a wonderful high-salaried job at Mercy Hospital. My

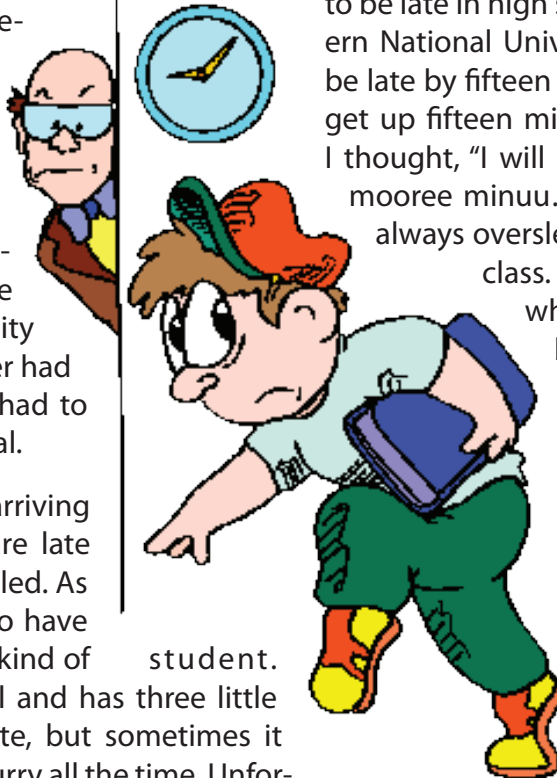
friend Victoria doesn't have children; however, she is a student who is late because she is extremely busy too. Now she has a full-time job and studies at the university in the nursing program. Sometimes she is really busy at her job; as a result, sometimes she is late.

The third type of late-arriving students is students who are late every time. I'm an expert in this type because it is me. I can say that being late is more than a bad habit: it's a real sickness. I started to be late in high school. Then I went to the Far-Eastern National University in Russia and continued to be late by fifteen minutes. My mother told me, "Just get up fifteen minutes earlier!", but every morning I thought, "I will sleep just five more minutes, five more minutes...zzzzzz." As a result, every time I always overslept and was always late to my first class. Moreover, I had to lie and invent what to say, for example, "Sorry, I broke my heel and I had to change my shoes" or "Sorry, I forgot my books, and had to return home." Of course, it wasn't true. Being late and this entire lie made my life so difficult, and every time I felt a sense of guilt. But then I started to discipline myself. As a result, it became a habit with me to be on time. I can say that it's so wonderful to not be late. I can remember that my classmate

was also late to the first class in school. She told me that it was just her bad habit. Another example of a student who is late every time is my cousin Alex. He is always late to his school because he goes to bed after 3 or 4 a.m.; as a result, he just can't get up on time in the morning.

Summing up, there are three types of late-arriving students: those who are late only in emergency cases, those who are late because they are over-scheduled, and those who are late all the time, but I'd say the last ones are the worst people. They are people who make excuses, lie, and feel a sense of guilt all the time.

Olga Strizheus  
ESLW50





## Prom Moment

Everyone has embarrassing moments at one time or another. That's why if someone told me that they never had an uncomfortable moment in their life, I wouldn't believe them. It is one of those moments when you feel awkward and you don't know why the situation happened and when you wish the earth would open up and swallow you. I am not an exception. I have experienced this predicament more than once. One of these moments happened in my country – Moldova – many years ago in high school.

It is well known that a prom is one of the most important and anticipated events for the majority of teens, especially for girls. At this age, most teenage girls think and behave like a young woman and the prom is a teenager's first opportunity to display herself as a grown woman.

Long before the actual event, preparation begins. For me too. A few months before the prom, I began searching for the perfect dress. After visiting numerous stores, I finally found my dress. It was a beautiful red sleeveless chiffon dress. I was very excited to wear this unique dress to the prom and I was certain that nobody else would have the same dress. At that time I didn't know what a shameful moment was about to unfold.

When the prom day arrived, everything should have been perfect. My dress, my shoes and my hair style were all set to impress. I was so excited to see all my classmates and to be seen by them. I should mention that a prom in my native country, Moldova, is a little bit different than a prom in the U.S. It

wasn't necessary to have a date to go to the prom. I went with my parents. When I arrived at the prom, I heard someone giggling at me. At first I tried to ignore her. The next person who greeted me said that I wore a cute dress and then walked away giggling. At that point I started to feel discomfort and my heart began to beat faster. I looked in the mirror to determine if something was out of place. I also asked my mom to check me over and she said everything looked fine.



Still confused about the giggling toward me, I entered the prom room and quickly realized why I was being giggled at. I observed several other girls wearing the same dress. It was a very embarrassing moment. At that moment I wanted to hide far away because I hoped that

this would be a special time in my life. I didn't like it at all that other girls had the same dress as me. I wanted to be unique. During the prom dance, I felt very uncomfortable and I tried to be invisible as much as possible. I wanted the evening to end quickly. It was one of the most embarrassing and uncomfortable experiences in my life.

Now when I look back at that event, I remember it fondly. If this situation happened again, I wouldn't take it so seriously because an event like the prom only happens once in your lifetime.

*Diana Popa  
ESLW50*



## Papa: my Hero

“The archers bitterly attacked him, and shot at him and harassed him; but his bow remained firm, and his arms were agile, from the hands of the Mighty One” (Genesis 49:23-24) If you have ever read the Bible, you might know that these words Jacob said about his son Joseph. Joseph was sold into slavery by his brothers. However, he became the right hand of the King because he trusted in the Lord and he also tried his best. Have you ever noticed that some people have a lot of chances but lose their opportunity? However, some people who have little chance just take an opportunity. I would apply those words to my father, who presented a very good example to me of how I should spend my life. I will always remember him as a person who had a weak body, but strong soul and ability to enjoy his life and give his love to others.

When my father was a young man in Russia, he got very sick. He went through radiation treatment. However, doctors in that clinic didn't know how to use the machine. They gave too much radiation to patients. All seven patients who received treatment with my father died, except him. The doctor's mistake put him in worse condition. His muscles were weak. His lungs were burned by radiation. On the x-ray they looked crumpled. His blood wasn't in good condition either. His life was ruined. The doctors said that he had only one year to live. Little by little he became better, but he was still sick and weak. Sometimes he told us that he was too tired to drag his body. However, he needed to work and raise his seven children, so he did.

My father had a strong spirit. He had to push himself so hard to do his work. He worked on a collective farm and in his own field. He had to do all the hard work that the village men needed to do. For example, he needed to plough his own field. However, he couldn't use a big tractor in the small field, so he used a horse. He also needed to store away some hay for the winter. He used a scythe to cut grass.

Every day before he went to work, he used to pray and ask God to give him strength, so God always strengthened his soul and his arms.

My father enjoyed his life. His hard life didn't make him bitter. He was an outgoing person. He could easily start a conversation with someone. He had a young spirit, so he liked to talk with

young people. My sister said, “If I don't know where Dad is, but I see a group of young people near, I go straight there. I'm sure he will be there.” He also liked to spend his time with us, and we enjoyed his company. He liked to sing songs. I will always remember long winter evenings when we sat with him on the top of the warm Russian stove and sang songs with him. He read good stories from the Bible to us and talked to us. He patiently answered all our questions, even if sometimes they were silly.

In conclusion, my father was a strong person who was able to enjoy his life although he was chronically ill. He taught me not only with his words, but also by showing me examples of how to live.

*Nadia Mavrin  
ESLW50*







## Negative Effects of Choosing the Wrong Girlfriend

It was Sunday when we gathered in a dorm room to resolve a conflict that had arisen between our friends. Vladimir and Lina had lived together for two years. On that day they decided to break up. "He is a womanizer," Lina said. Vladimir defended himself saying, "She often eats garlic before she goes to sleep." Suddenly, Tatyana, who frowned all the time, cut into the conversation. She said, "Huh, look at my boyfriend, Muhamed, he always snores when he sleeps". I knew that she meant me; I squeezed my brain and kept silent. Natasha, who sat in front of the television, made our day when she informed us that she threw up because of her boyfriend's smelly socks. After two hours gossiping, Lina and Vladimir concluded that their problem was simple. Therefore, they decided to reunite with each other. In fact, this kind of human behavior is related to social psychology. Psychologists say that there are several negative effects of choosing the wrong girlfriend: an unhappy and stressful life, feeling lost in life, and emotional distress.

The first negative effect of choosing the wrong girlfriend is an unhappy and stressful life. You can't be fully yourself and you can't express yourself with this person. You will need to monitor what you say because you are afraid how your girlfriend will accept it. In addition, you are afraid to express your feelings and opinions openly. It will be a reason for the lack of communication with each other. This problem is well-known when a man and a woman are from different cultures. Many things that are acceptable for him seem strange to her. For example, Arabic men don't celebrate Valentine's Day, but Russian men always buy flowers on this day. I remember my Syrian friend who had a Russian girlfriend. Ahmad and Anna had lived together for three years. Every day, they quarreled with each other. Every week Anna asked him to buy her something, "Mama said if you

love me you have to buy me a new car." Ahmad knew that he couldn't refuse her request. Therefore, he borrowed a lot of money to do that. Ten days went by, and Anna started again, "Mama said if you love me you have to buy me a new house". In fact, Ahmad had to follow rules that were enforced by the mother-in-law. Some of these rules were created simply without regard for Arabic tradition. For instance, Ahmad couldn't invite his friends home and

he couldn't visit them. In addition, he didn't have the right to prepare Arabic traditional food because Anna didn't like it. Ahmad started drinking alcohol because he found it a good way to forget his problems. One day he crashed his car into another car and died.

The second negative effect of choosing the wrong girlfriend is feeling lost in life. Sharing your life with the wrong girlfriend prevents you from being a positive person.

You can stray in life easily because you can't depend on each other. An unhealthy relationship makes you irresponsible. Of course, you live under one roof, but your hearts are separated, unfortunately. When you push your girlfriend to the west and she pushes you to the east, your feet go down to death and your steps take hold of hell. For instance, two decades ago, my Russian classmate planned to immigrate to the USA after graduation from university. However, his girlfriend wanted to stay in Russia. After one year he got his university diploma, but he couldn't find a job. His girlfriend blames him for being poor and he blames her for staying in their country. Step by step they started hating each other. Day by day he used more and more alcohol. One day when he was drunk, he went to swim in the lake. He couldn't control himself and he drowned.

The third negative effect of choosing the wrong girlfriend is emotional distress. Interpersonal conflict





can lead to intense emotional distress because you are not sure how you fit in with your girlfriend. When you have problems with your soul mate, the life pressure drives you crazy. Over time, your situation will be out of control and it could affect you mentally. You will tend to make poor decisions. Perhaps you will start using drugs because you will think it's the best way to escape your problems. It could result in committing suicide because it is hard to live with a wounded heart. For example, many years ago I witnessed the true story of a close friend. Samer and I studied in the same high school. When he was seventeen years old, he had a relationship with a girl whose name was Mariam. When Samer talked to his parents about his relationship, they didn't give him a hand. As a result, he had emotional strife. One day, he hanged himself inside the bathroom.

A survey says that the rate of suicides among teenagers has risen in the last few years. Today, a false love is becoming a lifestyle. Girls don't dream anymore about a prince with a white horse and men can't balance their abilities with their girlfriend's unreal demands. For example, let's imagine a real situation of a relationship. Let's ask a girl to make a choice between her young classmate and an old rich

man. Of course she will choose the second one because she had a big appetite for money. She needs a car, a house, and new clothes. She doesn't want to waste time with a young boy who offers her a cheap dinner in Burger King or a movie ticket. In addition, I remember my Iranian friend who owned a big car dealership on Fulton Avenue. One day he met a Lebanese girl in a night club and he decided to have a relationship with her. When I saw her, I realized that she was a "sex bomb." She spent a lot of money in Las Vegas casinos. One year ago he lost his business and she broke up with him.

In conclusion, there are several negative effects of choosing the wrong girlfriend: an unhappy and stressful life, feeling lost in life, and emotional distress. We have such a short life to waste it in vain; it is better to be in real love than blaming each other for everything. Remember, women like roses, have fascinating different shapes, a nice smell, and scary thorns, but they all deserve love. Don't forget the expression: "No Money, No Money."

*Muhamed A.A.A. Haluf*  
ESLW50



## Hours in School Shouldn't Be Longer



When I came here to the US, I realized that the children stay in school fewer hours than students in Korea. At the beginning of school in the US, my kids and I took time to get adjusted to having more time at home. Compared with schools in Korea, here in the US, primary schools don't have a variety of after-school programs. I wondered what they could learn at school. Many young children in Korea spend more time to learn math, science, and English at school or in after-school programs. In addition, they learn sports or music in school programs as well. Most parents in Korea think if kids don't learn at a young age, the kids will be behind other children. For that reason, they teach children to be competitive. Therefore the primary school

life in Korea is much more competitive and stressful than US children's school life. Some parents still think that children should spend more time at school to learn and participate in a variety of school activities as much as possible at a young age. However, I believe that there are several good reasons school hours shouldn't be longer.

The first reason why children's school hours shouldn't be longer is because children need enough time with their families. There was one famous comedy program in Korea a few years ago. It showed one family at the kitchen table and showed their conversation. They were talking about social or political issues in a comic way. However, the fam-



ily in the show basically gave us the messages that children are too busy to talk with their parents or even to have dinner at home with parents. This program correctly showed how the children in Korea are stressed out. My children also had a busy school life in Korea but now they spend more time at home with me. Since last summer, I started to have more time with my kids. I could see what my children need and the importance of home education. I met some homeschooling families in the US, and it was quite a shock to me. Most Korean parents think that if the children don't go to school and instead study at home with their parents, the children might have some problems with school or friends; also parents think the children might not learn as many things as school-going children do. However, despite the ideas of Korean parents, the homeschooled kids learn as well as the school-going children do or even better. The program provided good homeschool instruction and was very organized with certain levels. Having more time with family rather than spending a longer time at school doesn't mean children can't learn more.

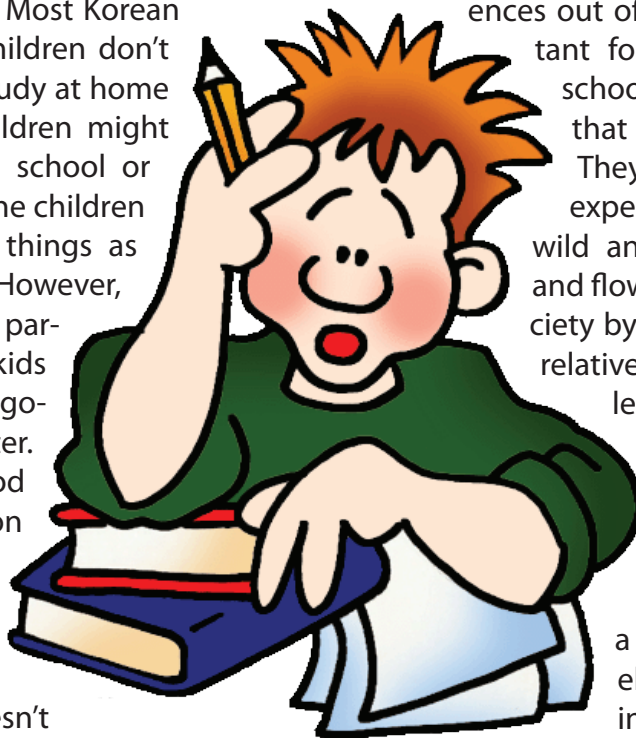
The second reason why hours in school shouldn't be longer is because children need enough rest at home after school activities. When my kids came home from school in Korea, it was about three or four p.m. Monday through Friday the kids left home at eight a.m. and came home around three or four p.m. You can imagine how busy the kids were to spend seven or eight hours at school every day. In addition, if they had some homework or school projects, they sometimes had to do it on weekends. Then they couldn't get enough free time, even on the weekend. This situation causes lots of stress for school children. School should be a place where all children want to go every day. Because of that, my kids wanted to skip

school sometimes. They often said that they wanted to stay home instead of going to school. School was not a fun place to go for my kids at that time. Spending lot of time in the same building or same place each day must be very stressful for young students. They should be given enough free time to have fun out of school.

Finally, hours in school shouldn't be longer because children should have a variety of experiences out of school. School life is important for school children. However, school can't provide everything that children need in their lives. They can develop their emotional experience in nature by chasing wild animals or playing with trees and flowers. They can learn about society by visiting different friends and relatives in different places. They can learn about the world by seeing or meeting or playing. If children stayed at school seven or eight hours a day, they would miss this very important opportunity to get a variety of experiences. Since elementary school ends early in the US, my kids can enjoy cooking at home, which is my kids' favorite hobby and we can have enough time to play music all together. We finish dinner earlier and play the piano and the violin. Having family music fun is one of my family's favorite times. If children spend a longer time at their school, it's not easy to have those fun activities at home.

In conclusion, children need enough extra time to get lots of benefits out of school that they can't get at school. Spending time with family, in nature, and with a variety of experiences that the school can't provide is very important at their age.

*Youngsun Yoon*  
ESLW50



# Nestscape -- Articles from The Web



## Sniffing out Cancer with Electronic Noses

By William Kremer  
BBC World Service

*We may soon be able to obtain easy and early diagnoses of diseases by smell. This week researchers found one odour-sniffing machine was as good as a mammogram at detecting breast cancer - and many other devices capable of spotting other diseases may be on the way.*

"I may sound crazy but I'm not," writes Joanie, on an online support forum for people affected by cancer. She relates how, while her husband suffered from prostate cancer, she could smell "an odour similar to decay". It went away with the cancer, but in 2012 she was alarmed to smell the putrid stench once again. Not long afterwards, Joanie herself was diagnosed with lung cancer.

Although many cancer sufferers and their relatives do not notice a nasty smell, Joanie's experience is not unusual. "I've had numerous people writing to me about this," says George Preti from the Monell Chemical Senses Center in Philadelphia. "I've had lots of notes from nurses and researchers in the area, but they're mostly anecdotal reports."

Throughout history, doctors have sniffed their patients' breath, urine, stool and other bodily fluids to help with diagnoses. A 2011 review article featured "smelling notes" of dozens of diseases. Yellow fever is said to smell like a butcher's shop, liver failure like raw fish, and typhoid like freshly baked brown bread.

A recent experiment also provides some evidence that people give off a bad smell as they fall sick.

A team led by Mats Olsson at the Karolinska Institute in Stockholm dressed eight healthy volunteers in tight, cotton T-shirts and injected one half of the group with a placebo and the other half with a chemical that gave them a mild flu-like reaction. A month later, the participants came back and were injected with the other solution - the one they had

not received the first time. All the T-shirts were then collected and patches from the underarm area were cut out and placed in squeeze bottles. These were used to supply puffs of air to a panel of smelling volunteers. "They rated the T-shirts with regards to intensity, unpleasantness and healthiness," says Olsson. "And for all these measures it turned out that the so-called sick group smelled more aversively."

### What diseases smell like

Disease	What to smell	Aroma
Anaerobic infection	Skin, sweat	Rotten apples
Bladder infection	Urine	Ammonia (window cleaner)
Diabetes	Breath	Acetone-like (nail polish remover)
Liver failure	Breath	Raw fish
Rubella	Sweat	Freshly plucked feathers
Schizophrenia	Sweat	Mildly acetic (vinegar)
Scrofula	Body	Stale beer
Typhoid	Skin	Freshly baked brown bread
Yellow Fever	Skin	Butcher's shop

Source: Alphus D. Wilson, Manuela Baietto, "Advances in Electronic-Nose Technologies Developed for Biomedical Applications", published in Sensors

Although Olsson admits that the study - published in the journal Psychological Science - was very small, he believes ill people may emit a chemical "cue" to warn others of contagion, or possibly to signal they need help. Bad smells exist for a reason, agrees Val Curtis from the London School of Hygiene & Tropical Medicine. "The disgust system in the brain has evolved to make us stay away from things that might make us sick. The most dangerous place on the planet is other people."

For Mats Olsson, "the new thing and interesting



thing" about his T-shirt study is that human beings seem capable of sniffing out disease early on - long before we start smelling like a butcher's shop or raw fish.

For cancer, early detection is crucial, but the symptoms that prompt a visit to the doctor's surgery often don't emerge until the disease is advanced. George Preti gives the example of ovarian cancer, which has become the focus of his own work. "If you picture a peppercorn and an onion, the difference in size between those two is the difference between when it should be diagnosed and when it's traditionally diagnosed," he says.

He hopes that ovarian cancer's smell could help doctors arrest the disease at the peppercorn stage. As part of everyday metabolism, our bodies produce chemicals which evaporate into the air. Cancerous cells, Preti says, have a different metabolism from normal cells, and therefore emit a different pattern of chemicals, a different odour. While it's too subtle for most human noses, dogs have been trained to identify multiple types of cancer, as well as diabetes. (Humans have around five million scent receptors, but dogs have up to 300 million.)

Preti is working with the Penn Vet Working Dog Center, which is training four dogs to detect ovarian cancerous tissue. He says they can do this with greater than 90% accuracy. However, the idea is not that these dogs will get jobs in the oncology departments of hospitals. Instead, the Penn Vet dogs will help Preti identify the unique "odour signature" of ovarian cancer. "They're sort of a four-legged bio-assay," he says.

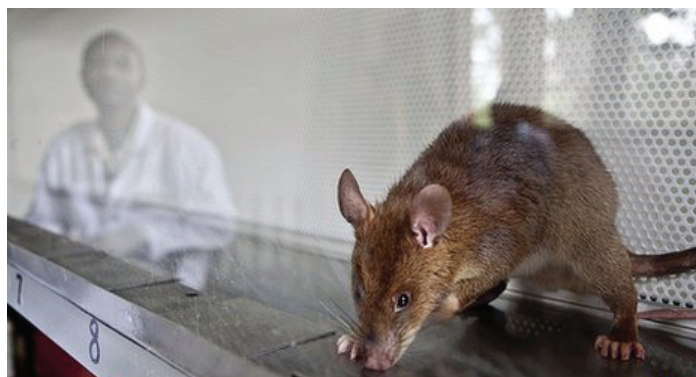
Once the odour signature or profile of ovarian cancer is determined, it will be used by Preti's colleague Charlie Johnson to programme sensors in a device sometimes called an "electronic nose" or "e-nose". Johnson's prototype mimics the receptors in our nose with hundreds of carbon nanotubes, each with a strand of DNA attached. These strands are able to transpose the mix of chemicals in the air into an electronic signal. "You can have the power of a dog's nose on this small chip the size of your fingernail," Preti says. It's this device, rather than the dogs, that might end up on hospital wards.

But dogs aren't the only animals that can smell cancer. So, apparently, can fruit flies. A recent paper in Nature showed that the scent of cancer samples prompted a particular pattern of activity on the flies' antennae. The paper's author, Martin Strauch at the University of Konstanz in Germany, is planning to identify which receptors on the antennae respond to the cancerous smells. Then he hopes to grow his own antennae in a petri dish, for use in an e-nose. "The biological sensors have been optimised by evolution - they are quite good," he says.



A dog's nose being harnessed for cancer research

### *Rat detectives*





- In Mozambique and Tanzania, the charity Apopo trains rats to detect tuberculosis
- TB is diagnosed by microscopy, but inadequate analysis in these countries means fewer than half of infected samples are identified
- The rats act as a second line of defence, double-checking mucus samples deemed to be clean of TB
- The rats have discovered more than 5,000 cases of TB so far
- The charity also uses its "HeroRATs" to sniff out landmines

Electronic noses of other kinds are already being put to work in a range of different fields, from checking for poison gas in war zones to ensuring the quality of beer. They are now on the verge of being set medical tasks, following tests on a device called BreathLink, which is designed to check for breast cancer.

The device, developed by a company called Menssana, starts by building a profile of the ambient gas in a room. A patient in the room then breathes into a tube for two minutes. The composition of her breath is laid over the ambient room profile, and whatever's left over is compared to the known profile for breast cancer held in a database in the US. The results of the latest tests on BreathLink show it has similar diagnostic power to a mammogram, but women don't have to undress and are not exposed to X-rays.



Menssana's BreathLink technology being tested at Maastricht UMC

The results also come through within 10 minutes, instead of two weeks. Dr Roy Lalisang, who tested the machine at the University of Maastricht Medical Centre in Holland, says further tests are required, but it could be ready for service in the next couple of years. BreathLink could also, potentially, be used to test for tuber-

culosis.

Another company, Owlstone, also hopes to bring a device to market in roughly the same time-frame, which would be used to screen patients for bowel cancer and other digestive diseases. Called Lonestar, this device would prevent some patients having to undergo an uncomfortable colonoscopy.

As well as screening patients, medical sniffing devices can potentially be used to monitor the patients, as well as screening them. Krishna Persaud at the University of Manchester has been testing one that monitors victims of severe burns for signs of infection - if his e-nose sniffs an unwelcome odour, doctors can react immediately, instead of waiting three days for the sample to be analysed in a lab.

A long-term goal for the sector is to get easy-to-use diagnostic tools into the home... and into our pockets. With the ever-growing sophistication of mobile phones - some of the latest models have temperature and humidity sensors - the idea of routinely breathing on to your phone to check for disease is not science fiction. The chip already exists, and getting it into a phone is straightforward engineering or electronics, says Billy Boyle of Owlstone, which was a recent runner-up in a competition sponsored by Nokia.

For lots of patients these new tools cannot arrive in hospitals and doctors' surgeries too quickly.

Roy Lalisang says that since the results of the BreathLink study were published last Wednesday his phone has not stopped ringing - most of the callers being women who are sick of getting prodded and pumelled in mammograms.

"In my daily practice, I so frequently hear from women who have to undergo mammography," he says. "They say, 'Oh, when is the next one? In one year? Is it really necessary because it's so painful!' I always say: 'If men had to undergo this examination they would have found another test many years ago.'

"Women will not undergo mammography if this is a comparable screening test."

*Mats Olsson spoke to Health Check on the BBC World Service. Listen to the programme on iPlayer or get the Health Check podcast.*

<http://www.bbc.com/news/magazine-26472225>



## 'Lazy' Mailman Hid 44,900 Pieces of Mail

*Continued from page 1*

Morse, who had been a letter carrier for five years, was sentenced by Chief U.S. District Judge Joseph McKinley Jr. to six months in jail followed by six months' home incarceration for destroying, hiding and delaying the delivery of U.S. mail.

Federal sentencing guidelines called for him to get a two-year sentence, but McKinley gave him less because he didn't steal from the mail and only a few of the 250 mail recipients on his route suffered financial losses.

McKinley also ordered him to pay \$14,808 in restitution to residents, a bank and two other businesses for their losses. He had pleaded guilty in December and was sentenced last week. The sentence was announced Tuesday.

U.S. Postal Inspector Adel Valdes, an agency spokesman, said the post office doesn't rank such crimes but "this was a big one."

The New York Post reported in March that a Long Island letter carrier had been charged with throwing about 1,000 pieces of mail into trash bins. In Australia, The Age in Victoria reported last year that a carrier for Australia Post was charged after about 10,000 undelivered pieces of mail were found in his bedroom.

Morse's lawyer, federal public defender Patrick Bouldin, said that his client was going through a divorce, was responsible for picking up his children during the day, and would "store" his mail if he hadn't finished delivering it.

"It's not that he was stealing anything from it," said Bouldin, who added that the missing mail represented only a fraction of the 1.2 million pieces Morse was responsible for delivering.

Valdes said the scheme was uncovered when the owner of the storage business found the door ajar,

saw U.S. Postal Service crates inside and called police and the postmaster.

But Patterson said police first found the mail in the mother's house, and that Morse initially insisted that it was the only mail he had stashed.

Morse also was convicted of theft in state court for cashing about \$31,000 in Social Security checks made out to his deceased mother, Patterson said, and placed in diversion for five years, according to the Hopkins County commonwealth's attorney's office.

U.S. Attorney David Hale said Morse dumped mail for two years, ending in March 2013, and destroyed at least 1,000 more pieces. Most were advertising circulars, Valdes (AT)said.

Sue Brennan, a spokeswoman for the U.S. Postal Service, said, "We take the sanctity of the U.S. mail very seriously, and the Postal Inspection Service and the Office of Inspector General prosecute to the fullest extent of the law anyone who violates that trust."

The National Association of Letter Carriers called Morse's case "an unfortunate, isolated incident" and said virtually all mail is delivered as intended.

Hale said the the mail recovered from Morse has been delivered to its intended recipients. Mayor Jenny Sewell said she could have done without one of the letters she finally received.

It was a bill from her dentist, for work she had a year ago.

<http://www.wtsp.com/story/news/weird/2014/04/24/lazy-mailman-hid-44900-pieces-of-mail/8085517/>



## Winter Holidays Around the World



*St. Nicholas Day*



This day is especially celebrated in Northern Europe on **December 6**. St. Nicholas was a protector of the weak against the rich and the strong. He was known for his kindness and for helping people in distress. He is often said to be the patron saint of unmarried girls, children and sailors. St. Nicholas is treated like Santa Claus, and in fact is thought to be Santa Claus' original name. Children place boots on their windowsills or at the fireplace so that St. Nicholas can fill them with candy. However, the boots of naughty children was filled with coal, so that they can learn from their mistakes.

*St. Lucias Day*



This is a winter holiday celebrated on **December 13** in Sweden in honor of St. Lucia, who lived in the third century and is regarded as the patron of light. In Sweden, the St. Lucia's day is seen as the start of the Christmas celebrations, although it is not a part of Advent. On this day, young girls bedeck themselves in white colored long dresses with red sashes, and wear a wreath made of lit candles on their heads. They sing songs in order to wake their families up and bring them twisted saffron buns, known as 'Lucia cats' and coffee.

*Bodhi Day*



This is celebrated by the Buddhists on **December 8** in commemoration of the enlightenment of the Buddha. Before the enlightenment, Siddhartha Gautama (earlier name of Buddha) is said to have undergone extreme ascetic practices and yet continued his meditation under the Pipal tree. He continued with his meditation till He was able to find the cause of suffering and how to liberate a person from it. This is considered the most important holiday for the Buddhists.





### Boxing Day



### Las Posadas



### Hogmanay



Also known as **St. Stephen's Day**, is celebrated the day after Christmas. On this day it is common to give gifts to the poor and needy. In some places, there is also the tradition of gifting people in service positions. The traditions followed in different parts of the world are different. In countries like New Zealand, Canada, Australia, Britain, etc., it is jokingly often referred to as 'Shopping Day', for there are great items for grab at discounted prices. There are various sporting events, which especially take place on this day. Hunting has been a tradition, which has been a part of celebration on this day. Although this practice is now discontinued owing to the ban on hunting in most parts of the world.

This is a traditional **winter holiday** celebrated in Mexico, Guatemala and Southern parts of United States of America, between December 16 and December 24. The nine day celebration symbolically represents the months of pregnancy. In English, the term Las Posadas translates to 'the Inn', therefore is a re-enactment of Joseph searching for a room at the inn. Hence, every Christmas, there is a procession carrying a doll, which represents Christ as a child and the images of Mary and Joseph riding a small donkey, which goes through the streets. Many houses have a nativity scenes, where the hosts enact the roles of innkeepers.

This is a Scottish word which means **the last day of the year** and is basically celebrating the New Year, according to the Gregorian calendar, in the Scottish way. It begin on the night of December 31, lasting all through the night and carrying on until the 'Ne'erday' or January 1, and sometimes even carrying on to January 2, which is a bank holiday in Scotland. The customs associated with Hogmanay are different for different parts of Scotland. There is the fireball swinging custom in Stonehaven, in north-eastern part of Scotland, burning of the clavie common to Burghead in Moray, etc.



### Japanese New Year



New Year celebration is one of the most major events in Japan. New Year's Eve is known as **Omisoka** in Japan. The Japanese spend a lot of time shopping and cleaning their houses in preparation for the new year. This symbolizes getting rid of the past and starting afresh. The celebration on the New Year's day itself is known as Shogatsu. The Japanese decorate their houses and give their children gifts of toys and money and greeting cards to friends and family. There are certain delicacies, which are a part of the festive spread, like fish cakes, boiled seaweed, mashed sweet potato with chestnut, soybean preparation, etc. At the stroke of **midnight on the 31st December**, there are bells ringing in the Buddhist temples for a total of 108 times. After the ringing of the bells, there is a feast of soba noodles, which everyone partakes.

### Diwali



**Diwali** is also known as the festival of light is celebrated at **the start of winter** in India, Nepal, Malaysia, Singapore, Sri Lanka, Myanmar, Mauritius, Guyana, Trinidad and Tobago, Suriname, Fiji. It is one of the most important festival of the Hindus, which is celebrated over a period of five days, which are named as Dhanteras, Narak Chaturdashi, Lakshmi Puja, Padava and Bhai Dooj. Each of these days has its own significance. Before the start of the festival 'spring' cleaning is undertaken, which is done to welcome Goddess Lakshmi (the Goddess of Wealth). Rows of clay lamps filled with oil are lit, which stands for good winning over evil. Crackers form an important part of the Diwali celebrations. It is said that bursting of crackers helps in driving the evil spirit away.

### Hanukkah



Also known as **Channukkah** is a 'Festival of Lights'. This is one of the most important Jewish holidays, particularly due to the significant connotations of its proximity to Christmas. The history of this festival chronicles the Jewish people celebrating the revolution against the suppression and assimilation of the Jewish religion. It is **an eight night and day long holiday that begins on the 25th day of Kislev**, according to the Hebrew calendar, with the menorah, or eight candles, being lighted up. On the first day only one candle is lit on the first day and the number increases with each passing day. Other than the eight lights, there is one light known as shamash, which is placed above the eight lights. This light is available for use, as the other lights cannot be used.



### Lunar New Year



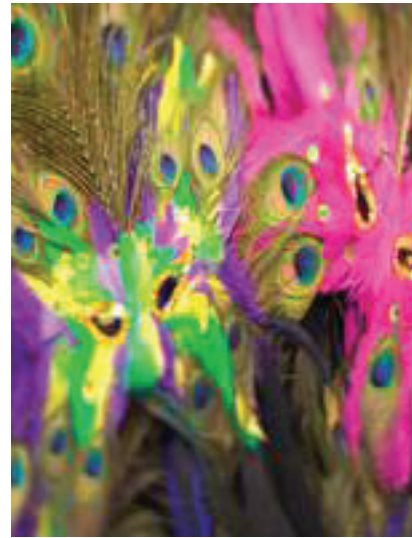
This is two-week winter holiday celebrated in the latter part of January or early part of February, or during the first lunar moon, by the Vietnamese, Koreans, and Chinese. In China this celebration is called Spring Festival, where it marks the end of the winter season. It starts on the first day of the Chinese New Year and ends after fifteenth day, when the Lantern Festival is celebrated. The Korean New Year falls on the second new moon following the winter solstice. This celebration lasts for three days and is primarily a family oriented celebration. In Vietnam, like in China it heralds the arrival of spring. It is based on the Chinese calendar. Practices that are common to this celebrations are visiting friends and family, worshiping the ancestors, exchanging gifts, etc. People wear their best clothes and exchange gifts and food during this period.

### Kwanzaa



Literally meaning 'First Fruits', this has its basis on an ancient harvest festival of Africa which celebrates ideals like collective responsibility and work; self-determination; co-operation; purpose; creativity; faith; and unity. The celebration starts from December 26 and culminates on January 1, during which time African-Americans bedeck their homes with vegetables and fruits, don special clothes, and light the 'kinara' which is a special candle-holder. There are also other symbols, which are a part of the celebration namely corn and other crops, gifts, a poster of the seven principles (mentioned above), a black, red and green flag and a communal cup for pouring wine (or alcoholic beverage). Families wear traditional African clothes and pay their respects to ancestors along with the children of the family.

### Mardi Gras

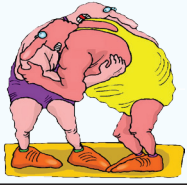


Which is actually 'Fat Tuesday' in French and 'Fasching' in German, occurs one day prior to Ash Wednesday, and is also known as 'Pancake Day' or 'Shrove Tuesday'. Mardi Gras is the last day of Carnival, which begins twelve days after Christmas, hence is also referred to as Twelfth Night, which falls on January 6 and ends on Mardi Gras day, exactly forty-six days before Easter. It is said to be the last day of eating some fatty foods, with the fasting season of 'Lent' beginning the next day. Some of the cities that are most famous for celebrating Mardi Gras are: Rio de Janeiro in Brazil; Marseille in France; New Orleans in Louisiana; Italy; and Venice. However, in Milan, Mardi Gras is celebrated on the Saturday following Ash Wednesday.

<http://www.buzzle.com/articles/winter-holidays-around-the-world.html>



# Parrot Warbling



## Grappling with Grammar

### Confusing Words:

#### *Bring and Take*

The very common verbs **bring** and **take** are sometimes troublesome for learners of English. One reason this happens is because **bring** and **take** have almost identical meanings but are used for different "**directions**" in English: **bring** shows movement toward the speaker, but **take** shows movement away from the speaker.

If A needs something and wants B to get it and carry it **to** him or her, A says, "Could you **bring** \_\_\_ **to** me?" (or "Could you **bring** me \_\_\_?").

If A has something and A wants B to get it and carry it to C, A says, "Could you **take** \_\_\_ **to** C?" (B then takes \_\_\_ from A and takes it to C.)

#### EX:

- Please take the baby from her bed and bring her to me.
- If you want some tea, I'll be happy to bring a cup to you.
- If you're finished with your tea, I'll be happy to take your cup to the kitchen.
- I'll be happy to take the cup from you and take it to the kitchen.
- You father is in his office and his mail just came.
- Could you please take it to him? He's expecting you to bring it to him.

<http://www.eslcafe.com>



### Idiom--Attic

#### Common Idioms

Some idioms use color words to convey other meanings. For example, there are several that use the word "blue:"

- "The blues" can refer to both a style of music and feeling sad.
- If something occurs rarely, it is said to happen "once in a blue moon", because a blue moon is two full moons in one month, which doesn't happen often.
- "Out of the blue" means something happens that was unexpected.

<http://examples.yourdictionary.com/idiom.html>

### Beak Speak

#### B and P Sounds

**B** and **P** are made with the lips closed. **B** is a soft sound. **P** is a stronger sound with the air pushing out. In everyday speech, the difference is slight. Usually **B** or **P** will be understood based on the context or overall meaning.

If you struggle with hearing the difference, know that people will not think that you have an accent based on **B** and **P** sounds. However, it may be important to **practice the difference between these sounds** to improve your own listening skills:



big	pig		cab	cap
bent	pent		gab	gap
bin	pin		bower	power
bill	pill		brick	prick
best	pest		blight	plight
bay	pay		blank	plank
bear	pear		blush	plush
robe	rope		bound	pound
rib	rip		breach	preach
mob	mop		brim	prim

<http://www.speakmethod.com>



# Some More Parrot Fun Stuff

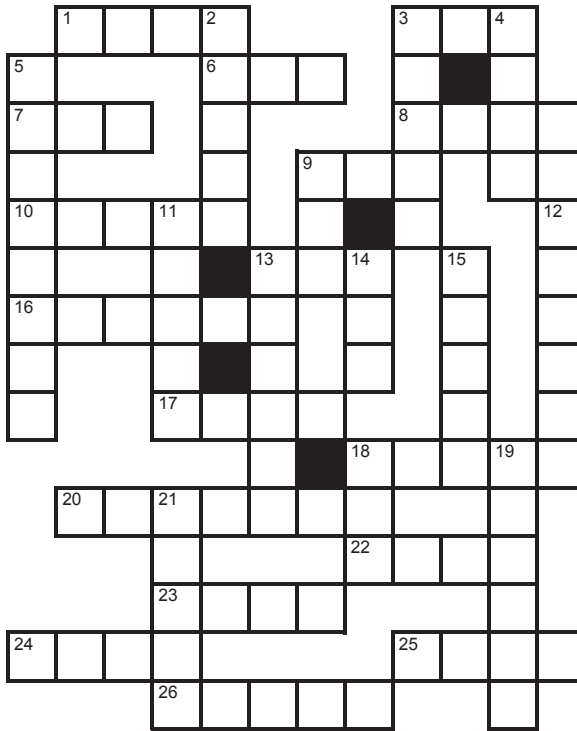
## Geometry Wordsearch

Find and circle all of the Geometry words that are hidden in the grid.  
The remaining letters spell a secret message.

R	A	D	I	U	S	E	Q	U	I	L	A	T	E	R	A	L	E	P	Y
E	C	A	F	S	A	R	O	G	A	H	T	Y	P	T	P	H	L	A	G
O	R	R	H	O	M	B	U	S	E	P	T	O	O	T	O	N	C	C	D
A	E	L	G	N	A	I	R	T	R	E	C	B	L	N	L	O	R	H	I
C	O	N	G	R	U	E	N	T	A	R	E	T	S	E	Y	I	I	O	O
E	T	U	C	A	V	E	R	E	H	P	S	U	S	M	G	T	C	R	Z
L	I	V	O	S	E	E	E	D	D	E	I	S	U	G	O	A	P	D	E
M	R	I	N	N	N	G	T	Q	R	N	B	E	C	E	N	U	O	S	P
H	A	A	E	E	R	E	S	E	U	D	I	I	X	S	T	Q	L	E	A
H	R	R	L	A	R	E	T	A	L	I	R	D	A	U	Q	E	Y	T	R
T	T	A	G	E	M	E	T	C	C	C	A	E	L	N	T	H	H	A	T
I	C	C	S	O	M	E	Y	E	U	U	U	N	R	E	Y	Y	E	N	M
S	S	A	E	I	L	L	H	M	M	L	P	F	G	P	G	B	D	I	I
S	B	O	R	S	I	E	F	T	T	A	O	Y	O	U	E	S	R	D	D
E	S	E	S	N	R	E	L	H	O	R	I	T	R	E	L	S	O	R	P
C	P	O	D	C	R	E	G	L	M	P	E	D	M	A	Q	A	N	O	O
A	F	E	L	E	E	I	T	U	A	N	A	U	N	U	M	O	R	O	I
N	R	R	N	I	E	L	L	N	U	R	L	T	A	E	C	I	H	C	N
T	R	C	I	H	D	A	E	S	I	O	A	R	S	I	D	E	D	S	T
V	E	R	T	E	X	S	E	S	V	T	E	P	M	E	R	O	E	H	T

ACUTE	EQUATION	PERIMETER	SLANT
APOTHEM	EQUIANGULAR	PERPENDICULAR	SLOPE
AREA	EQUILATERAL	POLYGON	SOLIDS
BASE	FACE	POLYHEDRON	SPHERE
BISECT	FORMULA	PYRAMID	SQUARE
CHORD	HEIGHT	PYTHAGORAS	THEOREM
CIRCLE	HYPOTENUSE	QUADRILATERAL	TRANSVERSAL
CIRCUMFERENCE	INTERSECT	RADIUS	TRAPEZOID
CONE	ISOSCELES	RHOMBUS	TRIANGLE
CONGRUENT	LEGS	SCALENE	VERTEX
COORDINATES	MIDPOINT	SECANT	VOLUME
CYLINDER	OBTUSE	SEGMENT	
DIAMETER	PARALLELOGRAM	SIDE	

# Parrot Crossword



## Down

- 2 The antonym of clean. (5)  
 3 Another word for big. (5)  
 4 The opposite of east. (4)  
 5 A kind of fish that begins with G. (8)  
 9 A drink that rhymes with sea. (3)  
 11 The antonym of big. (5)  
 12 Another word for scary. (6)  
 13 A kind of fruit that begins with B. (6)
- 14 A pet that rhymes with log. (3)  
 15 A farm animal that rhymes with sleep. (5)  
 18 A farm animal that rhymes with pen. (3)  
 19 A kind of bird that begins with P. (6)  
 21 The opposite of wrong. (5)

## Word Skills

### Across

- 1 A flying animal that rhymes with word. (4)  
 3 The opposite of high. (3)  
 6 Another word for sick. (3)  
 7 The opposite of young. (3)  
 8 A type of flower that begins with R. (4)  
 9 Another word for pull. (3)  
 10 A kind of flower that begins with D. (5)  
 13 The antonym of good. (3)  
 16 A type of lizard that begins with I. (6)  
 17 Another word for jump. (4)  
 18 Another word for glad. (5)  
 20 A synonym for trash. (7)  
 22 The opposite of far. (4)  
 23 A farm animal that rhymes with boat. (4)  
 24 An animal that rhymes with dish. (4)  
 25 The antonym of fast. (4)  
 26 A synonym of sleepy. (5)



## The Garden

There is a fenceless garden overgrown  
With buds and blossoms and all sorts of  
leaves;  
And once, among the roses and the  
sheaves,

The Gardener and I were there alone.  
He led me to the plot where I had thrown  
The fennel of my days on wasted ground,  
And in that riot of sad weeds I found  
The fruitage of a life that was my own.

My life! Ah, yes, there was my life, indeed!  
And there were all the lives of humankind;  
And they were like a book that I could  
read,

Whose every leaf, miraculously signed,  
Outrolled itself from Thought's eternal  
seed.

Love-rooted in God's garden of the mind.

Edwin Arlington Robinson

## Rigoberto's Riddles

When I am filled, I can point the way;  
When I am empty, Nothing moves me.  
I have two skins,  
One without and one within.  
What am I?

*A glove.*



## Silly Vasily's Chuckle Chamber

*The story of the bats*



Two vampire bats wake up in the middle of the  
night, thirsty for blood. One says, "Let's fly out of  
the cave and get some blood."

"We're new here," says the second one. "It's  
dark out, and we don't know where to look.  
We'd better wait until the other bats go with us."

The first bat replies, "Who needs them? I can find  
some blood somewhere." He flies out of the cave.

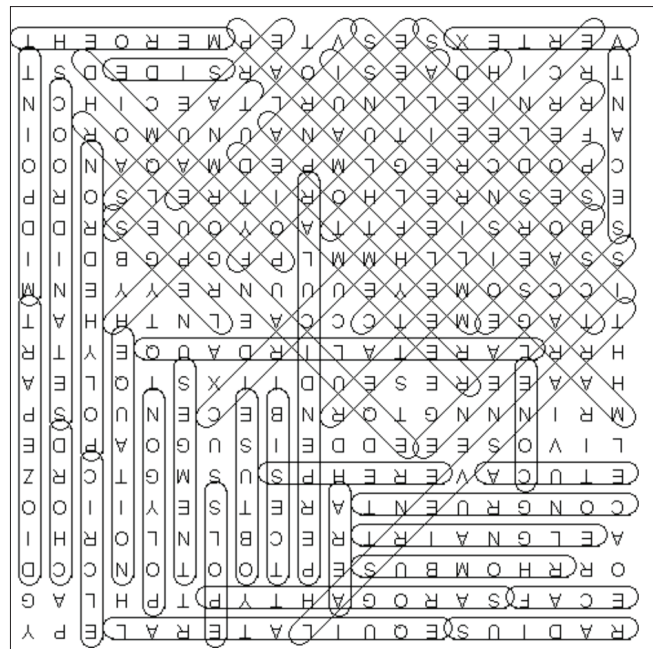
When he returns, he is covered with blood.

The second bat says excitedly, "Where did you get the blood?"

The first bat takes his buddy to the mouth of the cave. Point-  
ing into the night, he asks, "See that black building over  
there?"

"Yes," the other bat answers.

"Well," says the first bat, "I didn't."



## Granny Noetal

*Dear Granny Noetal,*

I am a first-semester student and I can't believe how quickly everything goes. My professors expect me to learn so quickly and do all the homework. I can't seem to relax because I have children and a part-time job. How can I find some stress-relief here on campus? Are there any places I can go or things I can do? Help!

*Respectfully,*

*Marta Estresada*



tutoring services offered here at ARC. They are here to help you every weekday and would most likely help relieve some of the stress you are having from school. They can help you stay up with the workload in class, and, in addition, also make sure you have a full grasp of the concepts. As people say, when you are stressed out, "try to find your happy place." You can also achieve this at school. Maybe find a certain tree you like and whenever you feel stressed out about school, take a little break to sit under that tree and just breathe; it will take that heavy weight of stress off your shoulders and you will be able to calm down, even if it's only for a little

while. Another thing you can do is maybe take a walk around campus. People watching is always fun. Walking through campus will not only help clear your mind, but also will give you energy for later on. In the end, we all know school can be stressful at times, especially if you have children and a part-time job, so if you remember to follow my tips, you'll hopefully have a more stress-free life and be able to focus more on other important things.

*Sincerely,*

*Granny Noetal*

*Dear Marta,*

Transitioning into a new school with a completely new schedule is a challenging thing that everyone has to go through in their lives, so don't worry, your situation is no different! The first thing I would suggest is getting a planner. This way you are able to have a neat and organized schedule to look at all the time. Write out all the times you have class, studying time, as well as your work schedule. This way, you know exactly when you can have time to relax. Another thing I would do if I were you is utilize the

### Matt Cone: Keeper of the Clean!

*Continued from page 1*

**Parrot:** So your're pretty good then? Hahaha!

**Matt:** Yes. Hahaha!

**Parrot:** How long have you been working at ARC?

**Matt:** I think full time it's like 16 years.

**Parrot:** Wow that's a long time!

**Matt:** Yeah it may be 17, I can't really verify....Let's

see I was hired in July 1998, July 1st, 1998. I worked as a sub for a year-and-a-half before that.

**Parrot:** What is the best part about working here? Are there any benefits?

**Matt:** I like to work with people, so this is probably one of the best places to do that.

**Parrot:** So you like to interact with people?

**Matt:** Yeah, interact with them.

**Parrot:** Just as in any other job, there are negatives.





What don't you like?

**Matt:** My hours used to be bad; now they're a lot better. I used to have to work super late at night, but other than that, I can't really think of anything.

**Parrot:** Do you do anything besides this right now, workwise?

**Matt:** No, I have two children. That's a full-time job right there.

**Parrot:** What is the hardest challenge you've had working here?

**Matt:** Probably when I was a sub, I worked the graveyard shift.

**Parrot:** Isn't that a little creepy?

**Matt:** Totally, yeah. It wasn't that good. It was hard for my body to adjust to the hours. I also didn't really like the late night shift or graveyard shift because I like interacting with people, and when you work that late at night, there isn't anyone but your coworkers to communicate to.

**Parrot:** What qualities do you think custodians should display while working?

**Matt:** They should be professional about their job and be able to interact with people, and always be willing to help.

**Parrot:** Have you ever had any other jobs? If so, explain.

**Matt:** Yes, I have. I've worked at McDonalds, at a cemetery, Chuckee Cheese ... I was actually Chuckee.

**Parrot:** Really?

**Matt:** Yeah, and then also at a 76 gas station. Wait, also I did lawn maintenance for a landscaping company. I did all kinds of stuff.

**Parrot:** So you worked at a cemetery, what was that like? What was your specific job?

**Matt:** Well, it wasn't really a creepy job. I just worked on maintaining the grounds, and I also worked on

digging in the grounds. That was pretty much the extent of my job there.

**Parrot:** Is your career different than what you had imagined in school or college?

**Matt:** I never went to college actually. So no I never really figured out what I wanted to be until I landed this position, and this is fine. I just figured it out through my jobs as well.

**Parrot:** What's your favorite thing to do when you're not working?

**Matt:** My favorite thing to do is hang out with my kids, do father things now.

**Parrot:** How old are your kids?

**Matt:** I have a six-year-old and a three-year-old. They're a handful.

**Parrot:** What made you choose this job?

**Matt:** I had a friend that recommended it. It's kind of funny; my grandfather who already passed, worked with this guy. And my friend mentioned the job; that's how I figured out about it. I went through a few interviews before landing the job.

**Parrot:** Nice. Okay, last question. Is there anything else you would rather be doing in life right now?

**Matt:** You know what? I think things are going pretty well right now. I am content.

**Parrot:** You're happy with everything?

**Matt:** Yeah, things are going pretty well. My goals for the future are saving for retirement. As you get older and you go through your jobs, if we don't look forward to the later retirement years, you're not going to have enough put away to live comfortably. So that's kind of where I am at right now.

**Parrot:** Well thank you for letting us interview you!

**Matt:** No, thank you!

*Emma Jaques*

## What Did You Leave Behind in Your Native Country When You Moved to the United States that You Wish You Had Brought With You?



**Tetyana Babych:** *"It isn't an easy decision to move to other country to live. It may be your own decision or events beyond your control. In my case, I made the decision to move to the USA by myself. My future husband was the reason for this decision. When we met, he lived in the USA. I left my family, my friends, and my career to be with a person who unexpectedly I met on my way."*

**Daniel Huerta:** *"When I moved to the United States three years ago, I wish I had brought my pillow, clothes, and some pictures of my family and friends. The pictures that are the most important for me are when I finished my high school. I forgot pictures of my graduation. When I arrived here, I tried to buy new pillow, but it was not the same. My old pillow was the first pillow that my mom gave me when I was a little boy."*



**Ana Cecan:** *"When I moved to the USA, I left a lot of things that I wish I had brought with me. I left my lovely family, my best friends, and my beautiful cat. I miss them so much! I don't regret the things that I left, just about people and cat."*

**Abdrahman Senoussi:** *"I wish I could have brought the Holy Mosque from Makkah, Saudi Arabia. It is a place which we believe as Muslims that is God's house on the earth. I had a spiritual experience there. I was visiting there to pray five times a day. Muslims from everywhere come to this place to pray and make Limra and Hajj. We feel relaxed and peaceful when we go there. The best and happiest time for me was when I woke up early in the morning and went there."*





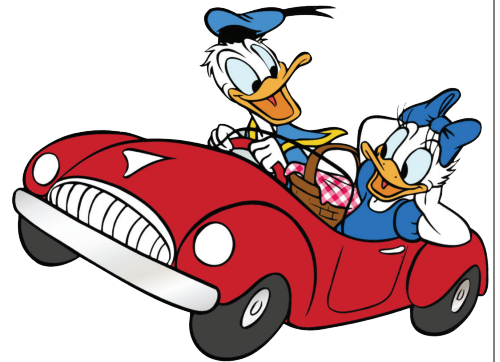
**Nasimeh Mashhadi:** *"I wish I could had brought my memories notebook. It is important for me because my friends at high school wrote poems, best things, and wishes for my life every year. But my ex-husband took it from me and said, "You don't need that notebook; it is not important". He thought I was crazy."*

**Stepan Misiruk:** *"I had an apartment, so I would like to bring it here, because the rent here is very expensive."*



**Amar Mira:** *"I wish I had brought some of my clothes, and some of my books. I still have them in my old room, but I could not bring them."*

**Seungeun:** *"I arrived in the United States with my husband and my daughter in May 17, 2005. We still talk about our favorite things. I miss my furniture and a car."*



**Ivonne Lukas:** *"When I left my country Mexico and moved to the United States, I left my family, my customs, and, my friends. But I met my husband and now, I'm here. The United States has been and continues to be a nation of immigrants. One of the most common reasons why foreign nations immigrate to the United States was my principal reason that I'm here. Now I have a beautiful family and three kids and I love this country."*



## Out of the Cage



Friday, December 5, 2014

### Applied Music Student Recital

12:00 pm noon

The ARC Music Department is proud to present our Applied Music Students in recital.

Admission is free to this event.

For more information, contact Dr. Dyne Eifertsen, 484-8676.

**Location:** Room 547 of the music department

### ARC Jazz Combos Showcase

7:30 pm

The ARC Jazz Collective and several jazz combos, directed by Dr. Dyne Eifertsen, will perform a concert of original songs and jazz standards.

Ticket prices are \$8 General, \$5 Student/Senior.

For more information call Dr. Dyne Eifertsen at (916) 484-8676.

**Location:** Room 547 of the ARC Music Department.

### ARC Choirs - "Sing We Now Of Christmas"

Tuesday, December 9, 2014

7:30 pm

The ARC Chamber Singers and Concert Choir present their winter choral concert, Sing We Now of Christmas. The beginning of the concert will include chant, carol settings, and classical works.

Tickets are \$6 students/seniors; \$10 general and are available at the box office 30 minutes prior to the performance.

For more information, please contact Dr. Ralph Hughes at (916) 484-8357.

**Location:** the ARC Theater

Thursday, December 11, 2014

### ACE (Accelerated College Education) Program Information Session

6:00 pm - 7:00 pm

Come learn about all the ACE program has to offer. The ACE program is designed for working or busy students who wish to complete general education classes towards an Associate's degree and transfer. Students in the ACE program are part of a cohort that takes two classes every 8 weeks; these classes meet one evening per week and Saturdays for a total of 12 units each semester. If you are interested in joining the ACE program you must attend one of the Information sessions.

**Location:** ARC Natomas Center in room N103 ARC Natomas Center, 2421 Del Paso Road, Sacramento, CA 95834

### New Cohort to Transfer Program!

4:30 am - 5:30 am

Do you want to get your Associates Degree for Transfer in just 2½ years? Then come learn about the NEW Cohort to Transfer program being offered at the Natomas Center starting spring 2015. The Cohort to Transfer offers a 2 ½ year course plan (including summers) for students to complete all general education and major classes needed for an AA-T in Psychology and Sociology. As part of the Cohort to Transfer you will take 12-15 units a semester of daytime classes with the same group of like-minded students and be guaranteed your classes within the program each semester. Please attend one of the information sessions to learn more and enroll in the Cohort to Transfer.

**Location:** Natomas Center room N203



### Questions/Comments?

Student Editors: Olga Cuzeac and Emma Jaques.

Please let us know what we can do to improve "The Parrot." We appreciate any and all feedback you are willing to give us. Send us an e-mail, call, or just drop by Professor Bracco's office D337 (Davies Hall), call (916) 484-8988, or e-mail [Braccop@arc.losrios.edu](mailto:Braccop@arc.losrios.edu). To see The Parrot in color go to [http://www.arc.losrios.edu/Programs\\_of\\_Study/Humanities/ESL/](http://www.arc.losrios.edu/Programs_of_Study/Humanities/ESL/)

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