

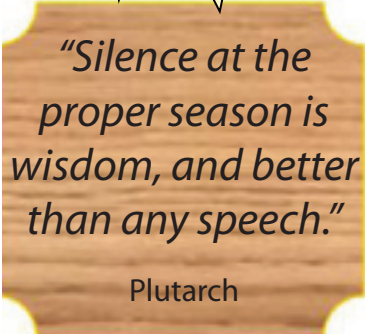


# The Parrot

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

Issue # 92

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## Carol Culian: Tutorial Services Assistant for Math Multimedia

**Parrot:** What made you choose to be a tutorial services assistant?

**Carol:** My background is teaching so this was something that was somewhat a logical fit for me. I like helping people out. That's part of it in order to do what I do.

**Parrot:** Do you do anything else besides supervise tutors?



**Carol:** My duties, my job, is to be the teacher of tutors, but I also help behind the counter. This is an online math classroom to help students learn math on the computer program called "My Math Lab". I do hiring and scheduling of tutors.

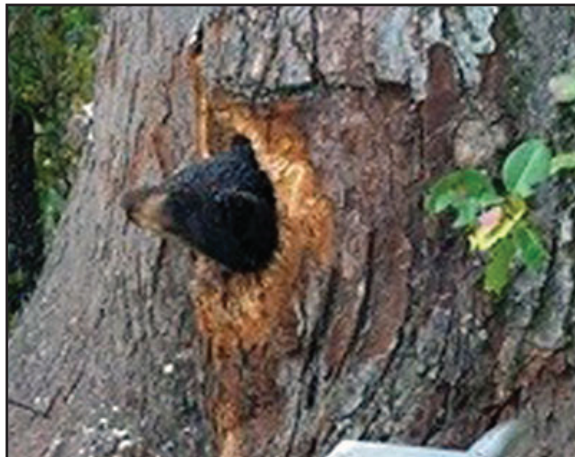
**Parrot:** What is your goal in your career?

*Continued on page 21*



## Firefighters Help Free Two Little Bear Cubs Trapped Inside a Tree

A cabin owner in Milltown, Wis. was alerted to two cubs in distress last weekend when she heard some desperate cries in a wooded area nearby. When she arrived



(Wisconsin Department of Natural Resources)

to the source of the sound, she noticed a little snout poking out from a hole in a tree trunk. Not knowing what kind of creature it was, or if it was truly

*Continued on page 21*

### Inside this Issue

- Zhulebino Forest Park . 2
- Friction ..... 3
- Let Us In..... 4
- Wedded Miss..... 5
- Men: Who Needs Them?..6
- Deaf Culture..... 8
- Working For WAC..... 9

## Student Chirpings

### Zhulebino Forest Park

There are a lot of places in my life which will stay in my memory forever. For example, I can remember my parents' house with the warm and friendly atmosphere, my own small room with hot pink drapes and the same color sofa. I can also remember our summer cottage near a big lake with crystal clear water and a lot of fish where all my family had a good time together. In addition, I can remember my school and an enormous room with twenty-foot-high windows, rows and rows of desks with hinged tops that you lifted to store your books inside, and mahogany panels on the walls. The school was founded in 1897, and the panels are engraved with the name of every person who graduated from the school. However, one place is especially memorable for me, Zhulebino Forest Park in Moscow.



I lived in Moscow for two years before I came to the US. I moved from Ussuriysk, the city where I was born. My friend Dina and I rented a room in a two-bedroom apartment on the outskirts of the huge capital of Russia. At that time I had a job as manager in a wholesale sanitation supply company. I used to commute one-and-a-half hours to my job by bus and then by subway. Moscow is a crazy, busy, and gigantic city with large masses of people, where you have no time for anything; all the time you are in a hurry. Zhulebino Forest Park was located near our apartments. It was an amazing place, like a piece of paradise. I loved it because I could only go there to escape from this entire bustle.

This forest park was like a real forest with a predomi-

nance of coniferous trees. There were narrow paths where people took a walk, ran, or rode bicycles. There were picturesque clearings, where people could barbecue, sit or lie on blankets, or just relax. There was one clearing with different swings. I liked to hear children laugh when their parents swung them. There was an atmosphere of kindness and peace. You didn't hear the noise of cars and the subway there. Instead you could hear a bird singing, the hum of grasshoppers and the swaying of trees. There was

something really important there that many people don't appreciate anymore.

I loved this forest park because it was the one place where I could relax. Dina and I often took a walk there after a long, hard day of work. One day we even made beautiful

wreathes from different flowers. In the summer time we also barbecued, and then lay on blankets and looked to the blue sky at the white clouds swimming and changing their forms. I liked to go home across this park. I needed forty five minutes to go on foot, although I could go by bus in 5 minutes, but it didn't matter to me because I could enjoy the fresh air, nature, and God's entire miracle.

There are a lot of famous sites in Moscow, such as the Kremlin, Red Square, St.Basil's Cathedral etc., but Zhulebino Forest Park is the best place in Moscow for me. I'll never be able to return to those apartments near my favorite forest park, but Zhulebino Forest Park will stay in my memory forever.

*Olga Strizheus  
ESLW50*

## A Relationship is not a Battleship

Speaking about the relationship between teacher and student, we should recognize the fact that a teacher is a human like you. It reminds me of a story, when one teacher complains to his co-worker that he got another stupid class. "I explained a theory to them, but they did not understand. I explained it for the second time – they still did not understand. I explained it for the third time, and even I already understood, but they still did not understand". That suggests teachers often don't care what they do and how they work. Because of that, there are several factors which cause problems between teachers and students.

The first cause of problems is having too much homework. It causes students like me to have a headache. The amount of homework that my teacher Mr. "Justen Case" gives me sometimes is ridiculous and unnecessary. My homework can cause stress, depression, and lower grades. As a result, I go to bed after three a.m. As a consequence, it makes my hair become grayer. In order to keep our hair its natural color, teachers should give us less homework. One day, when I had a lot of homework, but not enough time to finish it, my math teacher Mr. "Al Gebra" asked me to write an answer on the board. Instead of solving a math problem, I started writing an introduction to my essay for Mrs. "Ug Lee's" class.

The other problem is not enough explanation. Some of the teachers, except mine, try to give us more homework instead of explaining the

material better. One of my teachers tried to explain the alphabet to us, and when we were studying the letter "O", he wore an ostrich costume and was running around the class. Because of that I will never forget the letter "O". Unfortunately, some lessons are very boring. Therefore, I often have to take a nap during that class in the back row.

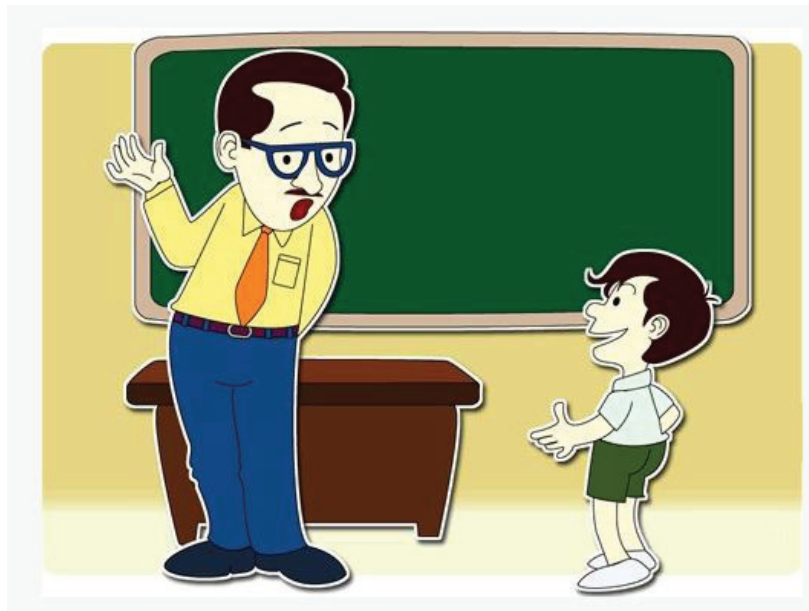
The last cause of friction between teachers and students is a lack of respect from students for teachers. Some students start to eat during a class.

It's not a regular silent food, such as gum, candies, or snacks. It may be a carrot, bananas, and sandwiches in noisy packages. Some students sometimes let themselves talk loudly and walk around the class while the teacher is speaking. Famous students, such as Paris Hilton, can come to class with a small dog. One day I

wanted to bring a little crocodile to my class, but because of my respect for the teacher and fear of jail, I didn't do that.

There are several causes of friction between teachers and students. In my opinion, some of them are easy to solve. The relationship between teachers and students needs to be respected by both sides. So teacher, if you are reading this, could you please not get so excited about homework next time? Otherwise, I will bring my crocodile, which has already grown up, to class...

*Andrey Arakelyan*  
ESLW50



## Should The US Government Make It Easier For People to Immigrate to the US?

Almost everyone desires to immigrate to the US because this is a country of great opportunities and wonderful lives. But, as a matter of fact, it's not very easy to get here. So, in my opinion, the US government should make it easier for people to come to the US, and my opinion is based on the following three ideas.

First of all, I'm for making it easier to come to the US because people can reunite with their families or loved ones. There are a lot of people in the US who are alone, meaning that their families are back in their country. This is not easy when you have to battle with all the problems which come your way. In these situations you seek support which can't be given better than by your family. For example, I'm in the same situation. I don't have anyone from my family here in the US, and I would desperately like to have my family here. It's true that I love everything about the US, but I miss only one thing and this is my loved ones. Therefore, to have your family here might be a strong reason why the US government should make it easier for people to immigrate to the US.

Secondly, many other people can have the opportunity of getting a better life. The US is that great country which embraces all those people who live ugly lives in their own country. I love this about the US. That's why I believe that making it easier to immigrate to the US may make many others' lives better. For instance, there are many people who live poorly in their country, women who are harmed by their husbands, people who live in countries where

there is war, and people who are persecuted for their religion. So, by making it easier for people to immigrate to the US, many others could get a better life.

The last reason to make it easier to come to the US is to learn English.

There might be people who were born with a passion for English, and there isn't any better way of learning it than in its own country. For example, I have a friend who started to catch on to English from an early age, and she decided to come to the US to learn

English. It's a great idea to learn English in the US because you can hear the right pronunciation and expressions, and you may become fluent faster. In conclusion, if the US government would make it easier for people to come to the US, more English lovers would be able to learn English.

In conclusion, I believe that the US government should make it easier for people to immigrate to the US because many people can be reunited with their families, people can get a better life, and people can learn English. Many more people can share their happiness and sadness with their loved ones. People will most likely get rid of their ugly lives and start a better one and people may also learn English here. So, having this opportunity is a great thing and many more faces could smile.

*Maria Bostan*  
ESLW50



## Problems that Young Couples Have

Living as a couple is not easy for a lot of people while for some others it is. However, the reality with young couples is worse than for old couples. Young couples need to deal with too many problems that old couples have already resolved over the years. Have you ever heard old people say that young couples need to learn from their own experience? I have and I agree with them. They need to learn about their mistakes and improve and overcome them. My husband and I are a young couple and we are still dealing with economic and adjustment problems. We need to work on these problems every day. We are trying to get over things like this to improve our marriage. There are three types of problems that young couples have: emotional, family, and economic problems.



One type of problem that young couples have is emotional problems. Spouses have different emotions and feelings. Jealousy is a common feeling that young couples usually have. It is because they do not have much time together and they don't know how to confide in each other. I see this problem with my brother and his wife. They are fighting all the time because his wife is so jealous. My brother cannot turn anywhere when she is near him and more so if there is another woman nearby. She always complains about everything. Another example of emotional problems in young couples is insecurity about their relationship. Sometimes they are not sure if they want to be the rest of their life with the person who is beside them. They are confused about spending a long life with the same person. While for old couples there is not enough

time in life to spend with the love of their lives, for younger couples they are sometimes not sure about to spend their lives with each other. Fear about their new life as a couple is something that many young couples experience too. Sharing their feelings, their intimate secrets, their emotions, etc. are some traits that they are not ready emotionally to deal with. They really need time to overcome those fears and problems.

Another type of problem that young couples have is family problems. Usually when we talk about young couples, we are referring to persons who have a few years of marriage or are in a relationship. This implies dealing with the family of the other person. A bond with a new family is not easy for any of

them. Every person and family has their own beliefs and behavior. It is very hard to accept a new member in the family. Sometimes the mother-in-law criticizes how her daughter-in-law dresses. If she dresses in a very short skirt, she is ashamed of her. If she doesn't clean the house or cooks how she is used to doing it, she is a lazy person. Things like this will always cause friction among all of them. Another characteristic that young couples show as a family problem is dealing with their kids. If the guys are young, they do not have much experience raising their babies. If they are not ready to deal with the problems and have a different kind of life, they will have too many bad moments. For example, sometimes young couples want to go to dance but they can't because of their babies. They feel frustrated and the relationship gets worse. They are young and they do not understand that

their life is not the same as when they were single. Accordingly, a relationship is very difficult for the first few years. Letting that other person tell you what is correct or not for the relationship or for you is not easy. Sometimes young couples think that their partners are trying to govern their lives and all the time fight about that problem.

A final type of problem that young couples have is economic problems. This is a problem that many people have but this usually causes many problems for young couples. Because many of them have not yet completed their studies, couples cannot make enough money to support their families. For instance, if they don't have money to pay their bills, to go to parties, to buy clothes etc., it creates a big frustration and bad mood between partners. A good example of this happened to my husband and me. In the beginning of the relationship we did not watch how we spent money and to be honest we were not rich enough persons to do that. My husband works in construction and I did not work. Our income was not enough at that time to support the luxuries that we wanted to have. We went to eat at different restaurants very often and we spent the money on different things. However, at the end of each month we were fighting because we did not have enough money to make our pay-

ments. Now we sometimes still have economic problems but not the same ones. We learned over the years how to save and how to spend our money. Sharing the money can be a big problem for young couples. It is very common that one of the couple doesn't want to share the money with the other person. If both work and earn income, sometimes they do not want to pool their money. When they need to pay their bills, they fight about who needs to pay more. It really produces a big problem between them. Learning how to save and share their money is one of the hardest things for young couples.

In conclusion, young couples have to deal with so many problems because they do not have much experience. Almost everything in the relationship can be a problem for them. It is because living like a couple is not easy in the beginning. Emotional, family, and economic problems are three common problems that young couples confront. If they do not work on these problems, it could end in divorce.

*Ana Valencia*  
ESLW50

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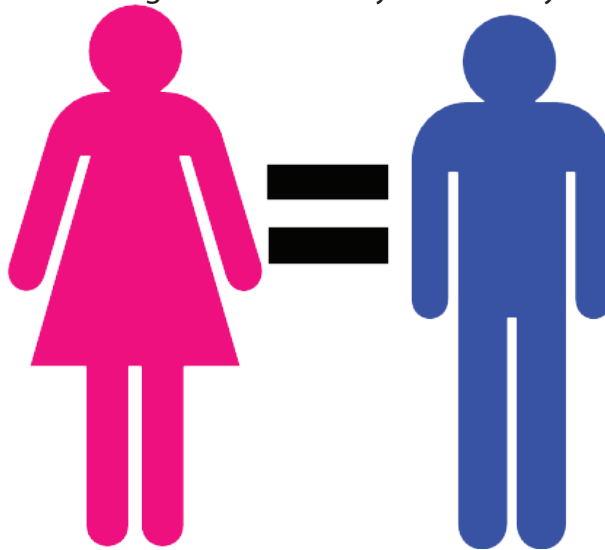
## Now That Woman Can Work And Vote And Drive, Men Are Less Important Than They Were A Hundred Years Ago

Now, since women have gotten their rights, they can do everything they want. Are they happy now? Today she doesn't have to wait for him to pick her up because now she can drive and she can go wherever she wants to. Today she doesn't have to ask a man about anything because she can do everything by herself. She doesn't have to worry about how she looks because today a man is not needed even to make kids. Unfortunately, men are

less important today than last century and there are three reasons why.

The first reason why men are not as important now as they were a hundred years ago is that women have too many rights now. Women were fighting for their rights and eventually they got them. But did they stop fighting? No, many of them keep fighting. They fight for money and for their independence. No wonder that men don't want to

have any business with women anymore. A friend of mine was married twice. He has four kids and no wife. The poor man spent half of his life fighting in a court and ended up paying almost all his money for child support. There is no way that that man will ever trust a woman again. Look what happened when my brother's wife got her driver's license. Before my brother and his wife went to work every day together. They had breakfast together, he had to wait for her if she had a late meeting and they were going to friends' homes together. I believe he felt needed. Now she doesn't have to worry about him always being late, she wakes up whenever she needs to, has breakfast by herself, goes to work by herself and comes back home any time she wants to. He doesn't have to worry about her either, because now she can take care of herself. Isn't it nice?



The second reason why men are not that needed anymore is women's ability to do all physical work. A hundred years ago it was not proper for a woman to fix the house or lift something heavy. Any woman would ask for help. Today many women choose different positions. They prefer doing something than asking somebody to do it. I guess it happens like that because very often men won't help. Maybe they know that now that women have all their rights, they will be able to take care of that too. Today many women fix their cars, fix their houses, clean drains etc. Some of them do that even better than some men. At the same time, I believe, every man wants to be needed and that whole emancipation doesn't make them feel any better.

The third reason why a man doesn't seem so important anymore is because women don't build up men's importance anymore. For some reason women prefer comfort to attraction. They say

they are not afraid to be single, which is not true, I think. But they make it look like that. Women don't care about their appearance, about their weight, or about their behavior. As an answer, men don't care about them. It is a well-known fact that in the company of beautiful women, a man feels much more confident and important. I remember when I was studying in pedagogical college, we had about ten guys in the whole college for a couple hundred girls. Those guys were participating everywhere. They were performing in every concert

because they had to make partners for ten different girls in every act. They were always helping with moving desks or tables and always helping with decorations. They were in charge of the hospice. As a result, they were so self-confident. I remember once one of them tried to flirt with me and I thought, "When did you last look at yourself in the mirror?" But I'm sure he didn't care because he knew that for

a bunch of girls he was irresistible.

Unfortunately, having all their rights, women don't realize that they are losing their real natural power over men. Since women are not helpless anymore, men have no reason to rescue them. There are three reasons why men are not needed anymore: women's rights, an absence of need, and an absence of desire to be with a man. However, from my own experience and looking around, I have come to the conclusion that women need men now more than ever, because now that women have all their rights, men are more unreachable than ever.

*Olena Kovalyova*  
ESLW50

## Deaf Culture: What Teachers Need To Hear

Have you ever met a Deaf person? There are two differences between “Deaf” and “deaf”. The word “Deaf” with a capital letter is people who identify themselves with Deaf culture and have a strong Deaf identity. They use American Sign Language to communicate with Deaf people. The word “deaf” with small lowercase letters are people who live in the ‘hearing’ world and wear hearing aids and who identify with having hearing loss. I am a Deaf person. I have dreams and goals to go to college and become a professor for Deaf studies. I went to mainstream school growing up and now I go to a mainstream college. I want teachers to know more about Deaf people who are in their classes in a mainstream public school. There is some really good information teachers should know about Deaf people, who they are as individuals and who they are as a culture.

The first piece of information teachers should know about Deaf people is that they are very good visually. Teachers need to realize that most Deaf students tend to learn better visually. We have 180 degree peripherals that can see everything and it is easy to notice something very quickly. For example, once while in class, I sat down while looking as an interpreter translated while the teacher lectured about history. Then the teacher handed out the papers that we needed to work on to students. After we completed the worksheet, I chatted for a while with a friend that sits right next to me. When the teacher tried to get our attention, especially from my friend, I couldn’t hear what the teacher was saying and the interpreters got our attention by using their hands to wave at us. We quickly looked at them because our eyes are very sensitive and quick to make eye contact with people who try to get our attention.

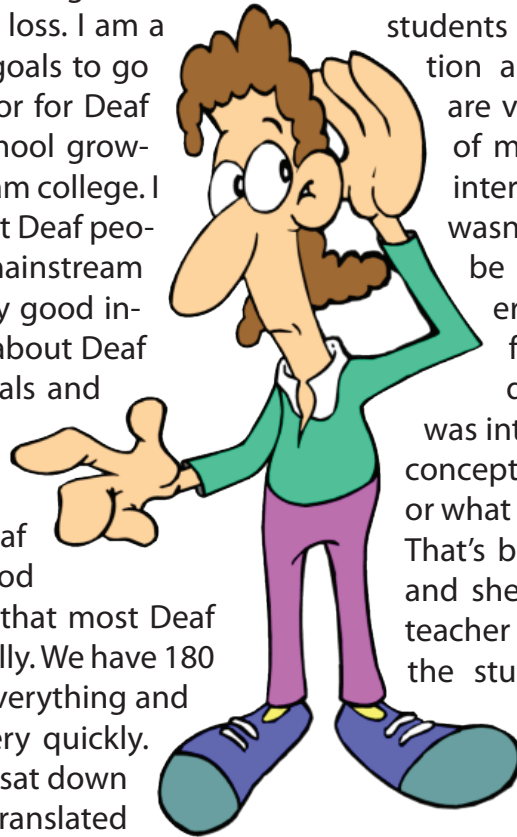
The second bit of information teachers should

know about Deaf people is the relationship between the Deaf and interpreters. Teachers should check with the students to make sure they are up to date with the concepts since there can be accidental miscommunication between students and interpreters. It often happens to everyone that there are a few misunderstandings in communication. It does get frustrating for Deaf

students not to get the right information and it makes them feel they are very behind. For example, one of my friends had a class with an interpreter, and this interpreter wasn’t very clear what she should be translating when the teacher was presenting in class. My friend Katy wasn’t able to understand what the interpreter

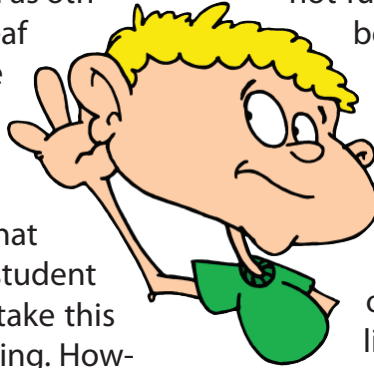
was interpreting and not getting the concept of what she needed to know or what the teacher was talking about. That’s because Katy was very behind and she didn’t want to interrupt the teacher while she was trying to teach the students. Katy had to ask the teacher after the class and the teacher told her that reading the book would probably help her to understand. She didn’t like the teacher’s idea

because she would rather listen to the teacher’s lecture to get to know what would give her some concept to understand or what the book was talking about. So Katy made the decision to drop the class right after midterm because she was missing a lot of information while in class and her grade was dropping. In addition, she didn’t want to get a bad grade that would affect her GPA on her transcript. She wishes she had had a better interpreter to make sure the concepts were correctly translated.





The third thing teachers should know about Deaf people is to treat the Deaf equal as other humans. Teachers should treat Deaf equally and not assume that they are not capable of understanding concepts. They are capable of learning, but mostly in a different way. For example, I have seen many times that the teacher will approach a Deaf student and ask if they're sure they want to take this class because it can be very challenging. However, they do not have the same approach with the hearing students in that same class. We are all students learning a new language and it will be a challenge for everyone to learn, but not just Deaf people will have trouble. It's not right to just assume Deaf people will have problems. It's disrespectful and can hurt their feelings. There are different ways to teach different styles of learning.



Deaf people prefer visual learning and if we do not fully understand all lectures, maybe it's because it's not a visual lecture.

In conclusion, these are very important ideas that Deaf people wish teachers knew about them. Deaf people want to have normal lives. They don't want people to pity them or look down on them or think they live such a difficult life being Deaf because that's not true. They want to have a life just like every other human has because Deaf people can do anything hearing people can do; they just do it without hearing.

*Amanpreet Kaur*  
ESLW50

## Why I Love WAC

"Choose a job that imitates your persona and no matter what, you will never feel fatigued when experiencing that job." This was taught to me by my dad who believes that if I like what I'm doing, I will never feel how time goes so fast when I perform that job. New-comers usually tend to obtain any job in order to start their new lives; however, I couldn't do that since I thought that I should work where I find myself and actually enjoy what I do. During my first two years in the USA, I volunteered at public libraries and non-profit organizations, where I served the community. After that, I achieved the chance to start a two-



year journey by working in WAC. WAC stands for "Writing Across the Curriculum," and it's known as one of the most successful tutoring programs at ARC that helps students with their English writing assignments. Before I started working at WAC, I had heard pretty good comments about the program and its staff from my classmates, so by the time that I got the opportunity to be a federal-work-study student, WAC was the first program that came to my mind, and it was the first place where I submitted my application. Working for almost two years at WAC has put a smile on my face, so I love working there for many reasons.

First of all, working in WAC gives me the

sense of having a family in school that treats me just like my real family. When I first started working in WAC, I was still an ESL student who didn't have belief in herself. I applied for the job and got accepted out of many native speakers, but I didn't have the encouragement to cover the front desk due to my young age at that time. However, WAC's staff understood that, and they believed in me, so within two weeks, they were able to change all my fear to self-confidence so that I could accomplish any task they would require. At the beginning, I felt that like at any place I would face a few harsh situations, and I wasn't certain about

what my reaction should be, but from the first work meeting, I got thrilled when I was told by the coordinator himself that as a student I should not worry about such a case, and I should have him or his assistant deal with solving any complicated issues. Hearing that in the first training week gave me the feeling

that I had another father and brothers at work who actually cared just like my real dad. WAC's coordinators and the clerks, who are my best friends on campus, are the first people who I always ask for advice from whenever needed, and they are always there to give me their suggestions as if they are my family, even when it comes to issues that concern learning or this nation's culture, which I'm still learning. I can't forget to mention that everyone who works at WAC feels that they are all one family and they do believe that this center wasn't built on fear, but it was built on encouragement and as long as they work as one family unit, WAC would always be one of the most successful centers in the Los Rios District.

Moreover, at WAC I always feel joyful helping others and getting new skills. As a federal-

work-study student, I receive a minimum wage; however, I'm developing my skills. Although money is one of the most significant factors in our lives, I think that the experience that I have gotten in the last two years at this job is worth way more than the money itself. I'm not staying at this job forever, and this semester is my last full-time semester as a student and as a clerk at ARC; however, I'm pretty confident that I have learned a lot from this place and from my co-workers, which will help me in the future. In addition, one of my hobbies is being there to assist individuals regardless of their age or race, and luckily

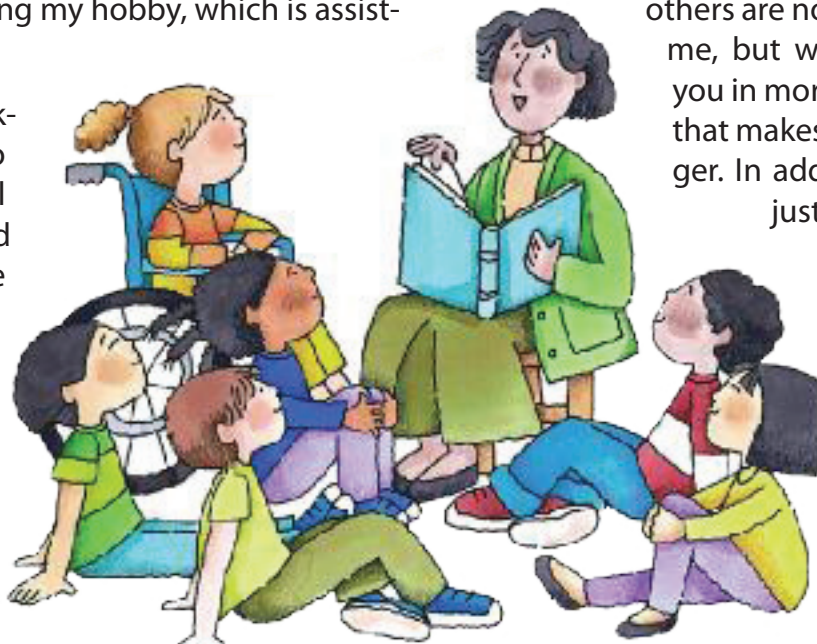
this is one of the most important philosophies that the WAC program has been built on. I just feel excited when I help others since I can't forget my first year in the USA when I needed different kinds of assistance in learning about this new community, and there were always those professors and students who provided me with those kinds of help with pleasure. As a result, I feel it's time to pay back to this community.

By assisting WAC's students and by providing various kinds of help to WAC's professors to make our work more effective, I feel that I'm paying back for this community's help. For example, sometimes WAC's professors don't have enough time to help their students to start doing their self-reflection assignments since they have to start with their next students' meetings, so I always go ahead and tell professors that they can go and start with their next students while I can help their students, so that helps to save the professors and the students time. Another example of one of my duties in WAC is that I help students in registering for the program by finding particular sections that don't conflict with students' schedules. As we know, students can do that at E-services or from home, but in WAC we believe in making things



easier for our students in order to encourage them to focus more on the studying, so we welcome them to come during our working hours to register them, so they don't have to worry about the process. Jumping out of bed in the morning, knowing that I'm going to WAC, always makes me energized since I know that I will have a lot of fun with my co-workers during our break times, and I will enjoy experiencing my hobby, which is assisting others.

Finally, work-in WAC helps me to know professional and highly-skilled people. Most people who teach at WAC are English professors and have at least a Masters degree. Others are Instructional Assistants who have bachelor's degrees and who have many years of experience in this field. Being around those people a few hours each week makes me develop my personality and think deeply about my surroundings. In addition, being around those experts has helped me to get rid of that homesick feeling that I used to have during my first two years in this nation. Furthermore, I like how the WAC staff is always happy to support me by providing me with letters of recommendation whenever I need them. For example, last semester I had to apply for some programs, and I needed some letters of recommendation from people who truly know me, so I was happy to get one letter from WAC's coordinator assistant and another one from one of our extraordinary English professors. During my last few semesters, I started taking regular English classes, and accidentally I found myself taking classes with professors who work in WAC at the same time that I work, which has



helped to strengthen my friendship with those excellent teachers. Those teachers are familiar with me in terms of being one of their students and being a federal-work-study student who tries to help them as she can. That means when it comes to finding someone to write me letters of recommendation, they are always the first people who come to my mind. I don't mean that others are not qualified to support me, but when someone knows you in more than one life aspect, that makes the letter even stronger. In addition, my job doesn't just allow me to meet highly-educated people, it also has assisted me to know a lot of students on campus, so when I walk around campus, I always meet people who I helped previously, and they always remember my help, which feels awesome.

In conclusion, this is America, so you can be whatever you want by focusing on what you enjoy doing. It might take you years to find a job that fits you; however, at that time, you'll forget all those hard previous occasions. Personally, one of my favorite parts about working in WAC is the ability to work as a team with people who care about the program since, as we all know, it's hard nowadays to find such an environment. I can't forget to mention that this semester is my last semester at ARC, so I felt like I wanted to write this essay to show everyone how much I appreciate and like everybody who works with me. I have learned from my co-workers that success is a result of loyalty, learning from mistakes, and hard work.

*Dalia Al-Ansari*

# Nestscape -- Articles from The Web

## BACK IN THE PAST

### 15 Medieval Hygiene Practices That Might Make You Queasy

*People of the past had a different idea of what hygiene meant, and you'll be shocked at what they did to stay "fresh."*

#### Chamber Pots

Chamber pots were containers for collecting urine overnight. Back in old Edinburgh, you always have to be alert for the shout of 'garde loo,' which is French for 'watch out for the water.' If you're not quick enough, you could find yourself being showered with the contents of chamber pots hurled from tenement windows.



#### Leaves or Moss as Toilet Paper



Neither rich nor poor people had toilet paper. Poor people used leaves or moss to wipe their bottoms while the rich used lamb's wool instead. Kings had a royal bum wiper known as the 'Groom of the Stool.'

#### Ceruse Lead Makeup Poisoned People

Ceruse was the foundation make-up choice for both men and women as it gave them a smooth, pale look. However, it contained lead that seeped into the body through the skin, leading to poisoning.



#### Nose-Gays When Walking in a Crowd



A nose-gay was something to keep the smells at bay, usually held in the hand or on the wrists on a lapel. It could be a small bouquet of flowers or a sachet of dried flowers and herbs. People held it up to their noses while walking in a large crowd.

#### People Bathed Using the Same Water



Public baths were popular during the 13th century. But because of the scarcity of firewood used to heat the bath, bathing became an expensive practice. Whole families and friends had to share a bath, or many of them would remain dirty.

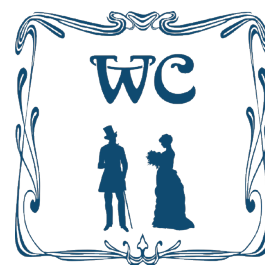
#### Laundry Was Scoured in Lye Made of Ashes and Urine



Ancient Romans believed in the ability of urine to remove stains. Until the medieval times, people used lye made of ashes and urine in order to clean their clothes.

#### Privies and Garderobe

In Tudor houses, toilets were a bowl with a slab of wood and a hole carved at the top. Builders set the toilet into a recess or cupboard-like area called a garderobe. In castles, a slab of



wood covers a hole in the floor that took waste products straight into the moat. Poor people didn't have the luxury of toilets, so they simply relieved themselves wherever they could and just buried the waste matter.

### No Changing of Clothes

King James VI of Scotland wore the same clothes for months on end, even sleeping on them in occasion. He also kept the same hat on 24 hours a day until it fell apart. He didn't take a bath as he thought it was bad for his health.



### Lice Infested Wigs

Nits and lice were common back then, so many of the more wealthy folks would shave their natural hair and wear periwigs instead. Unfortunately, even periwigs could be infested with nits, especially during plagues.

### Mousey Eyebrows



People were already fashion-conscious during the medieval times. When their eyebrows did not look fashionable, they often masked them with tiny pieces of skin from a mouse.



### Cesspits

Since the sewage system back then was not yet proper, people had to make do with burying much of their waste material in a cesspit in their cellar or garden. People should have emptied these cesspits regularly, but only a few of them did. The stench was overwhelming especially during summer and winter.

### Infection from Rushes

One of the biggest sources of infection during the medieval times was the use



of rushes or straws to cover up the natural dirt floor of a building. Although people often changed the top rushes, they did not do the same to the bottom layer, hence leading to all manner of possible infection sources.

### A Peculiar Cure to Baldness



A 17th century publication by Peter Levens instructed men on how to cure thinning hair and pattern baldness. Men had to combine potassium salts with chicken droppings, and then place the mixture on the affected area. If they wanted to remove unwanted hair from any area of the body, they had to make a paste consisting of eggs, strong vinegar, and cat dung, and then apply it to the area where they want to remove hair.



### Lead-Lined Water Tanks

Even though the rich paid for private water companies for their drinking and other water needs, the water that they consumed was not exactly better than those of peasants. The main water supply came from elm trunks and domestic pipes lined with lead. Water also required storage in large lead tanks and often became stagnant.

### Bird Droppings on the Bed



Houses in the past didn't have the protective roofing that houses have today, so it wasn't unusual for bugs, pests, and droppings to fall onto the clean bedding. People then invented four-poster beds in order to keep a canopy that would catch all unpleasant stuff falling from the roof and not soil the bedding.

<http://www.answers.com/article/1234182/15-medieval-hygiene-practices-that-might-make-you-queasy>



# Earth Day



## *The History of a Movement*

Each year, Earth Day -- April 22 -- marks the anniversary of what many consider the birth of the modern environmental movement in 1970.

The height of hippie and flower-child culture in the United States, 1970 brought the death of Jimi Hendrix, the last Beatles album, and Simon & Garfunkel's "Bridge Over Troubled Water". Protest was the order of the day, but saving the planet was not the cause. War raged in Vietnam, and students nationwide increasingly opposed it.

At the time, Americans were slurping leaded gas through massive V8 sedans. Industry belched out smoke and sludge with little fear of legal consequences or bad press. Air pollution was commonly accepted as the smell of prosperity. "Environment" was a word that appeared more often in spelling bees than on the evening news. Although mainstream America remained oblivious to environmental concerns, the stage had been set for change by the publication of Rachel Carson's New York Times bestseller *Silent Spring* in 1962. The book represented a watershed moment for the modern environmental movement, selling more than 500,000 copies in 24 countries and, up until that moment, more than any other person, Ms. Carson raised public awareness and concern for living organisms, the environment and public health.

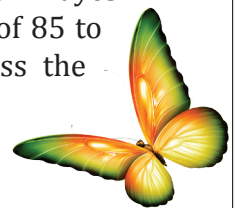


Earth Day 1970 capitalized on the emerging consciousness, channeling the energy of the anti-war protest movement and put-

ting environmental concerns front and center.

## *The Idea*

The idea came to Earth Day founder Gaylord Nelson, then a U.S. Senator from Wisconsin, after witnessing the ravages of the 1969 massive oil spill in Santa Barbara, California. Inspired by the student anti-war movement, he realized that if he could infuse that energy with an emerging public consciousness about air and water pollution, it would force environmental protection onto the national political agenda. Senator Nelson announced the idea for a "national teach-in on the environment" to the national media; persuaded Pete McCloskey, a conservation-minded Republican Congressman, to serve as his co-chair; and recruited Denis Hayes as national coordinator. Hayes built a national staff of 85 to promote events across the land.



As a result, on the 22nd of April, 20 million Americans took to the streets, parks, and auditoriums to demonstrate for a healthy, sustainable environment in massive coast-to-coast rallies. Thousands of colleges and universities organized protests against the deterioration of the environment. Groups that had been fighting against oil spills, polluting factories and power plants, raw sewage, toxic dumps, pesticides, freeways, the loss of wilderness, and the extinction of wildlife suddenly realized they shared common values.

Earth Day 1970 achieved a rare political alignment,

enlisting support from Republicans and Democrats, rich and poor, city slickers and farmers, tycoons and labor leaders. The first Earth Day led to the creation of the United States Environmental Protection Agency and the passage of the Clean Air, Clean Water, and Endangered Species Acts. "It was a gamble," Gaylord recalled, "but it worked."

As 1990 approached, a group of environmental leaders asked Denis Hayes to organize another big campaign. This time, Earth Day went global, mobilizing 200 million people in 141 countries and lifting environmental issues onto the world stage. Earth Day 1990 gave a huge boost to recycling efforts worldwide and helped pave the way for the 1992 United Nations Earth Summit in Rio de Janeiro. It also prompted President Bill Clinton to award Senator Nelson the Presidential Medal of Freedom (1995) -- the highest honor given to civilians in the United States -- for his role as Earth Day founder.



and activities. Earth Day is the largest civic event in the world, celebrated simultaneously around the globe by people of all backgrounds, faiths and nationalities. More than a billion people participate in our campaigns every year.

- *What can I do for Earth Day?*



The possibilities for getting involved are endless! Volunteer. Go to a festival. Install solar panels on your roof. Organize an event in your community. Change a habit. Help launch a community garden.

Communicate your priorities to your elected representatives. Do something nice for the Earth, have fun, meet new people, and make a difference. But you needn't wait for April 22! Earth Day is Every Day. To build a better future, we all must commit to protect our environment year-round.

- *What is Earth Day Network?*

Founded by the organizers of the first Earth Day in 1970, Earth Day Network (EDN) promotes year-round environmental citizenship and action, worldwide. Earth Day Network is a driving force, steering environmental awareness around the world. Through Earth Day Network, activists connect, interact and impact their communities, and create positive change in local, national, and global policies. EDN's international network reaches over 22,000 organizations in 192 countries, while the domestic program assists over 30,000 educators, coordinating thousands of community development and environmental protection activities throughout the year.



### **"Frequently Asked Questions"**

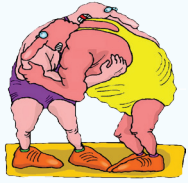
- *When is Earth Day?*

Earth Day is honored around the world on April 22, although larger events such as festivals and rallies are often organized for the weekends before or after April 22. Many communities also observe Earth Week or Earth Month, organizing a series of environmental activities throughout the month of April.

- *Why do we need an Earth Day?*

Because it works! Earth Day broadens the base of support for environmental programs, rekindles public commitment and builds community activism around the world through a broad range of events

# Parrot Warbling



## Grappling with Grammar

### Punctuation

#### The Colon and the Semicolon

##### The Colon

1. The colon expands on the sentence that precedes it, often introducing a list that demonstrates or elaborates whatever was previously stated.

##### EXAMPLES:

- *There are many reasons for poor written communication: lack of planning, poor grammar, misuse of punctuation marks, and insufficient vocabulary.*
- *He collected a strange assortment of items: bird's eggs, stamps, bottle tops, string, and buttons.*
- *Peter had an eclectic taste in music: latin, jazz, country and western, pop, blues, and classical.*
- *He had just one fault: an enormous ego.*

2. The colon is also used to divide the hour from the minutes in writing a time in English.

##### EXAMPLES:

- 4:15 = "four fifteen"
- 6:45 = "six forty-five"

##### The Semicolon

The semicolon is somewhere between a full stop and a comma. Semicolons can be used in English to join phrases and sentences that are thematically linked without having to use a conjunction (example 1 below). Semicolons can also be used instead of commas to separate the items in a list when the items themselves already contain commas (example 2 below).

##### EXAMPLES:

- *I like your brother; he's a good friend.*
- *Many great leaders, Churchill, leader of Britain during the Second World War; Alexander, the great Roman Emperor and general; and Napoleon, the brilliant French general, had strong characters, which were useful when their countries were at war but which did not serve them well in times of peace.*

<http://www.edufind.com/>

### Idiom--Attic

#### Idioms Related to Science



- *All singing all dancing* - latest version of something with newest features
- *Bells and whistles* - all the features of a new product
- *Blow a fuse* - get very angry
- *Fire on all cylinders* - everything is working well
- *Garbage in garbage out* - refers to a computer system or database
- *Get the wires crossed* - not understanding someone
- *Light years ahead* - out in front with new developments or successes

<http://www.englishdaily626.com/idioms>

### Beak Speak

#### Rules of American English Pronunciation: The Letter X

##### The 2 Sounds of X:

**X = KS** as in *box, fox, index, extra, extreme, flex, next, Texas, Mexico*

**X = GZ** as in *example, exit, exist, exact, examine*



##### Which X sound?

Most of the time, **X** sounds like **KS**. As you can see from the examples, we often use the softer sound in words that start with *ex* followed by a vowel.

##### Practice the Letter X:

- Put an X in the box.
- You can find the examples in the index.
- Texas is next to Mexico.
- This is the exit aisle on the plane.
- Can you handle the extra responsibilities?
- We need the exact numbers.
- He is extremely political.
- We saw fox tracks by the road

<http://www.speakmethod.com>



## Some More Parrot Fun Stuff

### *Fantasy World Word Search*

*Find and circle all of the words that are hidden in the grid.*

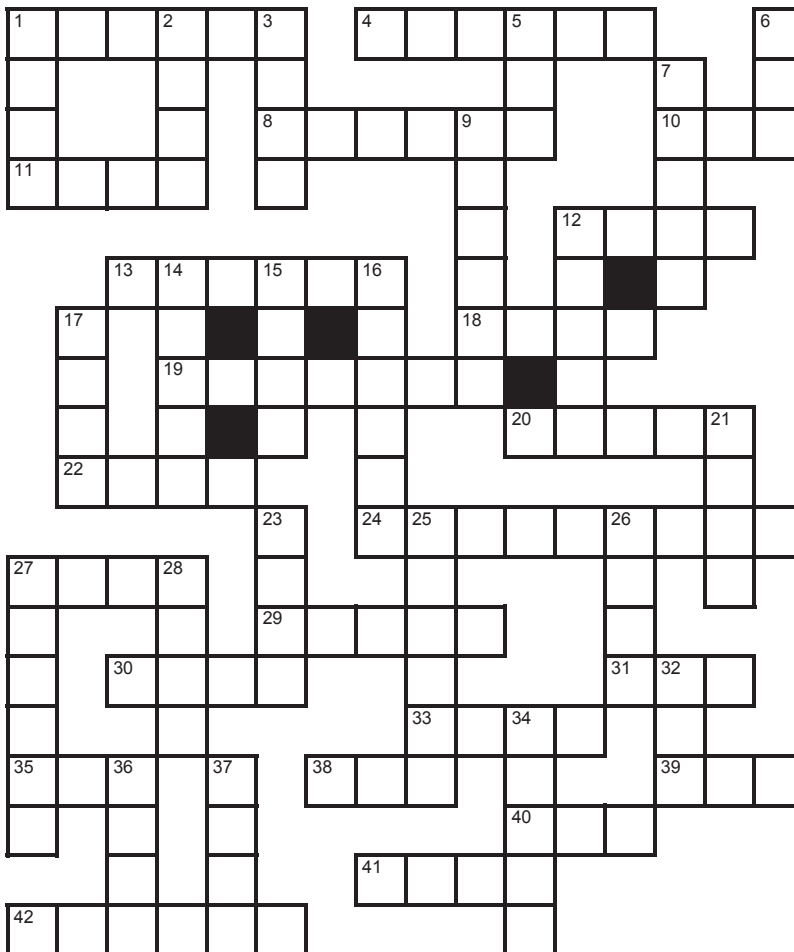
*The remaining 29 letters spell the name of a popular fantasy book*

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

ARCHERS	DWARF	LORDS	SPELL
ARMOR	ELF	MAGIC	SWORD
ARROWS	EVIL	MARKET	THRONE
AXE	FAERIES	MINOTAUR	TROLL
BARD	GOBLET	MOUNTAINS	UNICORN
BLACKSMITH	GOLD COINS	PALACE	VILLAGE
BOW	GOOD	POTION	WAGON
COURT	HEADSMAN	PRINCESS	WAND
CRYSTAL BALL	KING	SHIELD	WIZARD
DRAGON	KNIGHT	SILVER	WRAITH



## Word Skills



## Hodgepodge

### Across

- 1 A kind of bird that begins with P. (
- 4 A season that rhymes with king.
- 8 A place that rhymes with pool.
- 10 Another word for angry.
- 11 A food that rhymes with dice.
- 12 A toy that rhymes with tall.
- 13 A kind of fruit that begins with G.
- 18 A farm animal that rhymes with boat.
- 19 A synonym for trash.
- 20 A farm animal that rhymes with sleep.
- 22 A toy that rhymes with bite.
- 24 The antonym of easy.
- 27 An animal that rhymes with word.
- 29 A synonym for yell.
- 30 The opposite of east.
- 31 A pet that rhymes with log.
- 33 The opposite of far.
- 35 The opposite of young.
- 38 A drink that rhymes with sea.
- 39 Another word for pull.
- 40 A farm animal that rhymes with wig.
- 41 A season that rhymes with ball.
- 42 A kind of fruit that begins with B.

### Down

- 1 A fruit that rhymes with hair.
- 2 A type of flower that begins with R.
- 3 Another word for throw.
- 5 Another word for sick.
- 6 The antonym of good.
- 7 The antonym of big.
- 9 A type of fruit that begins with O.
- 12 A place that rhymes with teach.
- 14 The opposite of wrong.
- 15 A place that rhymes with dark.
- 16 A synonym of afraid.
- 17 A drink that rhymes with silk.
- 21 The opposite of push.
- 23 The opposite of first.
- 25 A type of lizard that begins with I.
- 26 The opposite of hot.
- 27 The opposite of top.
- 28 A forest animal that rhymes with here.
- 32 The opposite of in.
- 34 A kind of fruit that begins with A.
- 36 The opposite of up.
- 37 The antonym of thick.

## Spring

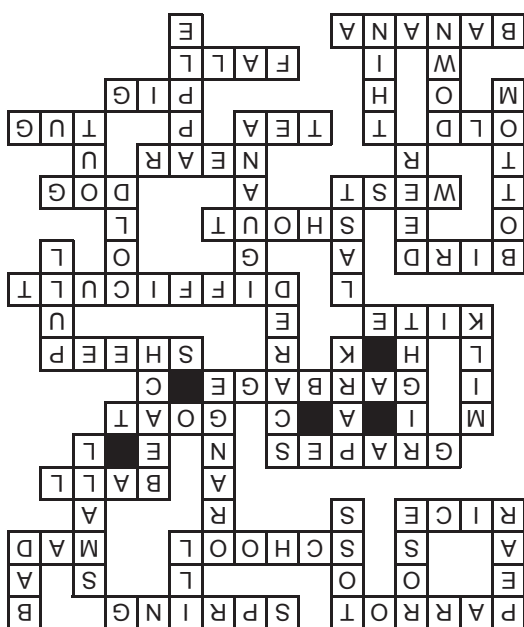
When the lovely blossoms  
are swirling down to the ground,  
dear, tell me why we fall in love again.

When a mindless robin  
is chirping over our heads,  
and the morning mist wets my sleeves,  
tell me dear, what love gives us.

Love is not all.  
It gives us neither bread, nor drink  
Nor cloth, nor even a piece of blanket.

But I wish  
flowers, birds, stars in the sky,  
even the universe  
were the things that were doomed to  
vanish away in an instant,  
if it were not love,  
if it were not a miracle.

Olivia



## Rigoberto's Riddles

What kind of tree can you  
carry in your hand?



A palm

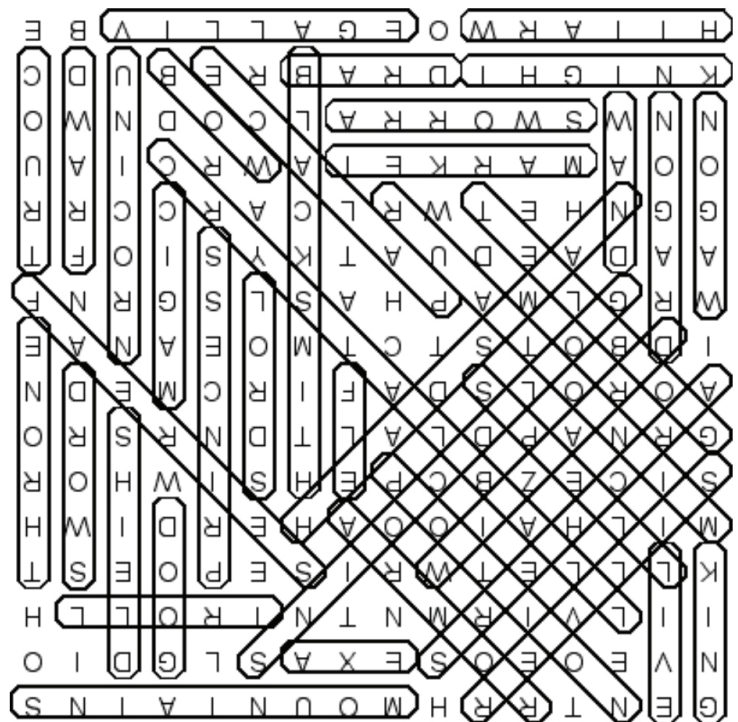
## Silly Vasily's Chuckle Chamber

### A Useful Watch



One day I noticed my sister wasn't wearing a watch. When I asked her about it, she replied, "I don't need a watch. At home there's a clock in every room, and in the car there's a clock on the dashboard."

Knowing my sister's an avid shopper, I inquired, "Well, how do you tell time when you're shopping?" "That's easy," she replied. "I just buy something else and then look at the time printed on the sales receipt."



## Granny Noetal

Dear Granny,

I'm looking for a job and was wondering if there are any job opportunities on campus that I could possibly apply for?

Della Lavoro

Dear Della,

Why, yes dear, there are many job opportunities on campus. It's so refreshing to hear a young adult like you is looking for a job. When I was a college student, I baled hay, milked cows, and picked apples. Those were the days! But back to your question, yes, there are many. It depends on what you are interested in. If



you take a walk around campus and go into some of the buildings, you will be sure to see students working. For example you could ask the bookstore if they are hiring. Another place you should check out is the student center. In the student center there is a Starbucks and you could ask if they are hiring. You could also check out some of the offices on campus; a lot of them have student help. Check out the Career Center too! Well, dear, good luck with the job search!

Love,  
Granny



## Career Center

The ARC Career Center offers an array of resources to assist students in choosing career options, planning for college, preparing for employment, and researching current job openings. All services are provided at no charge. The Career Center offers workshops on résumé writing and interview information and techniques each month.

**Dean:** Kolleen Ostgaard

**Supervisor:** Breanne Holland

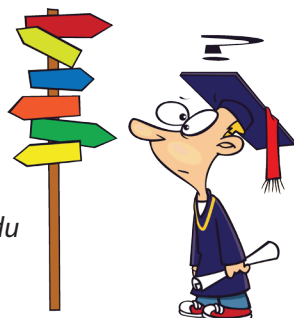
**Office Location:** Portable Village #605B

**Hours:** Monday - Friday  
8:00 a.m. - 5:00 p.m.

Limited appointments are available in the evening by special arrangement. Call for information.

**Email:** [CareerInfo@arc.losrios.edu](mailto:CareerInfo@arc.losrios.edu)

**Phone:** (916) 484-8492



Stop by the

## Career Center

AMERICAN RIVER COLLEGE



RESEARCH  
CAREERS



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EXPLORE JOB  
OPPORTUNITIES



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Career Center

Portable Village 605B  
Mon - Fri: 8:00 AM - 5:00 PM

[www.arc.losrios.edu/career](http://www.arc.losrios.edu/career)  
(916) 484-8492

## Firefighters Help Free Two Little Bear Cubs Trapped Inside a Tree

*Continued from page 1*

stuck, she decided to come back and check the next day — and the following morning the snout was still there.

She called authorities out to help and two wardens from the Wisconsin Department of Natural Resources were dispatched to the tree where they discovered that it contained a pair of bear cubs who appear to have crawled into the hole, but were unable to crawl out.

“In 15 years of being a warden I haven’t seen a bears caught in a tree before. I’ve seen lots of bears just none that were trapped like that,” says warden Jesse Ashton to news station KARE 11.

Unequipped to get the cubs out themselves, the wardens asked for the local fire department’s help. Using a chainsaw, firefighters carefully cut two wider openings into the hollow tree’s base, while one of the little bears watched on from his hole.

“We cut a hole in the tree and then we all backed off and waited,” warden Phil Dorn said. “The cubs crawled out and ran back into the woods.”

A wildlife specialist who was on hand determined that aside from being dehydrated, the bears were in good condition. She offered them some watermelon to eat before letting them scamper back off into the woods. A representative from the Department of Natural Resources told The Dodo that the bears’ mother was likely still somewhere nearby.

<https://www.thedodo.com/firefighters-help-free-two-lit-748137205.html> October 3, 2014

## Interview with Carol Culian

*Continued from page 1*

**Carol:** My goal is student success.

**Parrot:** Is it difficult to work with students?

**Carol:** It’s not difficult. It’s probably a challenge I totally enjoy.

**Parrot:** What is the biggest challenge to work as a T.S.A.?

**Carol:** Probably a challenge we have is the diversity of the students who take our math. Students who take our math classes in which English is their second language struggle reading the problems. I have twelve tutors and five instructional assistants and it’s a challenge to schedule and update the schedule when they are absent.

**Parrot:** What kind of math do they teach?

**Carol:** The level of math I have in this classroom is Math 120, which is intermediate algebra and down.

**Parrot:** What qualities do you think make for a good-math tutor administrator?

**Carol:** Being empathetic and knowledgeable. It helps to have a master’s degree in order to help our students understand math; also to have a broad understanding of math and enjoy working with people.

**Parrot:** Is your career different from what you imagined it would be?

**Carol:** Yes, my undergraduate degree is a bachelor’s degree in chemistry. I had assumed I would teach chemistry. I’ve been able to tutor and help a lot.

**Parrot:** What are you most proud of?

**Carol:** I’m most proud of my two children. I was lucky enough to be a stay-at-home mom for a number of reasons. I have helped my children. My son has graduated from high school and my daughter takes classes at ARC. I’m proud of my children.

**Parrot:** What would you recommend to students who want to succeed in college?

**Carol:** To use all the resources that are available. If you are having issues, problems with your course work, see your counselor, see the study team. Make sure to spend an appropriate amount of time. To succeed is time and effort.

# ARC ESL Certificate of Completion

CERTIFICATES of achievement are available!

**Get a certificate**  
for completing  
your ESL courses.



- You can use them for your
- résumé,
  - employers,
  - future education,
  - scholarship applications, and
  - list of accomplishments!

There are three ESL certificates available:

Certificate Level	Units	Required Courses:			
Intermediate Proficiency	16	G50 or higher	L50 or higher	W50 or higher	R50 or higher
Advanced Proficiency	16	G320	L320	W320 or higher	R320 or higher
Advanced-High Proficiency	15-16	G320 or L320	ESL 350	W340	R340

\* You may earn more than one certificate. \* Courses can count twice for different certificate levels. \*

## Squawk!



- Certificates of Achievement! Apply in the Humanities Office!
- Show employers, show your family, show your friends!
- Join the show!



**Place:**  
Davies Hall  
3d floor, room # 330



**Phone:**  
(916) 484-8653



**Fax:**  
(916) 484-8366



**Hours:**  
M.-Th: 7:30 a.m. - 5:00 p.m.  
Fr. 7:30 a.m. to 4:00 p.m.



# Certificate of Completion

THIS CERTIFIES THAT

*Olga Cuzeac*

HAS SUCCESSFULLY COMPLETED THE ADVANCED  
PROFICIENCY CERTIFICATE IN  
ENGLISH AS A SECOND LANGUAGE AT  
AMERICAN RIVER COLLEGE, SACRAMENTO, CA  
2015



*Kate Jaques*  
DEAN OF HUMANITIES

## Out of the Cage

### This Terrible War: 1865 and the End of America's Civil War

Thursday, April 23, 2015  
12:15 pm - 1:15 pm

150 years ago the most destructive war in American history ended, and a traumatized nation was left to deal with what remained. In addition to the raw destruction and enormous toll of killed, wounded, and missing soldiers, the war dramatically altered the fabric of American society by unleashing the vast potential of an industrial revolution and forever abolishing slavery. Join with ARC history faculty to learn about the war's end and its complicated legacy and meaning for us today.

**Location:** Raef Hall 160

### Polynesian Dance: The Art of Storytelling

Thursday, May 7, 2015  
12:15 pm - 1:15 pm

From the gentle, flowing movements of the modern hula from Hawai'i to the quick, hip movements of Tahitian dances; from the Somoan Siva Afi, a dance that involves tossing lit knives, to Maori dances that can include sticks, songs, and games, Polynesian dances tell the stories of their cultures—the histories, traditions, customs, beliefs of the people. Join members from the ARC Dance department and students from ARC Dance courses as they perform traditional dances in celebration of Pacific Islander Heritage Month.

**Location:** PE 235

### Author Series: The Animals

Tuesday, April 28, 2015  
12:15 pm - 1:15 pm

*Animals* is a literary thriller from one of the most exciting new voices in American fiction. **Bill Reed** manages a wildlife sanctuary in rural Idaho, caring for injured animals—raptors, a wolf, and his beloved bear, Majer, among them—that are unable to survive in the wild. Suddenly forced to confront the secrets of his criminal youth, Bill battles fiercely to preserve the shelter that protects these wounded animals and to keep hidden his turbulent, even dangerous, history. Alternating between past and present, **Christian Kiefer** contrasts the wreckage of Bill's crime-ridden years in Reno, Nevada, with the elusive promise of a peaceful future. In finely sculpted prose imaginatively at odds with the harsh, volatile world Kiefer evokes, *The Animals* builds powerfully toward the revelation of Bill's defining betrayal—and the drastic lengths Bill goes to in order to escape the consequences.

**Location:** Raef Hall 160

### Word Soup: ARC's Annual Faculty Literary Reading

Thursday, April 30, 2015  
12:15 pm - 1:15 pm

Join us for an earful of Word Soup! This annual event during National Poetry month features the reading of original fiction, poetry, and nonfiction of American River professors. This year's featured readers are Professors Traci Gourdine and Cathy Arellano, the newest full time faculty member in the English department. A Q&A, facilitated by Professor Christian Kiefer, follows the reading.

**Location:** Raef Hall 160



### 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/The\\_Parrot.htm](http://www.arc.losrios.edu/Programs_of_Study/Humanities/ESL/The_Parrot.htm)