



The Parrot

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

Issue # 95 Fall 2015

The Parrot Presents Professor Pristupa

Parrot: Can you please introduce yourself a little bit?

Natalia: My name is Natalia Pristupa. I am a math professor at American River College.

Parrot: How long have you been teaching at ARC?

Natalia: For 9 years I have been teaching different levels of classes, different semesters and different math classes, and I find my job just a great job.



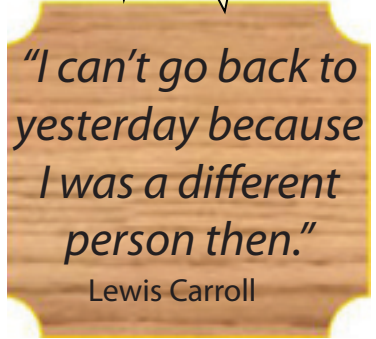
Parrot: OK, do you love your work at ARC?

Natalia: Love it a lot, love it a lot.

Parrot: Tell me about your campus accomplishments.

Natalia: I consider that my accomplishments are always related to students success, and since I have been teaching many different classes from the low level of math to the high level of math start-

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New Record For Fastest Run Around the World

Kevin Carr of England completes global run in 621 days, breaking the previous mark by hours.

By Rachel Swaby; Image by Courtesy of Kevin Carr; Published April 9, 2015

England's Kevin Carr has unofficially become the fastest person to circumnavigate the Earth on foot. Today, at approximately 1:35 p.m EST (6:35 p.m local time), he returned



Kevin Carr ran through 26 countries on his way to the record. His journey lasted 16,300 miles.

home to Haytor in Dartmoor National Park in the South of England, 621 days after leaving on July 28, 2013.

If the World Runners Association ratifies his run, Carr, 34, will have beaten the record set by Tom Denniss of Australia by a mat-

ter of hours.

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Student Chirpings

Getting to School on Time

What are the tools for people to be on time? Is it easy to be on time? What does on time mean? Is it important to be on time? All people like to do and finish their activities on time, but sometimes they fail, which reflects so bad on their lives. In the new modern world, on time means a lot. It gives an idea or an impression of what kind of person you are. For dealing with banks, for paying bills, for saving a person's life and for going to an interview or school, being on time means a lot. It can change your situation and give an assessment of who you are. Some people find that's easy and some don't. In schools, for example, being on time shows respect and commitment and it prevents you from losing points or missing exams. Some people lose a year at school because they are late for a certain test. Other people are late because they don't have a car, so they find difficulties being on time to school. To avoid the problem of being late, there are several solutions for people who don't own a car to get to school on time.

The first solution for people to be on time to school is to carpool. Most people who work or attend the same school can try to carpool, which assists a lot to be on time and saves money. When two or more people are in the carpool together, they will assist each other to be ready on time. For example, my brother liked to sleep a lot and he was late for most of his duties. My mother asked him to carpool, which would help him to be ready for his school because his colleagues would push him to be ready on time. On the first day of the

carpool, he was late, but after that he changed because his friends told him if he were late again, they would make fun of him or they would charge him money. Carpooling helped him to be on time. My sister-in-law told me that her carpool assisted her to be on time for her final test. On that day, her watch suddenly stopped working at midnight while she was sleeping. Her colleagues in the carpool called her in the morning and they discovered that she was late, so she put on her clothes so quickly, and everyone arrived on time. My friend in Iraq told me that he liked to carpool with friends because it helped him arrive to school on time. He told me that they were four people and they agreed to call each other in the morning to make sure no one was late, so till their graduation no tardies were registered against them.



The second solution for people to get to school on time is to have a bicycle. This solution is good when the school isn't so far from home and when there is no public transportation found or a carpool available. For most people, it's so easy to ride a bicycle. Moreover, it doesn't require a license. It isn't expensive, people can buy it from stores and it doesn't require fuel. My friend told me that she liked to use her bicycle to go to school. I asked her, "Why don't you use any other type of transportation?" She answered, "I like to use my bicycle because I can change my way easily when there is a traffic jam and I won't be late for my classes." Another example is I heard one of my classmates at ARC say that he liked to use his bicycle because the parking for bicycles

was available near the building, so it was easy to park near the classroom and not park in the garage, which might take five to ten minutes. In Iraq, we had family friends who lived in the countryside. We used to visit them. They had one school in their area which was so far from their home. I asked their son, "How can you go to your school, which is so far?" He answered, "I used my bicycle to be there in half an hour because walking I need more than an hour." He told me that there was no public transportation in their area because the roads weren't paved, so to be on time, he needed to use his bicycle.

The third solution for people to get to school on time is to use public transportation. To use public transportation, you have to be a good planner. You need to plan ahead for all your activities to make sure it is done on time. In some countries, public transportation is a good choice because it has a schedule published a week before, which allows people to arrange their time. In addition some public transportation is faster than other types of transportation. My friend in Washington DC told me that she liked to use the Metro to go to her school because it took only fifteen minutes to get to school while using a car took forty-five minutes

or more because of traffic jams. My friend in Turkey told me that she liked to use public transportation because it had a fixed schedule which allowed her to plan ahead, and to be ready ahead of time. My coworker in my previous job told me that she liked to send her kids by school bus, which was better than their father's car because the school bus had a fixed schedule and it could get the kids to school on time, so most people who lived in the same compound with her sent their kids by school bus.

In conclusion, there are different ways that people can use to avoid being late to school: carpooling, bicycling, and using public transportation. Everyone knows what the suitable way is for him or her to be on time, so he or she can decide and choose one. Being on time to school or work gives an impression that you are a person who cares about time, and likes all your tasks to be done perfectly. Time has a direct relation to life. Karen Joy Fowler once said "Arriving late is a way of saying that your own time is more valuable than the time of the person who waited for you."

*Elaf Khafaja
ESLW50*

Steps to Follow if You Move to a New Country

"Woooow, I can't wait until the day we will leave this country to move to the United States." It was my reaction when my dad told my mom, my siblings and me that we would leave our country, Mexico, to move to this country. I was happy. I had never gone before to another country. It sounded very exciting for me. However, one of my brothers didn't have the same reaction as I did. He was angry and sad because he didn't want to leave our country. My mom was terrified about starting a new life in a new country. After we expressed our different opinions, we agreed to move the next month. To be honest, we didn't prepare at all to move to a new country, and it was very difficult for my whole family. I learned a lot of things from that

experience. If you don't want to worry like I did, you have to take my advice. Here are some steps that a person should take to prepare to move to a new country.

The first main step you should take to prepare to move to a new country is leaving everything in order in your country. First of all, you have to be sure if you will live in the new country for the rest of your life. If it is yes, you should sell your house. This money can help you when you arrive in the new country. Some people think that moving to a new country means it is going to be easy to make money but it is not true. So, if you can arrive with some money, you will be safe for a couple of

weeks. On the other hand, if you don't want to sell your house, you can ask a relative or a friend if he can take care of your house while you will be in the new country. After you have everything ready with your house, business, or personal things you have in your country, you have to be ready with all your documents. Before you buy your tickets for the trip, you have to be sure if everything is right with your passport and your visa or green card.

The second major step you should take to prepare to move to a new country is having an apartment or a place to live in when you arrive. I remember when we arrived here for the first time. It was so hard for all my family. We arrived at the house



of a relative in Merced, California. Everything was great and fun at the beginning but then my aunt behaved badly and rude with us. She didn't want us anymore at her house. My dad didn't have a job and we didn't have another place to go. "Why did your dad not come first to find an apartment for us before bringing all the family here. We are bothering my sister and her family. We did everything wrong." These were my mom's words. We suffered too much before settling here in Sacramento. So, first you can ask a friend or a relative if they can rent a place for you while you are preparing everything in your country. You can send a little money to the person who will do that for you. If you can pay at least three months of the rent, it will be enough while you find a job when you go there. Arriving at your own place will help you to feel relaxed and more comfortable to do your own things.

The third major step you should take to prepare to move to a new country is preparing your baggage. First, you have to pack only things that

you really need. For example, some shoes, some clothes, special pictures, and important documents are things that for sure you will want to bring with you. After you choose the best things, you can organize a garage sale and try to sell all the stuff that you don't need. That money will help you to buy something that you really need in your new country. While you are preparing all your stuff, don't forget to stay calm. If you are nervous while

you are packing, you will leave things that you really need. It happens to me all the time. When I travel, I get so nervous. I always forget things that I really need. I remember the first time we were going to travel to this country, my mom left her passport in our

house. She realized that in the middle of the road and we had to go back for the passport. We almost missed our airplane. Last, but not least, put your passport and tickets in front of you the day of the trip. In that way, if you forgot your papers, you will remember when you see them.

In conclusion, moving to a new country is not easy but if you do this with enough time to prepare for the travel and the arrival, it will be less frustrating for you. For my family and me, it was so difficult because nobody gave us advice and we thought that it was going to be easy. However, leaving everything in order in your country, having a place ready when you arrive, and getting ready with your baggage and important documents are some steps to facilitate this complicated process.

Ana Valencia
ESLW50

Dating and Courtship in Different Generations

Dating. What a nice time for every couple! It's a time of shiny eyes and smiles for no reason. It's a time of sleepless nights and expectations. This is the time that our parents and grandparents keep in their hearts for all their lives like something precious. Later they share their memories with their kids and grandkids as fairy tales. I assume that while there were some differences, there were far more similarities between dating and courtship in my parents' generation and my grandparents' generation. All of those stories were full of romance.

The first similarity is that all of those stories started with the phrase, "When I first saw him (her)..." Honestly, usually women are tellers of love stories, so most stories that I have heard started with the phrase, "When I first saw him..." When my grandmother met my grandfather, she was working in a factory. One day a group of beginner engineers came to the factory for practice.

When my grandmother saw him, she thought, "How handsome... what a lucky woman he must be dating!" In a couple of days, she found out that he was single. He noticed her and she was praying every day, "When will he talk to me? Why doesn't he talk to me?" My grandfather was very shy but in a month or so he eventually ventured to talk to her. Similarly, when my mother first saw my father, she didn't like him. "I already knew that he was trouble." He was the loudest in the company of guys fooling around. When he asked her out, she said, "No." They used to study in medical university together and eventually one day she said, "Yes." There was something similar in the beginning of dating in my parents' generation and my grandparents' generation, but that is almost not real anymore. Maybe there was something special about first sight or first impression, so our parents and grandparents still remember that so well.

The second similarity is the way that our parents and grandparents dated. That was common for

both generations' scenario: movies, walk in the park, ice cream, dancing, theater. Now people include restaurants on this list. However, I'm talking about the 50's and 80's in Ukraine. Young people usually couldn't afford restaurants back then. To make a gift of something that there was a shortage of was considered as the greatest sign of attention. My grandfather bought a gold watch for my grandmother. That cost more than his monthly income. Only very wealthy people could have access to such a luxurious thing.



The third similarity in the generations of my parents and grandparents were their expectations. Dating somebody, women expected to get married some day, be together, and live happily ever after. Men had the same attitude. I have a feeling that it is different now from what it used to be. It seems as if women and men were more patient, more respectful of each other. My grandma told me that that my grandfa-

ther asked her out almost every day. He talked to her about history and astronomy, about space and stars, but she was thinking only, "When is he going to take my hand?" In my parents' generation, couples dated for a long time before starting living together. It was the same in my grandparents' generation.

Beautiful love stories were common for our parents' and grandparents' generations. Maybe people back then had different visions, different ways of thinking, and different types of minds. I don't know what the reason was. However, there were more similarities between my grandparents' generation and my parents' generation than between my parents' generation and our generation. There were three main similarities: first impressions were very strong and memorable, dating had almost the same scenario, and people had similar expectations in both generations.

*Olena Kovalyova
ESLW50*

What to Do in Case of a Huge Earthquake While You Are at Work

An earthquake is a very destructive, sudden and frightening natural disaster that brings not only connected destruction of man-made structures and thousands of deaths, but also instigates other phenomena of nature such as tsunamis, avalanches, and landslides. The earthquake that hit the Tohoku region of Japan on March 11, 2011, demonstrated the strong power of these catastrophes of nature. I remember a reading recently, "The Most Interesting Facts about Earthquakes", and it was written about dramatic consequences of that earthquake: over 15,000 people were killed, and more than one million buildings were totally or partly destroyed; moreover, 3,000 people are still unaccounted for. According to the article from The National Earthquake Information Center, it is estimated that there are 500,000 detectable earthquakes in the world each year; 100,000 of those can be felt, and 100 of them cause damage. Earthquakes don't happen everywhere; however, there are areas where this disaster is more common, and California is one of these places. We spend a lot of time at work, so to protect yourself it is very important to be prepared and know simple rules of how to behave before, during, and after an earthquake while you are at work.

A safe, prepared, place is one of the most important guarantees of surviving an earthquake. Most people are killed or injured because of fallen hard objects, so secure your work place as much as possible. To do this, first of all, fasten furniture strongly to walls and floor. Don't put or place large and heavy objects on high shelves. Any hanging items such as mirrors and picture frames might be dangerous also, so they should be hung away from anywhere that you or a co-worker might sit. Furthermore, there is a danger from any heavy electronics such as a computer on your table or television; therefore, one source advises to, "secure them with flexible nylon straps" (Ready.gov). After

you have carefully secured your work place, mark all places where a fire might happen, and keep flammable substances away; moreover, it's necessary to have an extinguisher at your work and to know how to use it. Finally, prepare stocks of food and water for 3 to 5 days, keeping them on lower shelves and updating periodically.



Keeping calm and avoiding panic are one of the most important rules during any disaster, and this is especially important when an earthquake happens while you are at work. When you feel a sudden and rapid shaking, your reaction should be immediate, remembering that the main danger for you is the falling of heavy objects and debris. Thus, quickly leave your work place and get away from it into the open area. If you are in the building and don't have any opportunity go outside, identify good places for cover. For instance,

safer places are under tables or inside strong interior door frames, staying away from windows and heavy objects. Finally, if you don't have safe places at your work anymore, just lie down in an open area and cover your head and neck with your hands.

When the shaking stops, you may discover significant damage and casualties. Keeping calm is especially important at this moment. First of all, look around and estimate the situation. If you see injured or trapped people, help them within the limits of your abilities. After the main quake, be prepared for aftershocks, which may cause additional damage for hours or even months; therefore, stay out of damaged buildings and areas. At the same time, be careful with fire, which is the most common danger after an earthquake. Thus, look for and extinguish small fires. There is one more important rule, "use the telephone only for emergency calls" (Ready.gov). Finally, if you smell gas, you should leave the building immediately.

Indeed, an earthquake is a very frightening

and destructive natural disaster. Unfortunately, scientists still don't have methods or equipment to predict the exact time and place where one will happen next. The catastrophe in the Tohoku region showed us this clearly. Thus, it's very important to be prepared for an

earthquake before it happens because it helps to minimize damage and potential for injuries in or outside your workplace, home, or anywhere you are.

Olga Strizheus
W320

10 Interesting Earthquake Facts!!!

1. **The largest recorded earthquake** in the United States was a magnitude 9.2 that struck Prince William Sound, Alaska on Good Friday, March 28, 1964 UTC.

2. The largest recorded earthquake in the world was a magnitude 9.5 (Mw) in Chile on **May 22, 1960**.

3. The **earliest reported earthquake in California** was felt in 1769 by the exploring expedition of Gaspar de Portola while the group was camping about 48 kilometers (30 miles) southeast of Los Angeles.

4. Before electronics allowed recordings of large earthquakes, scientists built large spring-pendulum seismometers in an attempt to record the long-period motion produced by such quakes. The **largest one weighed about 15 tons**. There is a medium-sized one three stories high in Mexico City that is still in operation.

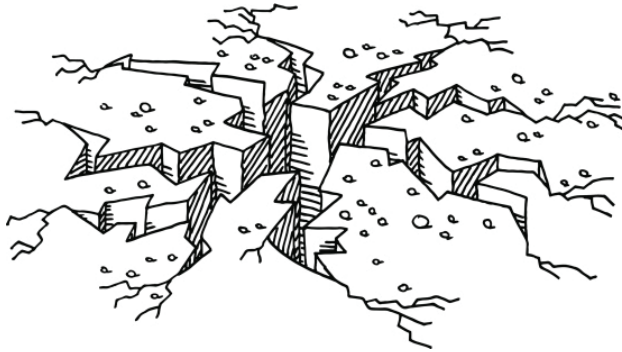
5. The **average rate of motion across the San Andreas Fault Zone during the past 3 million years is 56 mm/yr (2 in/yr)**. This is about the same rate at which your fingernails grow. Assuming this rate continues, scientists project that Los Angeles and San Francisco will be adjacent to one another in approximately 15 million years.

6. The **East African Rift System is a 50-60 km (31-37 miles)** wide zone of active volcanics and faulting that extends north-south in eastern Africa for more than 3000 km (1864 miles) from Ethiopia in the north to Zambezi in the south. It is a rare example of an ac-

tive continental rift zone, where a continental plate is attempting to split into two plates which are moving away from one another.

7. The **first "pendulum seismoscope" to measure the shaking of the ground during an earthquake was developed in 1751**, and it wasn't until 1855 that faults were recognized as the source of earthquakes.

8. **Moonquakes ("earthquakes" on the moon) do occur**, but they happen less frequently and have smaller magnitudes than earthquakes on the Earth. It appears they are related to the tidal stresses associated with the varying distance between the Earth and Moon. They also occur at great depth, about halfway between the surface and the center of the moon.



9. Although both are sea waves, a **tsunami and a tidal wave** are two different unrelated phenomena. A tidal wave is a shallow water wave caused by the gravitational interactions between the Sun, Moon, and Earth. A tsunami is a sea wave caused by an underwater earthquake or landslide (usually triggered by an earthquake) displacing the ocean water.

10. The **hypocenter of an earthquake** is the location beneath the earth's surface where the rupture of the fault begins. The epicenter of an earthquake is the location directly above the hypocenter on the surface of the earth.

<http://earthquake.usgs.gov/learn/facts.php>

What Makes Me Who I Am

There are many factors or influences that shape a human, a person, ourselves. Parents, community, country, beliefs, the way we act, walk, dress, speak, etc., to mention just a few, are elements that shape us and make us who we are. In my case, what makes me me is my double nationality, my marriage, and my faith.

First of all, my dual identity gives me the freedom to be American and Mexican. In my early years, it was a little hard living in Mexico as an American citizen. All my documents needed to be translated. People used to ask me why I was in Mexico when I could be in the United States, the land where dreams come true. I did not know what to answer back then. My Mexican background allows me the pleasure of enjoying the culture and the traditions from Mexico. However, now that I am in this country, I am happy that I can realize any goal or dream if I persevere. As a Mexican-American, I can be Mexican in Mexico and American in this country.

Marriage is another factor that makes me who I am even though, in these days, it is hard to keep a relationship because of the influence of society. They say if you are not happy, you should get a divorce and look for someone until you find your soul mate. My marriage has had ups and downs. There have been happy times, when it seems not to be real, and sad times, when I would have liked for it to have been a dream. Nevertheless, my relationship, after seven years of marriage, has grown very much. I love my wife more than when we got married and she has learned how to live with my defects. Some people confuse love with passion. That is why when the passion ends, the marriage ends as well. For us, the real love is to get angry and still love each other, to listen

to one another's worries, and not to run when one needs to talk. I have learned that to love is hard; to love is to give the best of what I have. My wife knows that. That is why we both sacrifice ourselves in making ourselves happy.

Lastly, the other element that shapes me is my faith in God. I am Christian. I am a Catholic. I try to live according to my faith.



Every day, I thank God for what I have and ask how I need to serve better. To be a Christian is not easy, but it is better than not having any direction at all. I have heard some parents say, "Babies do not come with instructions." I say that the instructions are already there; Jesus Christ told us 2000 years ago. We just

need to follow them. Faith is what has been helping me to get through in life. My spiritual life has given me the strength to overcome difficult episodes of my existence. The descending order in significance in our house is God first, marriage second, work third, friends fourth. If I live my faith the way it is, I will do better in the other areas of my life as well.

To sum up, my double nationality, my marriage, and faith are factors that make me how I am now. The choice to act as a Mexican and also as an American is one of the things that I value. My marriage is the relationship that is making me grow in many ways. Finally, my faith in God is where I get the energy that keeps me going in all different aspects of my life. Who am I? I am a person who loves God, loves his wife and loves his double nationality. Amen!

Mario Hermosillo
ESL W 320

Important Moments of My Life

Every person has something very important or something that is very valuable for him or her in life. It can be anything, somebody, or something that made a sharp turn in that person's life and changed them. In my case, I have some circumstances in my life that are so important to me and they have a special place in my heart. There are three different experiences that happened in my life that are very important to me, and I treasure them very much.

The first one is a touching story about my favorite cat, "Lucy"; the second is about my priceless ring that was a gift, and the third is about my current best friend Marina.

The first touching story that I want to share is the story of my favorite cat, "Lysuk". Unfortunately, I had to leave my cat in Ukraine with my sister when I was about to move to America five years ago. My parents gave me this puffy feline peach-colored ball of wool when I turned fourteen years old. When he was that puffy ball, my parents and I thought that it was a female kitten. So I gave him a feminine name, "Lucy". Ultimately, when "Lucy" grew up and started to date another "Lucy", we realized that our darling "Lucy" was actually a male cat. We also had to add a little change to his name by adding "k" to his name changing it from "Lucy" to Lysuk, so it would sound more like a male name. Aside from this funny story, the thing was that I was really attached to my cat! Lysuk was a very comical and, at the same time, very clever cat. I still remember how he gently asked to eat, tapping my foot with his big paw, and how he looked at me with his big, beautiful green eyes. Can you believe how emotional and difficult it was for me to leave him in Ukraine? Now, whenever I see a peach-colored kitten, it reminds me of my sweet, playful Lysuk.

Another story is about a priceless gift that I got from my sister before I left Ukraine. The moment when I re-

ceived my gift I will never forget! On the day of my departure my sister came to me, hugging me and kissing me while giving me a small, gorgeous handmade box. She asked me not to open this tiny box until I sat in my seat on the airplane. I promised her and did so. When I opened this small, beautiful box, I realized why she asked me to open it in the plane and not in front of her. In that box was a beautiful golden ring, and a little

note – wishes for my future life. Honestly, I realized how much I love her, and how well she knows me! I would never have taken that expensive gift, especially since I knew about her financial situation at that time. This kind act by my only sister won my heart, and it made me cry for a long time. Now this ring, of course, is very valuable to me because it's just priceless.

Finally, it's about my best friend, who plays a big role in my life. She has been always next to me here in America, not always physically but

emotionally. Marina was one of the first people who lent a helping hand at a difficult time when I had just arrived in America. This is how real friends are identified; this is how she became my best friend. Before my arrival, I was praying to God to send me good friends here. I believe that God answered my prayer by sending me Marina. She really showed me what friendship actually is. I can share all my ups and downs with her. She's the only one who can tell me the truth, even if it is not pleasant. I really do appreciate these kinds of people! Unfortunately, there are only a few people like her on earth. Basically, we do everything together and I cannot imagine my life now without such a good real friend like Marina. I believe that we all should always appreciate and treasure the people we have here and now with us. I am so thankful to God for Marina! She is truly given to me by God.

In conclusion, each person has his or her own memora-



ble stories, things or maybe even some circumstances that make themselves unique. My stories are very important to me and I will always remember them. Every time I see a fluffy peach-colored cat, my memories of Lyusik come back again and again. I miss that little kitty so much. Every time I see my ring on my finger, sweet, warm memories about good times with my sis-

ter come back, and I also miss her like crazy! As for Marina, she will be an example to me forever. I'm happy because I can be myself with her, and this is the most important of all to me.

Khrystyna Semenenko
ESL W320

Interesting Places for Kids

We all were kids once. All of us had many interesting places where we used to go when we were kids. We made new friends, played ball, scuffed elbows and knees, but most importantly we discovered the world. These days, there are even more exciting and interesting places for kids to go. However, three of them will always be most popular such as basic playgrounds, restaurants with play areas, and amusement parks.

Every child has a favorite playground. A playground is a very important part in every young one's life. They play with other kids and enjoy themselves there. By talking and playing with other kids on the playground, they learn how to socialize in society. Even more, some playgrounds have slides, monkey bars, swing sets and other activity equipment. All these play sets help kids to let go of their extra energy. At the same time, doing all these physical activities is good for their development. Yes, the most important reason that playgrounds are beneficial for kids is that they spend some time outside and don't watch TV or sit at the computer.

Many restaurants these days offer meals for kids, but some of them are made just for them. Generally, many people have heard about Chuck E Cheese, McDonalds and other famous kid-friendly restaurants. At these restaurants, children not only get to eat their favorite food, but also use the play areas built for them. Res-

taurants are full of kids' games and activities. Children have lots of fun there, meet new kids, and make new friends.

Last but not least are amusement parks. What kid wouldn't like fast and furious rides, haunted houses, or a room of crooked mirrors? Amusement parks have rides suitable for kids of all ages. Some amusement parks even have animal shows and kids love animals. The shows commonly not only introduce the animals,

but also tell about their behavior and habitats. This is the learning experience in life where fun comes into play. Young ones learn about the animals and their lives and have fun at the same time. This is why amusement parks are one of the most interesting places for kids.

Kids are the most precious creatures of Mother Nature. Chil-

dren are always going to be curious about new and different things and places. Moreover, there are many interesting places for them to discover. Some of them are going to be around for a long time like playgrounds, restaurants for kids, and amusement parks.

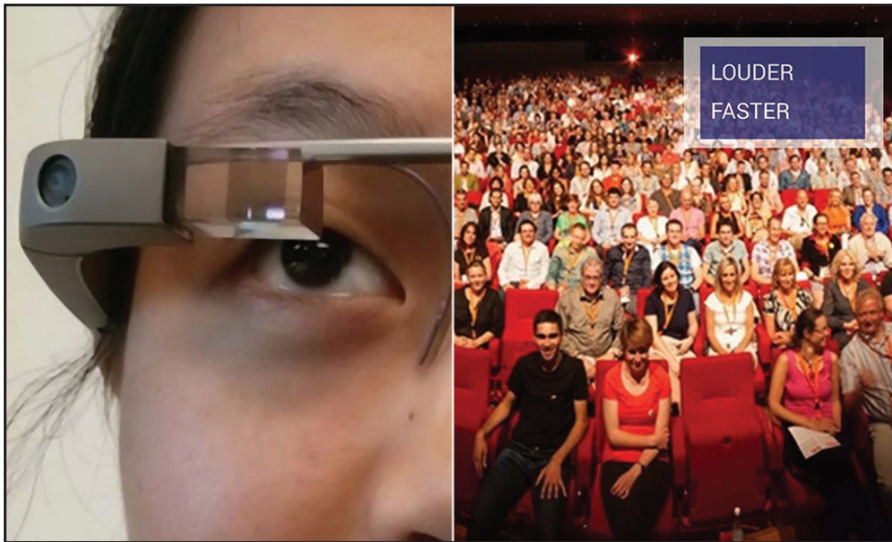
Aleksey Fadyukhin
ESL W40



Nestscape -- Articles from The Web

Wearable Technology Can Help With Public Speaking

Speaking in public is the top fear for many people. Now, researchers from the Human-Computer Interaction Group at the University of Rochester have developed an intelligent user interface for “smart glasses” that gives real-time feedback to the speaker on volume modulation and speaking rate, while being minimally distracting.



On the left, a speaker wears Google Glass, and on the right, the view of the audience from the speaker's perspective with the real-time feedback provided by the Rhema system. (photo credit: M. Iftekhar Tanveer, et al)

Speaking in public is the top fear for many people. Now, researchers from the Human-Computer Interaction Group at the University of Rochester have developed an intelligent user interface for “smart glasses” that gives real-time feedback to the speaker on volume modulation and speaking rate, while being minimally distracting.

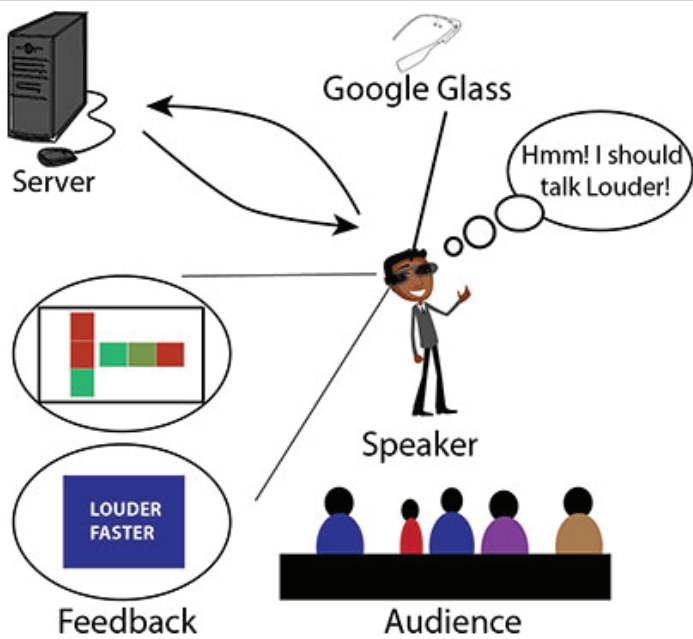
The Rochester team describes the system, which they have called Rhema after the Greek word for “utterance,” in a paper that will be presented on Tuesday, March 31 at the Association for Computer Machinery’s Intelligent User Interfaces (IUI) conference in Atlanta.

Smart glasses with Rhema installed can record a speaker, transmit the audio to a server to automatically analyze the volume and speaking rate, and then present the data to the speaker in real time. This feedback allows a speaker to adjust the volume and speaking rate or continue as before.

Ehsan Hoque, assistant professor of computer science and senior author of the paper, used the system himself while giving lectures last term. “My wife

always tells me that I end up speaking too softly,” he says. “Rhema reminded me to keep my volume up. It was a good experience.” He feels the practice has helped him become more aware of his volume, even when he is not wearing the smart glasses.

In the paper, Hoque and his students M. Iftekhar Tanveer and Emy Lin explain that providing feedback in real-time during a speech presents some challenges. “One challenge is to keep the speakers informed about their speaking performance without distracting them from their speech,” they write. “A significant enough distraction can introduce unnatural behaviors, such as stuttering or awkward pausing. Secondly, the head mounted display is positioned near the eye, which might



cause inadvertent attention shifts.”

Tanveer, the lead author of the paper, explains that overcoming these challenges was their focus. To do this, they tested the system with a group of 30 native English speakers using Google Glasses. They evaluated different options of delivering the feedback. They experimented with using different colors (like a traffic light system), words and graphs, and no feedback at all (control). They also tried having a continuous slowly changing display and a sparse feedback system, by which the speaker sees nothing on the glasses for most of the time and then just sees feedback for a few seconds. After user-testing, delivering feedback in every 20 seconds in the form of words (“louder,” “slower,” nothing if speaker is doing a good job, etc.) was deemed the most successful by most of the test users.

The researchers also highlight that the users, overall, felt it helped them improve their delivery compared to the users who received continuous feedback and no feedback at all. They also addressed the system from the point of view of the audience and enlisted 10 Mechanical Turk workers.



“We wanted to check if the speaker looking at the feedback appearing on the glasses would be distracting to the audience,” Hoque said. “We also wanted the audience to rate if the person appeared spontaneous, paused too much, used too many filler words and maintained good eye contact under the three conditions: word feedback, continuous feedback, and no feedback.”

However, there was no statistically significant difference among the three groups on eye contact, use of filler words, being distracted, and appearing stiff, judged by the Mechanical Turk workers. As part of their future work, the researchers want to test their system with members of Toastmasters International as a more knowledgeable audience.

The researchers also believe that live feedback displayed in a private and non-intrusive manner could also be useful for people with social difficulties (e.g., Asperger syndrome), and even for people working in customer service.

Rhema is freely available for download from the team’s website: www.cs.rochester.edu/hci/current-projects.php?proj=rh.

<http://www.rochester.edu/newscenter/wearable-technology-can-help-with-public-speaking-95552/>

New Record For Fastest Run Around the World

Continued from page 1

Denniss, the subject of “40 Million Steps Around the World” from the April 2015 issue of *Runner’s World*, has held the record since finishing his own 622-day, 18-country run on September 13, 2013. “I’m fine with him breaking the record,” Denniss said. “In fact, having people attempting to break a record raises the standard and profile of that event and legitimizes it. If no one could be bothered with a record, it doesn’t speak well of that event.”

Carr ran through 26 countries and logged 26 miles per day, on average, through Europe, India, Australia, New Zealand, North America, South America, and the U.K. Unlike Denniss, whose wife acted as support crew, Carr traveled alone and pushed all his equipment—food, water, and camping supplies that all weighed upwards of 100 pounds—in either a stroller or a custom-made cart, depending on the country. Like Denniss, he covered 16,300 miles.

And they were some eventful miles. Carr suffered from heatstroke in Denmark. In India, a truck kicked up dust



Carr carried his supplies, which could weigh up to 100 pounds, in a stroller or a cart, depending on the country.

and fine shards of slate that lodged in his eye. Local factory workers rushed to get him eye drops then insisted he rest—on a heap of slate—until his eye improved. After coming face-to-face with bears in Canada, he was so spooked he had trouble sleeping.

“It’s really wild.

You spend an hour looking for a stupid tree to hang your food in,” Carr told *Runner’s World* Newswire. “And you just don’t sleep. So after three or four days, you come to the first town you see and end up [giving yourself] a day off so you can sleep.”

Within days of arriving in Australia, a vehicle hit him. Amazingly, he wasn’t hurt, but his cart needed fixing. In both Western Australia and India, he kept nocturnal hours, grabbing shut-eye during the heat of the

day. When temperatures dropped well below zero in the northeastern United States, he had to cut his days short, bag the whole camping thing, and book a room. When his muscles screamed, he gave himself acupuncture.

Carr is the fourth runner to circle the globe according to criteria established by the World Runners Association. Along the way, he met with two of his predecessors for some advice and encouragement—Denniss in Sydney, Australia, and Tony Mangan, who finished his world run last year, in Dublin, Ireland. “He impressed me [with] his integrity,” Mangan said. “Very much a nice, unimposing guy—and very focused.”

These final days have been grueling. “It’s just been stupid miles,” Carr said, referring to the 45 miles a day he’s averaged over the past five weeks. (That’s 11 to 13 hours of running. Every day.)

A series of setbacks that began this winter forced the all-out effort. Freezing temperatures and nasty storms in the U.S. pushed Carr south to Florida instead of Boston, his original plan. In Florida, the flu sidelined him for four days. It took two weeks of running at half effort before he recovered.

“The flu really cost me,” he said. “I went from having to do [35 miles] a day to [42 miles] a day within two weeks.” After that, extreme flooding in Argentina forced him to take a detour while en route to Buenos Aires. And then he injured his quad. “The finish—it’s been very, very stressful.”

But when *Newswire* reached him on the phone Wednesday when he was about seven miles out from Okehampton in Devon, England, Carr seemed in good spirits. When he began the run, he’d promised his sponsors a record, and now he’s delivered.

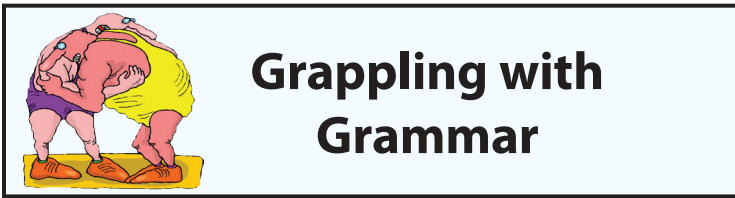
To sweeten the finish, two-time world runner Jesper Olsen joined him on the road today.

“About eight years ago, I remember reading [about Olsen],” Carr said. “I had just finished a 22-miler. I got a running magazine out and it talked about this crazy guy running around the world. I thought, That’s ridiculous! But then the idea got in my head.”

Today, Carr becomes that crazy guy. Maybe it’s because, after all that time on the road, one thing remains unchanged: “I do love running.”

<http://www.runnersworld.com/general-interest/new-record-for-fastest-run-around-the-world>

Parrot Warbling



Grappling with Grammar

Reporting Speech in English

Tense Changes When Using Reported Speech

Normally, the tense in reported speech is **one tense back** in time from the tense in direct speech:

EX: She said, "I am tired." = She said that she was tired.

Phrase in Direct Speech	Equivalent in Reported Speech
Simple Present	Simple Past
"I always drink coffee," she said	She said that she always drank coffee.
Present Continuous	Past Continuous
"I am reading a book," he explained.	He explained that he was reading a book
Simple Past	Past Perfect
"Bill arrived on Saturday," he said.	He said that Bill had arrived on Saturday.
Present Perfect	Past Perfect
"I have been to Spain," he told me.	He told me that he had been to Spain.
Past Perfect	Past Perfect
"I had just turned out the light," he explained.	He explained that he had just turned out the light.
Present Perfect Continuous	Past Perfect Continuous
They complained, "We have been waiting for hours".	They complained that they had been waiting for hours
Past Continuous	Past Perfect Continuous
"We were living in Paris," they told me.	They told me that they had been living in Paris.
Future	Present Conditional
"I will be in Geneva on Monday," he said.	He said that he would be in Geneva on Monday.
Future Continuous	Conditional Continuous
She said, "I'll be using"	She said that she would be using...

You do not need to change the tense if the reporting verb is in **the present**, or if the original statement was about something that **is still true**,

EX: (1) He says he has missed the train but he'll catch the next one. (2) We explained that it is very difficult to find our house.

These modal verbs do not change in reported speech: **might, could, would, should, ought to**: We explained, "It **could** be difficult to find our house." = We explained that it **could** be difficult to find our house.

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

Idiom--Attic Knock Someone's Socks Off

Hi, John. What's new ?

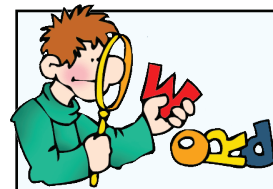
Oh, nothing too much with me, but you ought to see Fredo's new car. It'll knock your socks off!

So, he finally got that Italian sports car he's been dreaming about.



He sure did. When you see all the custom features that it has, you'll get so enthused and excited you won't know what to do.

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



English Homophones

(continued from the previous issue)

Homonyms (also called homophones) are words that sound like one another but have different meanings.

bridal, bridle	cheap, cheep	creak, creek
broach, brooch	check, cheque	crews, cruise
bur, burr	choir, quire	cue, kyu, queue
but, butt	chord, cord	curb, kerb
buy, by, bye	cite, sight, site	currant, current
buyer, byre	clack, claque	cymbol, symbol
calendar, calender	clew, clue	dam, damn
call, caul	climb, clime	days, daze
canvas, canvass	close, cloze	dear, deer
cast, caste	coal, kohl	descent, dissent
caster, castor	coarse, course	desert, dessert
caught, court	coign, coin	deviser, divisor
caw, core, corps	colonel, kernel	dew, due
cede, seed	complacent, complaisant	die, dye
ceiling, sealing	complement, compliment	discreet, discrete
cell, sell	coo, coup	doe, doh, dough
censer, censor, sensor	cops, copse	done, dun
cent, scent, sent	council, counsel	douse, dowse
cereal, serial	cousin, cozen	draft, draught

The list of Homophones is continued in the next issue.

www.singularis.ltd.u

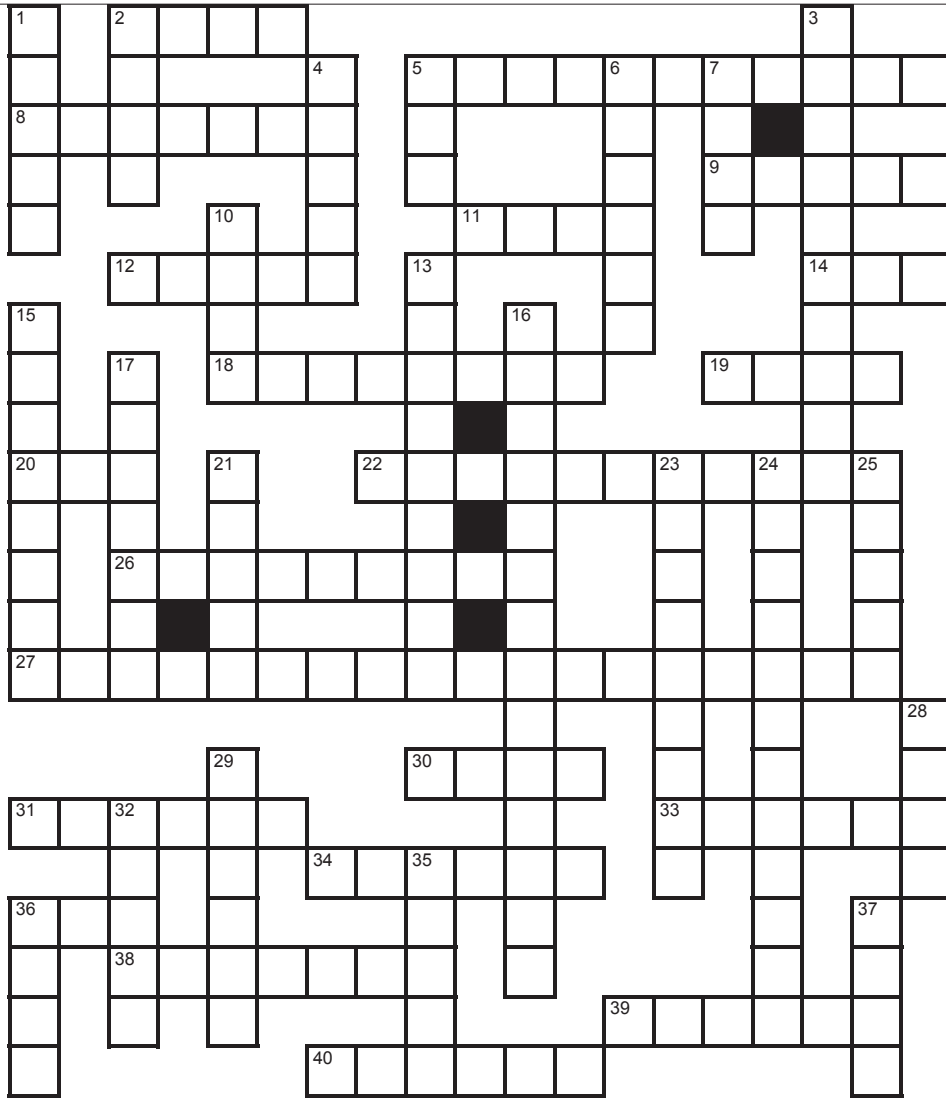
Some More Parrot Fun Stuff

Hawaii Wordsearch

Find and circle all of the words that are hidden in the grid. The remaining 48 letters spell a secret message.

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

ALOHA	WHALES	MANTA RAYS	PINEAPPLES	UKELELE
ARCHIPELAGO	ISLANDS	MAUI	RESORTS	VACATION
BEACHES	KAHO'OLAWA	MOLOKA'I	SAND	VOLCANOES
CANOEING	KAUA'I	NAPALI	SCUBA DIVING	WAIKIKI
COFFEE	KAYAKING	COAST	SNORKELING	WAIMA BAY
GRASS SKIRT	KONA COAST	NI'HAU	STATE	WARM
HAWAIIAN	LANA'I	NORTH SHORE	SUGARCANE	WHALE WATCH-
HONOLULU	LUAU	O'AHU	SURFING	ING
HULA	MACADAMIA	PACIFIC OCEAN	TOURISTS	
HUMPBACK	NUTS	PEARL HARBOR	TROPICAL	



Across

- 2 Something people use to clean up leaves. (4)
- 5 A person who delivers mail. (4,7)
- 8 Someone who teaches. (7)
- 9 A person who assists a doctor. (5)
- 11 A place where people live. (4)
- 12 A place where kids make sandcastles. (5)
- 14 A thing that people use to cut wood. (3)
- 18 A person who plays a musical instrument. (8)
- 19 A thing that people read. (4)
- 20 A thing that people wear on their heads. (3)
- 22 Someone who puts out fires. (11)
- 26 A time when kids wear costumes. (9)
- 27 A person who builds buildings. (12,6)
- 30 A thing that people use to catch fish. (4)
- 31 A place where people can see old things and learn history. (6)
- 33 An animal that makes webs. (6)
- 34 Something people use to write. (6)
- 36 An insect that makes honey. (3)
- 38 The time of day when people eat dinner. (7)
- 39 A person who sings. (6)
- 40 A person who draws pictures. (6)

Things That...

Down

- 1 A person who acts in movies. (5)
- 2 A place where people drive. (4)
- 3 A thing that people use to see tiny things like cells. (10)
- 4 Something that people use to paint. (5)
- 5 A thing that people use to find where they are. (3)
- 6 Something people use to take pictures. (6)
- 7 A thing that you wear on your finger. (4)
- 10 A place where people grow crops. (4)
- 13 A person who designs buildings. (9)
- 15 A person who fixes cars. (8)
- 16 A scientist who studies dinosaurs. (14)
- 17 A place in a home where people cook food. (7)
- 21 Someone who flies airplanes. (5)
- 23 A scientist who studies rocks. (9)
- 24 A holiday when people say thanks and eat turkey. (12)
- 25 A thing that people use to draw straight lines. (5)
- 28 An animal that can fly. (4)
- 29 A time when people go to the beach. (6)
- 32 An animal that gives us wool. (5)
- 35 The time of day when the stars come out. (5)
- 36 A place where people save money. (4)
- 37 A place where people picnic. (4)



Fundamentalism

Because the eye has a short shadow or it is hard to see over heads in the crowd?

If everyone else seems smarter but you need your own secret?

If mystery was never your friend?

If one way could satisfy the infinite heart of the heavens?

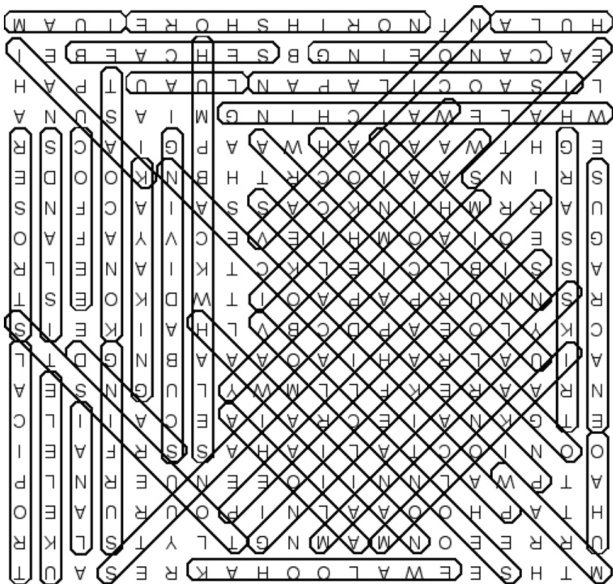
If you liked the king on his golden throne more than the villagers carrying baskets of lemons?

If you wanted to be sure his guards would admit you to the party?

The boy with the broken pencil scrapes his little knife against the lead turning and turning it as a point emerges from the wood again

If he would believe his life is like that he would not follow his father into war

Naomi Shihab Nye



Rigoberto's Riddles

Q: A cowboy rode into town on Friday, stayed three days, and left on Friday. How is this possible?

A: See bottom of Chuckle Chamber



Silly Vasily's Chuckle Chamber

The Child and His Mother:

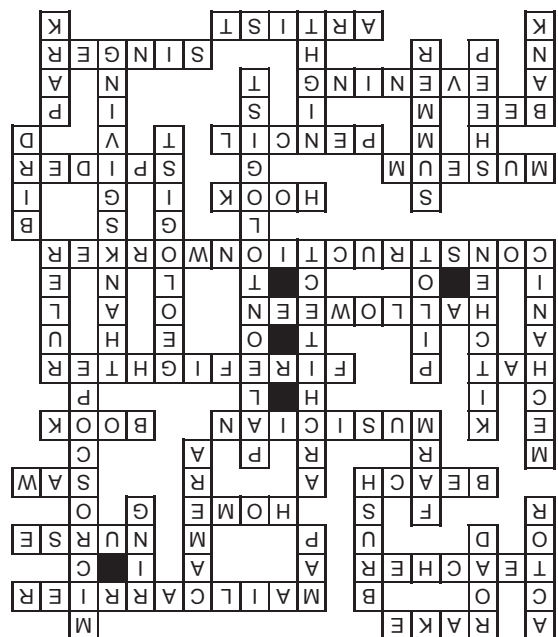


A curious child asked his mother: "Mommy, why are some of your hairs turning grey?"

The mother tried to use this occasion to teach her child: "It is because of you, dear. Every bad action of yours will turn one of my hairs grey!"

The child replied innocently: "Now I know why grandmother has only grey hairs on her head."

Answer to Riddle: His horse is named Friday



Granny Noetal

Dear Granny,

I'm taking a writing class and my teacher expects assignments to be typed. I don't have a computer at home and I don't know how to type so I usually just write in longhand. In other classes, teachers have accepted my work, but this teacher is mean and says I have to type. What's wrong with this teacher?

Mal Kontentsky

Dear Mal,

Thanks for writing. You've brought up an interesting situation. I learned penmanship when I was a youngster last century in 4th grade from Ms. Heathcote, who hovered over us with a ruler. Both my print and cursive writing were good - even today my grocery lists are quite legible. It was only one high school summer that Mom enrolled me in a typing class, and it helped me find office work during WWII. My brother and his fascination with baseball meant he refused to take typing and in college he had to wash dishes to earn money to pay a young lady (me) to type his work. So typing is a good skill, especially if you have a lazy



brother.

Not having a computer at home can be a real inconvenience. Luckily we have computer labs at ARC that you can use. The big question is why teachers expect and appreciate typed assignments. Here's the answer:

- Typed work is easier for teachers to read - it saves time!
- Typed and save work is easier for a student to revise and correct - it saves time!

In most academic classes and at work, documents and emails (no other way) are typed. Even my brother types now, although it's with just two chubby, baseball-gnarled fingers.

My advice: go forward. You'll like the look of your typed work. Using a pen and not a word processor is like using an egg beater for 50 eggs when working in the kitchen and a food processor is at hand. Don't be like my brother!

PS. The above is a little harder to read but if you miss your own handwriting, you can change the font (style) to look handwritten.

Interview with Prof. Pristupa

Continued from page 1

ing with computational arithmetic and to calculus classes on different levels. I have a lot of students who improve their knowledge of mathematics, require new knowledge, and actually have good success in many subjects.

Parrot: How long do you expect to work on campus?

Natalia: Probably, for the rest of my life. (Laughing)

Parrot: How do you handle pressure with your stu-

dents?

Natalia: Well, what I learned is that you know every teacher is faced occasionally with situations which require from the teacher a lot of, I would say, courage and good and reasonable quiet attitude and positive attitude. When you have a positive attitude towards your students, it's always good for you and for your students too; at least you should always try to understand what the students want to tell you, listen very carefully, and then make a reasonable decision and good discussion.

Parrot: You are right. Do you have another job be-

sides teaching in the college?

Natalia: Yes, I do. I am a registered nurse and I work for an infusion company.

Parrot: So, what is your biggest success?

Natalia: I consider my biggest success my kids. Even so I made a good career in nursing and in teaching. My biggest success is that my own kids are grown up and very successful and they are intelligent and very loving and caring people.

Parrot: Wow, you are right. What do you like or dislike about your job?

Natalia: Well, of course I love my job because this job brings a lot of positive outcomes to people. When students get good education, they can get a better job, they can contribute much better to the society, they can contribute much better to their families and they are more successful and happier people. So, it's a very noble career and makes me happy about it and I am unhappy when students cannot realize how important education is and when they don't make an effort to achieve better education.

Parrot: OK, what challenges are you looking forward to in your job?

Natalia: Looking, well, I would like probably for the future to develop some materials that could make contributions to the teaching process, and for my further and important goal I would like to make my own tutoring facility which could use a lot of instruments, techniques and approaches to make students more successful.

Parrot: What do you find is the most difficult job, nursing or teaching?

Natalia: Well, it depends on the situation. Even so a nursing job is probably more difficult in that you treat sometimes extremely sick people and sometimes the stage of their illness could be irreversible so it actually creates a lot of heartache and pressure which you have to deal with.

Parrot: So, it's easier than a nursing job, to teach, I mean is easier than to be a nurse.

Natalia: Of course with a teaching job, you try to

find always the optimal way to deliver the material you're teaching so that students understand. However, of course emotionally a nursing job could be much more challenging.

Parrot: What interests you in this job, I mean the nursing job?

Natalia: Nursing job?

Parrot: Yes.

Natalia: Well, of course my greatest interest is to help people, to help people to survive in their difficulty and you know challenging times in their life, when they are sick, when they sometimes have conditions that should be addressed immediately in order just to be alive because I have often critical care areas. You have to be very knowledgeable, you know, in order to be able to do this job better, to do a good job in nursing so, it is a challenge. I always educate myself and I always go to the training.

Parrot: To have everything successfully done. Ok, have you ever had difficulty working with patients?

Natalia: Of course, I have been working as a nurse for eight years and yes, I've had situations when it is difficult with patients, especially situations when patients are not very cooperative and in order to achieve the greatest results in treating people is when people care about health themselves so when people just are indifferent or just are very angry or not cooperative, it makes the job very difficult.

Parrot: It's not an easy job! What are your goals for the future?

Natalia: Goals in the future? Like I already said, I would like to develop my own center, educational center, where I would apply the best methods, techniques, and instruments for teaching students and developing student skills appropriately from the basic level up.

Parrot: Does your family know about how hard-working you are?

Natalia: Oh, yes, (laughing) my family knows this so very well because my kids always say, "Mom, why do you work so hard? You have two jobs. You work so much," and they say, "You probably will never stop

working.” (laughing) And they are right. I am actually a very energetic person and love to work and especially knowing the job is so rewarding and so noble, I do like to work.

Parrot: Yes, I want to say something. I’m proud of you because you are very hard-working. You are my teacher and I see everything. You never sit down on

the chair or something. You always explain and explain. You are very hard-working and thank you for your time.

Natalia: Thank you.

Fatiha Sahnouns
L 320

Come See What's Happening in the ESL Center!



Join our new

ESL BOOK CLUB!

- Book is provided! Snack and chat!
- Counts for up to .5 units; for ESL level 50 readers and above
- Read in ESL Center or at home; meet in ESL Center to discuss. Get credit for time spent in ESL Center
- To sign up, see Susan TR 2:45- 5 or Ilse MWTR 8-4

Questions? Email Professor Pezone at pezones@arc.losrios.edu



Also coming soon...

Need some help with your homework or
to get extra practice with what you learn in class?

Try our new Practice Power Sessions!

Students enrolled in ESL 34, 44, or 54 can get help with homework from their ESL classes and receive credit for Conversation Skills or Multimedia sessions.

More information will be coming soon. If you are interested, go to the ESL Center or email Professor Hess at hessk@arc.losrios.edu to get on our contact list.

Uncaged: SQUAWK! PARROT VOICES!



Have a story from your life to share? Tell your story in English and be filmed through *Parrot Voices*. Your story will be placed on the ESL Website to share with friends and family!

Consider one of the topics below. Practice telling your story to a friend or family member. Practice also in front of the mirror. Your story should be a few minutes long, just as it is in NPR's Storycorps (<http://storycorps.org/>). Pay attention to your pronunciation – the speed, the clarity, and the volume of your voice.



Questions to ask yourself for Parrot Voices (choose one):

1. What was the best day or worst day of your life and why?
2. Why did you leave your country to move to the US? Describe the day you made that decision.
3. Describe a typical day of your childhood.
4. Describe your last day in your country.
5. Explain the most dangerous thing that has ever happened to you.
6. How have you changed since living in the U.S.? Be specific.
7. How is life different from life back in the place or places you used to live? Be specific.
8. What do you miss most about life in your country and why?
9. What is one of your goals in life and how do you plan on accomplishing it?
10. The day you found out or decided you were coming to the US.

To find out more, ask your professor or contact Professor Paul Bracco, Davies Hall 337, braccop@arc.losrios.edu, 484-8988. If you call and leave a message, speak clearly!

Water Conservation in the Home...



- Check faucets and pipes for leaks
- Don't use the toilet as an ashtray or wastebasket
- Check your toilets for leaks
- Use your water meter to check for hidden water



leaks

- Install water-saving shower heads and low-flow faucet aerators
- Put plastic bottles or float booster in your toilet tank
- Insulate your water pipes.
- Take shorter showers.
- Turn off the water after you wet your toothbrush
- Rinse your razor in the sink
- Use your dishwasher and clothes washer for only full loads
- Minimize use of kitchen sink garbage disposal units
- When washing dishes by hand, don't leave the water running for rinsing
- Don't let the faucet run while you clean vegetables.
- Keep a bottle of drinking water in the fridge.
- Plant drought-resistant lawns, shrubs and plants
- Put a layer of mulch around trees and plants
- Don't water the gutter
- Water your lawn only when it needs it
- Deep-soak your lawn
- Water during the early parts of the day; avoid watering when it's windy



- Add organic matter and use efficient watering systems for shrubs, flower beds and lawns
- Don't run the hose while washing your car
- Use a broom, not a hose, to clean driveways and sidewalks
- Check for leaks in pipes,



WHAT

do you do at home to save WATER ?



Mars Munasyrov:
"I try to keep in mind that we have a problem in California, so I try to use water only when necessary."



Abdulbaqi Jamal:
"I used to wash my car and water the grass. Now I take my car to the car wash, and I don't water the grass. I also want to teach my kids how to save water."



Ofelia Garcia:
"First of all, I stopped washing my car at home. I used to wash my car at home. Also we don't water the lawn anymore. All plant pots are now together to save water. Also laundry I wash all together now instead of washing by colors."



Songhui Ko:
"When I'm taking a shower, I brush my teeth...everything in the shower. I wash all the dishes together and for laundry I hang dry."



Alireza Yaghoubi:
"We can learn how to use water, for example, taking shorter showers."



Jenny Nghiem:
"Usually we use water to wash the vegetables for the garden instead of throwing it away. We water the trees and grass two days a week for two to three minutes."

(asked of ESL W 50)

Out of the Cage

Welcome Day/ Club Day

Thu, September 24, 2015
8am – 4pm, 10am-2pm

Welcome Day will feature educational displays on health and wellness, as well as student clubs (from 10am-2pm)

Location: Student Center -- Welcome Day will feature educational displays on health and wellness, as well as student clubs (from 10am-2pm)

THE BEST OF BROADWAY - "BROADWAY RE-VIEWED!"

September 11 - 27, 2015
7:30pm – 9:30pm

Ticket Prices: (no FOTF discounts apply) General \$20 Seniors \$18 Students \$18 Children (under 12) \$15 Group Rates \$15-\$17

For Further Information: (916) 966-3683 · FairOaksTheatreFestival.com

Location: 7991 California Ave, Fair Oaks, CA 95628, USA

Polka Night!

Wed, September 23, 8:00pm – 9:30pm
8:00pm – 9:30pm

Join the latest dance craze! Wear comfortable shoes and be ready to have some fun exercising to the sounds of the hippest accordion music in our region!

Location: Davies Hall 218

Honors Reads: The Underground Girls of Kabul

Thu Oct 8, 2015
12:15pm – 1:15pm

Join Alana Jeydel, ARC Professor of Political Science, for a discussion of its first Fall 2015 Honors Reads selection, *The Underground Girls of Kabul* by Jenny Nordberg. In this affecting work of investigative journalism, Nordberg offers an account of the bacha posh, Afghan girls whose families disguise and raise them as boys until they are adolescents. Dr. Jeydel, the co-author of *Participation and Protest: Women and Politics in a Global World*, will lead a discussion of issues such as gender inequality and sexual politics that are raised by Nordberg's book.

Location: Raef Hall 160

Breast Cancer Awareness/Save The Ta-tas!!

Thu Oct 1, 2015
12:15 pm - 1:15 pm

October is Breast Cancer Awareness Month. The American Cancer Society estimates that in 2015 roughly 292,000 new cases of breast cancer will be diagnosed in women. Although breast cancer is the second leading cause of cancer death in women, there are more than 2.8 million breast cancer survivors in the United States. For both males and females, awareness of risk factors and recognizing the importance of early detection may save your life! Learn more about this disease as we discuss the prevalence of breast cancer, risk factors, and how to be proactive when it comes to reducing your risk of developing breast cancer.

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. To see The Parrot in color go to http://www.arc.losrios.edu/Programs_of_Study/Humanities/ESL/The_Parrot.htm