



The Parrot

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

Issue # 96 Fall 2015

Counselor Ruedas - A Bridge to Success!

Parrot: Good morning, Mr. Ruedas.

Mr. Ruedas: Good morning.

Parrot: So please tell me. Where are you originally from, Mr. Ruedas?

Mr. Ruedas: I am from California. I was born in Fairfield. My parents emigrated from Mexico, from Zacatecas, in 1948.

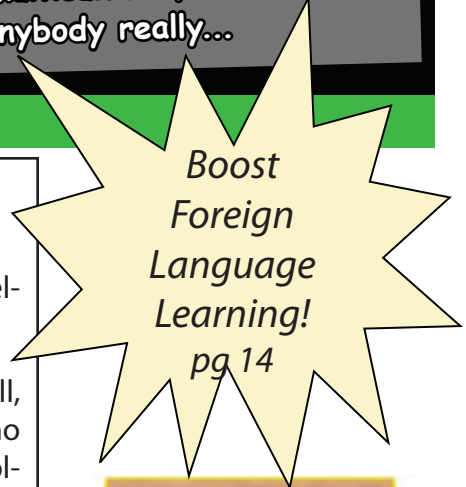
Parrot:Wow, that's very interesting. So what made you decide to be



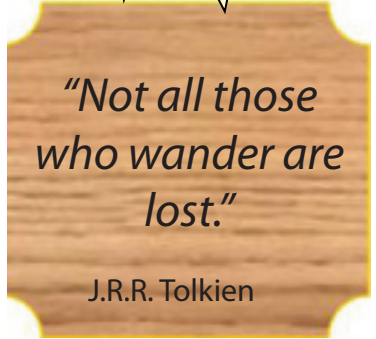
come a counselor?

Mr. Ruedas: Well, I went to Solano Community College and then to UC Davis, and I majored in history and Chicano Studies. Then I became a junior high school teacher. I taught junior high school for

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Boost Foreign Language Learning! pg 14



"Not all those who wander are lost."

J.R.R. Tolkien



Bike blockade! Cycle-clogged Amsterdam Mulls Under-Water Parking

With the capital of the Netherlands struggling to accommodate over 880,000 bicycles in a city of 780,000 citizens, Amsterdam is considering under-water bicycle garages and other radical ideas to park its bikes.



Published time: February 25, 2015 20:11 Reuters / Koen van Weel

With just 2,500 designated parking spaces available to handle the hundreds of thousands of bicyclists daily, the city has drawn up plans for a 7,000-space bicycle facility beneath its

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Student Chirpings

The Day Before I Came To America

Time goes by very fast, so today I can barely remember what happened almost three years ago on the day when my life changed forever, the day before I flew to the US.

That was a day like any day. That was end of September, when it's not very cold in Ukraine, but nights are getting cooler and if there is a cloudy day, everything around seems a little sad. I remember that day as a sad cloudy day. Back then, I used to live with my mama and brother, and his wife, in a beautiful yellow house close to the forest in a small town near Kiev, the capital of Ukraine. So as usual, I woke up in my bed with my cat. It was the best cat ever. Her name was Kleopatra; she was a warm and soft, and furry three-colored ball. I had no idea how much I would miss

her. I still miss her. Maybe that's why I have a dream: some day, when I will be able to, I will have a cat as smart and as beautiful as she was. In any case, I had to set up early and went downstairs to have coffee with my mother and talk to her a little bit. My mother is my best friend; I look a lot like her, just younger. I could see she was already worried. After breakfast I got ready, hopped into my teeny tiny blue car, named Kuku (everybody called it Kuku, because the original name of the model was QQ) and I went to university. At university I used to study psychology. Our auditoriums were located on the eleventh floor of the building. The view was amazing. Another thing that almost never happened to me before was I decided to be present at all my classes that day. I'd never been a studious pupil; mostly I preferred

to do something more interesting than to sit in the hot classroom listening to a boring teacher. After classes I said bye to my friends and headed home. Pretty soon my best friend called me and asked me if it was alright if they came over. Honestly, I couldn't

exactly figure out why they would want to come over all of a sudden, but sure, why not? I like when my friends come to visit me! Especially such good friends as mine! If somebody could see them, he or she probably couldn't help but wonder how it is possible that two such different people could be my friends because my friend Ann is a pudgy little girl with blond curly hair, always laughing and talking fast, while my friend Alex is a tall and skinny white-faced guy with long hair, mostly always quiet and reticent. But I still loved them both.



When I got home, I was really surprised. There was my family together. Even the dog seemed to forget how busy he usually was. There was so much food! In our country, they cook a lot when they're going to celebrate something. So, I got the feeling that they were waiting for some dear guest. No, they were waiting for me. I had dinner with my family and my good friends. Knowing them, I could tell that they were acting weird. There was so much attention to me. Everybody was talking to me, tried to cheer me up, sit with me, or hug me. My mom was about to start crying a few times. And then, I don't remember who, but one of them asked me if I had already packed my clothes. "Got it! Now they wanted me to pack my clothes."

Nobody left our house that night. Everybody stayed

with me and nobody slept. I remember my friends were lying with me on the bed and we were talking about the time when I would come back. We all truly believed that I would be back very soon. At about midnight or later they loaded me into the car and I remember how the gates were closing, hiding my home from me. There was a long drive and I still remember a song that was playing. They took me to the airport and ba-



sically pushed me onto the plane, those mean people!

That's how I ended up in America with three dresses and one pair of shoes, but with hope and faith in my heart. So, whether I wanted it or not, that was the day when my life took a completely different direction and changed forever.

Olena Kovalyova
ESLW50

How to Get to School on Time

Nowadays, affording a car can be expensive. This would be more expensive if we added the other costs involved when people buy a car such as gasoline, insurance, and repairs. Unfortunately, people have other more important expenses to cover before they can buy a car. This situation causes one of the most common problems today. This problem is getting to school on time if people don't own a car. If people don't own a car, most of the time they have many problems getting to school on time, but fortunately there are three solutions to this problem: people can get a bike, people can use public transportation, and people can ask for a ride to the school.

The first solution to the problem of getting to school on time if people don't own a car is they can get a bike. A bicycle is one of the cheapest modes of transportation in the whole world. A bicycle is also one of the most environmentally friendly types of transportation worldwide, and in turn is one of the easiest to get. If people don't own a bicycle, they can borrow one from their friends for a while. In Mexico, my country, I had a friend who borrowed my bike for two months to get to school on time because she

did not have enough money to buy a bike. She always had serious problems at school because she was always late to her classes and her grades were poor. However, this situation changed when she started to get to school on time because of my bike. Another way to get a bike is as a birthday present. My friend was excited when her parents gave her a



bicycle for her birthday. In this way she could give me back my bike, and she could keep getting to school on time with her own bike. Moreover, if people don't want to borrow a bike from their friends and have enough money to afford it, they can use their savings to buy a bicycle. For example, after my friend got her bike, this transport became popular in my school. Everyone

wanted her/his own bike to get to school, so most of my friends bought their bikes with their own money. Getting to school on time by bicycle is possible, but this situation depends on how far away people live from the campus where they attend classes. For example, I attended ARC at Natomas last semester. This campus is 5 minutes from my house, so last semester I could get to school on time by bicycle, but this semester I couldn't do this because the main campus is farther away from my house. In addition to the distance, the way is also inconvenient riding a bicycle

because to get to school I need to use the freeway. If people want to get to ARC riding a bicycle, they have to think about the distance between their homes and the campus where they attend classes. The second solution to the problem of getting to school on time is they can use public transportation. This is one of the easiest solutions to the problem of getting to school on time because taking a bus is cheaper, and people can relax and enjoy the scenery while they're on their way to school. People could take a bus, for example, when I lived in Mexico. I didn't own a car, so I had to use public transportation. It was a little harder to do this. I had to wake up early because the buses I took in Mexico didn't take the direct way to my university. So, I needed more time to be on time, but despite this, I enjoyed taking a bus more than driving to the school because I had more time to read books on my way to the school. People also can take a bus to ARC; this could be the best solution to get to school if they don't own a car. Another means of public transportation that people can use to arrive at school on time is the subway. The subway is one of the fastest transportation systems in the whole world. When I was in college, I used to take the subway too. I liked it so much because it was faster than taking a bus, but because of the crowds I had to take it very early too. The subway in Mexico City is one of the cheapest ways to go in the city, so it is one of the most crowded. I had to take the subway at 5:30 am because at 6:00 am it was so crowded that it was impossible to board the train. In addition, people can take a taxi too. Taking a taxi is just as effective for people. It's like having their own car. Unfortunately, this type of transportation is one of the most expensive too. So, taking a taxi could only work if the school is near the people's homes. I used to do this when I was in elementary school because the school was five minutes from my house, but it was impossible for me to do this when I was in college because my campus was an hour away from my house. The third solution to the problem of getting to school on time without a car is students can ask for a ride to school. People can ask for a ride from their friends



who attend the same school. This is a practical solution because people can share the cost of gasoline with their friends. I didn't have a car when I was in high school in Mexico, and sometimes it was difficult to me get to school on time. Fortunately, I met a friend who lived near my house. We became best friends, and when I had enough confidence in him, I asked him if he could take me to school every day in his car and we would share the cost of gasoline. He agreed, and that day my transportation problem was solved. In addition to friends, people can ask their families for a ride to school. For example, when I came to the United States last year, I didn't have a car, so when I attended ARC last semester I had some problems getting to school on time. I had to ask my sister if she could take me to school every day. Another way to get to school is to ask neighbors for a ride to school. When my younger sister was in high school, I asked our neighbor if he could give her a ride to school every day because our neighbor's son was at the same campus as my sister. My parents gave our neighbor some money for gasoline. This was a successful solution to my sister's transportation problem.

In conclusion, getting a bike, using public transportation, and asking for a ride are three solutions to the problem of getting to school on time if people don't own a car. These solutions are environmentally friendly because the use of the bicycle does not pollute the environment, and at the same time if two people or more share a car, this could reduce air pollution. Finally, these solutions are cheaper than buying a car.

*Graciela Lopez
ESLW50*

What Are The Biggest Problems For New ESL Students At ARC?

Students experience a lot of problems when they go to college. Problems vary from financial issues, to time management, to academic problems. However, students for whom English is a second language experience more difficulties and problems during their time in college. When they just enroll in college, it could be especially frustrating for them. Some of the problems can include but, are not limited to language limits, differences in academic systems and, of course, cultural barriers.

The language barrier is the biggest challenge that ESL students face in college. For example, the problem with the language barrier is communication between students and professors. It's hard when you don't have enough knowledge of the language and try to interact with a professor or just the students in class. Another problem that ESL students face where the language barrier plays a big role is the challenge of filling out applications for college or a student loan. Some of the questions they read in applications might not be completely clear to ESL students. The language barrier also creates a big problem between students and professors. ESL students are sometimes not able to explain what they are trying to ask the professor because of a lack of vocabulary. This situation does create a lot of trouble for professors and ESL students.

Second, another big challenge ESL students have in college is the difference between the academic systems of their country and the U.S. One of the

issues is the classroom environment. In some countries, college classes are much bigger and professors do not concentrate on each student that much and if they do, that means that the student is not doing very well in class. On the other hand, in the U.S., classrooms are much smaller and professors usually divide their time evenly among students. That could be a big shock for some ESL students. It can also be



seen in participation in the class. In other countries, you only speak when you are spoken to and there is no participation in the class; students only

take notes. It can be a big barrier between ESL students and college because of these issues in academic systems.

Last, but not least, a big problem that ESL students face in college is the cultural difference. Cultural differences make ESL students feel uncomfortable in school or in college. In many countries, the college students are usually the young people. In the U.S. anyone can go to college at any age. Therefore, this situation creates mixed classes where older students and younger people are in the same classroom. For older people, this can be very uncomfortable because they are fully developed and mature humans and it's harder for them to study a new language or adapt to new things. Plus, they have to deal with adjusting to the age difference, as well. Nevertheless, it might seem to be easier for younger ESL students to adapt to that kind of a problem, but they could be shy too and not fully participate in the

class activities. Being taught by female professors can be another cultural issue for some ESL students, especially for those who came from Muslim countries. They may experience a big cultural shock.

ESL students are facing a lot of problems when starting out at ARC. These problems can be much bigger for them than for native students. Those problems include, but are not limited to, lan-

guage barriers, differences in academic systems and cultural differences. No matter how big or small the challenges ESL students face, ESL students are usually the most successful students in the college. They're not only learning a new language and profession; they're learning a new culture and adjusting their lives to their new country.

Aleksey Fadyukhin
ESLW40

A Newcomer's Bad Day

I am a new international student at ARC. I came from Vietnam last year. When I came here, I didn't know how to survive here. I felt so stressed and lonely at the beginning of my new life because everything was new for me. I did not know how to go to school, how to cross a road, or how to catch a bus. I had a terrible day in the US when I wanted to cut the sim card of my phone because I did not know where I should go to and how to come home without a car.

It was a Saturday morning in July 2014. My old phone was not working, so I bought a new phone on Amazon.com. Unluckily, the old sim card didn't fit the new phone. It was too big, so my cousin drove me to an AT&T store to have my sim card cut. An assistant there said that they couldn't cut my sim card. They would send my sim card to another office to cut it if I wanted. It would take a long time, but he told me that Best Buy would cut it immediately and for free. My cousin said that she had to go to work then because she had a meeting at 11 a.m. So I used the GPS of my phone to go to Best Buy by bus and my cousin would pick me up later.

It took me one hour to get to Best Buy. I waited about twenty minutes to have service. A young lady cut my sim card for me so quickly, but she cut it the wrong size. She didn't know the size. My sim card was a standard size. I wanted to cut it to micro size, but she cut it to nano size, which was too small for my new phone. So at that time, none of my phones could work. Poor me! She gave me a



new sim card which wasn't registered, and said that I had to go to an AT&T store to activate the new sim. What? How could I go there by bus without the GPS of my phone? That's why I asked to borrow her cell phone to call my cousin, but she refused and guided me to a public telephone next to the exit door. Unfortunately again, the phone did not work either.

I asked for her help again, but she said that she couldn't help me anymore. I didn't know what to do. How could I go home when I didn't have a phone, a GPS, didn't know which bus to take, and my English was not good? After a long time there, I decided I would go back to the bus station which I used and go back to the AT&T store to wait for my cousin. After two hours, I found the way back to the AT&T store, and asked them to help me call my cousin. However, can you guess what happened? My cousin didn't pick up the phone. They tried to call her many times till her phone was out of charge. I wondered what I should do. I didn't know what day it was! I was so tired after walking under the hot sun.

At the end of the day, my cousin called back to AT&T and they told her that I had been sitting there waiting for her for three hours. My cousin drove there immediately to pick me up. I almost cried when I saw her. She said that she had overslept because she worked so late the night before. That was the most terrible day I have ever had!

Nhien Huynh
ESLW50

No Regrets

Have you ever been told that being careful today will not cause you regret in the future? I was raised that way during my childhood in Vietnam. I always remembered what my parents taught me and tried to do the right things. They were so happy about that until once on a beautiful day when I was seventeen, I made a big mistake that I still felt bad about for years.

I remember at that time my parents owned a clothing shop at the Saigon market. They used to go out of town to buy products at the end of each month. However, in August, they decided to leave the house earlier than usual. They said that if I was good, they would bring me some presents. I anticipated that my parents were going to get me a collection of my favorite singer's albums. I was very excited and looked forward to the day they would come back. Then I stayed home with my older sister. We did many things together and it was fun. A week passed, and on a full moon evening, when I was talking with my friend on the phone, one of my parents' customers came to our house and gave me a big black bag full of money. The customer said it was merchandise money that he had promised to give on the due date. Then he left shortly after. Suddenly, one of my cousins who lived on the third floor showed up and asked to use our bathroom because he just couldn't hold it. My cousin was a nice young man and friendly with everyone. I used to hang out with him all the time. We trusted each other a lot, but he also was a playful person, so my parents didn't want me to hang around with him that much. Closing the door with the bag of money in one hand and in the other hand my cell phone, I shouted out loud toward my sister's room. "The money is on the top of the living room table". Five minutes later, I saw my cousin leaving. My sister went downstairs and didn't see any bag or money on the table. She asked me, "Where is the money?" "Right there!" I answered. She asked again with an irritated voice. Then I dropped the phone and went back to the table. With a pale face, I stammered "It...it's... just



right here", I repeated. I immediately ran to the door and I just saw my cousin's shoes still there. My sister and I decided to go up to the third floor but couldn't find him. At that time, we knew we had lost all the money.

I was scared and afraid at that time. I didn't know what to tell my parents because I had forgotten what they had reminded me of when they left, to be careful. I was preparing myself for the worst. Then my parents finally came home. I told my parents what happened. They got mad at me at first, but then they took the matter into their own hands. They called my cousin's parents and told them about the situation. His parents questioned him over and over until he finally admitted that he took the money. I was so relieved and thankful that we got the money back before my cousin could spend it all. I was glad that my parents were able to retrieve their hard-earned money.

I couldn't imagine what would happen if my cousin had spent all the money. I thought I was mature enough to give my parents a hand when they needed me, but after the incident with the money, I realized that I still had many things to learn. I did not trust my cousin anymore after that. As for my parents, they ended up thinking that I was still not mature enough. They held onto the gift that they were going to give to me until I would make it up to them by getting good grades in school the next month.

After the incident, I realized that everything my parents taught me is valuable. I learned to be more careful. I will not leave important things unattended. I will always try to do things as well as I can. "Being careful today will not cause you regret in the future" is one saying that I like and will always remember.

Dao "Jenny" Nghiem
ESLW50

A Day When God Gave Me A New Life

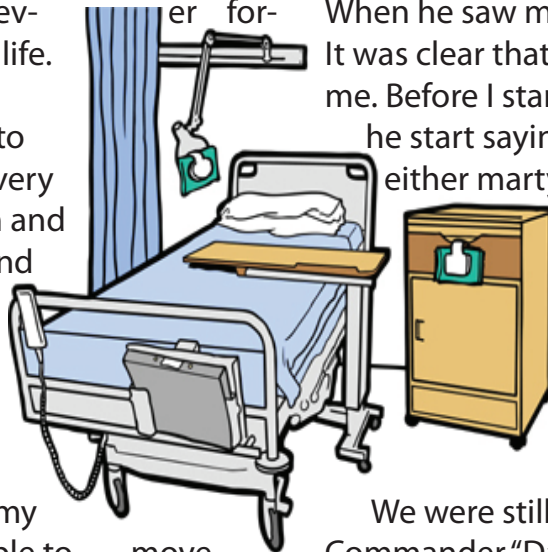
On the 25th of September 2005 around 04:00 pm, I was a Master Sergeant in the Afghanistan National Army. I was working as a data entry clerk in the Administrative Department of the base called KMTC (Kabul Military Training Center) which is located about 15 miles east of Kabul, Afghanistan. It was a beautiful sunny day. As a regular military sergeant my eight hour work time was over. I got my bag packed and signed out and I started leaving the base to go home. However, I was late to catch the bus and I was in a hurry and nervous. I will never forget that terrible day in my life.

By the time I was running to catch the bus, I heard the very bad sound of an explosion and fell down on the ground and become unconscious. When I opened my eyes, I found myself in a bed in a military hospital in downtown Kabul. Luckily I had only slight injuries to my head and legs. I was not able to move. I was still smelling the gunpowder fumes. I felt very bad. The doctors told me that after treating me they are going to give me permission to leave the hospital. However, I was totally shocked and felt dizzy. I was still thinking about friends and co-workers I used to go to work with. I forgot about my injuries. I was thinking about all my friends and what happened to them. I didn't have my phone with me because I didn't know what happened to it.

After a couple of minutes, a doctor came in and started asking questions about how I felt but I was not able to answer what he was asking. He told me to sign some forms but

I couldn't hold the pen. He told me to wait about an hour and he injected me so I could sleep. The next time I opened my eyes I saw a couple of other wounded officers in the same room. They were really in a bad situation. One was screaming and the other one was just praying for Allah and thanking God because he was saved from the incident.

When I turned around I saw Jan Mohammad on the bed on my right side. He was an officer who used to commute with us on the same bus. He was seriously injured from head to toe. When he saw me, he couldn't control his tears. It was clear that he was more in shock than me. Before I started to ask about our friends, he start saying that all our friends were either martyred or seriously injured and he continued that our bus was totally burned out and it was a very bad scene he saw. No one can imagine how hard that time was. We both felt that time had stopped.



We were still talking when our Garrison Commander "Dadullah" came in to our room and started asking about our health. He seemed very nervous and told us to thank God that we were alive. He told us that our bus was totally destroyed following a motor-bike suicide attack outside the base gate. As a result, a total of eight people were martyred including the driver, Husain and Ali, who were my close friends, and twenty more people were injured including us. That night we saw a lot of high ranking officers from different departments of the MOD (Ministry of Defense) of the government. But

I didn't know how I was responding to them. That night I couldn't sleep. When I closed my

eyes, I remembered Hussain and Ali. I really suffered after that incident. I was in the hospital for a week and then they discharged me. It took me six months to recover from those injuries. After that I continued my job but without my best friends. In conclusion, I cannot do anything except pray for their souls to rest in peace and thank God for giving me another chance to live in this world. I could simply die but being late that day became the reason I survived. RIP to all of those



innocent people especially to my best friends who lost their lives on that day. They are never forgotten in my heart. I will always remember that horrible day in my life.

Abdul Baqi Jamal
ESLW50
ESLW50

Can This Day Just End?

The first day of high school in the United States was creepy for me. It was really different from what I was used to in my country in Iraq. Two weeks after my arrival in the United States, I enrolled in a high school. The school that I enrolled in is called Encina High School. When I applied to the school, the school was almost over. It was the second semester. I was really new and I was not ready to attend school. I was scared, homesick, nervous, depressed and it felt like I had never been in school when I was actually in high school in my country. I tried to stay positive. I thought that I would meet new people, make friends, and learn new things. I kept thinking about trying to keep myself calm and not worrying about my fear. That day was extraordinary and unforgettable. I went in the morning. I had to see my counselor first to make a schedule for myself and start school on the same day. I just chose random classes and did not even



think about it. After finishing my schedule, I arrived in the middle of the first class. I entered the class and everyone was looking at me. I went to the teacher and gave him my schedule and he told me where to sit. When I first went to my desk, students started to ask me a lot of questions. In the beginning I felt so annoyed. There were so many students asking me so many questions that I did not feel comfortable answering, but I answered anyway. The students were watching a movie about different kinds of drugs. I was the only one who was paying attention in the class. It was kind of weird to me, but there were some students who spoke my language and they were nice. I was fine with that class. Then I went to the next class. It was health. I gave the teacher my schedule and I took a seat. Everything was fine until the teacher said to work in pairs. I did not know anyone and did not know what to do. It was my first day and I did not know anything about the class. I did not do it then.

Everyone thought that I did not speak English just because I did not say any word the whole class, but actually I am shy. I do not talk a lot.

Then it was lunch break. I went to the cafeteria. I was hungry, but I did not know how to get lunch. I chose to sit by myself waiting for this nightmare to end. I was so upset. Everything was new to me and everyone thought I did not speak English. They did not even try to get to know me. I felt terrible sitting by myself and remembering my friends from my country and how I used to be the smart student. Then I started to listen to music waiting for the other class, but when it was time for the class, I did not find it. I was late to class. The teacher was nice she did not complain. Then again, I did not make any friends and felt so lonely.

The best part of my first day in school was when school was over and I could go home, but if I only knew the way home. It was not only my first day at school, but it was my first day out of the apartment. I had no idea which way to go. I was standing in front of the school waiting to figure out which way to walk, and praying a thousand times to find the way home. A boy came from my first period and asked me if I was lost or waiting for someone. I told him it was my first time and I did not know the way back. Fortunately he was living next to my apartment. Finally, I was able to go home now.

After a couple of weeks, I made friends, I improved in my classes, and I im-

proved my English. I am still shy and would never start a conversation with people, but I am still working on it. Every end is a new beginning. Do not think about the current moment a lot, because you will find a way out of it. It does not matter how different you used to live and think. It is difficult to fit in. You always can do it if you just put the effort into it. I will never forget how horrible that day was.

*Betul Yousif
ESLW50*



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!

Do You Feel Safe On Campus?



Ecaterina Miclusanu

"I am worried. Each semester students receive emails where they are alerted about different kinds of crimes. I am shocked about this news. ARC parking lots tend to become more dangerous than the wild

west .

I don't feel safe now. We should do something. At least , we need video cameras at each level in the parking garage That could be a good first step to a safer campus."

ESLW310



Tereza Cristina De Sa

"The problem is not on the campus only, but it is in the world. The campus is fine because there is a police everywhere."

ESLL40



Jae Ho Chang

"I don't feel safe because there are lots of people here while we only have one or two police walking around."

ESLL40



Rosalba Molina

"I feel safe because when I come to school, I see the police walking and watching."

ESLW310

Ahmed Al Juboori

"I feel safe because there is a police, a security system and too many people in the camus."

ESLL40



Mohammed Al-Asadi

"I feel safe first because there is a police and they keep looking around and second because people have a knowledge that they come to the campus for education not for crime."

ESLL40



Sara, Salas

"This is my first time here and my first semester. I feel safe because I see a lot of policemen walking around, but the only concern is the parking lot because some people drive fast and crazy."

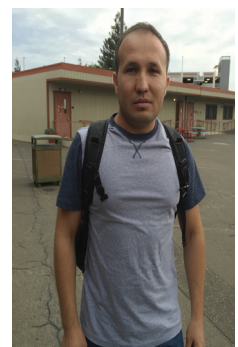
ESLL40



Mohammad, Elias

"I feel safe, I've being here a lot and I have lived close to campus for two years. The campus is far from the downtown and besides there is a police and security."

ESLL40



8 WEEK CLASSES!

(Ask Your Teacher)



ENGLISH AS A SECOND LANGUAGE



Nestscape -- Articles from The Web

Gestures and Pictures 'Boost Foreign Language Learning'

A new study reinforces the multisensory theory of learning that says people learn more easily when several senses are activated at the same time. Using an artificial language they developed for research, scientists ran experiments to show people memorize foreign language terms more easily when - as well as reading and listening - they see pictures and express their meaning with gestures.

The team - from the Max Planck Institute for Human Cognitive and Brain Sciences in Leipzig, Germany - reports the findings in the journal *Current Biology*.

Many people - based on their school experience - would probably say that rote learning of long lists is perhaps not the best approach, but the study authors say it is largely unclear how the human brain optimally learns foreign languages.

The study suggests adding images to learning by reading and listening helps, but adding gestures helps even more, particularly when those gestures - which engage the motor senses - are performed by the learners themselves.

For their study, Katharina von Kriegstein - professor and leader of the Neural Mechanisms of Human Communication Group at Max Planck - and colleagues used Vimmish, an artificial language they developed themselves that has similar phonetic rules to Italian.

Over the course of a week, they invited a group of young men and women to memorize the meaning of concrete (for example, "bicycle") and abstract (for example, "thought") nouns in Vimmish using



When learning new foreign words, it helps to have images of those words at the same time as reading and listening to them.

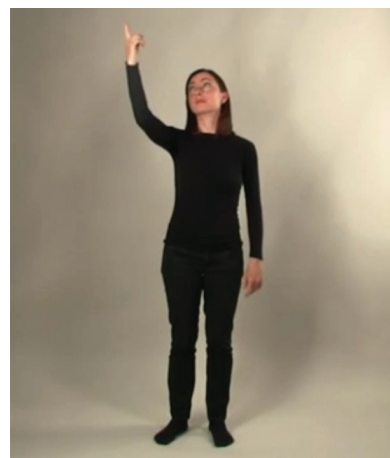
Image credit: Max Planck Institute/ v. KriegsteinReuters / Koen van Weel

three different approaches.

In the first approach, the learners read the Vimmish word and its translation and also heard it. In the second approach, the reading and listening method was also accompanied by seeing an image and a gesture that either drew the image in the air or symbolized it.

The third approach was similar to the second, except the learners performed the gesture themselves.

"Atesi" in Vimmish means "thought." The following video shows the gesture for it:



Next, the learners were tested on their recall of the meaning of the Vimmish words they had learned while the researchers took functional magnetic resonance imaging (fMRI) scans of their brains.

Recall was better when enriched with pictures and self-expressed gestures.

The results showed that recall was better when the words had been learned with gestures and pictures, compared with just listening and reading - particularly when the learners performed the gestures themselves.

When they analyzed the brain scans, the researchers found different parts of the brain correlated with the approaches had been used to learn the word; recalling words learned with pictures activated the visual system, while recalling words learned through gestures activated the motor system.

The team says they now want to find out whether the activity in the motor and visual centers is actually the cause of the improved learning. They plan to do this by activating brain cells in those regions using electrodes and measuring the effect on learning results.

Speculating on the notion that the more senses

that are engaged the better the learning, Prof. von Kriegstein says: "That could well be so, but we don't know how much the learning outcomes improve with the addition of more senses." She adds:

"Ideally, however, the individual sensory impressions should match one another. In other words, to learn the Spanish word for apple, the subject should make an apple gesture, taste an apple or look at a picture of an apple."

In October 2014, *Medical News Today* reported how another group of researchers found that **mental rest and reflection boost learning**. That study showed that when we relax our minds and reflect, we not only consolidate memories - as previous research has already established - but we also improve future learning.

Written by Catharine Paddock PhD

<http://www.medicalnewstoday.com/articles/289162.php>

Bike blockade! Cycle-clogged Amsterdam Mulls Underwater Parking

Continued from page 1

waterfront, as well as floating garages to meet the soaring demand for bicycle parking.

The new parking garage beneath the IJ, a lake in the center of Amsterdam which was formerly a bay, would connect via underground tunnels to major transportation hubs, like Central Station and the metro system.

The plans also call for creating a total of 21,500 new bike spaces around the station by 2030. While two new floating islands with space for at least 2,000 bicycles each are to be completed by 2020.

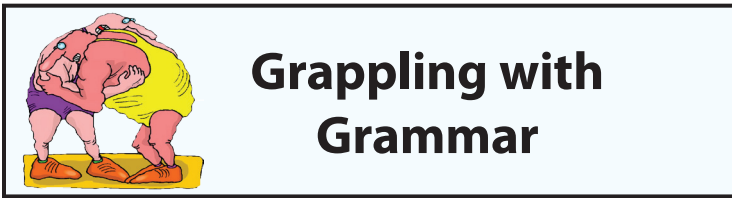
The influx of bicycles in the city has led to some high costs for taxpayers, who must pay for the removal of illegally parked bicycles, at a cost of up to €70 per bike.

A phenomenal number of 73,000 bicycles were removed by authorities from the streets in 2013 alone.

Over 50 percent of Amsterdam's 781,000 residents use their bicycles each day, with 43 percent relying on bicycle transportation for their daily commute.

<http://rt.com/news/235431-amsterdam-bicycle-parking-underwater/>

Parrot Warbling



Grappling with Grammar

Reporting Speech in English Changing Time and Place References

Time and place must often change when going from direct to reported speech.

Phrase in Direct Speech	Equivalent in Reported Speech
today	that day
"I saw him <u>today</u> ", she said.	She said that she had seen him <u>that day</u> .
yesterday	the day before
"I saw him <u>yesterday</u> ", she said.	She said that she had seen him <u>the day before</u> .
The day before yesterday	two days before
Tomorrow	the next/following day
"I'll see you <u>tomorrow</u> ", he said.	He said that he would see me <u>the next day</u> .
The day after tomorrow	in two days time/ two days later
Next week/month/year	the following week/month/year
Last week/month/year	the previous/week/month/year
ago	before
"I saw her <u>a week ago</u> ," he said.	He said he had seen her <u>a week before</u> .
this (for time)	that
this/that (adjectives)	the
"Do you like <u>this shirt</u> ?" he asked	He asked if I liked <u>the shirt</u> .
here	there

In general, personal pronouns change to the third person singular or plural, except when the speaker reports his own words:
I/me/my/mine, you/your/yours = him/his/her/hers
we/us/our/ours, you/your/yours = they/their/theirs

EX: He said: "I like your new car." = He told her that he liked her new car.

EX: I said: "I'm going to my friend's house." = I said that I was going to my friend's house.

Idiom--Attic

Come on, Connie! Tell us what you think about our little ride down the rapids yesterday.

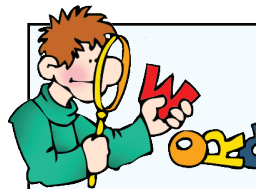


Well, uh...Wasn't it exciting?

I, uh...What's the matter? Cat got your tongue?

If you must know, I'm keeping quiet because I was scared out of my wits!

<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.

dual, duel	flex, flecks	gnaw, nor
earn, urn	flew, flu, flue	gneiss, nice
eery, eyrie	floe, flow	gorilla, guerilla
ewe, yew, you	flour, flower	grate, great
faint, feint	foaled, fold	greave, grieve
fah, far	for, fore, four	greys, graze
fair, fare	foreword, forward	grisly, grizzly
farther, father	fort, fought	groan, grown
fate, fête	forth, fourth	guessed, guest
faun, fawn	foul, fowl	hail, hale
fay, fey	franc, frank	hair, hare
faze, phase	freeze, frieze	hall, haul
feat, feet	friar, fryer	hangar, hanger
ferrule, ferule	furs, furze	hart, heart
few, phew	gait, gate	haw, hoar, whore
fie, phi	galipot, gallipot	hay, hey
file, phial	gallop, galop	heal, heel, he'll
find, fined	gamble, gambol	hear, here
fir, fur	gays, gaze	heard, herd
fizz, phiz	genes, jeans	he'd, heed
flair, flare	gild, guild	heroin, heroine
flaw, floor	gilt, guilt	hew, hue
flea, flee	giro, gyro	hi, high

The list of Homophones is continued in the next issue.

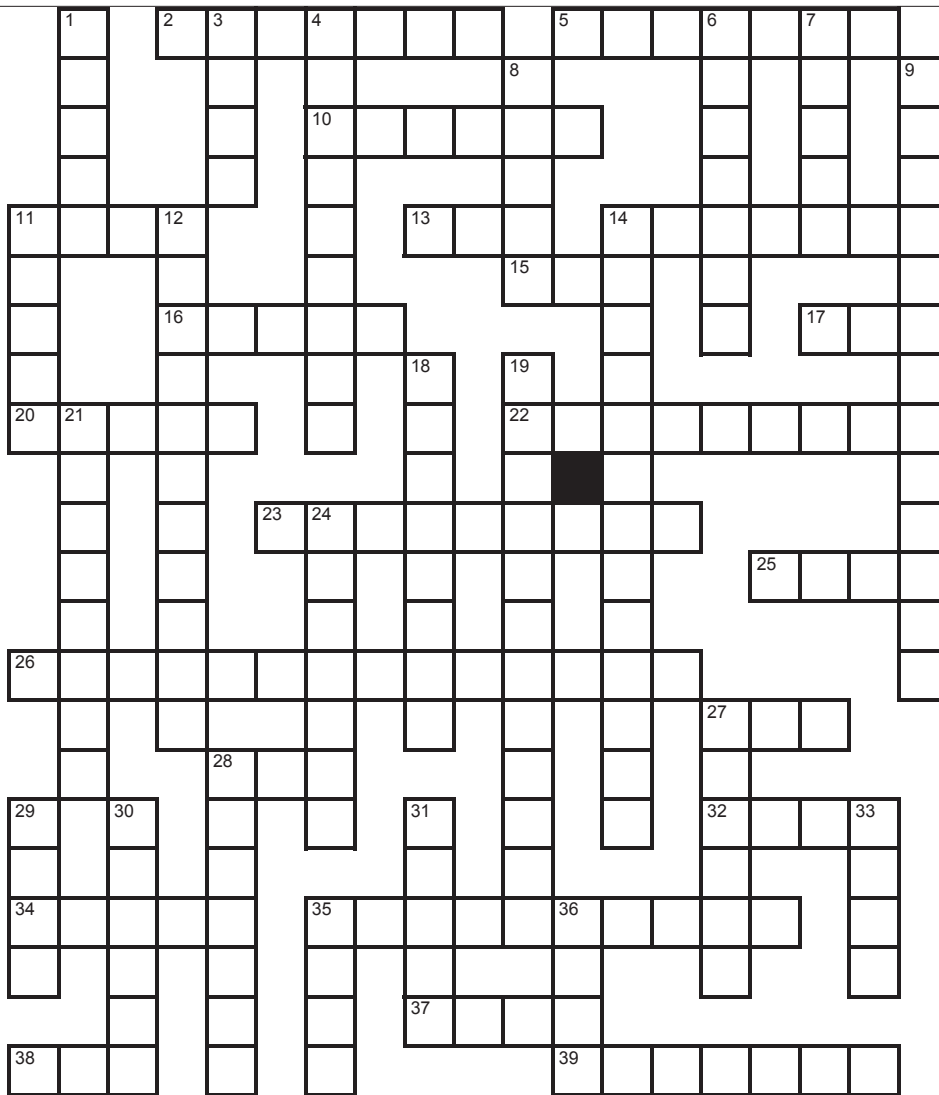
Some More Parrot Fun Stuff

Las Vegas Wordsearch

Find and circle all of the words that are hidden in the grid. The remaining 24 letters spell something you might see in Las Vegas.



ATTRACTIONS	DINING	LIGHTS	RESORTS	SUNNY
BUFFETS	DRINKS	MAGICIANS	RESTAURANTS	TOURISTS
CASINOS	ENTERTAINMENT	MARRIAGES	SHOPPING	TOURS
CELEBRITIES	FOOD	MUSICALS	SHOPS	TRIBUTE ACTS
CLARK COUNTY	FREMONT	NEON SIGNS	SHOWS	VACATION
COMEDIANS	STREET	NEVADA	SINGERS	WARM
CONCERTS	HOTELS	NIGHTLIFE	SOUVENIRS	WEDDING CHA-
CONVENTIONS	IMPERSONATORS	PERFORMERS	SPRING MOUN-	PELS
DESERT	LAS VEGAS STRIP	PLAYS	TAINS	

**Down**

- 1** Something that people use to paint. (5)
3 A place where people live. (4)
4 A person who designs buildings. (9)
6 Someone who teaches. (7)
7 Something that people use to weigh things. (5)
8 Something that people use to sweep. (5)
9 A time when people give chocolates and say, "I love you." (10,3)
11 A thing that people use to tell the time. (5)
12 Someone who puts out fires. (11)
14 A day when people play tricks on each other. (5,5,3)
18 A place next to a road where people walk. (8)
- 19** A holiday when people say thanks and eat turkey. (12)
21 A thing that you wear on your neck. (8)
24 A place where people make things. (7)
27 The season when farmers plant crops. (6)
28 A thing that people use to find north. (7)
29 The time of day just after the sun sets. (4)
30 A thing that people use to sew. (6)
31 A place where kids make sandcastles. (5)
33 The time of day when the sun rises. (4)
35 A place where people picnic. (4)
36 Something people use to clean up leaves. (4)

**Things That...****Across**

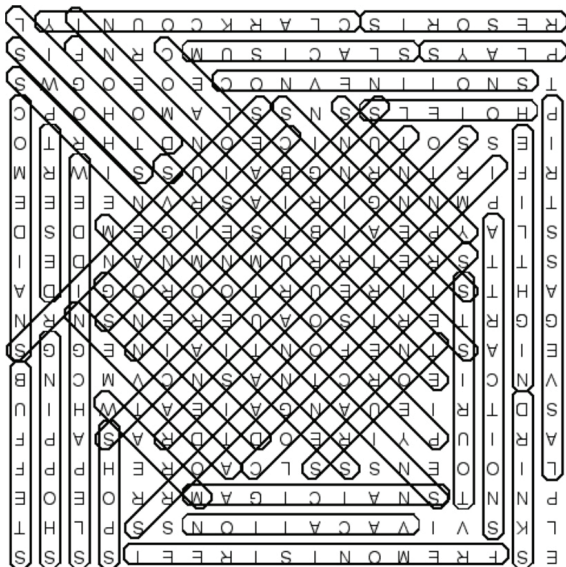
- 2** A place where people watch movies. (7)
5 A person who fixes teeth. (7)
10 Something people use to take pictures. (6)
11 A person who cooks food. (4)
13 A place where people see animals. (3)
14 A person who plays sports. (7)
15 A thing that people use to find where they are. (3)
16 A thing that people use to draw straight lines. (5)
17 A thing that people wear on their heads. (3)
20 A thing that people use to cut meat. (5)
22 A time when kids wear costumes. (9)
23 The time of day when kids finish school. (9)
25 An animal that can fly. (4)
26 A scientist who studies dinosaurs. (14)
27 A thing that people use to cut wood. (3)
28 A thing that people drive. (3)
32 A place where people drive. (4)
34 An animal that gives us wool. (5)
35 A place where kids can go on the swings or down the slide. (10)
37 A thing that people use to catch fish. (4)
38 An insect that makes honey. (3)
39 The time of day when people eat dinner. (7)

www.bogglesworldesl.com

Let Me Tell You What A Poem Brings

Before you go further,
 let me tell you what a poem brings,
 first, you must know the secret, there is no
 poem
 to speak of, it is a way to attain a life without
 boundaries,
 yes, it is that easy, a poem, imagine me telling
 you this,
 instead of going day by day against the ra-
 zors, well,
 the judgments, all the tick-tock bronze, a
 leather jacket
 sizing you up, the fashion mall, for example,
 from
 the outside you think you are being enter-
 tained,
 when you enter, things change, you get caught
 by surprise,
 your mouth goes sour, you get thirsty, your
 legs grow cold
 standing still in the middle of a storm, a poem,
 of course,
 is always open for business too, except, as
 you can see,
 it isn't exactly business that pulls your spirit
 into
 the alarming waters, there you can bathe, you
 can play,
 you can even join in on the gossip—the mist,
 that is,
 the mist becomes central to your existence.

by Juan Felipe Herrera



Rigoberto's Riddles

Q: If a rooster is standing in the middle (at the highest point) of a slanted barn roof, which side would its egg roll down?

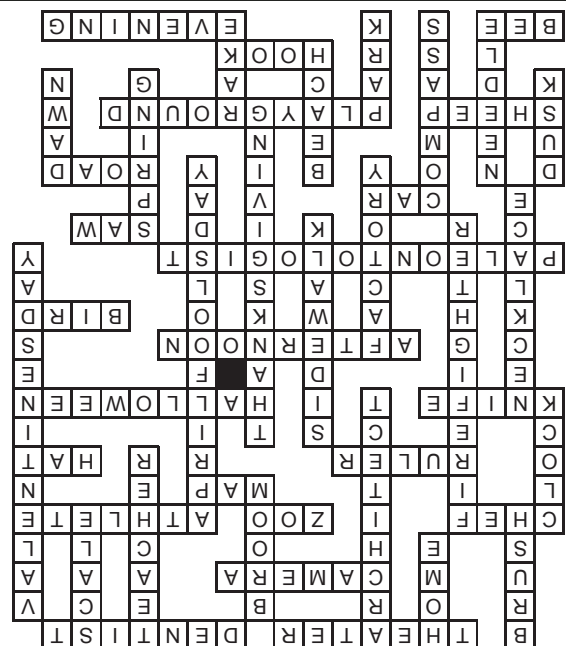


A: Roosters don't lay eggs

Silly Vasily's Chuckle Chamber

Three Wishes Joke

Three men: an editor, a photographer, and a journalist are covering a political convention in Miami. They decide to walk up and down the beach during their lunch hour. Halfway up the beach, they stumble upon a lamp. They rub the lamp jokingly and a genie appears and says "Normally I would grant you three wishes, but since there are three of you, I will grant you each one wish." The photographer goes first. "I would like to spend the rest of my life living in a huge house in St. Thomas with no money worries." The genie granted him his wish and sent him on off to St. Thomas. The journalist went next. "I would like to spend the rest of my life living on a huge yacht cruising the Mediterranean with no money worries." The genie granted him his wish and sent him off to the Mediterranean. Last, but not least, it was the editor's turn. "And what would your wish be?" asked the genie. "I want them both back after lunch" replied the editor, "the deadline for tomorrow's newspaper is in about ten hours."



Granny Noetal

Dear Granny Noetal,

There's this guy in two of my classes who's always asking me if he can carry my laptop for me after class. He speaks funny – he's from another country I guess -- and seems nice enough, but I don't know why he's doing that. I can carry my own laptop – I'm on the women's volleyball team. I just say no thank you. Does he think I'm weak or something?

Zelda Brown

Dear Zelda,

A cynical me would say to watch out – he's got his eye on your laptop. The more romantic me would say it's his way of indicating he likes you. When I was a young bobby-soxer (teenager in the WWII days), a lot of young men were



offering to carry my books, which were a lot heavier than a laptop. After a few weeks of carrying a gal's books, a boy might say something like, "Aw, shucks, would you be my girl?" Maybe this young man is both very modern and old-fashioned.

He may be very much infatuated with you, doesn't know how to say it in his new language, English, and by carrying your laptop, not your books, he's trying to show he's a 21st century guy, really with it. Why not offer to carry his laptop (or books) and see how he reacts? Of course, if you feel he may get the wrong idea, see if he'd like to chat and you can explain things to him. If you feel uncomfortable with that, just hand him this issue of The Parrot. He can even write me with his own question.

Sincerely,

Granny

Interview with Mr. Ruedas

Continued from page 1

five years, and I really enjoyed it. And then a law was passed called Proposition Thirteen which took a lot of money away from education and so many new teachers, like me, were laid off. So so I went back to school for a master's degree in counseling because I wanted to work with students more one on one to help them, and that's why I became a counselor.

Parrot: Wow, That's nice to know. How long have you been working as a counselor?

Mr. Ruedas: Well I've been a counselor for 37 years. I started working first at Sacramento State University, as an outreach counselor. I worked there for four years. Then I went to UCD and I supervised some other outreach counselors at an outreach programs, and then I came here 26 years ago, so I've been a counselor here for 26 years.

Parrot: Wow a lot of background. That's nice. So how long have you been working at this campus in American River College?

Mr. Ruedas: Here, 26 years, I've been here since 1988.

Parrot: So how did you get here?

Mr. Ruedas: Well I was at UC Davis, and then this position opened and it was better pay, more vacation, and I get to work with more students directly because over there I was an administrator and coordinator, where you don't get to see students as much.

Parrot: Wow, I see that you really enjoy working one-on-one with the students.

Mr. Ruedas: Yes.

Parrot: So do you enjoy your job?

Mr. Ruedas: Yes, it is a good job because I get to work with many students from different ages, different backgrounds, and I get to help people reach their goals.

Parrot: Good job I like that. So are you a regular counselor?

Mr. Ruedas: Part of my assignment is regular counseling and the other part I'm assigned to coordinate the Puente Program, which is a transfer program and it has an emphasis in Latino culture, literature, and issues, And so I work with many Latino students to help them stay in college and then transfer to a university, and I also help with the Mesa program counseling. Mesa is math engineering science achievement, and so those students come here and do their Mesa education plans.

Parrot: Nice. So basically you are in charge of a couple of programs.

Mr. Ruedas: Well, mainly in charge of one, the Puente program. There is a director for Mesa, but they send the students mostly to me for their education plans, and then I work with the clubs on campus, with the Latinos Unidos Club and the Puente club as their faculty adviser.

Parrot: Nice. Since you have had those programs, have you seen more students in those programs?

Mr. Ruedas: Yes, especially with the Puente because we see a lot students that are brought in by other students so the Puente students, will bring in their brothers, sisters, their friends, and their relatives. And we have an outreach project through Puente, where we go to high schools and the community events, like festivals and that sort of thing, and we promote higher education in two languages.

Parrot: So basically that's how you as a counselor inform other students about this program.

Mr. Ruedas: Yes, a lot of it is through the outreach. We use student volunteers, like from the Puente program and the two Latino clubs. And we go out to these community events and we promote higher education. We also do presentations in classrooms, high schools. Sometimes we go in the evening and talk to parents. There's ELAC, English Language Advisory Council, in different school districts. We will do different presentations in their meetings.

Parrot: Nice. Who is involved in those programs?

Mr. Ruedas: Well we have the students, and we

have the mentors. The Puente has mentors, like people who have bachelor degrees professionals, and they volunteer and help us. We have the graduate students, we have students that are finishing their masters degrees in counseling that go out with us. We have the other part of the Puente team, which is Dr. Rick Ramirez who is a counselor and transfer center director and advisor as Jesus Valle the English instructor, so we're all part of the Puente faculty team.

Parrot: Wow nice. How do the students benefit from these programs?

Mr. Ruedas: Well many students in the community don't know about the opportunities they have the community college. For example many students are undocumented .what we call "Dreamers," they don't know that they can come to the college and especially that they qualify for the AB 540 law, they can pay the resident tuition, they can apply for BOG fee waiver, and Cal Grant. Many of them don't know about that. They think that because they are undocumented, they can't go to college. So we try and educate their families, them, and even their counselors and teachers about their opportunities.

Parrot: Wow that's nice, I see that they can get a lot of benefits from those programs.

Mr. Ruedas: Yes.

Parrot: So do you think that these programs help them to be more prepared to be in the University?

Mr. Ruedas: I think so because if they get the information early while they are still in high school, they can make better decisions so they can prepare to take the right classes. Maybe they can do better and get better grades, and be able to make better decisions about what major and what college to go to and also apply for scholarships.

Parrot: That's very nice. So how do you motivate them?

Mr. Ruedas: Well, I think part of it is connecting new students with continuing students. So we have a lot of students that come into the hub and they are studying in here, they use the computers, and they

have club meetings. So when I get a new student who doesn't know anybody, I take them out and introduce them to some of the students in here so that they have some friends or someone that they can study with or someone who can show them around, how to find Financial Aid, or how to find different places and that way they have a support network and the support system. So it's connecting students with students and we also have enrichment activities. We go on trips to universities, we go to events in the community that help motivate them. I think those are some of the ways.

Parrot: Nice. Who can be in those programs?

Mr. Ruedas: The Puente Program is open to anybody, you just have to meet the level for English Writing 101 in the fall because that's when we start the Puente Program, the writing class, with a college success class. And then Mesa has certain requirements. You have to be first generation college student, you have to be in a math engineering or science major, and you have to be on some type of financial aid. So, yeah, there's different requirements.

Parrot: Oh, okay, nice to know. Do you see more Latinos in those programs?

Mr. Ruedas: Yes, especially the Puente program because we have that focus on Latino culture and literature, and also because we get a lot referrals from students, from counselors and teachers in the high

schools, and community members. They refer students to the Puente program and, of course, the outreach that we do helps bring a lot students into the hub.

Parrot: Oh nice. Nice team, huh?

Mr. Ruedas: Yes.

Parrot: Okay I want to ask you this last question. At this point of your life, If you had the opportunity to change your career, would you change it?

Mr. Ruedas: No I wouldn't change it. This is a good career, this is very rewarding. You know we see many students. It's nice to work with adults who are coming back to school. For example to learn English, and they study at night or study when they can. Sometimes they are studying at the same time with their grown children and that's good to see, to see whole families come here and take advantage of the resources. So that's very rewarding.

Parrot: Nice. Thank you, Mr. Ruedas, for giving me the opportunity to interview you. And I see that you really enjoy your job, and I'm glad to have you as a counselor, too thank you so much.

Mr. Ruedas: You're welcome, and thank you.

*Claudia Colunga
ESL L320*

Puente Community College Program



The mission of the Puente Community College Program is to increase the number of educationally underrepresented students who transfer to four-year colleges and universities, earn degrees, and return to the community as leaders and mentors. The composition courses feature Mexican-American/Latino literature. Puente stu-

dents meet regularly with a Puente counselor and are matched with a professionally and academically successful mentor from the community. Students are admitted on an ongoing basis. To obtain a Puente Student Information Form contact:

- English Area office on the third floor of Davies Hall (916) 484-8101 or Counseling Center (916) 484-8572.

The Transfer Center

* The ARC Transfer Center provides services that facilitate student transfer to four-year institutions.

* Phone: (916) 484-8685

* Mondays, Wednesdays and Fridays
8:30 a.m. - 5:00 pm

-Tuesdays and Thursdays
8:30 a.m. - 7:00 p.m.



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



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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.

Out of the Cage

R.A.D. Presents One Book: The Harlem Hellfighters

Thu Oct 15, 2015

12:15pm – 1:15pm

The Harlem Hellfighters were an African-American infantry unit in WWI. They were committed to their country even though they faced segregation and racism at home. Join us* for a discussion regarding Max Brook's new book, *The Harlem Hellfighters*.

Location: Raef Hall 160

Sprachhilfe: Drop in German Conversation

Wed Oct 14, 2015

8pm – 9:30pm

During conversation evenings, not only is a foreign language (German) practiced, but also the culture of German speaking countries is presented and discussed because various regional regalia is brought in (ie: books, newspapers, video clips, toys, foods, etc.)

Location: Davies Hall 218

Drop-in Lab: Desire2Learn, Google Apps, Ingeniux, and more!

Fri Oct 16, 2015

1pm – 3pm

During this drop-in lab, you will be able to get assistance with D2L or the software we've featured in workshops. Use this lab time to prepare your course for the semester.

Location: ITC Training Room

The Music Man

Fridays, Saturdays 7:30 pm Oct. 9, 10 16, 17, 23, 24, 2015

Sundays 2:00 pm Oct. 11, 18, 25

By turns funny, warm, romantic and touching, *The Music Man* is family entertainment at its best. Meredith Wilson's six-time, TONY Award winning musical comedy follows fast-talking traveling salesman Harold Hill as he cons the people of River City, Iowa into buying instruments and uniforms for a boys' band he vows to organize - this despite the fact he doesn't know a trombone from a treble clef. His plans to skip town with the cash are foiled when he falls in love with Marian the librarian, who transforms him into a respectable citizen by curtain's fall.

Location: ARC Theatre

Artists' Reception - Kaneko Gallery

Tue Oct 20, 2015

12pm – 1pm

Location: Kaneko Gallery, Fine Arts area. Opening reception for Galene Tumasova paintings and Chris Max Thompson ceramic sculptures. Show dates: Oct. 19-Nov. 2 Gallery hours: M-Th, 11am-4pm, F 11am-2pm

Location: Kaneko Gallery, Fine Arts area



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 \(Davies Hall\)](mailto:Professor Bracco's office D337 (Davies Hall), call (916) 484-8988, or e-mail Braccop@arc.losrios.edu), 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