



The Parrot

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

Issue # 98

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On The Go With Prof Al-Khayyat

Parrot: Hi, Professor Hanadi Al-Khayyat. I work for The Parrot and I was scrolling down the class schedule, and your name grabbed my attention. I noticed that you are Arabic and work as a professor in the Kinesiology Department, so I am interested in interviewing you to learn more about your goals, back-



Prof Al-Khayyat At Rest

ground, as well as work. How are you today?

Hanadi: I am fine, thank you.

Parrot: First, tell us about yourself. Where are you originally from?

Hanadi: I grew up in Amman, Jordan but I was born in Kuwait and I completed my high school education there in 1990. Continued on page 20

Sleeplessness!!

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"Next to excellence is the appreciation of it."

William Makepeace Thackeray



American River College
4700 College Oak Drive
Sacramento, CA 95841
(916) 484-8001

Smart belt loosens buckle when you've eaten too much



LAS VEGAS — It's common to loosen your belt buckle a little after a big meal. But a new product called the Belty takes that task out of your hands.

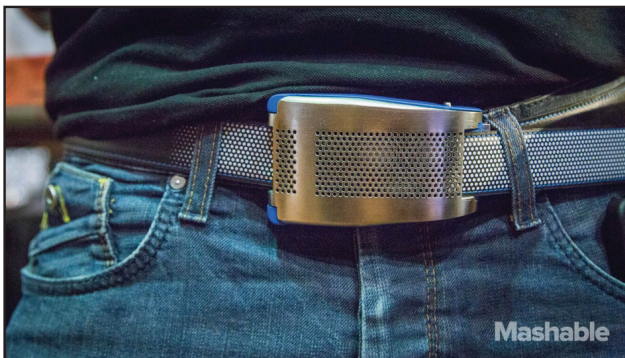


Image: Mashable, Christina Ascani

This smart belt automatically adjusts itself throughout the day, depending on how much you've eaten and how much exercise you've done to compensate.

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Student Chirpings

Washing Your Dog And Washing Your Car

What a nice feeling to see your just-washed car gleaming under the sun! Everybody is looking at your car and thinks, "What a cool guy (or girl) owns that car!" You are standing near, so proud and dignified. What possibly can be better than that? Maybe only the feeling when you just washed your dog and it still smells of soap and you go together through the park and the wind blows in your hair and in the hair of your dog, and you both look so irresistible. You catch looks full of jealousy and every dog at the park wants to be in your dog's place. While there are some differences, there are far more similarities between washing your car and washing your dog.



The first similarity between washing your dog and washing your car is to find a sunny place where your garden hose will easily reach. Then you can start the main procedure. This is washing the base. Rinse the doggy or rinse the car. It will make it easier to soap them. Then take a soft sponge and soap your doggy or your car well. The better you rub them, the better result you'll get, the cleaner they will be. Then rinse them well again and if you think they are not clean enough, you can repeat the procedure. It is always nice to talk to your car or your dog. "My dear car (or my dear dog), now I'm washing you, so later you will be clean and beautiful; all other cars (or dogs) will look at you and wonder how God makes such beautiful cars (or dogs) like you?"

After you are done with the base part of your car or your dog, it is time for the second step of washing, which is also similar, taking care of details. Paws and tires now are the main subject of your concentration. Wash them carefully. You may not use too much water but wipe with a soft cloth well. Also don't forget

to pay special attention to doggy's face and windshield of your car. For that purpose you can use only clean wet wipes or a wet cloth. Keep talking to your doggy or to your car, explaining the necessity of washing those important parts. "Dear doggy (or dear car), look how beautiful you are now; everybody would be happy to have such a wonderful doggy (or car) like you. Good dogs (cars) always wash their paws (tires) because doggy (car) can't be absolutely beautiful with dirty paws (tires)."

Eventually, you come to the third similarity between washing your doggy or your car. This is drying. Take a few big towels and dry your doggy or car

completely. Then let it stay in the sun for a few more minutes. Look carefully to see if you missed something. You can go quickly to your house and set the camera to take a couple of picture to fix that amazing moment in your memory. Don't forget to thank your doggy or your car for its patience. "My dear doggy (my dear car), now you look wonderful, so I would never agree to part from you and we will be together forever." You can also cover your car (your doggy) with some gel to make it shiny but I don't know anything about it, so I can't give you good advice. Anyway, they will shine with happiness.

There are three major similarities between washing your doggy and washing your car. It is very nice because you can wash your car and your dog at the same time with your friend or with your child. For example, you can wash your Chihuahua and your kid can wash your truck. It is almost the same so you will both have a lot of fun.

Olena Kovalyova
ESL W50



Being Short, the Coolest Thing in the World

Most short people have a complex about being short. They only see the disadvantages of being small, like not being able to reach the top shelf. They don't see themselves objectively. Short people need someone taller to tell them the advantages of being small. Well, I am a person of average height but I can say that there are several advantages to being short: short people have a lot of legroom on airplanes, so this will never be an issue for them; short people will always fit into small spaces; and short people will never be too long for a bed.

The first advantage of being short is legroom on airplanes will never be an issue for short people. Short people do not have to pay for first-class seats to have more legroom, and, to be honest, I don't pay for a first-class seat but only because I can't afford it, so I have to travel with my legs in my ears. Short people don't have to worry about this because their legs fit perfectly in the small space in front of the seat. I always feel envious of small people traveling with me on the plane. As if that were not enough, short people don't have to worry about people who recline their airplane seats. Yes, this is unfair because apart from the fact that I don't have enough legroom to stretch my legs, the person in front of me crushes me with his/her seat. Short people don't have this problem, so it looks like short people traveling with me sleep peacefully while I'm suffering from my lack of space. In addition, short people don't have to worry about getting tired after a long flight because of their legroom. I always end up dead after a flight, but the short people traveling with me look newly risen from their beds. They end up only fresh and rested after a flight.

Another advantage of being short is short people will always fit into small spaces. For example, they do not have to worry about traveling in the back seat of a small car. My family's car is small, so whenever we go out somewhere, I have to fight with my sister for the passenger seat. My mom doesn't have this problem because she is short and she fits perfectly in the back seat. Another example is short people can sleep better on a larger variety of couches. Regularly, couches are small. When my family and I visit our sister and

we want to spend the night there, I have to sleep on the couch. My younger sister is shorter than me and she has to sleep on another couch too, but she fits on it better than me. I always wake up with a sore neck and back while she wakes up fully rested. In addition, short people can walk effortlessly under low-hanging branches and low ceilings. Short people never have to worry about bumping their heads on stuff. My brother, who is taller than me, always has to watch out for low ceilings and entrances. He used to bump his head in every entrance.



A final, and perhaps the most important advantage of being short is short people will never be too long for a bed. My brother has never been able to find a bed big enough for himself, so he usually sleeps in strange positions to fit completely in the bed. My younger sister has never had this problem. She fits perfectly in her bed. Short people don't have to maneuver to fit in their beds. As a result, short people don't have to search for a bigger bed. My brother has spent a lot of money throughout his life buying different kinds of beds and none of them have worked for him. He had to buy a bed built especially for him, which was much more expensive. Short people don't have this problem; they can buy any kind of bed, and this will be perfect for them. In addition, short people will never suffer from back issues. My brother has always lived with neck and back pain due to his poor sleeping positions, although this was resolved when he bought his special bed. Short people have this problem automatically solved. They never wake up with back and neck pain due to height restrictions and poor sleeping positions.

In conclusion, having enough legroom on airplanes, being able to fit into small spaces, and never being too long for a bed are three important advantages of being short. Short people have a lot of advantages in their lives, even if they aren't capable of seeing these advantages. Being short is so good sometimes that tall people tend to envy short people.

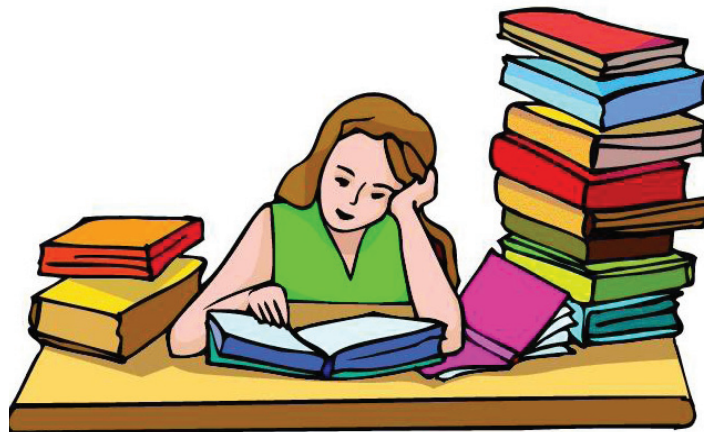
Graciela Lopez
ESL W50



What...If

When I was in Iraq in ninth grade, our final exam was made by the state education department for the whole country. We took it for each subject: math, science, history, English. The test was from the whole book. All the schools gave the same test at the same time. The officials always made the test so difficult and a little bit tricky, but we got forty days before the test to study at home. That test was so important because if you passed it, you went to high school after it, but if you did not, you had to re-take the ninth grade to pass middle school. For me, it went horrible. Things did not turn out the way I expected.

It was my last week at the school before the forty days to prepare. At my school we did not finish the biology book and the English book. It was frustrating for me. I had to study them by myself. I had the confidence that I would pass it with a perfect GPA. It was my final day at the school. After that day I was supposed to start to study for the test. I went home excited to start to prepare for the test, but when I got home, my mother was feeling sick. At first we thought it was a small pain and she would get better the next day. My mother fainted. We took her to the hospital immediately. My brother and my father were so scared. My mother felt sick for a while. When the doctor came out, he said that she had cancer and they had to perform surgery. I could not think of anything at that moment. I felt just like the whole world had stopped for me. All that I knew was not a lot of people survived from it and in my country we had poor medical treatment, which made it worse. We went home that night. None of us could even believe it. The next day we went to the hospital. In hospitals in Iraq, every patient has to have someone with her to help her. I had to stay with my mother in the hospital because I was the only female in my family. I do not have a sister to do it instead of me.



The nurses in Iraq do not take care of the patients. Actually if a patient asks them for help, they would ask the patient for money. We could not report it because they were not going to change anything about it. People just brought someone with them to help them.

I spent over two weeks in the hospital taking care of my mother. I was happy to help my mother, but I did not study all that time. That made my mother worried about me. At that time, I did not care about the test. I just wanted my mother to get better. In the third week my mother got out of the hospital. Finally, I had the chance to study, but not really. I had to do all the cooking and cleaning in the home. Even when I wanted to study, I could not. I kept thinking of my mother. I knew I was not going to pass the exam that year. I felt upset. I did not want to stay in middle school while my friends moved to high school. The last ten days I had that

motivation that made me study hard. I kept thinking I would put the effort in and I was not going to give up easily. I spent every minute studying. I studied every morning and night to make myself feel better, to make my mother feel that I could be depended on. I had little doubt in myself.

It was the first day of testing. On each day we had a subject to be tested on. The whole testing took two weeks. The first test was English. I was so worried and I did not feel ready to take the test yet. I went early to look for my name to see where the classroom was that I would take the test in. I was lucky. I found it easily because my name is in the beginning of the alphabet. My heart was beating quickly. I was scared, shaking; I felt as if I had never studied for the test. This test meant a lot to me. I did not want to feel like a failure. After the testing ended, I did not feel I did my best. The whole test took a month and a half to correct and to send the results to the schools.

That month and a half felt like a year for me. I was impatient. It was too much pressure.

Finally the day came when I could go to my school to see my test results and see if I passed or not. I walked to my school. I was wondering if I didn't pass how could I face my parents and what should I tell them? My dad and my brother graduated from engineering college, my mother graduated from agricultural college, and my other brother is studying pharmacology. It would be shameful if I failed the test. I went to my teacher and I asked her

for the results. She gave me a weird look. It freaked me out, but then she said I passed and she gave me the result. I could not believe it. I was so happy. My GPA was 87%. I felt so proud. After all, it is not easy to get a high GPA on this test. It was a big achievement for me considering all the circumstances.

Betul Yousif
ESL W50



When I First Drove a Car



When was the first time that you drove a car? Were you nervous the first time you drove? The first time I drove I was nervous and I was also scared because I didn't know what to do. I overcame my fears by practicing and having patience.

The very first thing I learned was the basic rules of a car. For example, I learned what each mirror of the car does and when I'm supposed to use them. When are the emergency flashers used? In addition, I learned how to do the right and left signal. The two different ways I learned to do these things were because I always looked Internet videos on YouTube and because my dad taught me as well.

I was nineteen years old when I got into the car with my dad and started to get the feeling of what driving felt like by driving around my neighborhood in North Highlands. He taught me how to reverse out of my driveway. I was taught how to drive forward on the streets. My dad even taught me how to change lanes the correct way.

My dad asked me to start driving where there were other cars and traffic lights. I learned the distance that I have to be from other cars to avoid getting hit. I learned when to press on the brakes so I can stop on time for the light or stop signs. In addition, I learned when it is safe to merge into another lane to avoid tailgating or being tailgated by another vehicle. I drove to shopping areas three months after I started to practice with my dad. I learned how to turn safely

in commercial and residential areas, the permitted speed that you are supposed to drive in commercial and residential areas, how to turn in shopping areas, and the distance that I had to be to let people cross. In each area the speed is different but in the residential and commercial areas the speed is almost the same. I also learned how to park the car. I felt so nervous that my whole body started to shake because the cars were closer and the spaces to drive were shorter to drive. At first it wasn't easy, but it took me three times for me to learn how to drive in shopping areas.

The tips that my dad showed me were very good and I still follow them whenever I drive. It took some time and patience for me to learn how to drive like all the other drivers. I had to get confidence

in myself. I also had to practice a lot because practice makes perfect. Not even the people that drive every day survive from accidents. That's why every day you drive is like a practice day. I learned to overcome my fears and when I have my children, I'm going to show them the tips my dad taught me. The hardest part for me to learn was to turn at an intersection when the left arrow is green or the solid green light is on green and I have to turn without stopping the car.

David Ruelas
ESL W310





New Chef

I grew up in a good family, and was always spoiled by my parents because I am the only child. I didn't have to worry about doing anything around the house. I didn't have to cook, clean the house, or do laundry because we had a housemaid to take care of the household chores. I always felt like I had never accomplished anything in my life that could make me proud of myself until I met my husband.

I met my husband when I was traveling in the United States on business. We met and fell in love and got married soon after. We used to always go out to eat after my husband came home from work or we ordered takeout, and my husband was fine with it. It would be my husband who cooked if we were eating at home. A cooking idea came to my mind out of nowhere on one hot summer day when I was at home reading a book waiting for my husband to come home from work. I thought to myself that maybe I should cook something myself right then. After struggling in the kitchen for a couple of hours, I called my husband and told him that I burned the pan and made a mess in the kitchen. He asked me if I was okay and started laughing. He told not to worry and we would go out to eat when he got home. I felt so bad and useless. The next day I was determined that I would cook something good. I went online to watch a few cooking videos. I was fascinated by how easy it could be.

I remember the day my husband came home from work. He said he could smell the food as soon as he parked the car in the driveway. He rushed into the house and said, "Wow, something smells really good, and I'm starving!" "It's my cooking", I responded. I told him to go change his clothes while I put his dinner on the table. My husband started eating right after he sat down at the table. He didn't ask me what I cooked for him that day. I could see how joyful he was as he ate. I made him a bowl of traditional Vietnamese noodle soup called "pho". It took me several hours to prepare. My husband ate every

drop in the bowl and complimented me the whole night. I had never felt as happy as that before. I realized that cooking was not difficult as long as you put your heart and soul into it. I think of my husband whenever I cook. My husband works hard every day to support us. Therefore, I always wanted to put in my best effort to cook for him. My husband said that I didn't need to be a good chef, that he would eat everything as long as I cooked. He appreciated my effort and caring. His words encouraged me to cook better every day. I've learned to make authentic Vietnamese dishes, which is my husband's favorite food. I didn't stop there but learned to cook other types of food as well. Now I can cook many types of Asian food, American, or Italian.

I began to improve my cooking by watching more food network television shows, and reading more cookbooks. Sometimes I call my mother in Vietnam to ask for some more cooking tips and advice. My mother is very surprised and proud of me when I call her to talk about cooking. She said a married woman should know how to cook. She said it's one of the keys to keeping a family happy.

Ever since I started cooking, my husband and I rarely go out to eat. We only dine out on special occasions. My husband used to eat fast food regularly, but now he has stopped going to places like McDonald's, KFC, etc. He now enjoys what I put on his plate every day. He proudly tells his friends about my cooking. My husband told me to create my own cooking blog, or open a YouTube channel. I feel proud of myself every day now. I feel like I have accomplished something. I'm glad that I have been able to help my husband with little things like cooking. That's the least I can do. I hope one day I will be able to open a small deli somewhere in the downtown area.



*Jenny Nghiem
ESL W50*

My First Day at a New Job



I have been working for three months at a restaurant. It is a nice place with all my kind “partners” working together. I had been looking forward to the day I got a job in the U.S after I had just been studying and staying at home for several months. I had traveled a long distance from Vietnam and reached the U.S. on a day in October one year earlier. I would have wasted my time if I had just stayed at home and had done nothing. At last, I had a job. I was now working as a waitress at a restaurant. However, it was not a perfect day at the new job; in fact, it was “a funny mess day” for me.

I was so excited when I had a phone call from my workplace. The interviewer said, “You can work here tomorrow. Do not be late. OK?” “Is it true? I did not hear wrong?” I wondered to myself. I stood up and walked with a serious face for a while. Suddenly, I jumped and danced as if I were crazy. I could not stop my happiness. The next day, I was starting work at a new place in a new world. That night I did not sleep, and I got up very early to prepare for my first day.

Unfortunately, I arrived late to my workplace, and that was also my first “mess” on my first working day. I had left home full of energy and excitement. I was on the way to the restaurant, but suddenly the GPS signal was lost. “What? Why is it happening right now?” “I can not be late; today is my first day!” I could not help it, so I drove around and around, and drove from memory. Normally, it only took fifteen minutes to drive from my home to this place, but I wasted twenty-five minutes trying to find the restaurant. Everyone was already at the restaurant, and I came in with a guilty feeling. A co-worker asked me to hurry up, so I changed my clothes and started working.

A new working environment was in front of my eyes; it was different from what I was used to in Vietnam. I wondered, “What do I need to do first?” I stood alone without thinking for a while. Everyone was so busy that I could not stop them to ask what I could do right then. My chance came. A co-worker had me look for chili peppers in a fridge. I nodded my head and went to find them, but where was the fridge? Af-

ter that, It took almost ten minutes for me to find the chili peppers. When I brought them to her, she had already gotten some. I did not know where anything was placed. I started feeling frustrated.

The next “mess” I made was to take wrong orders. Unfamiliar English terms were a big barrier. As customers came in, I knew how to greet them, and I thought I could do this job well because they smiled at me. “Hello, how are you?” or “How are you doing?” was my only greeting. I did not know how to strike up a small conversation with them. That was the best I could do. Next, I took orders. Oh my God; it was different from my imagination. They spoke so fast that I could not hear anything they said. Asking them to

read the number on the menu was the only way I could take orders correctly. A funny situation happened. They asked if their food might be “light spicy.” With my English experience, “light spicy” meant more spicy. As a result, they could

not enjoy their food with “light spicy.” Something like that happened several times on that day. The chef seemed mad at me because of my mistake. They had to make a meal twice when I took an order. At the end of the day, my boss asked me to see him.

My imagination was quite rich. A lot of questions were in my mind. “Will some money be deducted from my salary?” or “Will I be sacked for incompetence?” Stop! I had to calm down when I heard that; however, it was not like I thought. He said that I did well and to not be frustrated because it was my first day on the job. Most people have trouble on their first day, and he was not an exception either. “Success comes from mistakes,” he said.

It is natural that on the first day at a new job you might make a “mess” in order to learn lessons. I learned a lot of English vocabulary from my workplace. Never give up and do not feel frustrated if you make a mistake. That was the lesson I learned from my first day working at the restaurant.

*Truc Gia
ESL W310*





The Perfect Dinner

The best way to win a man's heart is through his stomach. In my country, Moldova, everybody knows that. My husband likes to be spoiled with good food. Every month I try to cook something special for him. One evening I was trying to cook a special meal, but it was at a friend's house where to found everything I needed. Nonetheless, I prepared a dinner never-to-forget.

I was sitting in the middle of the room looking around because it was my friend's house. I had decided to prepare dinner for our families. I had

a menu: fish with veggie for adults and pasta with red sauce for the children. Happily, the fish were cleaned so I looked for salt and flour. It took me ten minutes to find salt in the deepest closet. The pot was ready for the fish and, the water was boiling. The pasta was ready when my guests came.

They came in the house and broke the silence. Everyone was very happy that dinner was ready. First of all, we needed to feed the children: my son, Alex, who is two years old, and his friend, Damian, who is almost two. They love pasta, but that night they got crazy. Instead of sitting at the table, they sat on the table! Then, they were crying because one had a cup with a bunny on it but the other one had one with a car. After that, they saw a lion on the TV and started to growl very loudly. Happily, they liked the pasta, and they ate it. Of course, the pasta was not only in their stomachs. We had pasta on the table, on the floor, on the chairs, and on their clothes. We were ready for the second course.

Four of us adults were ready to enjoy the meal. We started to eat but in about one minute there were bubbles coming out of our mouths. It had a bitter taste. I never before tasted something more disgusting. We spit the fish back into our plates. The first question was, "Ecaterina, from where did you get the salt for this fish?" I realized that it wasn't salt but laundry detergent. We ran away to wash our mouths and especially our tongues. After this we drank a lot of water. We laughed a lot. I ordered pizza for that evening. My friends, and especially

my husband, enjoyed that dinner. Now, whenever I get mad at him for some reason, he calls me "The Bubbles Princess", and I smile.

That memorable dinner went horribly wrong. However, I learned my lesson.

I will never again cook in somebody else's kitchen, and I will always doublecheck all the ingredients. I am lucky to have a husband and friends with a sense of humor so we were able to enjoy the evening in spite of the badly-cooked meal.



Ecaterina Micleusanu

ESL W310



The Most Embarrassing and Funny Day of My Life

Do you like to go shopping? Most people enjoy going shopping, especially when it is a holiday sale. I prefer to shop online, but I have a friend who likes to go shopping in person. One day she invited me to spend a few days at her house. She was living in Fortuna, California at that time. I was very excited because that would be my first trip to the USA. I bought my plane tickets and finally arrived in Fortuna on September 22, 2002. I will never forget that trip.

She was waiting for me at the San Francisco Airport. I was very happy and confident because she would be my interpreter during my trip. Once we got to her house, I noticed that she had only a bed and a dining table in her house. She told me that she had moved recently and she needed to buy furniture. I told her that I would go with her, even though I did not want to go shopping. She was surprised about me going shopping with her. She told me that we would go shopping the next day. Going shopping with her was a terrible idea because she usually spent a lot of time on this activity.

The next morning she gave me a tour to get to know the city. Fortuna is a small place. It was beautiful to me, a place with Victorian houses and big trees everywhere. The weather was perfect to go around the city. After that, she decided to go shopping. There was a beautiful building downtown that had three floors. I did not believe that this building was the furniture store. Once we arrived at this store, she started looking for things that she wanted to buy. She was asking about every detail about the furniture that she was seeing while we were in every section of the store.

I looked at my watch and it was almost five o'clock. I told her that I wanted to leave. I started feeling that something wrong was happening. All the lights of the store were dimmed. We were on the third floor. Finally, she decided to leave, but when we were at the entrance of the store nobody

was there and all the doors were locked! What could we do? She started panicking, and she could not talk. I asked if she could call 911 to get some help, but she could not. I picked up the phone that was in the lobby and I tried to communicate with the 911 operator and tried to explain everything. My English was not good and the 911 operator did not understand me. After 10 minutes, a policeman arrived; he asked questions about why we were inside, and my friend was finally able to speak and explained everything. I was embarrassed because we were inside with the doors locked as a result of not paying attention to the store hours. At first, I wanted to cry, but I got calm, and finally the policeman let us out.

That afternoon I was very angry with my friend because I felt that it was her fault that we ended up trapped in the store. The next day we talked about what had happened to us and we laughed about the situation. I told her that I thought that because we were in the store with the doors locked, we would end up in jail. I also thought that we would be on a TV show, like America's Funniest Videos, because it really was an embarrassing and funny moment.

Now I am living in the USA. I have learned more about how things work here. Now, I know that a store in small cities does not close at 10:00 pm as in Mexico. I am also learning how to speak and write in English. I still don't like to go shopping. I prefer shopping online and I never went shopping with my friend again. I will never forget the day that I was trapped in that store because that day was the most embarrassing moment of my life.

Rosalba Molina
ESL W310





How to Solve The Problem of Children Overeating

Our society today faces a the critical problem: children overeating. Fifty percent of kids in America are obese. How can we protect our children and why is this happening? I have lived in America for over twenty years and raised three kids and one of them has a child, too. So, I'm a grandmother as well. Throughout the years of my experience, I learned several things regarding food and children. The most important thing that we should keep in mind is that seventy-five percent of the food in our grocery stores is processed and sugary and that is unhealthy for our children. Luckily, there are a few ways parents can solve the problem of children overeating.

The first solution to the problem of overeating in kids is we should look at the sugar intake. This is very important because most kids love sweet food and drinks. I heard one nutritionist say that our kids on average consume as much sugar a day as a caveman had a month. Nowadays even children get illnesses such as diabetes and cancer, which was unheard of even in my grandmother's time. Personally, I believe that this is a big responsibility of parents to teach their children to eat right. Small children absolutely must be guided in their choices of food. For example, I notice that my four-year-old granddaughter often asks me for a candy when she is hungry. However, if I fix her a plate with veggies and meat, she eats it. After her meal, I give her a small candy, though, just so we are both happy. The other way of protecting kids from overeating sugar is to find an alternative: dark chocolate instead of milk chocolate, dry or fresh berries are better than hard candies, and a watermelon instead of cookies. Which would bring me to the other point, that parents should care and be educated enough in order to protect their children from overeating. If a parent doesn't care or doesn't know, then they could easily end up with kids who overeats. It's rather simple. Our body is like a car, except it can use three sources of fuel to work. It's sugar, fat, and protein. Sugar burns the quickest, fat takes longer, and protein takes the longest. However, if we have too much sugar, it will transfer into fat and get stored. In addition, sugary food is packed with calories without any nutritious values.



So, when our bodies ask for nutrients and the vitamins that are very important, especially for kids' growth and development, and we feed them with sugar instead, the brain will send signals that the body is still hungry and kids or adults end up overeating.

The second solution to the problem of kids overeating is to minimize the processed food intake. When parents are too busy or too lazy, they buy fast, frozen, or canned food. Those types of food are often processed and are not healthy for kids. Frozen and canned food usually have too much salt, artificial ingredients, and other harmful components in them. Even canned veggies are not that good for our health. It's been processed and a lot of good nutrients have been destroyed during that period. People who eat a lot of salt and canned, processed food often get heart problems and arthritis later in life. Fatty and greasy food like french fries or corn dogs have a lot of calories and very addictive, but just like sugar, don't have many nutrients. Therefore, when kids eat them, they get overfed and undernourished. This is when parents are supposed to show kids the right, healthy way. In order to do that, they should make kids get used to good food. Parents should cook or buy fresh fruits and vegetables and whole grains. That should be about eighty percent of all the food kids eat. Thus, kids will get into the custom of eating right from the early years and that often will stay with them when they are grown adults.

The third solution to the problem of kids overeating is to limit TV and on-line time and add more physical activities. When parents do not monitor throughout the day what kids are doing, it often results in kids watching too much TV or spending too much time on-line. While sitting and watching, kids can often munch on for many not-very-healthy kinds of food. A lot of people eat potato chips and ice cream, and drink beer or soda. Kids learn from us. So, they do the same. If children stay at home a lot, they also get bored and sometimes boredom pushes, induces kids to eat. That's why parents should limit TV and computer time and add more activities into kids' lives. Our body is built to be in motion and that's healthy for us. I personally

know a child who is twenty-years-old and on SSI now. He played on-line games the last ten years non-stop. He was a good kid. Had good grades. He lost his mind though. It's very sad what can happen if we don't use common sense and limit our children. There are so many activities kids could be enrolled in. Scientists say that even reading a book is better than watching TV. Back in the days, people didn't have to worry about activities because people worked much more physically. Now, when technology does a lot for us, we often get lazy and don't move enough to burn all the calories we take in. The extra calories get stored away in our bodies and that's how we know that we are either overeating or under-exercising.

In conclusion, to solve the problem of overeating in children, we must watch kids' sugar intake, keep them away from processed food, and increase daily

physical activities. I didn't know how important it was when I was a young mother. Now, I know and I wish I could warn all the mothers out there because it's crucial to note what we are feeding our kids with. Children get used to the healthy or unhealthy way and carry that with them to adulthood. If parent truly loves their children, they should do right by them and feed them healthy food and guide them to an active lifestyle. It's not exactly an easy job, but it is worth every moment.

Lyudmila Shpak
ESL W50



My First Day Driving

Which situation is harder for you: a funny one or an embarrassing one? And what would be your reaction if both situations happened at the same time? I lived in Iraq four years ago. I decided to buy a new car and learn how to drive. My husband promised that he would train me well, so I could depend on myself to complete my personal tasks. Everything went well, but I will never forget what happened on my first day driving.

My husband and I went to buy a car. My husband told me that I should buy a medium-sized car, not small, not big, so it would be easy to drive. I chose a Kia Cerato, which was popular in my country. Most people in Iraq like white cars, but I chose a red one. I wanted to be different. My husband bought the car and drove it home because I didn't yet know how to drive. After arriving home, my husband told me the next day would be my first driving class.

The next day my husband took me to an open area and started to teach me how to drive. I was so excited and my heart started to beat. I learned fast, but my husband told me I had to wait a little more time before I could drive alone because I was not familiar yet with the knobs, the dashboard, and the signals. Nevertheless, four days later, I decided to drive my new car to work, even if I had not finished my training yet.

I woke my husband up so early to drive my car out of the garage because it was still hard for me to do that alone. I drove the car and after less than a mile, I saw



the windshield wipers started on my windshield. I tried to stop it by playing with the control, but it became worse. I could drive back home and go by taxi, but I didn't want to fail. I continued driving while the windshield wipers were working. It was August. The temperature was about 120 F. All the people in the street looked at me with astonishment. Some of them started to laugh. After two miles, I drove near a policeman. He gazed in my eyes when he saw the wipers working. I pressed the water knob, so he could think I was cleaning the glass. I didn't want to be in trouble with the police on my first day driving, so I had to find a solution to this situation.

Two more miles farther, I stopped on the side of the road to ask for help. I saw one of my co-workers driving close by. I called out to him to ask for help. He did a U-turn and came back to see what my problem was. He laughed when he heard the problem. He looked at me with sarcasm. He told all our co-workers after we arrived at work. Later, they kept remembering this embarrassing situation whenever they saw me driving.

When my work finished that day, I drove home. I tried to be careful not to press any buttons. I spent two more days training on dials, signals, and buttons, so I would never again face any situation like the one that I faced on that day.

Elaf Khafaja
ESL R310



Homework Over The Holidays?



Nawras Hamid
ESL R310

"Almost all of ESL students have a job or a family to take care of on the weekends. Extra homework on those days could be an extra load. That extra load might push

the students away from that class/classes. In the end we all need some space to function properly."



Mai Schultz
ESL W310

"I think professors should not give any homework in holidays because it supposed to be a day off. Extra homework means I

have to spend extra time doing it, so I will have less time to spend with my family. Homework at holiday will not allow me to visit my family in my native country because I have to deal with homework first."



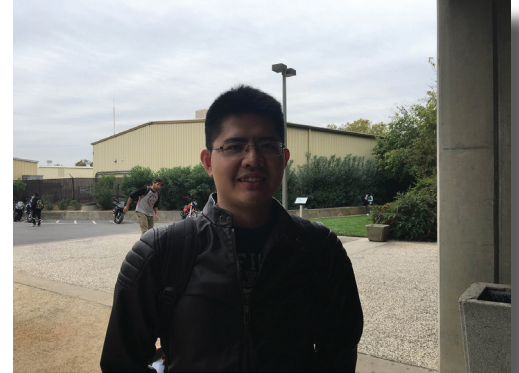
Ehsan Poorramezan
ESL R310

"I am not with extra homework through holidays because I can see myself. I am busy with my work after school and when I go home, I have to cook and clean by myself. I don't have a family with me here to assist me."

Duc Ngo
ESL G310

"I like to have extra homework through holidays. I have more free time. Extra homework

will keep reminding me especially about the grammar and its structure. I am always stuck with grammar."



Yukari Shirahama
ESL G320

"I disagree because holiday is a holiday. We don't have to study in holidays. I

have a husband and family; usually I don't have time in holidays and vacations because I need to spend and enjoy some time with them."



Sarah Lee
ESL R310

"I don't agree about giving extra homework in holidays because I have

a lot of things to do at home and I have other classes too which they have a lot of homework too. Extra homework will affect my other classes and my personal life."





**Karen
Adams**
ESL W310

"I disagree to have extra homework because most of us have families

and we need to go and spend time with them. In my case I have children and I have to spend more time with them. If I spend time on homework that's mean I can take away the time I need. Holidays are not often. In some holidays you can have some homework, but other holidays you cannot like Christmas and Thanksgiving. These two holidays are the most important holidays that should be given only to the family not to the school."



**S h a r i f
Bostani**
ESL W310

"We are spending the whole week studying and working, so students need to take some rest and to be a way from stress to re-

fresh and to start again. People can use holidays too to relax. Some students have kids and other have to work, so studying can be hard in these days."

**Sandra
Martinez**
**E S L
W310**

"I would say yes, I like to have some extra

homework in holidays because homework can help me to be prepared to what will be discussing in class. For me it's really valuable. Homework can help us to know more new information."



**Ruben
Barbosa**
ESL L40

"I will like to do homework in holidays in

case I need to study for a test, to raise my low score, or to be an extra credit. If I don't need all these, I don't want to do homework at holidays because I am a full time worker, so in holidays I need to stay with my family and my girl friend."



Happy Homework!!!

Nestscape -- Articles from The Web



Is Sleeplessness Slowly Killing Us?

Most Americans are chronically tired. Half of Americans don't get the recommended 8 hours of sleep, and 70 percent of teenagers don't get the 9.25 hours they need.

But the lack of sleep is more than a nuisance. According to a new documentary by National Geographic, in collaboration with the National Institutes of Health and the Public Good Projects, our sleepiness is killing us.

The documentary blames lack of sleep for some cases of diabetes, mental illness, cancers and Alzheimers. Sleeplessness is also responsible for car crashes, medical accidents and lack of productivity when we are awake.

John Hoffman produced "Sleepless in America." He joins *Here & Now's* Robin

Young to discuss the real dangers of not getting enough sleep.

Hoffman's Tips for Getting More Sleep

1. From the moment you wake up, Hoffman says, you're building a need to sleep called sleep pressure. Thus, doctors have told him you should "**stay in bed as little as possible**," and "**get up at the same time every day no matter how little sleep you've gotten, no matter how physically active you might have been the day before.**" If

you always start your day at the same time, "your body gets used to how much sleep pressure has built," Hoffman says.

2. For those who wake up in the middle of the night, Hoffman recommends that you "**get up out of bed, go into a dimly lit room, and do something boring** — read a really bad piece of non-fiction, do a really hard crossword puzzle that you can't possibly get through, and when you

feel that need to sleep start building again, you start yawning a bit, go back to bed."

3. **Don't try to make up for missed weekday sleep on the weekends;** "The damage is done," Hoffman says.

4. "I struggle with not getting 8 hours of sleep," Hoffman admits. "The vast majority of us,

meaning people who don't have insomnia and people who are not working two or three jobs to pay the bills, that majority is choosing to not get adequate sleep. They're binge-watching television, they're doing social media, they are choosing those things and all that stimulation over sleep. You know what? **Put the devices away. Turn all those blue light-emitting devices off one hour before sleep time. And choose a bedtime that's one hour earlier.**"

<http://hereandnow.wbur.org/2015/01/08/sleep-depri->



A new documentary, "Sleepless in America," investigates America's chronic sleep deprivation. (ODonnell Photograph/Courtesy)

Smart Belt loosens buckle when you've eaten too much

Continued from page 1

It also keeps track of your overall health, and nudges you when you've been sitting for too long. French startup Emiota unveiled the smart fitness belt on Sunday at CES.



Image: Mashable, Christina Ascani

Given that the size of your waistline is a key indicator of health, the Belty — which comes equipped with small sensors, an accelerator and gyroscope — knows just how much you've been moving and whether you need to be more active.

The belt connects with an app that charts the data it collects throughout the day. It pushes out feedback and suggestions that correspond to how the belt adjusts in real time.

Inside the Belty is a collection of motors that expand and retract based on waist size — so it's also something you could buy once and keep over the years.

It's hard to tell at this point if the Belty is just a gimmick or could actually be useful in everyday life. The prototype is based of clunky metal, something that would likely feel heavy around the waist.

The price point is still in question, too. A Belty representative told Mashable it is a "high-end product" with likely a luxury price tag. The company hasn't yet announced when it will hit the market.

http://mashable.com/2015/01/04/belty-smart-belt/#_

3 smart new inventions in 2015

1. Traffic lights with countdown indicators!



2. Fresh pizza vending machines

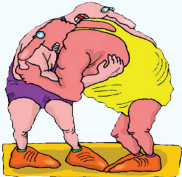


3. Supermarkets with build your own 12-packs of soda



<http://binscorner.com/pages/2/29-smart-new-inventions-in-2015.html>

Parrot Warbling

Grappling with Grammar

Reporting Speech in English

Reporting Verbs

Some reporting verbs may appear in more than one of the following groups because they can be used in several ways.

Verbs Followed by "If" or "Whether":

ask	know	remember	say	see
-----	------	----------	-----	-----

Verbs Followed by a "That":

add	comment	fear	remember	suppose
admit	complain	feel	repeat	tell
agree	confirm	insist	reply	think
announce	consider	mention	report	understand
answer	deny	observe	reveal	warn
argue	doubt	persuade	say	
boast	estimate	propose	state	
claim	explain	remark	suggest	

Verbs Followed by either "That" or an Infinitive With "To":

decide	guarantee	promise	threaten
expect	hope	swear	

Verbs Followed by a "That" Clause Containing Should, Which May Be Omitted, Leaving a Subject + Zero-Infinitive:

advise	demand	prefer	recommend	suggest
beg	insist	propose	request	

Verbs Followed By a Clause Starting With a Question Word:

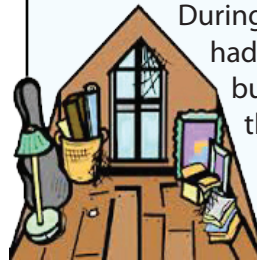
decide	forget	realise	suggest	wonder
describe	guess	remember	teach	
discover	imagine	reveal	tell	
discuss	know	say	think	
explain	learn	see	understand	

Verbs Followed by Object + Infinitive With "to":

advise	beg	forbid	invite	tell
ask	command	instruct	teach	warn

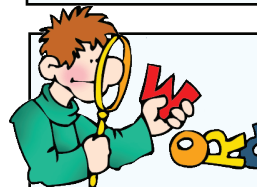
Idiom--Attic

HANG ON



During the depression years the Smiths had a great deal of trouble with their business, but somehow or other they were able to hang on. Although they almost lost their store, they managed to persevere until things got better.

<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.

miner, minor, mynah	palate, palette, pallet	principal, principle
mind, mined	pascal, paschal	profit, prophet
missed, mist	paten, patten, pattern	quarts, quartz
moat, mote	pause, paws, pores, pours	quean, queen
mode, mowed	pawn, porn	rain, reign, rein
moor, more	pea, pee	raise, rays, raze
moose, mousse	peace, piece	rap, wrap
morning, mourning	peak, peek, peke, pique	right, rite, wright, write
muscle, mussel	peal, peel	read, reed
naval, navel	pearl, purl	read, red
nay, neigh	pedal, peddle	real, reel
nigh, nye	peer, pier	reek, wreak
none, nun	pi, pie	rest, wrest
od, odd	pica, pika	retch, wretch
ode, owed	place, plaice	review, revue
oh, owe	plain, plane	rheum, room
one, won	pleas, please	raw, roar
packed, pact	plum, plumb	ring, wring
packs, pax	pole, poll	road, rode
pail, pale	poof, pouffe	roe, row
pain, pane	practice, practise	role, roll
pair, pare, pear	praise, prays, preys	roo, roux, rue

The list of Homophones is not finished.



Some More Parrot Fun Stuff

Trees Wordsearch

Find and circle all of the types of Trees that are hidden in the grid. The words may be hidden in any direction.

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

APPLE
BIRCH
CEDAR
CHERRY
ELM

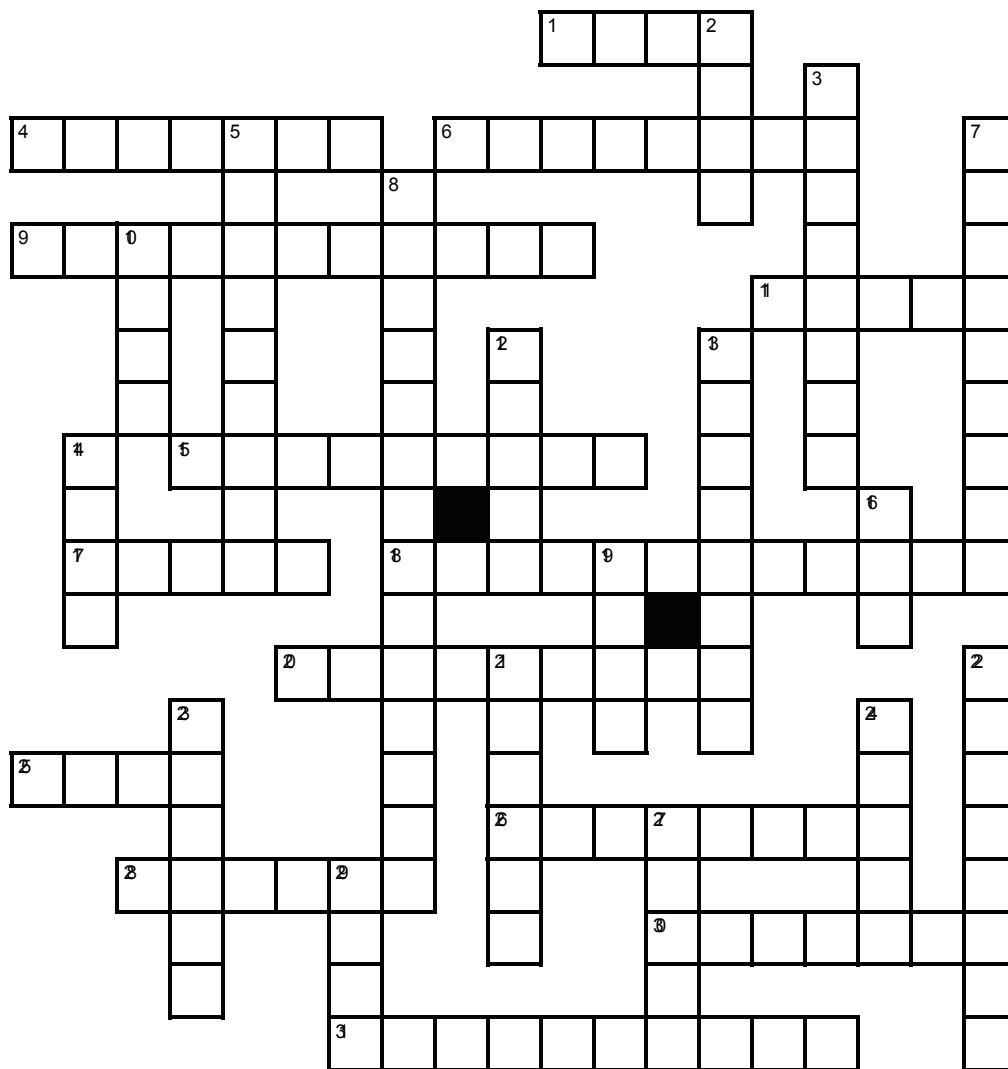
FIR
MAPLE
NECTARINE
OAK
PALM

PEACH
PEAR
PLUM
PINE
POPLAR

RUBBER
SPRUCE
WALNUT
WILLOW



Christmas Crossword



Across

1. Another word for present.
4. Santa's door?
6. Animals that pull Santa's sleigh.
9. What people put on their Christmas tree.
11. Something on Santa's face.
15. The day after Christmas.
17. Santa's helpers.
18. The day before Christmas.
20. A piece of snow.
25. What Santa gives to bad girls and boys.
26. A sock that hangs by the chimney.
28. People put these bright things on their house.
30. A reindeer with a red nose.
31. A jolly man in a red suit



Down

2. Something people decorate.
3. What people give each other.
5. Where Santa's workshop is located.
7. A striped Christmas treat.
8. Drink and food left for Santa.
10. Something people send to each other to say 'Merry Christmas'.
12. The presents are usually _____ the tree.
13. The month of Christmas.
14. Look at a present before you should.
16. The color of Santa's suit.

19. A common decoration for the top of the tree.
21. A famous snowman.
22. The place where Santa makes toys.
23. Santa's car?
24. A common decoration for the top of the tree.
27. A Christmas song.
29. What Santa gives to good girls and boys.

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Answers On Page 19



Dear Santa, Here's My Christmas List

Dear Santa, here's my Christmas list.
I hope you'll bring it all.
I've only asked for gifts my parents
can't find at the mall.

I'd like to have a UFO,
with aliens inside,
and maybe a Tyrannosaurus Rex
that I could ride.

A ninety-nine foot robot
is a present I could use.
I'll also need a time machine,
and rocket-powered shoes.

Please bring a gentle genie
who will grant my every wish,
and don't forget a wizard's wand,
and, yes, a talking fish.

Of course, I'll need a unicorn,
and won't you please provide
a dragon, and a castle
in the English countryside.

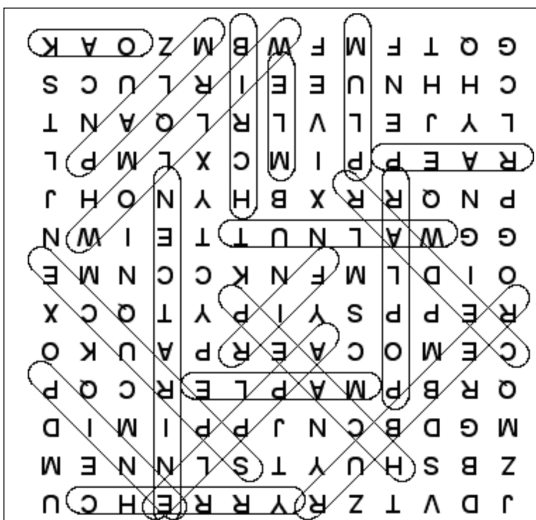
Of course, the weight of all these things
might cause your sleigh to crash.
If that's the case, dear Santa,
please feel free to just bring cash.

Kenn Nesbitt

Rigoberto's Riddles

Why did the man throw a bucket
of water out the window?

He wanted to see the waterfall.



Word Search

Answer To The Crossword:

Across: 1. Gift 4. Chimney 6. Reindeer 9. Decorations 11. Beard 15. Boxing day 17. Elves 18. Christmas Eve 20. Snowflake 25. Coal 26. Stocking 28. Lights 30. Rudolph 31. Santa Claus.

Down: 2. Tree 3. Presents 5. North pole 7. Candy cane 8. Milk and cookies 10. Card 12. Under 13. December 14. Peek 16. Red 19. Star 21. Frosty 22. Workshop 23. Sleigh 24. Angel 27. Carol 29. Toys.



Granny Noetal

Dear Granny Noetal,

I am an international student at ARC. That means I pay a lot of tuition fees, more than resident students. Anyway, that's not why I am writing. I've been here several months now. It's not easy making friends. I live by myself in an apartment near the college. I will be alone at Christmas time. I wonder what to do. I'd like to travel but don't want to ask my parents for more money. One student I know said, "Write to Granny Noetal. She will know what to do." What do I do?

Kaushiki Parvati

Dear Kaushiki,

I'm sorry to hear that you are feeling so alone. Yes, you're right -- sometimes it's difficult to make friends in a new place, a new situation. I remember when I was an ex-



change student for a semester in France. My French was terrible and the people I stayed with were old (or so it seemed) and didn't have kids. The first few months I spent a lot of time in my room dreaming about going back home. It was only when I forced myself to start hiking (we were in the countryside) that I discovered I could enjoy myself alone. Better yet was that I actually met people hiking in the hills. They were nice to me. Soon I had a few French friends and they introduced me to an English girl living in the town with her teacher parents. My advice to you is to try to join a few clubs on campus. You'll meet people – it's inevitable. You might also see if you can find employment or at least volunteer work on campus. I would contact the international student counselor on campus. Her name is Ryann Wegrzyn at 916 484 8774. I bet she's got a lot of good ideas for you!

Granny

Interview with Prof Al-Khayyat

Continued from page 1

After that, I returned to live in my country, Jordan.

Parrot: How many degrees have you acquired? And where did you acquire them?

Hanadi: I have received two degrees from my country. I have a bachelor's degree in physical education and master's degree in physical training from the University of Jordan. My master's research thesis was "The Effect of an Aerobic Exercise Program on the Adjustment of Blood Sugar Level for Diabetic Patients".

Parrot: Do you have any other degrees, other than the ones you have previously stated?

Hanadi: Yes, before my bachelor degree. I got a diploma in Education Rehabilitation. I got that degree from the University of Jordan.

Parrot: Oh, great, so now you have three degrees!

Hanadi: Yes, with a lot of fitness certifications.

Parrot: How long did you live in Jordan?

Hanadi: For thirteen years.

Parrot: What famous places do you like the most in Jordan?

Hanadi: Oh, that's a hard one; there are a lot of extraordinary place there. I like Petra, which is one of the Seven Wonders of the World, Jerash, the Dead Sea, and Al-Aqaba.

Parrot: When did you come to the U.S?

Hanadi: In 2003.

Parrot: How did you come to the U.S?

Hanadi: I have always wanted to visit America, ever since I was a child; I also wanted to attend university over here, but it did not go as planned; however, I was lucky to meet my husband, who is a U.S citizen, who lives and works in California. We got married





and I moved here to Sacramento.

Parrot: Currently, you are working at ARC. What were you doing before that?

Hanadi: I worked as an aerobic instructor at an athletic club called Signature. After I got my California teacher credential single-subject, physical education, I worked as a certified guest teacher in the San Juan district.

Parrot: Have you studied in the U.S?

Hanadi: Yes, I studied at ARC.

Parrot: So, what did you study at ARC?

Hanadi: English as a Second Language and I also took some classes to enhance my education like nutrition, biology, calculus and anatomy to help me in my field.

Parrot: What inspired you to get a job in teaching?

Hanadi: I have a passion for teaching. Ever since I was a young girl, I have always wanted to be a teacher. I participated in student tutoring in math when I was in middle school and high school.

Parrot: Why did you choose to work at ARC?

Hanadi: ARC is my home. When you move to a new country, you always build a relationship with the places that you visit first. You start feeling as if it's a new member or part of your family. And ARC is my family and home. Also I like the diversity, and the environment. I was an ESL student at ARC, my teachers were very helpful, motivating and professional. They helped me achieve my goals.

Parrot: So now your dream came true?

Hanadi: Yes, but I am looking for more to do in this field. For me it's like I never run out of dreams.

Parrot: Wow!

Parrot: When did you start working at ARC?

Hanadi: In fall 2013

Parrot: What do you like the most about your work at ARC?

Hanadi: The relationships between the co-workers and professors. In ARC I feel as if we are all part of this big family. Especially the Kinesiology Department. Our dean, teachers, administrators and our students who are very cooperative, eager to learn and accept me for who I am.

Parrot: As it has been previously stated, you work in the Kinesiology Department. What is the exact meaning of kinesiology?

Hanadi: Yes, I work in kinesiology, which is the study of human movements, either physical, mechanical, or psychological.

Parrot: Do you work in any other places?

Hanadi: Yes, I have been teaching at Sac City College, Sierra College and Folsom Lake College. Also I am a certified personal trainer in 24-Hour fitness.

Parrot: Can you describe an obstacle you have had to overcome? How did you handle it?

Hanadi: Every person goes through a lot of obstacles, and, like any other person moving to a different country, it is hard to get used to different traditions, cultures, as well as languages. I tried to ignore that difference and just let go. So I decided instead of feeling different and isolating myself, I decided to go out there and connect with my new culture and society. In my country they teach English; however, I tried to strengthen my English by taking ESL classes. The ESL Department at ARC was instrumental in helping me overcome this barrier. Thank you, guys.

Parrot: What is your main goal?

Hanadi: My goal is to have a successful career in my passion, teaching, and to help others achieve their optimal health. And honestly becoming a full-time professor at a community college.

Parrot: What is your favorite part of your current job?

Hanadi: My favorite part is waking up every morn-

ing knowing that my students are learning new skills, perfecting them, and enjoying life. Actually, I'd like to educate the community to live healthy and stay fit, so any class in fitness and kinesiology is my thing.

Parrot: I expected that you would like belly dance more.

Hanadi: Yes, I like it, of course, because it's a mix between western and eastern styles, and it is part of my Arabic dance heritage. Also dancing is moving your body, and since you're moving your body, you are staying fit at some point.

Parrot: Could you tell us in a few words how health education is important?

Hanadi: We have to live, but the most important thing is to enjoy living and to be able to enjoy living, we have to be healthy. Being healthy is not just going to the gym or starving yourself. It is maintaining a healthy, monitored, continuous lifestyle. It is not an obligation; it is your life.

Parrot: How do you motivate your students?

Hanadi: I try to take care of each and every student, give them attention and spread an active spirit among them. And I always try to lead as an example. What I teach is what I believe in.

Parrot: What places do you like in California?

Hanadi: California is a very big state. What is there not to like? But I do love Old Sacramento, downtown Sacramento, Sleep Train Arena, the home of the Kings, and I'm looking forward to their new home the Golden 1 Arena in downtown Sacramento. I also adore Tahoe in northern California. Los Angeles, and, of course, Las Vegas.

Parrot: What are your hobbies?

Hanadi: Hiking, dancing, traveling, gardening, cooking, and reading research magazines.

Parrot: Since dancing is one of your hobbies, what type of music do you like?

Hanadi: I don't like to pick a specific kind; however, I do like Arabic music and some Latino music.

Parrot: I know Jordan has many traditional and famous dishes, so what is the most famous one?

Hanadi: There are several extremely tasty dishes such as falafel, hummus, "baba ghanog," "taboula," "shawerma," "dolma," shish kabob and "manssaf," which is very popular there for parties.

Parrot: Do you have any other information that you would like to share?

Hanadi: Yes, to all the students in ARC and Los Rios, even to whoever is reading this article, if you desire something, go ahead and work as hard as you can to be able to achieve it. Because one thing I have learned from my journey, very long journey, in life is everything is possible. If life gives you lemons, make some lemonade. Namaste

Parrot: Thank you, Professor, for your time. I really enjoyed talking with you.

Hanadi: You are welcome. I enjoyed it as well, and my door will always be open to The Parrot and all Los Rios students.

Parroteer: Elaf Khafaja





UNCAGED: 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 3-5 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.

To view Parrot Voices and hear the stories of other ARC ESL students, go to:

http://www.arc.losrios.edu/ARC_Programs_of_Study/Humanities/ESL/The_Parrot/Parrot_Voices.htm

Interview 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!



Out of the Cage



Applied Music Student Recital

Friday Dec 4, 2015

12pm – 1pm

The ARC Music Department is proud to present our Applied Music Students in recital, beginning at 12:00PM in the ARC Music Department, Room 547. Admission is free to this concert. There is free parking for this event in parking lot D at the corner of Myrtle Avenue and College Oak Drive. For more information, please contact Dr. Dyne Eifertsen at (916) 484-8676.

Location: American River College, 4700 College Oak Dr, Sacramento, CA 95841, United States

“Deck the Halls” Choral Concert

Tuesday Dec 8, 2015

7:30pm – 9:30pm

The American River College Chamber Singers and Concert Choir present their winter choral concert, Deck the Halls. The beginning of the concert will include chant, carol settings, and baroque choral works. The concert will be held at in the ARC Theater. Admission to the concert is \$10 General, \$6 students & seniors. There is free parking for this event in parking lot D at the corner of Myrtle Avenue and College Oak Drive.

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

Location: ARC

High School Honor Band Concert

Saturday Dec 5, 2015

2pm – 4pm

The American River College Music Department will host a high school Honor Band, featuring 100 of the top musicians from Sacramento area schools! Dr. Gary P. Gilroy, Director of Bands, Fresno State, will be the guest director. Concluding the concert will be a mega 200-piece band including ARC's bands, local band directors, and a pipe organ! Admission is free for this concert. The concert will be held in the ARC Theater. There is free parking for this event in parking lot D at the corner of Myrtle Avenue and College Oak Drive.

For more information, contact Susan Hamre at (916) 484-8541.

Location: American River College

Instrumental Jazz Concert

Thursday Dec 10, 2015

7:30pm – 9:30pm

Directed by Dr. Dyne Eifertsen, the American River College Latin Jazz, Studio Jazz Ensembles, and the ARC Jazz Collective with special guests: The Sacramento Jazz Orchestra perform Duke Ellington's arrangement of Tchaikovsky's Nutcracker Suite. The concert will take place in the ARC Theater. Ticket prices are \$8.00 General; \$5.00 Students and Seniors. There is free parking for this event in parking lot D at the corner of Myrtle Avenue and College Oak Drive.

Location: ARC

Questions/Comments?

Student Editors: *Emma Jaques* and Elaf Khafaja.

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](#)

