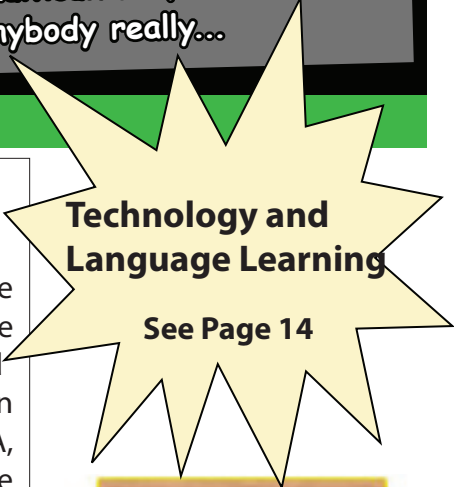




The Parrot

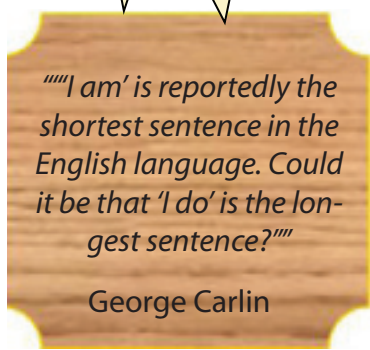
Your ARC newsletter by and for ESL, multicultural, international students, new Californians, and, well, anybody really...

Issue # 101 Spring 2016



Technology and Language Learning

See Page 14



“'I am' is reportedly the shortest sentence in the English language. Could it be that 'I do' is the longest sentence?”

George Carlin



Cuba Libre! Andria and Ariel

Parrot: You are from Cuba, aren't you?

Ariel: Yes, we are.

Parrot: Are you both students at ARC?

Andria: Yes, we are taking ESL classes.

Parrot: Why did you choose to move to Sacramento as opposed to another city such as San Francisco?



Ariel: Because the parents of my wife live in Sacramento and her sister too. When we came to the USA, we needed a place to stay first and they tried to help us. We like the weather and our daughter goes to school and our son studies at Sac state.

Parrot: What was life like back in Cuba? Any cultural differences?

Continued on page 20

Man Caught with 51 Live Turtles In Pants Pleads Guilty To Smuggling

Kai Xu, 27, was busted after seen with "irregularly shaped bulges" under his sweat pants.

ANN ARBOR, Mich. (AP) — A Canadian man caught at a border crossing with 51 turtles taped to his



body pleaded guilty Tuesday to smuggling or attempting to smuggle more than 1,000 of the reptiles out of southeastern Michigan.

Continued on page 15

Inside this Issue

- Surprise ! 2
- No Car, So What? 3
- Last Minute 5
- Grade Up..... 6
- Black Sheep 7
- Dream City 8
- Never Forget 10
- Dangerous Lift 11

Student Chirpings

A Perfect Surprise Party

Does an important event in the life of a relative or friend deserve the organization of a surprise party? Excellent! It's time to organize something serious, but this has to be secret. However, to ensure that there will not be any mishaps, you must act craftily. The best surprise parties are those which are well-planned, those parties that only have a few people as guests, and obviously, that are a total secret! With this guide, your guest of honor will remember the party for a long, long time. There are three main stages in the process of planning a surprise party for a relative or friend: planning the event, preparing the event, and giving the surprise.

The first stage in the process of planning a surprise party for a relative or friend is planning the event. The first step is making sure the guest of honor is comfortable with a surprise party. You have to make sure that your guest of honor likes surprise parties. When you're sure that your guest of honor likes surprise parties, then you can choose the date. Choose a date before the actual event. If the surprise party is organized for the occasion of a birthday, making it the same day as the birthday will hardly cause a surprise, since the honoree probably expected something like that to happen, especially, if this person knows you for a long time ago. Soon afterward, choose a place which the guest of honor frequents. This is so he will not suspect anything. If you tell the honoree you will go to the best restaurant in town, he will know that there will be an event. Choose a place that looks "normal"; this could be a restaurant, a bowling alley, or just the home of a friend. After that, if you want, choose a theme for the party. A simple way to get people excited about a party is to choose a theme. It can be anything, whether a party based on cartoons, comics, books, movies, colors, or

a holiday. Who says you cannot use that ugly Christmas sweater in July? You can do whatever you want! At this point you can choose the guests you want to invite. It's better to invite just a small group of people. This is easier to handle. People can keep silent about the party, and this small group of people creates a more intimate setting. When you're sure about the people you want to invite, tell them one-by-one. The hardest part of organizing a surprise party is to be sure that the guest of

honor does not find out about the party. To avoid this problem as much as possible, you must tell it to the guests individually, face-to-face, over the phone, or through a personalized email. In this way, you avoid the risk of a large group of people making rumors about it and ruining it. As soon as possible, you have to make plans with the guest of honor. This doesn't mean you have to tell him, "Hey! There will be a party in your honor next Friday!" This means making other plans with that person to book that day, so he doesn't make other plans and then you have to beg him to cancel them.



The second main step in the process of planning a surprise party for a relative or friend is preparing the event. The first task is asking one of the best friends of the honoree to help you. Organizing a surprise party by yourself is too much work. This can become too stressful quickly. To split the load, ask one of the best friends of the honoree to help you with the organization. The next step is gathering all the supplies, decorations, and food needed. If you are going to organize the party at someone's home, you need to be in charge of everything, from the decorations to the food for the surprise party. If it's a themed party, then it will be a little easier to choose the decorations and the food because there are fewer alternatives. Just be sure to have some snacks, drinks, and in the case

of a birthday party, a cake. Soon afterward, choose a safe place to store the supplies. You must make sure that the guest of honor does not see the food and the decorations. So, use a separate place such as a friend's house, which the honoree will not go to, to store everything. The next step is reconfirming the attendance of all the guests. The night before the event, you must confirm again all the details about the surprise party with all the guests. You can do this by a text message or a phone call. Do not send them an email because they could not check it that day. Call them and let them know any other information. After that, prepare the place where the party will be on the same day of the event. To make it simple, you must prepare everything to be ready for the day of the party. Thus, if the honored person arrives by surprise, you don't want to rush to hide everything.

The third main step in the process of planning a surprise party for a relative or friend is giving the surprise. First of all, you must ask everyone to arrive an hour before the party. For example, if the party starts at 7, make all guests arrive at 6. People always arrive tardy at parties. This way, everyone will gather at 6:30 and you will have a lot of time to organize the big sur-

prise. After that, ask a person to stay with the guest of honor and another to stay with all the other attendees. This person must be with the honoree and entertain him according to the plan, and you can keep in contact with this person. This person also must warn you when they are on way to the party. This way, you can organize the party and the guests. Before the honoree arrives at the party, you must make sure everyone understands the big surprise. Some people opt for the typical surprise to turn off the lights and hide themselves behind the sofas. Others like to pretend it's a normal party and let the honored person discover the surprise to see his name on the cake. It doesn't matter what kind of surprise you choose, but you must be sure all guests know what to do. Finally, the most important step is surprise the honoree.

To conclude, planning the event, preparing the event, and giving the surprise are the three main steps in the process of planning a surprise for a relative or friend. A well-planned party always works out perfectly. If you follow these steps faithfully, your party will be a success.

Graciela Lopez
ESLW 310

Getting to School on Time without a Car

Owning a car today can be very expensive because you have to pay for gas, auto insurance, and maintenance. However, not having a car can make it really difficult to get around on a daily basis. It is much harder to get around without a car in the United States than in other countries because America is such a big country; so how do people such as students solve the problem of getting to school on time if they don't own a car? Fortunately, there are many ways people can get to school on time nowadays even if they don't own a car.

The first and most common solution to the problem of people getting to school on time if they don't own a car is by using public transportation. There are buses and light rail that people can take to places these days if they don't have a car. People who take the bus to school can rely on the routes when the bus arrives and leaves, so they can manage their class schedule to be on time. The service

for using this public transportation is very inexpensive, and it is available throughout the city. In big cities such as New York or San Francisco, buses and light rail are all over the city. For example, I used to take the bus to the downtown library in Sacramento when I first came to America. It was fun, safe, and the bus always arrived and left on time. Another example is that my husband used to take the bus to Sacramento State University when he was in college. He always got up early to catch the bus to be in school on time. Taking the bus helped him to avoid the morning traffic and most of all, be on time. In addition, my old friend, who lived in a small town in Vietnam, went to the same university as me. At first, when she moved to Saigon, where the university is located, she didn't have enough money to buy a bike, so she used buses as her transportation from the school to her rental house. It was so convenient for her to go to school on time, and after a few months saving money, she had enough money

to buy a bike, which she used to go to school every day.

Another solution that people can use to solve the problem of getting to school on time if they don't own a car is to buy a bicycle. Nothing will replace biking or walking in a crowded city. Biking is not only good for exercise, but also good to enjoy the beautiful bike paths that are available in the city. It's obviously a lot more affordable to own a bike than a car. In addition, people would not have any issue with being on time to classes if they rode their bikes to school. Some students who own a car, drive to school on time but they are late to their classes because they spend a decent amount of time to find a parking spot. On the other hand, there are plenty of parking spots reserved for bicycles in school. All students need to do is lock their bikes to the bike rack and walk to their classes. Riding a bike or walking to school promotes good health and saves the environment as well, and it will help students from wasting time to find a parking spot if they drive.

For example, my friend Anh used to come to her class late every morning because she drove around the school to find a parking spot. One day she decided to ride her bicycle to school and she had no problem getting to her class on time. Now, whenever she has classes in the morning, she rides her bike. She only drives her car to school if she has class at night because it is safer to drive at night than to ride a bicycle. Some friends I know also ride their bikes when their places aren't too far from school. They said it helps them save a lot of money and time. In Vietnam, most people cannot afford to buy a car because it's so expensive. In addition, all the streets are very small. Therefore, it is much more convenient to get around with a bicycle. Hence, students will get to school on time without any traffic problem.

A final and perhaps the best solution to the problem of tardiness to school is to live near the

school which they are attending. They can walk to school every day without worrying about being late or taking a bus if they don't own a car. This way, not only does it help them get to school on time, it also helps them get good exercise from a little walking. There are many apartments and houses for rent near school. The cost might be a little expensive but in the long run it will help people save time and money. For example, my friend Rachel decided to rent an apartment near American River College because she was having a hard time getting to school on time every morning. She lived miles away from the college; thus, she had to fight with the traffic every morning. Now she can just walk across the street to her classes

because her apartment is right at the street's corner across from ARC. Another example of good location is that many young people who just recently graduated from high school don't have a car; thus, the best solution is to stay in the dorm at their school. They don't have to worry about getting to school on time or waiting for someone to pick them up from home and school.

In conclusion, owning a car can be expensive these days. Most people cannot afford to buy it. The inconvenient situation sometimes makes students late for school, but there are many solutions that people can use to get to school on time if they don't have a car. They can use public transportations such as buses, light rail. They can ride bicycles to school, or they can live near the school they are attending. All of these options not only help people to get to school on time if they don't own a car, but also help them save a ton of money in the long run, promote good health, and save the environment. I hope in the future the government will provide more public transportation systems everywhere in the big cities for people, especially students, who will be able go to school or anywhere for less money and in less time.

Dao "Jenny" Nghiem
ESLW 50



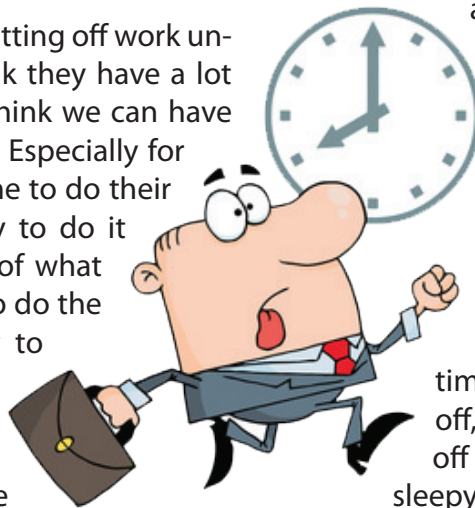
I Still Have Time

Have you ever put off work until the last moment? Everyone has a bad habit, but mostly everyone has the habit of putting work off until the last moment. We all know putting work off will lead to bad results. No one like to do their work at the last moment. Doing the work late will lower the quality of the work, but we keep doing it over and over. Even when we make plans, we may just put off some work. There are several causes of putting work off until the last moment.

The first cause of people putting off work until the last moment is people think they have a lot of time to do it later. We always think we can have fun now and finish the work later. Especially for people when they have a long time to do their work, they would think it is okay to do it later. People do not think ahead of what will happen later when it is time to do the work. It is just a temporary way to escape from their work. I do it every weekend. I start my weekend planning, but one thing happens and I will put off all my work to the next day. My grandfather used to tell me stories about himself. A lot of my grandfather's stories were about him putting off his work until the last moment. I remember when he told me once he had to solve 55 math problems. He had four days off before the due day. On the first day he spent it playing football with his friend. The second day he went to the beach and he came back late. On the third day he went out of the city and in the way back his car stopped and did not work. The fourth day he spent fixing the car and did not have enough time to finish the problems. He had to skip some of them. Putting off work is not happening only in this generation or before it. It is one of these problems that people cannot solve. Putting work off until the last moment is just a habit mostly everyone has.

The second cause of people putting work off until the last moment is people want to spend time doing things they love to do. We hate to spend time on work and miss all the fun. We do not want to miss

any details in anything. Even if it was not important, we would rather do in it than work. The biggest reason is people do not like what they are doing. It is really important to do what you like because then you will put forth the effort to make your work better. For me, I hate my math class. I hate going to that class every day and doing homework. When it comes to my math class, I will always put the homework off to the last moment. My cousin used to spend most of her time with her boyfriend. She did not spent a lot of time on her work. She always had to do her work in tight times. She did not spent her time wisely.



The third cause of people putting work off until the last moment is people get distracted easily. For all people we get distracted by a lot of things in our lives and there is a lot going on in our lives. Sometimes we do not mean to put our work off, but things happen that make us put off work. I remember my friend came sleepy every day and her homework was not good. When I asked her, she said she had a new sister, and it is hard to work in her house. My brother lived for a while in an apartment by himself. He had to do all the housework by himself. He had to stay up all night to finish his work. It was not by their choice but life situations forced them to put off their work.

In conclusion, putting work off is not always by choice. Other times we just want to have a time for ourselves. If you love what you do, that has a big impact on your work. Having a long time to do something sometimes will make the person lazy because the person will think she still has time to do it; it is okay. I just skipped it for now. It happens to a lot of us and we will keep doing it.

*Betul Yousif
ESLW50*

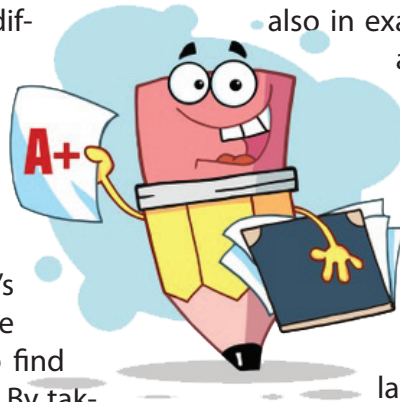
How Students Can Keep Their Grades Up

Why do students' grades go down in the middle of the semester? In the beginning of the semester students are more energetic and curious. They study hard and try to improve their skills. As time passes, it could be difficult for some students to keep their grades up. Day by day professors give a lot of homework, and it's really difficult for students to manage. Another reason for such difficulties is the class level increases gradually. For example, in our writing 50 class, we have been practicing different types of journals. In the beginning, students were writing narrative journals; after that they started writing descriptive journals. These two types of writing were more interesting and easier than cause and effect, and problem/ solution essays. That's why students' grades go down in the middle of the semester. They need to find some solutions to solve their problem. By taking some helpful steps, they would be able to keep their grades up. In my opinion, three solutions to the problem of students' grades going down in the middle of the semester are to take lab, to participate in class discussion actively, and to keep doing homework regularly.

The first solution to the problem of students who find their grades going down in the middle of the semester is taking lab. Taking lab helps a lot in writing class and it helps in other classes as well. This semester, I am taking ESL lab 54 at LRC center. I attend the lab twice a week and experienced professors are always there for students. I always get help individually, which makes me comfortable in learning grammar. My classmate Pattaporn is also taking lab and she is happy about improving her writing skills. Another student of my writing and listening classes, Ali Raza, started to take lab two weeks ago. He told me that it is helpful in both his classes. We all found that taking lab is a great help for all classes.

The second solution to the problem of students who find their grades going down in the middle of the semester is participating in the class discussion actively. If we do not participate in the class discus-

sion, we cannot describe our problems to the teacher and it would be difficult for the teacher to help us. In our Writing 50 class, Raza is a confident student. He never hesitates to ask the questions and Professor Bracco is always happy to answer him. Moreover, in Pakistan one of my cousins, Muqadas, was my classmate in eighth grade. She was really an introvert, never asking questions and talking about her mistakes. She faced different kinds of hardships in class and also in exams. My son, however, is an extrovert and he tells me that in his classes, he always find the best solutions after class discussion.



The third and the most important solution to the problem of students who find their grades going down in the middle of the semester is to keep doing homework regularly. In the beginning of the semester, students do their homework happily. After some time they become lazy and do not do their homework regularly. Consequently, their grades go down after half the semester passes. Jenny is one of our talented classmates in W 50class. She always does her homework regularly and her grades are getting better. On the other hand, another classmate is a careless student. She does not do homework and can't pursue the objectives. Last week, I could not do my writing class assignment on time and I had great stress because of my irresponsibility. It also affected my performance and grades. Doing homework regularly is a strong tool to keep your grades up.

In the end you can find ways for students to keep their grades up. If students have trouble to do their assignments they can get extra help and also can improve their performance by taking lab. They can have a better solution to their problem if they discuss matters with the teacher. By doing homework regularly, students make better and better progress. These simple steps have a great influence on a student's success.

Kishwar Saeeda
ESLW 50

Impolite Relatives

Family gatherings can be great, especially at important events like Thanksgiving, weddings, and New Year Eve. When the relatives get together, the families enjoy socializing, but what happens when a relative does impolite things at a family gathering? A good thing is that there are some solutions to the problem.

The first solution to the problem of an impolite relative who does things at family gathering is to ignore him. Don't confront your relative. That could make things worse if you play his game. For example, I have a brother-in-law who is always drunk at family gatherings, and when he gets drunk he likes to do a lot of impolite things that make me so upset. For example, when he gets drunk, he uses his bare hands to grab the food. It is so embarrassing and disgusting. My family and I try not to confront him. Another example is an impolite relative who did a very impolite thing at my youngest brother's wedding four years ago. It was my Aunt Isabel, who was very jealous of one my niece's friends because she was dancing very close with my Uncle Victor, her husband. She got so upset and grabbed the woman by her hair and pulled her to the floor. She accused her of trying to steal her husband. The situation got out of control when other family members got involved and the wedding celebration had to end.

The second solution to solve the problem of a relative who does impolite things at family gatherings is to avoid this relative. Try not to invite him when there is a family gathering or just do a small celebration with the closest family members. Most people can't stand their rude relatives. When it comes to family gathering there is always someone who does impolite things. For example, whenever we have a family gathering, my 29-year-old-cousin Victor brings a different girl to the house. My Aunt Teresa has told

him not to bring anybody, but he just doesn't listen. He showed up with a new girl to the family gathering a year ago. We usually record our family events such as birthdays, Thanksgiving, Christmas etc. But that day he showed up with this new girl and we were watching old family videos and he asked me to play his last birthday video. I told me that I could not play it because he was in that video with a different girl and that would be rude to show that video. Another example of a relative doing impolite things at family gatherings is my Uncle Panchito. He is very nice, but when it comes to a family gathering, he is just out of his mind. He thinks that he is a very good singer and at my niece's "Quinceañera" we hired a



and at my niece's "Quinceañera" we hired a mariachi band to play for two hours. "Quinceañera" is a Mexican tradition a party to celebrate a 15-year-old birthday party. As soon as the mariachi band started to play, he took the microphone from the mariachi singer and refused to give the microphone back. When we asked him to give the microphone back, he got upset with all of us. If you have a relative who does impolite things at family gatherings, it is better to walk away from him.

If the second solution don't work, the third solution to the problem of a relative who does impolite things at family gathering is to confront him, and have a conversation with this relative. Family members should be calm and not get angry with this rude relative. Ask your relative to act a little more appropriate way. Be honest and tell him how bad he is acting and all the problems that he is causing by being impolite. For example, at my sister's Sabina wedding about 15 years ago, one of my uncles, Rafael, was supposed to bring the wedding cake because in my country it is a custom to have godfathers and godmothers for weddings and quinceañeras. For people without a lot of money, it is a lot cheaper if there are godfathers for everything like one godfather for the cake, another one for the

wine, etc. That day at my sister's wedding, my Uncle Rafael showed up without the wedding cake. As everybody knows, a cake is very important for a wedding. When we all asked him where the cake was, he just answered that nobody confirmed with him that he was supposed to bring the cake. My Uncle Rafael, instead of going to get the cake, just sat down and did not care about the cake. That was so rude of him to do that, and we all were mad at him. I couldn't resist and went to confront my Uncle Rafael. I talked to him and told him how rude and impolite it was not to get up and go get the cake. I asked him to go and find any cake at the closest bakery. After almost ten minutes of talk, he understood that it was very impolite not to bring the cake and he went to get the wedding cake.

In conclusion, it is not easy to deal with family issues when there is a relative doing impolite things at family gatherings. It is very important for people dealing with their rude relatives to get together and find a solution to the problem of a rude relative acting inappropriately. It is very important for families to get together to socialize at family events in a nice and peaceful environment, but often there is a relative who does impolite things at family gatherings. Perhaps one day that would change if we all just don't invite impolite relatives to any family gatherings.

*Ofelia Garcia
ELSW50*

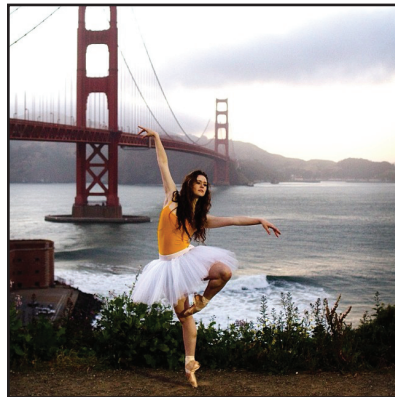
My Dream City

"..I'm going home to my city by the bay...
I left my heart in San Francisco....
high on a hill, it calls to me..."

When I drove my car to work every morning in Bangkok, Thailand, I heard and sang along with the song "I Left my Heart in San Francisco" by Tony Bennett, on the radio station. Did you have your favorite song when you were a teenager? When I was a teenager, I had a favorite radio program, on which a disk jockey played "I Left my Heart in San Francisco." He described San Francisco as a nice city-the weather cold, the smell of the fresh ocean air, and the big full moon. Whenever he played the song, I was so happy, and I wished one day I would be there, San Francisco. And then, one day in the summer, my wish came true with a big surprise.

I got a letter from the English as a Second Language Center of UC Berkeley extension in San Francisco. They accepted me to be a student, and I was so excited. I applied to the ESL Center in San Francisco because they were the best language school in San Francisco, and they arranged for a student hotel for

me to stay in. I was so happy to go to my dream city without listening to anybody, but I didn't know much about San Francisco. After two weeks I got the letter from the language school. I flew to San Francisco and I took a taxi from the airport to the student hotel in the area called "Tenderloin District." I had to pinch myself and the only word I could say was "Really!"



Tenderloin District. That wasn't a good area. There were a few blocks between Market Street and Van Ness Street where a lot of homeless with their dogs lived. When I got to my student hotel, I realized I made a big mistake and that I should go to stay with my cousins, who were in Los Angeles. There were a lot of homeless people around the student hotel. It was the worst ten days of my life living in that area. Every night the homeless screamed, yelled, and argued,

even if it was night time. The street smelled and there was a lot of junk and crazy people with dogs. A fire truck came there a few times a week, and police cars were there almost every night. I was shaking whenever I had to pass through that area to go to school. Every night I cried, called my family, and my cousins who lived in Los Angeles. They asked me to stay with them there but I didn't want to because I was too

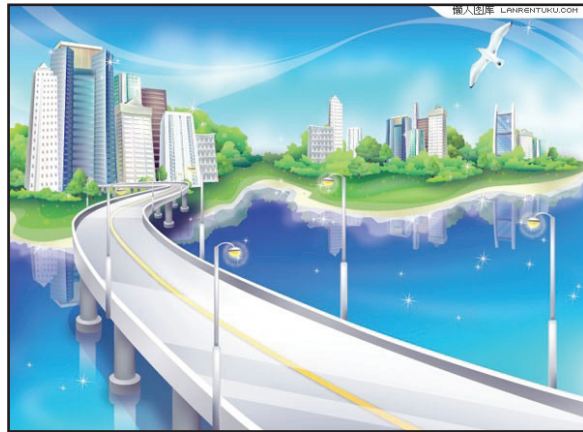
proud to ask for any help. Nobody had wanted me to go to San Francisco but I didn't listen. Until one night I was almost scared to death.

My classmate had a party at her apartment, and she promised to give me a ride to my student hotel, but she was too drunk to drive her car. It was past midnight when I had to take a bus to go back to my student hotel. While I was waiting for the bus, I didn't know that there was a man standing in a dark corner. He stood not far from me. He had long hair, dirty clothes, and dirty shoes. He looked like he was on drugs and stunk. He stared at me, but I tried not to look at him. I started walking, faster and faster. He started walking behind me. Suddenly I saw my bus coming, and I waved at the bus driver to stop. Thank God! The bus driver was nice. He

stopped the bus for me even though it wasn't a bus stop. After I got on the bus, the man followed the bus and shouted at me. I was so scared and frightened of the homeless. That night I sat on the bus until six o'clock in the morning. During the night, while I sat on the bus, the bus ran along Market Street which was

the main street in San Francisco. I saw a lot of homeless on the street, and it was totally different from what I dreamed of before I went to San Francisco. I thought San Francisco would be a nice city, clean, and safe. While I was sitting on the bus, I thought about a lot of things. Then, I had my answer to what I was going to do, and it surprised my family and my friends.

I didn't know anyone in San Francisco, so I missed classes looking for my new apartment. I was called in by the student office, which asked me why I missed my classes. I told her what happened to me. She smiled and told me that I wasn't used to living in San Francisco, and she said that the homeless were a part of San Francisco. I had been looking for an apartment for four days, and I found a studio apartment on California Street, which is a famous street not far from Chinatown. There the cable car passed in front of my apartment, and it was a wonderful thing when I could



see a big full moon down the street. I lived in my apartment by myself, and I liked to cook. When my friends wanted to have a party, I told them to come to my apartment, so I didn't have to go out in the night time. When my classmates came over to see me, they wondered how I could sleep with the noise like this. Whenever the cable car stopped or started, it made a noise liked a small train, "Kru! Kru!" But I was happier than I would be in the student hotel, where I stayed on the first day I came to San Francisco. I didn't have to hear the homeless scream, yell, and argue. My studio apartment had a small kitchen and a small a bathroom. I didn't have to share a bathroom with anybody, and I could cook anything I wanted. Except for my dad, my family and my friends didn't expect I would

stay in San Francisco for more than a month. Even though my dad didn't agree with me going to San Francisco, he knew I would make it.

I learned a lot about San Francisco, since I lived there for one year. "A coin has two sides." It's the same as a human being; he has a good side and a bad side like a coin. It is up to a person which side you want to remember. It also was true of my dream city, which has some nice areas and some bad areas, and I preferred to remember the nice

areas of San Francisco. If I had read a book about San Francisco, I would have understood about the homeless and which areas I could go to or couldn't go to. A friend of mine who was born in San Francisco showed me around the city, and he told me about the homeless people. He also showed me the nice areas of San Francisco. There are still a lot of nice places to visit in San Francisco, for example, Golden Gate Bridge, Fisherman's Wharf, Golden Gate Park, Union Square and much more. Can you believe it! The Tenderloin is a place for the tourists to see, and the city put it on the program for a tour. San Francisco is still my dream city, and my San Francisco friend has now been with me for twenty – one years.

"....When I come home to you, San Francisco... your golden sun will shine for me!..."

*Pattaraporn Callorina
ESLW50*

Unforgettable Day

Everybody has his/her own explanation of word "stress" based on their life experiences. It depends on their childhood, family lives, or even the city they grew up in, and for refugees it is almost the same. Being in a different country, and learning a new language and culture, you are both scared and excited that you are going to touch the feeling of leaving again, and I was not an exception. For me the flight day to the third (final) country was something else. One of the most stressful and unpredictable days in my life that I will never forget was the day that I was coming to the U.S.

I clearly remember August 22, 2013. I had a very sad day in Nevsehir (a city in Turkey) when I had to say goodbye to my family at a bus station. I saw my father cry for the first time in my life, felt the last hug, had the last kiss and saw the last sight. I stepped onto the bus, sat next to the window, and I tried to pull myself together but as soon as the bus moved, I broke down into pieces. I am not sure but I think I reviewed the whole seventeen months that I'd been in Turkey just on that day because I had to travel twelve hours to get to Istanbul (the capital of Turkey) and then fly to LA.

Finally, the night before the flight, I got to the airport and I had to wait at least fifteen more hours to fly to my destination. I had so many plans for there, a new life, being able to study what I wanted, having some experiences of the West. Somehow, during that time, I forgot all my sadness and depression. I was, however, imagining the new life along with its stress.

I was climbing the airplane stairs while I was thinking about the U.S. Then suddenly I heard a flight assistant speak to me and point for me to sit. I looked around and I saw some more refugees there. Some of them were real happy, some of them sad, and I could find some faces like mine, curious and stressed, so I felt I was not alone. Some of my stress was related to not being able to speak English, especially when I could hear two kids behind me talking in English about a movie and I could not even understand one sentence of their conversation.



I took my English book from my bag and started to read. I thought if I could learn ten more rules and vocabulary words, it would be better than nothing. At that time I was very tired and I fell asleep.

When my flight landed, I was full of excitement. After official processing at the airport, my friend's face was the first thing that made me a little bit happy. He took my luggage to his car and went to his home and that was the first place that I could rest after a while. I think just a refugee can feel what I've written because I will never forget those days.

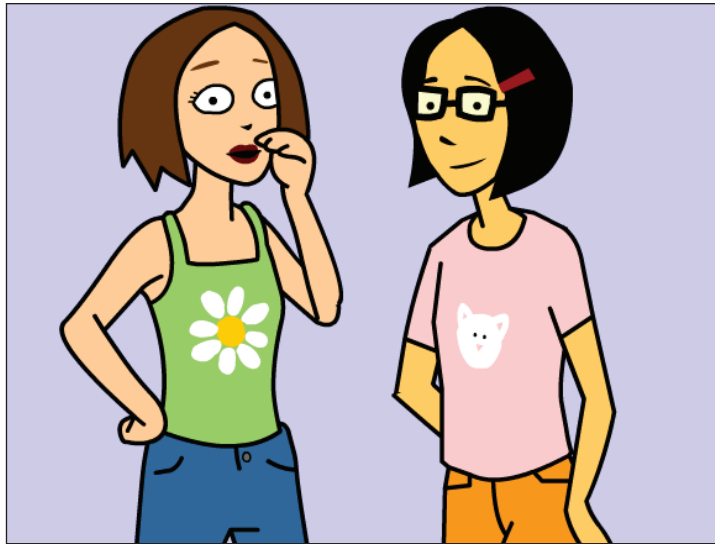


Reza Janaki Eilagh
ESLW50

Shopping Danger!

Every day we wake up and expect from our life only good things to happen. But we never know what may be waiting around the corner. The trouble usually comes when it is not expected. I'll never forget how one beautiful day turned, for me, into the most dangerous day in my life.

When I was a young, beautiful girl in Moldova, my friend Olga and I decided to shop for some lipstick. In Moldavian malls, cosmetics are very expensive, compared with American cosmetics. Distributors don't have good economic conditions for promotions at a good price. They need to include in the product price all the costs for the rent, transport, advertising, workers' salaries, and taxes. That's why sometimes girls who don't have a lot of money, but want to buy quality cosmetics, shop at "retailer" private homes. There the cosmetics' price didn't include the mark-up. Therefore, we found one of the retailer addresses and decided to go there at 4 p.m.. It was winter. It got dark early. When we came to the street number of the retailer house, we saw a nine-story apartment block. Guess what floor the "store" was on? Yes, it was the last, the ninth floor. We used an elevator to reach the needed floor, but it worked so slowly. Finally, we found the retailer. It was a very profitable purchase. We bought great lipstick at an affordable price, plus we got professional treatment hair masks, shampoo, amazing mascara, and different pencils for lips and eyes. We were in seventh heaven. Leaving the apartment, we realized that it was very dark in the access to the elevator. We decided to hurry and entered the elevator. We were there alone.



Suddenly, the elevator stopped between the fourth and fifth floors. The doors opened. Nobody was there and the lightbulb was out. We were scared and began to press the button "GO". Bump, strange hands began to open the doors. A drug-addicted man burst in, yelling, "Who was trying to push the "go" button?". That moment we thought he would kill us. He was so ugly and nervous. His clothes were dirty and smelly. He put his hands in the pockets of his jacket. We thought that he might have a knife there. I don't know how, but I became a "foolish girl" and said that we were afraid of the dark in an unknown place. After those words, he relaxed, took his empty hands from his pockets and said, that if we were men, he would kick us. He was irresponsible and was laughing all the time.

Three minutes of being with a stranger in a small, closed space lasted for ages. At that moment we remembered all our prayers. Our whole life ran in our eyes. We promised ourselves never to enter an unknown building alone in the evening. When the elevator stopped on the first floor and the doors opened, we saw people. We run outside as fast as we could. God saved us.



Life is unpredictable. But don't joke with it! Be careful and save yourself and your relatives.

A Day that Left an Impression

The river of time flows away, just as my beautiful childhood did. I still remember the time when I was living in my hometown at the age of seven. At that time, the sky was still blue with birds; the river was still clean and lively. Nowadays, even though everything has gone, I will never forget a beautiful day with my grandfather.

As usual, it was a normal day. I got up early at 7:00 am to run to school. After I came back, I finished all my homework before my parents allowed me to turn on the TV. A few minutes later, I heard exciting news. My grandpa promised to go to the board-walk with me. Maybe you will never know how excited it made me. For a Chinese child like me, it might have been my best gift after working on the textbooks for several hours.

Many children enjoy running around their elders, and so did I. My grandpa decided to take my hand when we were walking on the street. I looked into the sky. "Grandpa, why does the sky seem blue instead of another color?" "Because birds need it; the blue sky relaxes us," he answered.

After a long distance, we arrived at the board-walk. Actually, it was also a bank because there was a river on the side. With a row of trees at the other edge of the board-walk, it became the best place for jogging, chatting, fishing, and walking dogs. Folks liked being there. I climbed up to the top of the railing, slightly extending my head, and stared. The water was so clear that I could count how much

seaweed was under the water. Occasionally, I saw several tiny fishes swim by. My grandpa pulled me back from the railing. Suddenly, the birds began to sing in the trees, with the sound of the trees swinging in the wind; it became the most relaxing song in the world, and it was from nature. Time flowed by. The stars began to shine in the darkness. I raised my head and looked up into the sky, thinking about the way to pull one of the stars down.



Fifteen years later, when I walked back to the bank with my grandfather, we saw a dead bird floating on the river. "It will never be back," said my grandfather, leaving just a few simple words, and walked away. Yes. I can never see any beautiful

scenery in my hometown anymore. The birds have been completely killed. The river is black and stinky without any life. The smoky air, as well as the dust, makes me cough violently. Maybe most of us have gotten used to the polluted environment already. Despite that, I will never forget a beautiful day with my grandfather.



Jiajun Guan
ESLW50

Frightening Camping

My family likes outdoor sports such as hiking, camping, fishing, and swimming. We have visited many state parks. These brought us a lot of fun and wonderful experiences. Nevertheless, the most memorable experience is camping in Lake Poinsett, South Dakota in the summer of 2013. I've never forgotten that camping trip because I encountered the most frightening moment in my life.

My family drove to Lake Poinsett to camp for two days in the summer of 2013. After we entered the camping ground, we chose one flat and neat site adjacent to the lakeside as our camping site. Then we started to set up the tent, pump the mattresses, and place the sleeping bags and pillows into the tent. After dinner, we ran to the lakeside to appreciate the beautiful dusk. Cloudy and not windy weather made everybody feel comfortable. The water of the lake was calm. The maple trees and bushes stood along the lakeside. The birds sang. The kids enjoyed playing in the sand. You could see a fabulous view. We were delighted to camp here because of the fantastic scenery.

It was eleven o'clock. Everybody was sleeping except me. If I changed my sleeping place, I couldn't sleep well. I heard the swaying voice from the trees, and the voice became louder and louder. I felt the tent was swayed by a ghost wind. Consequently, I heard the sound of "di ta" and it became more rapid and rapid. "Pinka..." a clap of thunder came suddenly. I started to worry about our status. I called to my husband, "Shawn, wake up, it is raining." Shawn's eyes were still closed and he said slowly, "Don't worry, the tent can protect us." Indeed the tent was a professional outdoor tent. I felt warm and dry inside the tent. I tried to persuade myself to sleep. However, more and more thunder and heavier and heavier rain made me watch the status carefully. I couldn't sleep with the noise of heavy rain. After a while, I heard the voices of car running and saw the harsh light. In a short fifteen minutes, I heard at least ten cars leaving the camping ground. I called Shawn again, but he still urged me to not worry. I continued to be anxious. Suddenly I heard "hwahwa", the sound of

running water in front of my head. I touched the side of the tent immediately. I heard the running water beating against my tent. I couldn't wait. I woke up Shawn and told him the situation. He became alert right away, and then watched the surrounding of our tent. Only after ten seconds, he asked me to wake up the children and move them into the car. We jumped into the car as rapidly as we could, even though the children didn't know what was happening.

When the car became our shelter, Shawn told me the site we slept in was seriously flooded. If we still had slept there, we might have been swept away by the flood. I gasped. After thirty minutes, it was still raining, and it became heavier and heavier with the thunder. Shawn turned on the headlights of the car because the water was deeper and deeper, and my tent was not stable. We worried the tent could be swept away. "We have to pack everything and leave here," Shawn said. I nodded. We rushed into the tent, grabbed the sleeping bags, pillows, and mattresses, ran and threw them into the back of my car. Then we pulled down and packed the tent in



the one foot depth of the running water. The gusts almost blew me away, and Shawn and I were completely soaked by the thunderstorm. Somethings were floating on the water's surface. As we rushed into the car rapidly, we felt quite chilly. We didn't have any dry towels at hand. Shawn took off his top and rolled up his pants to the thigh. I squeezed the water in my clothes, and rolled up my top and pants. We use paper towels to dry our bodies, but we still felt chilly, even when we turned on the heater. After we glanced at the creek—the place where we had just slept—we drove back the home in the thunderstorm.

At three o'clock in the morning, we arrived home extremely exhausted. Although we have traveled to many places, the frightening camping in Lake Poinsett, South Dakota is definitely a memorable experience. That was the scariest moment in my life. Each time I tell the story to my friends, they imagine what we looked like, and we laugh loudly together.

Mei Peng
ESLW50

Nestscape -- Articles from The Web

Three Surprising Ways to Use Technology to Learn a Language

This article is by Katharine B. Nielson, the chief education officer at Voxy, a language-learning company based in New York City.

The global economy has created such demand for cross-cultural communication that people can't help but pay more attention to language learning, both as a problem to solve and as a business opportunity to explore. The oft-cited observation that there are more people in China learning English than there are people living in the United States is not only accurate, but it offers a glimpse at the truly staggering demand for language learning around the world today.

But there is a major problem of scale: There are nowhere near enough qualified language teachers to meet this increasing demand. And so everyone, from educational institutions to new businesses, is grasping at technology to bridge the gap. The challenge, of course, is that after decades of research, we know that learning a language requires a significant investment of time and effort, an investment that most people are not willing to make unless what they're learning is relevant to their everyday life.

One simple way to do this is by taking advantage of everyday technologies that are not necessarily intended to teach language but can nevertheless be harnessed to provide instruction when we are most likely to benefit from it. There are, in fact, many ways to use technological applications for language learning. Here are three particularly useful places to begin:

Watch movies with foreign subtitles. It is no surprise that watching movies and TV shows in a language you are learning is a great way to get the authentic listening practice you need to improve your proficiency. Indeed, many people believe that watching foreign films in their target language—but with subtitles in their native language—will improve their second language skills. However, the minute you start watching with subtitles in your native language, you are dooming yourself to failure. That's because reading takes over from listening, and you don't pay attention to the speech; after a few moments of growing accustomed



to the subtitles, you won't even notice that you are reading. The good news, though, is that if you watch a movie with subtitles in the language you are learning, rather than English, you are more likely to understand the video and learn from it.

Listen to directions. The GPS in your car might seem an unlikely place to improve your foreign language skills, but if you can change the settings to the language you are studying, you will get authentic, real-world practice following directions in a new language. Research has shown that task-based learning—essentially, learning a language by way of tasks relevant to your daily life—is very effective. This GPS technique, therefore, works well for a couple of reasons. First, you get listening practice with very real consequences: If you don't follow the directions, you don't arrive at your destination. Second, you have some context and background information to help you understand the language. If you begin by using the GPS on a route that you know well, you can simply use it to learn new words for the directions you are already following. And as a



more advanced learner you can use the GPS on unfamiliar routes, which offers some high-stakes pressure, something else which has been shown to help adults learn new skills.

Change your settings. Changing the language settings on your phone, computer, or tablet can be an exercise in frustration. But if you are actively trying to learn a language, changing your settings gives you the opportunity to use a new language to complete tasks that you are already doing anyway. You can sort and filter emails, search for apps, and browse the web, all in the language you are learning. And, as with the GPS recommendation, you have some context for the new vocabulary words you are learning, and some sense of how to complete these tasks, all of which will help you. In addition, you will have frequent opportunities

to work on your reading skills, since every time you want to open an app, check your email, or find a document, you'll be forced to practice in the language you are learning. When you're feeling especially daring, try this at the ATM!

These three tips offer chances to practice using a new language in a realistic, authentic setting, because we know that people learn languages best when real-life stakes are involved. So whether it's the movies you watch, the directions you follow, or the applications you use, if you're willing to try them in your new language, you may be surprised at how quickly you make noticeable progress.

<http://www.forbes.com/sites/forbesleadershipforum/2014/05/08/three-surprising-ways-to-use-technology-to-learn-a-language/>

Man Caught with 51 Live Turtles In Pants Pleads Guilty To Smuggling

Continued from page 1

Kai Xu, 27, would order turtles online and travel to the U.S. to pick them up and then ship them to China or return with them to Ontario, Canada. He pleaded guilty to six crimes in federal court in Ann Arbor and faces a maximum penalty of 10 years in prison.

It's illegal to export wildlife from the U.S. without a permit from the government.

Xu "regularly deals in turtle shipments worth \$30,000, \$80,000 or \$125,000," Assistant U.S. Attorney Sara Woodward said in a court filing. "In China, the turtles he smuggles are worth two to three times the amount he pays here."

Defense attorney Matt Borgula declined to comment after the guilty plea.

Xu has been in custody since his arrest in suburban Detroit in September 2014. He describes himself as an engineering student at the University of Waterloo in Waterloo, Ontario, although the university said he wasn't enrolled at the time of his arrest.



Kai Xu, 27, was found carrying dozens of turtles including box turtles and diamondback terrapins, similar ones pictured here.

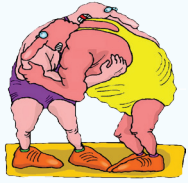
In summer 2014, weeks before his arrest, Xu was under surveillance in Detroit. After picking up a box at a United Parcel Service site, he hid behind trucks and emerged with "irregularly shaped bulges" under his sweat pants, wildlife agent Ken Adams said.

Xu returned to Ontario but was stopped by Canadian border authorities who found 51 live turtles taped to his legs, including box turtles and terrapins.

Despite the bust, "he did not cease smuggling turtles. He did not even slow down," Woodward said.

http://www.huffingtonpost.com/entry/man-caught-with-turtles-in-pants-faces-charges_565e071ee4b079b2818c2492

Parrot Warbling



Grappling with Grammar

Indefinite Articles

In English, the two indefinite articles are **a** and **an**.

1- Use a to refer to something for the first time.

Ex: Would you like **a** drink?
I've finally got **a** good job.

2- Use 'a' with names of jobs.

Ex: John is **a** doctor.
Mary is training to be **an** engineer.

3- Use 'a' with nationalities and religions in the singular.

Ex: John is **an** Englishman.
Kate is **a** Catholic.

4- Use 'a' with the names of days of the week when not referring to any particular day.

Ex: I was born on **a** Thursday.
Could I come over on **a** Saturday sometime?

5- Use 'a' with singular nouns after the words 'what' and 'such'.

Ex: What **a** shame!
She's such **a** beautiful girl.

6- Use 'a' to refer to an example of something.

Ex: The mouse had **a** tiny nose.
The elephant had **a** long trunk.

7- Use 'a' meaning 'one', referring to a single object or person, or a single unit of measure

Ex: I'd like **an** orange and two lemons please.
I need **a** kilogram of sugar.
You can't run **a** mile in 5 minutes!

http://www.edufind.com/english/grammar/pre_determiners.php

Idiomatic

Cooking with gas

The phrase suggests that gas is faster, easier, cleaner, better than cooking with wood.



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

Beak Speak Consonant Replacement The Flap

A flap occurs in three situations.

1. A flap occurs when a **'t'** comes between two vowels. The pronunciation of the **'t'** in these incidences sounds like a **'d'** and is said very quickly.

Ex: Water becomes wader
Do you need some water?



2. Flaps also occur when a **'d'** comes between two vowels. The **'d'** is still pronounced with a **d** sound, but it is said very quickly.

Ex: Medical
She is a medical student.

3. The third flap occurs when with linking of the consonant final letter of one word and the vowel letter of the next.

Ex: "right away" becomes ri~~gh~~(d) da way
I'll get your bags right away, sir.

<http://pronunciationtips.com/>

Some More Parrot Fun Stuff

Breakfast

Find and circle all of the breakfast items that are hidden in the grid.

The remaining letters spell a popular breakfast drink.

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

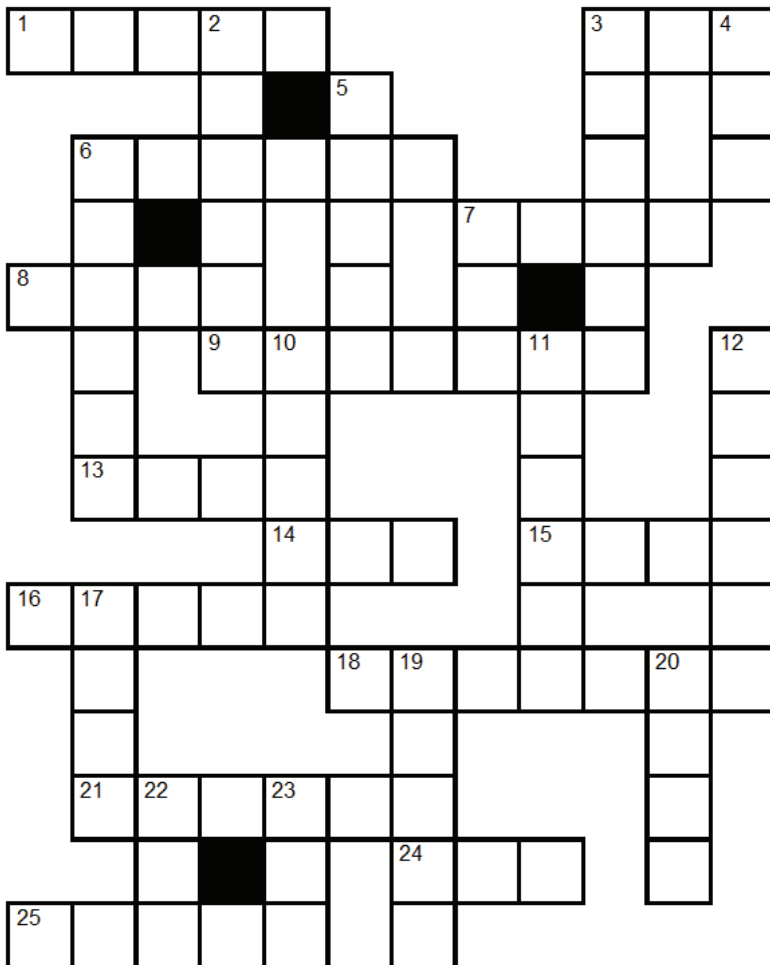
BACON
 BAGELS
 BISCUITS
 BREAD
 CEREAL
 COFFEE
 CROISSANTS
 DOUGHNUTS
 EGGS

FRUIT
 GRANOLA
 HAM
 HASH-BROWNS
 HONEY
 HOT CHOCO-
 LATE
 JAM
 JELLY

MARMALADE
 MILK
 MUFFINS
 OATMEAL
 OMELETS
 PANCAKES
 PORRIDGE
 ROLLS
 SAUSAGES

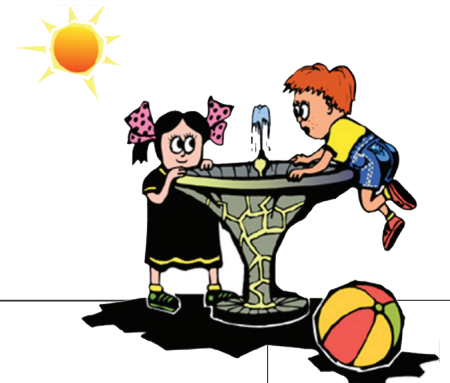
TEA
 TOAST
 WAFFLES
 YOGURT

Crosswords Puzzel



Across

- 1- A kind of flower that begins with D.
 3- The opposite of young.
 6- Another way to say 'run fast.'
 7- Another way to say 'very small'.
 8- The antonym of thick.
 9- A synonym for trash.
 13- Another word for jump.
 14- The opposite of high.
 15- A fruit that rhymes with hair.
 16- Another word for rock.
 18- A synonym of gift.
 21- The opposite of weak.
 24- A farm animal that rhymes with pen.
 25- The opposite of heavy.



Down

- 2- A season that rhymes with king.
 3- A type of fruit that begins with O.
 4- A pet that rhymes with log.
 5- The opposite of over.
 6- A place that rhymes with pool.
 7- A drink that rhymes with sea.
 10- A kind of fruit that begins with A.
 11- A kind of fruit that begins with G.
 12- A kind of bird that begins with P.
 17- Another word for throw.
 19- The opposite of wrong.
 20- The opposite of far.
 22- Another word for pull.
 23- The opposite of in.



Today

If ever there were a spring day so perfect,
 so uplifted by a warm intermittent breeze
 that it made you want to throw
 open all the windows in the house
 and unlatch the door to the canary's cage,
 indeed, rip the little door from its jamb,
 a day when the cool brick paths
 and the garden bursting with peonies
 seemed so etched in sunlight
 that you felt like taking
 a hammer to the glass paperweight
 on the living room end table,
 releasing the inhabitants
 from their snow-covered cottage
 so they could walk out,
 holding hands and squinting
 into this larger dome of blue and white,
 well, today is just that kind of day.

By Billy Collins

Rigoberto's Riddles

What occurs once in a minute, twice
 in a moment and never in one thou-
 sand years?



The Letter M

Silly Vasily's Chuckle Chamber

Parrot at Auction

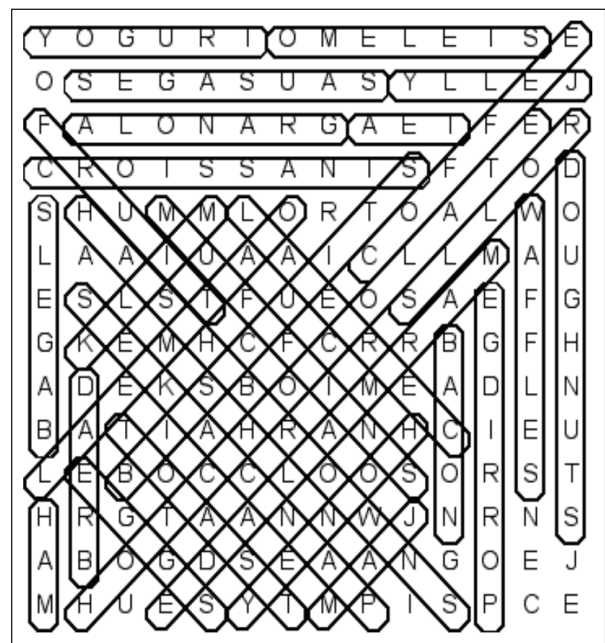
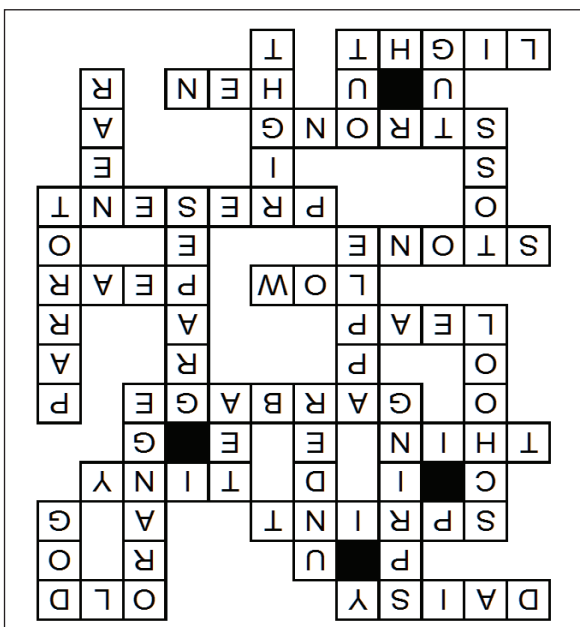


One day David went to an auction. While he was there, he bid for a parrot. David really wanted this bird, so he got caught up and thoroughly involved in the bidding. He kept on bidding, but kept getting outbid, so he bid higher and higher and higher.

Finally, after he had bid much more than he had intended, David won the bid; the parrot was his at last.

As he was paying for the parrot, he said to the auctioneer, 'I hope this parrot can talk. I would hate to have paid this much for it, only to find out that he can't talk!'

'Don't worry,' said the auctioneer, 'He can talk. Who do you think kept bidding against you?'



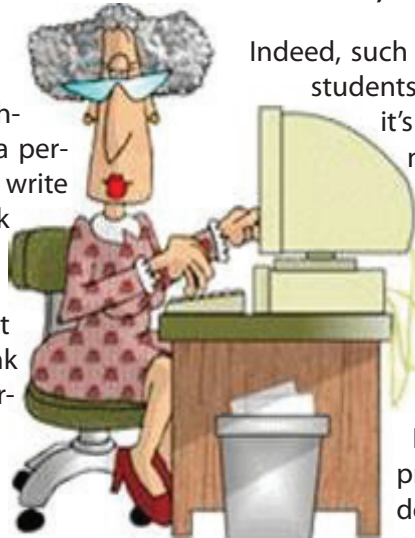
Granny Noetal

Dear Granny,

Sometimes in my writing class my teacher asks us to draw a quick picture of a person or object or place, then we speed write about it for 5 minutes, and then we talk about it with a classmate. Other times she plays a short piece of music or a small clip from the Internet. I like it a lot because it's fun and it makes me think but other students think it's for kindergarten. What do you think?

Sincerely,

Mira Onla Pared



Dear Mira,

Indeed, such techniques are often used in K-12 to give students a chance to express themselves. Often it's the springboard to interest in writing. If nothing more, it helps to shape and reveal a student's perception of the world. There is a lot of material out there supporting these ideas as valid. What about for college? I personally can't imagine why this wouldn't work. Sometimes "letting the child out of us" briefly helps students feel more comfortable in class with each other. I see it as a stepping stone in the writing process. Well, teachers and students, how do you feel about these techniques or other less-than-regular practices in the college classroom for engaging students and promoting writing skills?

Cuba Libre! Andria and Ariel

Continued from page 1

Andria: It is the same culture for the Hispanic people in America. The difference is the political system because Cuba is communist country. In Cuba everything is illegal.

Parrot: What do you mean by everything?

Ariel: You can't buy a house, a car; the government is the owner of everything, for example, the schools, the hospitals, the transportation, even the houses. The houses are very old, from 1969, and the cars as well. All the cars are the old American cars. Only some people can buy a new car. These are the people that come from the communist party because the salary is very low for regular Cuban people. It is only \$25 a month even though for some people it could be 10-15 dollars. Everything is illegal because you don't have freedom to choose your religion or freedom of speech. You work together with the government or you are the enemy.

Parrot: Fidel Castro was the president of your coun-

try for a long, long time (from 1976 till 2008); now his brother is the leader of your country. What do you think about them?

Andria: Actually from 1959 when the Cuban Revolution finished. Now his brother is the leader but everything is the same because in the past the brother was the commandant of the Army so they share the same ideas.

Parrot: Do you think if somebody else will come to power, the government will change something?

Ariel: No, because the other person that will come will have the same ideology as Fidel and Raul Castro. The government is living from tourism, selling cigarettes, and rum drinks but there is no industry, no economy and from the people's money who leave outside the country. They send money for their family in the country. The government is controlling the food so you have a limited amount of food per month from the government. For example, you can have only a small piece of bread for the day and you have to go every day to the bakery to take that bread. If I send money to my parents who live

in Cuba, they can afford to go to the store and buy more food for themselves.

Parrot: Is it true that to have tourists for the night in your house you are supposed to have a license?

Andria: Yes, it is true. You need a permit from the government to have tourists in your house. You can rent one room or two but not all the house.

Parrot: What is something you miss about Cuba that you wish you could have or do here?

Ariel: Only my family because for every Cuban people the dream is to come to the USA. Cuba is an island and it is like a prison for our people to get out of that country. So you can't go to other countries because the government knows that if you go out, you never come back. The only people who are doing this are the doctors because they pay a lot of taxes to the government from their salaries and they can go for a year or two. The government is taking 75% from doctor's outside the country salaries but it is good because you can go and buy a lot of things like computers or TV. In Cuba nobody has the Internet, only the government. We don't miss Cuba.

Parrot: What is a typical Cuban dish?

Andria: The national dish of Cubans would be "Congri" this is another version of black beans and rice. Cubans don't eat spicy food or we never tried before tortilla.

Parrot: What is your favorite thing about America so far?

Ariel: Everything. America has a lot of opportunities for the people, for the students. The education in Cuba is free but you have to work for the government and if you go outside the country and come back you have to pay for your education or go to jail. In America also you can learn to drive because in Cuba nobody has a car. If you have a bicycle, you are lucky. We learned to drive here and we like to travel a lot.

Parrot: What has been the hardest adjustment for you guys living here?

Andria: Learning to drive and learning to use the computer to pay the bills. Also to learn English.

Parrot: How long do you plan on staying in Sacramento? Is there anywhere else you would like to live some day?

Ariel: We like here. I would like to stay here. I prefer Sacramento to Miami because in Miami 90% of Cubans live and it is like you live in Cuba so no more Cuba for us.

Parrot: If you could travel anywhere in the world, where would you go and why?

Andria: Maybe Europe, only for now we cannot leave the country.

Parrot: What is the best thing about living in America?

Ariel: Everything is different here, like a dream. Everything is good. Here, we know people from around the world, we learn another language and also have freedom to choose our religion, freedom of speech opportunities.

4 Amazing Facts About Cuba

#1 - The only cars that Cuban citizens can own legally are cars created and bought before 1959. After this year, the Cuban government seized all of the cars, and owns them all to this day. Most of the pre-1959 cars in the country are from the United States.

#2 - Dance is very important in Cuba, the birthplace of classic dance styles like the Bolero, Mambo and Cha Cha.

#3 - Cuba is the most populated country in the Caribbean, with more than 11 million residents.

#4 - Grade school is mandatory for every child in Cuba between the ages of 6 and 15. Uniforms are universally required with different colors for each grade level.

<http://www.discovery.com/tv-shows/cuban-chrome/10-amazing-facts-about-cuba/>

What is Navroz Festival?



On 21 March, Muslims belonging to a certain school of thought worldwide, observe Navroz (Nowruz), a festival celebrated in many Muslim communities and cultures, particularly those belonging to the Ithna-Shari tradition. It is also the Parsi New Year, Jamshed-e-Navroz -marked on the first day of the first month of the Shenhshai calendar followed by the Zoroastrian faith.

and Central and South Asia, particularly among peoples influenced by Persian and Turkic civilizations.

In countries such as Iran, Iraq, Azerbaijan, Turkmenistan, Tajikistan, Uzbekistan, Afghanistan, Kazakhstan, Turkey and Kyrgyzstan, Navroz is observed as a public holiday.

In Central Asian traditions, dried fruits, nuts and grains are distributed, which symbolizes blessings of abundance and sustenance. Navroz is also a time of family gatherings and celebratory meals, thus strengthening family bonds and fraternal ties.

Festivities of Navroz begin with cleaning and decorating of homes. Jasmine and rose are flowers pri-



Named after the Persian ruler Jamshed, in whose reign the festival began, Jamshed-e-Navroz is symbolic of rejuvenation and revitalization.

For many communities, it marks the beginning of a new year and the first day of spring. More generally, it signifies a time of spiritual renewal and physical rejuvenation, as well as the spirit of gratitude for blessings and an outlook of hope and optimism towards the future.

The festival of Navroz commemorates a centuries-old, agrarian custom that over time was integrated into various cultures and faith traditions. Today, Navroz is celebrated in many parts of the Middle East

and primarily used for decoration besides other symbolic objects of Navroz.

Parsees, on the other hand, visit the fire temple for thanksgiving prayers and offering sandalwood sticks to the fire. After the prayers, they greet each other 'Sal Mubarak' and exchange gifts.

It is a custom to lay down a table and place a copy of the Gathas, a lit lamp or candle, a shallow ceramic plate with sprouted wheat or beans, small bowl with a silver coin, flowers, painted eggs, sweets and rose-water, and a bowl of water containing goldfish in it. They all signify prosperity, wealth, colour, productivity, sweetness and happiness.



The UN's General Assembly in 2010 recognized the International Day of Navroz, as the spring festival of Persian origin which has been celebrated for over 3,000 years. During the meeting of The Inter-governmental Committee for the Safeguarding of the Intangible Heritage of the United Nations, held between 28 September – 2 October 2009 in Abu Dhabi, Navroz was officially registered on the UNESCO

List of the Intangible Cultural Heritage of Humanity. Happy Navroz! May it revitalize a new beginning in our spiritual and temporal worlds. (Ameen)

<http://aaj.tv/2013/03/navroz-mubarak/>

Nowruz Sweets Dishes

* Baklava, a sweet, flaky pastry filled with chopped almonds and pistachios soaked in honey-flavored rose water;



* Nan-e badami (almond cookies), made of almond flour flavored with cardamom and rose water;



* Nan-e berenji (rice cookies), made of rice flour flavored with cardamom and garnished with poppy seeds;



* Sohan asali (honey almonds), cooked with honey and saffron and garnished with pistachios.



<http://www.iranreview.org/content/Documents/Nowruz-Sweets-Dishes.htm>

Out of the Cage



R.A.D. Presents One Book: The Scientific Secrets of Doctor Who

Thursday, March 10, 2016

12:15pm – 1:15pm

This semester's RAD students are reading *The Scientific Secrets of Doctor Who* by Simon Guerrier and Dr. Marek Kukula. The authors show how the Doctor uses science to draw us into his adventures and then the authors share how much of the science of Doctor Who is plausible. Please join us as we discuss the inventions inspired by science fiction.

Location: Raef Hall 160

An Evening of Spoken Word

Thursday, March 10, 2016

7:30 PM - 9:00 PM

AN EVENING OF SPOKEN WORD featuring GABRIELA GARCIA MEDINA and KATIE WIRSING of the National Slam Poetry movement. Sponsored by the University Union UNIQUE Programs, in support of Women's Herstory Month. All ages permitted. No alcohol sold or permitted at venue. For more info and to request accommodations (at least 5 business days before the event), please visit www.SacStateUNIQUE.com, call (916) 278-6997 or e-mail UNIQUEPrograms@SacStateUNIQUE.com.

Location: Sac State University, University Union

PARADE

Thursday, March 17, 2016

6 p.m. to 8 p.m

Celebrate St. Patrick's day with a parade in Old Sacramento 6 p.m. (parade start, parade is one hour long), 7 p.m. to 8 p.m. live entertainment.

Cost: Free

More Info: (916) 558-3912 or oldsacramento.com

Location: Old Sacramento. Parade starts at Lot W.

ARC Speaks: Immigration Nation

Thursday, March 17, 2016

12:15pm – 1:15pm

Come join us with another installment of ARC Speaks, an opportunity for members of ARC's diverse communities to share their experiences. In this installment of ARC Speaks, a panel of immigrants to the Sacramento area, including members of our own campus community, answer the question: "What does it mean for you to live as an immigrant in the Sacramento area today?" Join us in learning from these experts in a respectful and thoughtful setting.

Location: Community Rooms

Questions/Comments?



Student Editors: **Elaf Khafaja and Ngoc Truong**

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