



The Parrot

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

Issue # 102 Spring 2016

Renata Clem: Internship -> Job -> 😊

Parrot: Good morning.

Renata: Thanks for coming over! This is awesome.

Parrot: Can we ask you some questions about your job?

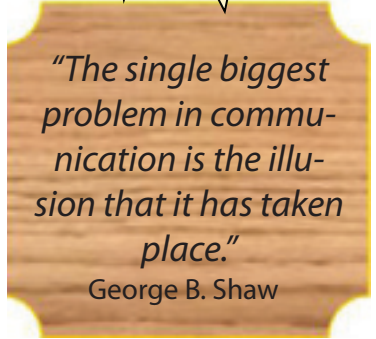
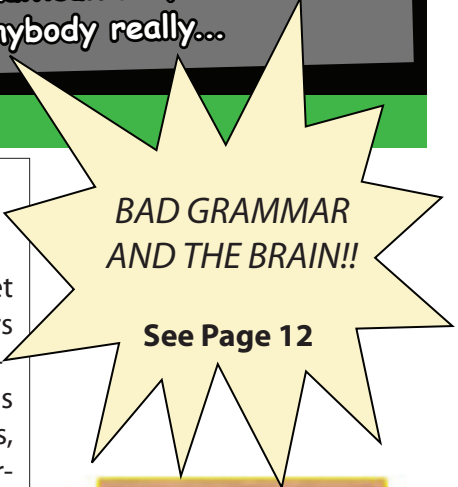
Renata: OK, I am an internship developer here in ARC, and I have been with the program here



Renata

ships. I also meet the employers and try to develop new positions for our students, so it's all different majors and all different types of studies. Students come in and they want to get more work experience in their majors so I try to do that. I also critique resumes for students.

We do work interviews; prepare them for the real world. Continued on page 18



Forgetful Teacher, Tech-Addict Teacher & 18 Other Teacher Stereotypes

1. Crazy Teacher

This is the teacher whose class you don't miss. The one that roller skates into class on the first day of school tossing



out a 2-liter bottle before putting it back in her purse.

ing out goodie bags of highlighters and breath mints, and swigs Mountain Dew right out of the 2-liter bottle before putting it back in her purse.

2. Talkative Teacher

While being talkative can stifle

a student's opportunity to learn—stu-

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Student Chirpings

My Piano

I remember when I woke up the day after one Thanksgiving. I saw a huge box in the middle of the living room, so I asked my husband what it was. He shook his head and told me to open it. I was so curious to find out what was inside the box, so I hurriedly opened it. During the time I was opening the box, I was wondering if it was a new office table or a bicycle. It turned out that I couldn't believe my eyes when I found out it was a piano!

I was surprised that my husband remembered that I once confided to him when we first met that I wanted to buy a piano one day. It was a Williams Rhapsody digital piano with an elegant PVC wood-like finish for great looks in any décor. It looked very sleek and beautiful. When I touched it, I could feel the coarse wood texture and smell its new condition. Its fully-weighted keys provided outstanding feel and response. My piano was built around 12 custom sounds crafted from a world-renowned grand piano, vintage electric pianos, organs, strings, and more.

Music has always been a big part of my life and piano is my favorite instrument. Sitting on my piano bench with my fingers on the big black and white keys is the happiest and most familiar place for me to be because it is the nicest and easiest place for me to be myself. Whenever I practice a song, I feel very happy and emotional. The sound from my piano is very clear and smooth. Each time I strike a key, I can hear the sound vibrate throughout my room and my body. I feel my heart filling with both joy and sadness with the movement of the melodies whenever I play. This piano is a sweet, romantic, and

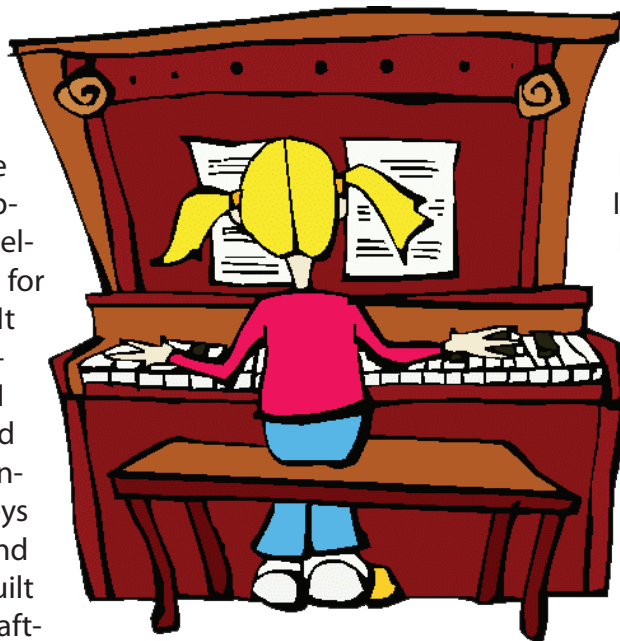
beloved thing.

I enjoy having this piano except for its weight. Sometimes, I want to move it around to a different spot in my living room because I like to rearrange things once a while, but I cannot move it; it is so heavy. I have to wait for my husband to come home to help me move it. However, other than that, I love everything else about it. Having this piano

means so much to me. My father used to send me to school to learn piano as a child. I spent a couple of years learning piano and then I stopped for no reason. I wish I had kept on learning it. When I came to the United States, playing a piano was almost completely off my mind because I was so busy with my new life in California. Now I'm taking a piano class in college and I often practice at home to reinforce my learning. I am so thrilled and happy to own this piano.

My husband worked hard to save money for this piano, so I try to take really good care of it. I keep it clean and free from scratches at all times. I mostly play my piano after having dinner with my husband. He enjoys listening when I play. Having this piano around my house keeps us happy and closer each day. I'm going to keep this piano as long as I can because it is the first piano that I own and it came from my husband. We have a lot of memories with it. I love my lovely, beautiful piano very much.

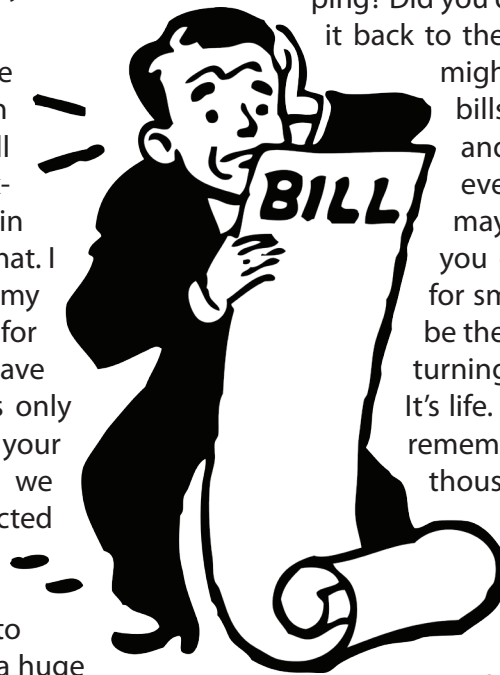
Dao "Jenny" Nghiem
ESLW 50



What to Do If You Don't Have Money to Pay Bills

Paying bills is a very common problem because every young person should learn to live comfortably and have enough money. Every day we have new young people who turn into adults. They usually move out of their parents' home and rent an apartment or a room on their own. Managing our finances is not always easy. We can sometimes lose a job or get unexpected big bills or just not watch our spending. Many of us have been there, but what can you do when you don't have enough to pay your bills? Well, don't panic. There are several ways to fix this problem.

The first solution to the problem of not having enough money to pay your bills is to call the company and ask for an extension date. It is very possible in America and lots of people do that. I did it myself. I had times when my paycheck got lost in the mail for weeks and as a result I didn't have enough to pay my bills. This is only good though if you know that your money is coming. Sometimes we could get a very big unexpected bill. For example, it could be for car maintenance, revealing that you need lots of money to fix something or you could get a huge ticket for not making a complete stop while making a right turn on red. I had that happen to me. I was distracted by my granddaughter and I guess I didn't stop for three seconds. So what I did was I went to court and asked to make payments and now I'm paying fifty dollars a month until I can pay the fines off. If your situation is very bad and the company turns off your power, for example, you can also ask the government for help. I know that there are programs that can help you with bills or make your bill discounted. As a fact, my parents are on SSI and they pay their phone bill at a very discounted rate. They only pay around eight dollars a month. Something similar is with electric bills too. The electric company gives them forty dollars off from each bill because of their low income. This is a big help and I know from experience that forty dollars is a big amount of money if you have a low



income.

The second solution to the problem of not having enough money to pay your bills is to borrow money or sell something. This is where you can really appreciate having parents or relatives who are able to help. Just don't abuse it. People usually can tell if you are borrowing too many times. So, staying friends with the ones who are helping you is a good idea. Another choice you can have is to look around your house. Did you recently get carried away with shopping? Did you do any impulsive purchasing? If so, take it back to the store and get your money back. You might have enough money now to pay your bills. The last suggestion is to look around and see if you have a lot of stuff you don't even need or use. Have a garage sale or maybe it's time to sell your old car or boat you don't use anymore. If you are looking for small ways to keep you afloat, this could be the very key. I did things like that; even returning cans for recycling was helpful to me. It's life. You never know what might happen. I remember times when my income was twenty thousand a month and we lived very comfortably, but life can change in a blink of an eye. That's what I learned.

The third solution to the problem of not having enough money to pay your bills, and perhaps most important one, is to look at your finances closely. What is the root of the problem? Do you spend more money than you should? If so, work on your habit. Start tracking everything you spend. Maybe, try using cash only. These sometimes could be helpful techniques. Sometimes when we use a debit card, it's easy to spend a lot of money, but if you pay with cash all the time, it could make you realize how much you really spend. Another reason why you don't have enough money for your bills is that you are not making enough. It may be time to ask your boss for a raise or find a better job. Sometimes we might even need a seasonal job. If this problem occurred because of a huge and expected bill, then maybe it's time to open a saving account. I did it and I can say that it's helpful. For the first time in years, I didn't use credit cards to buy. There are more ways to look at your budget. Look at the biggest bill,

usually your rent or mortgage. Is it possible you can re-finance it? Will that help or can you find cheaper rent? I remember when my husband lost his job, we even had to sell our home.

In conclusion, there are a few solutions to the problem of not having enough money to pay your bills. We can ask the company where your bill came from for more time and they often do allow that. If we have family or friends who can give us a temporary loan, it is nice. Selling things we don't need could

not be a bad idea either. Sometimes we should really look at the root of the problem. Take a very good look at your budget and finances. Should you get a better job? Well, all the options are out there, but since you are the one who knows your problem the best, you should be the one who needs to make a decision on what to do. Remember that we are all people and life happens. Don't dwell on the problem. Look for the solution that will work for you.

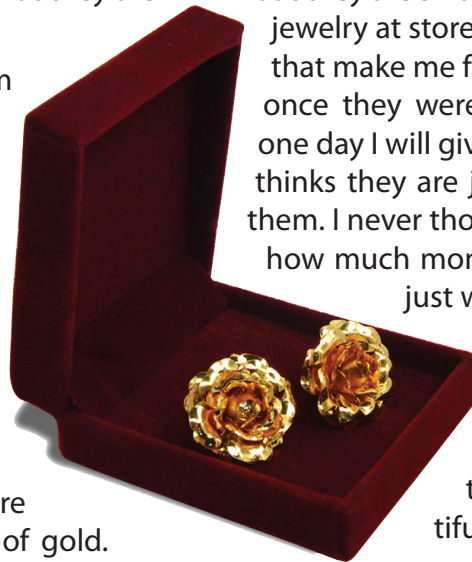
Lyudmila Shpak
ESLW 50

That One Thing

Seven years ago I received a special gift from a special person. On my tenth birthday I got earrings. I still have them. There is nothing special about those earrings, but I love them. I have been keeping them for a long time. I feel that they are the most precious possession I have.

I received these earrings from my mother. My mother had them when she was a teenager. When she gave them to me, she told me to take care of them for her. "I trust in your responsibility and ability to take care of them, because they may last forever with you but I won't." I did not understand her at the time, but now I understand what she meant. The earrings are so beautiful and old-fashioned. They are shaped like flowers and made out of gold. The earrings are like flowers falling from my ears. Whenever I look at the earrings, they just remind me of spring. You can picture how the flowers look in the spring.

I was so happy when I first got them. I almost had the worst birthday, but it made my day. It was a school day. I had to go back from school to home on foot, and it was raining. In addition, I had a "C" on my math test. It was a shock to me. I'd never received such a bad grade. I was a kid, and the earrings were the best thing I'd ever gotten. Since then, I have taken care of them, and I am so careful with them. I do not want to break them.



I like to wear them on big occasions. I wore them at my brother's wedding. It was two years after I received them. People loved them and were asking me where I bought them. They are not fancy, but they are small and cute. They are different from jewelry at stores today, and I love different things that make me feel special. I just love the idea that once they were my mother's earrings. I believe one day I will give them to my daughter. My family thinks they are just old earrings and I should sell them. I never thought of selling them. I do not care how much money I may get from selling them. I just want to keep these earrings, which mean more to me than having money. I do not believe that precious things have to be expensive and luxurious although the earrings are gold and so beautiful.

In conclusion, special things do not have to be expensive or new. Everyone has something she likes. Sometimes other people, especially brothers or father, hate them and just want to get rid of them. They may tell you they are old or useless, but they do not know what they mean to you. It does not matter as long as you love them. I have my earrings and I love them, but my family wants me to sell them. I received them seven years ago and I still have them.

Betul Yousif
ESLW50

Sweet Memories of My Table

In Pakistani culture, a girl's parents try to give everything to their daughter on her wedding day. My parents also gave me everything in my "dowry". When my parents were shopping for my wedding, they always took me with them. They submitted to my choice for each and every thing. But my Abba Jaan (father) took my fiancé for furniture shopping. I had just completed high school and didn't have any idea about furniture. My parents decorated my house with the deepest feeling of love. I got married on 2nd January 1988 in Pakistan. When I looked at my furniture after my wedding, I really liked it. I felt an attachment to all things which my parents gave me. However my most special memories are attached to my dining table.

I remember my first breakfast with my husband on the first morning of my new life. It was the coldest morning of winter. It was the most beautiful day of my life when my husband asked me, "Are you happy?" He was talking about our new life and new house. He also asked me about the furniture. We were discussing the dining table. It looked so beautiful; its brown color was shining. It was an oval-shaped wooden table. The top edges were carved with artistry and it had two big pillars with different design for support. It had six of the latest designed beautiful chairs. We started every new day sitting around this table. We were planning for the future and sharing our happiness. We liked to sit there together for hours. This table was the companion of our early romantic days.

The days passed and we had our first child. It was an extremely beautiful day of our life when we had a baby boy. Our table was full of flowers and sweets, like our life. My mother and my brother brought a lot of flowers and sweets. My table also seemed happy and full of joy. Our friends and relatives visited our house and my table was always ready to serve them. After a year, we celebrated another important day with this table. This was our son's first birthday. Five years later, we completed our family. Now we had three children, one son and two daughters. Our son was going to school and step by step our daughters also started going to school. After sending them to

school, my husband and I would have breakfast and think about how time was passing. When my children came back from school, I was waiting for them with lunch. The table was full of their favorite foods. There was "biryani"; it's made with spicy chicken and rice. There was also a curry, "aloo gosht." It's made with potatoes and goat meat and special spices. There also was "kachoomar" salad and "raita". This table was also a partner of my busy days.

Time passed rapidly; the years went by like days and months. Our children were now teenagers and they were all college-going students. I think about that interesting and lovely time when my children were playing hide and seek. My younger daughter always hid underneath the table. Once she was lost and after two or three hours, we found her sleeping under the table. Now we were used to sitting on our fixed chairs around the dining table. In 2008, my son went to Australia to study. Whenever my husband, my daughters, and I sat together for lunch or dinner, I always thought of and missed my son so much. Sometimes I became so sad and couldn't eat anything. At that time the table and my son's chair also looked sad. This table shared my sadness and melancholy.

In 2011, after getting immigrant visas, we decided to move to the United States. I donated all my crockery and other things to needy people, but my dining table was still there in my kitchen the same place. I couldn't sell it or donate it because I had a special feeling for my table. My father had given me this antique piece of furniture. Last year I visited my country and I saw my table. He brought me back to the old days and different memories shuffled in my mind. It had been eyewitness to our romantic moments, companion of my sadness, and also partner of all my happiness and sweet memories.

Kishwar Saeeda
ESLW50

The Lady's Resourcefulness

Do you remember the "Mentos" commercials of the 90's? When people from TV advertising spots faced an embarrassing situation in their life, they ate "Mentos" and easily resolved a problem. I remember the commercials' tagline, "It doesn't matter what comes, fresh goes better in life, with Mentos fresh and full of life!" In advertising, commercials show different funny situations. I never could imagine that one of those embarrassing stories would happen to me.

I think all girls of sixteen years old want to be pretty. I wasn't an exception. The main purpose in finding a look for a day was to get boys' attention. It didn't matter what the weather conditions were or if the clothes were uncomfortable. One snowy, winter day I decided to go to high school in a short skirt, natural skin color pantyhose, highheeled boots and a fur coat. That time Moldavian high schools didn't have strict rules for uniforms. The trip from my home to school usually took 15 minutes to walk and it lay through two main roads of the city and the front yard of another high school.

This day all the guys from my class were charmed by my appearance. They extended me smiles and compliments. I heard different gorgeous words: "Hi, Beautiful!", "You look so pretty today!", "Nice look!" One brave classmate even decided to trip me to catch me in

his strong arms. However, he didn't calculate his strength and broke the heel on one of my boots. I was shocked. It was the most embarrassing mo-

ment in my life. I couldn't take a free step. I was limping. The guy who did it was afraid that I would ask him to buy new boots and he "evaporated". Other guys hurried to the classroom and I was left alone. I didn't know what to do in order not to become a mockery. I didn't have money that day to catch a taxi or ask somebody to take me home to change my boots. In our country young people or even teachers can't buy their own car because it's very expensive for the Moldavian population. We use only public transport.

Suddenly, I heard a melody in my mind, "Doo doo doo doo, doo-doo, do-Wah!". It was the beginning of the song from the "Mentos" commercials. I remembered that a woman from the advertising spot also broke one of her shoe's heels. She ate a "Mentos" candy and decided to break another heel to make flats from her heels.

However, that wasn't my solution. I was afraid to damage the second boot when I broke it. But I remembered that I had sneakers in our school gym and I could easily wear them to go home immediately. So I did that.

I'll never forget that embarrassing moment when I was returning home in a fur coat, short skirt and sneakers, going through main streets covered with snow, and another crowded high school front yard. People were laughing out loud, discussing my fashion and my crazy look: "She might be crazy!", "Hi, fashion girl!", "Take off your fur coat, it's summer outside!" However, I was walking confidently, not paying attention to what others were thinking about me. That's what I call "the lady's resourcefulness".



Svetlana Andruh
ESLW50

How to Bathe Your Donkey

Everybody who has a donkey knows how much donkeys love to bathe. From a cleanliness perspective, bath time is not really necessary more than a few times a week. Just wash his face frequently. To make bathing comfortable for your donkey, you should have a tub big enough to fit him inside. If your donkey doesn't like to bathe that much, you have a chance easily to turn a daily routine into a fun time. There are a few simple steps how to make bath time the most enjoyable part of the donkey's day.

The first step is to get everything ready. Gather all necessary bath supplies and lay out a towel. Make sure the room is comfortably warm so your donkey doesn't get chilled. Then fill the tub with warm but not hot water. Add to the water a little bit of baby shampoo and a few drops of lavender oil. Bring your donkey to the bath area.

The second step is to begin washing the donkey. Use a soft washcloth to gently wash the donkey's face, body, hooves and tail. Use cotton balls to wipe your donkey's eyes and ears. Gently massage shampoo and water into your donkey's hair. Use your hand to create a "visor" to protect the donkey's eyes from the soap. Use conditioner to make the hair softer. Before rinsing, check again to make sure that the temperature of the running water is not too hot.

The third step after the bath is to towel the

donkey dry. Dry the hair with a towel as much as possible. Use the hair dryer to dry the hair completely. Gently comb the hair. Apply a bit of lotion on his ears and a few drops of perfumed water behind the ears. I'm sure your donkey will enjoy bathing even more if you talk to him or sing a song. Donkeys love songs about donkeys. Like this for example:

If I had a donkey that wouldn't go,

Would I beat him? Oh, no, no.

I'd put him in the barn and give him some corn,

The best little donkey that ever was born.

Follow step-by-step the simple recommendations listed above and your donkey will appreciate and love you forever. Good luck!



Olena

Kovalyova

ESLW50

Find the Mexican Man of your Dreams

Being alone is horrible. Wouldn't you like to have a strong hand to hold? Don't you want to feel the subtle smell of cologne while you hold your man? Are you tired of spending nights alone? Do you want someone to share your life? If you want to find a husband, but you have problems getting one, you have to know that there are three main stages

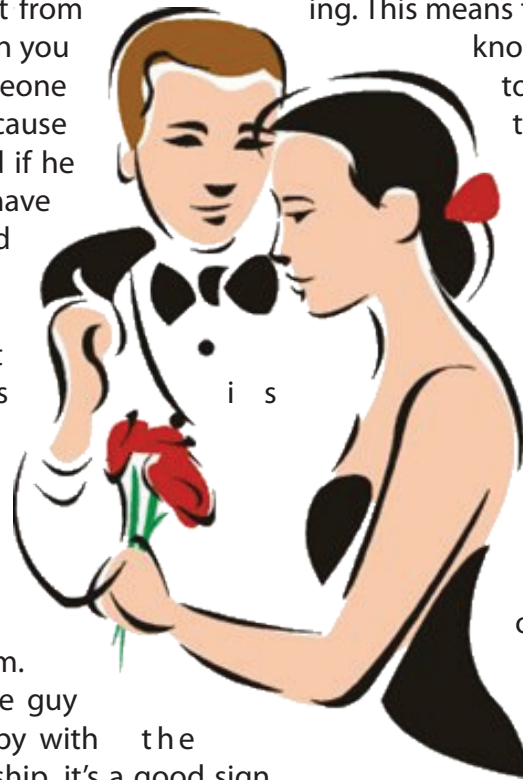
to finding a husband in Mexico: to meet men and find the correct one, to become his friend, and to make him fall in love with you.

The first stage is finding a husband in Mexico is to meet men and find the correct one for you. Before getting a boyfriend, you have to meet some men. You can try to start a relationship with

somebody you already know or you can go out and meet new guys. It's easy and fun to do it, so do not be nervous! The first step in meeting men is joining a club, class, or group activity. You can play a sport you like, take an art class at the community center, or join a book club. Find something you like and you will meet people that share something in common with you. After, when you've found the right guy for yourself, you have to get to know the guy very well. Once you meet someone, you have to know him a little better before deciding whether he will be your next boyfriend. You cannot judge someone by their appearance. Measure if he meets your minimum requirements for dating. If he looks totally different from what you were looking for, then you should keep looking for someone else. It isn't worth a try just because he's handsome. After that, and if he meets your requirements, you have to make sure he is not engaged to someone else. If he already has a girlfriend, it is better to let him go because imagine what the other girl can feel. This something that helps you, him, and the woman who goes out with him. When you're sure he is not engaged to someone else, as soon as possible, find out what other people think about him. Ask to get an idea of how the guy is. If his friends are truly happy with the idea that he started a relationship, it's a good sign. Ask your friends what they think about him and try to get closer to his friends, and co-workers too.

The second stage in the process of finding a husband in Mexico is to become his friend. Once you've met the guy and you're sure he's the boy meant for you, you have to become his friend. First of all, you have to take it easy. Do not rush your new friend, but remember that if he does not love you for who you are, then do not waste your time trying to make him fall in love with you. Do not expect him to become your boyfriend immediately. Take time

to get to know each other better. To begin, spend time together and talk occasionally. Then, begin to spend more time with him. Do not be that woman who seems too desperate. You don't have to decide whether he will be your future husband in the first week of knowing him. After that, to captivate him, show him you're different from the other girls. Just remember to be yourself when you talk to him. This is especially important if he is the kind of man accustomed to being surrounded by people. It is imperative that you be different. In this way, you will stand out more to him. You will not be just another person in the crowd. Do not be another girl who pursues him for his appearance. Be unique, fun, and exciting. This means taking it slow and letting him get to know you. After that, it's very important



to get to know each other even better. Understand him well as a person.

This will tell you if he's someone you want to commit emotionally to. You don't have to like everything about the guy, but you also have to accept him and not criticize his differences. You cannot change people, so it's important you like him as he is. When you're sure you can fall in love with him, you have to be more accessible. Do not lock yourself up or look like an inaccessible person. Take some of your free time to spend with him, letting him know he is welcome to spend time with you. Smile and make eye contact with him. Do not look scared, unsociable, or upset. This makes you look like you do

not want to interact with him. This is something intimidating. Soon after you become friends, find out what you both have in common. It is important that you both enjoy the same things, but it is also good to have some differences.

The third and perhaps the most important stage in the process of finding a husband in Mexico is to make him fall in love with you. First of all, flirt with him. Flirt to let him know you're definitely interested in him. Come closer to him when he talks to

you. Touch him casually and gently. Give him compliments, but you have to be honest. People can always notice the difference. After that, ask him to go out with you. If everything else fails and he is still not asking you to go out with him on his own, go ahead and ask him to go out with you. After a while, do not be afraid to make the first move. If you get tired of waiting for him to ask you to be his girlfriend, then you ask him to be your boyfriend. If you are afraid to ask him because you think he does not like you, do it anyway. You do not have anything to lose. When all this is done and you finally become his girlfriend, you must know how to interact with him. You must be a good partner. Make him be better. Everyone wants to be with someone who makes them a better person. Make your boyfriend be the best version of himself by encouraging him to do the things he loves and giving him space to do those things. Encourage him to be independent. Do not make him feel like he



needs to spend so much time with you. Do not become his obligation for weekends and Friday-night plans. To encourage him, do the things he enjoys. After that, it's very important to not be critical, lazy, or possessive of him. Give space to your boyfriend. Let him be himself or you will scare him. Finally, if you can show him that you're the right woman for him, you will get your marriage proposal.

In conclusion, to meet Mexican men and find the correct one, to become his friend, and to make him fall in love with you are the three main stages in finding a husband in Mexico. But you have to be careful in this process. You cannot marry the first guy who appears in your life. You have to know how to choose the right man. This man should be the one who will make you happy forever.

*Graciela Lopez
ESLW50*

Symbols of Marriage in Mexico

EL Lazo

The "Lazo" is a sort of tied rope which can be made from something as simple as a ribbon, to something as ornate as a rosary – either beaded or jeweled, crystals, satin or wreath of orange blossoms – to symbolically join the bride and groom. It is placed around the necks of the couple – in a figure 8 - after they have exchanged their vows to represent their linked future together; the joining of two lives. It's also called a "UNITY LACE". Tradition requires the couple to wear the lasso for the remainder of the service.



Las Arras

In a tradition dating back to ancient Rome, it is customary for the groom to present the bride with coins during the ceremony. The ritual of the 13 gold coins originated in Spain, where the number represents Jesus and the twelve apostles. The gift of the coins contained most of times in an ornate box or gift tray, and that are blessed by the priest in Catholic ceremonies are meant to represent the groom's commitment to support his wife throughout their life together & her acceptance symbolizes her promise to take care of him. The groom would pour the 13 blessed coins into his bride's hand and then gives her a box in which to place them for safekeeping.



Forgetful Teacher, Tech-Addict Teacher & 18 Other Teacher Stereotypes

Continued from page 1

dents do their best to keep the Talkative Teacher going: the more the teacher talks, the less students have to work.

3. Rebel Teacher

This is the one who mocks the principal when they turn their back, thumbs their nose at “the state,” and encourages students to stand on their desks and rip their SpringBoard book into pieces. Viva la rebel!

4. Fire-and-Brimstone

If you do not learn to read Chaucer or solve theorems with the same urgency as the Fire-and-Brimstone teacher, you’ll fail. At life.

5. Displaced College Professor

This is the K-12 teacher that grew up dreaming of teaching Emily Dickinson at Stanford, but instead teaches band at Mudhen Middle School, and hasn’t quite come to grips with it all.

6. The Over-Achiever

This is the teacher that has to have their class first at everything: first in fundraising, first to the lunchroom, first in reading goals, first in parent participation, and first to every PLC meeting—everything graded, in alphabetical order, with a “research-based strategy” ready to start the meeting. All in the name of education and “school spirit,” of course.

7. The Forgetful Teacher

The Forgetful Teacher forgets everything. That they scheduled an exam, to grade the exams, to go to the library, to collect field trip money, to give the questionnaire, and so on. This teacher is closely related to the “swimming in papers” teacher. In fact, they’re good friends.

8. Late Teacher

The Late Teacher is rarely punctual, but of course insists on better from their students. They start class late, hand back work late, and sometimes even arrive to school late, lugging papers and books while the students line up at the door.



9. Tech Addict

The Tech Addict loves technology—more than books, tests, and even their own children, they instead fawn over the latest gadgets. The Tech Addict is often guilty of unnecessary tech implementation, a common ailment that arises when

technology is used with little to no real learning gain, primarily for the sake of tech itself.

10. The Repetitive Teacher

The Repetitive Teacher, well, they repeat themselves over and over again, often shuffling around the words a bit for effect, but ultimately taking 10 minutes to explain one simple idea.

11. Long-term Sub

Ah, the difficult plight of the long-term sub. They are teachers but are not teachers, stuck in some awful limbo of establishing the classroom as “theirs,” or doing what they’re told and going home. Either way, they don’t get paid enough for that hot mess.

12. O Captain! My Captain!

This teacher sees themselves as the savior for the students, and invites melodrama at every opportunity, full of rhetorical appeal and unnecessary lectures on effort and the future.

13. The Swimming-in-Papers Teacher

The Swimming-in-Papers teacher loses essays, often forgets to hand back even graded work, and takes home a huge stack of On-Demand essays every evening with the noble intent of grading them all while watching Honey Boo Boo, never having discovered the miracle of the paper clip.

14. Get-off-my-lawn Teacher

Teaching was better back in their day. And so were the New York Yankees. No new-fangled social media contraptions, standardized tests, or dagbern smartphones. Get off their lawn—and take your iPad with you.

15. Diet Coke Addict

Diet Coke is the new coffee, and the Diet Coke Addict will bring down a wildebeest with their bare hands to get their fix. Without it, they are irritable, forgetful, distractible, and fun to harass.

16. Cool Teacher

The Cool Teacher can remind you of the TMI teacher at times, but they stop just short of that. Rather, the Cool Teacher knows what's cool—clothing, music, pop culture references, all of it. They #hashtag quiz grades and create Lil Wayne analogies to explain complex chemistry problems, treating their teaching career as a second chance to be the cool kid in school.

17. Overly-Authoritative Teacher

This teacher will nail you to the wall for even a poorly timed sigh. Classroom management is the foundation for a high-functioning learning environment. Now get with the program maggots!

18. Hippie Teacher

Made famous by Beavis and Butthead, the Hippie Teacher plays Neil Young in the classroom, wears flowing skirts or sports a shaggy beard, and is the only car in the parking lot with a carpeted dashboard. Peace, love, and moonbeams.

19. TMI Teacher

TMI teacher gives too much information to the students: favorite sitcoms, their facebook "friends," or the source of their heartburn.

20. The Suck-Up

The Suck-Up lives for times when the principal or other teachers are in

the room. The tone of the classroom changes dramatically when an administrator visits and they invent incredible clunky questions to try to demonstrate the "rigor" of their classroom, only to fail miserably as the students get lost in the confusion, and the principal is fooled nary a bit.

If we've forgotten any, let us know in the comments section!

<http://www.teachthought.com/uncategorized/a-humorous-look-at-the-20-types-of-teacher/>



Nestscape -- Articles from The Web

This Is What Bad Grammar Does to You're Your Brain

How did you feel when you read the your/you're mix-up in this headline? Did you brush right past it? Did you notice, smirk and keep moving? Or did you reach for your laptop and try to rip it in half because how on earth could someone be so stupid that they would screw up such easy, basic English? What the hell what the hell what the hell?

Feel the hate flow through you — your brain just got hacked by one letter and an apostrophe. This is the science behind why we get so pissed off about bad grammar.

At this moment, your body is releasing adrenaline and cortisol. The latter is a hormone that helps you fight stress. At the same time, it's pumping blood into your extremities and muscles. It's doing this because it believes your body is in a battle — and now it's time to fight.

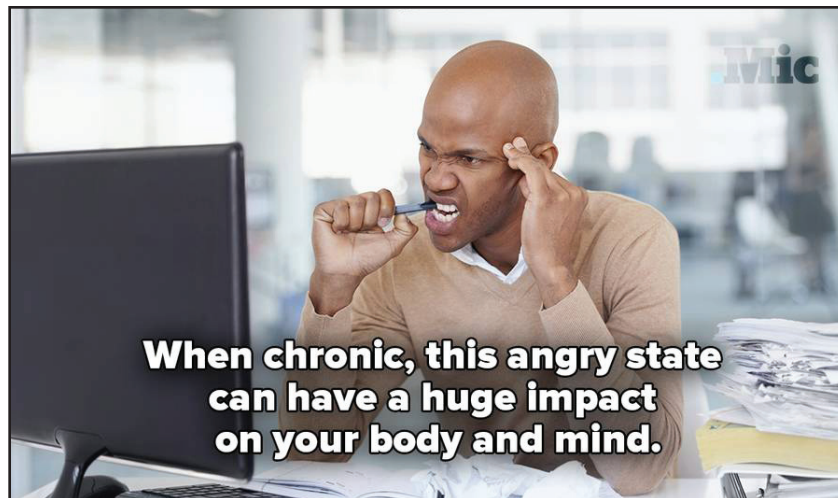
If you're the type whose ears blow steam when people mix up their/they're/there, forget "it's" is not possessive and say things like "I'm literally taking him under my wing," your body's reaction is analogous to getting cut off while driving. Your brain sends you into fight-or-flight mode, a hypervigilant state where your face might flush, your palms might get sweaty and you can feel tension coursing through your body.

But the minute the car is gone — and the bumper sticker that says "One Big Ass Mistake America" disappears — your body doesn't return to normal. There is no switch that goes off when the crisis is averted to tell you to calm down. Your body stays in fight-or-flight mode.

The scary part? This state, when chronic, can have a huge impact on your body and mind.

"In fact, it shrinks certain brain structures," Dr. William Barr, associate professor in the Departments of Neurology and Psychiatry at NYU Langone Medical Center, told Mic. "In studies of the effect of stress on the brain, the volume of your hippocampus, the area important for memory processing, can be reduced by these cortisol effects."

Having your hippocampus damaged is basically the same as having a corrupted hard drive: You might lose the ability to form new memories, and it can also result in anterograde amnesia — the loss of ability to form new memories.



When chronic, this angry state can have a huge impact on your body and mind.

For grammar-ians, what really grinds their gears is repeated instances of the same mistake. Especially a mistake they've corrected before.

"I get really annoyed when someone writes up an email for me to review and it's poorly written or edited," Dr. Sanam Hafeez, a neuropsychologist and school psychologist based in New York, told Mic. "It implies this person doesn't respect me enough because I've pointed out the problem before. Or they don't care about my authority. That might make you actually angry, not just aggravated."

Thing is, people don't mix up "there", "their" and "they're" to piss off professors. More likely,

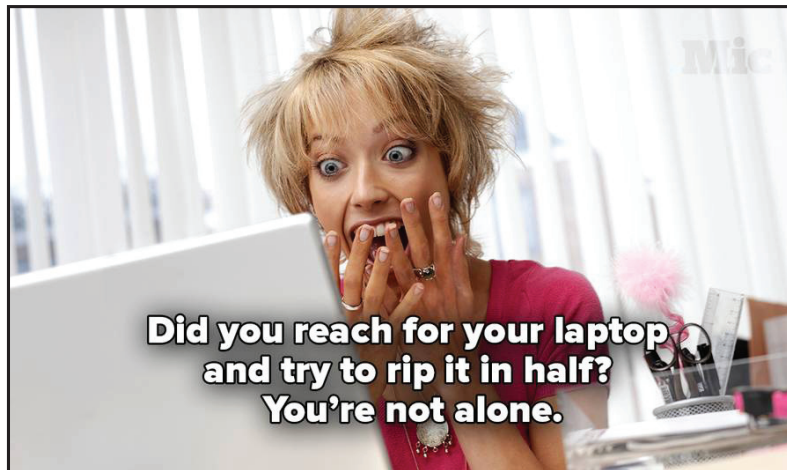
they're not paying close attention to what they're writing. But the brains of those editors and professors who keep correcting the same mistakes are saying otherwise. At that point, the feelings of anger are occupying more than a fleeting moment in their day.

"We all have these moments where we wish we didn't respond to something so cordially because we felt disrespected," Hafeez said. "You might stay up at night thinking about that event over and over again. These anxious personalities are the ones that end up with heart disease and high blood pressure."

For a long time, doctors have known emotion is just combination of sense and cognition. Regardless of what the emotion is, positive or negative, we experience a rush in our bodies, a change in heart rate and physiological arousal. Our brain is trying to figure out if it's happy or angry, and when it does, our heart rate and blood pressure return to normal.

Chronic stress is different. For people with chronic stress, their bodies are like a pump primed to react faster when triggered. Even usually non-stressful things drive them mad. It's called habituation, and it's the same force that makes you angry at every pedestrian you see after some jerk on his phone jaywalks in front your car. "Most of the time,

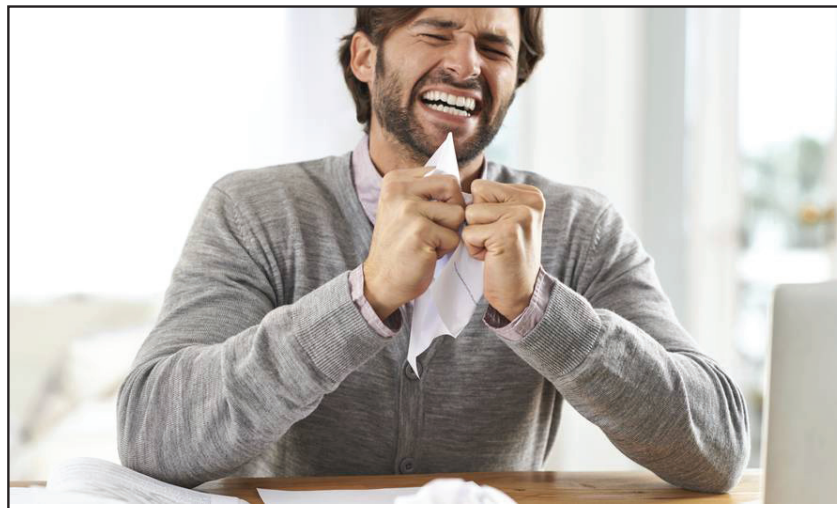
it takes a big stimulus for the brain to respond," Barr said. "But as the brain gets used to seeing this, it responds to much smaller amounts."



Like every other little thing that irks us in the day to day — getting cut off in traffic, getting interrupted in conversation, drinking milk out of the carton — letting misspelled words get to us can result in very real anxiety and anger issues.

"The more you stay in these situations and face these triggers, the more you need ways to reduce that stress," Hafeez said. "If anger is your reaction to everything, you probably have a bigger problem."

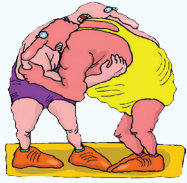
Some doctors would prescribe medication, like Xanax or Inderal, to reduce your heart rate. But if you've found yourself getting irrationally angry, first try to cool your jets naturally instead of reaching for pills.



Take 10 deep breaths. Tell yourself to calm down, that not everyone reacts to things the same way you do. Relax. Take a walk. You're fiery hatred for bad grammar could totally wreck you.

<http://mic.com/articles/127144/this-is-what-bad-grammar-does-to-your-brain#.x2KiYgVD7>

Parrot Warbling



Grappling with Grammar

Another

another + singular noun

other + plural noun

others (a pronoun to replace other + plural noun)

I need another cup. (cup is singular so we use another)

I need other cups. (cup is plural so we use other)

I need others. (refers to other cups)

When to use ANOTHER

Another means one more, an additional, or an extra.

Another is a determiner (and a qualifier) that goes before a singular countable noun or a pronoun.

Another + Singular Countable noun

Another can be followed by a singular countable noun.

Ex: He has bought **another** motorbike.

Another + One

Another can be placed before "one" when the meaning is clear from the text before it.

Ex: I have already eaten two sandwiches though now I want **another** one. (= an additional sandwich)

Another as a pronoun

Sometimes another is used as a pronoun.

That piece of cake was tasty. I think I'll have **another**. (another = one more piece of cake)

Another + number + plural noun

Another can be used before a plural noun when there is a number before that noun or before phrases such as a couple of, a few etc.

In **another** 20 years my laptop is going to be obsolete.

We need **another** three teachers before classes begin.

Remember **another** is ONE word, not two words (another is incorrect).

<http://www.grammar.cl/english/another-other-others.htm>

Idiom--Attic

Wild-geese chase



A search that is completely unsuccessful and a waste of time because the person or thing being searched for does not exist or is somewhere else.

<http://dictionary.cambridge.org/us/dictionary/english/wild-geese-chase>

Beak Speak The Glottal Stop

When a 't' is followed by a vowel + n syllable (eaten), the 't' sound is replaced with a glottal stop, which is a complete closing of the vocal cords for a short moment. A glottal stop sound can be heard in the pronunciation of the negative uh uh.

'eaten' becomes ea'n

Have you eaten yet?

'satin' becomes sa'n

Satin sheets are nice to sleep on.

'sentence' becomes se'ence

This sentence makes no sense.

'mountain' becomes moun'n

I'm not much of a mountain climber.

'getting' becomes ge'n

I'm getting to old for this.

'button' becomes but'n

Sam lost a button on his shirt.



http://www.pronunciationtips.com/con_replace2.htm

Some More Parrot Fun Stuff

DIRECTIONS

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

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

ABOVE

BELOW

NORTH

SOUTH

AHEAD

DOWN

REVERSE

TOWARD

AWAY

EAST

RIGHT

UP

BACKWARD

FORWARD

SIDEWAYS

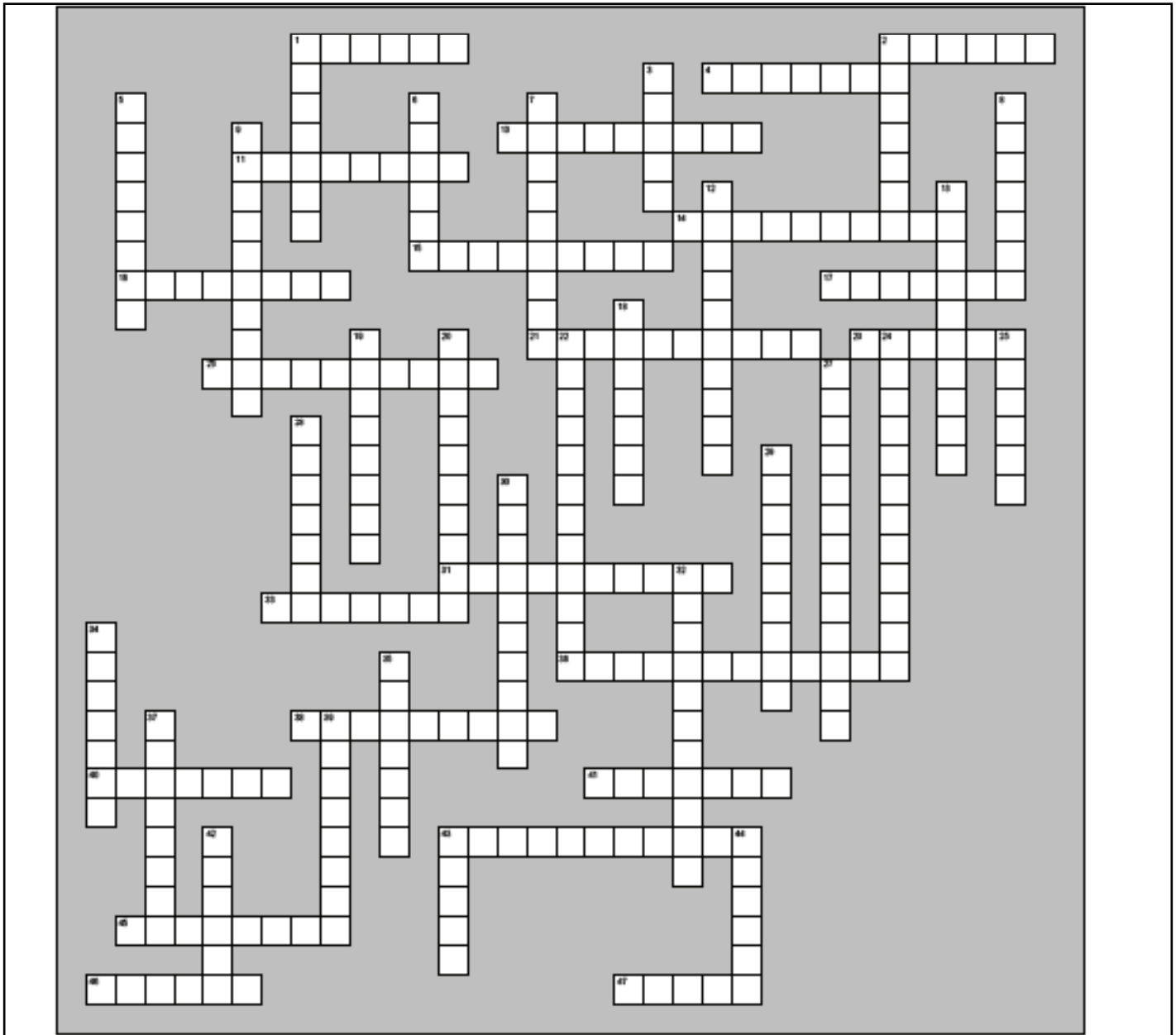
WEST

BEHIND

LEFT

SKYWARD

State Capitals



Across

1. Capital of South Dakota.
2. Capital of Alaska.
4. Capital of Maine.
10. Capital of Tennessee.
11. Capital of Hawaii.
14. Capital of California.
15. Capital of Maryland.
16. Capital of Wyoming.
17. Capital of New Jersey.
21. Capital of Arkansas.
23. Capital of Kansas.
26. Capital of Alabama.

31. Capital of Nevada.
33. Capital of New Mexico.
36. Capital of Utah.
38. Capital of Kentucky.
40. Capital of North Carolina.
41. Capital of Michigan.
43. Capital of Illinois.
45. Capital of Connecticut.
46. Capital of New York.
47. Capital of Delaware.

Down

1. Capital of Arizona.
2. Capital of Mississippi.

3. Capital of Idaho.
5. Capital of North Dakota.
6. Capital of Montana.
7. Capital of Minnesota.
8. Capital of Wisconsin.
9. Capital of West Virginia.
12. Capital of Louisiana.
13. Capital of Vermont.
18. Capital of Georgia.
19. Capital of Ohio.
20. Capital of Rhode Island.
22. Capital of Indiana.
24. Capital of Oklahoma.

25. Capital of Texas.
27. Capital of Missouri.
28. Capital of Washington.
29. Capital of Iowa.
30. Capital of Pennsylvania.
32. Capital of Florida.
34. Capital of New Hampshire.
35. Capital of Nebraska.
37. Capital of South Carolina.
39. Capital of Virginia.
42. Capital of Massachusetts.
43. Capital of Oregon.
44. Capital of Colorado.

Language

When a man is in love
 how can he use old words?
 Should a woman
 desiring her lover
 lie down with
 grammarians and linguists?

I said nothing
 to the woman I loved
 but gathered
 love's adjectives into a suitcase
 and fled from all languages.



By Nizar Qabbani

Rigoberto's Riddles

A man was driving his truck. His lights were not on. The moon was not out. Up ahead, a woman was crossing the street. How did he see her?

It was a bright and sunny day



Silly Vasily's Chuckle Chamber



John was ten years old, and he was a very lazy boy. He had to go to school of course, but he was bored there and tried to do as little work as possible.

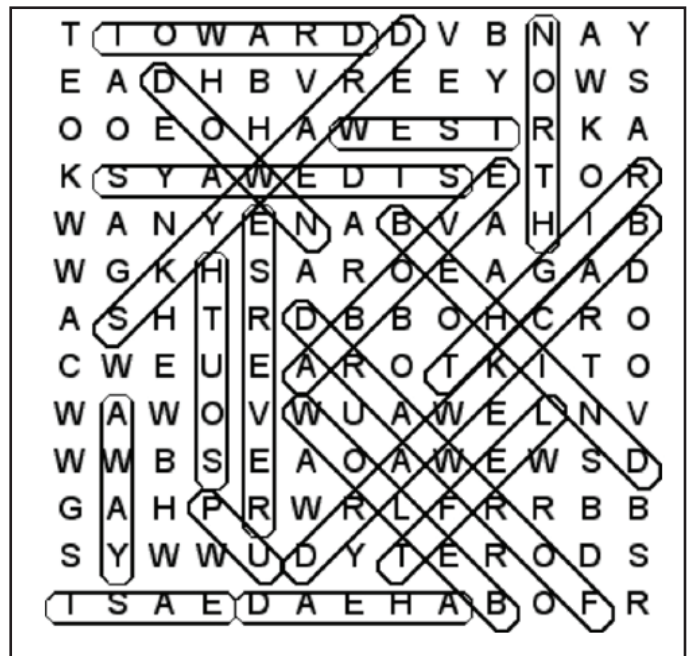
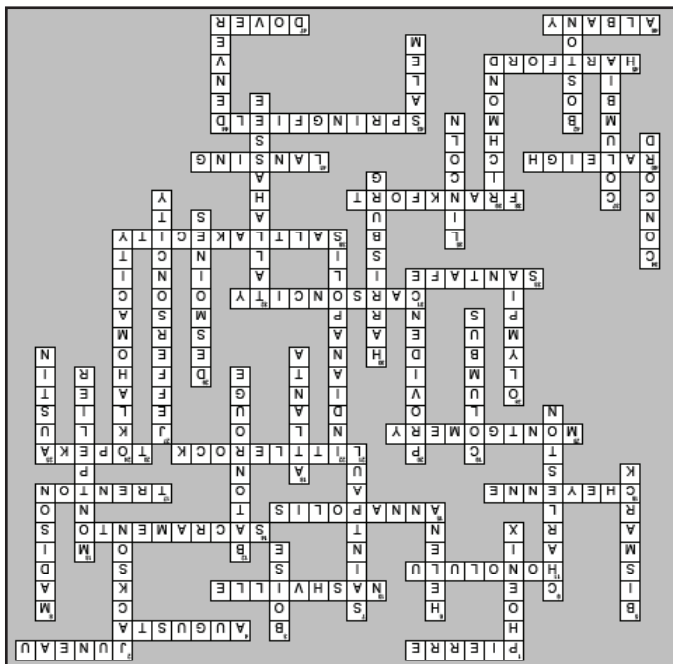
His father and mother were both doctors and they hoped that he would become one, too, when he grew up, but one day John said to his mother, "When I finish school, I want to become a garbage collector."

"A garbage collector?" his mother asked. She was very surprised. "That's not a very pleasant job. Why do you want to become a garbage collector?"

"Because then I'd only have to work one day a week," John answered.

"Only one day a week?" his mother said. "What do you mean?"

"Well," John answered, "I know that the ones who come to our house only work on Wednesday, because I only see them on that day."



Granny Noetal

Dear Granny,

This is my first semester at American River College. I used to go to college in San Francisco. Most of my ESL teachers were young and cool. They wore skinny jeans and had earring. They smoked e-cigarettes. How come American River College has so many old teachers of English as a second language? My San Francisco teachers dressed like music stars and knew a lot about technology. They were dope.

**Sincerely,
Sina Loidsig**



Dear Sina,

I know a lot of the ESL teachers. Get to know them--a lot of them are old but cool, even "dope". Granny thinks that's slang for good, right? By the way, what does "old" mean? Does it mean teachers over 30, over 40, over 50, over 60, over 70? In any case, your elders often have some experience, even some wisdom that comes only with age. You're working on your English, right? Use your "old" teachers as a source of information. Ask questions; visit them during office hours. Perhaps they have patience and are very pleased to have the company of a young, energetic, hardworking student like you. (Does Granny have you pegged right?) Decide for yourself. Do you want someone infinitely cool or someone with a lifetime of experience who (once!) was your age and who (once!), maybe, was even cool!

Or dope.

Granny

Interview with Renata Clem

Continued from page 1

Parrot: Very nice. Thank you. Can we ask you some questions about yourself? Where were you born?

Renata: Originally I was born in Prague, the Czech Republic. I came to the United States when I was 18 years old with my parents and my younger brothers. We were political refugees; we came here and started with nothing, started learning English as a second language and taking ESL classes here at ARC. I got a job in the library shelving books, and just kind of moved my way up from there.

Parrot: What is one word that describes you best?

Renata: One word that describes me best? I try to be friendly to everybody. So... friendly!

Parrot: What are your hobbies?

Renata: I love shopping, definitely. I love to go shopping. Clothes and things like that, but I also like to dance. You know, now I am getting older, it's not that great. I like to listen to music. Different types of music: classical, pop, whatever. Even just going for a walk, you know, hiking, nature.

Parrot: Do you enjoy your job?

Renata: Yes! I like my job! Definitely I like my job. Working with students I think keeps me young but what really makes my day is when a student comes back and says, "I got an internship." That's why I am here.

Parrot: So, you really like to help people!

Renata: Yes! I do like to help people because it's so hard coming here and especially for ESL students. It's hard coming here from your mother country, and then trying to assimilate and learn English, and trying to get a job. That's very hard. Even for students that are born here, it's hard, even though the economy is getting better but if you don't have work experience, it's still hard to get some type of a job. That's where internships come in. You apply what you learn in a classroom to the real work environment. Just working 5-10 hours a week helps you get the work experience and find out if it what you are studying, majoring in, is the career for you.

Parrot: Are there many students who want to get internships?

Renata: Yes! We are definitely busy this semester. Re-

cruiting, many students are coming. My schedule is booked back to back, you know. I don't know, but even just for this week. We are only here a few days but I am busy from 9-12 p.m. Everybody wants jobs.

Parrot: It's good! Especially for students.

Renata: Yes. If you don't have any work experience, then how are you supposed to get work experience and nobody hires you. This is where internships come in.

Parrot: What do others need to know about your job?

Renata: I do believe that it's important, especially on campus to have an internship and the Work Experience Office for as well as the Career Center are important because the ultimate goal for students is to get a job, to get education, and then be in a job that they love. So, I do believe that our office here on campus is very important. That's what we do. Our job is to find students positions ultimately that they love, that they feel passionate about.

Parrot: Could you tell us how you got this job?

Renata: I actually have been in Los Rios for 25 years already. I have my award right there. As I said before, I started working as a student helping in a library, shelving books. Then I got a part-time permanent position as Clerk I in periodical, so working with magazines. Then I had a temporary position working in counseling with first-time college students, helped them with orientation and so on. Then my first full-time job was as a student personal assistant in assessment in El Dorado Center, Placerville. So that was my first full-time job. I was so thrilled to get it. And I was there for 8 years. But I kept wanting to come back to ARC because I feel like this is my home, this is where I grew up, this is where I learned English, and I knew all the folks around. There were so many helpful counselors, instructors were so great and I wanted to come back to ARC. Finally, in 2000 I applied for a student personal assistant in assessment and I got this job. It was a full-time job. I was so happy. I was proctoring tests in the computer lab for ESL students and regular English and math placement tests too. And then in 2004 this position opened up. I have my children. My daughter was 4, and my son was 7. I wanted to get back to a part-time position. I wanted to be there with my children too. So, this position was only 20 hours a week Monday through Thursday. It was just a bright opportunity for me to step back from be-

ing a full-time working mom, to spend some time with my kids. I always like the idea of moving students on past college, having a career eventually. So that's why I applied for the position and got it. It was great. I was happy being at home with my kids. I was able to drop them off at school. I was able to come to work 20 hours a week and still enjoy helping our students here. Then go home at 2 o'clock in the afternoon, do some homework with my kids. I definitely liked that. Now I have been with the program for 11 years. I think so many times that this position should be full-time because we are so busy at times and I am working about 30 hours a week. But I think what important is being nice. They should make this position full-time because it's only us: my coordinator Vivian ... she has a full time faculty position and I'm 20 hours a week part-time permanent classified position. We have a lot of students to help. This is not enough, so we rely on having student help and then we have classified employees, temporary classified employees.

Parrot: Have you ever had an internship yourself?

Renata: I have. I actually received my Master's in psychology in 2012 when I went back to school after so many years. I did an internship, actually, with Los Rios. I think I have that certificate right there "Faculty Diverse Internship Program". I went through that where Los Rios offers classified employees here an internship position. So since I have a Masters in psychology, I want to teach eventually. I want to teach. I would love to teach psychology classes here at the community college level at ARC, CRC, Sac City, wherever. I signed up for "Faculty Diverse Internship Program" and I did that. I was shadowing Professor Shimizu. He taught General Psychology classes and he let me do a few lectures through the web-site. I believe I did 6 lectures and that's where I'd really like to be. This is the place, I want to teach classes. I want to be with students in a classroom. I want to teach, discuss with students why people do what they do, what makes us do what we do. That's what psychology is all about. If I could do the internship position plus teach one or two classes, that'd be perfect.

Parrot: Maybe next year.

Renata: Maybe next year. I know I need to go and talk to the Dean, and ask if it would be possible to teach a class. Maybe apply for the position. But there is also part of me that thinking I still have an accent, right? Are

students going to be able to understand me OK? But I think they will.

Parrot: I don't think you have an accent.

Renata: Thank you. It's a little bit now, but it would be fun. It would be a lot of fun to teach a class. I always consider the ESL students, to try to make it a little be easier for them because I know how hard it is. It is so hard to come from a different country, learning language and starting different subjects in English. It takes time. Think of all the brain cells. How hard they are working in there!

Parrot: What is the hardest part of your job?

Renata: The hardest part of my job... I think not having enough time sometimes. We do have our appointments for students. I always want to make sure it's special for the first appointment. We take a look at students' resumes, we look at their transcripts, what kind of classes they have. We try to look on the Links, on the database, what type of positions they would like to apply for, what internships are available there for them. Then I also need to do interview referral for the students. So, sometimes I think that not having enough time to do everything. A few more hours in a day would be nice.

Parrot: Time flies, especially in this place.

Renata: It does. It goes really fast. When you have one student after another, it goes pretty fast and then you have to check e-mail. E-mails are just driving me crazy.

Parrot: What advice do you offer students who are thinking about doing an internship?

Renata: Start early, if you already know what major you want to get into. With ESL students, I would say number one is English. You need to feel comfortable with English. One of our advisory requirements is you should be on the level of ESL 50 if you want to apply for the internship. Otherwise, we were looking at students that are at least second semester in the college. They need to make some type of career goal. We also have a class for students who are not sure about what major they want to have. There are three different levels of work experience. There is one idea for students that have no major. They are still kind of exploring. Then we have the internship program is that links with the work experience class. So when the students do their internship, they also are required to be in the work experience

class. The faculty serves as a mentor to the student. We have the level of work experience 298. That's for students who are planning on getting 2-year degrees or certificates. Then also there is work experience 498 for students that are planning on transferring. I'd say once you find the path you want to take, take maybe some classes in your major. We have a lot of students majoring in biotechnology, a lot of culinary art students. It is not enough, just classes. You need to be able also to apply it to the work. Go out and start working; just find out if this is the right career for me. You are taking all these classes and then you get your degree. You try to look for a job and you'll find out you really don't want to do this. You don't want that to happen. You want to start early. Start exploring, is this really something you want to do? Thus, ultimately you want to do the job you really love. Right?

Parrot: Right. So the advice is at least to try.

Renata: Try it, come and see us. Definitely, you want to make an appointment. Students can earn units based on how many hours they are working in the internship. And especially for ESL students: don't be shy. I meet a lot of students that are ESL and they are so shy to talk. Don't worry about it. I think sometimes I say things wrong still and people are not afraid to correct you. If you are not pronouncing it right you want them to correct you, right? So, just don't be shy! Work on your English and come in and see me. I'll be more than happy to help you with the resume, with interview skills and in finding the right position, right internship for you.

Parrot: Who qualifies for an internship?

Renata: How you can qualify for an internship? I'll give you the student guide. There are requirements. We are looking for students that have 2.0 GPA, some employers are looking for 2.5 GPA. You do need some type of career goal. It helps if you are already taking some classes in your major. So the requirements are not very extraordinary. They are really straight. The internships here really take you to that next level because a lot of students actually get a full-time position, some, part-time regular positions from those jobs. So, the requirements are not that hard; we have a little guide here. We are asking what your major is, what kind of career goal you have, if you have an academic counselor. It is very important to work with your academic counselor so you know you are on track. What else? You have to complete at least one semester in college. That's all!

Have you taken classes related to your major? 2.0 GPA. And with ESL students again I'd probably give one of these. We want you to be an intermediate level of English. So, you get the most benefits and you want to talk to students, to talk in English, want to use English. And then one of the requirements is that you are registered for the work experience class. Minimum you need to complete 1 unit of paid position for 75 hours of paid work and 60 hours for unpaid work. So it breaks down like 5 hours a week, 4 hours a week. So, it's not a lot. And then a lot of students here say, "I can't do an unpaid internship." It's very hard. You are working, you have family, want to pay rent, but sometimes volunteering 5 hours a week gives you the right work experience, might not hurt. It's kind of giving back.

Parrot: Do you think experience or education is more important?

Renata: I value both. Sometime we have students that work so many years, 20, 30 years working. Let's say like electricians, but they don't have the education. They want to move up. They might just be stuck. For high school students, I'd say education. Go to college, start finding a part-time job. For my kids – education definitely. A lot of students really say, "I just want to finish high school and get a job". But you need to consider what type of a job you are going to get. Do you want to work in retail? Do you want to work in Taco Bell for the rest of your life? Maybe some people do. They do want to open a private business later on. But I strongly believe in education and then work experience comes along too. So, that doesn't hurt. I used to take 15 units and work 20 hours a week, 30 hours a week. I did and then when I went full-time, I was still taking 6 units of classes.

Parrot: What about companies? Are there a lot of them that are interested in getting internship students?

Renata: We have a state organizations like the Board of Equalization that is looking for students. We have Calpers that is posting positions again. Some of those positions are unpaid, but there are also some paid internships. We have Links database where employers post positions. We also have on-campus positions that students can use. And there are positions that you might need to volunteer in. Certain majors that you just might need to volunteer in, especially for nursing students. Yes, there are a lot of positions.

Parrot: Is it possible to become a full-time employee after completing an internship in the company?

Renata: Sometimes. According to statistics, 62% of students that did an internship do receive a paid position.

Parrot: Wow, that's great. You never know what might happen.

Renata: Yes, you know Governor Brown is always posting internships. They are unpaid, and I believe sometimes they go up to 40 hours for an unpaid internship. What an opportunity to work at the Capital! They are always looking for interns and you'd never know if you can get a full-time job working for Governor Brown... who knows?

Parrot: That's very interesting. Your job is very interesting. Before our interview, we had no idea that there are so many internships available for students who can just take them and try.

Renata: It's sad. I think we try to spread the word and that's why we go and do class presentations for students. It's so important. A lot of students go through two years and say, "I didn't know there is an office and how can I know?" We are here. We go out and talk to students. We have a table outside, we ask faculty to invite us to their classrooms. We could put something in there, faculty can definitely ask us to come and present in their classrooms. We are more than happy to come in and spread the word about the program because it is so important. You don't want to get a job and then not like it. You don't want to spend time taking classes. I know our classes are fun but then when you try to apply to the real world, it might not be so much fun. You think, "Oh, no! Active work with children and I work, I get my Early Childhood Education Diploma", and then you'll find out, "I don't like to work with kids." It's a balance. You definitely want to get education but you want to have the practice. Is that good? Did I answer your questions?

Parrot: Yes, thank you for a very interesting and informative interview.

Work Experience and Internship Office
Location: Portable Village, 608F
Phone: (916) 484-8182
Program Hours During Instruction:
Monday - Thursday: 9:00am - 4:00pm
Friday: Closed

Anastasia Panfilova and Ngoc Truong

Haiku Poetry

A Haiku is a Japanese poem which can also be known as a Hokku.

A Haiku is a type of poetry that can be written on many themes, from love to nature.

A Haiku consists of 3 lines and 17 syllables. Each line has a set number of syllables see below:

Line 1 – 5 syllables

Line 2 – 7 syllables

Line 3 – 5 syllables

(5) The sky is so blue.

(7) The sun is so warm up high.

(5) I love the summer.

Haiku poems don't need to rhyme, but for more of a challenge some poets try to rhyme lines 1 and 3.



Prof. Hoggan's Haiku Poems from ESL R50

Rain, wind, cold and clouds

The perfect time for movies--

You, me and hot tea.

Jazmín Argueta

Strong wind swung the bell...

Voice awoke in my heart

A strange wind taught me to speak.

Ekaterina Kuzmina

This flower shines...

As the sun reflects in water

See without glasses.

Ekaterina Kuzmina

Cold winter is hard

Do not let it freeze your heart;

Spring is a fresh start.

Fateme Mirbabazade

Take my umbrella

If you are in rainy mood--

Just give me a smile.

Fateme Mirbabazade

The first day of school

Feelings of exaltation;

Just be over soon.

Isis Esquivel

Bombs and explosives

Took my soul to the heaven

Then opened my eyes.

Fetoun Al Kharrat

Blue sky is in tears

Wealthy grass in diamonds

Blushed sun is peeking.

Maria Kimmel



*It was a long day
I want to sleep very much
I write a Haiku.*

Rachel Galili

*I am first with five
Then seven in the middle--
Five again to end.*

Ahmad Jawad

*The brain doesn't work
Trembling hands
The test is starting.*

Halah Mohammedali

*Shadow of the leaves
Nightingale singing sadly
Reminds me of death.*

Jamileh Piran

*A mother's heart, is
Warmer than fire to me;
For she is loving,*

Olga Munasypova

*I love the season
Autumn it's very pretty;
But it can be cold.*

Olga Munasypova

*Living on a farm
Grass smell, blue sky, water sound—
Cars make smoke and sound.*

Mina Sharafi

*Colorful flowers grow,
Sound of river is peaceful
The moon is laughing.*

Gita Tandel

*In autumn at night
Sound of waves defeat the silence
Lights dancing in sky.*

Nadia Saleem

*Sometimes she wonders
Why the sun rises in the East
Don't rise in the South!?*

Ahn Nguyen

*For a lot of years,
He went through a year of miss
Someone—He did love.*

Ahn Nguyen

*Fear around the world
A lot of people get hurt
Pray for peace and love.*

Samara Al Ajaj

*Speak English badly—
Write a haiku easily;
Now speak correctly.*

Andrei Liogchii

*Put seeds on table
Enjoy sunshine on patio—
Birds came and left shells.*

Mei Peng



Out of the Cage

Managing Stress & Finding Balance With Mindfulness

Wednesday, April 6
3:00 pm - 4:30 pm

Stressed out? Overwhelmed by the demands of school, work and home? You are not alone! Research shows stress to be a major factor contributing to physical and mental health issues. In this 4-week series you will learn mindfulness practices based on the internationally recognized Mindfulness-Based Stress Reduction Program developed at U. Mass. by Dr. Jon Kabat-Zinn. Practicing mindfulness can help counteract the effects of stress and bring greater health and well-being into your life. * This workshop is presented by a Career Counselor. Please call the Career Center and register for this workshop. 916-484-8492

Location: DSPS Conference Room

CAREER FAIR

Thursday, April 7, 2016
10:00 am - 1:00 pm

With more than 50 employers participating, this spring event is an ideal time for students to network with representatives from business, government, and non-profit sectors. Meet with employers and get yourself one step closer to a meaningful career!

Location: Community Rooms 1-4

Scholarship Seminars

Tuesday, April 19, 2016
Session #1 2:00-3:00 pm
Session #2 3:00-4:00 pm

A scholarship is considered a gift of money to assist a student in financing their higher education. The amount available for individual students varies. Do you have questions about scholarships, the essay process, etc? Then please attend one of the hour-long seminars. We offer more in-depth seminars on private, public, corporate and other general scholarships. This is for students who need to explore alternative options for financing their education.

Location: Student Center Community Room 4

ACE (Accelerated College Education) Program Information Session

Thursday, April 14, 5:30pm – 6:30pm

Want to achieve that perfect balance between work, school, and home life? You can do it with the ACE program! The ACE (Accelerated College Education) program is designed for working or busy students who wish to complete general education classes towards an Associate's degree and transfer. Students in the ACE program are part of a cohort group that takes two classes every 8 weeks; these classes meet one evening per week and Saturdays for a total of 10-12 units each semester. If you are interested in joining the ACE program for the fall 2016 semester you must attend one of the Information sessions offered during the spring semester.

Location: ARC Natomas Center: 2421 Del Paso Road



Questions/Comments?

Student Editors: **Mohammad Louayme and Anastasia Panfilova**

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