



The Parrot

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

Issue # 111 Spring 2017

Parroting with Prof. Keith Atwater

Parrot: Hi, my name is Mohamed Benrekia, and this is my wife Hiyam. We are from the Parrot and we are pleased to meet here to ask you a few questions.

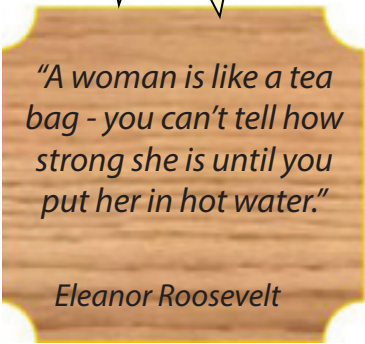
Parrot: How long have you been at ARC?

Professor Atwater: I have been teaching here a while. This is my



15th year. **Parrot:** Fifteen years! Wonderful! **Parrot:** What do you teach here? **Professor Atwater:** I teach humanities and religious studies classes. More specifically, I teach Asian humanities, European

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Traditional Breakfasts From Around the World

Breakfast sets the tone for the day ahead. Aside from the feeling of well-being, there is plenty of scientific proof that shows the benefits of a good breakfast. For example, start the day with one 150ml glass of orange juice and you'll have already gotten one of your five-a-day, while a bowl



A classic British fry-up of sausages, bacon, eggs and tomatoes

of porridge makes for a nutritious breakfast.

There is enormous variety in breakfasts round the world, but what they have in common is a sense of ritual and habit. From

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Student Chirpings

Being a Friend and Being a Teacher

When I look back on my university application in China, there is one thing I remember clearly. It was a hard time for me to choose a major when I applied to university. I was expected to be a teacher because my father was a teacher and a leader of a high school, but I was interested in oil painting at that time and I had wanted to be a famous oil painter for a long time.

Therefore, I went to ask my friends and my teachers to give me advice so that I could make my best decision. At last, my friends and my teachers gave me their advice that helped me make the decision. At that point, my friends and teachers played very similar roles in my life. They were both helpful and friendly. From my perspective, however, there are many relatively significant differences between being a friend and being a teacher in terms of relationships, behavior, and understanding.

Being a friend and being a teacher differ in their relationships with us. Most people may make friends easily, but they usually intend to maintain true friendships. In fact, when we find someone who has something in common with us, we may try to make friends with him or her at the beginning. When time goes by, the relationship become a friendship. True friendships take time to develop and mature, but they never change with time. In contrast, a relationship with a teacher is rarely easy and lasting. Many people have a lot of teachers throughout their lives, and they usually meet many teachers in different classes for all grades. For most students, it is very difficult to have a close relationship with a teacher. Even though we remember them, they might have lost memory of us. It follows that we can easily save our friendships but

we generally cannot keep close relationships with teachers.

Another noticeable difference between a friend and a teacher is their behavior in front of us. A good friend is a life partner who can share his or her everything and offer help when we need it. He or she might give us advice but not always the



best advice, whereas a good teacher usually can provide us good advice or suggestions because of his or her rich experience and knowledge. A good friend can share or show us his or her everything, good sides or bad sides, happiness or sadness. Conversely, a teacher cannot share things in the same way as our friends do. Furthermore, a good teacher always watches his or her behavior in front of us so we always see a teacher is a teacher. We will probably never know about their real

life or their personality. Conversely, friends don't try to hide themselves. We say anything, go anywhere together, and do things in our ways. It is evident that a friend and a teacher are very distinct on the basis of their behavior.

Besides the relationships and behavior, the most remarkable distinction between a friend and a teacher is their understanding of us. A friend in need is a friend indeed. Good understanding is like a bridge that connects a friendship. Because of understanding, friendships can last longer and never die until the end. We don't hurt each other's feelings, always care about each other, and share our happiness and sadness. Our life even becomes more beautiful when we have a good understanding of one another. In comparison to a friend, however, it is hard to receive understanding from a teacher. As a teacher, his or her job is to enrich

our knowledge and help us to reach our goals. In other words, a teacher doesn't have a responsibility to give students more understanding. All a teacher can do is to give some advice or suggestions and to help students out of problems or troubles in their study. Now we can see that a friend can understand us very well but a teacher may not.

All the above discussion goes to show that being a friend and being a teacher have very distinct differences in relationships with us, in behavior, and understanding. In our entire life, we may meet more and more friends and teachers. Undoubtedly, either a friend or a teacher plays a very important role in our life. After I had my friends' and teachers' advice, I became a high school teacher.

However, I didn't give up oil painting as my hobby. I am lucky that I have good friends and good teachers who are indispensable in my life. If we have

both of them, our life will probably be more complete and perfect. As far as I am concerned, we cannot miss either of them.



Amy Bizhu Lin
ESLW310

Dear Mother...

Here is the letter which will change your mind about your mother. "My mommy, please forgive me. I was the stupidest little girl in the world! I did not love you as much as I should have. Please, forgive me! I can not find peace in my heart. I need your forgiveness! How often I judged you! How often I did not obey you! You have done so much for me, while I never even said thank you! However, I know that your big heart forgave me a long time ago. Now that I am married, I understand my faults, my selfishness, and my folly. You know, I dream to be a mother like you in the future, a mother who will love her children so much for nothing, a mother who will always be glad to see her children's victories and help in any troubles. Now I understand that you are the best mother in the world! I like how you have raised us and I like your rules which I hated in my childhood.



I ask you to give me your permission to use similar rules, which you set for me, for my future children.

I remember our first rule to always be at the evening family meetings. At those meetings, we shared our secret stories (especially romantic stories) with all family members. I will never forget our warm quiet evenings when we all gathered together with tea and chocolate around the table. I loved asking you for different pieces of advice. I do not know why, but you never scolded us for anything (maybe you saw our repentance). I remember when the first boy appeared in my life with an offer to marry him. I told you about it on one of those evenings. (By the way, thank you for the wise advice to tell him no. It made my life better). Moreover, because of those evenings, I know some stories about my sisters and brothers. I really want such evenings again! So, that's why I want to have the rule about meetings in my future.



The second rule which I want to set for my future children too is for them to be able to give account of themselves. It means that they should be responsible for their decisions, acts, and words. I remember one situation when my sister stole something from her classmate. When you learned about that, you called my sister and told her to go to the classmate, return that stolen thing, and ask for forgiveness. Then,

my sister cried and asked you to do it for her, but you said no. So, my sister went to her classmate, returned that stolen thing to her, and asked for forgiveness. It was her first and her last theft because she had to be responsible for her bad act. Oh! Do you remember my story? The story when I decided to go home instead of going to my music lesson? It was the worst one! I had the music lesson right after my school time. That lesson was right next door to the exit, and the teacher could see from the window anyone who left school. However, I decided to skip my class and I did it. Moreover, it was five times in a row. One month later, after school, you met me. You said for me to follow you. You led me to the class where my music lessons were. When we came in, my teacher was there. Then you told me to explain to her why I was not at my lessons. I felt bad. I wanted to disappear so that nobody could see me, but it was impossible. I had to tell her my reason. Of course I could not explain it, so I just asked her to forgive me. After that I really tried not to skip any lessons. It was a good life lesson! Thanks for that!

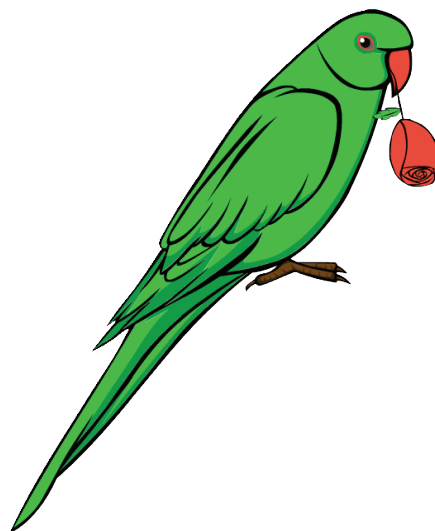
The third rule (not the last) which I want to set for my children is that the children should show their parents their own development. We did it every week. Do you remember, mom, our own “theater” at home in which we sang, read our own poems, told different stories, and told our stories in skits? When someone did not want to act, he had to tell us anything he had learned from the previous week (story, lesson...). It was so interesting! Do you remember that my sister

always read her own poems to us? Another sister always surprised us with her difficult and funny problems. My brother and I always acted out stories or tried to do acrobatics. We even asked our guests for money for our performances. Do you remember? It was so much fun! I learned a lot! That’s why I really want to do it for my own future children too.



Now, I am finishing my letter. I hope that you will give me your permission to use those rules for my future children. I really want it! And... one more time, I ask you again to forgive me for everything. Now, if someone asks me what I think about you, I will say, “You are the best mother in the world!” Thank you for everything! You are always in my heart! I love you! Reader, you read this letter. I ask you to look at yourself, “Do I love my mother as much as I should?”

*Abby
ESLW50*



Important Thing

I will speak about one thing I lost in the past; that was my marriage ring. That ring was especially very important and for my dear wife as a gift of our marriage party.

I tried my best to keep the subject a secret, and I didn't tell my wife or her family. I remembered how we tried our best to find that model ring, and how we were so happy when we told the seller to write our names on it.

Indeed, I became sad and worried about what had happened and very nervous. So many times I had tried to hide my hand in front of my wife and her family. At that time, I remembered how my wife spoke about some men, and how they were not honest to their wives. They didn't wear their rings soon after they were married. So I thought about buying an artificial ring with a golden color to use until I could tell my wife. Then one day I pulled



open my socks drawer. Fortunately, I found the ring in the back corner. I didn't believe it. I thanked God. I went quickly to my lovely wife, and I told

her the story. I noticed my wife felt happy and she told me, "I am very thankful for you and for your faith and honesty. Thank you. You are my love, and the best husband in the world."

Then I became confident that this accident can happen everywhere and at any time. But the loss of a marriage ring is a very sensitive thing. The ring is to remember each other and to

improve love in the relationship.



Sadeer Al Adhami
ESLW30

An Unforgettable Action

She was the only hope that any of the poor villagers had. All the people were afraid. Children and women could not go out of their houses, and the whole village was full of sadness. People knew that there was no place to hide or escape. The Russians had entered Afghanistan, and the war had almost reached every city. However, this wasn't the only problem that people had in Damshagh. Damshagh was a beautiful village in the city of Konduz, which is in north Afghanistan. That's why there was another big problem. It was a cool morning that day; people could barely come out of their houses. However, this was the last chance

that people would have, so everyone gathered in Tashbi's house. Tashbi was the most intelligent and kind woman in the village, and owned almost half of Damshagh. People had asked her for help many times, and she had helped them in many cases.

She will never forget that day. Her house was crowded with many people. They were all scared and talking about robbers near the village. She looked at the faces of the villagers; she could see that the problem was much bigger than what they thought. She had to do something about it, but was it really easy to solve this problem? This



wasn't only about robbing. They would come to the village to kill and kidnap the girls and the little boys as well. She was very calm and silent as always. People said that leaving the village was impossible, yet if they couldn't go, then the entire village was going to face death. Tashbi decided something, something that was very scary. She looked at the villagers and clearly explained what they were going to do. At first, people were astonished and disagreed, but there was no choice. She told them to bring as many horses and guns as they could, and come back before the evening. People hurried and did what she said. Then that evening she asked some people to stay at her house, and served them many colorful dishes and the best drinks because that could be their last meal. After that perfect dinner, all the villagers had a good rest.



After that, Tashbi went to her small dark room to pray for the people and to be alone on her last night. That night everything looked different. It seem that everything was talking to her. Even the sky was full of shining stars on that cloudy night. After a few hours of being alone, she finally slept with great hope in her heart. The sky was still dark, and the cold weather had frozen everything. The loud sound of a fast-blowing wind woke her up. She slowly opened her big round blue eyes, and took a look at the people in her house. It seemed everyone was sleeping in an unbelievable peace just like children. She stood up and took a few steps forward, to her big silver-colored window and looked outside. Something inside of her was saying it was the time, the time that she would either die or save the villagers. After a few minutes, she woke most of the people up and told them to get ready as fast as they could.

Even though leaving the village was so dangerous and scary, Tashbi and her first group

set out on the way. They continued for hours and hours. The next morning the other group of villagers left as well. This group was full of children and women. They passed the village and continued for hours until the evening. There was a small river on their way with some trees around it. They stopped next to the river to rest. Since the robbers stayed near that river, one of them saw the group resting around the river. Then he told the other robbers about the villagers, and they all started making plans to attack them. After an hour of planning, all the robbers headed toward the river. However, the group of women and children was already moving, so the robbers chased them. The robbers were waiting for the right time to attack them. After an hour of chasing,

the robbers neared the group of women and children. But this wasn't the end! Before any robbers could touch the group, Tashbi and her first group attacked them from behind. That's why they had left the village at midnight, so that they could pass the robbers while they were sleeping. The battle finished almost two hours later. That night was so dangerous, but fortunately no one was killed, and the robbers went to jail.

After several years, the Russians lost the war and went back to their country, but my grandma still remembers that day. She was there. Her name is Tashbi. My grandmother fought the robbers with her villagers, and she won. My mother always says that my grandma is a hero. I'm so proud that my grandma took such an action. I think we all should help others even if it's not easy. I always try to be like my grandma, Tashbi. She will remain in all the hearts of all whom she saved and the hearts of future generations. I will never forget that goodness never fails, and I will admire her always.

*Hajir Tashmohamad
ESLW310*

The Effect of Learning English

Have you ever been successful in English? Have you ever communicated such that the listener could understand you? Nowadays, English plays a grand role in our lives. For this reason, we need to be involved in learning English very thoroughly. In fact, learning English has three important effects on our lives.

The first important effect of learning English is it improves our

overall knowledge. American River College is a wonderful place where we can get knowledge in speaking, listening, reading, and writing. For example, the listening and speaking class gives us an opportunity to express our thoughts and

opinions. In addition, we learn to listen to each other. In the writing class, for instance, students acquire writing and grammar skills. Thus, they learn to explain their ideas in a written form. Another example is the reading class. It helps with reading skills. Students learn to figure out the main ideas of books. They learn many new words. People begin to understand letters and documents. The more people read in English, the more they become literate. As a consequence of gaining knowledge of English, we can speak, read, communicate, and listen to other people.

The second noticeable effect of learning English is we become a part of American society. It is a little bit different from the effect above, but these two effects are closely interwoven. For example, when we learn English, we become involved

in society. We begin to think in the American way. By learning English, we can study the history of the USA. As a result, we can take a test for citizenship and become citizens of this huge, independent country. Since we inter-communicate, we can understand people of different cultures and customs. Therefore, due to learning English, we deepen our understanding of American society, and we begin to behave and think as American people do.



The third and the most important effect of learning English is we can get a great job. If people want to have an independent life, they need to work. It is difficult to find a good job without English. For example, because I study English and have become knowledgeable of it, I can go to an interview and speak with interviewers. The first impression and

comprehension of questions reveal your ability to understand English. Sadly, people cannot work at different stores without English because they need to communicate with customers. Consequently, English obviously affects the job, and we need to know English to get a desirable job.

To summarize, improved knowledge, becoming a part of American society, and ability to get a wonderful job are three effects of learning English that interact with each other. Communication plays a crucial role in the US. For this reason, we need to have it in mind. If we want to be in a better position in the U.S., we had better learn English.

*Svetlana K.
ESLW50*



The Big Lie

I'll never forget the time I told my mom a big lie. On July 20, 2005, my parents sent me to summer school. I needed to take some classes, but I did not want to be in summer school. I wanted to have fun and enjoy my vacation at home. But my friends planned to meet at the park. They told me they were not going to attend class. They said they would wait for me at the park. So, I thought that would be fun to not attend class and meet my friends at the park.

My plan seemed easy to follow and skipping class seemed easy too. I told my mom that I had to leave the house early because I was going to have breakfast with my friends at McDonalds. My mom told me that it was OK. I was in a hurry, and I left my homework at home. I met my friends at McDonalds and we drove to the park. Everyone was there. We had a good time, but my mom was desperate to reach me because I left my homework at home. But there was no way to reach me, so she thought she could take my homework to school. She went to my school



and asked the person at the desk in the main office to get me, but they told her that I wasn't in class.

My mom was furious and she drove

home and waited for me. When I got home, my mom was sitting on the couch waiting for me to come home. She acted normal and she even asked how my presentation was. I told her that I did really well in class. Then my mom screamed at me and called me a liar. She told me that she took my homework to class and I wasn't there. I looked at her and I told her that I lied to her.

I learned that telling lies is not good. I learned a lesson that I would never tell my parents or anyone a lie or They will never trust you again.



*Rubicelia Acosta
ESLW30*

Click, Click

Clicking the shutter of camera is an unforgettable childhood memory. My father took pictures of me many times when I was a young boy. I was just a photographic model for my daddy. My father ordered to me to make various poses: lying down on my stomach, walking, jumping, and running on the ground. When I made poses for him, I was happy to see the effect on him. He looked as if he was a professional photographer. Above all things, I loved to hear the clicking sounds more than pose for a

photograph. Therefore, my childhood dream was to be a photographer. Although I did not become a photographer, I am still with my camera and go everywhere. It is always on my shoulder. Click, click, click...

I bought my camera in Japan while traveling in 2007. My camera is a Canon EOS 40d SLR Digital Camera from Japan. At the time, that camera was a lot more expensive than these days. However, I

really wanted to have the new camera. I stared and stood there gawking as if the camera was saying to me, "Please let me go with you." I could not refuse its plea, so I adopted it as a traveling companion. It looks a little chubby and chunky, but it has agility like a boxer, deer, and dancer. It is rapidly able to take a picture and record plenty of scenes. My camera's skin is black and smooth to the touch. When I grasp its fat plastic handle, it fits snugly in my palm. In addition, my camera has a beautiful voice and makes an inviting tone when I click the shutter of the body. The offer is too enticing to refuse. My camera makes me feel delighted when I hear its lovely sounds. Click, click, click...

People desire to cherish their memories through the pictures or many things. Actually, I had an old camera from my father. My old one was shabby and the color faded. It changed colors to a reddish brown. It smelled like rotten food. It made squeaking sounds and creaked. My father brought it home when he was a twenty-eight-year old single man. He spent time with his camera for over 20 years, and then handed it to me. In fact, I did not want to take it, but I reluctantly received my father's camera because it was one of his favorites. As he handed it to me, he said, "I really wanted to buy this camera, so I saved money for about seven months. Most cameras are made in Japan, and it was very expensive at that time." I could not say anything when I heard it. I was deeply sorry for him. I realized that the old camera was his most valuable possession. These days the prices have fallen a lot. It means anybody can purchase these cameras, take them on a trip, and take a picture anywhere. I often opened my camera bag to check on Dad's old camera, lifting it out and wiping the camera lens and body. When I saw and touched the old camera, I reminisced about my good old days and my father.

Everyone wants to hold onto their special moments or unforgettable occasions through their photos. My camera can capture the angelic face of

my sister's baby, my naughty nephews and nieces, and beautiful scenes. My camera is able to capture our special images, like a newborn baby, a wedding day, and a graduation day. After printing their photographs, people put their delightful memories in an album. Other people like to post their photographs on a website (Facebook, Instagram, and blogs) to share with their family and friends. I love traveling around the world and I have been to nine countries so far. Boracay, the Philippines, was the most memorable place. Boracay is a small island that is beautiful, like a paradise. The white beach was incredibly soft and smooth like white flour. The children ran around



on the beach with smiling eyes. The young men and women swam at the seashore, glowing with excited faces. Old people lay on beach chairs drinking cocktails contentedly. The ocean color was turquoise, or the luminous green of emeralds. I took a lot of pictures of myself, of native people, and street landscapes. Traveling

teaches me to be more open to different ways of life. I love Rome, Italy. Unfortunately, I have never been there yet, but I can see a number of photographs about Rome on a website. Even though I cannot smell and touch the great Colosseum in Rome, I can see a magnificent and famous scene through others' pictures.

My camera definitely affects aspects of my life because it holds wonderful memories for me. My camera provides an incredible and fantastic reminiscence for me. It creates a variety of meaning through photographs. My camera can make me feel gloomy, angry, amused, and delighted. Sometimes I forget what has happened to me. I then can find the missing memory through my photographs: drawing of tears, giving plenty of laughs, and frowning. That is why I can't help loving my best friend. Click, click, click...

Woochul Jang
ESLW50



Students after Thirty?

Imagine the situation that community college has to be limited to students under thirty years old. Do you think it is fair toward people who really want to be students, but their ages let them down? Personally I totally disagree with this idea! What should the people after thirty do in this case? Eventually, they are still full of energy and desire to study. It's improper to deprive them of the possibility to achieve great results in life by learning in college today. Consequently, I strongly believe that students of all ages should have the same rights and capabilities to study in a college.



The first reason why people over thirty should have the opportunity to attend college is to have a chance to arrange their lives for the better. While we're young and inexperienced, we are in search of our destiny. However, as times goes by, we gradually begin to understand who we want to be, and what we need to do to achieve our goals. People over the age of thirty are one of such examples. Many of them, in order to achieve great results in life, make a decision to go to college. For instance, my next door neighbor, a 33-year-old guy, has also been a college student since last year. He spent so many years working hard as a construction worker. However, he was unable to make significant progress in his career. The problem is that after high-school he foolishly didn't go to college to earn a degree. He really regrets that he missed so much time. Nevertheless, he is full of confidence that it

isn't too late to correct his mistake. After college he plans to open his own construction business. I am sure he will succeed because at the moment he clearly understands what he wants from life. Unfortunately, in my country people over thirty don't have any opportunity to study and achieve more. I was pleasantly surprised when I learned that in America a person can change his life just because

he is disappointed in his profession and now he wants to try something new. Moreover, one of my ESL teachers recently told me a story about how she became an instructor at college. Today she is about fifty, but

it didn't prevent her from changing her job several years ago. It turned out that a significant part of her life she spent working in the legal field. However, after a little experience working with immigrants, she realized that teaching is for her. At this point, she decided to go to college again to learn a new profession and she is happy now. Isn't it wonderful?

The second reason why colleges shouldn't be limited to students over thirty years old is to give to foreign students the opportunity to realize their goals in a new country. I'm certain that considering the number of immigrants arriving in US, it's not only important for people, but also for the national economy. A large number of people, upon arrival in a new country, face the problem that their professions are unpopular in this country or even need upgrading. So they have to start all over again. They go to college, earn a degree, and then find a suitable job. My dad's classmate from adult school had

a very good job in Ukraine. I think he was a dean in a university. A half year ago he came to in the US, and of course he doesn't have the opportunity to continue his career in the same field of activity right now. As far as I know, next year he is going to college in order to start his own small business related to growing organic vegetables. The next example is my father. He is a very good electrician, and I consider him a professional in his field. Unfortunately, because of the crisis in our country, even with his great experience, it was difficult for him to find a job there. In

turn, electrician is also a good profession for California. That is why my father wishes to have his diploma evaluated and

approved in the future to continue doing the things he likes. In my opinion this is great. People arriving in a foreign country, don't lose courage. Instead they take every advantage of opportunity to make their lives better.

The third important reason for colleges to not limit enrollment to students under thirty could be explained by this statement: "It is never too late to learn." Reaching pension age, many older people despair. It seems to them that their lives are over. They don't have a job, and there is nothing to do for them. Thus, the most important thing in this situation is not to give up. The community college might help these people to feel young again. It's hard to believe, but one of my classmates was a about 75-year-old lady. It was so cute to watch her trying to learn something new every lesson, and it was evident how important it was for her. She didn't miss a single lesson and was an example for the other stu-



dents. She said many times that the school gave her a new sense of life and she regretted that she didn't go to school earlier. In addition, at the beginning of this semester I read an amazing article about George Dawson. He was a man with a very complex story. All his life he worked very hard to help his family. Only when he was 98 years old did he start attending school. Over the next few years Dawson was learning to read and write. He said, "Every morning I get up and I wonder what I might learn that day." Furthermore, with an elementary school

teacher's help, George wrote a book about his life called "Life is so Good." I was so impressed by this story! I'm convinced that this should be a very important example for all of us.

Probably it happens to every person at a young age when silly comments of acquaintances and family and one's own complexes prevent his plans and wishes from coming true. Contrived fears become a barrier to an important goal, and the person loses something really important in his life. Fortunately, after a while, as a mature person, he understands that not listening to the opinions of others is important, but finding his place in the world is. One must admit that school may help every person, no matter what age, to realize his life's purpose. That is why there is absolutely no reason at all for community college to be limited to students under thirty years old.



Arina Romanciuc
ESLW50



Nestscape -- Articles from The Web

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spiced chai and lentils to porridge with local honey, the benefit of a good morning routine is something that is acknowledged worldwide. Add a small 150ml glass of Tropicana and you've already had one of your five-a-day before leaving home.

English

The institution of the full English is alive and well, though it is often a weekend affair. A classic fry-up is based on bacon, eggs and toast – but any self-respecting Brit would find room on the plate to accommodate a couple of sausages, mushrooms, tomatoes and baked beans as well as lashings of brown sauce. Toast and cereals are the most popular day-to-day breakfast choice, and regional delicacies range from kippers to kidneys and kedgerree.



A coffee and croissant is a French classic

French

France's cuisine is known for being rich and elaborate, but when it comes breakfast, often less is more. Dry toast with jam (known as tartines) are a popular option, as are butter croissants, which are often served plain, leaving diners to nonchalantly dip a corner in their breakfast espresso. Traditional patisseries such as pain au chocolat or pain aux raisins are usually eaten as a weekend treat.

Vietnamese

Vietnamese pho is one of the country's biggest culinary exports – in Britain the clear bone broth with

noodles and fresh herbs is served as a main meal – but in Vietnam, it is a traditional way to start the day. The country's warm climate makes breakfast a sociable occasion, meaning that bowls of pho are often slurped from street vendor stands.



Turkish delight: shots of strong coffee and salty olives are a breakfast staple

Turkish

Traditional Turkish breakfasts consist of several little plates. It is a meal defined by variety, but intense flavour is a common theme: blocks of sharp white cheese, salty olives and shots of strong coffee. Those with a sweet tooth might hunt down some of the country's famous honey, served with a local delicacy called kaymak, which is similar to thick clotted cream.

American

The grapefruit diet was invented in America, as was the eat-all-you-can breakfast buffet. The pendulum still swings between green juice and stacks of pancakes garnished with bacon and maple syrup. The concept of brunch evolved in the US, and classics such as cream cheese bagels, blueberry muffins and eggs Benedict remain popular choices nationwide.



Moroccan medley: full of flavour, a Moroccan breakfast is either sweet or spiced

Moroccan

In Morocco, breakfast options are often sweet or spiced: typically, dried fruits and nuts, yoghurt with orange blossom water and rose petal jams; or a steaming pan of shakshuka, which roughly translates as “a mixture”. It is a spiced tomato ragu with poached eggs nestled in the sauce – not the kind of dish that comes with knives and forks, but flatbread to scoop up the sauce and wipe the frying pan clean.

German

The cheeses are strong, the pumpernickel bread is dark and the sliced salamis are studded with peppercorns at a typical German breakfast. While a continental spread is still the traditional option, German exports such as Bircher muesli and pretzels have become popular worldwide, prompting their resur-



Delicious: Japanese breakfasts consist of steamed rice, miso soup and various sides

gence on German breakfast tables.

Japanese

Traditional Japanese breakfasts are hot, savoury and varied. They are often served on trays that accommodate the selection of small dishes: a bowl of white rice, one of steaming hot miso soup, perhaps a teapot containing green or black tea, and usually another little plate for nattō (fermented soya beans), pickled vegetables, tofu or slices of tamagoyaki rolled omelette.



Brazilian breakfast: it's all about coffee and fruit

Australian

Australian breakfast has come a long way since Vegemite on toast. Coffee culture is deeply engrained in most cities, and a flat white is a popular start to the day, followed by fusion dishes that often combine native and non-native ingredients: lemon myrtle blueberry muffins, macadamia nut granola, buckwheat pancakes or avocado with lime and coriander.

Brazilian

The word for breakfast – café da manhã – literally translates as “morning coffee”, and often Brazilian breakfasts are little more than that. Coffees are small, dark and strong, and are usually accompanied by little more than a selection of fresh native fruits: papaya, mango, guava, pineapple and passion fruit.

Finnish

In Finland, open sandwiches are often served at breakfast, with substantial, savoury toppings such as gravlax or hard cheeses. A sharp, cultured milk yoghurt called viili, or porridge with cloudberry or



lingonberry jam are also popular options, as are traditional Finnish pastries like korvapuusti cinnamon rolls.



Aromatic and spicy: Indian breakfasts vary but they're always full of colour and flavour

Indian

Masala chai – tea infused with herbs and spices – is sipped up and down the country, but otherwise Indian breakfasts vary from region to region. In the south, an idli steamed rice cake or dosa pancake might be served alongside a sambar spiced lentil broth and chutney. In the north, more robust breads such as paratha or roti are typically offered alongside a drier, spicier vegetable curry with pickles. Lots of regions have particular breakfast specialties, such as the akuri spiced scrambled eggs enjoyed in the Parsi cafés of Mumbai.

Chinese

Dim sum is such a popular mid-morning snack. People flock to China Towns worldwide to feast on bamboo baskets stacked with steamed banoi buns, and plates of glutinous rice wrapped in lotus leaves, or egg custard tarts. Steaming bowls of congee rice porridge are another traditional option, as are wonton dumplings simmered in a savoury broth.

Swedish

Cultured yoghurt or a sour dairy product called filmjök (often known as “fil”) is a typical start to the day. Swedish cuisine is known for being simple, and a bowl of yoghurt is often served with fresh berries (eg, lingonberries, crowberries, cloudberries), honeys or jams. Smoked or cured fish also make up a typical Swedish breakfast, and are often served in Scandinavian open sandwiches.

Mexican

Mexican breakfasts are a sure-fire way to bulk up at the start of the day, with heavy dishes such as potato hash, corn chilaquiles or the Tex-Mex breakfast burrito: eggs, cheese and beans in a tortilla wrap. One of Mexico’s best breakfast exports is huevos rancheños (also known as huevos el Diablo, Devil’s eggs), which is a popular dish where eggs are poached in a spicy tomato sauce.



Ready to start the day: fish can always be found at the Swedish breakfast table

http://www.telegraph.co.uk/wellbeing/healthy-lifestyle-tips/breakfasts-from-around-the-world/?WT.mc_id=tmgspk_ob_1311_Alt4YNNHrWny&utm_campaign=tmgspk_ob_1311_Alt4YNNHrWny&utm_content=1311&utm_medium=ob&utm_source=tmgspk

Facts about Skipping Breakfast

- A worrying quarter (25%) of people are skipping breakfast once or more during the week, with more than one in ten (13%) never eating it
- Of women who skip breakfast, 29 per cent miss it because they are too busy getting ready
- 14 per cent of female breakfast skippers say they don’t eat in the morning because they are trying to lose or watch their weight
- Women are more likely to prioritise their hair and choosing clothes for the day than eating breakfast.

<http://www.shakeupyourwakeup.com/why-is-breakfast-important/our-breakfast-foods/fun-breakfast-facts>

Should People over 40 Work a Three-day Week?

Working full-time after the age of 40 is not good for the brain. Doing more than three days a week once you reach this age can damage your ability to think. A paper from the Melbourne Institute of Applied Economic and Social Research says that, while working up to 30 hours a week is good for the brains of the over-40s, do any more than that and it goes downhill. If you were to work 60 hours a week, your cognitive ability would be worse than that of someone who didn't work at all. Still, on the plus side, you would have more money than them.

The researchers used data from more than 3,000 men and 3,500 women who completed the national Household Income and Labour Dynamics in Australia (Hilda) survey. The survey tested the ability to read words aloud, recite lists of numbers and match letters and numbers in a speed trial. Testing reading is a measure of the “knowing” part of ability, says lead author Prof Colin McKenzie, while the other two tests capture fluid intelligence – the “thinking” part of ability that includes memory, abstract reasoning and executive reasoning.

This lowering of scores in those aged over 40 who work full-time doesn't fit with the idea that working for longer helps people stay mentally sharp, or with the notion of “use it or lose it”. So, should those who can afford to work less from the age of 40 reduce their hours?

The solution

Most of us have to keep working full-time.

But does it matter what sort of job you do? Is your ability to think preserved, as some research suggests, if you have an intellectually demanding job? The Hilda survey doesn't ask questions about the quality of work, and McKenzie says it's hard to tell: “It's very difficult to identify the causal effects of the type of work on cognitive functions. People may be selected into certain occupations according to their cognitive abilities.”



It's also not clear why working more than 30 hours is not good for your brain, while fewer hours is beneficial. McKenzie says that work can be a double-edged sword. “While work can stimulate brain activity, long working hours can cause fatigue and stress,

which potentially damage cognitive functions. Full-time work (40 hours a week) is still better than no work in terms of maintaining cognitive functioning, but it is not maximising the positive effects of work,” he says.

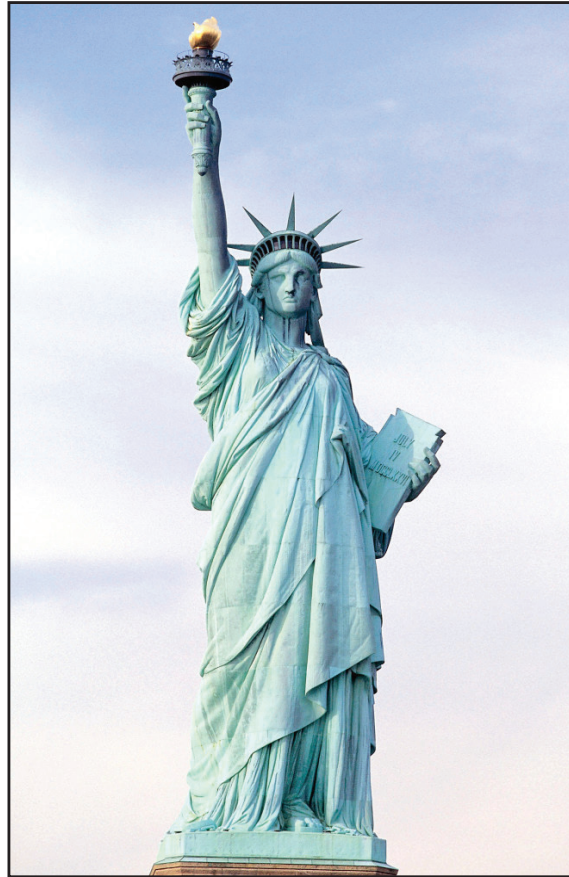
Results may also vary between countries, depending on how much holiday people can take each year. It's hard to control for all the factors that might bias a study such as this (including choices around the hours worked and the type of work), but it makes the idea of working full-time until the age of 67 – which the government aims to bring in between 2026 and 2028 – even less appealing.



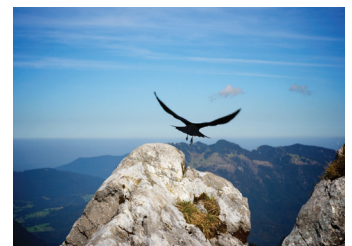
<https://www.theguardian.com/lifeandstyle/2016/aug/08/should-people-over-40-work-a-three-day-week>



One is to endure...



Not like the brazen giant of Greek fame,
 With conquering limbs astride from land to land;
 Here at our sea-washed, sunset gates shall stand
 A mighty woman with a torch, whose flame
 Is the imprisoned lightning, and her name
 Mother of Exiles. From her beacon-hand
 Glows world-wide welcome; her mild eyes command
 The air-bridged harbor that twin cities frame.
 “Keep, ancient lands, your storied pomp!” cries she
 With silent lips. “Give me your tired, your poor,
 Your huddled masses yearning to breathe free,
 The wretched refuse of your teeming shore.
 Send these, the homeless, tempest-tossed to me,
 I lift my lamp beside the golden door!”



One is to deplore...



Really? Is this the best we can do? Shine a light, bro', like Lady Liberty.



Eat the World!

The Parrot represents students of many hues and sounds --- no news there. Indeed, birds of a feather flock together, right? They also eat together. The Parrot is proud to present Parrot fodder from around the world in this and subsequent issues. Squawk!

What is an Easy-to-Follow Recipe for Eggs Benedict?

Ingredients

- 1- 4 egg yolks.
- 2- 3 1/2 tablespoons lemon juice.
- 3- 1 pinch ground white pepper.
- 4- 1/8 teaspoon Worcestershire sauce.
- 5- 1 tablespoon water.
- 6- 1 cup butter, melted.
- 7- 1/4 teaspoon salt.
- 8- 8 eggs.
- 9- 1 teaspoon distilled white vinegar.
- 10- 8 strips Canadian-style bacon.
- 11- 4 English muffins, split.
- 12- 2 tablespoons butter, softened.

Directions

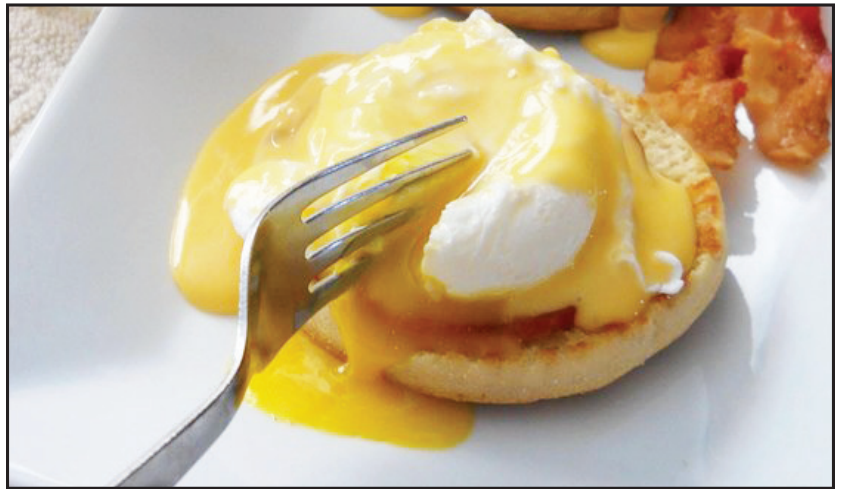
Prep: 25 m

Cook: 5 m

Ready In: 30 m



- To Make Hollandaise: Fill the bottom of a double boiler part-way with water. Make sure that water does not touch the top pan. Bring water to a gentle simmer. In the top of the double boiler, whisk together egg yolks, lemon juice, white pepper, Worcestershire sauce, and 1 tablespoon water.



- Add the melted butter to egg yolk mixture 1 or 2 tablespoons at a time while whisking yolks constantly. If hollandaise begins to get too thick, add a teaspoon or two of hot water. Continue whisking until all butter is incorporated. Whisk in salt, then remove from heat. Place a lid on pan to keep sauce warm.

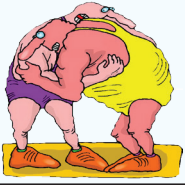
- Preheat oven on broiler setting. To Poach Eggs: Fill a large saucepan with 3 inches of water. Bring water to a gentle simmer, then add vinegar. Carefully break eggs into simmering water, and allow to cook for 2 1/2 to 3 minutes. Yolks should still be soft in center. Remove eggs from water with a slotted spoon and set on a warm plate.

- While eggs are poaching, brown the bacon in a medium skillet over medium-high heat and toast the English muffins on a baking sheet under the broiler.

- Spread toasted muffins with softened butter, and top each one with a slice of bacon, followed by one poached egg. Place 2 muffins on each plate and drizzle with hollandaise sauce. Sprinkle with chopped chives and serve immediately.

<http://allrecipes.com/recipe/17205/eggs-benedict/>

Parrot Warbling



Grappling with Grammar

Grammar Parentheses

Rule 1. Use parentheses to enclose information that clarifies or is used as an aside.

Example: He finally answered (after taking five minutes to think) that he did not understand the question.

Example: He gave me a nice bonus (\$500).

Rule 2a. Periods go inside parentheses only if an entire sentence is inside the parentheses.

Example: Please read the analysis. (You'll be amazed.)

Rule 2b. Take care to punctuate correctly when punctuation is required both inside and outside parentheses.

Ex: You are late (aren't you?).

Rule 3. Parentheses, despite appearances, are not part of the subject.

Example: Joe (and his trusty mutt) was always welcome.

Rule 4. Commas are more likely to follow parentheses than precede them.

Incorrect: When he got home, (it was already dark outside) he fixed dinner.

Correct: When he got home (it was already dark outside), he fixed dinner.

<http://www.grammarbook.com/punctuation/parens.asp>

Idiom--Attic

Devil's Advocate



A person who takes an opposite or controversial opinion in order to have a conversation.

Example: Someone at a meeting may play the role of devil's advocate to try and find out what your plan is if things go wrong.

<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.

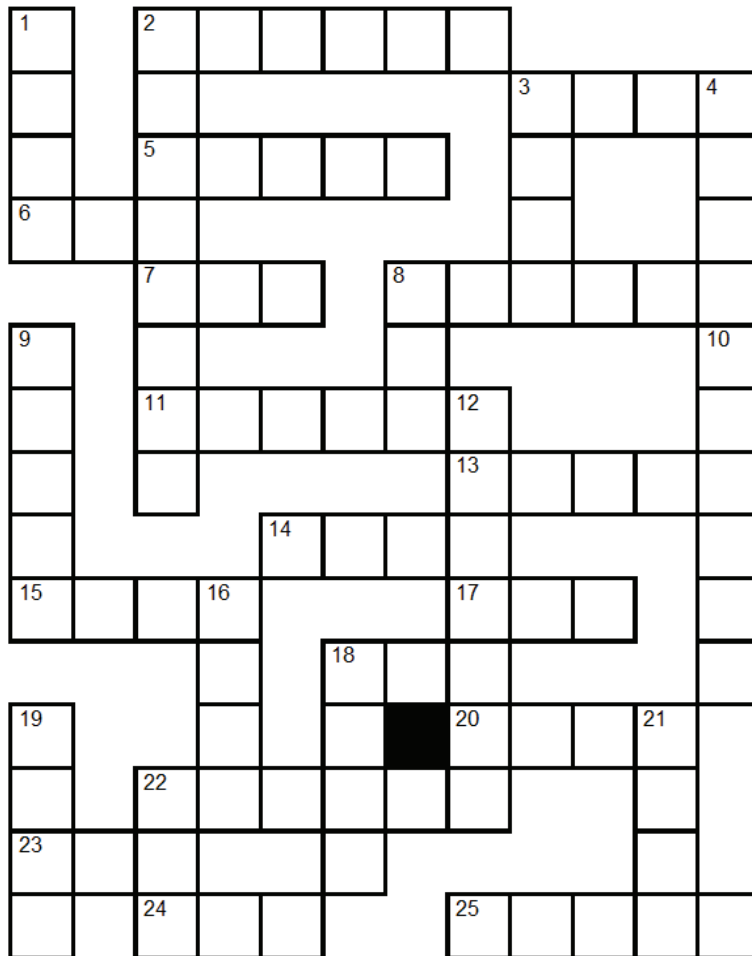
3. The third flap occurs when with linking of the consonant final letter of one word and the vowel letter of the next. (see section on linking).

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

<http://pronunciationtips.com/consonant-cluster1x/con-replace1/>



Some More Parrot Fun Stuff



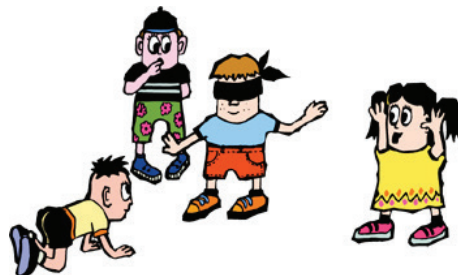
Across

- 2-A kind of fruit that begins with G. (6)
 3-The opposite of first. (4)
 5-A kind of fruit that begins with L. (5)
 6-Another word for angry. (3)
 7-A forest animal that rhymes with socks. (3)
 8-Another word for glad. (5)
 11-A season that rhymes with king. (6)
 13-A kind of fruit that begins with A. (5)
 14-A fruit that rhymes with hair. (4)
 15-The opposite of up. (4)
 17-The antonym of good. (3)
 18-A drink that rhymes with sea. (3)
 20-A farm animal that rhymes with boat. (4)
 22-A type of fruit that begins with O. (6)
 23-Another word for sick. (3)
 24-A pet that rhymes with log. (3)
 25- A kind of flower that begins with D. (5)

Down

- 1- A place that rhymes with arm. (4)
 2- A kind of fish that begins with G. (8)
 3- Another word for jump. (4)
 4- Another word for pull. (3)
 8- A farm animal that rhymes with pen. (3)
 19- The antonym of thick. (4)
 21- Another word for throw. (4)
 22- The opposite of young. (3)

- 9- A synonym of sleepy. (5)
 10- Another word for smart. (6)
 12- A synonym for trash. (7)
 16- The opposite of far. (4)
 18- Another way to say 'very small'. (4)





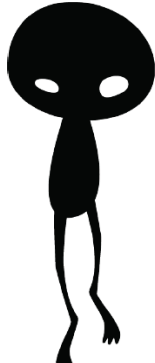
Alien Life

Word Search



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

| | | |
|------------------|-------------|-------------|
| Abduction | Galaxy | Sighting |
| Alien | Green | Spacecraft |
| Area Fifty One | Invasion | Telepathy |
| Close Encounter | Light Speed | Transporter |
| Conspiracy | Martian | Traveler |
| Dimension | Outer Space | UFO |
| Earthling | Planets | Voyage |
| Extraterrestrial | Ray Gun | |
| Flying Saucer | Sci-fi | |





Parrot Poetry



Good Bones

Life is short, though I keep this from my children.
 Life is short, and I've shortened mine
 in a thousand delicious, ill-advised ways,
 a thousand deliciously ill-advised ways
 I'll keep from my children. The world is at least
 fifty percent terrible, and that's a conservative
 estimate, though I keep this from my children.
 For every bird there is a stone thrown at a bird.
 For every loved child, a child broken, bagged,
 sunk in a lake. Life is short and the world
 is at least half terrible, and for every kind
 stranger, there is one who would break you,
 though I keep this from my children. I am trying
 to sell them the world. Any decent realtor,
 walking you through a real shithole, chirps on
 about good bones: This place could be beautiful,
 right? You could make this place beautiful.

by MAGGIE SMITH

Rigoberto's Riddles

What is big and yellow and
 comes in the morning, to
 brighten mom's day?



School Bus

Silly Vasily's Chuckle Chamber

Beautiful English

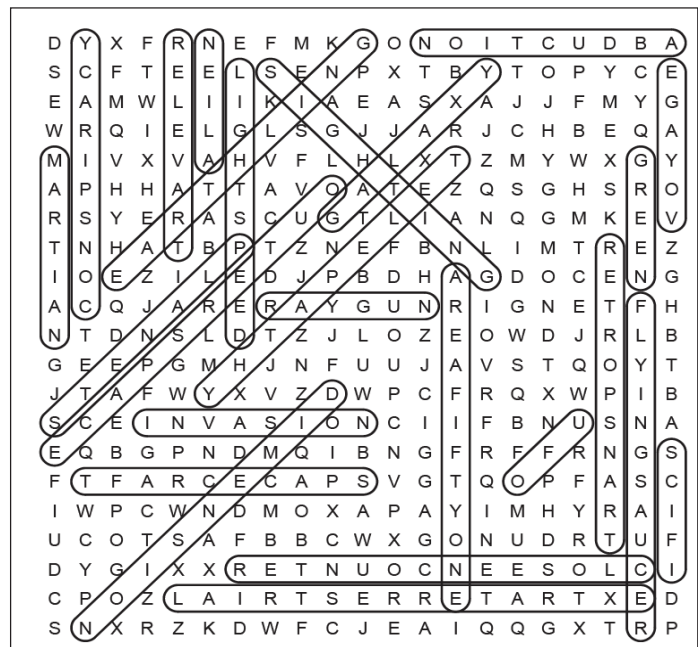
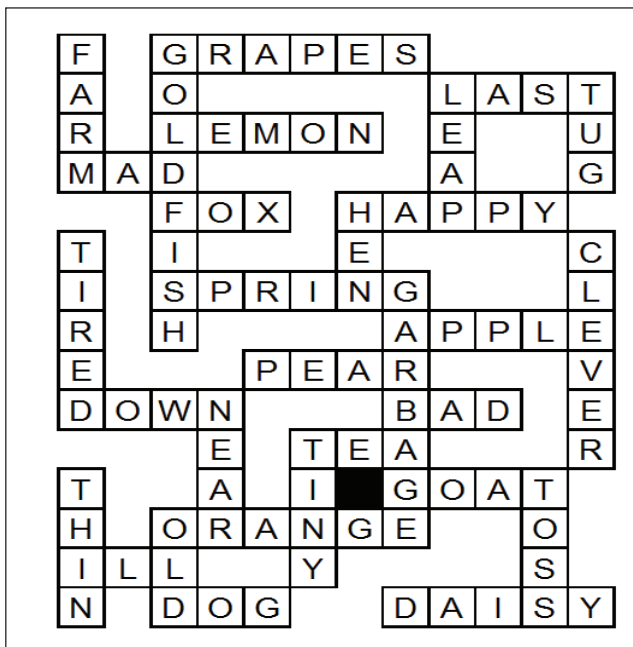
*I called an old school friend on the
 telephone and asked him what he
 was doing.*



*He replied that he was working on
 "Aqua-thermal treatment of ceram-
 ics, aluminum, and steel under a con-
 strained environment.*

I was impressed....

*On further inquiry, I learned that he was washing
 dishes and pots, and pans with hot water... under his
 wife's supervision.*



Granny Noetal

Dear Granny Noetal,

My ESL listening/speaking teacher I like but I get tired of listening to her. I want to listen but my mind wanders when I'm in class. I think about my dear girlfriend or I think about my brothers and sisters back in my country. My teacher understands this. She always reminds us that we are dealing in a second language, and it is natural to lose focus for stretches of time. She suggests that we always take notes so that we are really focused. A friend of mine told me I need more practice -- not just twice a week in class. I hear that there is something called College Hour twice a week, on Tuesdays and Thursdays at lunchtime. Can you tell me more?

Orecchi Piccoli



Dear Orecchi,

Yes, there is a long-standing program of guest presentations on campus, by professors and by speakers from off-campus. Very often they are held in Raef Hall, a large auditorium, and often they run from 12:20 to 1:30. There are a variety of topics. Other talks occur in other places and at other times around campus. Read *The Current* and the last page of *The Parrot* to see a few publicized events. Take your lunch with you so you can make the talk an enjoyable experience -- eating and listening might be more fun than listening and taking notes. Listening and learning in another language while eating -- what a great combination! Many years ago Granny took a cooking class in French -- I was actively doing (and eating) while listening. Now I can understand a lot of French and can make a mean soufflé. Voila!

Interview with Prof. Atwater

Continued from page 1

humanities, American humanities, world religions, and I have taught *The Bible* and Middle Eastern humanities. But now Professor Lester teaches those two courses.

Parrot: Where else have you taught?

Professor Atwater: I've taught at Sacramento State University. I also taught at a couple of high schools. I taught at Union Mine High School. I taught history and literature, and I taught at a private college called Google for Spelling College in Washington State.

Parrot: What is your favorite course?

Professor Atwater: I like them all, but I really like teaching world religions. It is an introduction to world religions. It is a survey course; it covers the Hindu, Sikh, Jewish, Christian, Muslim, Buddhist, and tribal religions.

Parrot: Which religion attracts you more?

Professor Atwater: I find something attractive in all

religions I teach. It is different for each religion. For example, when I teach Islam I really enjoy the Sufi, Ibn Rummi and I enjoy teaching the masjid, the mosque and we visit Salam Center across the street from ARC and take a tour. But about Buddhism, I really enjoy teaching about the Dali Lama, who is the big guru of Tibetan Buddhism. There is something in each and every religion that really attracts me and interests me and I hope to get students interested.

Parrot: Why did you choose to teach this course?

Professor Atwater: Well, I came here just over fourteen years ago. Nine Eleven had just happened and I was teaching in high school. When they hired me here, I immediately thought about what had happened at the World Trade Center. Students should probably know more accurate information about all religions and people in the world because after Nine Eleven. For example, there was a Sikh man who wore the turban because some Americans did not know they were not Osama Bin Laden's followers; they were Sikh from India. So, I thought coming here right after that, you know national tragedy, I could help students understand the world better.



Parrot: What have you discovered from your travels to other countries?

Professor Atwater: I think the main thing is that despite differences in culture or language, religion, food, and all the things that are very different in every culture, we share common humanity, and we share a smile or a laugh which needs no translation anywhere in the world. I went to Japan, and I discovered the beauty of the country. When I went to Israel, to Jerusalem, I discovered the beauty of the old city. When I was in India, I discovered the beauty of the temples and the countryside. So, I found wonderful and beautiful places and people everywhere and felt love everywhere I went.

Parrot: What was the biggest challenge you met during your visit to these countries?

Professor Atwater: Yes, when I was in South Africa for a visit to my friend, I was driving, but the car in South Africa is like in England and Australia. The driving is on the left side of the road and the wheel on the right. That was very challenging. We were out on a like a safari, like a visit to the wilderness where there are hippopotamuses, lions, giraffes, and rhinoceros and it was challenging. We had some hiking to do. It was very cold at night and very hot in the middle of the day; it was like a dry plain. We were looking for wild animal tracks and it

was challenging but a lot of fun.

Parrot: How can the courses you teach help students?

Professor Atwater: I think we live in a global world. For example, when I teach Asian humanities, we study China, we study Japan, we study Tibet, we study India, and many of our students here in California will be in business dealing with China, a major economy. They will meet people in California who are from those countries and those cultures. So, whatever a student's major might be, if it is going to be in law, or law enforcement, or in business, or in nursing, or in help professions, they are going to have contact with people from all over the world. For our students who graduate, they have the understanding of these people, their values, and their cultures. I think it is very important.

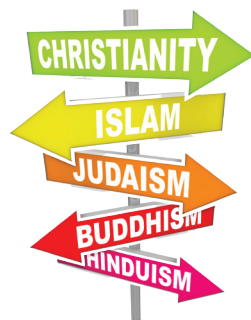
Parrot: What do you do in your spare time?

Professor Atwater: Well, I am an active musician as you can see. I play instruments, I direct chorus, I write music, and sing, and that keeps me active. Plus I do enjoy in the mountains in Lake Tahoe and wilderness just up to the mountains from us here. So, I like hiking and camping.

Parrot: Thank you very much for joining us.

The Largest World Religions in order are:

1. Christianity: 2.1 billion
2. Islam: 1.3 billion
3. Hinduism: 900 million
4. Buddhism: 376 million
5. Sikhism: 23 million
6. Judaism: 14 million



The Five Oldest main World Religions in order are:

Hinduism - The oldest religion, it may date to pre-historic times.

Judaism - The Hebrew leader Abraham founded Judaism around 2000 B.C. Judaism is the oldest of the monotheistic faiths (religions with one god).

Christianity - Founded by Jesus Christ, who was crucified around A.D. 30 in Jerusalem. It was after his death when his followers came to believe in him as the Christ, the Messiah.

Buddhism - Founded by Siddhartha Gautama, called the Buddha, in the 4th or 5th century B.C. in India.

Islam - Founded in Arabia by Muhammad between A.D. 610 and A.D. 632

<http://www.primaryhomeworkhelp.co.uk/Religion.html>

Istanbul, Turkey



The Parrot - Read Simply Everywhere!



ISTANBUL IS UNIQUE

There are a lot of cities and regions in the world today that you can refer to as 'a culture that has been influenced both by the West and the East' but Istanbul is THE location where the West and the East came together and gave birth to something UNIQUE. Above in the background is the famous Blue Mosque.



Quick Parrot Grammar Quiz

1. How often do you play tennis?

- a. On Tuesday.
- b. For two hours.
- c. Almost every day.
- d. With John.

2. Where do you usually eat lunch?

- a. Sandwich.
- b. With Jane.
- c. At 12:00.
- d. In the cafeteria.



3. How long did you study last night?

- a. With Bob.
- b. In my room.
- c. English.
- d. For three hours.

4. What kind of novels do you like?

- a. Yes, I do.
- b. I like spy novels.

5. What kind of work do you do?

- a. I work every day.
- b. I'm a piano teacher.
- c. I worked for two hours.

6. How many hours a day do you watch TV?

- a. About two hours.
- b. In my living room.
- c. I watch the news.
- d. On Tuesday.

7. What is your busiest day of the week?

- a. In the morning.
- b. Every day.
- c. Tuesday.
- d. Last week.

8. My mother is a good cook.

- a. I agree with you.
- b. I agree you.
- c. I agree to you.
- d. I agree for you.

9. What does "TV" mean?

- a. For one hour.
- b. Yes
- c. Television.
- d. For one hour.
- e. On Friday.

10. How do you spell "dog"?

- a. No
- b. D-O-G
- c. No
- d. I don't
- e. Cat.

11. What did you do yesterday?

- a. I am swimming.
- b. I swim.
- c. I will swim.
- d. I swam.



Answers

- 1. C
- 2. D
- 3. D
- 4. B
- 5. B
- 6. A
- 7. C
- 8. A
- 9. C
- 10. B
- 11. D



ESL Students Find Success in Business

Rabeea Lasso and **Raghad Eesso** are the owners of a small mouth-watering establishment called Pizza and Kabobs in Folsom. Husband and wife Rabeea Lasoo and Raghad Eeso, originally from Iraq, were ESL students for a few years at ARC. How did they get the idea of starting their business? It was simple. "All of our friends liked our cooking, liked our food at picnics and gatherings. They encouraged us." The Parrot had a nibble. As they say in Parrotese, "squawk"! As they say in Arabic, "La-thith"! As they say in English, "yummy"!

| | |
|--|----------|
| LARGE PIZZA | |
| 1. HAWAIIAN PIZZA | \$ 11.99 |
| <i>Cheese, Ham, Pineapple</i> | |
| 2. PEPPERONI PIZZA | \$10.99 |
| <i>Cheese, Pepperoni</i> | |
| 3. CHEESE PIZZA | \$9.99 |
| 4. WHITE GARLIC CHICKEN PIZZA | \$12.99 |
| <i>White Sauce, Cheese, Chicken</i> | |
| 5. ALL MEAT PIZZA | \$13.99 |
| <i>Cheese, Pepperoni, Italian Sausage, Bacon</i> | |
| 6. BUFFALO CHICKEN PIZZA | \$13.99 |
| <i>Ranch, Chicken, Onions, Bacon, Cheese</i> | |
| 7. VEGETARIAN PIZZA | \$12.99 |
| <i>Cheese, Mushrooms, Green Peppers, Onions, Black Olives</i> | |
| 8. HALAL CHICKEN PIZZA | \$14.99 |
| <i>Cheese, Chicken, Green Peppers, Black Olives, Onion</i> | |
| 9. HALAL BEEF AND LAMB PIZZA | \$14.99 |
| <i>Cheese, Beef And Lamb, Onions, Green Peppers, Black Olives</i> | |
| EXTRA TOPPING | \$1.50 |
| PLATES | |
| <i>Serve with rice, salad, hummus, bread</i> | |
| 1. CHICKEN KABOB | \$ 7.99 |
| 2. GROUND CHICKEN KABOB | \$7.99 |
| 3. GROUND BEEF & LAMB KABOB .. | \$8.99 |
| 4. CHICKEN SHAWARMA PLATE | \$7.99 |
| 5. BEEF & LAMB SHAWARMA PLATE | \$8.99 |
| 6. FALAFEL PLATTER | \$6.99 |
| 7. COMBO PLATTER | \$13.99 |
| <i>(any two choices from the list above)</i> | |
| SANDWICHES | |
| <i>Comes with lettuce, onion, tomato, cabbage, hummus, sauce</i> | |
| 8. CHICKEN SHAWARMA | \$6.99 |
| 9. BEEF & LAMB SHAWARMA | \$7.99 |
| 10. GROUND CHICKEN KABOB SANDWICH | \$6.99 |
| 11. GROUND BEEF & LAMB KABOB SANDWICH | \$7.99 |
| 12. FALAFEL SANDWICH | \$5.99 |
| WRAPS | |
| <i>Comes With Lettuce, Onions and Tomatoes, Hummus, Sauce</i> | |
| 13. CHICKEN SHAWARMA WRAP | \$7.99 |
| 14. BEEF AND LAMB SHAWARMA WRAP | \$8.99 |
| 15. GROUND CHICKEN KABOB WRAP | \$7.99 |
| 16. GROUND BEEF & | \$8.99 |
| LAMB KABOB WRAP | |
| 17. FALAFEL WRAP | \$6.99 |
| SALAD | |
| 18. GARDEN SALAD | \$4.99 |
| <i>Lettuce, Cabbage, Onions, Tomatoes, Cucumbers, Dressing</i> | |
| 19. GREEK SALAD | \$5.49 |
| <i>Lettuce, Onions, Tomatoes, Cucumbers, Olives, Onion, Chick Peas, Feta Cheese, Dressings</i> | |
| ADD CHICKEN | \$2.00 |
| ADD BEEF AND LAMB | \$2.50 |

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Out of the Cage

Interview Success Workshop Wednesday February 15, 2017 11am – 12pm

This workshop includes information on researching the organization, reviewing anticipated questions and specific strategies, assessing your skills, making a professional presentation, and body language and presentation.

Please call the Career Center and register for this workshop. 916-484-8492

Location: DSPS Conference Room

Opportunities for STEM Research at UCD

Thursday February 23, 2017
12:15pm – 1:15pm

Learn how transfer students in the STEM majors can get involved in paid undergraduate research opportunities at UC Davis through the California Alliance for Minority Participation. This event is sponsored by the Honors Program, the TRIO Program, and the ARC Transfer Center.

Location: Raef Hall 160



Resume Development Workshop Thursday February 16, 2017 2pm – 3pm

Your résumé reflects your uniqueness. This workshop focuses on the physical appearance of a résumé, including different types of formats and the kinds of information that should be included. Tips on writing an effective cover letter to send with your résumé will be discussed. Please call the Career Center to register for this workshop. 916-484-8492

Location: DSPS Conference Room

JUNG Personality Assessment Workshop Thursday February 23, 2017 1pm – 2pm

What is your natural temperament? What careers are you most drawn to? What kinds of people do you get along best with? Come to this workshop to discover more about yourself using an assessment tool based on Carl Jung's theory of Psychological Type. This is for students who wish to take the Jung assessment or have already taken it and want a more in-depth understanding of the eight scales, or "ways of being" it is based on. You will learn some new things about yourself, about what careers suit you, and about the people in your life in this interactive, fun and informational workshop.

Location: Connect Center, Student Services Bldg.



Questions/Comments?

Student Editors: **Elaf Khafaja**

Please let us know what we can do to improve "The Parrot." We appreciate any and all feedback you are willing to give us. Send us an e-mail, call, or just drop by Professor Bracco's office D337 (Davies Hall), call (916) 484-8988, or e-mail Braccop@arc.losrios.edu. To see The Parrot in color go to http://www.arc.losrios.edu/Programs_of_Study/Humanities/ESL/The_Parrot.htm

