



# The Parrot

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

Issue # 112

Spring 2017

## ESL Prof. Valcu Lives Am. Dream

**Parrot:** Well, as I know, English isn't your first language right? Aren't you from Romania?

**Sanda:** Yes, I am from Romania.

**Parrot:** What is it like to live there compared to than living here?

**Sanda:** First



of all, I grew up in Romania, and I came here when I was twenty-one-years old, in 2000. It's a very different life here than over there. There's a different pace of life; in Romania life is much more relaxed, and here it's very scheduled and precise, and

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*To My Friends*

pg. 11



*"Challenges make life interesting; overcoming them makes life meaningful."*

*- R.W. Emerson*

## New York Public Library Installs Tiny Trains to Deliver Books

Navigating the famed New York Public Library that's located in the Stephen A. Schwarzman



Manhattan institution houses millions of volumes, many of which are stored in the stacks

Building can be intimidating even to long-time members. The

deep below the neighboring Bryant

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## Student Chirpings

### Junk Food! Taxes or No Taxes?

“A closed mouth catches no flies” is a proverb that if you carefully watch what you eat, you can prevent getting diseases. Nutritionists advise not eating junk food, but it is hard to resist because it is fast, cheap, and delicious. We rush to a fast food restaurant to get chicken nuggets and french fries on our way to school, and then

is that taxation reduces consumers’ consumption and improves their dietary habits. Many people eat junk food simply because it is cheap, so taxation definitely hurts their pocketbook, especially those who try to make ends meet. Consequently, instead of spending money on expensive junk food, many people may start looking for more affordable



we go grab some doughnuts at night to end the day. Now junk food is blamed for causing many health problems. Since the fact that junk food is unhealthy is irrefutable, should there be taxes on junk food? Even though some people claim taxing junk food undermines freedom, junk food should be taxed because taxation reduces consumers’ consumption and improves their dietary habits, taxation encourages food producers to produce healthy food, and taxation discourage people ages from eating junk food and eventually helps them save their money and lives.

One reason that junk food should be taxed

aletrnatives, which they usually end up preparing themselves, and which are also fresher and healthier. Furthermore, just like putting taxes on alcohol and cigarettes, adding taxes on junk food means another threatening signal that warns people of the bad consequences of eating junk food, which educates people to a certain extent that junk food is just bad for them. As a result, many people may start paying closer attention to what they eat and gradually develop better habits by eating econmically and healthily.

Another reason that junk food should be taxed is that taxation encourages food producers

to produce healthy food. Taxation directly increases food prices; higher prices slow down the sales, and slow sales make less profits. For this reason, food manufacturers will have to choose alternative ingredients that are not graded as junk food if they want their business to sustain and thrive. In "We should Tax Junk Food and Stop Advertising It To Kids,"

Charlie Sorrel suggested that junk food should be taxed to reduce its intake; he also introduced an example of how taxation inspired food manufacturers to reformulate their products to avoid being taxed. (Sorrel,

Charlie.) To keep the prices down and the sales up, food producers are motivated to produce better food by replacing the bad ingredients with the good ones so their products won't be targeted as junk food that needs taxing.

Finally, my opponents may argue that taxation is contradictory to freedom; they say that government shouldn't interfere in their choices of meals. It might be true that government seems to be a bit intrusive in people's lives. However, government should play an important role in guiding people for the sake of their health. On the surface, taxation limits freedom, but in fact, government tries to discourage people from eating junk food, which is the major factor of resulting in obesity, which leads to heart disease, diabetes, and other chronic diseases. Such diseases not only cost them a tremendous amount of money in medical treatment, but also could mercilessly kill them. Taxation, therefore, is not a punishment, but a tool to shape people's behavior and improve their health

by urging people to avoid eating such junk food, which can prevent them from getting preventable diseases. In other words, taxation can help people save their money and lives in the long run.

In conclusion, although junk food is popular, and many people eat it as a quick energy boost or as their regular meals, it produces many negative health

problems that should no longer be ignored. To improve people's dietary habits, encourage food producers to produce superior food, and discourage people from eating unhealthy food and help them save their money and

lives, junk food definitely should be taxed. Indeed, government should be actively involved in shaping people's behavior and improving their health by adding taxes on labeled junk food.

Haiping Wu  
ESLW 320





## An Important Day

Waiting was a kind of suffering, especially on November 18, 2014. It was a winter morning, but it was sunny and warm in midtown Sacramento. Everybody sitting in the room was quiet but definitely nervous. No one cared about the weather, traffic outside, cellphones, or even Facebook. Based on their attire, people were from many different cultural and ethnic groups all over the world. It was an important reason that we were sitting together that day in that room. I sat in my chair with my back against the chair back, closed my eyes, and told myself in my heart, "No worry; I can make it." In the meantime, I was trying to listen carefully for my name to be called. At the moment, when I heard my name, I realized that my life had completely changed.

It was my first time to have a citizenship interview, and it could probably be the last time too. As my interviewer, a young gentleman with a nice smile, led me into a small room, I was getting more and more nervous. It seemed that I was attending the most important test of my life. I could hear my heart beating fast, and my hands began to sweat not because of the heater but because of my tension. Fortunately, the gentleman's smile was nice enough to make me feel relaxed and comfortable. I absolutely believe that a smile could make everything better and more beautiful. My father used to tell me that I should face life cheerfully all the time, no matter in what difficulties or diseases. After I swore to tell the truth by raising my right hand, I had a seat and quickly took a deep breath to get my body relaxed as soon as possible. It was the moment that I had been waiting for about five years since I came to the U.S. as a permanent resident. My

family and I left China behind and moved to the U.S. It seemed crazy at the time, but it became a fact. In such a new environment, we had to confront a lot of difficulties and problems that included different languages, cultures, jobs, and so forth. For a few seconds, the room was so quiet that I could only hear the sound of papers turning and keyboards hitting. Then the gentleman broke the silence of the room.

He began to verify my information on the



forms that I had sent with the application about three months earlier. Life is always full of unknowns and challenges because no one knows what is going to happen next second. Everything was moving smoothly so far. The gentleman looked better, and I felt better. When he asked for my security number and my mailing address, I said them out

without hesitation. However, when he asked for my phone number, I felt ready to faint. I said the first six numbers immediately, but then I stopped. "What were the last four numbers?" I repeated the first six numbers many times. I just could not remember them at all. What should I do? I had never felt more stupid in my life. I could remember my parents' phone numbers, my cousins' phone numbers, and even my friends' phone numbers. Nonetheless, I had never tried to memorize my own. I should have reviewed my documents the previous. There were many regrets growing in my mind. Just then, I seemed to see many birds flying over my head. They seemed to laugh at me. I had racked my brain many times, but it was in vain. After a little while, the gentleman looked up at me for a few seconds. Suddenly an idea came to my mind. "Could I take a look at my cellphone please? I can't remember my phone number," I begged him. He smiled and nodded, so I quickly took out my cellphone from my handbag and found my number. And then I found the birds

over my head flying away in no time.

The naturalization test had just begun. I was there to be tested to become a U.S. Citizen, and I knew there were many steps waiting for me. First of all, the gentleman gave me a paper to make a check on a sentence that he said. Secondly, he gave me another paper to write down another sentence that he said. Then I gave the papers back to him after I finished with them. I knew I had done a good job because of his smile and congratulations. English as a second language was one part of the naturalization test. I had been learning English at ARC since I moved to Sacramento from San Francisco, so I was confident in my English. For an immigrant, speaking English is the key to success in America. Not only did I come to the U.S. for my family and to be with relatives, but I also came for a better life. Different from me, my parents thought they were too old to learn a new language. Besides that, they were living close to China town, so they didn't have to learn English. In contrast, it was very important and necessary for me to learn English in the U.S. After the listening and writing test, I took a long and deep breath so that I could have more energy to move to the next step. When the gentleman asked if I was ready, I knew I had come to the questions about U.S. history and government, the most important part of the naturalization test.

At this point, I had never been so nervous and cautious. I straightened up my back, crossed my hands together tightly on my lap, and perked up my ears. I tried to listen to every question carefully as if I was afraid to miss any word. After I replied to the third question, I was thrilled because I knew I had done a perfect job. I nearly jumped up to give the gentleman a big hug. However, he seemed not to stop asking me questions. Now what? I remembered my friends told me I just needed to answer



three out of six questions correctly. Did I get anything wrong so that he gave me more questions? I felt frustrated. With the uncertainty and confusion, I tried my best to finish all the questions that he gave to me. I didn't even know how many questions I had been given, but the good news was that I got them one hundred percent correct. Because of the gentleman's congratulations, my tension and frustration went out of the room like air going out of a balloon. As a matter of fact, I had been preparing the one

hundred questions for a couple of days since I had received the civics book. Compared to Chinese history, American history was a piece of cake. In a word, it was very important and necessary for a citizen to know about the history and the government of the country.

Eventually, I walked out of the room after I said goodbye to the gentleman. Suddenly, the air became different. It was fresh and made me feel cool. I was excited even though I was still a little confused. Some of my friends and relatives from China didn't want to be naturalized as U.S. citizens. Some even had been permanent residents for decades. They might have their reasons. However, my parents expected me to get a government job, and I wanted to be a voter. It was the reason why I was there. One week later, I attended the naturalization ceremony and also took the oath of allegiance to be a U.S. citizen. The worst thing in life is waiting; the best thing in life is having something worth waiting for. As an immigrant, adapting to life in the U.S. is a long way for me to go. And now, my life has just begun. Fortunately, I won't be alone because I have family, friends, and all are Americans. I will never forget November 18, 2014.

*Amy Bizhu Lin*  
ESLW310



## The Decision of My Life

I had a good life in my country, Afghanistan. I was a housewife. My house was beautiful. I was very happy. I didn't have problems in my life, but later one group came in my country. They were called the Taliban. At the beginning, it was OK, but later they killed people. I will never forget that bad time. They killed my brother-in-law. I was scared and decided to leave my country. I thought it was better for my family and me.

Therefore, we moved to America and saved our lives. When I came to America, after two days we had an appointment with my case-worker. We had a translator who was from Afghanistan. She also had a restaurant in Sacramento. She asked me "What would you like in your life?" I told her that I liked cooking and that I wanted to have a restaurant. She laughed and said, "OK. Do you want to come and work in my restaurant?" I said "OK." After one month, I called her and asked her how I could start working in her restaurant. She



gave me the address and I went there. I thought I couldn't work with her because I couldn't speak English. That was a big problem for me. So I went there and I saw her husband. He spoke English and I couldn't understand him. I couldn't believe it. That was very hard. I had to work with him. I was scared, but I needed a job. I started working there with him. At the beginning it was very bad because everything was different, but he was a nice man. He helped me and taught me everything.

Now I am happy about my decision to move to America. I have a good life and I have a job. I'm still working at the same place. I like America and my job. Now I can speak English. I hope one day I can go back to my country and have a good time.

*Karimeh Madadi  
ESLW30*

## Missing a Wedding Ceremony

Today many people lead very busy lives. In spite of their lives being so busy, they have to remember and celebrate for their family, friends, and colleagues. Have you ever missed any important events? My young sister had a wedding ceremony on a beach on Saturday in May of 2006, at 12p.m. Many newlyweds have their wedding ceremonies in the spring, which is the most popular wedding

season in my native country, Korea. Most couples are choosing to create a unique wedding ceremony; thus, they begin to prepare their wedding ceremony a year or six months earlier. My sister and brother-in-law also began planning a year earlier. The day of the wedding, however, I did not attend the wedding ceremony on time, even arriving there too late. For me, it was a terrible experience,

and I will never forget that day.

I always drink a cup of coffee when getting up early in the morning. On that day, I went to the patio and, looked at the blue sky. "It is a great, a beautiful day for a wedding." After drinking coffee, I took a shower, got dressed, and stopped by the hair salon to fix my hair for attending the wedding. I spent two hours preparing before starting. I looked at the wedding invitation, which indicated the ceremony

at 12 o'clock. It took about three hours to arrive at the beach. When I looked at the time, the clock on the wall showed one minute to nine. I thought there was enough time to get there. Therefore, I decided to stop by a restaurant for breakfast on the way.



It was such a beautiful and happy day for a wedding ceremony. I was so excited, as if I were a new groom. I knew that my sister and her husband had spent a very rough time because they did not get my parents' permission to get married. Jungchul, my sister's husband, loved her deeply, I knew. I also knew him more than anyone who is my co-worker at the same company. Therefore, I tried to help them convince my parents to permit them to get married. After eating breakfast, I listened to pop music and sang along with the songs while driving toward the beach. At that time, everything was perfect. Unfortunately, forty minutes before I arrived, I was involved in a car collision. I had a big crash, but I was only slightly injured. Fortunately, the airbags were working well to protect my body.

I walked carefully away on the highway to the side of the road and waited for the police, a tow truck, and an insurance agent. Around thirty minutes later, a couple of police cars and a tow truck arrived. The tow truck driver said, "You are extremely lucky," because my car had serious damage with one of the tires destroyed. My poor car was towed while I waited to get an accident report.

After a while, the police gave notice that the other party hit my car. Thus, I would be able to receive all damage. Although the matter was settled, there was a new problem. The problem was how I could get to my sister's wedding ceremony. Fortunately, the tow truck driver dropped me off near a town and

then I caught a taxi to go to the wedding place. Finally, I arrived there at 1:50p.m., but it was too late. The wedding ceremony was over. I just briefly explained to them because that day was their day. They were not mad at me. In fact, they were concerned about my physical condition. I saw them off on their honeymoon and then I returned home.

Most people always wish to have a happy, enjoyable, and satisfactory life, but someone once said, "Take the good with the bad." Now I know that I have learned my lesson. You can always learn something through your own personal experience.



Woochul Jang  
ESLW50



## After 9-11

Most people know about what happened on September 11, but not everyone knows how life in the United States became different after that tragedy occurred. The government changed many rules. These differences are having more security before taking an airplane, investigating people's backgrounds, and saying a simple word can cause a felony.

The first difference after 9-11 is the security in all airports in the USA. Before that tragedy occurred, taking an airplane or traveling by airplane was an easy and a good experience. Airports always have had a security system and most people have known that, but after that day the security in all airports changed a lot. People had to start arriving at the airport two hours before the airplane leaves. Since that day people now have to take off their shoes, belt, and coat before entering the gate. But that was not enough. People now must not have any liquid to exceed 5 oz. in a carry-on. Most people agree that it is important to be safe, but passing through security takes too much time and is a very stressful situation.

The second difference before and after 9-11 is the people's backgrounds. Most people know that the US government investigate people before they are allowed to enter the US. After the terrorist attack, the government is checking people's backgrounds more carefully than ten years ago. The US government is searching to know if people are in any terrorist group. Now the US government is using Facebook to find some extra information about

people who want to enter the US. Most people think that the government has been breaking our private lives, but nothing is enough to find people who want to come and hurt this nation. I believe the extra security is OK! Who wants bad people inside their home? Of course, nobody.

Finally, the last difference after 9-11 is that a

simple word can be a felony. These words are "Terrorism" or "Attack." Before 9-11 people could write or say these words and nothing happened. Maybe police checked what people did, but nowadays if someone writes these words in any way or even if kids tell someone, police go immediately and sometimes

people who said these "illegal" words can go to jail. Since the terrorist attack on the USA, people are living more afraid. Nevertheless, we are continuing to live in a great country.

In conclusion, many differences have developed since 9-11. They are when people take an airplane, have background checks, and use "illegal" words. The US government will be continuing to protect us. I believe that everything is OK to keep all terrorists out of the USA, but not all people who want to come to the USA are terrorists. Most people came to the USA looking for a better life. I hope one day that terrorism will end and all of us will live in peace.

*Edna Villegas  
ESLW310*





## A Funny Experience

In 1985 in Iraq, a funny story happened. The story was about my future marriage and that story fortunately happened.

During summer, my father came and asked me if we could go together to the factory of Coca-Cola to change two boxes. I told my father, "OK. But why aren't we going to change them in the super-market near our house?" I noticed that my father insisted on going there. So I prepared myself to go with him and we took two empty boxes to the Coca-Cola factory.

After we reached the factory and after a few minutes, my father went to the officer and that officer told my father "I am sorry. I can't change two boxes. I can only change one box." My father became very angry and sad and told me that he would go to the head manager and inform him of the problem. When we entered the office, my father saw a very nice woman. She was nice and polite and she told my father, "Don't worry. I will solve your problem." Then she went to the manager and she signed a paper and gave it to my father. After that, he thanked her very much and he became happy.

My father then asked her some questions such as "Are you married?" "Of course," she said. She said that she had three children. My father asked her if she had any sisters and she said, "Yes, but they are all married except one." She worked as a petroleum engineer in Kurkuk, north of Baghdad. Then my father told her that he had a son who is an engineer who works at the Baghdad airport. My fa



ther told her that he wished to marry his son to a girl like her (nice and polite). After that, they agreed to meet with her family the next weekend.

Everything went well and later I saw my future wife and she saw me. Step-by-step we agreed about all the details of the wedding and now we are very happily married.

*Sadeer Aladhani*  
ESLW30





## Nestscape -- Articles from The Web

### Continued from page 1

Park. In an effort to make these materials more accessible to readers, the branch has installed a little book-mobile that zips through the building, Quartz reports.

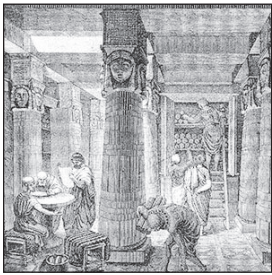
The mini transportation system—which the library describes as a “state-of-the-art book train,” according to Gothamist—begins in the storage rooms beneath the park and snakes up to the Rose Main Reading Room on the third floor. Each of the 24

carts carry up to 30 pounds of literature at a time, zooming in and out of tunnels and climbing 90-degree inclines along the journey.

The book train is part of a larger overall renovation to the Rose Room that’s been two years in the making. Visitors can experience the fancy new book delivery system for themselves when the space reopens on October 5.

<http://mentalfloss.com/article/86601/new-york-public-library-installs-tiny-trains-deliver-books>

## Interesting Facts About Libraries



1. In ancient Egypt, all ships visiting the city were obliged to surrender their books to the library of Alexandria and be copied. The original would be kept in the library and the copy given back to the owner.

2. A high-ranking FBI agent filed a sensitive internal manual detailing the bureau’s secret interrogation procedures with the Library of Congress, where anyone with a library card can read it.

3. When Groundhog Day was released, the Washington Post wrote “Groundhog will never be designated a national film treasure by the Library of Congress.” In 2006, the film was selected by the National Film Preservation Board for preservation in the Library of Congress.

4. Bakhtiyar Khilji destroyed the ancient university and library of Nalanda in 1193 in hopes of uprooting Buddhism. The destruction of the library is considered responsible for the demise of ancient Indian scientific thought in Maths, Astronomy, Alchemy, and Anatomy.

5. There are more public libraries than McDonald’s in the United States.

6. There are libraries around the world where you

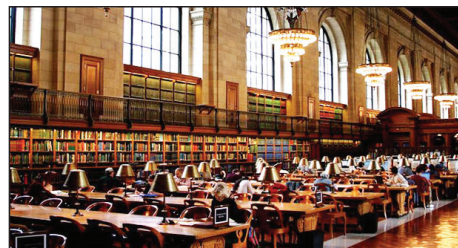
can check-out humans as a living book and listen to their stories. There are 150 such libraries around the world.

7. Some German cities have public “art libraries” where you pay up to five Euros to borrow paintings and sculptures from local artists to put into your own home for several months.

8. When you get a book published in Norway, the Norwegian Government will buy 1000 copies of your book and distributes them throughout the libraries of the country.

9. The Guinness Book of World Records holds the record for being the book most often stolen from public libraries.

10. At the age of 9, Ron McNair, the African-American astronaut (killed in the Challenger explosion in 1986), refused to leave the segregated Lake City Public Library without being allowed to check out his books. After the police and his mother were called, he was allowed to borrow books from the library, which is now named after him.



<http://www.kickass-facts.com/25-interesting-facts-about-libraries/>

## To my Jewish, Irish, Asian and Italian Friends

To my Jewish, Irish, Asian and Italian friends, let's remember:

Your ancestors were lower than dirt when they arrived here. Italians were referred to – openly – as a subhuman race of rats and criminals. Irishmen were apes and monkeys.

Laws were passed to keep Chinese women out of the country, so that the Chinese males who were brought over for menial labor couldn't produce offspring.

Jews were spat upon in the streets and routinely excluded from polite society.

Unhire-able. Undesirable. Laws were passed to allow for the mass discrimination and segregation of your great grandparents, not much more than a century ago.

It's nice that you now view yourselves as "Real Americans." Just yesterday, your kind were anything but. And I don't mean in the deep south or in obscure corners of the country. Your forebears were considered human garbage on the streets of New York, Philadelphia and Boston. It wasn't all that long ago when mainstream politicians were actively

seeking ways to get rid of you too.

Here's Uncle Sam being swallowed by Chinese and Irish immigrants, many of whom came over in the mid-1800's to work on the railroads.

In "The Evolution of the Murphy", an Irish child begins life as a potato, then becomes a vagrant, a cop and finally a corrupt political official.

Here's an Irish ape, swinging a bottle of rum, rocking back and forth on a barrel of gunpowder.

A ship filled with big-nosed Jews, being ridiculed for fleeing the pogroms and sporadic outbursts of homicidal rioting against them across Russia and Eastern Europe. You'll notice the ship itself is given a giant Jew nose for a prow, nice touch.

Here are Chinese locusts infesting America. In 1882, the Chinese Exclusion Act was signed by President Chester A. Arthur. It mandated a 10-year moratorium on all Chinese immigration into the United States. Amazingly, the US didn't fully repeal the restrictions on Chinese immigration until 1943, as a check on Japanese attempts to weaken American-Chinese relations during the war.

Here's an Oregonian settler offering a choice to the Chinamen who were inhabiting the west when he arrived – you can go or stay.

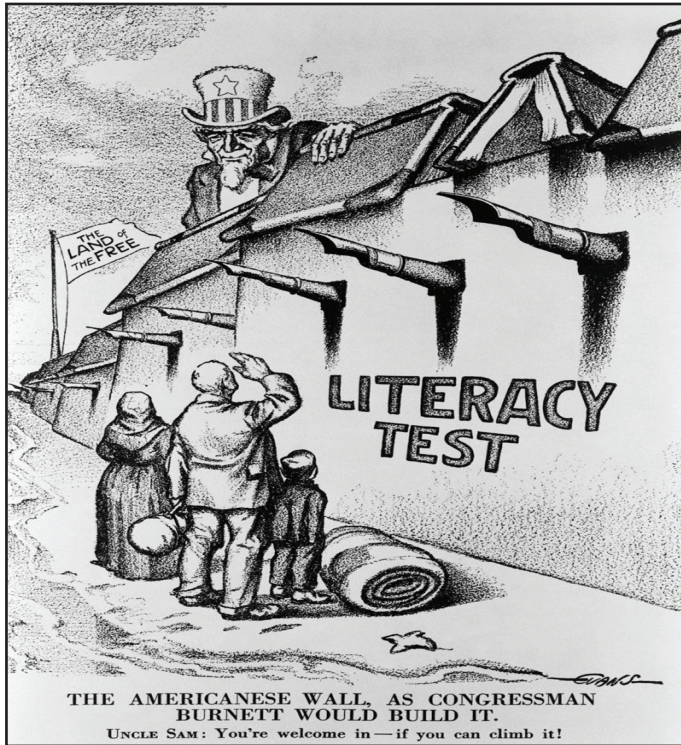
The irony of a country built by immigrants building walls to keep out specific types of immigrants should be lost on no one. Here you see a former African slave, a Civil War vet, another Irish ape, a Frenchman and a Jew building a wall to keep out whatever might come in behind them.

In 1915, Congress passed a law stating that immigrants had to pass a literacy test to come into the country. President Wilson vetoed it, but a much harsher measure passed two years later. Here was the list of undesirables banned from entering the country – word for word: "alcoholics", "anarchists", "contract laborers", "criminals and convicts", "epileptics", "feble-minded persons", "idiots", "illiterates", "imbeciles", "insane per-





sons”, “paupers”, “persons afflicted with contagious disease”, “persons being mentally or physically defective”, “persons with constitutional psychopathic inferiority”, “political radicals”, “polygamists”, “prostitutes” and “vagrants”. Here’s the “America-



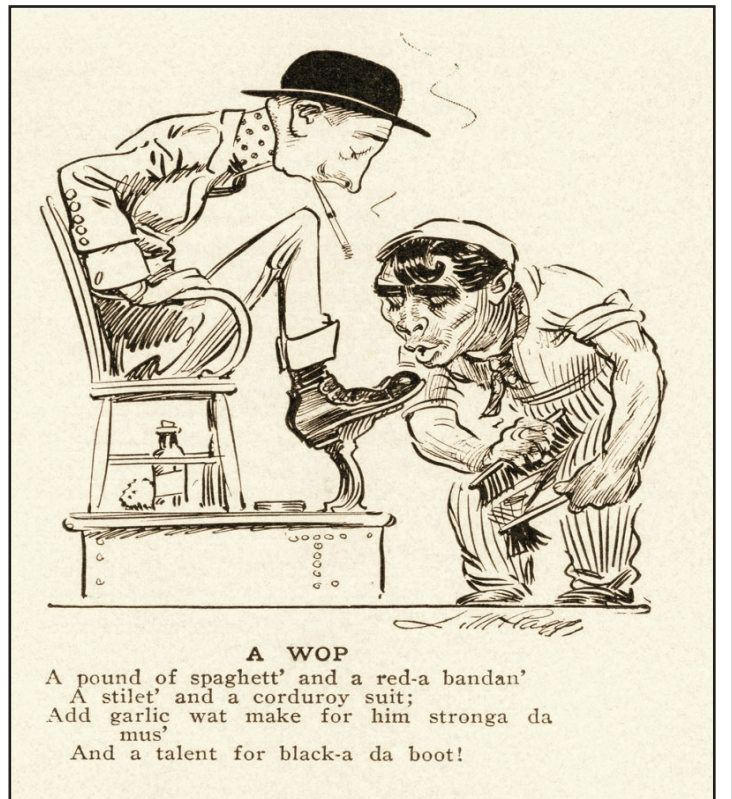
nese Wall.”

The first mass migration of Italians were the Sicilians – many of whom first arrived in New Orleans. It was said that Roman Catholics could never be real Americans because their loyalty would always be first and foremost to the church. There were conspiracy theories that they were planning to set up a Papal State within the US. Below is a casual instruction manual to deal with their kind and drown them like rats.

An Italian with the features of a monkey shines the shoes of a dandy. Southern Italians in particular were looked down upon for being “not quite white.”

President McKinley believed in open immigration. Here’s Uncle Sam, at his direction, looking on as Italian rats “directly from the slums of Europe” pour into the country. Sound / look familiar?

The American “fool pied piper” leads more Italian rats toward Ellis Island as the cheering European aristocracy rejoices in the background. You can



imagine some demagogue back then saying “they’re sending us their worst people”, can’t you?

“Close the Gate” from 1919 – immigrants were routinely depicted as “Reds”, communists, Marxists and anarchists by this time – the irony being that these were some of the very things they were fleeing from. Not unlike the Middle Easterners currently fleeing from the very terrorism and religious genocide that many are accusing them of supporting.

I work on Wall Street and live on Long Island. I am surrounded by people who can’t recognize how recently their own ancestry and ethnicity would have been a problem for them. Are you one of them?

If so, I hope this hits close enough to home so as to awaken you from your contented slumber.

This commentary was originally published on [TheReformedBroker.com](http://TheReformedBroker.com).

Josh Brown is the creator of The Reformed Broker blog, CEO of Ritholtz Wealth Management and a regular on CNBC’s “Halftime Report.”

<http://www.cnbc.com/2017/01/30/to-my-jewish-irish-asian-and-italian-friends-commentary.html>



*Squawk! In Davies Hall next to office 337 there are - squawk!- free books for ESL students.*

*If you are not an ESL student, meet one and give her a book!*

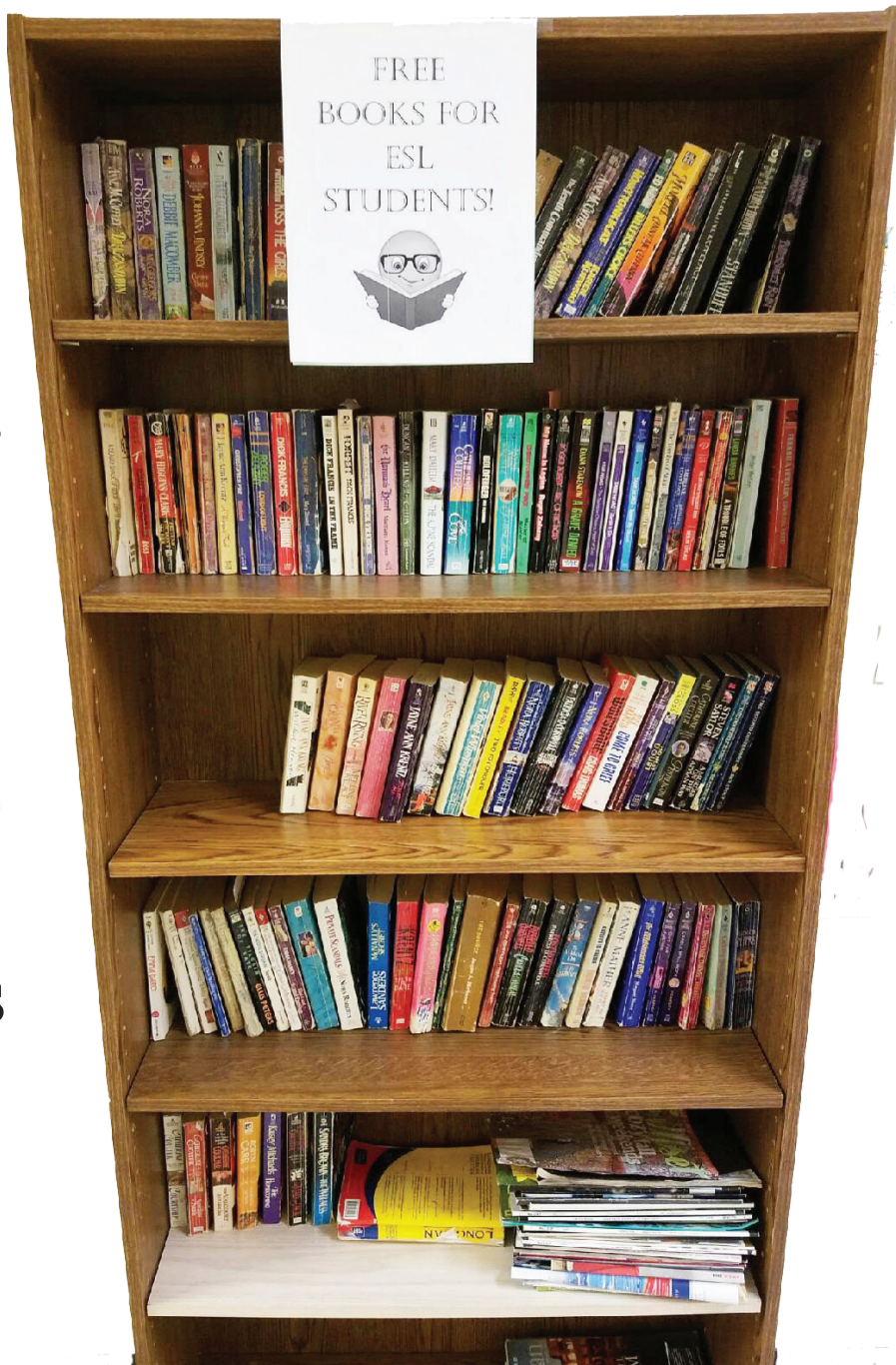
*If you have books and magazines to give away-squawk!  
Simply put them on a shelf.*



Parrots  
and  
Books



Parrots  
and  
Books



Parrots  
and  
Books



Parrots  
and  
Books



## 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 Andean Mini Pizzas?

**Time:** 15 min, Total 60 min,

**Ingredients** 10, **Servings** 8.

#### 10 Ingredients:

- 1) 8 slices of bread
- 2) 1 potato, sliced thinly with a sharpened knife
- 3) 1 cup broccoli chunks
- 4) 1/2 cup broad or fava beans
- 5) 1 tablespoon olive oil
- 6) 1 shallot, finely chopped
- 7) 1 garlic clove, finely chopped
- 8) 2 teaspoons Peruvian yellow pepper (ají amarillo) paste
- 9) 1/4 cup chunks of goat cheese
- 10) Salt and pepper to taste.



#### Steps:

##### **Step 1**

Cut each slice of bread in a circle. Place a cup on top of bread to give that shape, then cutting around the cup with sharpened knife, be careful.

##### **Step 2**

Cook potato slices on medium heat in boiling water until they are soft, but not so that they will break (about 3 minutes). Place on plate; let potatoes cool.

##### **Step 3**

Cook broccoli on medium heat and broad or fava beans either in boiling water or by steaming for about 4 minutes until they are al dente, but not too soft.

##### **Step 4**

Heat oil in saucepan over medium heat and cook the shallot, garlic and yellow pepper (ají paste), stirring until brown.

##### **Step 5**

Stir in broccoli and broad beans; season with salt and pepper to taste. Sauté for a couple of minutes and remove from the stove.

##### **Step 6**

When ready to serve the pizzas, heat the oven to 350°F and toast the bread for approximately 5 minutes.

##### **Step 7**

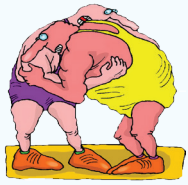
Remove bread from oven and cover with the potato slices; layer the sautéed veggies and goat cheese on top.

##### **Step 8**

Cook in the oven until the cheese is melted and a bit brown. Serve immediately.

<http://www.quericavida.com/recipes/andean-mini-pizzas/a24ba816-a01e-47a1-9aca-9b03373ad551>

# Parrot Warbling



## Grappling with Grammar

### Grammar

#### Must or Have to



#### **Must**

\* We can use 'must' to show that we are certain something is true. We are making a logical deduction based upon some clear evidence or reason.

**EX:** You **must** be worried that she is so late coming home.

\* We also use 'must' to express a strong obligation. When we use 'must' this usually means that some personal circumstance makes the obligation necessary (and the speaker almost certainly agrees with the obligation.)

**EX:** You **must** come and see us some time.

#### **Have to**

\*We can also use 'have to' to express a strong obligation. When we use 'have to' this usually means that some external circumstance makes the obligation necessary.

**EX:** You **have to** pass your exams or the university will not accept you.

\* We can also use 'will have to' to talk about strong obligations. Like 'must' this usually means that that some personal circumstance makes the obligation necessary. (Remember that 'will' is often used to show 'willingness'.)

**EX:** They'll **have to** do something about it.

<http://www.englishgrammarsecrets.com/musthaveto/menu.php>

### Idiom--Attic

## Get ducks in a row

Means: Getting your things well organized.

**EX:** To ensure a successful product launch, we must

**get our ducks in a row**

<http://www.careerride.com/idioms-meaning-and-examples-part-1.aspx>



### Beak Speak

#### The 5 Short Vowel Sounds

- short **-a-** in and, as, after
- short **-e-** in pen, hen, lend
- short **-i-** in it, in
- short **-o-** in top, hop
- short **-u-** in under, cup

#### The 6 Long Vowel Sounds

- long **-a-** in make, take
- long **-e-** in beet, feet
- long **-i-** in tie, lie
- long **-o-** in coat, toe
- long **-u-** (yoo) in rule
- long **-oo-** in few, blue

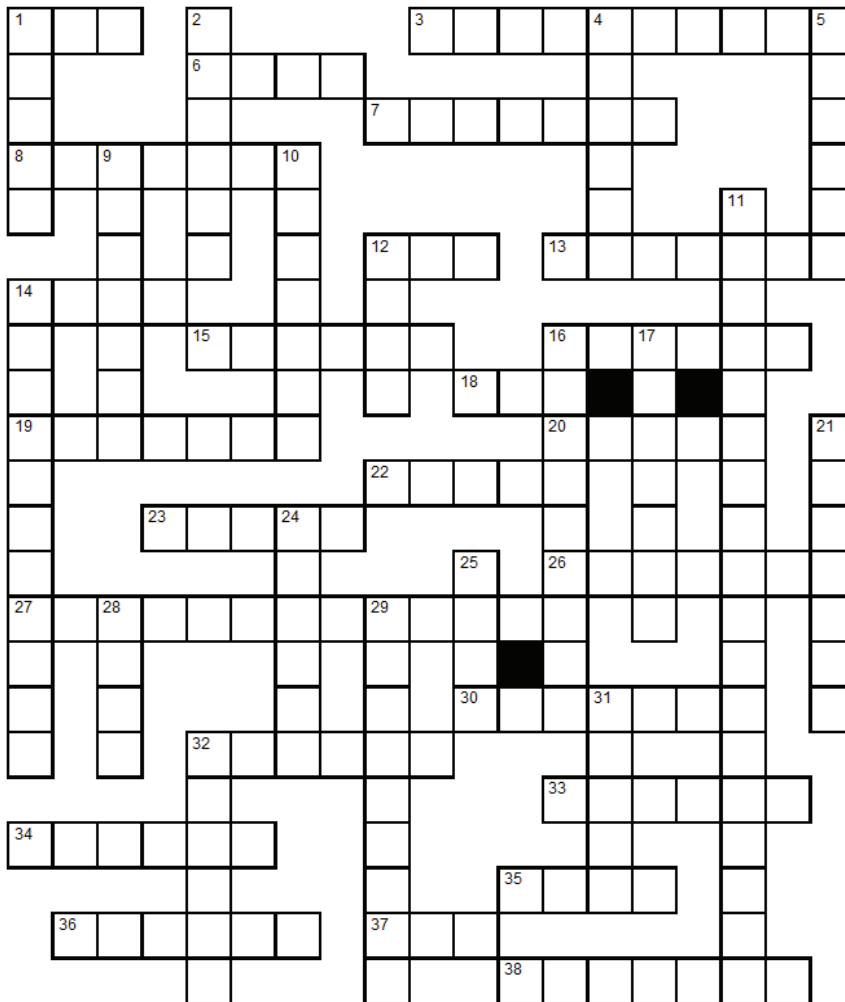


#### The R-Controlled Vowel Sounds

- ur-** in her, bird, and hurt
- ar-** in bark, dark
- or-** in fork, pork, stork

<http://specialized.about.com/od/readingliteracy/a/44Sounds.htm>

## Some More Parrot Fun Stuff



### Things That...

#### Across

- 1 An insect that makes honey.
- 3 A place in a home where people watch TV.
- 6 A place where people picnic.
- 7 A person who has joined the army.
- 8 A place where people see soccer or baseball games.
- 12 An animal that gives us milk.
- 13 A place in a home where people sleep.
- 14 The season when leaves change color.
- 15 An animal that makes webs.
- 16 A person who draws pictures.
- 18 A thing that people drive.
- 19 The time of day when people eat dinner.
- 20 A place where people sit.
- 22 A place where kids make sandcastles.
- 23 A thing that people use to cut meat.
- 26 A place where people watch movies.
- 27 A place where people buy tools.
- 30 A place in a home where people cook food.
- 32 A place where people grow flowers.
- 33 A person who cures sick people.
- 34 Something people use to take pictures.
- 35 Something people use to clean up leaves.
- 36 A person who sings.
- 37 A thing that people use to cut wood.
- 38 A place where people make things.

#### Down

- 1 Something that people use to paint.
- 2 The season when farmers plant crops.
- 4 A thing that people use to sew.
- 5 A place where people can see old things and learn history.
- 9 A person who plays sports.
- 10 The time of day when people eat breakfast.
- 11 A person who builds buildings.
- 12 A person who cooks food.
- 14 Someone who puts out fires.
- 16 A person who designs buildings.
- 17 Someone who teaches.
- 21 A place where people borrow books.
- 24 A person who grows crops.
- 25 A thing that people use to catch fish. (4)
- 28 A place where people drive.
- 29 A person who does experiments.
- 31 A thing that people use to tell the time.
- 32 A place in a home where people park their cars.





# 65 Cooking Terms Word Search



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



- AL DENTE
- BASTE
- BEAT
- BLANCH
- BLEND
- BLIND BAKE
- BOIL
- BRAISE
- BROIL
- CARAMELIZE
- CHIFFONADE
- CHOP
- CLARIFY
- COAT
- CREAM
- CRUSH
- CUBE

- DASH
- DEEP FRY
- DICE
- DILUTE
- DREDGE
- DUST
- EMULSIFY
- FILET
- FILTER
- FLAMBE
- FOLD
- GLAZE
- GRATE
- GREASE
- GRILL
- GRIND
- HULL

- JULIENNE
- KNEAD
- MACEDOINE
- MARINATE
- MASH
- MIREPOIX
- MIX
- MOISTEN
- MULL
- PARE
- PINCH
- POACH
- PUREE
- REDUCE
- ROUX
- SAUTE
- SCALD

- SCORE
- SEAR
- SEASON
- SHUCK
- SIFT
- SIMMER
- STEAM
- STEEP
- STIR
- TOSS
- TRUSS
- WHIP
- WHISK
- ZEST





*Parrot Poetry*



## A BAG OF DREAMS

She carried a bag full of dreams  
 Too afraid to lay it down  
 Too afraid to open and see  
 What lies hidden inside

She had lost it once before  
 Along with the rest of her nation  
 They had lived a nightmare  
 Of someone else's stolen bag

In the eyes of this child refugee  
 Her purpose unfulfilled and unknown  
 Her bag torn open and emptied,  
 But still on her back...

So she protects her dreams  
 Patches up her bag...  
 Stitches up any tear  
 In case the bag ever gets stolen

She develops each one diligently  
 And the bag is getting heavier  
 And heavier by the day  
 Yes, she's still a dreamer

by Thabang Ngoma

## Rigoberto's Riddles

What's orange and sounds like a parrot?



A carrot

## Silly Vasily's Chuckle Chamber

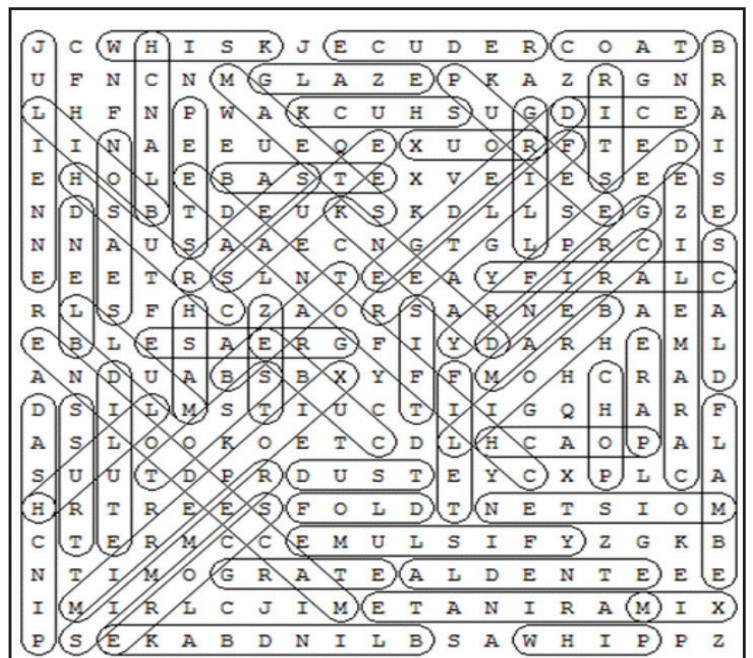
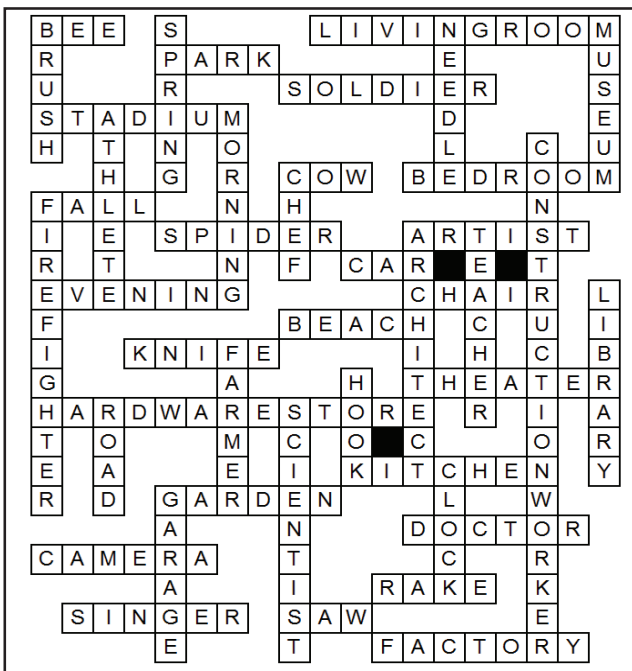


The professor of a graduate-school class of gifted students included a HUGE amount of material on the midterm exam.

Tension in the room built, people were sighing and gasping aloud as they realized how much material they had covered and were expected to recall.

The following week, the professor tossed the graded papers on her desk and announced, "Class, after I left here last week, the Lord spoke to me.

He said, 'Thanks, professor. I haven't heard from some of those people in years.'"



## Granny Noetal

### Dear Granny Noetal,

Some of my classmates are so worried (I'm not) about the ban on refugees from Syria coming to the US. They worry that there will be more bans on anyone who is Muslim or anyone who is Mexican (I am Mexican). What do you think?

Francisco

### Dear Francisco,

Oh, boy! That's a heck of a question for a little old granny like me but I'll give it a shot! Well, my personal opinion is that the executive ban imposing a 120-day suspension of the refugee program and a 90-day ban on travel to the U.S. from citizens of seven countries: Iraq, Iran, Syria, Libya, Yemen, Somalia and Sudan is both sad and not in keeping with our country's values, and probably illegal. (That's a long,



long sentence – don't try that at home, kids.) Refugees to the US flee religious persecution (hello, Pilgrims!), flee starvation (hello, Irish) flee war (hello, Vietnamese), flee natural disasters (hello, Haitians), flee political persecution (hello, Cubans), and the list goes on. Unfortunately in our history we've also made mistakes in not helping those who need it. A good read is the story of German-Jewish refugees prior to WWII who were turned back from the U.S., sent back to Germany, and later perished at the hands of the Nazis. It's a tragic tale but the parallels with today are clear. To understand more about refugees to America, go to this site from the Washington Post:

[https://www.washingtonpost.com/news/wonk/wp/2015/11/20/what-refugees-to-america-looked-like-over-the-past-400-years/?utm\\_term=.b83add9568ea](https://www.washingtonpost.com/news/wonk/wp/2015/11/20/what-refugees-to-america-looked-like-over-the-past-400-years/?utm_term=.b83add9568ea)

I hope I've been of some help, Francisco.

**Granny**

## Interview with Prof. Valcu

*Continued from page 1*

you have to be somewhere at exact times. There seems to be more freedom in Romania to enjoy the simple things, like time with your family. Also, I really didn't start my adult life there; I started here. I came here when I was in my third year of college. In Romania, I didn't really get to have a job and just provide for a family. When I was a student there, I didn't have to work. My parents supported me in college, and all I had to do was worry about my classes, and so it was a lot easier in that sense.

**Parrot:** Wow, that's interesting. Well, how did you get here to the USA?

**Sanda:** I met my husband six months before we came to the United States, and he had won the Diversity Visa lottery. This is a program that the USA has for specific countries in the world, and you basically have to apply to win a chance to immigrate to the United States. There are some criteria, and based on those criteria, if you get drawn, just

like any regular lottery, you have a shot. My husband won that visa, we met, and in two weeks we fell in love and decided to get married. I told him, "No way are you leaving me here and going to the U.S. I am not letting you do that!" So, we went to the American Embassy in Bucharest, about 800km from my hometown, three days after we got married, and we both got the immigration visas. We got these huge envelopes that we were supposed to guard, and we weren't supposed to open them until we got here. There was a lot of excitement in those six months of our lives! My parents had a hard time dealing with all this, organizing the wedding, saying goodbye to their first-born daughter, gaining a son-in-law..

**Parrot:** It was fast?

**Sanda:** Very fast, you know, six months as I said, since we met and until we came to the United States.

**Parrot:** Umm, was your honeymoon here?



**Sanda:** Kind of, I don't know if we actually had a honeymoon. We went to the embassy during our honeymoon to get the visas so that was the best gift.

**Parrot:** Yeah, for sure. How many years of college did you need to go through?

**Sanda:** A lot. I was in my third year of college in Romania when I dropped out because I got married and came here. Once here, I had to start my education all over because a lot of my classes didn't transfer. So, I enrolled and started here at ARC, as a student. I was working on campus at the same time. Then, kids came, so it took me longer than it would have if I had just gone to school, not marrying and not with kids. I would probably say it took me ten to twelve years in total, a long time.

**Parrot:** Wow! So I have a very long way for me as well?

**Sanda:** You know, it really just depends on how many commitments you have. For me, I did the best I could for a lot of those years and I only worked part-time. After I got my BA in English, I took a break, because I had to raise my kids for a few years, and then I went back and got my Master's degree. So, it just took a long time.

**Parrot:** That's very good. What struggles did you face trying to learn how to speak English?

**Sanda:** I started learning English in Romania in school when I was in the fifth grade. At that age, when you're transitioning right into teenage years, researchers say that you can still learn a foreign language like a native speaker. I kind of caught the last bus on that one. People say I don't have an accent-think I do a little bit, especially on Mondays, after a weekend of speaking Romanian! :) - but that's why, because I started early. So I already knew English when I came to the United States. I didn't take any ESL courses because I placed into mainstream English classes.

**Parrot:** Interesting. How did you become an ESL teacher?

**Sanda:** I had wanted to be an English teacher in Romania, but now here I was in an English-speaking country wanting to teach people English! It was downright weird, but it was what I had always wanted to do. So I went to college and got a Bachelor's in English. At that time, I wasn't sure if I wanted to teach high school English or ESL in college. I did substitute teaching in high school for a year, and I didn't like it. High school here is very different from in Romania and I didn't like it. Then, I decided to get my Masters in teaching English as a Second Language, at Sac State. That's how I got the education to become an ESL teacher. Then, I interned in an ESL class here in 2010 and really loved it. It was confirmation I had made the right choice.

**Parrot:** Are you happy so far with what you've achieved as a teacher?

**Sanda:** Yes, very blessed I got this position, this full-time ESL professor position. I worked part-time before for a few semesters. I feel very blessed to have gotten it, and I love every minute of it. That's what I'm supposed to be doing. To be able to make a living out of the thing I enjoy doing the most is amazing.

**Parrot:** What do you do in your free time? Sanda I don't have a lot of free time. I have three kids, and I am very involved in church. My husband is a pastor in a Romanian church here in Sacramento. So we are very involved in church. If I do have free time, I love reading, singing, just resting, and spending time with my kids.

**Parrot:** That's good. May I ask how you met your husband?

**Sanda:** Remember, I told you he's a pastor. It was back in Romania in my hometown, a small town in western Romania. It was during summer break. I was in college, remember? It was in my third year of college, and he visited our church. When he

walked in, I took one good look at him, and I said to myself, "That's my guy." It took him about two weeks to come to the same conclusion. :) After two weeks, we decided to get married, and it took us six months to actually do it. It was one of the things in my life that I knew for sure I was supposed to do. I don't know what it was, but it was that gut feeling.

**Parrot:** Did he tell you the same thing?

**Sanda :** I don't know if he had the same feeling; probably.

**Parrot:** If you had the option to major in something else rather than being an ESL teacher what would it be?

**Sanda:** When my kids are grown and off to college and I have more time, I think I would like to go back to school and study music. I love singing, and I am a very amateurish piano player, but I would love to

actually do it right.

**Parrot:** I love piano too, I wish I could learn, but I don't have time. Since I came to this country, I don't have time to do things like in my county.

**Sanda:** My parents came here ten years ago from Romania, and they don't like the pace of life; it's overwhelming and busy. However, it's still so much better, and I'm so glad to be here. Romania is still struggling to come out of communism, and it's hard to make a living and have a decent life there.

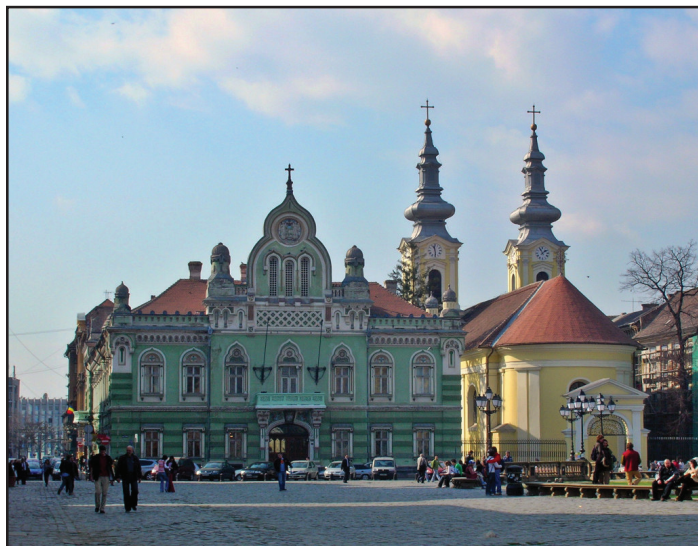
**Parrot:** How many kids do you have?

**Sanda:** Three kids in total: one boy, who is turning fourteen this month, and two girls, one is eleven and the other one is ten. We are starting the fun teenage years! Yay!

**Parrot :** Thank you for you time.

**Sanda:** My pleasure!

## Interesting Facts about Romania



1. The most famous novels, inspired by Romania, are "The Castle in the Carpathians" by Jules Verne, and "Dracula" by Bram Stoker.

2. Romania is the ninth largest wine producer in the world

3. The city of Brasov is home to the largest Gothic church between Vienna, Austria and Istanbul, Turkey.

4. Peles Castle was the first European castle entirely lit by electrical current. The electricity was produced by the castle's own plant. The castle's central heating system, built in 1888, is still functional and in use today.

5. The archetypal vampire Count Dracula, created by Bram Stoker, was inspired by the Romanian prince Vlad Tepes, also known as Vlad the Impaler because he was fond of impaling his enemies and standing them along the roads.

6. In 1889 the Romanian city of Timisoara became the first in Europe to have electric street lighting.

7. The fountain pen was invented by Craiova-born Petrache Poenaru in 1799-1875, and was patented in May 1827.

<http://truenomads.com/2013/12/interesting-facts-about-romania/>



## What do you think of the executive order banning people from seven countries from entering the US?



I didn't like the executive order because if it wants to fight the Muslims, it didn't. It just targeted the Muslims from seven countries. If it wants to protect American people from the Muslims or terrorists, it needs to prevent all the Muslims from all countries, not just from seven countries which didn't commit anything toward the United States. The rate of terrorism operations from these seven countries is zero while some other Muslims countries which are not on the list have more operations inside the U.S. So I am against this decision.

*Danny*



Because I am an immigrant here, I disagree and I felt bad about that and if I were them, I wouldn't take the risk of executive order. I think it might include more countries in the future. By preventing people from coming to the U.S, this will make the United States only for Americans.

*Zarie Ann Romero*



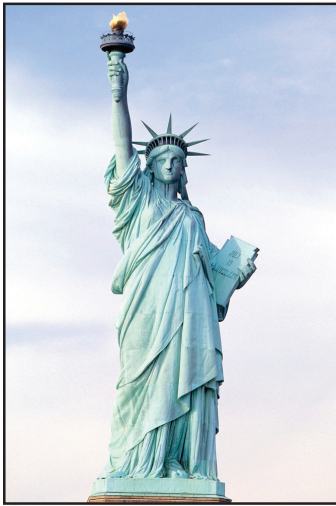
I totally disagree with the executive order because all of us are human. We came to this country for a better life and all other people came for the same reason. They are suffering from wars in their countries, so I don't think it is fair to do that to them. This order will increase the races. I think he didn't like people from these countries and he forgot that his people are from other countries too. I don't know why he is doing this!

*Yahaira Camacho*

I don't see the news too much and I don't have enough information about this law because I am working most of the time, but in general I disagree with this law because I came here as a refugee and I want to be a good citizen in the United States. This country gives me good opportunities, so I think all should have to get this opportunity to come here too. If the government prohibits people, this might scare citizens and they will be worried for what they will expect later.

*Gayna Yelets*





I felt terrible about people who are prevented to enter the U.S. They are human and they just want to enter a safe country. These people have very bad situations in their country. I believe no one wants to leave his country, but they have to choose a better and safer life. When these people got their visas, they sold everything they owned. When the president here said they couldn't enter, they lost everything and they don't even have a home to go back to. Getting the rejection to enter the U.S makes these people feel terrible.

*Aveen Ali*



I didn't see the news, but I heard this news from friends, students and people around me. I agree and disagree with this executive order. I agree if this law will prevent only bad people and terrorists from entering the U.S. and disagree because many good people should have the right to come and live here. I know a family from a country, which is not from the seven listed countries, planned to come and live here, but they were stopped at the airport and they weren't allowed to come here because they have been told that the U.S has a new law about immigration. This law affected other countries too.

*Uladzimir Astrouski*

I feel so bad because my entire family is in Mexico and this decision affected my country and my family. I don't agree with this decision. This is a bad decision because many people want to be safe here. I am a student here. My parents have a tourist visa. They used to come to visit me, but now they can't come to me even if I have an emergency. This is an unfair decision and if they want to put this law, they should include the entire world, not just some countries.

*Beatriz Reyes*



## Out of the Cage

### Important Dates

- Last Day of First Eight Weeks Spring Session, Monday, Mar 13, 2017.
- Second Eight Weeks, First day of Spring session, Tuesday, Mar 14, 2017.
- Second Eight Weeks, Last Day to Drop Class and Qualify for a Refund, Friday, Mar 17, 2017.
- Second Five Weeks, Last day to drop class with a "W", Monday, Mar 20, 2017.

### Money Matters Thursday, March 16, 2017 12:15pm – 1:15pm

The financial decisions you make during college might range from handling a couple of bucks to a few thousand. But no matter how much money you're dealing with, determining your finances helps determine your future. Managing your money helps you prepare to be successful with your goals.

**Location:** Raef Hall 160

### Long Lunch Fridays Friday, March 17 2017 11:00 am - 2:00 pm

Downtown Commons (DOCO) is excited for Long Lunch Fridays, the first of many reoccurring public plaza parties and activities. Long Lunch Fridays encourages visitors to stay downtown and spend time enjoying Sacramento's new gathering place. Note: This event is weather permitting.

**Location:** Golden 1 Center, 547 L Street

### Honors Reads: The Underground Railroad Thursday, March 23, 2017 12:15pm – 1:15pm

Join ARC History Professor Rudy Pearson for a discussion of Colson Whitehead's 2016 National Book Award-winning novel *The Underground Railroad*, a terrifying and beautifully written account of a slave girl's escape from a Georgia plantation.

**Location:** Raef Hall 160

### Questions/Comments?



Student Editors: **Elaf Khafaja & Betul Yousif**

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](mailto: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](http://www.arc.losrios.edu/Programs_of_Study/Humanities/ESL/The_Parrot.htm)