



The Parrot

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

Issue # 114 Spring 2017



Are You Prepared to Be a Hundred?

The Parrot had a very interesting conversation with Professor Karla Gustafson and her student Delain Finley from the Gerontology Department. They told us about upcoming gerontology conference, happy



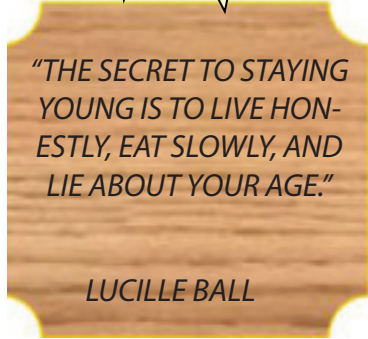
Prof. Gustafson and Delain

aging and what is waiting for us when we will turn a hundred.

Parrot: Hello! My name is Viktoria. I am pleased to meet you! How long have you been teaching?

Karla: I have been teaching here in ARC for

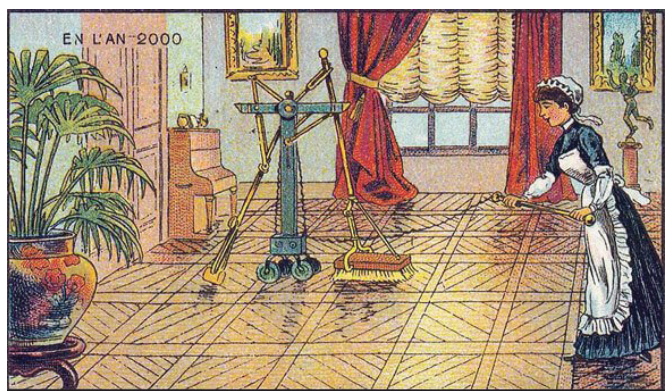
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19th Century French Artists Predicted The World Of The Future In This Series Of Postcards

If you've ever struggled to imagine how life will change over the next century thanks to technology, take comfort -- you're not alone. Over 100 year ago, some French artists tried to do the same thing.

influential science fiction writers ever had been busy letting his imagination run wild with all the possibilities that the age of science was opening up. That writer was Jules Verne, whose collection called Voy



France in the Year 2000

During that time, one of the most

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Student Chirpings

One-Parent Effects

Have you ever thought about what happens to a child when one of his parents leaves him? He starts to be very happy, shares this good news with everyone, jumps for joy, right? No? Unfortunately, this situation has many more bad effects on a child than positive. I

grew up without a father. I know how difficult life is without a parent. There are some real stories which will help you to see this situation through a child's eyes, a child who has this problem in his life. There are three effects a one-parent family can have on a child: poor study habits, stigma, and pain.

The first effect on a child is poor study habits. My best friend is a teacher in middle school. He works with children who are from one-parent families. He analyzed their studying and concluded that these children usually have more problems with studying than others. In addition, I remember a situation in middle school. It was a day after a test when my teacher was saying our test scores aloud. When she announced the very low score of one student, she asked if that student was in class. He wasn't. Then she said, "His family has a lot of problems now. His parents decided to divorce (It was very unusual at that time in Russia). That's why he had a very low score. However, when he is at school, please help

him and do not forget to communicate with him." Another example is mine. In Russia I worked as tutor of Russian. I had some lessons with a child who had problems with studying. He never did the homework. He often cried during my lessons for

no reason. Then I went to my psychology teacher and asked him for some tests for this student. One of them was to draw a picture of the family. I asked him to do it. First, he drew himself (a high self-concept), then, next to him, a mother. He drew his mother as a big woman in bright, soft colors (his mother meant a lot to him). Her hands were on her hips. (It means that his mother was very strict). After that he drew a father in dark colors. He was small (the child did not like him) and stayed far away from them with hands which were raised up (raised hands— father is an aggressive person). Around him were very dark, sharp, and strong strokes (emotional enmity). When I asked my

student why his father did not stay near them, he answered that his father left them one year earlier and he hated him. I recommended he visit a psychologist when I spoke to his mother. She agreed. So, this student started a course. Since then I have heard only good news about his grades. Problems in school begin with problems in the family.

A proverb says, "The apple doesn't fall far from the tree". The meaning of this proverb is children are very similar to their parents. Therefore, the second effect is the stigma left on a child be-



cause of the parents. For example, I have a friend from a one-parent family. Recently he fell in love with a girl who was from a happy family with two parents. When her father found out about their love, he forbade the young man to have any relationship with his daughter. He said that he did not want to have a husband for his daughter who can leave her in the future like my friend's father did. Another example is my classmate. One day she shared with everybody in our class that she did not know her father. Her mother became pregnant because of rape by a maniac. We all felt sorry for her. However, after that I noticed that my classmates did not communicate with her anymore. When I asked them why, they answered that it is dangerous to be a friend of hers because she has criminal genes. Another example is mine. I grew up in a society where everybody had two parents in their families. When I told my friends about my wish to move from Krasnodar, Russia, to America, my friends came to me and asked me to forgive them because they often ignored me and never respected my opinion because of my father. Imagine! Only because of the parent, the child is deprived of public respect. That was the reason why I had never told anyone about my problems.

The last effect on a child with a one-parent family is pain. Children are very sensitive and impressionable persons. It is very hard for them to go through problems. Sometimes it is like a scar



on their tender souls. For example, my father left us (my mother, brothers, sisters, and me) when

I was ten years old. How hard it was for everyone in our family! So many tears were shed! Even now, when I recall memories from my childhood with my father, I start crying. The same thing happened to my younger sister. She often cried about it when she was a child. Although she is now an adult, she can not listen about father without tears. Another way to express the pain is hatred. My neighbor has a mother who left him when he was a child. When he recalls his mother, he always yells that he hates her. However, when I look in his eyes, I see the tears. In his soul, there is a deep wound.

In conclusion, there are three main effects which a one-parent family can have on a child. There are many more negative effects such as distrust, hatred, spite, insularity, fear, indifference, mess... As of for me, I really want to see my father again: climb up on his lap, kiss him, and give him a strong hug as it was in my childhood. I will never forget him. Now, I ask you to try to do something pleasant for children who have only one parent and, please, never abandon your love and your children! It is not fair! Everybody wants to love and wants to have someone who loves them. I think that all children should have two parents to avoid experiencing devastating and bad effects.

*Abby
ESLW 50*



The Dishonest Friend

It is real that in any society we find people who are trustworthy, reliable, and honest. We may meet as well in our lives untruthful and dishonest people. Anybody for unexpected circumstances could find himself compelled to deal with this category of dishonest people. This is what happened to me during my visit in 2005 to my native city of Medea, in Algeria. I met one of my classmates, Ahmed, whose family and mine have a close relationship. He used to visit me regularly with his friend

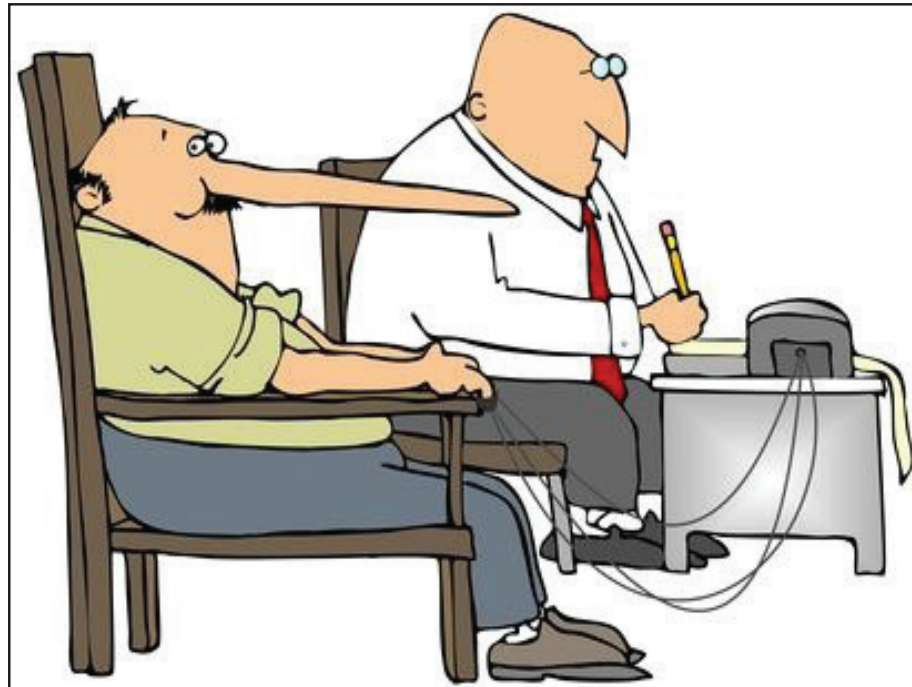
Ali. I noticed that during their visit, they were mainly talking about existing business opportunities and how much easier it was to start any business in Algeria. Honestly, their talk impressed me to the extent that I found myself engaged with them in a business activity which wasn't carefully studied. The quick decision I made considerably affected both my financial situation and social relations.

I was working in an oil offshore field in the United Arab Emirates for a period of twenty years. My work was based on the rotational system which was 28 days on and 28 days off. However, I was living with my family in Abu Dhabi. I used to visit my country at least three times a year. My frequent visits were necessary in order to complete the remaining part of the construction of my house. It is worth noting that to build a single floor you need years to finish it. This was due to scarcity of both the building materials and the skilled labors. For health reasons I resigned from work in 2001 and I was given my end of services benefits for the twenty years I worked

there. I was really in need of a break for two or three months to relax and meditate about the future work expectation. I left Abu Dhabi for Algiers and I stayed there for a period of three months. The unexpected event happened when Ahmed came to my house to see me, holding with him a business proposal.

He gave me a copy of the business proposal and started giving details about it. His proposal was to invest in farming turkeys. According to him, it is a successful business and the marketing is easy. There

is a big demand for turkeys in the market. He pointed out that the local authorities encouraged investment in this type of poultry. They exempt investor from paying taxes for a period of three years. The investor is authorized to import turkey chicks from any sources he prefers. Ahmed



assured me that he had lot of acquaintances in different hotels and could easily supply them with turkeys. He confirmed to me that he had enough places to keep the chicks and the necessary equipment needed for farming. According to him, he had experience in the field of poultry farming, so he could definitely handle the business. He stressed this to me, saying, "I guarantee you that the business is successful and there will be no risk at all." As per the proposal he submitted to me, he would be in charge of the business, the provision of premises, the equipment, feeding the chicks, and the marketing once they were grown up. I would provide the necessary funds for the business which would be estimated later based on

the number of imported chicks. I promised to let him know my final decision within a few days.

I was asking myself, "How am I going to believe that Ahmed is a trustworthy and a reliable man?" To overcome this doubt, I consulted my family members and some friends. I wanted to know their opinion about this proposal. They all encouraged me to accept this business proposal because they knew it is a successful business. They suggested I start at the beginning with a limited number of chicks not exceeding the number of five hundred. The purpose was to limit the loss in case the business would not be successful. I signed the contract with him and provided the necessary funds for the business. As a precautionary measure not to lose at least my money, he undertook the responsibility to return the funds in case the business wasn't successful. He agreed that my nephew Latif act on my behalf during my absence out of the country. We imported five hundred chicks from France and provided the necessary food and kept them constantly in a warm temperature. The raising activity of this type of poultry is delicate when they are very young. However, I was happy to see them all growing rapidly. I left Algiers for Abu Dhabi and I entrusted the matter to my nephew, asking him to coordinate on a daily basis with Ahmed. I used to call him at least twice a week in order to stay informed about the chicks' progress. They were in need only for a period of two to three weeks before ready being for marketing. Suddenly, I received an emotional phone call from my nephew who told me, "What you were afraid of happened."

I was completely shocked when he told me that two hundred fifty chicks died. I immediately called Ahmed, who started stuttering and mentioned different causes for the death of the chicks. He called my nephew only two days later as an attempt to hide the truth of what happened to them. When my nephew asked Ahmed to show him the dead ones, he told him that he got rid of them the same day. He disposed of them into a garbage dumping area out of the city. My nephew went there to check if the chicks were really disposed there. Nothing was seen there as evidence of disposal. I discovered later that Ali, Ahmed's friend, was assisting him in his work. It came to my knowledge from different

sources of investigation that nothing wrong happened to the chicks. Half of the invested chicks were kept somewhere with his friend Ali. The subject was pre-planned the day Ahmed met me and talked to me about the business. I decided to withdraw myself from this business. I asked him to pay me back the whole amount I contributed to the business. He agreed to do so and asked me for a grace period of one week to enable him to provide the funds. I couldn't sue him in court because the business was running without a legal license. I was totally convinced that Ahmed was a big cheater, untruthful, and dishonest. I asked myself how he could return that amount of money? Sure, he managed with the help of his friend to market the two hundred fifty chicks he pretended were dead. When I told his uncle what his nephew did to me, he kept silent for a while and then said to me, "I myself do not deal with him and I don't want to see him because I do not trust him anymore." Finally, I got back my money from Ahmed after several phone calls and the frequent visits of my nephew to him. This crisis considerably affected both my family and me, and also ruined as well the relations between the two families.

To conclude, it is not so easy to judge people from their appearances and to know if they are honest or dishonest. You might be easily deceived when you meet them and they start to seduce you with their sweet words. There is a well known Arabic proverb which says, "He gives you sweets from the tip of his tongue and he dodges from you as the fox does." I learned from the tough experience I had with Ahmed that regardless of the friendship and the close relationship we may have, we should always take all the legal precautionary measures, because we may find ourselves dealing with dishonest people.

*Mohamed Benrekia
ESLR 310*





Grades Down? Solution!

How sad will students feel when they know their grades are going down in the middle of the semester? Students will feel so sad, feel lost, and they will think a lot about things that they should do next. This is only half of the semester, and students still have time to improve their grades. Students shouldn't drop their classes because their grades are going down in the middle of the semester. There are many solutions to the problem if students find their grades going down in the middle of the semester.

The first solution to the problem of students' grades going down in the middle of the semester is modifying their study habits. Some students' grades go down because they don't have a good study schedule. The students should make a schedule for studying. When students study, they should have time to take a break. Even though students study long hours, it doesn't mean they are learning. Students need a break for their minds, so they will concentrate better after they take a break. When one of my friends who studies hard was taking a test, she felt faint in the classroom. She was always studying and carrying her book wherever she went, but her grades never improved. She usually got "B" or "C" until she made a better schedule for her studying, so now her grades have been improving. Students should be joyful when they are studying. Smiling helps students feel more cheerful despite the fact that their grades are going down in the middle of the semester. Students should have a positive attitude when they are studying. I don't like to study English, so I always smile at my books before I study. It is helping me a lot to keep on



studying. My classmate, who is working and studying at the same time, is good at arranging her time, and she always gets a good grade even though she is working.

Another solution to the problem if students find their grades going down in the middle of the semester is to find a study partner. Students should find a classmate who wants to be their studying

partners. My nephew, who is an honest student, graduated with two masters degrees of law, which he received in England. He told me it is important to have a study partner because he had a lot of books to read, and he couldn't have done it alone. My friend's daughter, who is an honest student, graduated with a master's degree in economics in England. She also had a study partner. My other

nephew, who is studying to be a doctor in Thailand, has five study partners for his group to study with. He told me it is too hard to study alone because he has a lot of books to read, and he also has to take care of the patients at the hospital. He doesn't have much time to read all his books.

The last solution to the problem if students find their grades going down in the middle of the semester is to consult with their teachers or find a tutor. Students go to ask their teachers how to improve their grades. My professor told me I have to study grammar more, so I started studying grammar every day. I will wait for my next test result, so I will know how much I improved my grammar. Students who don't miss class and who do homework on time will also improve their grades. American River College has departments for helping students for free, such as the Learning Resource Center, Tuto-

rial Center, English as a Second Language Center, and a computer lab. I went to the English as a Second Language Center last summer. It helped me to improve my English. My computer classmate who does his homework at the computer lab two times a week, learns more than in his book and he gets help from a tutor who works at the computer lab.

If students find their grades going down in the middle of the semester, they can solve the problem by changing their study habits, finding a study partner, and consulting with their teachers or finding a tutor. When students know their grades are going down in the middle of the semester, students will feel so sad and feel lost. Students should be joyful when they are studying. Smiling helps students feel

more cheerful despite their grades going down in the middle of the semester. Students should have a positive attitude when they are studying.

“That’s the time you must keep on trying
Smile, what’s the use of crying ?
You’ll find that life is still worthwhile,
If you just smile.”

“Smile” sung by Nat King Cole.



Pattaraporn Callorina
ELSW 50

How I Bought my First Car

Neither in Afghanistan nor in Pakistan does everyone have a car. People mostly use public transportation. My family was living in Pakistan when I was in high school. When I was a teen, I wished to learn how to drive a car, and how to buy a car. However, my father didn’t have enough money to buy a car, and I couldn’t work because of studying. I wanted to find a job, but my father didn’t allow me to do so because I was a teen.

Fortunately, the U.S armed forces came to Afghanistan. At that time, I was studying for my 9th grade final exam in high school. The armed forces needed Afghans to work with them as soldiers, and one of my cousins had already joined them. When I found out about it, I lied to my parents that I was going to visit my cousins for a couple of days to help me get the right tutoring, which would help me pass my exam with an A. My parents happily agreed and gave me some cash to pay for my transportation and tuition. I began packing up my clothes.



Finally, I started my journey to Afghanistan. When I met my cousin in Afghanistan, I barely convinced him that I hadn’t left the exam and that my parents happily sent me for a job. I lied again when the interviewer asked me, “How old are you?” and I said, “I am eighteen years old.” Actually, I was

sixteen. I got paid \$150 for my first month training in 2004, and I got paid \$250 for my 2nd month and so on. In the army base there were lots of Toyota Hilux cars for supply, so I learned how to drive a stick shift. One day, I went downtown with my friend to bring some supplies, and I asked my friend if he could let me drive. He was a really nice guy and let me drive for about two miles.

It was my first time to drive a car, and my friend was surprised when I shifted the stick to 2nd and 3rd gear. In my first try, I realized that driving a car is easier than it seems. I had been saving money for four months, so I bought my own car for about 3,200 dollars. I paid 800 dollars as a down payment and was paying 100 dollars each month until I finished the debt.

Rahim Karimy
ESLR 310



My Distant Childhood Love

Each of us in the world has a special place that after many years becomes closer and more valuable, where we can breathe easily, where everything there seems nice and bright, where for a moment we can be happier and younger. I perfectly remember one valued place in my life. It's a botanical garden in Karaganda, Kazakhstan. I especially love one part of this garden - the birch alley.



The first time I came to this amazing, peaceful place with my grandmother, she lived next to this garden. She brought a mat and basket of food for us. We settled close to the birch alley. I will never forget this great time when we were laughing, talking, and enjoying the silence of nature, breathing the scent of flowers, and watching how the white, fluffy clouds drifted across the blue sky. It was amazing!

In addition, this beautiful birch alley is imprinted in my mind as the place where I met my future wife. Then after the wedding, we walked



through the birch alley in the botanical garden. It was an unforgettable spring morning. I remember a very delicate grove of birches, which only began to grow. Spring rooks greeted and flew over us.

Later when our son was five years old, we went to this place a lot of times. I remember when he started to ride a bike there. We loved to spend our free time there. It's hard to describe the beauty of this magical place in words.

Everyone has a special place in their life, a warm, native place where our memories revive our senses and can heal our hearts when they're hurt. This place always plays your childhood music, gives you peace in your mind, allows you to get away from all your troubles and to find your inner happiness.

Vladimir Tsoy
ESLW 50

Life Lessons from Our First Week in the USA

I will never forget the week when my family and I first came to the USA in October 2014. It was the hardest time in my life. We were here without friends, relatives, acquaintances, or any close people who could help us, and most important, we knew hardly any English. I only knew a few words, and it was the biggest challenge for me. I realized

that to change my life in a better way, I needed to start learning English as fast as possible.

I decided to find a school where I could improve my English, but it wasn't so easy. All the information on the Internet, in the advertisements, and in newspapers was in English. I used a paper dictionary and then an electronic dictionary, but

translation was so awful. I could understand only addresses, phone numbers, and work hours, but I didn't give up. I carefully wrote all the information and made a list of five adult schools. I had two choices: either to call them, which in my situation was crazy, or to go there and to try to speak. I decided to go in person.

The next morning, I was determined, so I took my list and went to find a good school. Unfortunately, the first three schools were closed. I was so upset! When I arrived at the fourth school and saw an open door, my mood became better. I entered the office and saw a nice woman in front of a computer. She looked at me and with a smile asked, "Hi! How can I help you?" I tried to explain that I wanted to study English, and, therefore, I wanted to know if they had space in classes, but I said, "Hi! Do you have place and seats for school?" She looked at me with big eyes and said, "Yes, we have a building for the school and chairs in the classes." I understood that I had asked in the wrong way. I felt ashamed and my face flushed. I said thanks to the nice woman and quickly left the office. While I was going to my car, I heard a voice. Somebody called to me in my native language--Russian. I turned around and saw another nice woman. We went back to the office and she explained to me all the information. The next day, I had my first day of school.

The first day promised to be interesting. I was so excited and full of hope. I arrived a little bit earlier and entered the class. The class was large and bright, and on the walls were a lot of posters with quotes in English. Students were laughing and

speaking to each other in their native language! It wasn't Russian, so I couldn't understand them. I looked around, found a space, sat down and began to think "What are they speaking about?" I had no idea! Somebody asked me something, but I didn't understand. I felt so bad, but suddenly, a girl approached me and began to speak with me. She was so nice, and tried to explain everything that other students were speaking about. She gave me her support, which I needed so much on that first day of school. I was grateful to her and still am.



That first week in the USA gave me a lot of life-lessons. First of all, the first week taught me to never give up. No matter how difficult it is, don't give up and believe in yourself, and do all that you can for your bright future. The second lesson is don't neglect other people if they speak a different language than you, or if they look different, or if they maybe have other traditions or another religion. Try to understand everybody and give your hand to help somebody who needs it. Don't hesitate! My family and I have already been living here for one year. We are happy to live in this country with our new friends in our new life. Now I remember with a smile my first week in the USA and the lesson it taught me.

Natalia Buciatcaia
ESLW 310





Nestscape -- Articles from The Web

Continued from page 1

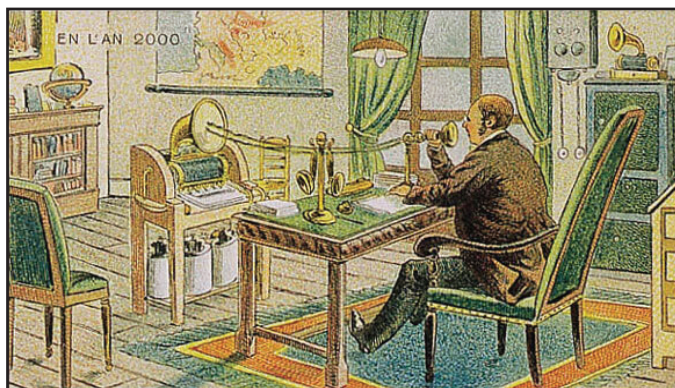
ages Extraordinaires contained 55 novels, including the well known “20,000 Leagues Under The Sea” and “Around The World In 80 Days”. He even wrote a short work imagining what life would be like a millennium in the future called In The Year 2889.

Verne’s stories were popular among the French, and their imagination swooned with the endless possibilities of the future.

Starting in 1899, a commercial artist named Jean-Marc Côté and other artists were hired by a toy or cigarette manufacturer to create a series of picture cards as inserts, according to Matt Noval who writes for the Smithsonian magazine. The images were to depict how life in France would look in a century’s time, no doubt heavily influenced by Verne’s writings. Sadly, they were never actually distributed. However, the only known set of cards to exist was discovered by Isaac Asimov, who wrote a book in 1986 called “Futuredays” in which he presented the illustrations with commentary.

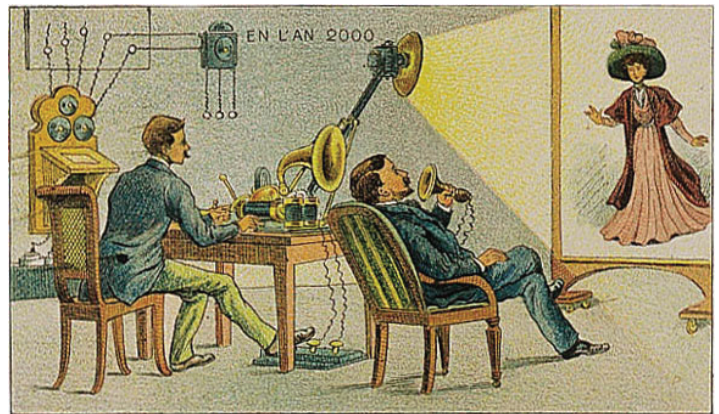
What’s amazing about this collection is how close their predictions were in a lot of cases, and how others are close at hand.

To begin, technological strides were made in electromagnetism and wireless communication that led to the invention of the telephone and radio during the latter decades of the 19th century. To the artists, these technologies must play an important part in the future, so a machine was imagined that would transcribe spoken language into print, something that automated audio transcription services like Dragon



Dictate or voice recognition with Google Search now make possible:

Another card shows video calls imagined from the technology of the day (a projector), but functionally



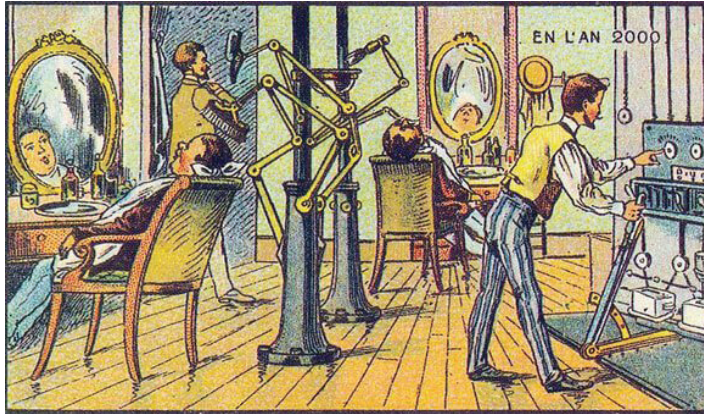
the same as Apple’s FaceTime, Google Hangout, or any other standard video conferencing software:

Other types of advances in projection were expected as well, allowing microscope or telescope images to be much more visible. While projection technologies

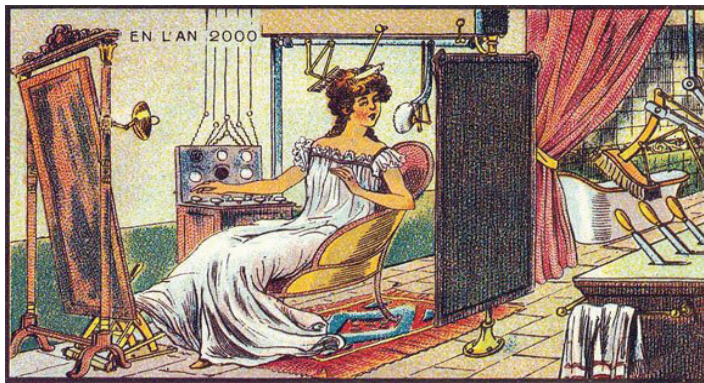


like these were developed, today digital instruments and monitors are the workhorses for microscopy:

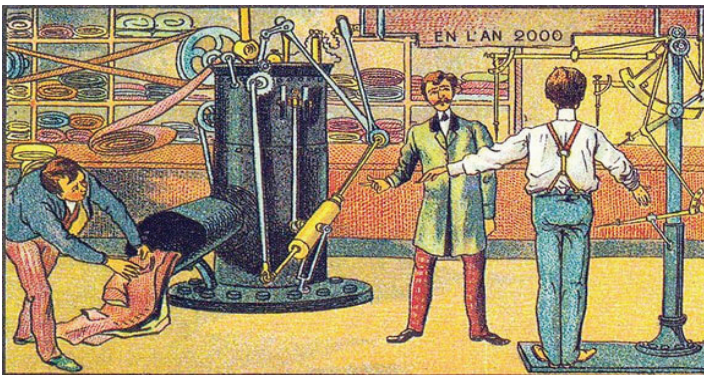
In light of the Industrial revolution that occurred in France in the early part of the 19th century, automation would have been rife with possibilities. Among the collection, personal automatons -- or robots as we call them -- showed up prominently. Clearly, the artists felt they would be a big part of the future, taking care of many of the mechanical tasks used in daily life, such as robot barbers:



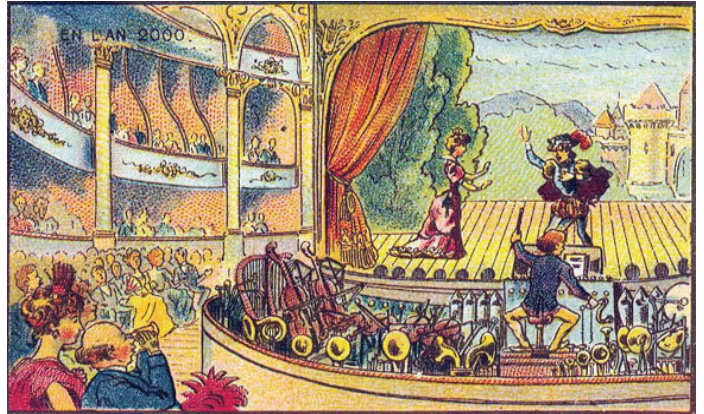
For women, the vision was more extensive, including an all-in-one robotic make-up artist and hairdresser:



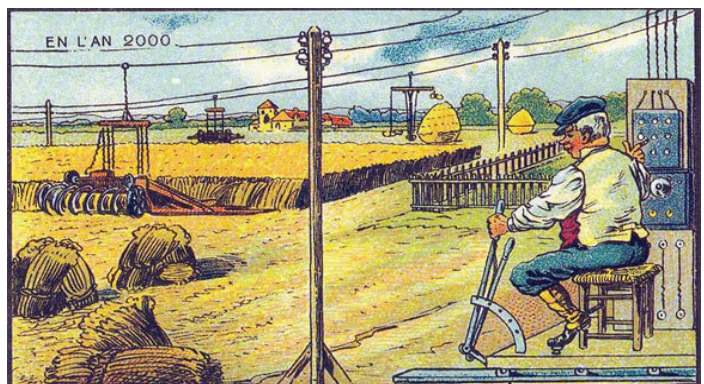
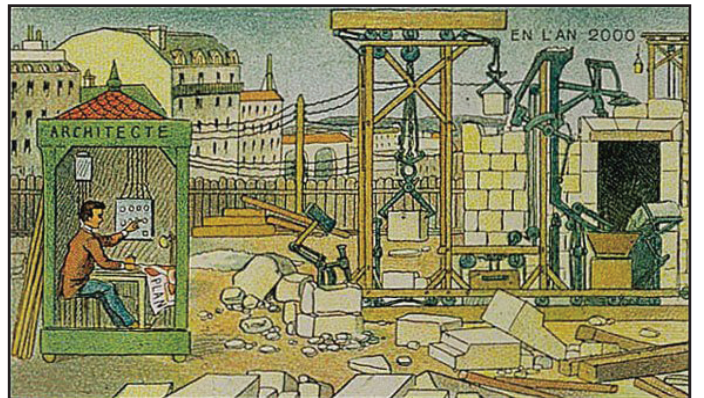
Technological advances in robotics is seriously on the move, so while we have robots to wash hair, service bots in hospitals and cleaning bots like the Roomba to help in small ways, bots to take care of all our personal needs are probably only years away. Whether we'll have a robot that can custom tailor clothes for us at will, as shown in the following illustration, is debatable, however:



One card shows all the instruments of an orchestra being controlled by the conductor, which isn't too far off from the robotic instruments designed by Festo:

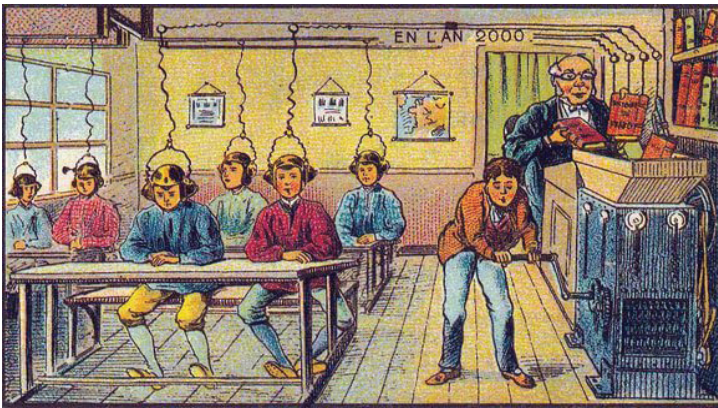


But the scope of using machines to do work wasn't seen to be limited to smaller scale activities. Why not use machines to allow a single person to construct buildings? We aren't there yet, but recent advances in 3D printing almost beg for houses and other buildings to be printed out, if the technology could be worked out.





The possibilities of science must have seemed endless, and technologies that would fundamentally change society would seem all but likely, as in one illustration that shows books being ground up and fed directly into the ears of schoolchildren. While it may seem a bit to Matrix-like to become a reality, one could argue that this is fundamentally what an audio-book is or what the Internet does with information. We may not be at the point where information is fed directly into our brains, but reality isn't that far off.



In what some French people might consider an abomination, one illustration depicted the modern kitchen as a place of food science. While synthetic food in commercial products is sadly more common today than we'd like to admit (sorry Easy Cheese lovers, but I'm calling you out), the rise of molecular gastronomy in fine dining has made food chemistry a modern reality. It may seem like food science has its limitations, but one only needs to consider efforts to grow meat in a laboratory to see how far technology may go.



As incredible as it is that Côté, Villemard, and others were able to envision some of our modern technolo-

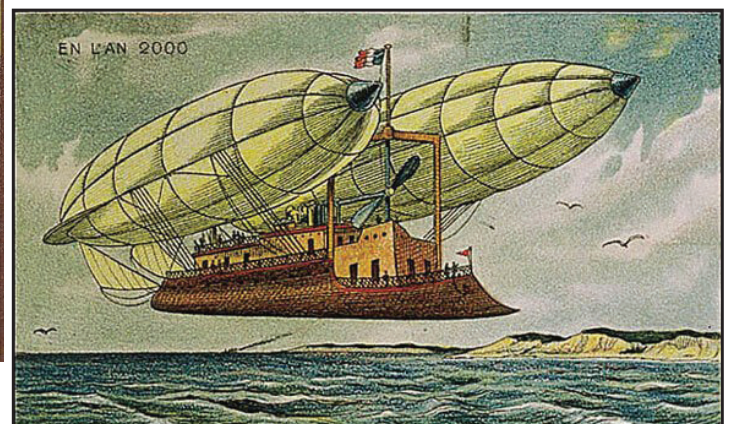
gies, one would expect more misses than hits. They are, after all, making fantastical predictions about technological progress over a century's time, and it's challenging to be accurate (unless you are Ray Kurzweil).

Making predictions in the shadow of Verne's body of work, one would take for granted that the sea and the air would be open to all.

For instance, the artists were fascinated by the possibilities of flight. This makes sense, considering that powered gliders were in development during the 1890s, the first Zeppelin was being constructed in 1900, and the Wright brothers made their historic flight in 1903. But personal flight was envisioned to be much more integrated into daily life, envisioning that wings would help people do all sorts of things like delivering mail...physics be damned!



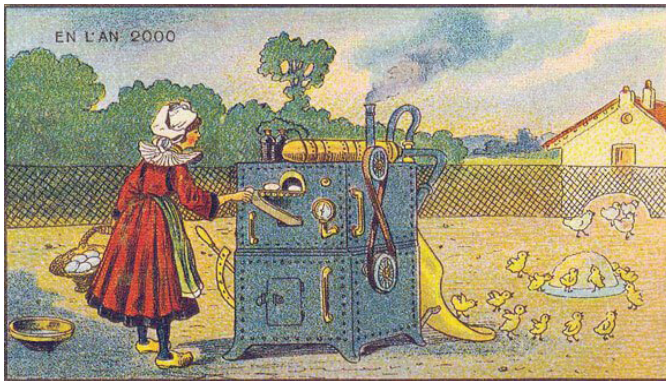
Air transport was also imagined, and though they didn't quite capture modern air travel, they weren't too far off:



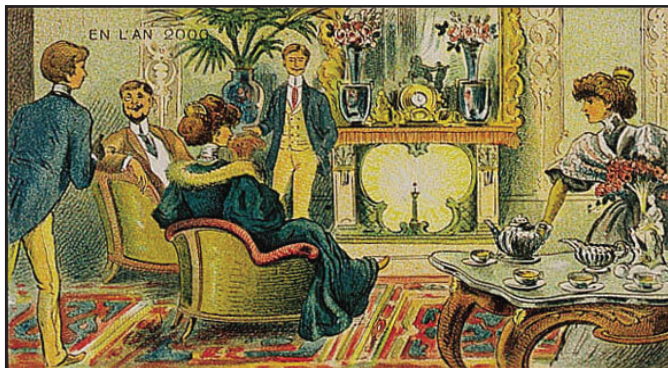
The artists also seemed to believe that people would be interacting with ocean life as a part of their daily lives, perhaps because of *20,000 Leagues Under The Sea*. Everything from fish races complete with jockeys to travelling underwater by whale were seen as inevitable. It's sad that the ocean is still such a mystery, but perhaps Google's efforts to allow underwater exploration in Google Maps will begin to help:



Finally, there are some illustrations that we look at today and know they are bad ideas, such as rapid biological development of eggs into chicks:



Or using radium in the fireplace to warm a house:



Imagining the future is vital to progress, as it means technological advances are the result of deliberate efforts to make ideas reality, rather than simply humans reacting to their surroundings like animals. These illustrations are a testament to a handful of very creative artists who tried to bring a vision of the future to the masses.

How unfortunate that the people of the time never got to see them.

<https://singularityhub.com/2012/10/15/19th-century-french-artists-predicted-the-world-of-the-future-in-this-series-of-postcards/>

**Parrot of
1900**



**Parrot of
2017**



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 Adobo Chicken with Ginger?

“This is considered the Philippine national dish. The combination of soy sauce, vinegar, garlic, ginger and peppercorns is delicious and actually preserves the chicken! Great for picnics. My mother taught me how to cook this, using her variation from the original recipe. A delicious, cheap and easy dish! Serve it hot with hot steamed Jasmine rice.”

ginger, bay leaves and peppercorns in a Dutch oven. Bring to a boil over medium heat. Once it boils, reduce heat to a simmer. Cover the pot and simmer for 30 minutes, basting the chicken occasionally. After 30 minutes, remove lid and cook until liquid has reduced to half.

2- Remove chicken from the pot to a serving plate. Strain the liquid from the pot to remove all the food particles, and set aside. Serve chicken hot over steamed rice and drizzle with reserved sauce.

Ingredients

- 1) 1 (3 pound) whole chicken, cut into 8 pieces.
- 2) 1/2 cup soy sauce.
- 3) 3/4 cup distilled white vinegar.
- 4) 1 bulb garlic, peeled and crushed.
- 5) 2 tablespoons thinly sliced fresh ginger root.
- 6) 1/2 tablespoon black peppercorns.



Directions

Prep: 20 m

Cook: 40 m

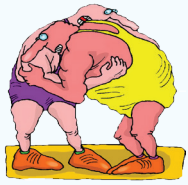
Ready In: 1 h



- 1- Combine the chicken, soy sauce, vinegar, garlic,

<http://allrecipes.com/recipe/28363/adobo-chicken-with-ginger/?internalSource=hub%20recipe&referringId=696&referrerContentType=recipe%20hub&clickId=cardslot%2014>

Parrot Warbling



Grappling with Grammar

Grammar

Who/whom



he = **who**
him = **whom**

Ex:

Who/Whom wrote the letter?

He wrote the letter. Therefore, **who** is correct.

Ex:

Who/Whom should I vote for?

Should I vote for him? Therefore, **whom** is correct.

This rule is compromised by an odd infatuation people have with **whom**—and not for good reasons. At its worst, the use of **whom** becomes a form of one-upmanship some employ to appear sophisticated. The following is an example of the pseudo-sophisticated **whom**.

Incorrect: a woman **whom** I think is a genius

In this case **whom** is not the object of I think. Put I think at the end and the mistake becomes obvious: a woman **whom** is a genius, I think.

Correct: a woman **who** I think is a genius



<http://www.grammarbook.com/grammar/whoVwhom.asp>

Idiom--Attic

(To) Face the music



It means to “face reality” or to deal with the reality of the situation and accept all the consequences good or bad (but mostly bad).

<http://www.fluentu.com/english/blog/essential-english-idioms/>

Beak Speak

Ch



The letter combination **ch** has three distinct sounds:

1. The most usual is the way it is pronounced in words like:

chair, check, chicken, chop, chuckle much, rich, such

2. However, in words taken into English from Greek **ch-** sounds like **k**:

character chemist, chorus, ache, echo, school, etc.

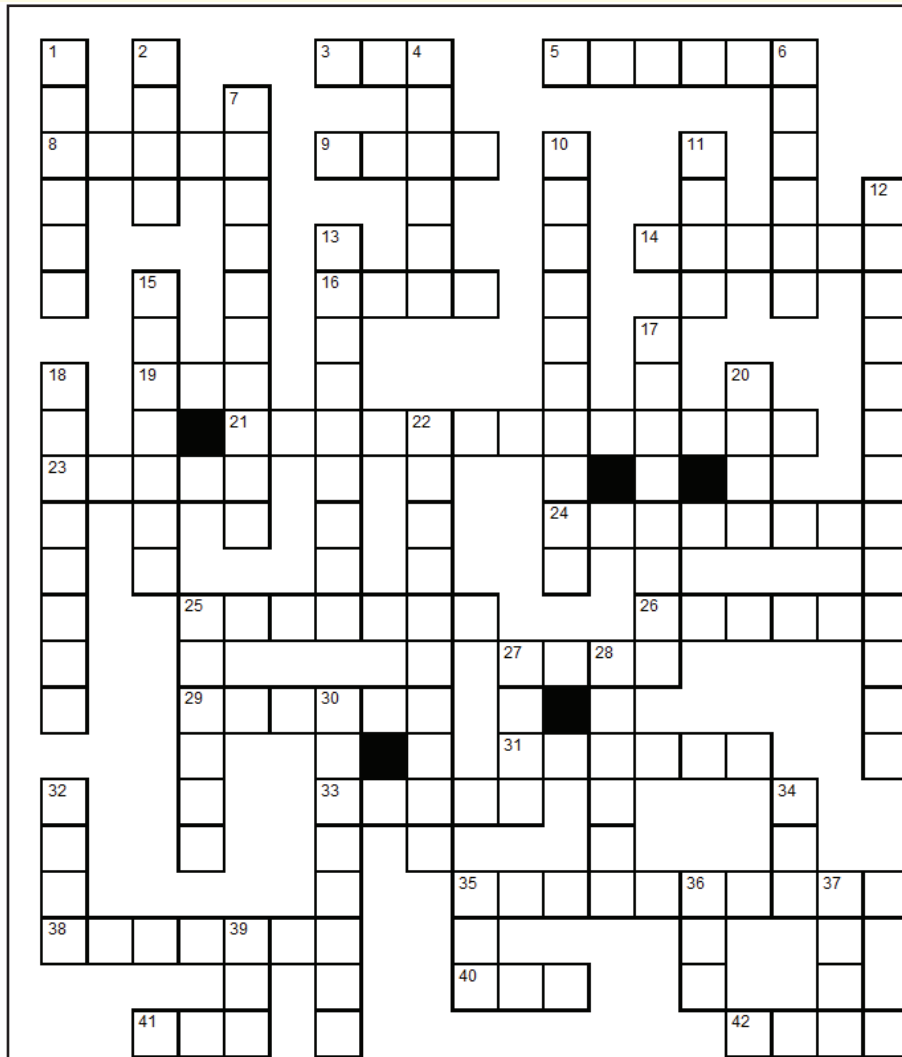
3. The third group, drawn from French, if written as it sounds, would be a combination of **S** and **H** as in **machine** (ma-sheen). In words taken into English from French, **ch-** sounds like **sh**:

chef, chauffeur, chaperone, etc. machine, moustache, parachute



<http://www.literacytools.ie/files/pdfs/CH%20sound.pdf>

Some More Parrot Fun Stuff



Across

- 3 An animal that gives us milk. (3)
 5 Something that people wear to keep their hands warm. (6)
 8 An animal that people ride. (5)
 9 A place where people save money. (4)
 14 Something people use to take pictures. (6)
 16 A place where people grow crops. (4)
 19 A thing that people drive. (3)
 21 A day when people play tricks on each other. (5,5,3)
 23 A thing that people use to eat soup. (5)
 24 A thing that you wear on your neck. (8)
 25 The time of day when people eat breakfast. (7)
 26 A person who draws pictures. (6)
 27 The time of day when the sun rises. (4)
 29 A time when people go to the beach. (6)
 31 An animal that makes webs. (6)
 33 A thing that people use to tell the time. (5)
 35 A thing that people use to see tiny things like cells. (10)
 38 A place in a home where people cook food. (7)
 40 Something that people use to fry things. (3)
 41 A thing that people use to boil water. (3)
 42 Something people use to clean up leaves. (4)

Down

- 1 A place where people study. (6)
 2 An animal that can fly. (4)
 4 A time when snow falls to the ground. (6)
 6 A thing that people use to dig. (6)
 7 A place where people order food. (10)
 10 A place where kids can go on the swings or down the slide. (10)
 11 A place where people drive. (4)
 12 A place where people buy tools. (8,5)
 13 The time of day when kids finish school. (9)
 15 A place where people make things. (7)
 17 A person who plays a musical instrument. (8)
 18 A place where people go when they are sick. (8)
 20 The season when leaves change color. (4)
 22 A place in a home where people watch TV. (6,4)
 25 A place where people can see old things and learn history. (6)
 27 The time of day just after the sun sets. (4)
 28 Someone who serves food in a restaurant. (6)
 30 A person who fixes cars. (8)
 32 A thing that people use to catch fish. (4)
 34 A place where people see animals. (3)
 35 A thing that people use to find where they are. (3)
 36 A thing that people use to cut wood. (3)
 37 A place where people picnic. (4)
 39 A thing that people wear on their heads. (3)



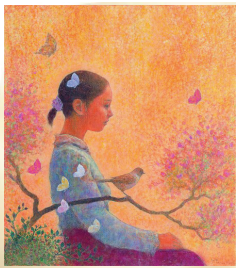
Summer

Find and circle all of the summer words that are hidden in the grid.
The remaining letters spell an additional summer item.

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

- | | | | |
|----------|-------------|---------------|--------------|
| ANTS | FISHING | JULY | SUNBURN |
| AUGUST | FLIES | JUNE | SUNGLASSES |
| BARBECUE | FLOWERS | MOSQUITOES | SUNSCREEN |
| BASEBALL | GARDENING | NO SCHOOL | SUNSHINE |
| BEACH | GOLF | PICNIC | SUNTAN |
| BEES | GREEN GRASS | ROLLER BLADES | SWEAT |
| BICYCLE | HAT | SANDALS | SWIMMING |
| BLUE SKY | HIKING | SKATEBOARD | U V RAYS |
| BOATING | HOLIDAYS | SOCCER | WASPS |
| BREEZE | HOT | SOLSTICE | WATER FIGHTS |
| CAMPING | ICE CREAM | SPRINKLERS | WATERMELON |





Spring

Flowers bloom again.

Leaves sprout again.

Maybe new leaves remember

the shape and place

they grew up.

I wonder if flowers are aware

how they are loved.

Such blossoming gorgeously...

I'm sure they've missed too...

the courtship of
birds.

by Olivia

Rigoberto's Riddles

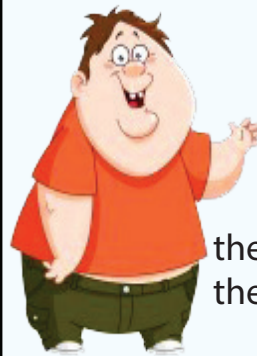
How do you make the number one disappear by adding to it?



Add the letter 'G' and it becomes Gone

Silly Vasily's Chuckle Chamber

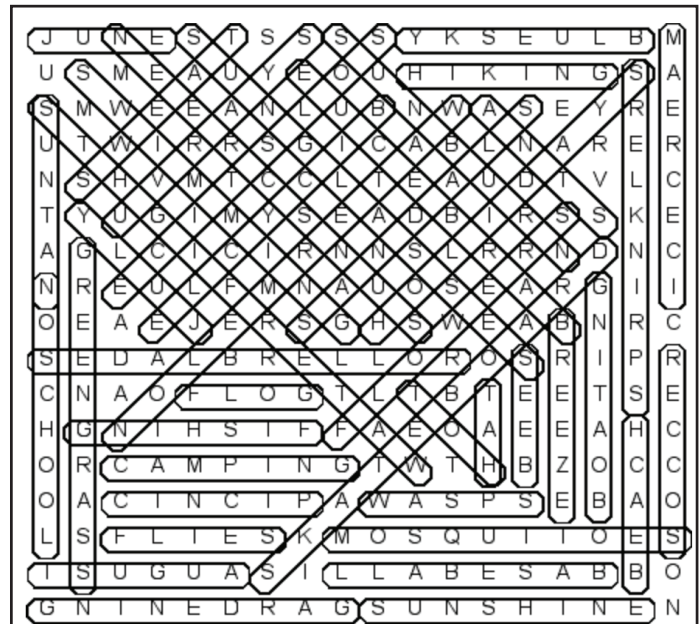
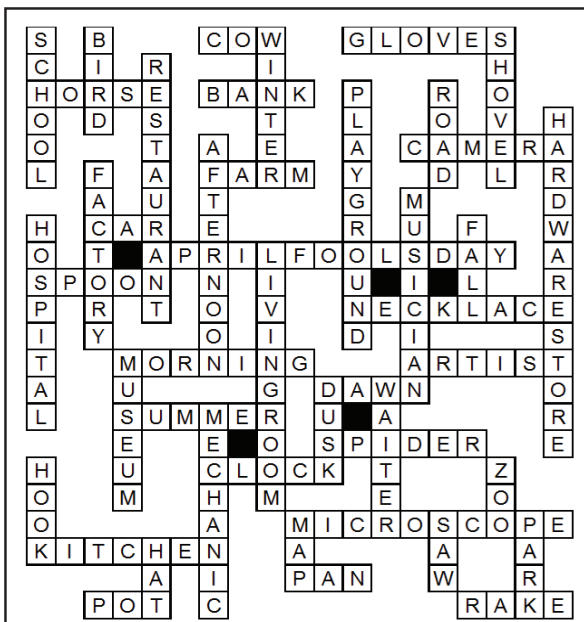
Spring Fever



Four high school boys afflicted with spring fever skipped morning classes. After lunch they reported to the teacher that they had a flat tire.

Much to their relief she smiled and said, "Well, you missed a test today so take seats apart from one another and take out a piece of paper."

Still smiling, she waited for them to sit down. Then she said: "First Question: Which tire was flat?"



Granny Noetal

Dear Granny Noetal,

We do group work in our class, but sometimes it's not good. Some students don't want to participate and don't want to share. They just take the one paper the teacher hands out for all of us with the instructions to read by themselves. Sometimes they sit in a way that shows they're not interested or don't think the other students in the group have anything interesting to say. What about that? What do you think?

Annoyed

Dear Annoyed,

I can understand your frustration. Students in ESL classes come from a lot of different countries, sometimes from places where there is no group work and the classroom is very competitive. Students are not



expected to work with other students. They are led to believe that the teacher is the only source of knowledge and that they can only learn by working individually and then getting approval from the teacher. These students, then, are surprised, maybe even disappointed, when they have to work in a group and listen to classmates. Students might even say things like, "I don't want to work with him – his English is so bad." Having a different school background, then, might be the reason why students don't work well with others. Of course, individuals are sometimes simply individuals – they live in their own bubbles. They may be surprised later on to find that working with others is necessary for many classes and for holding down a job. My advice is to talk to your instructor during office hours. It's important that the instructor know. She or he has probably seen this before and can come up with some good solutions.

Granny

Interview with Prof. Gustafson

Continued from page 1

a long time. Actually, I was a student here too. I went through the program and I graduated. Then, I started teaching in 2012.

Parrot: What courses do you teach here in ARC?

Karla: I am teaching Sociology of Aging and general teacher communication courses. Actually, I taught almost every course with that. Right now, I'm teaching pretty much sociology courses.

Parrot: Now the question to both of you: gerontology is a very interesting but new science. Why did you choose it?

Karla: You know, gerontology, actually, has been around for a long-long time, but most people don't even know what it means. We have people who ask us if we're studying rocks (Karla is smiling). This is not geology. This is gerontology. Most people think (if you say gerontology) that it means

that you're studying old people. That's not what we do either. We don't study old people. We're studying aging, so we are studying pretty much our whole student population. We're studying from maturity until death. That is what we're doing. And why did I do it? I came on campus, originally, as an older adult, returning to school. I took retraining. I already had a previous degree, and it was a speaker who came on campus, that started talking about designing for people of all ages. I realized that that is what I really wanted to do. I didn't want to be picking people's colors. I wanted to make a difference that involved people. So, I started taking gerontology because I thought, OK, I need to know about people's process of aging because we change and we age differently. And the more I got involved in my gerontology classes, the more interested I got in it. There was an interesting situation. I had a student who came here last week, and he said, "I took your class by accident. I just picked it to try it" and he said, "I thought how can you teach a whole class about aging?!", then



he asked me again “How can you teach whole classes about aging?! But then I came in, and I thought that I really needed to know this stuff.” That’s what happened. Back to me, the teacher that I had worked for years, once said, “Hey, go get your grad degree, so you can come back and teach.” That is the reason I am sitting here.

Delain: Well, gerontology was the secondary field I was going for. I originally planned to be an occupational therapy assistant at SacCity college and they said if I took a few extra classes, it could be gerontology as my secondary degree. And after I was really enjoying gerontology classes, I decided to make gerontology my major, so I transferred here. I am also a practiced genealogist. I really enjoy talking with the elderly and talking about their past, so I am trying to find the way to marry my genealogy love with gerontology and see how I can grow in that direction.

Parrot: What expectation did you have when choosing gerontology? Did these expectations come true?

Delain: I expected I was going to learn how to take care of old folks. So it’s been eye-opening because it is not just taking care; it is learning more about them. So, yes, it’s been really eye-opening as to what it actually is.

Karla: We’re in an aging world right now, and most people don’t know that it is actually happening. What I always find amazing is that we are in the middle of a revolution, and no one knows it. We are in this huge revolution in which everything that people are going to do (every student) everything that we studying here, on campus, we all will have to work with older adults.

Delain: From now until the 2040’s, there are going to be ten thousand new people hitting the age 65 mark every day. It is happening now and it is growing until the 2040’s.

Parrot: How can gerontology help us in our life?

Karla: That is what I tell my students all the time.

The elderly have the money. The elderly adults can afford almost every service. So, if you’re going to get out there in the world, if you’re going to want to sell a product, if you want to do business, you’re better off to know who they are. Because there is so much misunderstanding between generations. We need to work together. Secondly, you are going to be living to a hundred. Most of today’s young students are going to be a hundred years old. Are you prepared? All of us need to realize, “Oh my God! I need to know something about that!”. If you don’t want to age as your grandparents did, if you want to be still skinny at 75-years-old or still have quality of life, you want to take gerontology classes. It is going to make a difference as to how you actually handle your own aging processes.

Parrot: Have you ever seen how different generation work together?

Karla: In my classes, I always have someone who is about seventeen and I always have someone who is about seventy. And every year, every semester, they become friends. Once our students see each other in class, they realize how much they have in common. Generally, misconceptions are what they think the other group thinks of them. That is fascinating to actually watch the interaction of groups.

Delain: I am fifty-one, can be fifty-two next Monday. I find it’s really odd that, at my age, some of the younger students think that I know what I am doing, so they come to me and ask me questions. I tell them, “I’m learning too, so let’s work together.” So, that’s how I make it work.

Parrot: Please, tell us about The Wisdom Keepers.

Karla: The Wisdom Keepers is a fascinating group. It is on campus. I’d helped start this group when I was a student. Our goal was to develop scholarships. So, now we have five scholarships for gerontology students. Now, we also help each other with books and have tutoring. We have a conference coming up on campus which involves all the students and all the departments. We’re going to have a contest, and I can’t say what the contest is,

but we have some really cool prizes. It is a conference where people will be able to come and understand, "Why do I want to know gerontology?". We are going to have speakers. These speakers will help us understand what a reality aging is.

Parrot: Do you have experience teaching ESL students? Maybe some advice for them?

Karla: We have a lot of ESL students in our classes. It is a great way to learn. We actually take a look at history and at other cultures, which is really good for people from foreign countries.

Delain: I think it is interesting to have ESL students come in. We're talking about how we're handling our older generation in our country, but we want to hear them talk about how it is handled in their countries. It is very interesting as well.

Karla: Yes, we're looking at the global aging issues, because it isn't just something that is happening in the United States. We're looking at how these global things have affected people and how are they changing.

Parroteer: Viktoria Gunenko, W50

Secrets of People Who've Lived to 100

Agnes Fenton, 110

Agnes Fenton of New Jersey credits her 110 years to downing three bottles of Miller High Life and a glass of whiskey every day. She told ABC News in August 2015 that her booze-filled diet began 70 years ago, when a doctor advised her to drink the "Champagne of Beers" daily after finding that her only health problem was a benign tumor. Fenton followed her doctor's orders for years, even adding some Johnnie Walker Blue Label into the mix, until her caretakers nixed the alcohol when she began to eat less.

2- Adelina Domingues, lived to 114

Adelina Domingues, who passed away at age 114, never fractured a bone, didn't take any medications, and never needed to go to the hospital. The secret to her longevity? Never wearing makeup. "I've never been to a beauty shop and I've never been vain," she told the San Diego Union Tribune. Her Union-Tribune obituary also claimed that she never smoked or drank and considered religion to be her best medicine.

Jessie Gallan, lived to 109

Jessie Gallan spent her life eating lots of porridge, but you never would have found her spending her time with a man. In her 109 years, this independent lady never married. In January 2015, shortly before her 109th birthday and just three months before she passed away, Gallan linked the lack of men in her life to her longevity. "They're more trouble than they're worth," she told The Daily Mail. Instead she spent her life get-

ting plenty of exercise, surrounding herself with nice people, and working hard **starting at age 13.**

4- Paul Marcus, 101

Paul Marcus clocked in time at his local fitness facility, even into his 100s. Despite his dedication to keeping in shape, Marcus said the secret to longevity is luck. "One, you gotta have good genes," he told the Denver Post in 2013. "Two, you gotta be god damned lucky for 100 years. And three: Try not to eat anything that's healthy. It's true. I eat whatever I want. The secret to longevity is ice cream."

5 Misao Okawa, lived to 117

Okawa was the world's oldest person leading up to her death in April 2015. According to the UK's Mirror, she credits her long life to her diet of sushi, getting eight hours of sleep each night and relaxing. Japan is believed to have more than 50,000 people who have lived to be over 100 years old. This is often attributed to the country's low-fat diet, which is rich in sushi and fish.



<http://www.health.com/health/gallery/0,,20945846,00.html>



Nowruz

A few weeks ago the ESL Center set up a display to commemorate **Nowruz**, a new year holiday celebrated in Iran and Afghanistan and



other areas of the world. Nowruz literally means “New Day” It is mainly a secular holiday. The table displays seven food



items symbolizing rebirth, affluence love, medicine and



health, beauty, sunrise, and old age



and patience.



Parrot Grammar Quiz

Q1. I tennis every Sunday morning.

- a. playing
- b. play
- c. am playing
- d. am play

Q2. Don't make so much noise. Noriko to study for her ESL test!

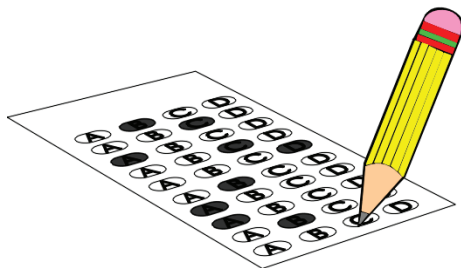
- a. try
- b. tries
- c. tried
- d. is trying

Q3. Jun-Sik his teeth before breakfast every morning.

- a. will cleaned
- b. is cleaning
- c. cleans
- d. clean

Q4. Sorry, she can't come to the phone. She a bath!

- a. is having
- b. having
- c. have
- d. has



Q5. It many times every winter in Frankfurt.

- a. It snows
- b. It snowed
- c. It is snowing
- d. It is snow

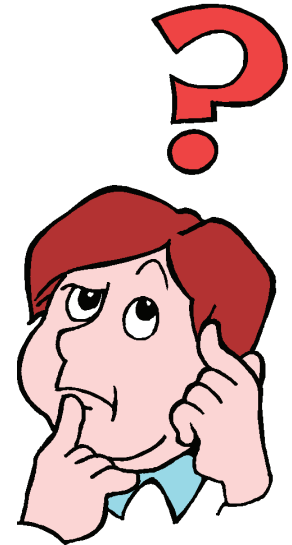


Q6. How many students in your class from Korea?

- a. comes
- b. come
- c. came
- d. are coming

Q7. Weather report: "It's seven o'clock in Frankfurt and"

- a. there is snow
- b. it's snowing
- c. it snows
- d. it snowed



Q8. Babies when they are hungry.

- a. cry
- b. cries
- c. cried
- d. are crying

4-a	8-a
3-c	7-b
2-d	6-b
1-b	5-a

Out of the Cage

Earth Day! Thursday, April 20, 2017 12:15pm – 1:15pm

Starring Don Reid, ARC's King of Sustainability!

Have you ever wondered what is recyclable & what is not or where it all goes? Bring your lunch as Don Reid, Matthew Blevis, Atlas Disposal, and representatives from the ARC Sustainability Committee, the Student Art & the Student ECOS clubs talk about how our campus is doing with our mandated diversion rates as they relate to AB341 and how you can help make those numbers better. Everything that leaves our campus goes on a scale—it's our goal to make sure it leaves on the cheap end of that scale!

Location: Raef Hall 160

Celebrating API Culture Week Thu, April 27, 2017 12:15pm – 1:15pm

This interdisciplinary exploration of Asian and Pacific Islander Peoples, celebrates the rich variety of cultures from the pacific rim and Asian regions and how they've evolved throughout places and time. In conjunction with the arts and humanities, fashion department, history department, student lead cultural groups, special guest performers, and more... U.N.I.T.E. presents API Heritage Appreciation Week from April 24th - 28th. Complete with Brave Space style open discussions, and many opportunities to learn and participate to become more knowledgeable of Asian and Pacific Islander culture. Some of the planned events include: Taiko Drumming Sacramento group, Hula, Hip Hop performances, Fashion show with cultural and historical context, Haka performance from ARC's Rugby Club. More details of exact time of events will be announced soon

Location: Raef Hall 160

In March, immigrations lawyers Peter Kyung and Brian Lopez from the law firm of Carson and Kyung very graciously visited ARC to answer student questions about the recent executive order calling for a travel ban. Should you have further questions about immigration and the law, you can contact them at the following address and phone number:



Attorney at Carson & Kyung, A Law Corporation
900 Howe Avenue, Suite 230 | Sacramento, CA 95825

Office: (916) 241-3336 | Fax: (916) 303-2334 | Website: <http://www.carsonkyung.com/>



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