



# The Parrot

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

Issue # 115 Spring 2017



## DSPS Co-ordinator Nisha Beckhorn

**The Parrot:** Good evening, Ms. Beckhorn

**Nisha:** Good evening.

**The Parrot:** Can you please tell me about yourself and your background?

**Nisha:** I grew up in India. I was born and raised in India. I was there until I graduated high school and after high school I came here for college



and finished my bachelor's degree, my masters here. I went on to become a counselor. I have been a counselor in disability services in American River College, and Sacramento City

College for a total of probably 15 years. And two years ago, I came  
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*"Your body is not a temple; it's an amusement park. Enjoy the ride."*  
Anthony Bourdain



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## Hungry? Call Your Neighborhood Delivery Robot

Here's a classic big city dilemma (sorry suburban folks): It's late at night, the weather is bad, and you're hungry. Your favorite restaurant is less than a mile away, but you don't want to leave



the house, and you don't want to pay a \$5 delivery fee — plus tip — for a \$10 meal.

So, what do you do?

Back in the old days, you would have braved the elements — or learned to plan

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## Student Chirpings

### The Solutions to the Problem of Traffic Jams in Beijing

The news reported that many highways were jammed with vehicles in Beijing, China in the holidays last October. Extra wide highways became enormous parking lots. People couldn't see the first car and the last car. A queue stretched for at least ten miles. The people waited anxiously for a couple of hours. Therefore, some people started walking their dogs; some people exercised or played a game with family on the highway. The news didn't shock me. I knew how congested my hometown was. When I was in my hometown, Beijing, generally I went everywhere by subway and avoided the rush hours. I didn't want to waste my time on the road. The depressing problem, traffic jams, makes the people who live there restless. In my opinion, however, there are three solutions to Beijing's traffic jams.

The first solution to the problem of Beijing's traffic jams is heavy fines. Many people know that the people who live in Singapore have good manners. That is the result of heavy fines. The Singaporeans had many bad manners before, such as littering, but the Singaporean government was determined to eliminate these bad manners by adopting the method of heavy fines. As a result, they succeeded. In Beijing, traffic jams are caused by some selfish and inconsiderate people breaking

the traffic laws. If the Beijing government imitates Singapore's pattern to settle the matter of not following the traffic laws, over time, the problem will be eliminated. My friend, Liu, thought heavy fines could make the people who didn't follow the traffic laws feel their financial losses. Consequently, the problem of traffic jams would be relieved through the decline in number of traffic violations. I think heavy fines are not a goal, but a lesson. Heavy fines can effectively make everyone pay

more attention to the traffic laws. If someone wants to break the law, he or she will feel discouraged by the heavy fines.

The second solution to the problem of Beijing's traffic jams is to reduce the number of vehicles. Fast development

means Beijing's roads can't support so many vehicles anymore. Building of the roads and improvement is far behind the speed of vehicle development. Feeling helpless, the Beijing government adopted a way of restricting vehicles on the roads. The vehicles whose license plate numbers end in odd numbers can only be present on the roads on odd days and vice versa for even numbers. This is not the best way, but we can see the obvious effect. My sister told me that there were no traffic jams in Beijing during Chinese New Year despite many people returning to their hometowns. This



indicates reducing the number of the vehicles is a radical solution. Ten years ago, I'd already felt restless because of the terrible traffic jams in Beijing. Nowadays, the situation has become worse and worse. Attracting the people in Beijing to live in surrounding areas can relieve the pressure on Beijing's roads.

The third solution to the problem of Beijing's traffic jams is following the traffic laws. Sometimes, the cause of traffic jams is car accidents. In the U.S.A., a majority of drivers follow the traffic laws. Nevertheless, you can't imagine what the roads would look like if there weren't any policemen at every intersection. Once one car crossed the intersection at a red light and crashed into another car that drove normally. The accident led to a one-and-a-half hour delay. My friend, Miss Ma, who worried about being tardy because of the car accident, went to work by subway. If everyone follows the traffic laws, the traffic jams will be quite

remedied. My colleagues often mentioned the roads surrounding school were frequently jammed by drivers who didn't follow the traffic laws. My colleagues thought the traffic status of the roads surrounding schools would be improved if everyone followed the traffic laws and somebody or a policeman supervised the drivers during rush hours. This is the most effective way to lessen the number of traffic jams.

In conclusion, heavy fines, reducing the number of vehicles, and following the traffic laws are three solutions to the problem of Beijing's traffic jams. With everyone's effort, some day, my colleagues won't have to drive to work an hour ahead in case of a traffic jam. The people in Beijing can eliminate completely the anxiousness caused by traffic congestion. Traffic won't be a problem anymore.

*Mei Peng*  
*ESLW 50*

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## Prince On a White Horse

Since ancient times it was believed that the presence of movement (horse, wagon, bicycle) was an element of luxury. For example, if you had a horse and wagon, it showed that you were wealthy, or in the beginning of the XVIII century only rich people could buy and use a bicycle. Previously it was thought that the car was also a luxury, but now it is for movement. Today, it is difficult to imagine our lives without a car. The automobile has big effects on the modern lifestyle and on my family in particular.

The first effect of the automobile on my family is as help. It helps in every-day matters. When we go shopping, especially to grocery stores, it helps us to carry all our purchases. It is very convenient for us because you don't need to keep bags in your hands. So, you can put bags in the car. It has double the effect if we go from one store to another before we go back home. I think we spend a lot of time in our car and sometimes

it is fun. One time, when we lived in Los Angeles, we had a long trip from Los Angeles to Roseville. I finished my work so late and we came from LA to Roseville deep in the night. We didn't have relatives or friends here. To stay for one night in a hotel cost \$150, so we decided to sleep in the car and save money. It was a lot of fun. In this night we talked and laughed a lot. All my kids remember it with a smile. Likewise, my younger son is five months old and my wife, when she needs to go somewhere, always thanks God for the car because to go with a baby and one or two children on foot or by public transportation is very difficult. It is very helpful for the mother with a large number of children, strollers, and kids' stuff.

The second effect on families is the chance to spend time together. I have a big family: five kids, my wife, and mother. We like to spend time together. We are a very active family and we love all activities. Last year we went to Arizona to see



the Grand Canyon, Phoenix, and later to our friends in Los Angeles. It was an amazing time. We never saw anything the same. We spent three days there and enjoyed the beauty of the Grand Canyon National Park. In total, we drove almost three thousand miles. The trip wasn't possible without the car. We love to spend all our time together. When we have free time, we go to a swimming pool, a public library, museums, parks, shopping etc. Again, if we decide to go somewhere, we drive in our comfortable car. We enjoy this time together. Sometimes in our lives something important happens and you want to do this together with the whole family. Last October, my mother came to the US and we wanted to meet Mother in San Francisco Airport all together. She was surprised when

minutes but a minimum of 4 hours per day by bus. Last month we prepared the documents for Green Cards, but my kids have school until 2:40 p.m. and in the clinic, the Immigration doctor had time until 5:00 p.m. It was possible to take a bus but very complicated for us, but using the car was a lot easier. I have one more example. When I first registered at ARC for classes, I didn't know about the difference between the campuses, where the main campus and the Natomas campus were located. When my first semester started, I recognized that the Natomas campus is located 11 miles away from the main campus and between the classes I had only 15 minutes to get from one campus to another. It was very difficult by car and impossible by bus, but I did it.



she saw all her grandchildren with big bunches of flowers to welcome her in the airport. It was a very good impression for her and on that day we had a good, unforgettable time together.

The car has one more important effect on our family. It is the saving of our time. Of course, for moving, we can use public transportation, but we waste too much time to reach destinations, especially here, because the distances between different destinations are very large. Modern life requires being in different places at the same time. You have to be moving faster. Now by car from the college and home takes 20-30 minutes, but if I use public transportation, it takes a minimum of 2 hours. For both directions, I need not 40-60

In conclusion, of course, the automobile can have bad effects on our lives, but positive effects are more significant. The automobile is needed in the modern world. Nowadays time goes very fast. We have to study and work a lot, so for me, the very important effect is the saving of time for my family. I can save two to three hours every day for my kids, my wife, and every day needs, and it allows us to spend more time together. It really simplifies our lives, making them more enjoyable, comfortable and happy.

Vladimir Tsoy  
ESLW 50

## The Lucky Event in My Life

Six years ago, I was nineteen years old and was living with my family in Vietnam. One Saturday morning, my dad got a call from my aunt from Fresno, California, United States. She called my dad to tell him that she knew a person named Paul, and she wanted to arrange for me to marry him. He was Vietnamese, but he was born in America; his family was my aunt's friends. Paul was going to Vietnam to have a wedding with me in a couple of months. My aunt wanted him to bring me to America to find a job to make money and help my family in Vietnam.

At that time, I was a college student. I loved going to school and wanted to become a pharmacist. I didn't want to quit school to get married to a person who I had never met before. However, my family forced me to agree to marry him, and I begged my parents to stop the marriage, but they refused. I heard that Paul wasn't handsome, he smoked marijuana a lot, and he didn't have a job. I thought that he couldn't find a wife in America and that was the reason he listened to my aunt about marrying me. I was so depressed, and I cried every day. I didn't want to live anymore, and I thought about suicide, but I didn't do it because I thought that it wasn't the answer to solve my problem.

A few months later, Paul was getting ready to fly to Vietnam to marry me. He was going with his friend named Nguyen who was going to Vietnam to visit his family. When Paul and Nguyen

were at the airport to check in, Paul couldn't go because there was something wrong with his documents. I heard the news, and I felt really happy, but I wasn't completely sure if he would come to Vietnam or not after he resolved the issues with his documents. Nguyen ended up going to Vietnam by himself. One month later, Nguyen was getting ready to go back to America.



The day before he was flying back, I called him to ask him if I could send some gifts to my aunt in America and he said "yes". It was our very first time meeting each other. Nguyen was a good person, and he also had a good job. We fell in love at first sight, and we got married a year later. Now we have been happily married for 5 years. I feel really lucky because I found my true love, and he supports my idea of going to school to get an education in America and follow my dreams.

*Kham Mai*  
ESLR310



## The Reason Why I Decided

In today's global world, the importance of English can't be denied or ignored since English is the most common spoken language. It is also the official language in a large number of countries. Two billion people use English to communicate on a regular basis. English is also the dominant business language. In addition, many of the most popular films, books, and music are published and produced in English. Since I came to the U.S. with few words in English, I've realized my big need to study English and speak it well. In this country, people speak English everywhere and with everyone. Consequently, there are three main reasons why I decided to learn English: to communicate with people, to find a good job, and to understand the laws of this country.

Knowing English well and being able to use it is one of the most important things in order to communicate with people. We don't live in a vacuum. We all are surrounded by people, and we are all social creatures. We need people, and people need us. As a result, communication is a very important thing for everyone. Communication makes or breaks relationship. As for me, I still can't speak English well, and my small talk mostly look like "Hi - Bye". Even though I know the topic well, without enough English vocabulary and practice, I don't look and feel confident. Thus, communication with Americans is impossible without speaking English.

The next reason why I decided to learn

English is that limited English limits job prospects. If we speak English fluently and have a college degree, we can stop worrying about employment. When we speak English well, we are much more attractive job candidates. With good English, we are able to get a good job position or job in a new field. If we speak English well, we can get a promotion. With good English, we can also work in other countries. Knowing English gives us the power

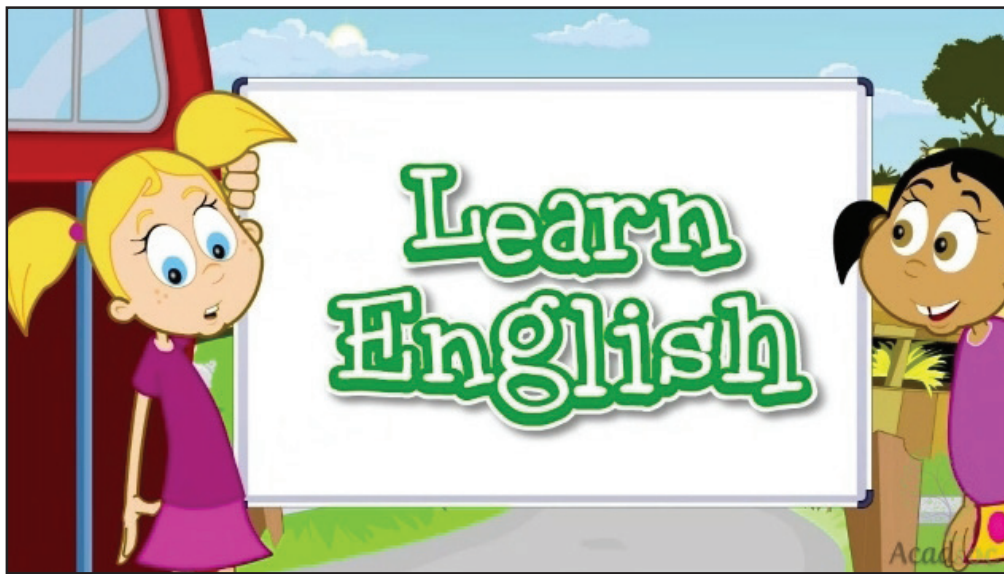
to travel, work, and live in English-speaking countries. It can be great for our jobs and lives.

English is the official language in the United States.

Thus, all of us should respect and legislate English as the national language. Another important thing is that familiar American terms can not be precisely translated into other languages. One more thing is that common laws in the U.S. are defined and applied in English. Thus, I realized I need to learn English in order to understand and follow the laws.

In conclusion, knowing English is very important for me since I have been living in the United States. To communicate with people, get a good job, and obey the laws, I really need to learn English.

*Victor Stadnyk  
ESLW 50.*



## Hilariously Alike

All people in the world are unique, and animals are unique, too. Have you ever compared yourself to an animal? You might think that people and animals have nothing in common. However, many people and animals share some surprising similarities. I work with elderly people and one day I started comparing all of my residents with animals. Curiously, most of them had a very similar appearance to an animal I was thinking of, especially one of them. I don't know what animal I look like, but I know that one of my residents looks like a chameleon. Her name is Cherrie. At first, you might think these two beings have nothing in common because Cherrie is a human and a chameleon is an animal. On the contrary, they share many similarities in terms of the manner they walk, colorful skin, and physical features.

One interesting similarity between Cherrie and a chameleon is a particular manner of walking. Cherrie takes a lot of time to get from place to a place. She walks really slowly, especially when it is convenient for her, usually when she needs a shower, but when it is time to eat, she runs as fast as she can. In fact, it is the only way I make her hurry. Similarly, a chameleon runs when it is trying to hunt because it is hungry. However, it walks very slowly when it is moving from tree to tree. In addition, they both waddle.

Another similarity between Cherrie and a chameleon is their colorful skin. Cherrie is so funny and her skin changes color depending on her mood. When she is mad, her skin tends to become red. When she is happy and laughing, her

skin looks pink and when she is sad, her skin turns a pale color. Similarly, a chameleon also changes skin color. It changes color depending on its mood. It tends to change colors when it wants to express something to the environment.

Not only are the walking manner and the colorful skin similar, but the physical features between Cherrie and a chameleon are very much alike. Both Cherrie and a chameleon are hunch-backed. Cherrie is an old woman. Thus, she has extra skin underneath her chin. Cherrie's face shape is oval/triangle and her forehead is oversized, just like a chameleon. In addition, Cherrie uses glasses and her eyes are as big as saucers so that they pop out. Similarly, a chameleon looks like it has big round glasses and they seem to never blink. In fact, chameleons have this slim thing underneath their chin called blubber but this doesn't change their overall/triangle face.



Although, both Cherrie and a chameleon are different, they have significant similarities in their walking, colorful skin, and physical features. I figured it out that most of my residents have a similarity to an animal when I compared them. Nevertheless, it is not important to know that people and animals have more in common than we generally think we do, but it is very funny. I'm still looking for the animal that looks like me.

*Nelly De Ferrari*  
ESLW 310



## A Book With the Smell of Childhood

Did you ever feel like you live more than one life at the same time? I did, because books have surrounded me since childhood. They have accompanied me all my life. Every story, every character, every smell of every book is unique. When I was a child, I believed that at night, when everything calmed down in the house, my books quietly talked to each other. I felt I heard their whispers and the barely audible sound of laughing. I tried to imagine what those conversations were about. Maybe some of them complained that I didn't reread them for a long time. I have a lot of books, but one of them I am ready to reread thousands and ten thousands of times. This is the book of one of my favorite authors, Narine Abgaryan, and is called *People Who are Always with Me*.

This book came to my bookshelves about six months ago from an online bookstore. Narine Abgaryan is not a famous author, and when I was ordering her book, I wasn't really sure if I would like it or not. When the parcel with the book was delivered, I immediately opened it. It was a hard-cover book. On the main cover I saw prominent blurred people who walked through the streets of a city. The main cover was the color of a beige brick. The title of the book is placed in the center of the cover and written with the letters of the "Amatic SC" font.

Most of all, I was attracted by the inner cover. On the inside cover there are the pictures of real people or characters that are described in the book.



One of the photographs especially attracted me. There is a photo of a kindergarten. The boys in suits and girls in black and white dresses are sitting on benches or standing and looking at the camera of the photographer. In the center there are teachers and children around them. The face of one educator is painted with blue ink. The face of the second educator was cut out with scissors. Even after I finished the book, I did not understand why the faces of these people were like that.

After I finished the first paragraph, I realized that this was such a good book. The first sentence said something like, "The morning was clear and clean; run your hand along the tops of cypress - and you rack up a handful of cool water." "People Who are Always with Me" is a book about

Narine Abgaryan's childhood. In this book everyone can find something dear and familiar to himself. Each line is filled with the smells of grandmother's blueberries pies, dried fruits, and cookies with milk in the morning.

I love this book because it reminds me of my serene and happy childhood at my grandma's house. Only there could I fall asleep from the singing of the crickets and wake up with the first roosters. Only there ordinary water seemed the most delicious in the world, and there were the sweetest nights ever, so I did not want to wake up. Only there were the most beautiful sunsets and sunrises. Only there in the night were such huge stars that it seems that I could reach them with my hand.

Viktorii Biliak  
ESLW 50



## Security Wall

Security is becoming more and more the main concern of everybody, especially for establishments such as banks, schools, and shops selling precious items. American River College may be exposed to any unexpected events which may have serious consequences. I totally agree with the idea of building a wall with security guards around ARC. This idea will help to have a safe college, it will enable the security staff to monitor efficiently the movement of people, and it will speed up the process of investigation.

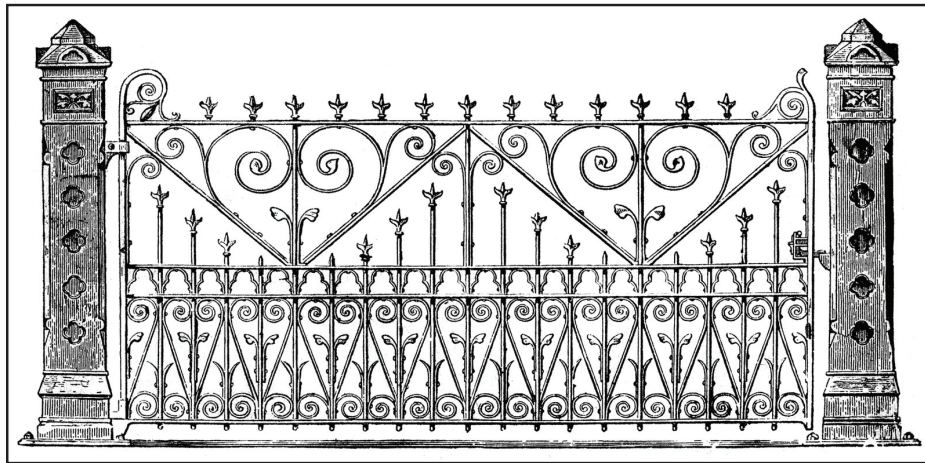
First, it will help to create a safe college. It is, in fact, the main concern of ARC to provide a secured environment for its students and its working staff. Many terrible incidents have happened while students were inside colleges and schools. Some students were kidnapped and others were killed inside the classrooms. The image of the incident which happened in a primary school in Connecticut is still engraved in our memories. Don't you think that building a wall with security guards is now necessary in order to ensure a safe working environment? I think for the reasons I mentioned, you will certainly agree with this idea.

Second, it will enable the security staff to monitor efficiently the movement of people. There are different types of security walls which can be built around ARC. Security experts will recommend the best type of security wall to build around the college. It could be either from brick, metal, or iron bars. Some security establishments which are specialized in this field provide security manpower, equipments, and consultancy. If all the required element are provided to have a sound, secured

college, there is no doubt that safe guard will carry out their duties efficiently and satisfactorily.

Third, it will speed up the process of investigation. In case any bad incidents happen within the premises of ARC, it will be very easy for the security guards to intervene and locate the place of incident. The immediate action taken in this respect will considerably minimize the negative results. Let's assume that ARC is not having a

proper security system as stipulated in this idea of having a wall with security guards, and an incident occurs. Do you think that ARC can overcome this incident easily without



having a physical or a moral effect? There is no doubt that to have such practical system costs lots of money, but the safety of students and working staff is of greater value than money. Parents are more concerned to have their children in an educational establishment where they can be in safe conditions.

To conclude, it is evident that safety at ARC should be promoted in order to create and encourage a working environment for both the students and the working staff. To attain this goal, it is suggested ARC build a wall and have security guards around the college. This idea will help to have a safe college, it will enable the security guards to monitor efficiently the movement of people, and it will speed up the process of investigation.

*Mohamed Benrekia*  
ESLW 50



## Nestscape -- Articles from The Web

### Continued from page 1

ahead. But those days are coming to an end, at least in Washington, D.C.

A fleet of about 20 autonomous, knee-high robots recently has appeared on the sidewalks of the nation's capital, and they're out to revolutionize hyper-local delivery in big cities. Their mission? Bring take-out food from restaurants to hungry customers at home — while keeping the delivery cost to around a dollar.

The robots are European, created in Estonia by a company called Starship Technologies. The company is new, but its tech experience runs deep: It was founded by two of the co-founders of Skype, Janus Friis and Ahti Heinla.

Each 35-pound bot is essentially a medium-sized cooler on six wheels, and drives at an average speed of about 4 miles per hour. It has lights and a tall, bright orange flag to make it more visible to pedestrians on the sidewalk. A smartphone app unlocks the shiny black lid to access the hollow, insulated holding area, and then automatically locks back into place.

Here in Washington, Starship has teamed up with Postmates, the online delivery service, and the robots already are completing deliveries around the city.

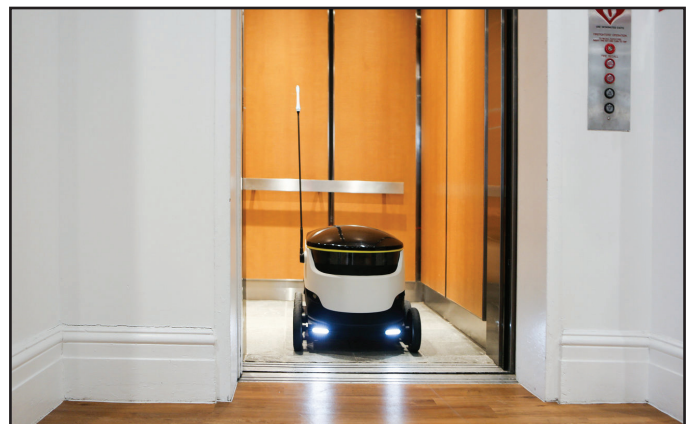
We wanted to see how they work, so we met up with Nick Handrick, the director of operations for Starship in the District, to go for a walk with one of the little bots.



"It's pretty small, pretty cute," he says, as we wait for the bot to get a new set of coordinates for the journey. This is just a test drive, but in an actual delivery, those coordinates would come after a consumer had placed a delivery through the Postmates app.

Suddenly, the robot begins to move, almost silently. It's electric, so there isn't much sound aside from the quiet hum of the wheels on the pavement.

The bot moves like a giant remote-control car, except there's no remote. It's driving entirely on its own, navigating the sidewalk using artificial intelligence technology that draws input from nine cameras all around the rim, GPS, and sensors that can help identify the speed of pedestrians in the immediate area.



The bot's cameras recognize a lot — including walk signals and traffic lights, crosswalks and stop signs, Handrick explains. And they get smarter the more they drive, learning more about the sidewalks and traffic patterns of busy streets with every trip they take.

And, Handrick says, if a bot finds itself in a situation it doesn't understand — an unfamiliar driveway, for instance, or next to a parked car with flashing lights — there's always a human operator monitoring things, so all the machine has to do is send a call for

help. The human on the other side can look through the cameras and figure out the best action to take.

The catch? That human might be all the way in Estonia, at the original Starship Technologies headquarters — so if your late-night takeout delivery gets stuck, it could be someone in another country who helps get things back on track.

That camera and human combo also provides security. If someone tries to steal the robot, for example, an alarm sounds and the operator can speak through two-way speakers. The cameras can photograph the thief, and there are multiple tracking devices that can track the bot's location. And the bot won't work or open unless you reprogram it — which Handrick says isn't easy.

“It will be an embarrassing day for the person who decides to try and take one,” he says. “You'd be stealing a beacon for the police to follow us right to you.”

The robots have only been in Washington for about a month, and they're still causing quite a stir, often getting stopped for photos. While we're walking, Maria Garcia is on the sidewalk, pointing out the robot to her 2-year-old daughter.

“It's super cool,” Garcia says. “The only thing I worry about — is it going to put people out of jobs?”

Russell Cook, the director of operations at Post-mates, says absolutely not.

The company sees robots as a supplemental form of delivery, not a replacement, he says. Robots like these ideally will complete deliveries that normally wouldn't have been placed with the human-based delivery options of the past.

“We have people that drive cars, they walk, they bike, and we see robots as another type of vehicle that enables a whole bunch of different things from a delivery perspective,” Cook says.

Legislation has passed to make self-driving robots like these legal on the sidewalks in the District of Columbia and Virginia, and similar laws are in the works in Florida and Idaho. Other states also have expressed interest.

But for everything these robots do have, there is one thing they're lacking — a name. This bot we've been walking with is simply called 6D57.



Handrick says Starship is constantly asking people for suggestions. Got an idea? The company would love to hear it.

<http://www.npr.org/sections/alltechconsidered/2017/03/23/520848983/hungry-call-your-neighborhood-delivery-robot>





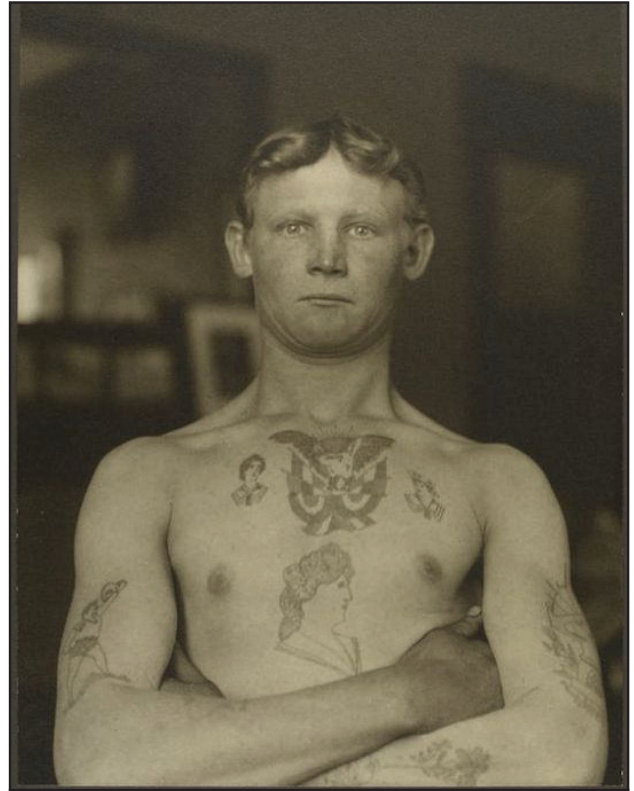
## What America's Immigrants Looked Like when they Arrived on Ellis Island

We hear so often that America is “a nation of immigrants” or a “cultural melting pot” that the phrase has become kind of a tired cliché. But actually seeing that history is a different story. The fascinating photographs below — of people in their native dress passing through Ellis Island in the early 20th century — hint at just how incredible and unique America's history is as a nation of immigrants.

These photos were taken by Augustus Sherman, an amateur photographer who worked as the chief registry clerk on Ellis Island from 1892 until 1925. Sherman snapped these photographs of people passing through customs in their native dress. They were published in *National Geographic* in 1907 and once hung on the walls in the headquarters of the federal Immigration Service in Manhattan, according to the Public Domain Review. They are now housed by the New York Public Library.

New York began using Ellis Island as a way station for immigrants on Jan. 1, 1892, and between then and 1954, more than 12 million immigrants used the island to enter the United States. The National Park Service estimates that more than 40 percent of Americans can trace their ancestry back through Ellis Island.

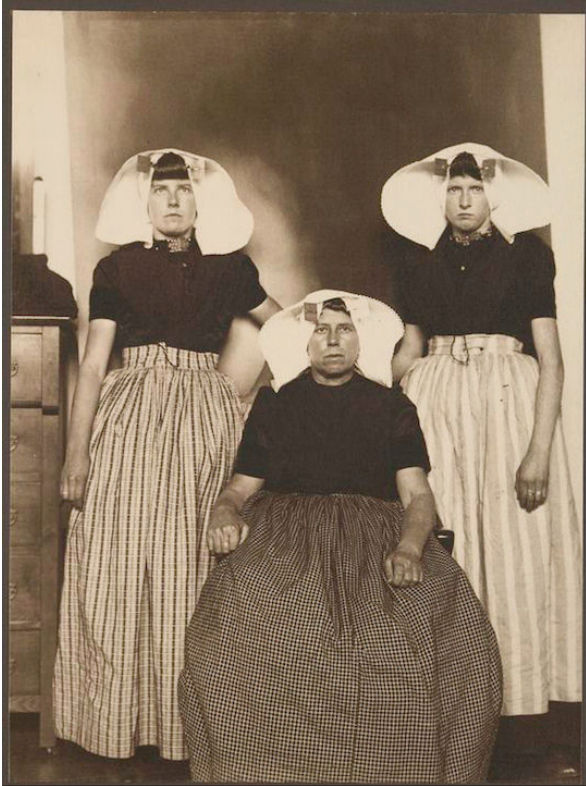
The history of the island is not always a happy one: It also reflects deep racism and ethnic divisions. After World War I, thousands of suspected “alien radicals” were detained on the island, and in the 1920s, it began to turn away immigrants from certain countries or ethnicities, including Southern and Eastern Europe. People with mental and physical disabilities were excluded, as well as the illiterate, and children arriving without parents.



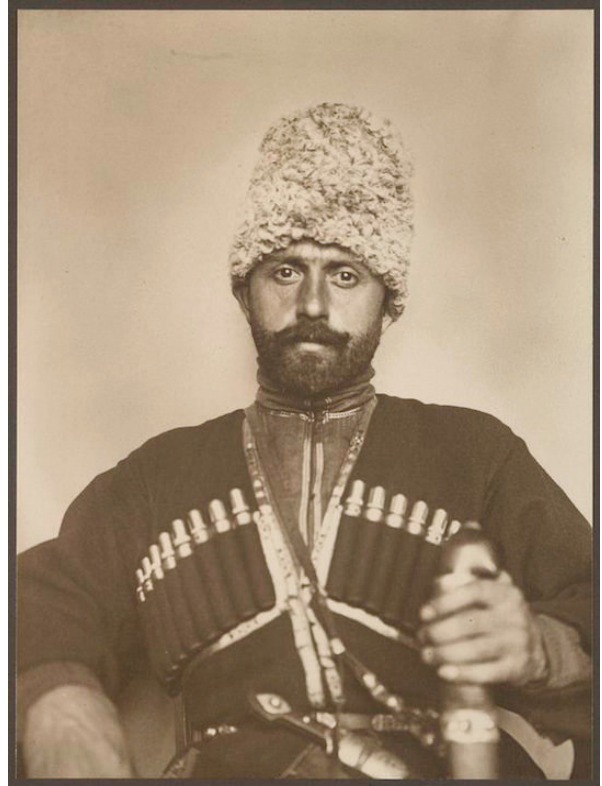
A German stowaway. Portraits from Ellis Island, Augustus Sherman.



Dutch children. Portraits from Ellis Island, Augustus Sherman.



Three Dutch women. Portraits from Ellis Island, Augustus Sherman.



A man from the Russian empire. Portraits from Ellis Island, Augustus Sherman.



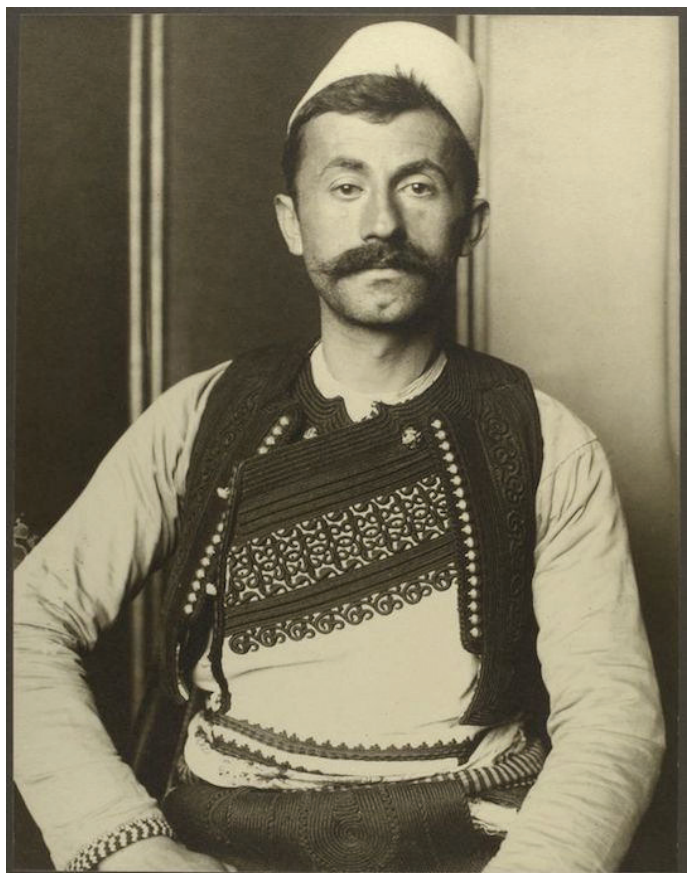
A Greek soldier. Portraits from Ellis Island, Augustus Sherman.



Men from the Russian empire. Portraits from Ellis Island, Augustus Sherman.



An Algerian man. Portraits from Ellis Island, Augustus Sherman.



An Albanian soldier. Portraits from Ellis Island, Augustus Sherman.



A Bavarian man. Portraits from Ellis Island, Augustus Sherman.



Children from Scandinavia. Portraits from Ellis Island, Augustus Sherman.



A Sámi woman. Portraits from Ellis Island, Augustus Sherman.



A Guadeloupean woman. Portraits from Ellis Island, Augustus Sherman.



A Danish man. Portraits from Ellis Island, Augustus Sherman.



Three women from Guadeloupe. Portraits from Ellis Island, Augustus Sherman.



A Hindu boy. Portraits from Ellis Island, Augustus Sherman.



An Italian woman. Portraits from Ellis Island, Augustus Sherman.



An Italian woman. Portraits from Ellis Island, Augustus Sherman.



A Norwegian woman. Portraits from Ellis Island, Augustus Sherman.

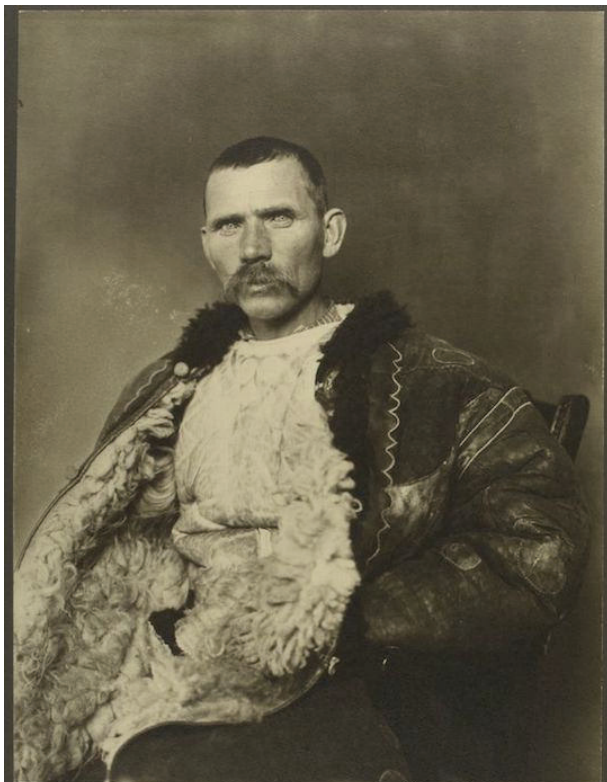




A Romanian piper. Portraits from Ellis Island, Augustus Sherman.



A Ruthenian woman. Portraits from Ellis Island, Augustus Sherman. Augustus Sherman.



A Romanian shepherd. Portraits from Ellis Island, Augustus Sherman.



A Slovak woman and child. Portraits from Ellis Island, Augustus Sherman..

[https://www.washingtonpost.com/news/wonk/wp/2015/10/24/what-americas-immigrants-looked-like-when-they-arrived-on-ellis-island/?tid=hybrid\\_experimentrandom\\_1\\_na&utm\\_term=.b15c88dc9a5a](https://www.washingtonpost.com/news/wonk/wp/2015/10/24/what-americas-immigrants-looked-like-when-they-arrived-on-ellis-island/?tid=hybrid_experimentrandom_1_na&utm_term=.b15c88dc9a5a)



## 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 Runza?



Servings: 6-8

Units: US

#### Ingredients

2 loaves bread dough

1 lb hamburger

1/2 head of cabbage (chopped)

1/2 medium onion (chopped)

salt and pepper

#### Directions

Thaw two loaves of frozen bread dough or make the equivalent amount using your favor

ite bread recipe.

While dough thaws, make the filling.

Brown the hamburger and drain, then return to pan.

Add cabbage and onion and cook down.

Salt and pepper to taste (1 tsp pepper recommended).

Let dough rise, then punch down and roll a portion to 1/4" thickness.

Cut into 4" x 8" pieces and add about

1/2 cup

meat mixture to each.

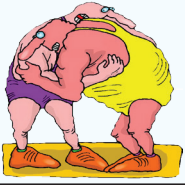
Fold dough pieces over and seal the edges, then place seam-side-down on a greased cookie sheet.

Let rise 20-30 minutes, then bake in pre-heated 375 degree oven for 20 minutes or until brown.



[/www.food.com/recipe/runza-80204](http://www.food.com/recipe/runza-80204)

# Parrot Warbling



## Grappling with Grammar

### Grammar Which and That

This is one of the most common mistakes out there, and understandably so. **“That”** is a restrictive pronoun. It’s vital to the noun to which it’s referring.

Ex: I don’t trust fruits and vegetables **that** aren’t organic.

\*Here, I’m referring to all non-organic fruits or vegetables. In other words, I only trust fruits and vegetables that are organic.

Ex: I recommend you eat only organic fruits and vegetables, **which** are available in area grocery stores.

\* **“Which”** introduces a relative clause. It allows qualifiers that may not be essential.

\* In this case, you don’t have to go to a specific grocery store to obtain organic fruits and vegetables

\* **“Which”** qualifies, “that” restricts.

\* **“Which”** is more ambiguous however, and by virtue of its meaning is flexible enough to be used in many restrictive clauses.

Ex: The house, **which** is burning, is mine  
The house that is burning is mine.



<https://litreactor.com/columns/20-common-grammar-mistakes-that-almost-everyone-gets-wrong>

### Idiom--Attic

## Speak of the devil



This means that the person you’re just talking about actually turns up at that moment.

ex: “Hi Tom, speak of the devil, I was just telling Sara about your new car.”

### Beak Speak

## How “Y” is pronounced

**“Y”** is pronounced either as [ai] or [i:].

1. In a one-syllable word, **“y”** is pronounced as [ai].

Ex: my, by, fly, shy, try, cry, fry, sky.

2. In a two-syllable word, **“y”** is pronounced as [i:].

Ex: party, puppy, candy, bunny, funny, pony  
turkey happy cherry tiny penny, city, baby

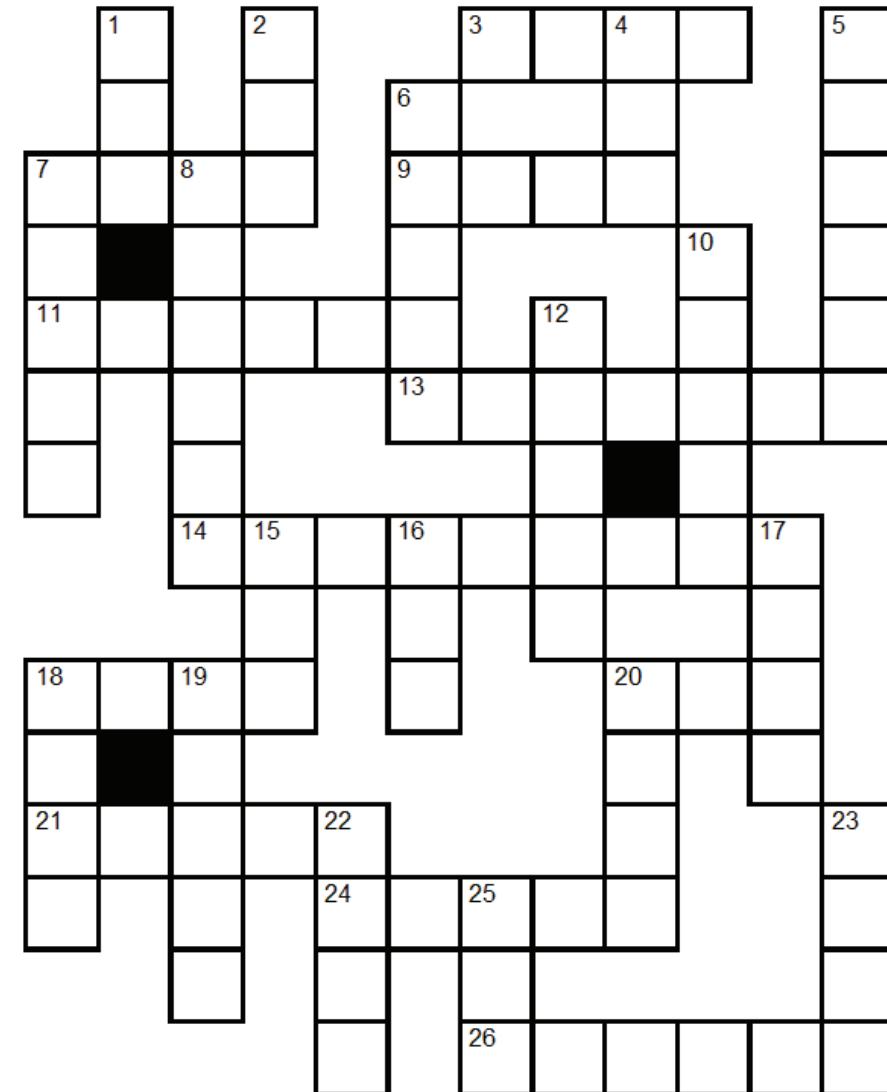


<http://www.rong-chang.com/prules.htm>

# Some More Parrot Fun Stuff

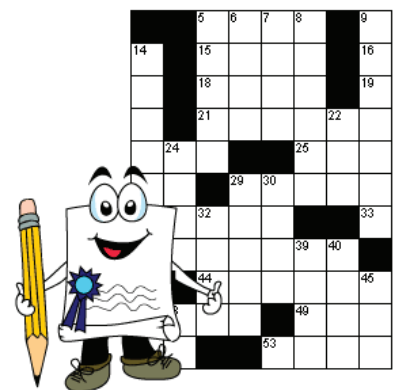
### Across

- 3 The antonym of fast.
- 7 Another word for quick.
- 9 The opposite of soft.
- 11 A type of fruit that begins with O.
- 13 A synonym of gift.
- 14 The antonym of easy.
- 18 The opposite of push.
- 20 A farm animal that rhymes with pen.
- 21 The opposite of wrong.
- 24 A kind of fruit that begins with A.
- 26 A kind of fruit that begins with G.



### Down

- 1 A drink that rhymes with sea.
- 2 The opposite of in.
- 4 The opposite of young.
- 5 A kind of bird that begins with P.
- 6 A farm animal that rhymes with sleep.
- 7 The antonym of back.
- 8 A synonym of afraid.
- 10 Another word for sniff.
- 12 A place that rhymes with teach.
- 15 Another word for sick.
- 16 A forest animal that rhymes with socks.
- 17 Another way to say 'very small'.
- 18 A place that rhymes with dark.
- 19 The opposite of heavy.
- 20 Another way to say 'very big.'
- 22 Another word for speak.
- 23 Another word for throw.
- 25 A farm animal that rhymes with wig.



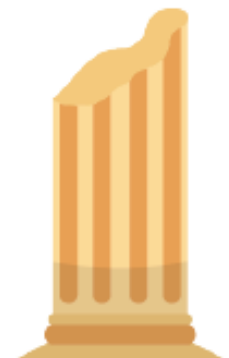


# Ancient Civilizations

- AKKADIA
- ARAB EMPIRE
- ASSYRIA
- AZTEC
- BABYLON
- BYZANTINE
- CELTS
- CHINA
- EGYPT
- ETRUSCAN
- FRANKS
- HUNS
- INCAS
- INDIA
- JAPAN
- MAYANS
- MONGOLS

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

- OTTOMAN EMPIRE
- PERSIA
- ROMAN EMPIRE
- VIKINGS





*Parrot Poetry*



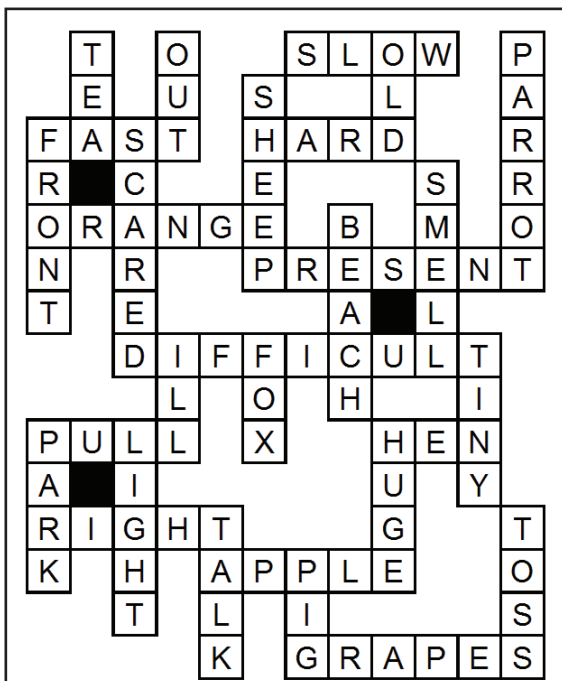
## 'Tis Moonlight, Summer Moonlight

'Tis moonlight, summer moonlight,  
All soft and still and fair;  
The solemn hour of midnight  
Breathes sweet thoughts everywhere,

But most where trees are sending  
Their breezy boughs on high,  
Or stooping low are lending  
A shelter from the sky.

And there in those wild bowers  
A lovely form is laid;  
Green grass and dew-stepped flowers  
Wave gently round her head.

by Emily Jane Brontë



## Rigoberto's Riddles

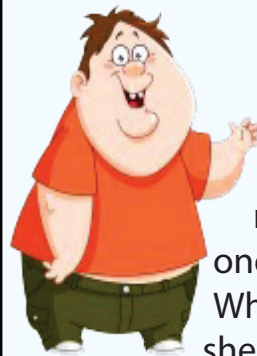
Rarely touched but often held  
If you have wit, you'll use me well  
What am I?

*Tongue*



## Silly Vasily's Chuckle Chamber

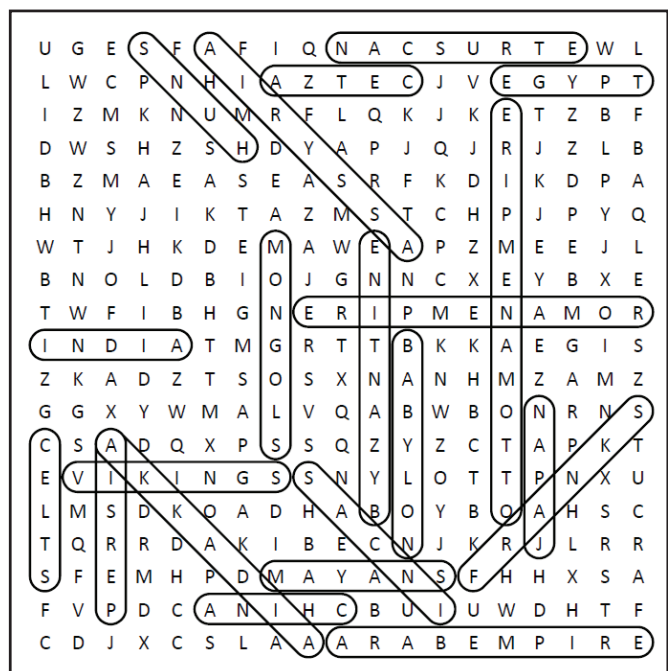
### The jazz trio



A lady aboard a cruise ship was not impressed by the jazz trio in one of the shipboard restaurants. When her waiter came around, she asked, "Will they play anything I ask?"

"Of course!" replied the waiter.

"Then tell them to go play chess!"



## Granny Noetal

**Dear Granny Noetal,**

I know I should read in the summer because a few months break without English is not good. What should I do?

Lani Leggere

**Dear Lani,**

I'm not sure what your reading level is but making sure you have a public library card is a good start. The librarians will help you find some books suitable for you. There are also newspapers and magazines. Of course, as an ARC student, you have access to the wonderful ARC library, too. Check it out (the library) and then find a book and check it out! (Granny humor)!



Of course, reading The Parrot is also a great idea:

[http://www.arc.losrios.edu/ARC\\_Majors/Humanities/ESL/The\\_Parrot.htm](http://www.arc.losrios.edu/ARC_Majors/Humanities/ESL/The_Parrot.htm)

I went on-line and found a number of websites – there are so many – with book recommendations at various levels. Here are a few:

<http://www.learn-english-now.co/wp-content/uploads/2014/01/esl-reading-book-11.pdf>

<https://www.goodreads.com/list/tag/esl>

<http://joepettigrew.pbworks.com/f/Reading+Suggestions+for+ESL+Students.pdf>

Enjoy your summer reading!

**Granny**

## Interview with Nisha Beckhorn

*Continued from page 1*

here to DSP&S as coordinator at ARC.

**The Parrot:** Nice, tell me how you got here.

**Nisha:** I was in ARC initially when I first became a counselor in DSPS right here in this department. I was here for 5 years. Before that, though, I had some classified temporary positions in this department, so I worked in this department in various areas, probably for a total of 8- 10 years, I think, or more. Then I became a full-time counselor and went to Sacramento City for ten years, and two years ago I came back as the coordinator of the program.

**The Parrot:** You must love your job.

**Nisha:** I like it, yeah!

**The Parrot:** A lot of students hear about DSPS, but they do not know what it is, who it helps, can you please tell us about the program and how it works?

**Nisha:** So, DSPS is Disabled Students Program Services. It is a program that serves students with a documented disability in their classrooms, or on

this campus. What we do is we have counselors in DSPS who are trained to look at students' documentation, talk to the students, and decide what accommodations would be in the classroom and that's what DSPS does. So, a student with a disability, let's say, let's take one disability, for example, a blind or vision-impaired student. A student with vision-impairment or a student who is blind is not able maybe to see what's in front of them. They are not able to see the board, not able to take notes. What they do is they bring some documentation in from a doctor and come in and meet with a counselor. The counselor talks to the student about their limitation based on their disability, as a result of their disability. They say okay you cannot see the board so you need somebody who's going to be a notetaker in class and somebody who tells you what is written on the board who can take notes for you. Also, when you take a test, you need a scribe, and maybe a reader, or maybe we can give you some technology so you can listen to the test through software programs that we have installed on our computers. Then you can dictate



the answers to the scribe. If you are taking the time to listen to the test, think of the answer and then dictate the answer to the scribe. You are going to need more time to do it because you are not doing it all by yourself. You probably need more time on your test. That is something the counselors do, and those are the services we provide to our students, the services for every disability as long as it is documented. They all vary. Two different students with the same diagnosed disability may not have the same accomodation because every disability impacts each individual in their own manner.

**The Parrot:** Do you feel that there is misunderstanding on the part of some professors about DSPS?

**Nisha:** I wouldn't say so, this is not misunderstanding, I doubt it, but maybe not enough information sometimes and so my wish is for more information to go out about the program. I have never felt misunderstanding. I think I felt the professors or the faculty on campus contact us if they have any questions or they want clarifications. I think it is important for us to go out and connect with the faculty and that is something I always offer to do. I go to, if the faculty have the time in their division meetings, their department meetings. I like to go out and just talk to them for about 10-15 minutes about our services and try to answer questions, also gives them a face for DSPS and then I give them my number or they can look it up and they call me. I think a connection with DSPS is very important on the campus. My ultimate goal is for everybody to know DSPS and everyone to understand what we do, why we do it, and let them know it is okay to contact us if they do not have any information.

**The Parrot:** What has surprised you the most about working in DSPS?

**Nisha:** I think what surprises me the most is, well I do not know if it surprises me. I was going to say students do not always want to come in and use the accomodations, but it is not a surprise. I can understand because there is a taboo, there is a negative connotation to disability and people do not like to use it. I have been pleasantly surprised how much support I have. I have a lot of support

from the campus. I have a lot of support from the managers and it really makes my job a lot easier. So, you know I listen to other people in other colleges about their struggles to communicate with their campus, their struggles to get resources to serve the students. I do not have those struggles, which I was little surprised about because I had never been a coordinator before. I was always a counselor. From a counselor perspective, I thought things went smoothly and did not realize how many struggles coordinators have, but I do not have them. That is really good.

**The Parrot:** What is your philosophy towards your work?

**Nisha:** I love my work, I love my job! I work in the community college system. We are here to serve students. On a regular basis when I talk to students, students would come in and say "I know now I am here for the fourth time this week." Or "I do not want to take too much of your time; I know you are busy." And I always tell them, "I have my job because you come to college; if you were not here I would not have my job." My philosophy is I am here because of the students. That is why I am here, to serve the students.

**The Parrot:** This is so interesting! Are there any changes you would like to see on campus?

**Nisha:** Yes, I would love to see on this campus, and I think we are headed in that direction, but I would love to see a student with a disability be able to go to any lab and use the lab and have assistance technology installed in the labs. I would love to see a student with a disability go to any department and be able to be served there. We sort of call it part of a universal design, in other words somebody with a disability should not be sent to one building to be served. I do not think that is fair. They should be able to go to the library and do everything that any student in the library can do. They may need assistance technology for it, they may need extra help for it, but the library should be able to take care of it. They should not come back to DSPS and say the library does not have the ability and I am just using the library as an example. It could be anybody, but the library is right next door. That to me is very important. I



would like adapted furniture in every classroom on this campus. A student should not have to say well I am taking this class for next semester can you put in an adjustable table so that my wheelchair fits underneath. Why does a student with a disability have to go through extra steps? I would love for that to happen, but I understand the barriers. I understand that everybody on the campus is working towards that; it just takes time. But if you ask me what I'd like to see, I'd like to see a student with a disability go to every part of this campus without going to DSPS.

**The Parrot:** I really hope that happens in the near future.

**Nisha:** I hope so!

**The Parrot:** If you did not ever work here as a counselor, what would you be doing instead, or what would life be like?

**Nisha:** I was headed in the direction of medical school. I was ready to take the medical colleges admissions test. I was getting ready to take it. By working here as temporary staff, I really enjoyed working with individual students with disabilities. I thought, well, maybe first I should do my masters and see if I want to be a counselor and work with students with disabilities. I was not exposed to disabilities very much growing up in India, so this was new for me and I thought if I wanted to work with people who need help, it would be as a doctor. It is just I was taught that growing up. Then I started seeing there is all these different ways I can work with people so I did my masters and became a counselor. I was part-time and I really liked it. Then I thought I do not know if I want to go on to medical school. If I was not here, I would have probably gone to medical school.

**The Parrot:** How do you define success and how do you measure it?

**Nisha:** I think success is very personal. I think success is a completion of your personal goals whatever they are. It could be a number of shortterm goals leading to a long-term goal. To me every achievement of a short-term goal is success, so I do not look at success as financial or academic only. There could be a financial aspect to it, there could be a spiritual aspect to it. It just depends; success

for me is defined by me and I feel success for you is defined by you.

**The Parrot:** I agree with you. It is different from one person to another. What are you most proud of?

**Nisha:** I think I am most proud of my family. I am a very family-oriented person. I am very involved in my family, not just my own children and husband, but my parents, siblings, cousins, in-laws, and friends. I take pride in my family, my father, my mother. I am very proud of them and the families they came from, what they have accomplished in life, what they have done in life, how they raised us. I would say my entire family, but that would be a very big family.

**The Parrot:** What do you like to say to students to motivate them?

**Nisha:** I would like to tell the students probably something I tell my kids. More than high IQ more than intelligence, I tell my kids and I would tell students that what you need is commitment and perseverance. A step at a time in the right direction will eventually take you to your goal. That's how I've lived my life, never been in a rush, but never really looked around. I had a goal in mind and just persevered. It is okay if it's going to take a couple of years, it is okay if it is going to take four years. It does not matter, it is about getting to the goal by your standards, at your pace and that is what I tell my kids. It does not matter if you are an absolute genius or not; what's important is if you are committed to something and it does not only pertain to your academic, it pertains to your job, pertains to your social relationships, pertains to your family, everything in life. Perseverance and commitment are the keys to success, whatever their success is. Their success is their own decision and it is their idea of where they want to be, so keep at it. You will have road blocks. It will look like you are not going to make any more progress, but it is okay to take a step back, think about it, and then take a step forward.

**The Parrot:** This is so nice! I feel it talks to me too. Thank you for your time.

**Nisha:** No problem!



## 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. .... 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

**Q9. Jane: "What ..... in the evenings?"**

Mary: "Usually I watch TV or read a book."

- a. you doing
- b. you do
- c. do you do
- d. are you doing



**Q10. Jane: “What ..... ?”**

Mary: “I’m trying to fix my calculator.”

- a. you doing
- b. you do
- c. do you do
- d. are you doing

**Q11. Jane ..... her blue jeans today, but usually she wears a skirt or a dress.**

- a. wears
- b. wearing
- c. wear
- d. is wearing

**Q12. I think I ..... a new calculator. This one does not work properly any more.**

- a. needs
- b. needed
- c. need
- d. am needing

**Q13. Sorry, you can’t borrow my pencil. I ..... it myself.**

- a. was using
- b. using
- c. use
- d. am using

**Q14. What time .....**

- a. the train leaves?
- b. leaves the train?
- c. is the train leaving?

d. does the train leave?

**Q15. I ..... for my pen. Have you seen it?**

- a. will look
- b. looking
- c. look
- d. am looking

**Q16. You can keep my iPod if you like. I ..... it any more.**

- a. don’t use
- b. doesn’t use
- c. didn’t use
- d. am not using

**Q17. The phone ..... Can you answer it, please?**

- a. rings
- b. ring
- c. rang
- d. is ringing



13-d	7-b	1-b
14-d	8-a	2-d
15-d	9-c	3-c
16-a	10-d	4-a
17-d	11-d	5-a
	12-c	6-b

## Out of the Cage

### Résumé Development Workshop

**Mon, May 22, 2017**

**10am – 11am**

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

**Location:** DSPS Conference Room



### Interview Success Workshop

**Wed, May 24, 2017**

**10am – 11am**

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

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

**Location:** DSPS Conference Room



## 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)

